



# Silver Quill

## COVID Tests and Medicare

### Does Medicare cover over-the-counter COVID-19 tests?

Original Medicare does not currently pay for over-the-counter COVID-19 tests, but Centers for Medicare and Medicaid Services (CMS) is launching an initiative in **early spring 2022** that provides payment directly to eligible pharmacies and other entities that are participating in this initiative to enable people with Medicare to get up to eight free over-the-counter COVID-19 tests a month. Right now, Medicare Advantage Plans may cover and pay for over-the-counter COVID-19 tests as a supplemental benefit in addition to covering Medicare Part A and Part B benefits. If you're in a Medicare Advantage Plan, check with the plan to see if it will currently cover and pay for these tests. All Medicare beneficiaries with Part B will be eligible to get eight free over-the-counter COVID-19 tests per month through the new initiative, whether enrolled in a Medicare Advantage plan or not.



People with Medicare can access free tests right now through a number of channels. Medicare beneficiaries can:

### When can I get a free COVID-19 test through my Medicare coverage?

People with Medicare can access free tests right now through a number of channels. Medicare beneficiaries can:

- Request free over-the-counter tests for home delivery at [covidtests.gov](https://www.covidtests.gov).
- Access low-to-no-cost COVID-19 tests through healthcare providers at over 20,000 free testing sites nationwide. A list of community-based testing sites can be found here.
- Access lab-based PCR tests and antigen tests performed by a laboratory when the test is ordered by a physician, non-physician practitioner, pharmacist, or other authorized health care professional at no cost through Medicare. In addition to accessing a COVID-19 lab test ordered by a health care professional, people with Medicare can also access one lab-performed test without an order, also without cost sharing, during the public health emergency.

### Call 1-800-Medicare with questions about where to find a test.

*Starting in early spring, people with Medicare will be able to go to an eligible pharmacies and other entities that are participating in this initiative to receive over-the-counter COVID-19 tests for free through their Medicare part B coverage. More information about eligible pharmacies and other entities that are*

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## Valley Senior Services

P.O. Box 2217

Fargo, ND 58108

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

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*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

March 17 - 2:45 Birthday & anniversary lunch

March 22 - 9:00 Exercise; 10:00-2:00 Foot care

March 23 - 10:00-2:00 Foot care

March 24 - 9:00 exercise; 10:00-2:00 Foot care

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

March 2 - 10:00-2:00 Foot care; 1:00 Birthday celebration

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

March 8 - 11:00 Fargo Public Library

March 14 - 1:00 Crafts

March 22 - 11:00 Fargo Public Library

March 28 - 1:00 Crafts

Every Monday - 9:30 Exercise (Rosewood room)

Every Tuesday - 1:00 Grocery bus; 2:00 Bible study in library

Every Wednesday - 9:30 Exercise (Rosewood Room); 12:30 Dominoes & pinochle

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

March 1 - 12:15 Prize bingo

March 7 - 12:15 Fire talk

March 8 - 12:15 Mexican train

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

March 14 - 12:15 Birthdays; 12:30 Crafts

March 15 - 12:15 WFACP meeting

March 16 - 1:00 Book club @WF Library

March 17 - 6:30 Book club @WF Library

March 22 - 12:15 Prize bingo

March 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; 12:30 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  
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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](mailto: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, March 2  
 Thursday, March 3  
 Wednesday, April 6  
 Thursday, April 7  
 10:00 am - 2:00 pm

West Fargo High Rise  
 230 8th Ave W,  
 West Fargo  
 Wednesday, March 9  
 Wednesday, April 13  
 10:00 am - 2:00 pm

Ed Clapp Park Center  
 2801 32nd Ave. S,  
 Fargo  
 Tuesday, March 22  
 Wednesday, March 23  
 Thursday, March 24  
 Tuesday, April 19  
 Wednesday, April 20  
 Thursday, April 21  
 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.

Valley Senior Services

**GROW YOUR BUSINESS**  
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**CONTACT US!**

Contact Bill Clough to place an ad today!  
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 or (800) 950-9952 x2635





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**(701) 866-5069**

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[facebook.com/soultransitionsaz](https://facebook.com/soultransitionsaz)



# Thank You To Our Contributors!

We appreciate the many donations we have received and thank each and every one of you for your support. A special thank you to all who donated for Giving Hearts Day.\* All contributions can be sent to:

Valley Senior Services

P.O. Box 2217

Fargo, ND 58108



**GIVING  
HEARTS  
DAY**

## \$100.00 and Above

\$5,000.00 – David McNair Family Fund (Andrea McNair)

\$1,000.00 - Midland National

\$1,000.00 - Lion Street Financial

\$500.00 - Bethlehem Lutheran Church

\$500.00 - Myrna Dihle

\$500.00 - Ida Flaaten

\$500.00 - Bonnie Kavanaugh in memory of  
Maurice D. & Isabel Collette

\$400.00 - Ruth Gullicks

\$350.00 - Tom Chapin

\$250.00 - Rick Anderson

\$250.00 - Sue Scheel

\$200.00 - Carol Grant

\$200.00 - Kathy Schaefer

\$150.00 - Janet Wollmann

\$100.00 - Duane Fontaine

\$100.00 - Jane & Les Hazlett

\$100.00 - Hickson Pleasant Senior Citizens

\$100.00 - Dr. Michael & Marilyn Worner

Bommersbach, Catherine  
Borgen, Mary  
Cianci, Joanne  
Dallmann, Joy  
Donald Larew  
Ebsen, Dalice in memory  
Karen Blakemore  
Ebsen, Dalice in memory  
of James Ebsen  
Elledge, Connie  
Grasto, Lloyd  
Greicar, Eddie & Camille  
Hahn, Audrey  
Hall, Loretta  
Hippe, Delores  
Jones, Maura in memory  
of Matt Jones  
Kluck, Marlys  
Morris, Allen & Mary  
Myers, Donna  
O'Connor, James &  
Dolores  
Overgaard, Elizabeth  
Petterson, Lois  
Residents of Edgewood  
Vista  
Rice, Merilyn  
Schuschke, Dennis &  
Helga

\*More Giving Hearts Day donations will be acknowledged in the April newsletter

# Thank You!

# COVID Tests and Medicare

(Continued from front page)

participating in this initiative will be available in the early spring. Once the initiative is up and running, CMS will encourage beneficiaries to ask their local pharmacy or current health care provider whether they are participating in this initiative.

## Fraud COVID-19 Testing Concerns

Be careful! Scammers are selling fake and unauthorized at-home COVID19 test kits. With the high demand for COVID-19 tests, there are concerning reports of fraudulent at-home and professional testing activities. Before buying any kit online, make sure that the test is from the U.S. Food and Drug Administration's approved list of vendors.

Scammers are once again using the coronavirus pandemic to commit medical identity theft and benefit themselves. The personal information collected by these scammers can be used to fraudulently bill Medicare and other health insurance programs.

## Tips to protect yourself and others:

- Only purchase FDA approved COVID-19 test kits from legitimate providers.
- Ignore offers or advertisements for COVID-19 testing or treatments on social media sites.
- If you go to a pop-up site or other testing facility, research the facility or testing site before you go.
- If you suspect COVID-19 health care fraud, contact the SMP program at 1-800-233-1737.

(Information provided by [www.cms.gov](http://www.cms.gov) and North Dakota Senior Medicare Patrol, Scam of the Month February 2022)

Valley Senior Services

5



## Rehab/ Transitional Care/ Short Stay

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## DIABETES CARE CLINIC

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- \*Staggered Appointments
- \*Social Distancing
- \*Frequent Disinfecting
- \*Telehealth remote visits available

[www.DCCFARGO.com](http://www.DCCFARGO.com)

Call today to schedule a visit  
(701)540-9822

1665 43rd St. S.  
Suite 102  
Fargo, ND 58103



Christina Dahl, NP



Moorhead Office  
**(218) 287-2005**

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Moorhead, MN 56560  
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# Anemia

By Lane Lipetzky, RDN



According to data from five National Health and Nutrition Examination Surveys (NHANES), about 6% of Americans suffer from some type of anemia. In fact, it is the most common blood disorder in the U.S.

Anemia is a condition in which red blood cells are less able to carry oxygen to the body's tissues than they normally would be. Side effects may include; fatigue, weakness, pale skin, irregular heartbeat, headaches, dizziness or lightheadedness. There are many different types of anemia, some may be diet related while others are caused by a condition or disease. Treating anemia will vary and depend on its severity and cause. In this month's article we will focus on two types of anemia affected by diet, iron deficiency anemia and vitamin deficiency anemia.

## Iron Deficiency Anemia

Iron deficiency anemia is the most common type of anemia. It is characterized by having low blood iron levels which decreases hemoglobin production (hemoglobin is the protein in red blood cells tasked with carrying oxygen). This decreases the body's ability to effectively transport oxygen to organs and carbon dioxide to the lungs. Causes may be simple, such as not consuming sufficient amounts of iron. They may also be more complex. For example, having intestinal cancer or stomach ulcers that prevent adequate absorption. Another common cause may be related to regular use of pain medications such as aspirin due to its inflammatory effects on the stomach lining. Knowing the cause of your iron deficiency anemia will determine the type of treatment. Eating foods containing iron may help offset a decreased absorption of the mineral.

Food sources containing iron are separated into two groups, heme and non heme sources. Heme sources come from animal products and include beef, poultry, organ meats and seafood. Non heme sources come from plants and include beans, lentils, dark chocolate, nuts, spinach, iron fortified breads and cereals. In general, heme sources are absorbed better than nonheme sources. Other tips for better iron absorption include consuming iron sources with vitamin C and limiting calcium intake when eating iron

rich foods. The Recommended Dietary Allowance (RDA) for iron in adults over the age of 55 is 8 mg.

## Vitamin Deficiency Anemia

Vitamin deficiency anemia is caused by having low levels of vitamin B12 and folate. This type of anemia is the most common cause of macrocytic anemia, a condition in which blood cells are abnormally large and have a lower capacity to carry oxygen. Older adults are especially prone to this type of anemia due to having lower stomach acidity, causing a decreased absorption of vitamin B12. Other causes for decreased absorption of vitamin B12 and folate are intestinal disorders such as Crohn's or celiac disease, gastric surgeries, autoimmune diseases that attack stomach cells, excess alcohol consumption and certain medications.

Eating a diet rich in vitamin B12 and folate can help offset lower absorption of these vitamins. Foods containing high levels of vitamin B12 include meat, fish, poultry, eggs, milk, yogurt and fortified foods. Foods containing high levels of folate include leafy green vegetables, beans, lentils, liver and enriched grain products. The recommended daily amount of folate is 400 micrograms and B12 is 2.4 micrograms for adults.

## Tips to decrease your risk of iron deficiency anemia and vitamin deficiency anemia:

- Eat foods containing iron such as meat, poultry, beans, lentils and fortified grains.
- Vitamin C helps the absorption of iron while calcium decreases its absorption. Eat iron rich foods with fruits or vegetables. If you have iron deficiency anemia, consume dairy 1 to 2 hours before or after eating iron food sources or supplements.
- Consume foods high in Vitamin B12 and folate such as meat, dairy, eggs, leafy green vegetables, beans and enriched grain products.
- If you drink alcohol in excess, decrease your intake.
- Talk to your doctor about medications you are taking and their interactions with nutrient absorption.
- If you have vitamin deficiency anemia, talk to your dietitian or doctor about B vitamin supplements.
- Only take iron supplements if prescribed by your doctor.






# March 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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	7	1	8	2	9	3	10	4	11
Chicken Moutarde Smashed Potatoes Key West Vegetable Blend Tropical Fruit Whole Wheat Bread	Meatloaf Baked Potato with Sour Cream Stewed Tomatoes Fresh Fruit Whole Wheat Dinner Roll	Beef Cabbage Casserole Mixed Vegetables Fresh Fruit Sister Shubert Roll	Salmon w/Hollandaise Garlic Ginger Green Beans Brown Rice Peaches Zesty Lemon Bar	Lawry's Chicken Breast Cheesy Whipped Potatoes Steamed Broccoli Mixed Berries Cranberry White Chocolate Cookie Whole Wheat Dinner Roll	Fish Sandwich W/Tartar Sauce Scalloped Potatoes Confetti Coleslaw Peaches Whole Wheat Bun	Scalloped Potatoes & Ham Glazed Carrots Applesauce Whole Wheat Dinner Roll	Lasagna Asparagus Cuts Cherry Jello w/Pears & Whipped Topping Garlic Breadstick	Lutheran Hotdish Roasted Carrots Whole Wheat Dinner Roll Apple Crisp w/Topping	
14	15	22	23	16	17	24	25	18	
Stloppy Joe Crispy Cubed Potatoes Corn Mandarin Oranges Whole Wheat Bun	Roast Turkey Mashed Potatoes & Gravy Steamed Baby Carrots Fruit Cocktail Whole Wheat Dinner Roll	Bronze Pork Loin Au Gratin Potatoes Brussel Sprouts Mandarin Oranges Whole Wheat Dinner Roll	Salsa Chicken Breast Mexican Rice and Beans Creamy Cucumbers Mangos Caramel Brownie	Chicken Alfredo Whole Wheat Noodles Tossed Salad with Ranch Fresh Fruit Oatmeal Raisin Cookie	Irish Stew Creamed Carrots Fresh Fruit Biscuit Shamrock Cookie	Country Meatballs Mashed Potatoes & Gravy Peas and Carrots Tropical Fruit Whole Wheat Dinner Roll	Cheesy Egg Bake Sausage Link Mixed Vegetables Pears Blueberry Muffin		Baked Fish Vegetable Rice Paella Winter Blend Vegetables Pears Chocolate Cake
21	22	29	30	23	31	24	25		
Salisbury Steak Baked Potato with Sour Cream Diced Beets Peaches Whole Wheat Bread		Ranch Chicken Breast Mashed Parmesan Garlic Potatoes Peas Fresh Fruit Whole Wheat Dinner Roll	Beef Stroganoff Egg Noodles Green Beans Pineapple Tidbits Rice Krispie Bar Breadstick		Hamburger with Lettuce Tomato and Onion on a Whole Wheat Bun Potato Salad Calico Beans Fresh Fruit				
28	29	30	31						
Tator Tot Hotdish California Blend Vegetable Fruit Cocktail Whole Wheat Dinner Roll									





# March 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	
					
	7	TACO HOTDISH W/ LETTUCE, CHEESE, CHIPS MEXICORN RAW APPLECAKE W/ TOPPING CORNBREAD & HONEY	SALMON LOAF PARSLEY BUTTERED POTATOES CREAMED PEAS FRUITED JELLO & TOPPING ZUCCHINI BREAD	PORK BURGERS ON WHOLE WHEAT BUN AUGRATIN POTATOES BAKED BEANS COOKIE SALAD	CABBAGE ROLLS MASHED POTATOES W/ SAUCE WAX BEANS COTTAGE CHEESE PEACHES WHOLE WHEAT BREAD
CHICKEN ALFREDO OVER NOODLES MIXED VEGETABLES FRUIT CUP GARLIC TOAST	8	TATER TOT HOTDISH LETTUCE SALAD W/ DRESSING CHERRY PUDDING SALAD WHOLE WHEAT BREAD	TURKEY & DRESSING MASHED POTATOES GRAVY CRANBERRIES BABY CARROTS CARMEL APPLE SALAD	BREADED CHICKEN BREAST ON A WHOLE WHEAT BUN LETTUCE & MAYO WILD RICE BLEND COUNTRY VEGETABLES FRUIT CUP	LEMON PEPPER FISH BABY BAKER POTATOES CREAMED CORN RICE PUDDING W/ PINEAPPLE BANANA BREAD
CHICKEN ALA KING OVER BISCUIT CALIFORNIA VEGETABLES FRUIT CUP WHOLE WHEAT BREAD	14	BBQ RIBS BAKED POTATOES W/ SOUR CREAM SCALLOPED CORN PEACHED COBBLER W/ WHIPPED TOPPING WHOLE WHEAT DINNER ROLL	LASAGNA LETTUCE SALAD W/ DRESSING COTTAGE CHEESE APPLE CRISP W/ TOPPING GARLIC BREADSTICK	SCHWEINBRATEN PORK ROAST BOILED POTATOES W/ GRAVY COOKED CABBAGE PISTACHIO SALAD WHOLE WHEAT DINNER ROLL	PUB FISH ON WHOLE WHEAT BUN TARTER SAUCE POTATO WEDGES PEAS & CARROTS FRUIT CUP & COOKIE
BBQ CHICKEN MASHED POTATOES GREEN BEANS FRESH FRUIT CROISSANT	21	BACON CHEESEBURGER HOTDISH KEY LARGO VEGETABLES FRUIT CUP RICE KRISPIE BAR WHOLE WHEAT BREAD	SCALLOPED POTATOES WITH HAM CORN CINNAMON APPLES WHOLE WHEAT DINNER ROLL	MEATLOAF BAKED POTATOES W/ SOUR CREAM STEWED TOMATOES BROCCOLI RAISIN SALAD FRUIT CUP CROISSANT	HERB CRUSTED FISH W/ TARTER SAUCE GARLIC HERB POTATOES PEAS & CHEESE SALAD VANILLA PUDDING W/ BANANAS WHOLE WHEAT BREAD
SPAGHETTI & MEATSAUCE CALIFORNIA VEGETABLES CREAMY CUCUMBERS FRESH FRUIT GARLIC BREADSTICK	28	HERB CHICKEN CHEESY HASHBROWNS RASPBERRY VINAIGRETTE SALAD RHUBARB CRISP W/ TOPPING CROISSANT	PORK CHOPS W/ GRAVY MASHED POTATOES CALIFORNIA VEGETABLES SNICKER SALAD WHOLE WHEAT DINNER ROLL	SLOPPY JOES ON WHOLE WHEAT BUN CURLY FRIES BAKED BEANS BROWNIE & FRUIT CUP	



# Rent Refunds Are Available

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

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).

*When considering income for rent refunds, 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, please call the State Tax Commissioner at 1-877-328-7088 ext. 6 or visit [www.gov/tax/renter](http://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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# Volunteer Spotlight

This month we are featuring Karen who has been delivering Meals on Wheels for about ten years. Here's what she has to say about volunteering:

**Tell us a little about yourself:** I am married with two grown children and three grandchildren. My hobbies include cooking, travel and reading. Besides Meals on Wheels, I volunteer at church and the YWCA.

**What got you interested in volunteering?** My mother had been involved with Meals on Wheels in Bismarck both as a volunteer and a recipient. Becoming involved here is a small way to remember her.

**What is your favorite part about volunteering?** Meeting those who receive the meals is such a delight.

**Many thanks to Karen for her volunteer service to Meals on Wheels!**



*Want a fun lifestyle and time to do what you want?  
Without home and yard maintenance...*

*We welcome you to visit One Oak Place*



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](http://www.oneoakplace.com) • 1709 25th Ave. South, Fargo, ND 58103 • 701.234.1625**



# Rural Cass News

## Congregate Dining: Now Open along with Pick Up & Take Out:

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

**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

*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 March 1, 8, 15, 22 & 29. South route runs March 2, 9, 16, 23 & 30. 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 March 7 & 18. Please call 1-800-845-1715 for pick-up information and to reserve a ride.



Just for You Foot Care

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

Page Community Center  
March 10

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

## 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

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## 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

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Valley Senior Services, Fargo, ND

E 4C 02-1024

# The End of 3G:

## May affect cell service, security and med alert systems

In 2022, major wireless carriers will shut down their third generation (3G) networks and replace them with faster 5G, making older cell phones and devices, including home security and medical alert systems, useless.

People with devices that rely on 3G will no longer be able to make or receive calls and texts, including calls to 911, or use data service. The major wireless phone companies will completely shut off their 3G networks on these dates:

- ◆ Verizon: December 31, 2022
- ◆ AT&T: February 2022
- ◆ Sprint/T-Mobile
  - ⇒ Sprint 3G: March 31, 2022
  - ⇒ Sprint LTE: June 30, 2022
  - ⇒ T-Mobile 3G: July 1, 2022

Because discount providers like Boost, Cricket, Straight Talk and others piggyback off the major carriers, users of these services will be impacted too. Some of the cell phones that will stop working include the Apple iPhone 6 or earlier and the Samsung Galaxy S4 or earlier.

The sunsetting of 3G affects far more than phones, however. Certain tablets, smartwatches, in-car SOS services, Kindle readers, home security products and other devices also are dependent on 3G. Personal Emergency Response Systems (e.g. Medical-Alert,

Life-Alert, or Fall Monitor) made before 2019 commonly operate on 3G networks.

### What to do if you're impacted

**Cellphones:** Reach out to your carrier if you haven't already received information. But be prepared to shop for a new phone. Carriers may offer discounts and special promotions on replacement devices, including more modern versions of a flip phone. A trade-in may not be required, and if you decide to bail altogether you may not have to pay any early termination fees.

**Other devices:** Check in with your alarm monitoring company, as well as any other businesses with products that have been reliant on 3G.

The Federal Communication Commission (FCC) offers two programs that aim to make communications services more affordable for low-income customers: the Affordable Connectivity Program (ACP), an expanded and permanent version of 2021's Emergency Broadband Benefit, and its Lifeline program, originally established in 1985. The programs don't cover the cost of a new cellphone but may help with phone and internet services.

Want to learn more? Watch Tom Kamber, executive director of Older Adults Technology Services (OATS)/Senior Planet from AARP lead a discussion about the shutdown of 3G at <https://bit.ly/AARP3Gvid>.

## AARP Free Tax Aide

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. Taxpayers may call the number listed to schedule an appointment at the sites below: **701-850-0748**

- ⇒ Moorhead Public Library
- ⇒ Faith Lutheran Church
- ⇒ Hjemkomst Center

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 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.

*(Information provided by North Dakota AARP)*



# Wanted: Volunteer Mentors

SCORE is a mentoring and educational organization established in the 1960's. It works under the leadership of the Small Business Administration (SBA) to provide free mentors to existing or startup businesses. Historically the mentors have been retired business leaders or college educators. There is need a for mentors for all business categories Consider sharing your expertise in marketing, manufacturing, service, and so much more. There is a special need to mentor the graduating entrepreneurs from our trade schools.

Being a volunteer mentor for SCORE, means giving up some of your free time to help our business community. Any retiree can provide help. All of your services will be given free to the organization, and free to the clients. You are in control of the amount of time and the dates you wish to participate. New volunteers are trained to mentor in a confidential manner. They receive supervision to get started. As your knowledge and experience grows the supervision is reduced. You will serve as a co-mentor until required time of service is met. There will always be all of the support you need. Currently the mentoring sessions are held over the phone or with Zoom.

Review the information that is available at [www.score.org](http://www.score.org). GET INVOLVED. The local chapter is available at 701-239-5877



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# How to Get Help from Social Security

Social Security is here to help. We want you to know how to get the service you need and to be prepared so we can help you as quickly and safely as possible.



Go online to **SSA.gov**. Our website is the best way for most people to get help.



If you cannot use our website call our National 800 Number (1-800-772-1213) or your local Social Security office for help.



We will schedule an **appointment** for you, **if necessary**, to serve you by phone or in person.

## What to Know if You Must Visit an Office:

- You must have an **appointment** to visit an office.
- **Masks are required** for all office visitors and employees, regardless of vaccination status.
- **Visitor capacity is limited** to follow physical distancing requirements. This means **you may need to wait outside**, so plan for cold or bad weather.
- We ask that you **come alone unless you require help with your visit**. If you require help, we can only permit one person to accompany you.

We appreciate your patience and understanding.



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SSA.gov |     

Social Security Administration

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How to Get Help from Social Security

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## Meal Site Assistant Needed:

Looking for something to do a couple days a week? Valley Senior Services is currently hiring for meal site assistants to help with meals service from approximately 10:00am to 1:00pm during the week. Must be able to lift 20lbs and be on your feet for 3 hours at a time. If interested please call Em at 232-7936 for more information or apply online [www.valleyseniorservices.org](http://www.valleyseniorservices.org)



# 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](http://www.valleyseniorservices.org)) and Facebook page ([www.facebook.com/ValleySeniorServices/](http://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.

Valley Senior Services

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## PARKINSON'S SUPPORT GROUP

Monthly Education/ Support Group Event

**2nd Tuesday of every month 2:30 - 4 p.m.**

**Join in person:** Please RSVP at: (701) 234-4170 or [ParkinsonsResearch@SanfordHealth.org](mailto:ParkinsonsResearch@SanfordHealth.org)

**Sanford Brain and Spine Center**  
2301 25th St. S., Fargo, ND 58103  
(Enter Door A, North Wing)

**Join virtually on Webex:**

Go to [Webex.com](http://Webex.com), click "Join a meeting" and enter meeting ID  
Meeting ID: 161 186 4614  
Passcode: 4170

**Or call in by phone: (312) 535-8110**

**Upcoming Dates:** March 8, April 12, May 10, June 14



This program is supported  
by a community grant from  
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