



ARTIFICIAL INTELLIGENCE IN FINANCIAL SCAMS AGAINST OLDER ADULTS

Artificial intelligence (AI) perpetrators are evolving new and nefarious ways to obtain the trust, and eventually money or resources, of people of all backgrounds. With the rise in use and development of generative AI, scammers are profiting far more from scam calls than ever before.

How do scammers use AI?

Some AI software can be used to generate new audio content based on existing recordings. Notoriously, these existing recordings are often taken from recorded calls, or audio/video content posted to social media or other online platforms. The new, cloned audio is intended to mimic an individual's voice as closely as possible, to present the content as if it was an original statement made by that person. Audio and video versions of this phenomenon are known as "deepfakes."

Using AI voice cloning, perpetrators can impersonate celebrities, authority figures, and sometimes even loved ones or relatives of the target, and convince them to offer financial assistance or resources. Through the cloned voice, they can present themselves more deceptively than ever, to be in danger, in need, or exceptionally persuasively, to earn whatever they need from their target.

How vulnerable are older adults to AI voice cloning scams?

While older adults may be especially vulnerable to deepfake audio scams, it is important to remember that the technology is so new, and thus people of all ages and backgrounds are susceptible to being harmed by their use in financial scams. It can be difficult for anyone to decipher whether a call is genuine, especially when it may sound like someone you love feeling scared, threatened or in desperate need for your help. Notable examples of older adults being specifically harmed by deepfake audio scams include:

◊ In 2023, two grandparents in Saskatchewan received a call from someone presenting themselves as their "grandson" telling them that he needed cash for bail money after landing in jail. When they attempted to withdraw thousands of dollars from their bank to rescue him, their bank manager pulled them aside to inform them that it was likely to be a scam, given that another client had received a similar call and later discovered it had been a deepfaked clone of their relative's voice.

◊ In 2023, a grandparent in Newfoundland, Canada reported that their "grandson" had been arrested following a car accident and needed over CA\$50,000 for bail. Unfortunately, she and many

(Continued on page 7)



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



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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**Check us out online at
valleyseniorservices.org
or on our
Facebook page at
[facebook.com/
ValleySeniorServices](https://facebook.com/ValleySeniorServices)**

Valley Senior Services Traill & 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.

Traill & 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:

Hatton

June 3

Mayville

June 19

Call Jill at 218-242-1379 for appointment.

Debra Lessard, RN will be providing foot care at:

Hillsboro

June 4, 16, 18

Buxton

June 5

Call Deb at 701-430-2074 for 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



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

June 4, 16, 18 - Foot care at Senior Center*

June 26 - 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

June 2 - 1:30 Monthly business meeting

June 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

June 10 - 2:00 Monthly meeting

June 24 - 2:00 Social

Every Tuesday - 2:00 Cards

Hope Senior Center

211 Steele Ave

June 3 - 1:30 Monthly business meeting

June 17 - 1:30 Social

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

June 5 - Foot Care at Senior Center*

June 16 - 2:00-4:00 Pie Day

June 23 - 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

June 9 - 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.

HELP WANTED:

Looking to fill a part time County Assistant position at our Hillsboro location.

This position will assist with our meal program, site operations and transit operations.

Pay ranges from 16.23-24.94 DOE.

For more info on how to apply please contact Mia at 701-636-5953

*See foot care schedule on page 2

ADVANCING DIET FROM CLEAR LIQUIDS TO HIGH FIBER

BY LANE LIPETZKY SWENSON, RD, LD, CGN

In last month's article, we discussed diverticular disease risk factors and preventing flares with a high fiber diet. In this article, we will review how to advance from a clear liquid diet during a diverticulitis flare to a normal high fiber diet to help prevent reoccurrence.

Clear Liquid Diet

During a diverticulitis flare, you will likely be instructed to follow a clear liquid diet. Your doctor will let you know when to start advancing your diet to solids. A clear liquid diet means no solid foods and liquids that you can see through. At this time, you may consume:

- Broth
- Water, clear juices such as apple, cranberry and grape (Avoid orange juice and pulp), sports drinks, coffee and tea without milk or creamer
- Jell-O without added fruit, popsicles

Advancing Diet

When your doctor has given you the green light to start eating solid foods, it is best to eat soft foods and a low fiber diet while healing. A low fiber diet generally refers to a diet with less than 8 grams of fiber per day. Low fiber foods include:

- Canned or cooked fruit without seeds or skin, such as applesauce and melon
- Canned or well-cooked vegetables without seeds and skin, vegetable juice
- Dairy products such as cheese, milk and yogurt
- Hot or cold low-fiber cereal like cream of wheat (less than 2 grams per serving)
- Meat that is ground or tender and well cooked, eggs or fish
- White pasta, bread and rice

After symptoms improve, (usually within four days) you may start to slowly add fiber back into your diet. Increasing fiber intake too quickly can cause negative side effects like gas and bloating. Aim to increase your fiber by about 5 grams every couple of days until you've reached your normal full fiber diet. Move slower if you start to experience discomfort.

Full Fiber Diet with Adequate Fluids

Once you have healed from a diverticulitis flare, the recommendation is to follow a high fiber diet

to help limit your risk of developing future flares. Fiber recommendations for men over the age of 50 is 30 grams a day and 28 grams a day for men over the age of 70. For women over the age of 50, the recommendation is 21 grams a day. In addition to meeting your fiber needs, drink at least 8 cups of fluids and be physically active to help with regular bowel movements.

Sample Menus to Advance Fiber Intake

11 Grams of Fiber

Breakfast	Fiber
½ cup instant cream of wheat	1 gram
½ banana	1.5 grams
1 cup milk	0 grams
2 hard-boiled eggs	0 grams
Lunch	
Turkey & cheese sandwich on 2 pieces of white bread	2 grams
1/2 cup cooked carrots	2.5 grams
1/2 cup applesauce	1 grams
1 cup milk	0 grams
Supper	
3 oz baked cod	0 grams
1/2 cup mashed potatoes (no skins)	1 gram
1/2 cup cooked green beans	2 grams
1 cup milk	0 grams

15 Grams of Fiber

Breakfast	Fiber
Egg, ham & cheese omelet	0 grams
1 cup strawberries	3 grams
1 cup milk	0 grams
1 piece white toast	1 gram
Lunch	
3 oz chicken breast	0 grams
1/2 cup sweet potatoes	3 grams
1/2 cup cooked broccoli	2.5 grams
1 cup milk	0 grams
Supper	
1 cup tomato soup	1.5 grams
Grilled cheese sandwich on white bread	2 grams
1 cup side salad	1 gram
1/2 cup grapes	1 gram

(Continued on page 6)

JUNE 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
2 French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	3 Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange	4 Chicken Monterey Brown Rice Prince Edward Veggie Watermelon Breadstick	5 Hamburger Steak Squash Brussel Sprouts & Tomatoes Fresh Pineapple Bread x2	6 Herbed Fish Potatoes & Onions Key Biscayne Blend Veggies Cran Apple Cobbler Bread x1
9 Spaghetti & Meat Sauce Green Beans Parmesan Cheese Apple Garlic Bread	10 Chicken BLT Salad Fruit Cocktail WG Breadstick	11 BBQ Beef Short Ribs Cheesy Hashbrowns Southwest Mixed Beans Cake Bread x2	12 Peach French Toast Bake Scrambled Egg Breakfast Potatoes Low Cal Syrup Banana	13 Swedish Meatballs Mashed Potatoes Scandinavian Blend Veggies Fruit Bread x2
16 Sloppy Joe Potato Wedges Baked Beans Orange Wheat Bun	17 Pork Wings Egg Noodles in Gravy Capri Blend Veggies House Salad Strawberries Wheat Roll	18 Turkey Dijonnaise Boiled Potatoes Brussel Sprouts Cantaloupe Bread x2	19 Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Apple Crisp	20 Italian Pasta Bake House Salad Italian Blend Veggies Grapes Bread x1
23 Garlic Steak Bites Roasted Baby Potatoes Broccoli w/Onions & Peppers Blueberries Bread x2	24 Shepherds Pie Brussel Sprouts Peaches in Orange Sauce WW Bread	25 Honey Roast Pork Chop Baby Carrots Fresh Fruit Salad Hot Spiced Apples Wheat Roll	26 Ham & Beans Baked Potato Pears Corn Muffin	27 Baked Chicken Thigh Cheesy Rice Casserole Parslied Zucchini Spring Salad Peaches & Cream Bread x1
30 Fish Sandwich w/ Tartar Lettuce Tomato Onion Au gratin Potatoes Cinnamon Applesauce Wheat Bun .				

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 - MAYVILLE French Dip Sandwich Red Potatoes w/ Garlic Sweet & Sour Beets Kiwi	3 - PORTLAND Beef Enchiladas Southwest Corn Black Bean Salad Mandarin Orange	4 - MAYVILLE Chicken Monterey Brown Rice Prince Edward Veggie Watermelon	5 - PORTLAND Hamburger Steak Squash Brussel Sprouts & Tomatoes Fresh Pineapple	6 - MAYVILLE Herbed Fish Potatoes & Onions Key Biscayne Blend Veggies Cran Apple Cobbler
9 - MAYVILLE Spaghetti & Meat Sauce Green Beans Parmesan Cheese Apple	10 - PORTLAND Chicken BLT Salad Fruit Cocktail WG Breadstick	11 - MAYVILLE BBQ Beef Short Ribs Cheesy Hashbrowns Southwest Mixed Beans Cake	12 - PORTLAND Peach French Toast Bake Scrambled Egg Breakfast Potatoes Banana	13 - MAYVILLE Swedish Meatballs Mashed Potatoes Scandinavian Blend Veggies Fruit
16 - MAYVILLE Sloppy Joe Potato Wedges Baked Beans Orange	17 - PORTLAND Pork Wings Egg Noodles in Gravy Capri Blend Veggies House Salad Strawberries	18 - MAYVILLE Turkey Dijonnaise Boiled Potatoes Brussel Sprouts Cantaloupe	19 - PORTLAND Teriyaki Chicken Sesame Brown Rice Asian Blend Veggies Vegetable Egg Roll Apple Crisp	20 - MAYVILLE Italian Pasta Bake House Salad Italian Blend Veggies Grapes
23 - MAYVILLE Garlic Steak Bites Roasted Baby Potatoes Broccoli w/Onions & Peppers Blueberries	24 - PORTLAND Shepherds Pie Brussel Sprouts Peaches in Orange Sauce	25 - MAYVILLE Honey Roast Pork Chop Baby Carrots Fresh Fruit Salad Hot Spiced Apples	26 - PORTLAND Ham & Beans Baked Potato Pears Corn Muffin	27 - MAYVILLE Baked Chicken Thigh Cheesy Rice Casserole Parslied Zucchini Peaches & Cream
30 - MAYVILLE Sandwich w/ Tartar Lettuce Tomato Onion Au gratin Potatoes Cinnamon Applesauce				

ADVANCING DIET FROM CLEAR LIQUIDS TO HIGH FIBER

(Continued from page 4)

21 Grams of Fiber

Breakfast	Fiber
1 cup cooked oatmeal	4 grams
1/2 banana	1.5 grams
1/4 cup pecans	2.5 grams
1 cup milk	0 grams
Lunch	
4 oz salmon	0 grams
1/2 cup peas	4 grams
1/2 cup cooked brown rice	1.5 grams
1/2 cup cooked cauliflower	2.5 grams
1 cup milk	0 grams
Supper	
Hamburger with bun	1 gram
1 oz baked potato chips	1 gram
1 cup raw baby carrots	3.5 grams
1 cup milk	0 grams

30 Grams of Fiber

Breakfast	Fiber
1/2 cup Greek yogurt	0 grams
1/2 cup raspberries	4 grams
1/2 cup blueberries	2 grams
1/2 cup muesli	4 grams
Lunch	
4 oz pork chop	0 grams
1 corn on the cob	2 grams
1 cup roasted Brussels sprouts	6 grams
1 cup milk	0 grams
Supper	
1.5 cups chili	10 grams
1 piece whole wheat bread	2 grams
1 peach	2 grams
1 cup milk	0 grams

All above menus are an estimation, there will be variability of fiber content in different products and brands.
To check the fiber content on a food label, look at the section that reads "Dietary Fiber."

For a list of fiber containing foods visit:

<https://www.dietaryguidelines.gov/sites/default/files/2024-08/Food-Sources-Fiber-Standard-508C.pdf>

Buxton (701-847-2069)

Monday	Wednesday	Friday
2 French Dip Sandwich Red Potatoes w/Garlic Sweet & Sour Beets Kiwi	4 Chicken Monterey Brown Rice Prince Edward Veggie Watermelon	6 Herbed Fish Potatoes & Onions Cran Apple Cobbler
9 Spaghetti & Meat Sauce Green Beans Apple	11 BBQ Beef Short Ribs Cheesy Hashbrowns Southwest Mixed Beans Cake	13 Swedish Meatballs Mashed Potatoes Scandinavian Blend Veggies Fruit
16 Sloppy Joe Potato Wedges Baked Beans Orange	18 Turkey Dijonnaise Boiled Potatoes Brussel Sprouts Cantaloupe	20 Italian Pasta Bake House Salad Italian Blend Veggies Grapes
23 Garlic Steak Bites Roasted Baby Potatoes Broccoli w/Onions & Peppers Blueberries	25 Honey Roast Pork Chop Baby Carrots Fresh Fruit Salad Hot Spiced Apples	27 Baked Chicken Thigh Cheesy Rice Casserole Parslied Zucchini Spring Salad Peaches & Cream
30 Fish Sandwich w/ Tartar Lettuce Tomato Onion Au gratin Potatoes Cinnamon Applesauce		

Finley (701-524-1818)

Monday	Wednesday	Friday
2 French Dip Sandwich Red Potatoes w/Garlic Sweet & Sour Beets Kiwi	4 Chicken Monterey Brown Rice Prince Edward Veggie Watermelon	6 Herbed Fish Potatoes & Onions Cran Apple Cobbler
9 Spaghetti & Meat Sauce Green Beans Apple	11 BBQ Beef Short Ribs Cheesy Hashbrowns Southwest Mixed Beans Cake	13 Swedish Meatballs Mashed Potatoes Scandinavian Blend Veggies Fruit
16 Sloppy Joe Potato Wedges Baked Beans Orange	18 Turkey Dijonnaise Boiled Potatoes Brussel Sprouts Cantaloupe	20 Italian Pasta Bake House Salad Italian Blend Veggies Grapes
23 Garlic Steak Bites Roasted Baby Potatoes Broccoli w/Onions & Peppers Blueberries	25 Honey Roast Pork Chop Baby Carrots Fresh Fruit Salad Hot Spiced Apples	27 Baked Chicken Thigh Cheesy Rice Casserole Parslied Zucchini Spring Salad Peaches & Cream
30 Fish Sandwich w/ Tartar Lettuce Tomato Onion Au gratin Potatoes Cinnamon Applesauce		

ARTIFICIAL INTELLIGENCE SCAMS

(continued from front page)

others were not able to evade the scam, with older adults in Newfoundland reportedly losing a combined US\$200,000 to AI voice cloning scams. ◇ In 2020, a well-established Philadelphia attorney with over 40 years of experience in legal practice was steps away from providing several thousands of dollars in bail money, to scammers using AI to impersonate three individuals – their “son,” their son’s “public defender,” and an “official” of the Montgomery County Court.

What can older adults do to avoid such scams?

There are small steps that individuals can take to further protect themselves if they ever receive a scam call:

⇒ Take a step back and think before acting – consider trying to call your relative or loved one back on their known contact number, or call another family member or close friend to

let them know what has happened and ask for their support.

⇒ Report any scams to your financial services provider and to your Congressperson – this can help with spreading awareness of the issue, and address any scams that have particularly targeted your local community.

⇒ Establish a “code word” or secret phrase with your close family, friends or community – an AI voice clone might be able to impersonate your loved one, but might not know something specific to your life or the relationships you have. You could establish a secret question, phrase or word, such as knowing the correct answer to “what street did I grow up on” or a specific word you can ask them for if they’re really in danger.

Dinesh Napal, LL.M
American Bar Association at americanbar.org



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

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

RETURN SERVICE REQUESTED

Steele County Transit - June 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.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 <u>GRAND FORKS</u> GF County	4	5	6 <u>FARGO</u>
9 <u>FARGO</u>	10	11 <u>FARGO</u>	12 <u>GRAND FORKS</u> GF County	13
16 <u>FARGO</u>	17 <u>GRAND FORKS</u> GF County	18	19	20 <u>FARGO</u>
23 <u>FARGO</u>	24 <u>GRAND FORKS</u> GF County	25 <u>FARGO</u>	26 <u>GRAND FORKS</u> GF County	27
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.