



Silver Quill



GIVING HEARTS DAY

Help someone.

By **donating \$50** to Valley Senior Services on Giving Hearts Day, you have the power to provide up to 10 meals for a senior.

Donate online at GivingHeartsDay.org, mail in your donation or drop it off at your local Valley Senior Services office or meal site.

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On February 21st, Valley Senior Services will be closed in observance of President's Day - no Meals on Wheels, Senior Center meals/activities or transportation.

Valley Senior Services

P.O. Box 2217

Fargo, ND 58108

www.valleyseniorservices.org

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Em Janes

Kathy Watt

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

SENIOR CENTER HIGHLIGHTS



Ed Clapp Park Center

2801 32nd Ave S, Fargo

Kim Ingebretson 298-3976

Feb 15 - 9:00 Exercise; 10:00-2:00 Foot care

Feb 16 - 10:00-2:00 Foot care

Feb 17 - 9:00 exercise; 10:00-2:00 Foot care; 2:45 Birthday & anniversary lunch

Every Monday - 12:30 Pinochle; 1:00

Cards or dominoes

Every Tuesday - 9:30 Free exercise;

12:30 Pinochle; 1:00 Cards or dominoes

Every Wednesday - 1:00 Mahjong, bridge,

cards, dominoes

Every Thursday - 9:30 Free exercise;

1:15 Bingo

Every Friday - 9:00 Mahjong; 1:00 Bridge,

cards, dominoes

To reserve meals, please call 298-3976

by 12:00 pm the day before.

Trollwood Village

3105 Broadway, Fargo

298-3975

Feb 2 - 10:00-2:00 Foot care; 1:00

Birthday celebration

Feb 3 - 10:00-2:00 Foot care

Feb 8 - 11:00 Fargo Public Library

Feb 22 - 11:00 Fargo Public Library

Every Monday - 9:30 Exercise

(Rosewood room); 12:30 Whist; 12:30

Church (Rosewood room)

Every Tuesday - 12:30 Pinochle; 1:00

Grocery bus; 2:00 Bible study in library

Every Wednesday - 9:30 Exercise

(Rosewood Room); 12:30 Dominoes

Every Thursday - 10:00 Bible study;

12:30 Bingo; 12:30 Bridge in library

Every Friday - 12:30 Crafts; 2:00 Chat &

chew

To reserve meals, please call 298-3975 by

12:00 pm the day before

West Fargo High Rise

230 8th Ave W, West Fargo

Feb 7 - 12:15 Fire talk

Feb 8 - 12:15 Birthdays; 12:30 Crafts

Feb 9 - 10:00-2:00 Foot care

Feb 14 - 12:15 Cop talk

Feb 15 - 12:15 Prize bingo

Feb 21 - 12:15 WFACP meeting

Feb 22 - 12:15 Mexican train

Feb 28 - 12:15 Sheriff talk

Every Monday - 8:45 Sail @ RRC

Every Tuesday - 8:45 & 10:00 Bone

Builders @ Veterans Memorial: 10:00

Tech tutors @WF Library

Every Wednesday - 8:45 Sail @ RRC;

12:30 Whist/pinochle; 2:00 Tech

Tutors @WFLibrary; 12:15 Social

events TBA

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

To reserve meals, please call 356-2047

at least one day in advance.

Broadway Station

1461 Broadway, Fargo

Em Janes 232-7936

Every Monday - 10:15 Balance Builders;

1:00 Open activities

Every Tuesday - 1:15 Bingo

Every Wednesday - 1:00 Pinochle

Every Thursday - 9:00-3:00 Sewing/Craft

day; 1:00 Open activities

Every Friday - 1:15 Bingo

To reserve meals, please call 232-7936

by 12:00 pm the day before.

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 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, February 2
Thursday, February 3
Wednesday, March 2
Thursday, March 3
10:00 am - 2:00 pm

West Fargo High Rise
230 8th Ave W,
West Fargo
Wednesday, February 9
Wednesday, March 9
10:00 am - 2:00 pm

Ed Clapp Park Center
2801 32nd Ave. S,
Fargo
Tuesday, February 15
Wednesday, February 16
Thursday, February 17
Tuesday, March 22
Wednesday, March 23
Thursday, March 24
10:00 am - 2:00 pm

Call 701-234-3204 for an appointment. Appointments should be made by the day before the scheduled foot care clinic. The fee for foot care is \$25.00 (cash or check) at senior centers.

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PENNY STADICK
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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

\$100.00 and Above



Gate City Bank - \$897.60

Sandra Andersen - \$500.00

R.D. Offutt Company - \$500.00

BCBSND Caring Foundation - \$400.00

Park Company Realtors - \$375.00

Lori Howard in memory of Kathy Bacon - \$250.00

Sharon & Raymond Callaghan in memory of Dennis Larson - \$200.00

Dennis Holmgren in memory of wife, Vallie Ann - \$150.00

Diane Bachinski in memory of Wayne Bachinski - \$100.00

Midland National - \$100.00

Anonymous
Carlson, Heidi in memory of
Doug Hultberg
Coryell, Judith
Danielson, Christie
Lee, Martha in memory of
Cindy Johnson
Olson, Connie
Rice, Merilyn
Weber, Ruth

A special thank you to those who donated towards the Caring Catalog:

Anonymous

Arett, Brian

Bakke, Becky

Beutler, Karen

Espejo, Marlene &
Napoleon

Grossman Kanni-
anen, Michelle

Mathern, Tim

Rea, Raymond in memory
of mother Leila Rae

Smith, Rebecca J

Thomas, Paula G

\$100.00 and Above

Moorhead Thrift Shop - \$250.39

Saeger Family Fund - \$250.00

Anonymous - \$150.00

Anonymous in memory of Madalyn Tulip -
\$150.00

Shelby Kluvers - \$150.00

Caring Catalog Incentive Fund - \$100.00

Bess Manesis - \$100.00

Mark Sinner - \$100.00

Tax Time is Coming, and AARP Can Help

Now is the time to get ready 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 who are 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 Fargo, Bismarck, Wahpeton, Minot and Grand Forks.

Sites are scheduled to open Tuesday, Feb. 1. Taxpayers may call the numbers listed to schedule an appointment. Most sites are not taking appointments until January 17 or later.

Fargo -- 701-850-0748

⇒ Moorhead Public Library

⇒ Faith Lutheran Church

⇒ Hjemkomst Center

Wahpeton -- 701-540-6521

⇒ Wahpeton Community Center

Grand Forks -- 701-850-5174

⇒ East Grand Forks Campbell Public
Library

Appointments are required at all AARP sites, no walk-ins are allowed, and COVID protocols will be followed at each site. All AARP volunteers and taxpayers are required to wear masks for in person appointments. Other protocols such as sneeze guards, social

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AARP Tax Aide

(Continued from page 4)

distancing and sanitizing also will be in place. Taxpayers are asked NOT to come to the site if they feel ill or are experiencing any symptoms such as a fever, cough, etc.

Tax-Aide offers several tax-preparation options, including:

- **In-person:** In Tax-Aide's traditional in-person service, taxes are prepared and filed by IRS-certified tax counselors.
- **Low-contact:** Taxpayers interact with IRS-certified Tax-Aide volunteers in one or two short, in-person meetings to exchange documents.
- **Contact-free:** Taxpayers interact with Tax-Aide's IRS-certified tax counselors online or by phone and exchange documents electronically.
- **Self-preparation:** Tax-Aide provides taxpayers with free access to software so they can prepare their own taxes. Taxpayers can also request help from a Tax-Aide IRS-certified counselor to coach

them through the process through computer screen-sharing.

Tax-Aide volunteers needed in ND

If you're interested in learning new skills and giving back in your community, then we need you for the Tax-Aide program in North Dakota! We're looking for compassionate and friendly individuals to join teams of local volunteers for the upcoming tax season. We provide training and continued support in a welcoming environment. You don't have to be a tax pro to volunteer with us — there are many ways to get involved. Whatever your skill set, there's a role for you!

If you're interested, contact Sue Solseth, ND State Coordinator for AARP Foundation Tax-Aide at 701-400-5196.

To learn more about the AARP Foundation Tax-Aide Program, go to https://www.aarp.org/money/taxes/aarp_taxaide/

Valley Senior Services

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201 University Drive South | Fargo, ND | 701.239.3000 | 4255 30th Ave South | Fargo, ND | 701.478.8900



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1665 43rd St. S.
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Fargo, ND 58103



Christina Dahl, NP



Moorhead Office

(218) 287-2005

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Common Nutrient Deficiencies in Older Adults

By Lane Lipetzky, RDN



As we age, nutrient deficiencies become more common, affecting our overall health. Aging adults typically have a lower calorie need but a higher vitamin and mineral need due to lower absorption rates, medication interactions and increased bodily breakdown. This makes maintaining an adequate nutrition level difficult for many older adults. In this month's article we will focus on several commonly deficient vitamins and minerals and how to maintain sufficient blood levels of these nutrients.

Vitamin D

Older adults are at an increased risk of having low vitamin D levels for several reasons. As we age we typically spend less time outside, our skin has a decreased ability to make vitamin D and it is common for aging kidneys to be less efficient in converting vitamin D into its active form. In addition to these factors, finding food sources of vitamin D is difficult. The best sources are fortified foods like vitamin D fortified milk. Otherwise, fatty fish, egg yolks and mushrooms contain small amounts as well. Many recent studies have shown the importance of vitamin D for immune health but it also plays a large role in maintaining bone density, decreasing the risk of chronic disease, and increasing cognitive function and memory. The best way to ensure you're consuming sufficient vitamin D is through supplementation, especially in the winter months. Talk to your dietitian or doctor about measuring your blood vitamin D levels and the right amount for you to take.

Calcium

Calcium plays a vital role in many bodily functions including heart rhythm, nerve contractions and building bone density. Maintaining an adequate blood calcium level is crucial. When your blood calcium is low, calcium is

drawn from your bones to raise blood levels. The ability to maintain this calcium balance worsens after the age of 50, accelerating bone loss. Because vitamin D levels play an important role in calcium absorption, elderly adults are at increased risk of calcium deficiency. Certain medications may decrease calcium absorption, a diet high in sodium increases calcium loss and poor calcium intake due to a milk allergy or lactose intolerance are also reasons for having a decreased blood calcium level. Foods high in calcium include dairy products, calcium fortified products like orange juice and tofu, bone-in fish and leafy greens. The recommended daily intake of calcium for women over the age of 50 and men over the age of 70 is 1,200mg. If you have a low calcium intake or a low calcium blood level, talk to your dietitian or doctor about taking a supplement.

Vitamin B12

Vitamin B12 deficiencies are common in older adults, not because of low intake but rather a decreased absorption. The lower absorption of B12 can be attributed to a decrease in stomach acidity as we age as well as commonly prescribed over-the-counter antacid medications. Low vitamin B12 levels have been linked to lower cognitive function, neuropathy, balance disturbances, physical disability and are one of the causes of macrocytic anemia. Food sources of vitamin B12 include beef, liver, chicken, fish, eggs, dairy products, nutritional yeast and fortified foods like breakfast cereals. If eating food sources of B12 is not enough to maintain adequate blood levels, discuss supplementation with your dietitian or doctor. If B12 levels are severely low, they may recommend a B12 injection rather than a pill form of supplementation.

Iron

Iron deficiency is common among older adults due to a decreased gastrointestinal absorption with age, medications that block absorption, decreased intake of iron sources and in some cases, blood loss. Iron deficiency causes anemia which affects the transportation of oxygen to the

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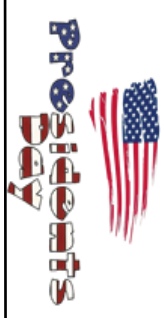

February 2022

VALLEY SENIOR SERVICES- 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
 FOR MEALS ON WHEELS CONTACT THE MAIN OFFICE AT **701-293-1440**
 MENU SUBJECT TO CHANGE

To reserve a meal at a site
 Please call:

Ed Clapp 701-298-3976
 Trollwood 701-298-3975
 Broadway Station 701-232-7936



ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
7 Biscuits w/Sausage Gravy Sausage Link Peas and Carrots Fresh Fruit	8 Herb Crusted Chicken Sweet Potatoes Monte Carlo Vegetables Fruit Cocktail Whole Wheat Dinner Roll	9 Sloppy Joe Whole Wheat Bun Baked Beans Creamy Cucumbers Tropical Fruit Chocolate Chip Cookie	10 Buttermilk Chicken Breast Mashed Potatoes Winter Blend Vegetables Berries Whole Wheat Dinner Roll	11 Salisbury Steak Baby Baker Potatoes Lettuce Salad Rhubarb Crisp w/Whipped Topping Whole Wheat Bread
14 Chili Cheesy Potato Bake California Blend Vegetables Mandarin Oranges Corn Bread Muffin	15 Gjetost Chicken Vegetable Rice Pilaf Crinkle Cut Carrots Peaches Whole Wheat Dinner Roll	16 Baked Ham Au Gratin Potatoes Broccoli Salad Fresh Fruit Whole Wheat Dinner Roll Monster Bar	17 Swedish Meatballs Mashed Potatoes & Gravy Steamed Cabbage Fruit Cocktail Whole Wheat Bread	18 Chicken Wild Rice Hotdish Chateau Blend Vegetables Pears Sister Shubert Roll Applesauce Cake
21 President's Day	22	23	24	25
 CLOSED	Pork Chop w/ Mushroom Gravy Mashed Potatoes & Gravy Diced Beets Peaches Whole Wheat Dinner Roll	Chicken Tortellini Casserole Green Beans Mandarin Oranges Breadstick Blonde Brownie	Breaded Lemon Pepper Fish w/Tartar Sauce Smashed Potatoes Creamed Peas Mangos Whole Wheat Dinner Roll	Hamburger w/ Lettuce, Tomato, Onion Whole Wheat Bun Crispy Cubed Potatoes Steamed Baby Carrots Fresh Fruit Peanut Butter Cookie
28				

February 2022

VALLEY SENIOR SERVICES- WEST FARGO MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Meal reservations for WF High Rise - North Sky - WFACP
 Call **701-356-2047** one day in advance before 12:00 PM
 For Meals on Wheels contact the main office at **701-293-1440**

ALL MEALS INCLUDE 8 oz 1% MILK		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MONDAY	1	2	3	4	5	6	7	8	9
	Chicken Alfredo over Noodles Carrots Chocolate Date Cake w/Whipped Topping Whole Wheat Bread	Swedish Meatballs Mashed Potatoes & Gravy Winter Vegetables Snicker Salad Croissant	Chicken Wild Rice Hotdish Lettuce Salad w/Dressing Peas & Carrots Fruit Cup Cookie Whole Wheat Dinner Roll	Pulled Pork On A Whole Wheat Bun Garlic Diced Potatoes Calico Beans Jell-O w/Fruit & Whipped Topping					
	Herb Crusted Chicken Garlic Mashed Potatoes Gravy Green Beans Caramel Apple Salad Whole Wheat Bread	BBQ Ribs Baked Potato w/Sour Cream Prince Edward Vegetables White Cake w/Lemon Sauce Dinner Roll	Stuffed Peppers Parsley Buttered Potatoes California Vegetables Fruit Cup Whole Wheat Bread 	Pub Fish on a Whole Wheat Bun w/Tartar Sauce Lettuce Wedges Rhubarb Crisp w/Whipped Topping					
	Beef Stew Over Biscuit Cottage Cheese Peaches	Shrimp Alfredo Over Pasta Raspberry Vinaigrette Salad Cookie & Fruit Cup Whole Wheat Dinner Roll	Breaded Chicken on a Whole Wheat Bun Lettuce & Mayo Baby Bakers Wax Beans Apple Crisp w/Whipped Topping	Salisbury Steak Mashed Potatoes Maibu Vegetables Angel Food Cake w/Strawberries & Whipped Topping Whole Wheat Bread					
President's Day CLOSED  President's Day	Chicken Kiev Au Gratin Potatoes Country Vegetables Cherry Cha Cha Croissant	Baked Ham Au Gratin Potatoes Peas & Cheese Salad Poke Cake Whole Wheat Dinner Roll	Beef Tips w/Gravy Mashed Potatoes Mixed Vegetables Cookie & Fruit Cup Whole Wheat Bread	Lemon Pepper Fish w/Tartar Sauce Rosemary Potatoes Creamed Corn Vanilla Pudding w/Bananas Whole Wheat Dinner Roll					
	BBQ Chicken Breast Scalloped Potatoes Green Beans Fruit Cup Croissant								



Nutrient Deficiencies

(Continued from page 6)

organs. Food sources high in iron include meats, iron fortified foods, beans, lentils and leafy greens. Consuming vitamin C with an iron source increases iron absorption while consuming calcium with iron decreases absorption. The recommended daily intake of iron for men and women over the age of 50 is 8 mg a day.

Dietary Fiber

Although fiber isn't a vitamin or mineral, it is a very important diet component that helps maintain our health as we age. Not only does it aid in stool formation and improves gut health, it also helps lower cholesterol, slow blood sugar spikes and reduce the risk of heart disease. Sources of fiber include fruits and vegetables, whole grains, beans and lentils. Fiber recommendations for adults over the age of 50 are 30 grams of fiber for men and 21 grams of fiber for women.

Tips for Maintaining a Healthy Nutritional Status

- Consume nutrient dense foods like fruits, vegetables, whole grains, low fat dairy and protein sources. Aging adults need fewer calories while needing higher levels of nutrients, make every calorie count!
- Eat a balanced diet. I know we hear this time and time again, however, a balanced diet goes a long way to improve and maintain our health.
- Limit smoking and drinking alcohol in excess. Excessive use of alcohol and tobacco depletes nutrient stores.
- When your diet falls short or a medication is blocking nutrient absorption, talk to your dietitian or doctor about supplementation. Taking supplements may help restore optimal nutrient levels.

Valley Senior Services

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<p>Live your life, <i>I've got this!</i></p>   <p>Joan Windus GRI, SRES, e-Pro Your Full Service SENIOR Realtor®</p> <p>701.799.7544 </p> <p> www.modernprairierealestate.com</p>	<p>SUPPORT OUR ADVERTISERS!</p> 	<p>SUPPORT OUR ADVERTISERS!</p> 
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Volunteer Spotlight

This month we are featuring Nancy, who started delivering Meals on Wheels in April 2020. Here's what she has to say about volunteering:

Tell us a little about yourself: I am widowed with two grown children - a son in Boston and a daughter in New Hampshire. I live with two cats and a dog. Music is my main hobby. I am an organist at First United Methodist Church and play and sing in the praise band. I also enjoy gardening, walking my dog, painting, wasting time on my iPad, and eating chocolate.



What got you interested in volunteering? I worked full-time for over 35 years, so I was very accustomed by being out and about, doing things. When I retired, I wanted to find ways to stay connected to people and accomplish something, so I started volunteering at multiple places.

What is your favorite part about volunteering? I've been blessed in my life and want to be a blessing for others. Talking and laughing with other people keeps me happy and fulfilled. I would be miserable without the connections it offers. Meals on Wheels is my favorite because I normally see the same people twice a week. I call them "my peeps."

Many thanks to Nancy for her volunteer service to Meals on Wheels!



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One Oak Place is a community for baby boomers

which meets their expectations of living in an environment that provides them a good quality of life. Designed for a maintenance-free, engaging lifestyle with access to amenities and services including guest suites, pool, fitness center, woodshop, spacious patios, gardens, and eight acres of grounds to enjoy. Plus, so much more, right outside your door.

One Oak Place offers a monthly rental package to include all utilities, basic TV package, heated underground parking and storage.



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: Now Open along with Pick Up and Take Out :

Page Cafe, Page, ND (668-2254): Tuesday, Thursday, Friday at 11:30-12:30

Leonard Cafe, Leonard, ND (645-2240): Monday, Wednesday, Friday at 11:00

Hunter Cafe & Bakery, Hunter, ND (874-2253): Monday, Wednesday, Friday at 11:00

Please call ahead to order your meals.

Cass County Council Meeting: Monday, March 21st at 10:00 am in Leonard.

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 February 1, 8, 15 & 22. South route runs February 2, 9, 16 & 23. 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 February 7 & 18. Please call 1-800-845-1715 for pick-up information and to reserve a ride.

Valley Senior Services

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Evergreens of Moorhead
512 3rd Avenue South
Moorhead, MN 56560
218-233-1535
ecumenevergreensmoorhead.org

Memory Care

Evergreens of Fargo
1401 West Gateway Circle
Fargo, ND 58103
701-239-4524
ecumenevergreensfargo.org

Basic Care | Memory Care



Events 2021:



Veterans Memorial Event:
May 28th

4th of July Event:
July 4th

First Responder Appreciation Night:
September 23rd

Trunk or Treat at "Boo-nanzaville"
October 31st

Christmas on the Prairie
December 4th

1351 West Main Ave.
West Fargo, ND 58078
701-282-2822
www.bonanzaville.org



50% off Admission
Expires 12/31/2021
Must have coupon to receive discount



Senior Care All In One Place -
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Serving seniors age 55 and up!

701-412-2081 www.NorthlandPACE.com

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DANGER!

CARBON MONOXIDE (CO) POISONING

When winter temperatures plummet and home heating systems run for hours the risk of carbon monoxide (CO) poisoning increases. CO poisoning is entirely preventable. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms. Protect yourself and your family by learning the symptoms of CO poisoning and how to prevent it:



Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Many household items including gas- and oil-burning furnaces, portable generators, and charcoal grills produce this poison gas. Following these important steps can keep your family safe.

CO DETECTORS

- Install battery-operated or battery back-up CO detectors near every sleeping area in your home.
- Check CO detectors regularly to be sure they are functioning properly.

OIL & GAS FURNACES

- Have your furnace inspected every year.

PORTABLE GENERATORS

- Never use a generator inside your home or garage, even if doors and windows are open.
- Only use generators outside, more than 20 feet away from your home, doors, and windows.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Rent Refunds and Property Tax Credits Available

If you are 65 years old, or totally and permanently disabled*, you may be eligible for a rent refund or property tax credit.

Rent Refunds

You may be eligible to receive a rent refund if 20% of your annual rent exceeds 4% of your annual income. Your income cannot exceed \$42,000 for the year 2021. A refund cannot exceed \$400. For a husband and wife living together, only one can apply for the refund. Only the spouse applying for the refund needs to be 65 years of age. A refund may not be made to a person who pays rent for any living quarters that are exempt from property taxation and for which payment in lieu of property taxes is not made. (You may have to check with your local assessor about tax exempt properties in your area).

For more information, or to request an application, call the State Tax Commissioner at 1-877-328-7088 ext. 6. The applications must be filed with the State Tax Commissioner by May 31st, 2022.

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Rent Refunds and Property Tax Credits Available

(Continued from page 12)

Property Tax Credit

The Homestead Property Tax Credit will reduce the homeowner's taxable value according to your income. In order to qualify for a property tax credit, your income must not exceed \$42,000 and your assets may not exceed \$500,000 (including the value of your homestead).

If you believe you are eligible for a property tax credit, you can file an application with your local assessor by February 1 (or soon thereafter) in the year your property is assessed and for which you request a property tax credit.

When considering income for both rent refunds and property tax credits, all sources must be

considered including but not limited to Social Security benefits, pensions, salaries, unemployment benefits, dividends, interest, profits, etc. Life insurance proceeds are not included in the act. Medical expenses are deductible from income if not compensated by insurance or other forms of compensation.

*The initial physician's certificate or determination establishing disability remains in effect until circumstances change.

For additional information on rent refunds or property tax credits, please call the State Tax Commissioner at 1-877-328-7088 ext. 6 or visit www.gov/tax/renter. You may also call our office at 293-1440 or toll-free at 1-877-827-1916.



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 L A L T K P N H M E R T O S R B Y O N N
 D L A D E M D L O G M T A R R L S S U N
 R S W M Y Y H C R O T O N K T E I L D I
 E M C N O L O H T A I B N U S T S N E W
 C T U S P O R T S Y W A X I O D R O G D
 O G N I T A K S E R U G I F E C E A L H
 R A S L D S N E N O R D I C J S I E C G
 D I K D B O Y B R O N Z E M E D A L P K
 S G E P W G P C O M P E T I T O R S T S
 C O L D W E A T H E R S E T E L H T A P
 I O E S E T A T S D E T I N U A E L V M
 E T T L A D E M R E V L I S D R O I P U
 S N O W B O A R D I N G J Z Q U T T T J
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 E E G U L S T R O P S M A E T M N N I K
 R N U N O I P M A H C K S G A L F C O S
 S L U G O M F R D O W N H I L L E C M B

Word List:

ATHLETES	BIATHOLON	BOBSLED	BRONZEMEDAL
CEREMONIES	CHAMPION	COLDWEATHER	COMPETITORS
COUNTRIES	CURLING	DOWNHILL	FIGURESKATING
FLAGS	GOLDMEDAL	HOCKEY	HOST
ICE	LOSERS	LUGE	MOGULS
NATIONALANTHEM	NORDIC	OLYMPICS	PODIUM
SHORTTRACK	SILVERMEDAL	SKELETON	SKIJUMP
SLALOM	SNOW	SNOWBOARDING	SPEEDSKATING
SPORTS	TEAMSPORTS	TELEVISION	TORCH
UNITEDSTATES	WINNERS	WINTER	WORLDRECORDS

STORM POLICY

©LPi

When inclement weather arises, we will consider the needs of our clients and the safety of staff/volunteers to determine if our services will be canceled.

Community dining sites, Meals on Wheels delivery and Metro Senior Ride will be canceled if we determine that conditions are dangerous to our clients, volunteers and staff.

When conditions are such that we cannot provide our services, Valley Senior Services will broadcast our closing announcements on the following radio and TV stations along with our website (www.valleyseniorservices.org) and Facebook page (www.facebook.com/ValleySeniorServices/).

Radio: KFGO, WDAY

TV: WDAY, KVRR, KVLV

If weather conditions are bad and you are not sure if we are open, please call our office at 293-1440 or meal site before going out.

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