



SILVER QUILL

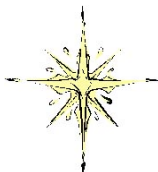
RANSOM SARGENT SENIOR SERVICES

JANUARY 2010



Office located in the Lisbon Senior Center
Our address:
RSSS
Box 387
Lisbon, ND 58054
Office phone - 683-3131 – Center 683-4295
Toll free 1-877-857-3743

*Executive Director:
 Brian Arett
 Fargo Senior Commission 701-293-1440



*Project Director & Outreach:
 Jean Thielman – 683-3131
 Outreach:
 Karleen Wyum – 724-3928 or 683-3131

 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:

Lisbon Area Health Services Home Care
417 Main St
Lisbon, ND 58054
Phone – 701-683-3095

Wellness Wednesday – There will be a nurse in the office each Wednesday from 9:00 AM – 4:00 PM to provide the following services:

- **Foot care
- **Blood pressure checks
- **Blood sugar checks
- **Diabetic teaching
- **Medication set-up

No cost to you if you come to our offices on Wednesdays!

We also continue to offer Home Health Services to patients in their homes. If you or a family member has had a recent illness, hospitalization or surgery, you may qualify for skilled nursing, therapy or home health aide services. Call our office with any questions or to request an evaluation visit.

SARGENT CO. PUBLIC HEALTH
SC District Health Unit
316 Main St - Forman, ND 58032
Phone: 701-724-3725

****Foot Care:**

JANUARY :

Mon, Jan 18th – Gwinner

Tues, Jan 19th – Forman

FEBRUARY:

Wed, Feb 10th – Rutland

Tues, Feb 16th – Forman

Fri, Feb 19th - Milnor

***Cholesterol screening, blood sugar, BP, hemoglobin available by appointments.

RANSOM CO. PUBLIC HEALTH
404 Main St – Lisbon, ND
Phone 701-683-6140

Health day/Foot Care: (AM)

JANUARY:

Wed, Jan 6th – Fort Ransom Foot Care AM

Wed, Jan 13th – Sheldon Foot Care AM

FEBRUARY:

Wed, Feb 3rd – Enderlin Foot Care AM

Wed, Feb, 17th – Lisbon Foot Care at the Public Health Office AM

****Cholesterol Screening:**

Next screening - Thursday, Jan 7th & Feb 4th

8:30 – 9:30 AM Nurses office in Lisbon

Cost is \$20 – Fasting after midnight is required, same day results

Nurse of the day each Thursdays

**A nurse is available for Blood Pressure checks in the office on Thursday's

8:00 AM-12 noon & 1-4:00PM. (B/P, hemoglobin, B12, B/S, med. set ups) (No appointments needed)

COMING EVENTS

*Tuesday, Jan 12th 2010 - Ransom Co Council in Lisbon @ 2 PM

*Wednesday, Jan 13th – Lisbon Area Health Services Home Care at the Lisbon Senior Center 12:00



SENIOR CENTER HIGHLIGHTS

RANSOM COUNTY ENDERLIN CENTER

437-2669

Meals: **Monday - Friday**

Regular meetings every other month

Mon. – 1PM Pinochle

Tues. – 1 PM Whist

**Bingo – 2nd Thursday of the month
hosted by the HEART program**

**HEART Living at Home/Block
Nurse Program**

**The HEART PROGRAM is located
in the Enderlin Senior Center –
hours Monday thru Friday 9 AM –
Noon**

**Mission: Caring people providing
volunteer and community services
so elders can live in the comfort of
their home and community.**

**Tracy Ekeren, Program Director
Debbie Taylor, Volunteer
Coordinator**

LISBON CENTER

683-4295

Meals: **Monday - Friday**

January Activities

1st – Happy New Year (Closed)

3rd – Sunday Cards 1:30

4th – Board meeting Bingo 1:30

**Bingo – (Friday night Bingo has
been moved to 1:30 Monday's
starting Monday Jan, 4th)**

6th – Golden Rule day

10th – Sunday Cards 1:30

11th – Potluck Day

& Bingo is at 1:30

14th - Beltone Man 2-4 PM

17th – Sunday Cards 1:30

18th – Bingo @ 1:30

24th – Sunday Cards 1:30

25th – Bingo 1:30

31st – Sunday Cards 1:30

CENTER ACTIVITIES

***No Penny Bingo for winter
months**

***Tues. -Hand & foot 1:30 PM**

***Fri. – 65 cent Rummy *1:30 PM**

(*Friday night Bingo has been
moved to Monday's @ 1:30)

(Open to the public)

**Exercises

Mon & Thurs - 10:45AM

FORT RANSOM

Thors Bar & Grill

973-9161

Mon, Wed, & Fri

***Every Wednesday van to**

Lisbon

1-877-857-3743 OR 683-4295

SARGENT COUNTY COGSWELL CENTER

724-3024

Meals: **Mon, Tues, Wed, Thurs**

FORMAN

724-3928

Meals: **Mon, Tues, Wed, Thurs.**

GWINNER

678-3911 or 678-3928

or 683-4295

Meals: **Mon, Wed, Fri**

Dinner served at 12:00 Noon

Club meets 3rd Wed. month

Dinner 12:00 Noon

MILNOR CENTER

427-9327

Meals: **Tues, Wed, Thurs, Fri**

Cards after Lunch

Club Meets: 3rd Monday – 2:00

PM

RUTLAND CENTER

724-4074

Meals: **Mon, Tues, Wed, & Thurs.**

Daily – cards, puzzles

Club meets 2nd Tuesday – 1:00

PM

RANSOM COUNTY TRANSPORTATION

Call 683-4295

1-877-857-3743

Open to the public

BUS:

Lyle Milbrandt

Larry Fischer sub

Bus to Fargo

- 2nd Tuesday

- **Every Thursday Bus**

Call to Reserve a ride by 4 PM

Wednesday

(Leave from Lisbon at 8 AM

Leaves from Fargo at 4 PM)

RC VAN:

Fritz Rotenburger

Subs

Lyle Milbrandt, Charlie Orn, Judy
Milbrandt

RC Schedule:

- **Monday** Lisbon
- **Tuesday** Lisbon/ McLeod
- **Wednesday.** Ft. Ransom– &
Lisbon
- **Thursday** as needed
- **Friday** Lisbon

Please call center to reserve a ride.

Cost of rides posted in vehicles

SARGENT COUNTY TRANSPORTATION

call **1-877-857-3743**

or 683-3131

please leave a message and we

will return your call

Open to the public

Sargent Co. Bus:

**Cyril Kudelka

Fargo

Cost of ride \$7.00

- 2nd & 4th Tuesday of the month
- **Handicap van on request &
availability of drivers.**

Sargent Co Van

**Tuesday, Wednesday & Thursday by
appointment**

Cost varies according to destination.

Drivers:

**Marlene Hogness, Cyril Kudelka,
Harley Fink**

“The Wonders of Citrus”

Jenny Marhula, LRD, CDE
Fargo Senior Services Dietitian

Now is the peak season for citrus fruits. There is an abundance of fresh, nutrient-packed oranges, grapefruits, tangerines, clementines, lemons and limes in the markets this time of year. So now is a great time to make citrus fruits a daily part of your healthy eating plan.

There are many reasons to add citrus fruits into your diet every day. Citrus fruits are an excellent source of vitamin C. Vitamin C is an important vitamin with several functions. Vitamin C works as an antioxidant, which means it helps to neutralize the damaging effects of free radicals, thereby reducing the risk for certain cancers and heart disease. Vitamin C is necessary to form connective tissue that holds the many parts of our body together. Vitamin C also helps keep capillaries healthy so you don't bruise easily. Vitamin C plays an important role in keeping gums healthy so they don't bleed. Vitamin C also aids in the absorption of iron.

Citrus fruits also contain many other healthy nutrients. These include folate (an important B vitamin), potassium, and soluble fiber. All of these nutrients are important for heart health. Plus, citrus fruits contain many different phytochemicals such as flavonoids, limonoids and lycopene. Phytochemicals in fruits and vegetables, including citrus fruits, appear to be very protective against heart disease and cancer.

Citrus fruits are a nutrient-dense, low calorie food. A serving of citrus fruit has only about 60 calories. One serving equals: 1 orange, ½ grapefruit, 2 tangerines, ½ cup orange or grapefruit juice. Keep in mind that juice lacks fiber, so don't drink more than one serving (1/2 cup) per day. Also remember to read juice labels. The label must say “100% juice” to be counted as a fruit serving.

Citrus fruits are inexpensive this time of year. They are simple to prepare, just peel and enjoy! And they are quite versatile. It is easy to incorporate more citrus into your diet. Here are some ideas:

- Cut the skin off an orange and a grapefruit. Cut them into chunks and add a can of pineapple chunks (in its own juice) for a simple, colorful winter salad.
- Peel an orange to have with your lunch.
- Have ½ a grapefruit with your breakfast.
- Buy a box of clementines for snacking.
- Squeeze lemon into your tea.
- Mix orange or grapefruit juice with sparkling water and garnish with a slice of lemon or lime.
- Add orange juice to your hot drinks (spice tea, cider, wassail, etc). (recipe below)
- Slice orange or grapefruit segments into your salads. (recipe below)

Here are some delicious “Taste of Home” citrus recipes to try:

Orange Spiced Cider

4 cups unsweetened apple juice

1 can (12 oz) orange juice concentrate, thawed

½ cup water

1 Tbsp. red hot candies

½ tsp ground nutmeg

1 teaspoon whole cloves

Fresh orange slices and cinnamon sticks for garnish (optional)

In a 3-qt. slow cooker, combine the first five ingredients. Place cloves in a double thickness of cheesecloth; bring up corners of cloth and tie with kitchen string to form a bag. Add bag to slow cooker. Cover and cook on low for 2-3 hours or until heated through. Before serving, discarding spice bag and stir cider. Garnish with orange slices and cinnamon sticks if desired. Serves 6-8.

Citrus Spinach Salad

1 package (6 oz) fresh baby spinach

3 medium oranges, peeled and sectioned

1 large grapefruit, peeled and sectioned

6 slices red onion, separated into rings

Dressing: ¼ cup ruby red grapefruit juice

¼ cup olive oil

¼ cup honey

1 Tbsp Dijon Mustard

1 Tbsp grated onion

2 tsp poppy seeds

1/8 tsp salt – dash of pepper

SILVER QUILL

Our Silver Quill is published monthly by

Ransom / Sargent Senior Services

PO Box 387

Lisbon, ND 58054

**Silver Quills are available at your local Senior Centers and grocery stores or
call 683-3131 or 1-877-857-3743**

If you information you would like added please give us a call

WHAT IS RANSOM/SARGENT SENIOR SERVICE ALL ABOUT?

RANSOM SARGENT SENIOR SERVICE

LISBON, ND 58054

OUTREACH ASSISTANCE

PHONE 701-683-3131 OR 1-877-857-857-3743

Outreach workers visit senior citizens in their homes to assist the needs of that person and inform them of the availability of services in their community. They link the person to the appropriate agency and assist the senior in obtaining the needed services.

If you would be interested in receiving information on any of the following services, please feel free to contact an Outreach Worker at Ransom Sargent Senior Services.

SERVICES AVAILABLE

- >Home Delivered Meals
- >Congregate Meals
- > Frozen Meals/Ensure
- >Transportation
- >Food Stamps
- >Homemaker Services
- >Grocery Delivery
- >Home Health Aid
- >Vision & Hearing
- > Legal Assistance
- >Respite Care
- >Donated Dental
- >Addiction Service
- >Employment Services
- > Assistive Living & Nursing Homes
- >State Health Insurance Counsel
- > Home Repair & Weatherization
- >Senior Companion Program
- > Supplemental Security Income
- > Social Security
- >Medicare Savings Programs
- >Medical Assistance
- > Fuel & Rental Assistance
- >Prescription Drug Assistance
- >Commodity Food Program
- Telephone Distribution Program

NEEDED

Volunteers are needed to help deliver Home Delivered meals in Lisbon. If you can help please help call Jean at Senior Services @ 683-3131.



Ransom Sargent Senior Services, a branch of Fargo Senior Services, is a non-profit organization serving senior citizens in Ransom and Sargent Counties. Our services include: Home Delivered Meals, Frozen Meals, Community Dining, Transportation, Senior Centers, Outreach Assistance, and Medicare Part D assistance. In addition, we distribute a monthly publication – The Silver Quill – detailing current and upcoming events of interest to the senior community. If you would like additional information on our services please contact our office at 683-3131 or 1-877-857-3743.

Your tax deductible contribution to Ransom Senior Services will help us to continue to meet the increasing demand for services. Your gift can be mailed to RSSS, P.O. Box 387, Lisbon, ND 58054

**Your gift can be designated to * Home Delivered Meals *Congregate Dining
*Outreach Assistance *Transportation *Medicare Part D Assistance**

BITS & PIECES

FROZEN MEALS - contact your local meal site, your Outreach Worker or Senior Service office – 683-3131 or 1-877-857-3743 if you would like frozen meals for non meal days or for holidays & storm days.

RESERVE MEALS – We ask your help to cut costs by reserving your meals in advance at your local meal site. (Those who eat on a regular basis tell staff to expect them unless they call otherwise. Some sign up a week at a time; or Please call or register the day before if you plan on eating at your local meal site or call the morning of by 9:00 AM).

UNDER 60????

Just a reminder that anyone under 60 unless the spouse of the person is over 60 must pay the full cost of \$6.50 for your meal. If you bring guest, family under 60 please talk to a staff member about paying for their meal.....

STORM POLICY – Storm Closing Notice

**There will be no congregate or home delivered meals on days that schools are closed due to storm condition.
The menu listed for that day will be moved to the following day.**

**LISTEN TO KQLX OF LISBON FOR ANNOUNCEMENTS OF SERVICES
FOR STORM DAYS**