

## ARE YOU ELIGIBLE FOR A RENTER'S REFUND? APPLICATIONS DUE BEFORE JUNE 1ST

The Renter's Refund program provides a partial refund on rent for a renter's place of residence or a mobile home lot. Refunds can be up to \$400.

### To be eligible for this program, you (the renter) must:

- Be 65 or older (or have a permanent disability)
- Have income of \$70,000 or less, including the income of your spouse and any dependents, for the calendar year preceding the assessment date.
- Have annual rent payments that are a certain percentage of your income. If 20% of your annual rent exceeds 4% of your annual income, you will receive a refund for the over payment. Refunds can be up to \$400.

Example: A renter pays \$450 per month in rent (\$5,400 per year) and the renter's income is \$18,000.

- 20% of \$5,400 is \$1,080
- 4% of \$18,000 is \$720

1,080 (%rent)  
-720 (% income)  
\$360

*\*The renter is entitled to \$360 refund if they meet qualifications*

Renters must apply for a refund with the North Dakota Office of State Tax Commissioner **before June 1** following the year for which the refund is claimed. The application is available at [www.tax.nd.gov/renter](http://www.tax.nd.gov/renter).

### Applications must be sent to:

Office of State Tax Commissioner  
600 E. Boulevard Ave, Dept 127  
Bismarck, ND 58505-0599

**Do you need more information or assistance applying?  
Valley Senior Services can help!  
Call Hannah at 701-788-3453 or toll-free 800-845-1715.**



Monday - Friday  
8:00 AM to 4:30 PM



[valleyseniorservices.org](http://valleyseniorservices.org)



701-788-3453  
800-845-1715 (toll-free)

**Information and referrals  
always available by  
contacting Trail & Steele  
Program Assistant,  
Hannah,  
at the numbers above!**

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*Valley Senior Services will be closed on Monday, May 26th*

*No Meals on Wheels, senior center meals/activities or transportation*



# Valley Senior Services Trail & Steele Counties

www.valleyseniorservices.org

## County Program Supervisor:

Mia—Hillsboro  
701-636-5953  
800-845-1715

## Program Assistant:

Hannah  
701-788-3453

## Hillsboro site:

205 N Main  
PO Box 506  
Hillsboro, ND 58045

## Mayville site:

39 1st Ave NE  
Mayville, ND 58257

## Portland site:

710 Parke Ave  
Portland ND, 58274

## Finley site:

301 Central Ave  
Finley ND, 58230

## Buxton site:

315 Broadway  
Buxton, ND 58218

*If you are qualified, your rights to receive the services provided by this organization without regard to race, color, religion, sex, national origin, age or handicap are protected by Federal Law.*

*If you believe you have been discriminated against, please contact:*

## Director:

Paul Grindeland  
Valley Senior Services  
P.O. Box 2217  
Fargo ND 58108  
701-293-1440 or 877-827-1916

## DINING LOCATIONS FOR SENIOR MEALS

(Take-Out meals available)

**Hillsboro Senior Center – Dine-in at 12:00 pm on Monday thru Friday** or take-out drive thru on the South side of the senior center. See menu on p. 5.

**Mayville Senior Center – Dine-in at 11:30 am on Monday, Wednesday and Friday** or take-out drive thru on West side of the senior center. See menu on p. 6.

**Portland Senior Center – Dine-in at 11:30 am on Tuesday and Thursday** or take-out pick up at front door. See menu on p. 6.

**Buxton Senior Center – Dine-in at 11:15 am on Monday, Wednesday and Friday** or take-out at front door. See menu on p. 7.

**Finley Senior Center – Dine-in at 12:00 pm on Monday, Wednesday and Friday** or pick up take-out meals in the senior center. See menu on p. 7.

**Hillsboro, Buxton, Finley call:**  
701-636-5953 or 800-845-1715

**Mayville/Portland call:**  
701-788-3453 (Mayville)  
701-788-3410 (Portland)

**Please call one day in advance by 2:00 pm to reserve your meal. To reserve a meal for Mondays, please call by 2:00 on Friday.**

## Trail & Steele County Foot Care

For services in Hillsboro and Buxton contact Deb Lessard. All other locations contact Jill Kent. Cost for this service is \$35.00.

### In May, Just For You Footcare will be providing footcare at:

Mayville  
May 8 & 29

Hope  
May 21

**Call Jill at 218-242-1379 for appointment.**

### Debra Lessard, RN will be providing foot care at:

Hillsboro  
May 7, 21, 28, 30

Kiwanis  
May 19

**Call Deb at 701-430-2074 for appointment**

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2801 32nd Ave. S, P.O. Box 2217, Fargo, ND 58108  
To receive the Silver Quill call 701-293-1440 or toll free 1-877-827-1916  
or e-mail us at: info@valleyseniors.org



## Local Food Pantries Trail County

### Hatton

Hatton Helping Hand  
1009 Dakota Ave, Hatton ND  
(Goose River Bank front door)

2nd and 4th Wednesdays  
4:00 – 6:00 pm  
Contact:

Donalee Strand  
701-371-1036 or  
Faye Duncan  
701-430-9869

### Hillsboro

Hillsboro Kiwanis  
Food Pantry  
Hillsboro Armory  
408 1st St. SE, Hillsboro ND  
1st & 3rd Mondays  
4:00-6:00 pm

Contact:  
Rich Gehrke 701-436-5777

### Portland

May-Port Food Pantry  
713 Helen Ave, Portland  
3rd Thursday—  
9:00-10:00 am (for Seniors)  
3:00-5:00 pm (public)

Contact:  
Marilyn Koppang  
218-230-3862

## Steele County

### Finley

Steele County Food Pantry  
201 Washington Ave W,  
(Courthouse) Finley, ND  
Call or text:  
Darci McCullough  
701-789-1517 or Pam Montag  
701-388-9622

# CENTER HIGHLIGHTS

## Hillsboro Senior Center

205 N Main Street  
701-636-5953

**Meals: Mon-Fri at 12:00 pm**

May 7, 21, 28, 30 - Foot care at Senior Center\*

May 22 - 1:30 Monthly business meeting (bingo to follow);

Every day - 8:00 Coffee

Every Tuesday - 9:00 Bone Builders; 1:00 Senior Fun Afternoon (games, cards, etc)

Every Thursday - 9:00 Bone Builders; 1:30 Bingo

To rent the center, call Lavonne Kozojed at 701-430-1229 or Marilyn Longthorne at 636-2092.

## Mayville Senior Center

39 1st Avenue NE  
701-788-3453

**Meals: Mon, Wed, Fri at 11:30 am**

May 5 - 1:30 Monthly business meeting

May 8 & 19 - Foot care at Senior Center\*

Every Tuesday - 1:30 Bingo

Every Friday - 1:30 Cards

To rent the center, call Connie Mangan at 701-430-1981.

## Finley Senior Center

301 Central Avenue  
701-524-1818

**Meals: Mon, Wed, Fri at 12:00 pm**

May 13 - 2:00 Monthly meeting

May 27 - 2:00 Social

Every Tuesday - 2:00 Cards

## Hope Senior Center

211 Steele Ave

May 6 - 1:30 Monthly business meeting

May 20 - 1:30 Social

May 21 - Foot Care at Senior Center\*

Every Thursday - 1:30 Cards

To rent the center, call Edith Johnson at 701-840-1904.

## Buxton Town & Country Senior Center

315 Broadway

**Meals: Mon, Wed, Fri at 11:30 am**

May 19 - 2:00-4:00 Pie Day

May 26 - 12:30 Monthly business meeting with bingo to follow

Every Mon, Wed & Fri - 10:00 Bone Builders

To rent the center, call Arlan Vonesh at 847-2102, Rose Finstrom at 847-3052 or Wanda Knutsvig at 701-740-5751.

## Portland Golden Age Club

710 Parke Avenue  
701-788-3410

**Meals: Tues & Thurs at 11:30 am**

May 12- 12:00 noon potluck meal;

12:45 monthly business meeting

Every Monday - 8:00-9:30 Coffee

Every Wednesday - 8:00-9:30 Coffee;

9:30 Bone Builders; 1:00 Cards

Every Friday - 8:00-9:30 Coffee;

9:30 Bone Builders

To rent the center, call Marie Hamm at 608-697-2106.



### DID YOU KNOW?

You can use your SNAP (Supplemental Nutrition Assistance Program) benefits to donate towards your home delivered or congregate meals. Don't have SNAP? You can donate in person, by mail, or online. Find out more at [www.valleyseniorservices.org](http://www.valleyseniorservices.org)

\*See foot care schedule on page 2

# DIET FOR DIVERTICULAR DISEASE

BY LANE LIPETZKY SWENSON, RD, LD, CGN

According to the National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), around 30% of US adults over the age of 50, 50% over the age of 60 and upwards of 70% of adults over the age of 80 have diverticulosis. Diverticulosis is a condition where diverticula (small bulging pouches) form inside the colon. These diverticula often don't cause symptoms, however, they can become infected and inflamed which is considered diverticulitis. Luckily, not everyone with diverticulosis will develop diverticulitis and there are certain dietary patterns that can help decrease your risk. In this month's article we will discuss risk factors for diverticular disease and dietary patterns for prevention.

## Risk Factors

As you may have noticed in the statistics above, increasing age is one of the main risk factors for diverticular disease. According to the Mayo clinic, additional risk factors include:

- A low fiber diet
- Obesity
- Smoking or heavy alcohol use
- High intake of red and processed meats
- Lack of exercise
- Low vitamin D levels
- Genetics
- Use of certain medications such as steroids, opioids and NSAIDs like ibuprofen

Not all risk factors are controllable, however, changes in diet, exercise, smoking and alcohol use and vitamin D supplementation may help decrease your risk for developing diverticulosis. If you already have diverticulosis, these changes can also decrease your risk for diverticulitis and the need for medical intervention.

## Diet for Diverticular Disease

Advice used to be to avoid foods like popcorn, nuts and seeds. We now know that this is not necessary and actually may make it harder to

meet your fiber needs. The latest diet recommendations are to follow a high fiber diet, drink plenty of fluids, limit red and processed meats and to be physically active. If you drink alcohol, do so in moderation and if you smoke, reduce your smoking or quit. You may also want to talk to your dietitian or doctor about vitamin D supplementation, especially in the fall and winter months. The bullet points below are specific diet recommendations for diverticular disease:

- Daily fiber recommendations: 21 grams a day for women over the age of 50 and 30 grams a day for men over 50
- Fluids: Aim for at least 8 cups, or 2 liters, of fluids a day to help soften stools and prevent constipation. This is especially important when you are increasing your fiber intake.
- There is no specific requirement on how much red or processed meat you can eat to limit your risk for diverticulitis. However, it is advisable to replace some of your red or processed meat intake with healthier alternatives such as poultry, eggs, fish, seafood and legumes for protein.
- Physical activity recommendations: at least 30 minutes of moderate physical activity (like brisk walking) 5 days a week can help reduce your risk.
- Alcohol: avoid alcohol during a flare, it can irritate your gastrointestinal tract and increase inflammation. If you choose to drink alcohol outside of a flare, do so in moderation.

## Diet Progression After Diverticulitis

If you do develop diverticulitis, you may need to seek medical attention. You will likely be required to follow a clear liquid diet before advancing to a low fiber diet and eventually back to a high fiber diet. In next month's article, I will give examples of how and when to progress from clear liquids to a high fiber diet following a flare.

# MAY 2025

## Hillsboro (701-636-5953)


See pages 6-7 for all site menus - info on ordering a meal for all sites on page 2

### MEALS ON WHEELS & MEALS AT CENTERS

Please call one day in advance by 2 pm Tuesday through Friday to leave reservation for a meal  
(for Monday call by 2pm Friday)

Phone **701-636-5953** or **1-800-845-1715**

**ALL MEALS INCLUDE 8oz 1% MILK**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Chili Verde Brussel Sprouts & Tomatoes Tortilla Chips Diced Mango	<b>2</b> Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Chilled Mandarin Oranges WG Biscuit
<b>5</b> Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce WW bread	<b>6</b> Southwest Veggie Pasta Mixed Veggies Kiwi WW Roll	<b>7</b> Baked Pork Chop Baked Potato Harvard Beets WB-2 Sour Cream Chilled Peaches	<b>8</b> Stuffed Peppers Mashed Potatoes Zucchini Whole Orange WW Roll Low Fat Vanilla Yogurt	<b>9</b> Chicken Fettuccine Alfredo House Salad Garden Blend Veggies Cranberry Fruit Salad Gelatin Breadstick
<b>12</b> Tater Tot Casserole Southwest Corn WW Bread Pear	<b>13</b> Orange Chicken LS Egg Roll Garlic Noodles Oriental Blend Veggies Oranges in Whipped Topping	<b>14</b> Cheese Tortellini Meatballs & Marinara Sauce Italian Veggie Blend WG Breadstick Strawberries Cheese Cake	<b>15</b> Beef Taco Salad Tortilla Chips Salsa Fresh Berries Whipped Topping	<b>16</b> Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Potato Roll Raspberries
<b>19</b> Pork Wings Au Gratin Potatoes Seasoned Snow Peas WW Ciabatta Roll Honeydew	<b>20</b> Hot Dog on Bun Tator Tots Mixed Veggies Cantaloupe	<b>21</b> Chicken Salad on Wheat Chickpea Salad Lettuce, tomato, onion Watermelon	<b>22</b> Baked Lemon Tilapia Roasted Red Potatoes Asparagus WB-2 Fruited Mallow Gelatin	<b>23</b> Beef Marzetti House Salad Squash Garlic Bread Dressing Fruit Cocktail in Whip Topping
<b>26</b> <b>Closed</b> If you would like to receive a frozen meal on Friday, please call the office.	<b>27</b> Parmesan Chicken Buttered Spaghetti & Marinara Seasoned Broccoli Fresh Fruit Salad WW Dinner Roll	<b>28</b> Beef Stir Fry Herbed Orzo Pasta Stir Fry Veggie Blend Chilled Mandarin Oranges WW Bread	<b>29</b> Hawaiian Turkey Burger Tator Tots Corn Cobbette Grapes Bun	<b>30</b> Hot Roast Beef on Wheat Chived Mashed Potatoes Peas and Carrots Wheat Roll Snicker & Apple Salad

# Mayville (701-788-3453)-Portland (701-788-3410)

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1 - PORTLAND</b> Chili Verde Brussel Sprouts & Tomatoes Tortilla Chips Diced Mango	<b>2 - MAYVILLE</b> Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Mandarin Oranges
<b>5 - MAYVILLE</b> Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce	<b>6 - PORTLAND</b> Southwest Veggie Pasta Mixed Veggies Kiwi	<b>7 - MAYVILLE</b> Baked Pork Chop Baked Potato Harvard Beets Chilled Peaches	<b>8 - PORTLAND</b> Stuffed Peppers Mashed Potatoes Zucchini Whole Orange	<b>9 - MAYVILLE</b> Chicken Fettuccine Alfredo House Salad Garden Blend Veggies Cranberry Fruit Salad
<b>12 - MAYVILLE</b> Tater Tot Casserole Southwest Corn WW Bread Pear	<b>13 - PORTLAND</b> Orange Chicken LS Egg Roll Garlic Noodles Oriental Blend Veggies Oranges/Whipped Topping	<b>14 - MAYVILLE</b> Cheese Tortellini Meatballs & Marinara Sauce Italian Veggie Blend Strawberries Cheese Cake	<b>15 - PORTLAND</b> Beef Taco Salad Tortilla Chips Salsa Fresh Berries Whipped Topping	<b>16 - CLOSED</b> Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Potato Roll Raspberries
<b>19 - MAYVILLE</b> Pork Wings Au Gratin Potatoes Seasoned Snow Peas Honeydew	<b>20 - PORTLAND</b> Hot Dog on Bun Tator Tots Mixed Veggies Cantaloupe	<b>21 - MAYVILLE</b> Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon	<b>22 - PORTLAND</b> Baked Lemon Tilapia Roasted Red Potatoes Asparagus Fruited Mallow Gelatin	<b>23 - MAYVILLE</b> Beef Marzetti House Salad/Dressing Squash Fruit Cocktail/Whip Topping
<b>26 - MAYVILLE</b> <b>Closed</b> If you would like to receive a frozen meal on Friday, please call the office.	<b>27 - PORTLAND</b> Parmesan Chicken Buttered Spaghetti & Marinara Seasoned Broccoli Fresh Fruit Salad	<b>28 - MAYVILLE</b> Beef Stir Fry Herbed Orzo Pasta Stir Fry Veggie Blend Mandarin Oranges	<b>29 - PORTLAND</b> Hawaiian Turkey Burger Tator Tots Corn Cobbette Grapes	<b>30 - MAYVILLE</b> Hot Roast Beef on Wheat Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad

## IMPORTANT UPDATE FROM SOCIAL SECURITY

The Social Security Administration (SSA) has taken proactive steps to enhance the security of its services by implementing stronger identity verification procedures. The updated measures will further safeguard Social Security records and benefits against fraudulent activity. Over the month of March, SSA carefully transitioned to stronger identity proofing procedures for both benefit claims and direct deposit changes. Individuals seeking these services who cannot use their personal my Social Security account, which requires online identity proofing, will then need to visit a local Social Security office to prove their identity in person. At the same time, the agency will expedite processing all direct deposit change requests – both in person and online – to one business day. Prior to this change, online direct deposit changes were held for 30 days.

Beginning March 31, 2025, SSA will enforce online digital identity proofing and in-person identity proofing. SSA will permit individuals who do not or cannot use the agency’s online my Social Security services to start their claim for benefits on the

telephone. However, the claim cannot be completed until the individual’s identity is verified in person. The agency therefore recommends calling to request an in-person appointment to begin and complete the claim in one interaction. Individuals with and without an appointment will need to prove identity before starting a transaction. Individuals who do not or cannot use the agency’s online my Social Security services to change their direct deposit information, can visit a local office to process the change or can call 1-800-772-1213 to schedule an in-person appointment.

The agency will continue to monitor and, if necessary, make adjustments, to ensure it pays the right person the right amount at the right time while at the same time safeguarding the benefits and programs it administers.

People who do not already have a “my Social Security” account can create one at [www.ssa.gov/myaccount/](http://www.ssa.gov/myaccount/).

*Information provided by the Social Security Administration at [blog.ssa.gov](http://blog.ssa.gov)*

## Buxton (701-847-2069)

	Wednesday	Friday
<i>Please note: Center is closed Monday, May 26th. Participants may request a frozen meal on Friday, May 23rd, or choose to dine with us on Tuesday, May 27th</i>		<b>2</b> Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Mandarin Oranges
<b>5</b> Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce	<b>7</b> Baked Pork Chop Baked Potato Harvard Beets Chilled Peaches	<b>9</b> Chicken Fettuccine Alfredo House Salad Garden Blend Veggies Cranberry Fruit Salad
<b>12</b> Tater Tot Casserole Southwest Corn WW Bread Pear	<b>14</b> Cheese Tortellini Meatballs & Marinara Sauce Italian Veggie Blend Cheese Cake	<b>16</b> Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Raspberries
<b>19</b> Pork Wings Au Gratin Potatoes Seasoned Snow Peas Honeydew	<b>21</b> Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon	<b>23</b> Beef Marzetti House Salad/Dressing Squash Fruit Cocktail in Whip Topping
<b>27 - Tuesday</b> Parmesan Chicken Buttered Spaghetti & Marinara Seasoned Broccoli Fresh Fruit Salad WW Dinner Roll	<b>28</b> Beef Stir Fry Herbed Orzo Pasta Stiry Fry Veggie Blend Chilled Mandarin Oranges	<b>30</b> Hot Roast Beef on Wheat Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad

## Finley (701-524-1818)

	Wednesday	Friday
<i>Please note: Center is closed Monday, May 26th. Participants may request a frozen meal on Friday, May 23rd, or choose to dine with us on Tuesday, May 27th</i>		<b>2</b> Chicken Drumsticks Scalloped Potatoes Seasoned Green Peas Mandarin Oranges
<b>5</b> Potato Chive Crusted Cod Cheesy Hashbrowns Savory Carrots Cinnamon Applesauce	<b>7</b> Baked Pork Chop Baked Potato Harvard Beets Chilled Peaches	<b>9</b> Chicken Fettuccine Alfredo House Salad Garden Blend Veggies Cranberry Fruit Salad
<b>12</b> Tater Tot Casserole Southwest Corn WW Bread Pear	<b>14</b> Cheese Tortellini Meatballs & Marinara Sauce Italian Veggie Blend Cheese Cake	<b>16</b> Jamaican Ribs Tex-Mex Cowboy Caviar Parslied Potatoes Raspberries
<b>19</b> Pork Wings Au Gratin Potatoes Seasoned Snow Peas Honeydew	<b>21</b> Chicken Salad on Wheat Chickpea Salad Lettuce, Tomato, Onion Watermelon	<b>23</b> Beef Marzetti House Salad/Dressing Squash Fruit Cocktail in Whip Topping
<b>27 - Tuesday</b> Parmesan Chicken Buttered Spaghetti & Marinara Seasoned Broccoli Fresh Fruit Salad WW Dinner Roll	<b>28</b> Beef Stir Fry Herbed Orzo Pasta Stiry Fry Veggie Blend Chilled Mandarin Oranges	<b>30</b> Hot Roast Beef on Wheat Chived Mashed Potatoes Peas and Carrots Snicker & Apple Salad



## 2024 SERVICES DELIVERED REPORT

In 1971 Valley Senior Services began providing Congregate and Home Delivered meals, Transportation and Resource services to seniors 60 years and older in the Fargo/West Fargo area. Today, we serve seniors with meals, transportation, and resource services in six counties in southeastern North Dakota; our Metro Senior Ride Service operates in the Fargo-Moorhead metro area which includes the cities of West Fargo and Dilworth. As the population of North Dakota ages, Valley Senior Services will be prepared to provide services that help them stay independent and in their own homes for as long as possible; currently we are making plans to expand our number of meal sites and transit vehicles to keep up with demand.

2024 was a busy year for Valley Senior Services, overall, the number of meals, rides and resource visits provided by our agency increased over 2023.

### SERVICES PROVIDED IN 2024

#### Congregate Meals

86,068

#### Meals on Wheels

196,791

#### Resource Service

Direct Services

1,307 hours

Home Delivered Meals

702 hours

#### Take-out meals

64,215

#### Transportation

54,049



**Valley Senior Services, Inc.**  
**P.O. Box 2217**  
**Fargo, ND 58108**

**NON-PROFIT ORG.**  
**U.S. POSTAGE PAID**  
**FARGO, ND 58102**  
**PERMIT NO. 1123**

## Steele County Transit - May 2025

Aneta - Buxton - Cooperstown - Hatton - Hillsboro - Northwood - Page - Mayville - Galesburg - Portland - Reynolds - Finley - Sharon - Hope - Rural Grand Forks County as noted

**To schedule a ride, call: 1 (800) 845-1715 or (701) 636-5953 at least 2 days in advance.**

**The cost for these rides is \$8.00 per person.**

Rides will be provided on a first call, first serve basis. Hours spent in Fargo and Grand Forks will be between 9:30am to 2:30pm unless all riders are ready to leave earlier.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
			1	2 <b><u>FARGO</u></b>
5 <b><u>FARGO</u></b>	6 <b><u>GRAND FORKS</u></b> GF County	7	8	9
12 <b><u>FARGO</u></b>	13	14 <b><u>FARGO</u></b>	15 <b><u>GRAND FORKS</u></b> GF County	16 <b><u>FARGO</u></b>
19 <b><u>FARGO</u></b>	20 <b><u>GRAND FORKS</u></b> GF County	21	22	23
26	27	28 <b><u>FARGO</u></b>	29 <b><u>GRAND FORKS</u></b> GF County	30

**Van Schedules:** Two vans are available for individual appointments with one being accessible for mobility aids. These vans are available Monday thru Friday within Traill and Steele counties as well as to Fargo and Grand Forks.