



Valley Senior Services of Traill & Steele Counties

MAY 2026 | VOLUME 36 NO. 5

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 \$600. 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 \$600.

Example: A renter pays \$8000 per month in rent (\$9,600 per year) and the renter's income is \$35,000.

- 20% of \$9,600 is \$1,920
 - 4% of \$35,000 is \$1,400
- | | |
|--------------------|-----|
| 1,920 (% rent) | |
| - 1,400 (% income) | |
| | 520 |

***The renter is entitled to \$520 refund if they meet qualifications**

Renters must apply for a refund with the North Dakota Office of State Tax Commissioner by **May 31st** following the year which the refund is claimed. The application is available at 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 701-636-5954 to connect with our Program Assistant.



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



valleyseniorservices.org



701-636-5953
800-845-1715 (toll free)

Information and referrals always available by contacting Traill & Steele Program Assistant, Ashley, at 701-636-5954

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*Valley Senior Services will be closed on May 25.
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:

Ashley
701-636-5954

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.

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.

**To sign up for meals, call:
701-636-5954**



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.

Debra Lessard, RN will be providing foot care at:

Hillsboro
May 6, 20, & 27

Kiwanis
May 7

Call Deb at 701-430-2074 for schedule and appointment

Statement of Identification - Silver Quill
Published Monthly by: Valley Senior Services, Inc.
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

CENTER HIGHLIGHTS



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:
Brittany Olson 701-330-9736



Hillsboro Senior Center

205 N Main Street
701-636-5954

Meals: Mon-Fri at 12:00 pm

May 6, 20, 27 - Foot care at Senior Center*

May 28 - 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 4 - 1:30 Monthly business meeting

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

Every Tuesday - 2:00 Cards

Portland Golden Age Club

710 Parke Avenue
701-788-3410

Meals: Tues & Thurs at 11:30 am

May 11 - 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.

Buxton Town & Country Senior Center

315 Broadway

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

May 18 - 2:00-4:00 Pie/Coffee Day

May 25 - 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.

Hope Senior Center

211 Steele Ave

May 5 - 1:30 Monthly business meeting

May 19 - 1:30 Social

Every Thursday - 1:30 Cards

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

*See foot care schedule on page 2

HEALTHY EATING & MEAL PLANNING

Tip & Tricks for Meal Planning



Meal planning is a way to help keep your meals predictable and organized.

Meal planning means sitting down to plan out your meals (breakfast, lunch, dinner, and/or snacks) ahead of time for the week, or month. By doing this, you can create a “roadmap” for what your meals will look like. The stress and effort needed to decide what to eat for each meal can be overwhelming. This can increase the likelihood of choosing unhealthy meals if there is nothing preplanned. Meal planning is a way to reduce the stress and can lead to healthier meal choices.

There are many benefits to meal planning, including making budget friendly choices. When you sit down to plan out your meals for the week, or month, you will be able to see what ingredients you already have in your pantry or fridge and what items you will need to purchase. Meal planning helps you use what you already have and cut down on waste. The likelihood of overspending at the grocery store is also lower because you have a set list of ingredients needed for your meal plans. It truly is a win-win! Another major

benefit to meal planning is the ability to eat healthier. By choosing healthy meals ahead of time, you can stick to the plan and are less likely to pick fast food or unhealthy meals if everything has already been preplanned.

By regularly planning ahead for meals, you will quickly see the benefits!

Tips for Effective Meal Planning

1. Set aside time each week or month to plan out your meal plan. Use a paper calendar, journal, app, or notebook to plan out your breakfast, lunch, dinner, and snacks for the week.
2. Aim to use ingredients for your meal plans that you already have in your fridge or pantry. This helps cut back on food waste and you may be surprised to find how much you already have in your kitchen.
3. Use meal planning as an opportunity to try new recipes or use ones that you already know and love.
4. Be mindful of how much time you have to prepare your meals. If you know that a busy weekday full of plans is in the future, choose a simple dish to prepare or purchase for that day.
5. Leftovers can be a benefit to meal planning. Use dinner leftovers for lunch the next day to make planning simple and easy.
6. When it comes to meal planning, make sure that you have enough food planned for your week or month. Consider whether you will need to plan out more robust meals or snacks according to how busy your day might be.
7. Thinking back to healthy eating principles is a great place to start when creating a balanced meal plan. Meals should include protein, whole grains, and fruits and vegetables.
8. Variety is KEY when meal planning. Mix it up and have a variety of options for your meals and snacks. Otherwise, you may feel uninterested and unmotivated to stick to your plans.

Resources:

<https://www.myplate.gov/eat-healthy/healthy-eating-budget/make-plan>

MAY 2026

Hillsboro (701-636-5954)

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 **701-636-5954**

ALL MEALS INCLUDE 8oz 1% MILK

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/ Tomatoes Chilled Fruit Salad Wheat Bread</p>
<p>4 Lemon Mustard Chicken Chive Mashed Potatoes Sweet & Savory Veggie Blend Chilled Tropical Fruit Wheat Dinner Roll</p>	<p>5 French Dip Sandwich Baked Potato Three Bean Salad Kiwi</p>	<p>6 Stuffed Shells & Sauce House Salad Winter Blend Veggies Seasonal Fresh Fruit Wheat Bread x 1</p>	<p>7 Turkey Macaroni Salad Carrot Raisin Salad Tomato Spoon Salad Pears with Blueberries Crackers</p>	<p>8 Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp Wheat Roll</p>
<p>11 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches Wheat Dinner Roll</p>	<p>12 Sweet & Sour Chicken Brown Rice Broccoli Potstickers Mandarin Orange</p>	<p>13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Steamed Carrots Banana Cake Wheat Dinner Roll</p>	<p>14 Cheesy Baked Ziti Sicilian Blend Veggies Apple Wheat Breadstick</p>	<p>15 Pork Wings Scalloped Potatoes Mixed Veggies Applesauce</p>
<p>18 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Peaches Low Fat Vanilla Yogurt Wheat Roll</p>	<p>19 Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple Wheat Bread x 2</p>	<p>20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries</p>	<p>21 Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail Garlic Breadstick</p>	<p>22 BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Hawaiian Rolls Mixed Berries Dessert</p>
<p>25 Closed If you would like an additional meal, please call the office.</p>	<p>26 Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges Wheat Bread x 2</p>	<p>27 Egg Salad Sandwich on Wheat Tomato Slices Carrots & Celery Cottage Cheese & Fruit</p>	<p>28 Pulled Pork on Bun Corn Cucumber Dill Salad Watermelon</p>	<p>29 Turkey Noodle Casserole House Salad Seasoned Green Peas Peaches Wheat Dinner Roll</p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 - MAYVILLE Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/Tomatoes Chilled Fruit Salad
4 - MAYVILLE Lemon Mustard Chicken Chive Mashed Potatoes Sweet & Savory Veggie Chilled Tropical Fruit	5 - PORTLAND French Dip Sandwich Baked Potato Three Bean Salad Kiwi	6 - MAYVILLE Stuffed Shells & Sauce House Salad Winter Blend Veggies Seasonal Fresh Fruit	7 - PORTLAND Turkey Macaroni Salad Carrot Raisin Salad Tomato Spoon Salad Pears with Blueberries	8 - MAYVILLE Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp
11 - MAYVILLE Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches	12 - PORTLAND Sweet & Sour Chicken Brown Rice Broccoli Potstickers	13 - MAYVILLE Turkey Cutlet & Gravy Mashed Sweet Potatoes Steamed Carrots Banana Cake	14 - PORTLAND Cheesy Baked Ziti Sicilian Blend Veggies Apple Wheat Breadstick	15 - MAYVILLE Pork Wings Scalloped Potatoes Mixed Veggies Applesauce
18 - MAYVILLE Stuffed Peppers Mashed Potatoes Seasoned Green Beans Peaches Low Fat Vanilla Yogurt	19 - PORTLAND Chicken Supreme Company Potatoes Prince Edward Veggies Blushing Pineapple	20 - MAYVILLE Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	21 - PORTLAND Beef Mac Casserole Tossed Salad w/ Dressing Zucchini w/ Oregano Fruit Cocktail	22 - MAYVILLE BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Hawaiian Rolls Mixed Berries/Dessert
25 - MAYVILLE Closed If you would like an additional meal, please call the office.	26 - PORTLAND Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27 - MAYVILLE Egg Salad Sandwich on Wheat Tomato Slices Carrots & Celery Cottage Cheese & Fruit	28 - PORTLAND Pulled Pork on Bun Corn Cucumber Dill Salad Watermelon	29 - MAYVILLE Turkey Noodle Casserole House Salad Seasoned Green Peas Peaches

LET US PUT YOUR LIFE BACK IN FOCUS

Older Individuals Who are Blind (OIB) Program

Program Requirements:

- ◆ Be age 55 and older
- ◆ Have a vision impairment like macular degeneration, cataracts, etc.
- ◆ Not live in a nursing home

Some OIB Services Include:

- ◆ Assistive Technology Devices
 - ◇ Magnifier, lights, glare control
 - ◆ Communication Skills
 - ◇ Large print calendars, watches/clocks, computer training
 - ◆ Daily Living Skills
 - ◇ Meal prep, clothing care, leisure activities, grooming
 - ◆ Low Vision Assessment
 - ◆ Information and Referral to Other Programs
 - ◇ Talking Books, ND
- Assistive, ND Vision Services, etc.

Our specially trained team is located throughout North Dakota and will come to you for appointments—at no cost to you!

CONTACT US

Toll-Free: 800-755-2745, 711 (TTY)

Email: dhsvr@nd.gov

Website: hhs.nd.gov/vr/vision-services

NORTH
Dakota Be Legendary.

Health & Human Services

Funding for this was provided through a combination of Federal funds awarded by the U.S. Department of Education under the State Vocational Rehabilitation Services (VR) program and State appropriated funds. Federal funds pay for 78.7% of the program costs. For FFY 2023, the VR agency was awarded \$12,082,440 in Federal VR funds. The remaining 21.3% of funding of \$3,270,089 was provided by State appropriated funds.

Buxton (701-847-2069)

Monday	Wednesday	Friday
		1 Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/ Tomatoes Chilled Fruit Salad
4 Lemon Mustard Chicken Chive Mashed Potatoes Sweet & Savory Veggie Blend	6 Stuffed Shells & Sauce House Salad Winter Blend Veggies Seasonal Fresh Fruit	8 Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp
11 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Steamed Carrots Banana/ Cake	15 Pork Wings Scalloped Potatoes Mixed Veggies Applesauce
18 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Peaches Low Fat Vanilla Yogurt	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	22 BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Hawaiian Rolls Mixed Berries/Dessert
26—Tuesday Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27 Egg Salad Sandwich on Wheat Tomato Slices Carrots & Celery Cottage Cheese & Fruit	29 Turkey Noodle Casserole House Salad Seasoned Green Peas Peaches

Finley (701-524-1818)

Monday	Wednesday	Friday
		1 Italian Baked Fish Lemon Dill Orzo Brussels Sprouts/ Tomatoes Chilled Fruit Salad
4 Lemon Mustard Chicken Chive Mashed Potatoes Sweet & Savory Veggie Blend	6 Stuffed Shells & Sauce House Salad Winter Blend Veggies Seasonal Fresh Fruit	8 Beef Steak & Gravy Mashed Potatoes Peas & Carrots Berry Crisp
11 Parmesan Baked Cod Seasoned Roasted Baby Potato Asparagus Almondine Peaches	13 Turkey Cutlet & Gravy Mashed Sweet Potatoes Steamed Carrots Banana/ Cake	15 Pork Wings Scalloped Potatoes Mixed Veggies Applesauce
18 Stuffed Peppers Mashed Potatoes Seasoned Green Beans Peaches Low Fat Vanilla Yogurt	20 Mushroom Swiss Burger Potato Salad Pepper Medley Strawberries	22 BBQ Pork Chop Southwest Macaroni Salad Parmesan Lima Beans Hawaiian Rolls Mixed Berries/Dessert
26—Tuesday Fried Chicken Parslied Potatoes Mixed Veggies Mandarin Oranges	27 Egg Salad Sandwich on Wheat Tomato Slices Carrots & Celery Cottage Cheese & Fruit	29 Turkey Noodle Casserole House Salad Seasoned Green Peas Peaches

2025 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 also includes the cities of West Fargo, Horace 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. We continue with plans to expand the number of meal sites and transit vehicles to keep up with demand.

2025 was a busy year for Valley Senior Services, overall, the number of meals provided by our agency increased over 2024.

Services provided in 2025

CONGREGATE MEALS

79,569

MEALS ON WHEELS

201,501

TAKE-OUT MEALS

64,487

TRANSPORTATION

52,321

RESOURCE SERVICE

Direct Services 1,083 hours



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 2026

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.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <u>FARGO</u>
4 <u>FARGO</u>	5 <u>GRAND FORKS</u> GF County	6	7	8
11 <u>FARGO</u>	12	13 <u>FARGO</u>	14 <u>GRAND FORKS</u> GF County	15 <u>FARGO</u>
18 <u>FARGO</u>	19 <u>GRAND FORKS</u> GF County	20	21	22
25 <u>CLOSED</u>	26	27 <u>FARGO</u>	28 <u>GRAND FORKS</u> GF County	29

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.