



Valley
Senior Services
helping seniors maintain independence

Silver Quill

APRIL 2024 | VOLUME 42 NO. 4



JOIN US FOR LUNCH!

APRIL 23
national
TAKE A CHANCE DAY

Mark your calendars for April 23, National Take A Chance Day, a day dedicated to embracing new experiences! And what better way to celebrate than by joining us for Community Dining at your local senior center? Invite a friend or neighbor to join you for a delightful lunch experience, filled with good company and great food. Stay a while for some engaging chit-chat, activities or the chance to make new friends. If you're pressed for time, don't worry—we offer convenient to-go meals at all our locations. Check out the menus on pages 7 & 8!

Ready to make it a date? Ensure your spot by signing up for meals! Simply call or drop by to add your name to the meal list, no later than noon the day before. We believe in fostering a sense of community, and that's why there's no fee for our meals. However, if you'd like to support our meal program, consider making a suggested donation of \$4 per meal. Rest assured, donations are anonymous, and we welcome everyone—no one will ever be turned away due to an inability to donate.

Join us for service with a smile, and we'll even take care of the dishes. Let's make National Take A Chance Day a day to remember, filled with new connections, delicious meals, and the joy of trying something different!



2801 32nd Ave S
Fargo, ND 58103



701-293-1440



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



valleyseniorservices.org

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

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SENIOR CENTER HIGHLIGHTS



ED CLAPP PARK CENTER 2801 32ND AVE S, FARGO EDEN SIVERTSON 298-3976

April 1 - 12:30 Birthday cupcakes
 April 10 - 10:00-2:00 Foot care
 April 11 - 10:00-2:00 Foot care; 12:30-4:30 AARP Driving Course (call 298-3976 to register)
 April 15 - 1:30 Movie & popcorn
 April 16 - 9:00 Exercise; 10:00-2:00 Foot care
 April 17 - 10:00-2:00 Foot care; 1:00 Card making w/Jane (info on page 4)
 April 18 - 9:00 Exercise; 10:00-2:00 Foot Care
Every Monday - 12:30 Pinochle, cards
Every Tuesday - 9:30 Free exercise; 12:30 Pinochle, cards
Every Wednesday - 12:30 Cards & Mahjong; 1:00 Bridge
Every Thursday - 9:30 Free exercise; 1:00 Bingo & Mahjong
Every Friday - 12:30 Cards; 1:00 Bridge

Meals served daily at 12:00 pm. To reserve meals, please call 298-3976 by 12:00 pm the day before.

TROLLWOOD VILLAGE 3105 BROADWAY, FARGO 298-3975

April 3 - 10:00-2:00 Foot care; 1:00 Birthday cupcakes
 April 4 - 10:00-2:00 Foot care
 April 9 - 11:00 Fargo Public Library
 April 23 - 11:00 Fargo Public Library
Every Monday - 9:30 Exercise (Rosewood room); 12:30 Bingo
Every Tuesday - 1:00 Grocery bus; 12:30 Pinochle; 2:30 Bible study in library
Every Wednesday - 9:30 Exercise; (Rosewood Rm); 12:30 Dominos; Whist
Every Thursday - 12:30 Bingo
Every Friday - 12:30 Crafts

Meals served daily at 11:30 am. To reserve meals, please call 298-3975 by 12:00 pm the day before.

WEST FARGO HIGH RISE 230 8TH AVE W, WEST FARGO

April 2 - 12:15 Chicken foot; 6:30 English Conversation @WF Library
 April 6 - 9:00 Senior breakfast
 April 8 - 12:15 Crafts; 7:00 Book club @WF Library
 April 9 - 12:00 Birthdays; 12:15 Money bingo
 April 11 - 10:00-2:00 Foot care; 5:30 Soup & more @BSC
 April 17 - 1:00 Book club @WF Library
 April 18 - 1:00 Book club @WF Library
 April 23 - 12:15 Prize bingo; 6:30 Gardening club @WF Library
 April 25 - 5:30 Soup & more @BSC
 April 30 - 12:15 Chicken foot
Every Monday - 8:45 SAIL @ RRC; 1:30 Movie matinee @WF Library
Every Tuesday - 8:45 & 10:00 Bone Builders @ Veterans Memorial; 3:00 Tech Tutors @WF Library; 6:30 Cribbage Club @WF Library
Every Wednesday - 8:45 SAIL @ RRC; 12:30 Cards/Whist
Every Thursday - 8:45 & 10:00 Bone Builders @ VMA
Every Friday - 8:45 SAIL @ RRC
All activities at West Fargo High Rise unless otherwise noted. Call 433-5460 to register for library events

Meals served daily at WFHR and Monterey at 11:30 am. To reserve meals, please call 356-2047 at least one day in advance.

BROADWAY STATION 1461 BROADWAY, FARGO EM JAMES 232-7936

April 11 - Center closing at 1:00 pm
Every Monday - 10:15 Balance Builders; 1:00 Open activities
Every Tuesday - 1:15 Bingo
Every Wednesday - 12:30 Pinochle
Every Thursday - 10:15 Balance Builders/Chair Yoga; 11:30-3:30 Sewing/Crafts; 1:00 Open activities
Every Friday - 1:15 Bingo

Meals served daily at 11:30 am. To reserve meals, please call 232-7936 by 12:00 pm the day before.

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: Paul Grindeland, Valley Senior Services, P.O. Box 2217, Fargo, ND 58108. (701) 293-1440.

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



Sanford Home Care will provide a nurse to cut and file your toenails at the following locations:

TROLLWOOD CENTER
3105 BROADWAY, FARGO

Wednesday, April 3
Thursday, April 4
Wednesday, May 1
Thursday, May 2
10:00 am - 2:00 pm

WEST FARGO HIGH RISE
230 8TH AVE W, WEST FARGO

Thursday, April 11
Thursday, May 9
10:00 am - 2:00 pm

ED CLAPP PARK CENTER
2801 32ND AVE S, FARGO

Wednesday, April 10
Tuesday, April 16
Wednesday, April 17
Thursday, April 18
Wednesday, May 8
Tuesday, May 14
Wednesday, May 15
Thursday, May 16
10:00 am - 2:00 pm

Call 701-234-3204 for an appointment, please leave a message, someone will get back to you. The fee for foot care is \$30 (cash or check).

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**TECH HELP @
THE CARLSON LIBRARY**

Tuesdays from 11:00 AM – 1:00 PM
Dr. James Carlson Library - Conference Room

Need assistance with your phone, tablet, laptop, iPad, Kindle or other device?

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Drop in or call ahead to make an appointment.



FREE | 2801 32nd Ave. S. | 701-476-5980 | fargolibrary.org

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AARP TAX AIDE

Now is the time for tax-filing season, and AARP Foundation Tax-Aide is providing in-person and virtual tax preparation help to anyone, free of charge, with a focus on taxpayers over 50 and have low-to-moderate income. Tax-Aide volunteers are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. In North Dakota, Tax Aide volunteers can be found in six cities, including Fargo-Moorhead:



Moorhead Public Library

118 5th Street South
Moorhead, MN

Open Monday and Wednesday from 9am - 3pm

Fargo Public Library

Carlson Branch - 2801 32nd Ave S
Fargo, ND

Open Tuesday from 10am - 4pm

Hjemkomst Center

202 1st Avenue North
Moorhead, MN

Open Thursday from 9am - 3pm

Appointments are required; you must call 701-850-0748 to make an appointment at all sites.

For further information, including other locations and information on online filing, go to: <https://states.aarp.org/north-dakota/tax-aide-available-in-five-north-dakota-cities>. *Due to overwhelming response, taxpayers may experience delays in scheduling and slots are expected to fill up. The IRS offers a free, online option for completing your tax return that can be found at IRS.gov. The ND Tax Department offers a ND Free File tool at www.tax.nd.gov/FreeFile to determine if you qualify to file your federal and state returns for free.*

CARD MAKING WITH JANE

Please join us at the Ed Clapp Senior Center for a card making class! The class is **FREE** to attend, and supplies will be provided. To ensure there are adequate supplies, please RSVP by calling Jane at 701-739-2464.

Wednesday, April 17
from 1:00-3:00 pm
James Carlson Library Community Room,
2801 32nd Avenue South, Fargo, ND
Call 701-739-2464 to RSVP

All levels of skill are welcome. Feel free to come alone or bring friends for a fun, interactive class. You will leave with your own artistic creations.



APRIL SCHEDULE OF EVENTS:

April 3

Impact of Social Isolation & Intergenerational Connections;
Dr. Jeremy Holloway, UND
Med School

Hope Lutheran Church -
South Campus

April 10

Music with The Norsky
Brothers

Hjemkomst Center

April 17

Volunteer Appreciation
Celebration with Fargo Mayor
Mahoney

Hope Lutheran Church -
South Campus

April 24

Caregiver Cafe,
Call 701-404-6712 for details
1122 1st Ave N, Fargo

*All events start at 1:00 pm and
conclude by 2:30 pm*

*For more information call
Memory Cafe at
701-404-6712 or email us at:
hello@memorycaferrv.org*

RECEIVE THE SILVER QUILL BY EMAIL!

You now have the option to receive our Cass County version of the Silver Quill by email!



Just send a note to aellison@fargoparks.com that you want the newsletter emailed and we will get you added to the list.

APRIL IS VOLUNTEER APPRECIATION MONTH

Thank you to our dining center, activities, and Meals on Wheels volunteers! Thank you for your commitment to help pack, deliver hot nutritious meals, provide activities, and support dining center staff, to benefit the seniors in our community. This program would not be possible without you! We are grateful for your support in helping seniors maintain their independence and helping provide a welcoming environment.




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Bethany Gables - 4255 30th Ave S | Bethany Towers - 201 University Dr S | 701.239.3000 

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UNDERSTANDING GLYCEMIC INDEX AND HOW IT AFFECTS BLOOD SUGAR CONTROL

BY LANE LIPETZKY SWENSON, RD, LD, CGN

Controlling your blood sugar is important for healthy aging. Insulin sensitivity, which is the ability for body cells to respond to insulin and use glucose, tends to decrease with age, making blood sugar control more difficult. Having high levels increases your risk for developing type II diabetes. Lifestyle factors like sleep, stress, exercise and certain medications can affect your blood sugar. However, the foods we eat may have the biggest impact. Eating a low glycemic index diet is often recommended to keep those blood sugar levels in check. In this month's article I will explain the terms glycemic index (GI) and glycemic load (GL) as well as discuss how they can be used to help steady your blood sugar.

Glycemic Index

Glycemic index is a ranking of carbohydrate containing foods according to their effect on blood sugar levels. It is a rating system from 0 to 100 that shows how quickly these foods raise your blood sugar after eating a 50-gram portion. If a food has a high glycemic index rating, this means the food is broken down quickly and raises your blood sugar rapidly. If a food has a low glycemic index, it is broken down more slowly and creates a gradual rise over time.

Healthy foods like fruits, vegetables, whole grains, nuts, seeds, dairy and legumes tend to have a lower GI while carbohydrates that are low in fiber or contain refined sugars tend to have a higher GI. As an example, the GI of white rice is 65 while the GI of brown rice is 50. Both contain the same amount of carbohydrates per serving but the brown rice will not spike your blood sugar as much as the white rice.

Sometimes, a healthy food will have a higher GI rating than a food that is considered unhealthy. Glycemic index is based on eating 50 grams of a carbohydrate containing food. Some processed foods contain 50 grams of carbohydrates in a

relatively small portion size while a healthy food may need a much larger portion. For example, watermelon is given a rating of 76 while

vanilla ice cream is rated 60. Watermelon contains more fiber and no added sugar; however, a 50-gram portion size of watermelon is much larger than that of ice cream. You would have to eat over 4 cups of watermelon to reach 50 grams of carbohydrates and less than 2 cups of ice cream.



Glycemic Load

Glycemic load uses the GI rating but it takes portion size into account. Let's use the watermelon and ice cream example again. As mentioned above, you would need to eat over twice as much watermelon as you would ice cream to reach a 50 gram of carbohydrate portion size. Using the equation below, the glycemic load of watermelon is 5 while the glycemic load of ice cream is about 15 per serving. This means that if you ate one serving of watermelon and one serving of ice cream, the ice cream would raise your blood sugar more. Because glycemic load considers portion size, it creates a more accurate picture of how a food will affect blood sugar.

$$\text{Glycemic Load} = \frac{(\text{Glycemic Index} \times \text{grams per serving of carbohydrates})}{100}$$

Glycemic Response

Glycemic response, glycemic impact and glycemic effect all refer to the change in blood sugar after eating a carbohydrate containing food or meal. Two nutrients that have a great impact on glycemic response are fat and protein. If a food or meal contains fat or protein, digestion will be

(Continued on page 9)

APRIL 2024 MENU

FARGO MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS - TO MAKE A RESERVATION AT YOUR LOCAL MEAL SITE PLEASE CALL BEFORE 12:00 NOON ONE DAY IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Beef Patty Whole Wheat Bun Baked Beans Steamed Corn Pears	2 Buttermilk Chicken Sister Shubert Roll Roasted Garlic Whipped Potatoes Glazed Carrots Peach Kuchen	3 Smothered Pork Chop Baked Potato w/Sour Cream Confetti Coleslaw Fresh Fruit Whole Wheat Bread x2	4 Dijon Chicken Smashed Potatoes California Blend Vegetables Apricots Whole Wheat Bread x2	5 Spaghetti w/ Meatsauce Noodles Steamed Cauliflower Green Beans Pineapple Tidbits
8 Baked Chicken Thigh Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Bread x2	9 Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread x2	10 Bronze Pork Loin Scalloped Potatoes Seasoned Brussels Sprouts Fresh Fruit Whole Wheat Bread x2	11 Chicken & Noodles Tossed Salad w/ dressing Mixed Vegetables Applesauce Whole Wheat Bread	12 Meatloaf Baked Potato w/sour cream Stewed Tomatoes Blushing Pears Whole Wheat Bread x2
15 Potato Chip Fish Whole Wheat Bun Baked Sweet Potato Green Beans Almondine Mandarin Oranges	16 Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Whole Wheat Bread	17 Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	18 Sweet & Sour Pork Brown Rice Whole Wheat Bread Tossed Salad w/dressing Mixed Vegetables Cinnamon Applesauce	19 Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread x2
22 Chicken Wild Rice Hotdish Steamed Corn California Blend Veggies Pineapple Tidbits Whole Wheat Bread	23 Salisbury Steak Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	24 Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread x2	25 Sloppy Joe Whole Wheat Bun Potato Salad Parslied Carrots Warm Cinnamon Apples	26 Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread x2
29 Beef Stew Whole Wheat Biscuit Peas & Carrots Apricots	30 Tuna Pasta Hotdish Winter Blend Vegetables Green Beans Fresh Fruit Whole Wheat Bread			

FOR MEALS ON WHEELS CONTACT THE MAIN OFFICE AT 701-293-1440 ALL MEALS INCLUDE 8 oz 1% MILK MENU SUBJECT TO CHANGE

To reserve a meal at a site, please call:
Ed Clapp 701-298-3976
Trollwood701-298-3975
Broadway Station701-232-7936

APRIL 2024 MENU

WEST FARGO MEALS ON WHEELS, CONGREGATE & TAKE OUT MEALS
 WFACP - West Fargo High Rise 230 8th Ave. West

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Beef Sandwich Whole Wheat Bun Baked Beans Steamed Corn Pears	2 Homestyle Chicken Glazed Carrots Baby Bake Potato Dinner Roll Peach Kuchen	3 Smothered Pork Chop Baked Potato Confetti Coleslaw Fresh Fruit Whole Wheat Bread x2	4 Dijon Chicken Mashed Potatoes California Blend Vegetables Apricots Whole Wheat Bread x2	5 Spaghetti w/ Meatsauce Noodles Steamed Cauliflower Green Beans Pineapple Tidbits
8 Pork Wing Rosemary Roasted Potatoes Diced Beets Peaches Whole Wheat Breadx2	9 Lemon Pepper Fish Vegetable Rice Pilaf Creamed Peas Steamed Baby Carrots Fresh Fruit Whole Wheat Bread x2	10 Meatloaf Baked Potato Stewed Tomatoes Blushing Pears Whole Wheat Bread x2	11 Roasted Pork Loin Scalloped Potatoes Brussel Sprouts Fresh Fruit Whole Wheat Bread	12 Chicken & Noodles Tossed Salad Mixed Vegetables Apple Sauce Dinner Roll
15 Potato Chip Fish Whole Wheat Bun Baked Sweet Potato Green Beans Almondine Mandarin Oranges	16 Country Meatballs Mashed Potatoes & Gravy Steamed Broccoli Tropical Fruit Whole Wheat Bread	17 Tarragon Roasted Chicken Parsley Buttered Potatoes Crinkle Cut Carrots Fresh Fruit Whole Wheat Bread x2	18 Sweet & Sour Pork Brown Rice Dinner Roll Tossed Salad Mixed Vegetables Cinnamon Applesauce	19 Lutheran Hotdish Steamed Peas Winter Blend Vegetables Fresh Fruit Dinner Roll
22 Chicken Marsala Baked Sweet Potato Steamed Cauliflower Fresh Fruit Whole Wheat Bread	23 Salisbury Steak Mashed Potatoes Stewed Tomatoes Peaches Whole Wheat Bread x2	24 Citrus Glazed Fish Au Gratin Potatoes Seasoned Peas Pears Whole Wheat Bread x2	25 Sloppy Joe Whole Wheat Bun Potato Salad Parslied Carrots Warm Cinnamon Apples	26 Chicken Wild Rice Hotdish Steamed Corn California Blend Veggies Pineapple Tidbits Whole Wheat Bread x2
29 Beef Stew Whole Wheat Biscuit Peas & Carrots Apricots	30 Tuna Pasta Hotdish Winter Blend Vegetables Green Beans Fresh Fruit Whole Wheat Bread			

FOR MEALS ON WHEELS CONTACT
 THE MAIN OFFICE AT 701-293-1440
 ALL MEALS INCLUDE 8 oz 1% MILK
 MENU SUBJECT TO CHANGE

To reserve a congregate or take out meal, call before noon at least one day in advance..... 356-2047
Meals on Wheels293-1440

UNDERSTANDING GLYCEMIC INDEX AND HOW IT AFFECTS BLOOD SUGAR CONTROL

(Continued from page 6)

slower causing a lower glycemic response. This information is very important for blood sugar control! Slower digestion means glucose will be released into your blood stream at a slower pace, giving your body more time to respond to the insulin being released. Examples of ways to lower your glycemic response include:

- Eat fruit with nuts, Greek yogurt or cottage cheese
- Combine a starchy vegetable like potatoes, squash or corn with a protein source like chicken, beef or fish
- Eat a slice of whole grain bread with peanut butter or make a sandwich with meat and cheese

How can we use this information for blood sugar control?

Choose nutritious carbohydrate sources like fruits, vegetables, whole grains, nuts, seeds, dairy and legumes. Most of these foods will have a low glycemic load because they are high in fiber and low in refined sugars. Limit processed carbohydrates, refined grains and foods with added sugar. These foods will have a high glycemic load and a negative impact on your blood sugar control. Lastly, eat carbohydrate containing foods with a healthy fat or protein source. Doing so will slow digestion and slow the rate at which glucose enters your blood stream.

No matter how life changes... let us help you get there!



As a Senior Real Estate Specialist:

- I am your listing agent
- Assist with packing and moving
- Prepare your home for liquidation
- Senior Housing Resources
- Compassionate, Patient, Resourceful



SEAN KIERNAN, REALTOR® *Full time/Full service Realtor*
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 2521 South University Drive • Fargo, ND 58103
 Cell: 701.960.8965 | Office: 701.293.3333



FREE NUTRITION COUNSELING!

Better nutrition can help improve your overall health. North Dakota Health and Human Services, Adult and Aging Services has teamed up with registered dietitians at Dietary Solutions to provide you with one-on-one nutrition counseling at no cost to you!

Getting started is as easy as:

1. Agree to have your contact information shared with Dietary Solutions
2. Answer a call from Dietary Solutions to schedule your first meeting
3. Set up a phone call or Zoom meeting on a date and time that works for you

Don't miss this chance for free nutrition information just for you! Call 1-888-960-2180 or email counseling@dietarysolutions.net

Dietary Solutions is also providing free upcoming webinars:

Good Nutrition for Stress Management

April 18 at 10:30am CST

<https://bit.ly/NDStress>

Webinar ID: 966 3225 0578

Passcode: 693088

Webinars will be recorded and available at <https://bit.ly/NDRecordings>

Join the conversation about enhancing your well-being through

balanced nutrition and health lifestyle choices. The Simply Nutritious Conversations and Simply Nutritious Diabetic Conversations programs are a friendly way to learn from registered dietitians and connect with other seniors.

Join our Simply Nutritious Conversations:

The Scoop on Processed Foods

April 23 at 2:00pm CST

<https://bit.ly/NDFoods>

Join our Simply Nutritious Diabetic Conversations:

Understanding Glycemic Index

April 25 at 2:00pm CST

<https://bit.ly/NDGlycemicIndex>



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One Oak Place is a community for baby boomers

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Tour our 1, 2, or 3 bedrooms apartments, some with dens. Our designs highlight natural light and open concept styles with well-planned spacious storage.

www.oneoakplace.com • 1709 25th Ave. South, Fargo, ND 58103 • 701.234.1625



RURAL CASS NEWS

CONGREGATE DINING & TAKE OUT

Page Café, Page ND (668-2254): Monday-Friday at 11:30-12:30. Please call ahead to order your meals.

CASS COUNTY COUNCIL ON AGING MEETING:

Christmas Party on Monday, June 17 at 11:00 am in Hickson.

CASS COUNTY RURAL BUS SCHEDULE:

Routes:	North Cass County	South Cass County
	Hunter 8:00 a.m.	Leonard 8:00 a.m.
	Arthur 8:20	Kindred 8:30
	Casselton 9:00	Horace 8:45
	Fargo 9:45	Fargo 9:15

North route runs April 2, 9, 16, 23 & 30. South route runs April 3, 10, 17 & 24. Express van runs Mondays and Thursdays. Please call 356-7433 for more information or to schedule your ride. For Page residents: you can use Steele County bus to Fargo on April 8 & 19. Please call 1-800-845-1715 for pick-up information and to reserve a ride.



Just for You Foot Care LLC

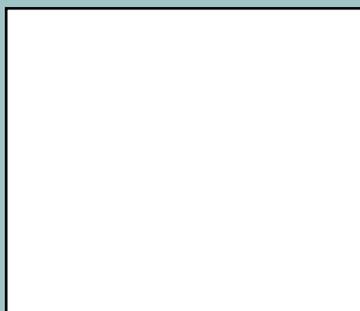
Jill Kent, RN of Just For You Foot Care will be providing foot care services at:

Casselton City Hall
April 24th

Call Jill at 218-242-1379 for an appointment

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f t i in questions@hrrv.org

THANK YOU TO OUR CONTRIBUTORS!

We appreciate the many donations we have received and thank each and every one of you for your support. All contributions can be sent to:

Valley Senior Services

P.O. Box 2217

Fargo, ND 58108

Hermann, Carol in memory of
Carol Zelensk
Moilanen, Erva in memory of
Lois Black
Salter, Greg & Terry in memory of
Dewey Salter

\$100.00 and Above

Wayne Heflin in memory of
Roberta Heflin - \$100



A huge thank you to the individuals and businesses listed below who donated for Giving Hearts Day. Please note some of Giving Hearts Day donors were acknowledged in the March edition of the Silver Quill:

\$100.00 and Above

Offutt Family Foundation - \$5000
Holm, Robert, In Honor of volunteers that deliver meals & the resource staff - \$3000
Cook, Jerry - \$1000
Doosan Bobcat (Casey Nyhus) - \$1000
McNair, David & Jan - \$1000
DMF - Rick & Tracy Berg Family Fund - \$750

Smette, Shellie through AgCountry Farm Credit Service Giving and Growing Program - \$600
Andersonn, Rick - \$500
Bethlehem Lutheran Church - \$500
Haugerud, Duane - \$500
Geiger, Jill - \$500
Mollet, Susan - \$500
Losnegard, Vonnetta - \$350

Grindeland, Ryan - \$325
Grimson, Ron & Pat - \$300
VISIONBank (Dan Carey) - \$300
Clark, John - \$250
Grindeland, Paul - \$250
Sevald, Kristin - \$250
Spiekermeier, Anna Mae - \$250
Traynor, J. Patrick - \$250
Dawson, Vicki and Steve - \$200

(Donations continued on page 13)

THANK YOU TO OUR CONTRIBUTORS!

\$100.00 and Above

(Donations continued from page 12)

Fargo Diversified Contractors
(Nicki Johnson) - \$200
Heilman, Heidi In Honor of
Bernie Johnson - \$200
Van Dam Financial Group
(Neil Van Dam) - \$165
Hillsboro Senior Citizens
Assoc. Inc - \$150
Lucas, Lisa - \$150
Sturlaugson, Amanda in Honor
of Tom Hoepfner - \$150
Valley Mortgage, Inc.
(Darren Schmidt) - \$150
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Electric Cooperative Match) -
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