

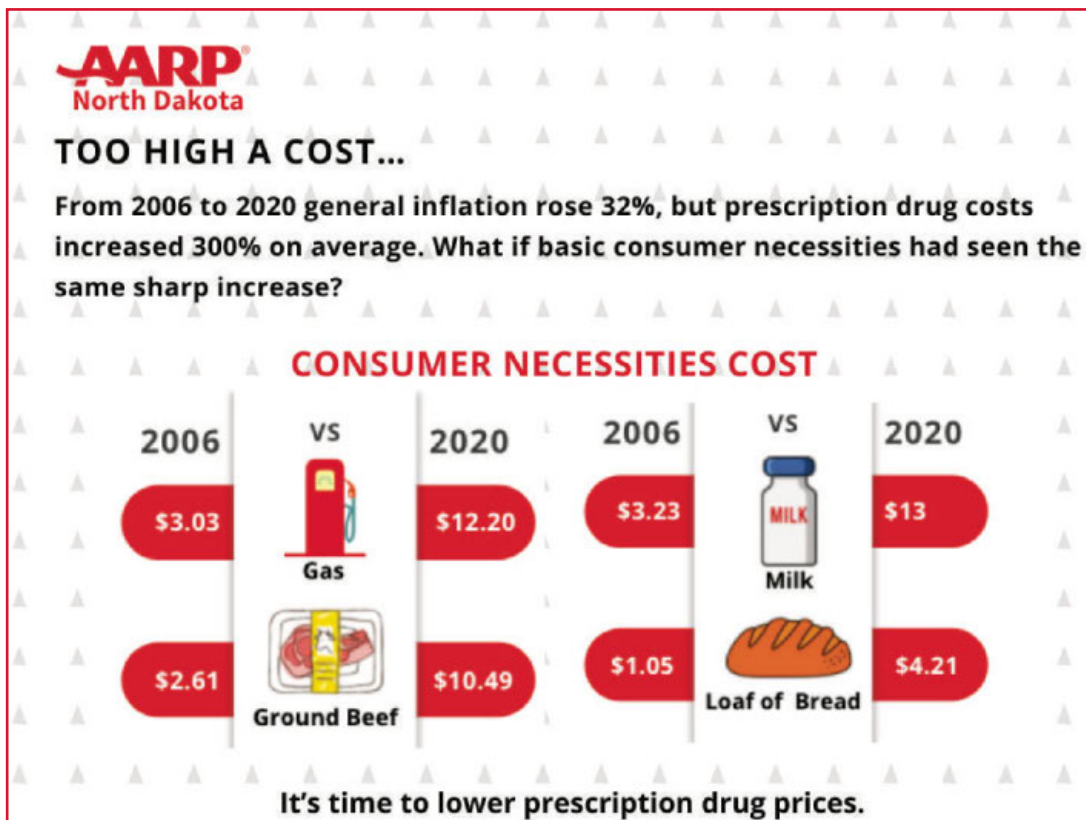


Silver Quill

The rising costs of Rx and what YOU can do about it

INSIDE THIS ISSUE

Center Highlights	2
Foot Care Clinics	3
Word Search	4
Volunteer Spotlight	5
Nutrition	6
Fargo Menu	7
West Fargo Menu	8
Rural Cass News	11
Donations	12-14
Rent Refunds	15
Tax Aide	15



Americans pay the highest prices in the world for prescription drugs. In North Dakota, the cost of prescription drugs is a top concern for 80,000+ AARP members.

For years, prescription drug price increases have dwarfed even the highest rates of general inflation. The average annual cost of prescription drug treatment increased 26.3% between 2015 and 2019, while the annual income for North Dakota residents only increased 12.7%

If consumer prices had risen as fast as drug prices over the last 15 years, gas would now cost \$12.20 a gallon, and milk would be \$13 a gallon.

During the 2021 legislative session, AARP ND fought to make the cost of prescription drugs more affordable for North Dakotans. On August 1, 2021, House Bill

(Continued on page 10)



**Valley Senior Services
will be closed
Friday, April 15.
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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Becky Christianson

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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

April 19 - 9:00 Exercise; 10:00-2:00

Foot care

April 20 - 10:00-2:00 Foot care

April 21 - 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

April 4 - 12:30 Lenten service

April 5 - 11:00 Fargo Public Library

April 6 - 10:00-2:00 Foot care; 1:00

Birthday cupcakes

April 7 - 10:00-2:00 Foot care

April 11 - 12:30 Palm Sunday worship

April 18 - 12:30 Easter service

April 19 - 11:00 Fargo Public Library

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

April 5 - 12:15 Prize bingo

April 11 - 12:00 Birthdays; 12:15 Crafts

April 12 - 12:30 Mexican train

April 19 - 12:15 WFACP Meeting

April 21 - 6:30 Book club @WF Library

April 25 - 12:15 Sheriff talk

April 26 - 12:15 Prize bingo

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 Social events TBA

Every Thursday - 8:45 & 10:00 Bone

Builders @ VMA; 6:00 Tech tutors

@WF Library

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 - 12:45 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, April 6
Thursday, April 7
Wednesday, May 4
Thursday, May 5
10:00 am - 2:00 pm

West Fargo High Rise
230 8th Ave W,
West Fargo
Wednesday, April 13
Wednesday, May 11
10:00 am - 2:00 pm

Ed Clapp Park Center
2801 32nd Ave. S,
Fargo
Tuesday, April 19
Wednesday, April 20
Thursday, April 21
Tuesday, May 17
Wednesday, May 18
Thursday, May 19
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

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




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- Creating Remembrances
- Finding Peace and Acceptance-Helping the patient to find meaning in their life and what their contribution was to this life
- Support the Patient and Their Loved Ones through the entire End of Life Journey



Please contact us today to set up a free consultation.

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National Audubon Day

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

Word List:

AUDUBON
FLY
BIRDHOUSE
CHICK
SPARROW
PARROT
ROOST
PARAKEET
SWALLOW
QUAIL

BEAK
EGG
FEATHER
CANARY
NEST
BIRDCAGE
PEACOCK
OWL
STORK
HUMMINGBIRD

BIRD
TAIL
EAGLE
AVIARY
NESTLING
PIGEON
RAVEN
FLAMINGO
SWAN
ROBIN

BILL
FLOCK
WING
INCUBATE
MIGRATION
ROOK
MAGPIE
GOOSE
ALBATROSS

Volunteer Spotlight

THANK YOU PAUL!



After almost 32 years of volunteering “Tall Paul” Paul Granum has decided to retire from Meals on Wheels delivery. We sincerely thank Paul for his years of dedication to Meals on Wheels!

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Continuous Glucose Monitors

By Lane Lipetzky, RDN



This past month, I had the opportunity to wear a continuous glucose monitor to check my blood sugar levels for two weeks. Even

for a dietitian, this technology was impressive and very interesting to use! In this article I will explain what a continuous glucose monitor does, discuss the benefits, and describe my experience using one.

What is a continuous glucose monitor?

A continuous glucose monitor (CGM) does exactly what its name describes, it continuously monitors your glucose levels. These devices have tiny sensors that are inserted either into your arm or abdomen that read glucose levels in your interstitial fluid. CGMs connect to an app on your smart phone, to a device called a receiver or to your insulin pump. Your healthcare provider will help you set up your device and explain how to use it.

What are the benefits to wearing a continuous glucose monitor?

1. A CGM measures your glucose levels every 5-10 minutes helping show the “bigger picture” of your blood glucose control. Everyone’s blood glucose levels will be affected differently by certain foods, physical activity and stress. For those with prediabetes or diabetes, knowing your blood glucose levels throughout the day is extremely beneficial to being able to better control your glucose levels.
2. A CGM helps individualize care. As mentioned above, everyone’s blood sugars react differently to food and physical activity. Using a CGM, keep-

ing a food journal and working with a healthcare professional to determine what is causing spikes or low blood sugar levels will greatly improve your individual control.

3. You are able to set alarms for when your blood sugars go too high or too low. This will help you be able to make quick changes when necessary.
4. Using a CGM greatly reduces the number of times you will need to test your glucose using a finger stick.

My experience wearing a continuous glucose monitor

I work at an outpatient clinic as a dietitian in Detroit Lakes and have helped individuals use and learn from their glucose monitors. I was able to use a free 14-day sample to experience the monitor myself which taught me a lot about my individual blood sugars levels. Below are some interesting things I learned about my glucose levels using a CGM.

1. Every time I was hungry and checked my blood sugar levels, they were low.
2. When I ate a full meal with protein, carbohydrates and fat, my blood sugars spiked less than when I ate a high carbohydrate snack. Even if there were more carbohydrates in the meal!
3. If I ate a piece of fruit, my blood sugars increased and decreased slowly. When I ate a brownie (with the same amount of carbohydrates as the pear) my levels increased and decreased sharply.
4. I experienced an increase in blood sugars when I went running in the morning. Increased blood sugar is common during a workout since your body is releasing stored glucose to give your muscles energy. Mine went up higher when I ran in the morning than running at other times of the day.





(Continued on page 9)

April 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
 4 Chili Baked Potato w/Sour Cream Mixed Vegetables Tropical Fruit Corn Bread Muffin	 5 Buttermilk Chicken Mashed Potatoes Monte Carlo Blend Vegetables Apricots Whole Wheat Dinner Roll	6 Pulled Pork Sandwich Baked Beans Confetti Coleslaw Strawberry Jell-O w/Peaches and Whipped Topping	 7 Herb Crusted Chicken Cheesy Whipped Potatoes Steamed Baby Carrots Fresh Fruit Whole Wheat Bread	1 Herbed Fish Sweet Potato Broccoli Salad Mandarin Oranges Sister Shubert Roll Sour Cream Cookie
11 Chicken Veronique Scalloped Potatoes Green Beans Mandarin Oranges Whole Wheat Dinner Roll	12 Pork Chop w/Mushroom Gravy Mashed Potatoes Roasted Carrots Fresh Fruit Whole Wheat Bread	13 Pasta with Meatsauce Whole Wheat Noodles Lettuce Salad Fresh Fruit Chocolate Chip Cookie	14 Beef Cabbage Casserole Chateau Blend Vegetables Mixed Berries Whole Wheat Dinner Roll	15 CLOSED No Meals on Wheels Senior Centers Closed 
18 Gjetost Chicken Smashed Potatoes Diced Beets Fruit Cocktail Whole Wheat Bread	19 Cheeseburger Hotdish Baked Corn Peaches Whole Wheat Dinner Roll	20 Easter Meal Chicken Kiev Au Gratin Potatoes Glazed Carrots Cheesecake w/Strawberries Sister Shubert Roll	21 Hamburger with Lettuce Tomato and Onion on a Whole Wheat Bun Pasta Salad Steamed Broccoli Mangos	22 Biscuits and Gravy Sausage Link California Blend Vegetables Fresh Fruit Banana Bread
25 Salisbury Steak Baby Baker Potatoes Stewed Tomatoes Whole Wheat Dinner Roll Pears	26 Chicken Parmesan Whole Wheat Noodles Steamed Cauliflower Tropical Fruit Garlic Breadstick	27 Swedish Meatballs Mashed Potatoes & Gravy Steamed Baby Carrots Pineapple Tidbits Monster Cookie Whole Wheat Bread	28 Polish Sausage Hot Dog Bun Baked Beans Creamy Cucumbers Fresh Fruit	29 Teriyaki Chicken Brown Rice Peas and Carrots Mandarin Oranges Zebra Brownie




April 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**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	4		5		6		7		8
Cheesy Chicken Enchilada Casserole Mixed Vegetables Cottage Cheese Peaches Garlic Breadstick		Hamburger Tomato Hotdish Corn Jell-O w/Fruit & Whipped Topping Whole Wheat Bread		Herb Crusted Chicken Garlic Whipped Potatoes Steamed Baby Carrots Cherry Crisp & Whipped Topping Whole Wheat Dinner Roll		Pork Burger on a Whole Wheat Bun Macaroni & Cheese Baked Beans Fruit Cup Croissant		Pub Fish on a Bun Lettuce & Tartar Sauce Creamed Peas Buttered Boiled Potatoes Brownie Fruit Cup	
	11		12		13		14		15
Country Meatballs Mashed Potatoes & Gravy Peas & Carrots Fresh Fruit Croissant		Chicken Rice Hotdish Coin Carrots Lettuce w/Dressing Lemon Salad Whole Wheat Bread		Meatloaf Baked Potato w/Sour Cream Stewed Tomatoes Peach Cobbler w/Whipped Topping Whole Wheat Dinner Roll		Pulled Pork on a Whole Wheat Bun Cheesy Hashbrowns Coleslaw Carmel Apple Salad		CLOSED No Meals on Wheels Senior Centers Closed 	
	18		19	Easter Meal		20	21	22	
Shrimp Alfredo over Noodles Country Vegetables Fruit Cup Garlic Toast		Cheeseburger Hotdish Corn Coleslaw Cookie Salad Whole Wheat Bread		Chicken Cordon Bleu Au Gratin Potatoes Glazed Baby Carrots Cheese Cake w/Strawberries Hot Cross Buns		Cabbage Rolls Mashed Potatoes w/Sauce Mixed Vegetables Chocolate Date Cake w/Topping		Breaded Chicken Breast on a Whole Wheat Bun Lettuce & Mayo Potato Wedges Calico Beans Pistachio Salad	
	25		26	27	28	29			
Swedish Meatballs Mashed Potatoes Lettuce Salad w/Dressing Rice Pudding w/Fruit Cocktail Whole Wheat Bread		Parmesan Chicken w/Noodles Wax Beans Rice Krispie Bar Fruit Cup Garlic Breadstick		Roast Beef w/Gravy Mashed Potatoes California Vegetables Banana Cake Whole Wheat Dinner Roll		Teriyaki Chicken Fried Rice Peas & Carrots Fruit Cup Cookie		Hamburger on a Whole Wheat Bun Pasta Vegetable Salad Baked Beans Assorted Bars	

Continuous Glucose Monitors

(Continued from front page 6)

5. When I was physically active after meals, I had better glucose control than when I was not.
6. The highest blood sugar reading I had was after I ate 4 Oreos. This was interesting because my blood sugars did not raise as high after different deserts. The difference was that I ate the Oreos before bed and the other deserts around 2 PM when I am generally more active.

Although I knew the reasoning behind the increases and decreases in my blood sugar, it was still very interesting to see it happen. Higher fiber sources of carbohydrates and eating carbohydrates in combination with proteins and fats both visibly slowed the release of glucose into my

blood stream. Physical activity also played a large role in controlling my blood sugar levels.

How can you access a continuous glucose monitor?

You will need a prescription to use a continuous glucose monitor. Most insurance companies will not cover a CGM if you do not have diabetes. Some insurance companies will require you to also be on insulin before they cover a CGM. If you are someone with prediabetes or you have diabetes and are not using insulin, I would recommend asking your healthcare provider about a CGM sample. They typically last 7-14 days and are a great way to learn how food and physical activity affect your blood glucose levels.

Valley Senior Services

9

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Valley Senior Services, Fargo, ND

C 4C 02-1024

The rising costs of Rx

(Continued from front page)

1032 which requires drug manufacturers to report the reasons behind high costs and price hikes went into effect. The second piece of legislation we fought for, Senate Bill 2212, established a mandatory study of prescription drug prices and possible solutions.

As required by SB 2212, the ND Interim Healthcare Committee has met twice this winter to talk about drug prices and consider policies aimed at lowering costs. They'll meet again before the 2023 Legislative Session, and the better they understand how high prescription drug prices affect North Dakotans, the harder they'll work for you, their constituents.

What you can do

Share your story with AARP-ND. If you pay outrageously high prices for the medications you take, show your elected leaders the price tag. Don't have a receipt? That's ok, tell your story anyway. Your receipts, photos, videos, and stories will remind lawmakers that their constituents are fed up with big drug companies price gouging them.

To share your story, go to <https://bit.ly/YourRxStory> or contact Janelle Moos, Associate State Director of Advocacy at jmoos@aarp.org or 701-355-3641.

No one should have to choose between putting food on the table and filling a prescription. Learn more about AARP- North Dakota at aarp.org/ND.



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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, June 20th at 10:00 am in Embden.

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 5, 12, 19 & 26. South route runs April 6, 13, 20 & 27. 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 11 & 22. 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 Senior Center
April 28

Call Jill at
218-242-1379
for an appointment

Valley Senior Services

11

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

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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

1351 West Main Ave.
West Fargo, ND 58078

701-282-2822

www.bonanzaville.org

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Valley Senior Services, Fargo, ND

E 4C 02-1024

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

\$100.00 and Above

Scheel's - \$2500
 Linda & Erv Inniger Revocable - \$1100
 Chet Larson - \$1000
 Congregational Lutheran United Church - \$1000
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 Five Star Storage - \$850
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 Cheryl Ellis - \$250
 J. Patrick Traynor - \$250

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 Betty & John Larsen - \$100
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Valley Senior Services

13

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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).

*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.nd.gov/tax/renter. You may also call our office at 293-1440 or toll-free at 1-877-827-1916.

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:
701-850-0748.

Valley Senior Services

15

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

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, click "Join a meeting" and enter meeting ID
Meeting ID: 161 186 4614
Passcode: 4170

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

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