

## Probiotics

Lane Lipetzky, RDN—Valley Senior Services

There are trillions of bacteria in your digestive tract, each playing a role in your health. These bacteria have an effect on every part of your body from your metabolism to your mood to your immune system. When you have beneficial bacteria in your digestive tract, you will see improvements in all bodily functions. When you have an abundance of bad bacteria, it can be harmful to your health and even dangerous. Having a variety of bacteria in your digestive tract has also been shown to improve overall health and wellbeing. One way to help improve your gut bacteria is to consume probiotics.

**Probiotics** - live culture microorganisms found in foods that provide a health benefit to humans.

### What are health benefits of probiotics?

Probiotics can provide many health benefits in the digestive tract and beyond. Examples of health benefits include improving immune health, strengthening the intestinal wall (lower risk of leaky gut), decreasing the risk of diarrhea caused by antibiotics, increasing vitamin and mineral absorption, improving digestion, lowering cholesterol, providing anti-inflammatory effects, improving mental health conditions like depression and anxiety, the list goes on.

There are two ways to add probiotics to your diet. One way is to take a daily probiotic supplement. A probiotic supplement is required to list each bacterial strain and each bacteria included must have proven health benefits for the supplement to be considered a probiotic. As an example, *Bifidobacterium animalis lactis* HN019 has shown to improve immune systems in older adults and relieve constipation. Another common strain found in probiotic supplements is *Lactobacillus Plantarum* 299v which has been shown to improve symptoms for those with irritable bowel syndrome (IBS), reduce inflammation and decrease the risk of *C. difficile* diarrhea in those taking antibiotics. If you chose to take a probiotic supplement, talk to your dietitian or doctor to help select a bacterial strain that is right for you.

The other way to consume probiotics is through food. Foods containing live microorganisms may not have a complete list of which specific bacterial strains they contain. Additionally, some foods may be made with varying strains dependent on the manufacturer or country in which it was made. However, certain foods like yogurt are known to be made using beneficial bacterial strains and therefore, still provide health benefits. Because there are not specific strains listed in some foods, it is hard to select an exact health benefit someone would experience by eating such food. That being said, studies show that eating foods with live microorganisms improves overall health and reduces the risk of developing several chronic diseases. This makes eating foods with live cultures a great preventative health measure and is often cheaper and more enjoyable than taking a supplement.

### Tips for Buying Probiotic Supplements

- Probiotics must be labeled with their bacteria genus, species and strain. If a supplement does not have specific strains listed, do not buy it.
- Probiotic supplements offer health benefits at a specific dose. Check with your dietitian or doctor on what dose would offer the most health benefits. A probiotic dose is written in "colony forming units" or CFUs.
- Look for a date that states CFUs at the time of **expiration** not manufacture. This guarantees you are taking the advertised dose as long as you take them before expiration.

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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:

Shelley Tollefson

Southeast Senior Services

520 3<sup>rd</sup> Avenue South

Wahpeton, ND 58075

642-3033



Are you looking for help finding services that will allow you to continue living independently in your home as late in life as possible? We have Resource Specialists that are here to help!

Call today to schedule a meeting with one of our Resource Specialists to learn about the many programs and services available in your community.

You can reach us by calling 701-642-3033.

**Talk with us today!**

**Foot Care Clinics For Richland County**

Foot care will be done at the Wahpeton Senior Center from 11:00 am to 3:00 pm on March 7 & 21 and April 4 & 18 or by appointment at the Richland County Health Department.

Done by: Richland County Health Department  
For an appointment call: 642-7735  
Cost: \$25.00

\* Foot care is provided to clients who are not able to trim their own toenails due to physical limitations.

\* Foot care does not include any treatment for ingrown nails, calluses, and/or infection.



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## ND SMP Scam of the Month March 2023

### What is “Outpatient” Observation Status?

Observation status is typically assigned to patients with an unexpected lengthy recovery after surgery or to emergency room patients who require short-term treatment, assessment, and reassessment before a decision can be made regarding whether the patient will require further treatment as an inpatient or if they are able to be discharged.

#### Why does observation status matter?

- Many patients cannot afford their care if Medicare doesn't pay.
  - ◊ Observation status means higher out-of-pockets costs for patients.
- If post-hospital nursing or rehab care won't be covered by Medicare, many people do without the necessary care, rather than be strapped with huge bills.
  - ◊ Remember, you must be a hospital INPATIENT for 3 days before Medicare will pay for your nursing home or rehab care.

#### How to fight observation status

- Take action at the beginning of your hospital stay to stop Observation before it starts.
- Ask the hospital doctor to admit you as an “INPATIENT” based on needed care.
- Reach out to your regular doctor and ask them to contact the hospital doctor to support your request to be an inpatient.
- If you are admitted to the hospital under Observation Status, hospitals are required to give patients a Medicare Outpatient Observation Notice (MOON) within 36 hours.
- You can file an appeal with Medicare.

#### Observation Status Fraud

- By placing patients in observation status rather than an inpatient admission, hospitals can avoid the Medicare penalties associated with readmissions.
- Separate payment is available for observation care in some circumstances and fraud generally occurs when the hospital fraudulently treats the observation care as separately billable.
  - ◊ One example of non-billable observation care is for a patient who is transferred from the hospital's own outpatient department into observation.

**Reporting Medicare fraud:** If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at [ndsmp@minotstateu.edu](mailto:ndsmp@minotstateu.edu) or call 1-833-818-0029 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: Center for Medicare Advocacy (n.d.) *Outpatient Observation Status*. Retrieved December 19, 2022, from <https://medicareadvocacy.org/medicare-info/observation-status/>

**North Dakota Senior Medicare Patrol Phone: 800-233-1737 or (701) 858-3580**

For more information or to locate your SMP, visit [www.ndcpd.org/smp](http://www.ndcpd.org/smp)

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# Living with Lymphedema – New Resource Now Available

March is Lymphedema Awareness Month, an opportunity to learn more about this condition that affects millions of Americans and what can be done to help people improve their quality of life.

## What is Lymphedema?

Lymphedema is a stagnation of lymph fluid which results in swelling in a portion of the body. It is associated with a malfunction or obstruction of the lymphatic vessels or lymph nodes. The condition most commonly affects the arms and legs, but can also happen in the chest, abdomen, neck or other areas.

## What are the types and causes of Lymphedema?

Lymphedema can be classified as either primary or secondary. Primary Lymphedema results from a congenital abnormality of the lymphatic system. Secondary Lymphedema results from obstruction or damage to the lymph nodes, which blocks the drainage of lymph fluid. This can be associated with infection, inflammation, cancer, radiation, surgery or traumatic injury. Lymphedema caused by cancer treatment may not occur until months or years after treatment.

## Why treat Lymphedema?

The lymphatic system plays an important role in our bodies, removing impurities including bacteria and proteins from the circulatory system, and producing cells of the immune system that are vital in fighting bacteria and viruses and keeping us healthy. A patient who has surgery or a tumor that disrupts the lymphatics may end up with lymphedema, which can range from relatively mild to severe. Lymphedema can be painful and unsightly, and significantly affect comfort, appearance and quality of life. It can impact the ability to move the affected limb, increase the risk of skin infection and sepsis, and lead to skin changes and breakdown.

## What are the symptoms?

Symptoms of Lymphedema may develop slowly over time or occur suddenly. These include:

- Swelling of the arms or legs
- Uncomfortable heaviness or fullness
- Tightness of skin when wearing clothes or jewelry
- Burning or itching sensation, and  
Noticeable thickening of the skin

Early signs may happen before you can see any swelling, such as:

- Difficulty seeing or feeling veins and tendons in your hands or feet
- Skin redness
- Arm or leg appearing to be of slightly different size
- Joints feeling tight and inflexible  
Puffiness of the skin

## What are treatment options?

The good news is there are a variety of treatment options available for Lymphedema, including manual massage of the area to help promote lymph drainage, use of compression bandages and garments, exercise, therapy, elevation, and good skin care. Maintaining ideal weight and proper nutrition can also help.

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# Living with Lymphedema – New Resource Now Available

*Continued from Page 4:*

## **What are treatment options?**

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## **Local resource now available**

Local senior care community Benedictine Living Community – Wahpeton is pleased to announce that occupational therapist Michelle Arnhalt has recently completed certification in the treatment and management of Lymphedema.

Arnhalt's approach is holistic, with a goal to help patients improve their quality of life and return to a manageable living or work environment. An individualized care plan may include treatment options, as well as social-emotional, nutritional and other strategies. The objectives of treatment are to reduce discomfort and pain while offering the patient direction, tips and counseling on successful management of the condition, with intermittent therapy as needed.

"Common onset of Lymphedema can be caused by surgery, cancer treatment, or any trauma to lymph nodes, such as bone fractures," explained Arnhalt. "As a Lymphedema specialist, I can aide in bringing awareness to the community of signs and symptoms of Lymphedema, and how to approach treatment, management, and prevention of this condition."

Arnhalt recently worked with Marlene Brandenburger, a resident at Benedictine Wahpeton who had Lymphedema in both of her legs. Arnhalt used manual massage treatment, therapeutic exercise, and bilateral leg wraps using short-stretch compression bandages throughout the course of Lymphedema treatment. The treatment helped reduce swelling enough so that Marlene was able to move back to using compression stockings with successful results. Marlene had a positive experience and said it went well, stating that manual treatment was enjoyable during and would feel good after.

Arnhalt provides Lymphedema support to residents at Benedictine Wahpeton; and to people in the greater Wahpeton community through its outpatient therapy department and also Benedictine Home Health (services provided in an individual's home) that serves Richland, Wilkin, and Traverse counties.

**For more information, in Wahpeton, call Michelle at 701-671-4478 or visit [www.benedictinewahpeton.org](http://www.benedictinewahpeton.org). For Benedictine Home Health, call 701-671-4477.**

*References: MJ Care, Inc. Professional Rehabilitation and Health Services, 2021, MayoClinic.org. My.clevelandclinic.org.*

**Wahpeton  
642-5746**

**Southeast Senior Services  
March 2023**

**All Meals Served With  
1% Milk**


MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Meatloaf Mashed Potato Stewed Tomatoes Peaches Cake Dinner Roll	Pulled Pork On A Bun Green Beans BLT Pasta Salad Fruit Cocktail Bread-0	Salmon/Hollandaise Sauce Rice Pilaf Lettuce Salad Grapes Brownie Bread-0
<b>MONDAY 6</b>	<b>TUESDAY 7</b>	<b>WEDNESDAY 8</b>	<b>THURSDAY 9</b>	<b>FRIDAY 10</b>
BBQ Chicken Breast Baby Baker Potatoes Mixed Veggies Pineapple Tidbits Bread-1	Beef Cabbage Casserole California Blend Vegetables Apricots Bread-1	<b>BIRTHDAY DINNER</b> Beef Stroganoff Egg Noodles Baby Carrots Chinese Coleslaw Apple Crisp/Topping Bread-0	Parmesan Chicken With Marinara Sauce Mashed Potato Malibu Blend Veggies Pears Bread-1	Cheesy Egg Bake Turkey Sausage Links Key Biscayne Vegetables Cherries Muffin
<b>MONDAY 13</b>	<b>TUESDAY 14</b>	<b>WEDNESDAY 15</b>	<b>THURSDAY 16</b>	<b>FRIDAY 17</b>
Fish with Lettuce on a Bun Rosemary Roasted Potato Creamed Carrots Berries Bread-0	Country Fried Steak Parmesan Garlic Potato Squash Mandarin Oranges Bread-1	Smothered Pork Chop Yams Peas Apple Pie Bread-1	Cheeseburger Hotdish Cauliflower Lettuce Salad Tropical Fruit Lemon Bar Bread-1	Ranch Chicken Breast Cheesy Potato Bake Creamy Cucumbers Strawberry Jello/Peaches & Topping Bread-1
<b>MONDAY 20</b>	<b>TUESDAY 21</b>	<b>WEDNESDAY 22</b>	<b>THURSDAY 23</b>	<b>FRIDAY 24</b>
Spaghetti/Meat Sauce Capri Blend Vegetables Tangy Coleslaw Apple Garlic Breadstick	Chicken Wild Rice Hotdish Caribbean Blend Veggies Marinated Vegetable Salad Pears Bread-1	Garden Chicken Breast Cheesy Whipped Potato Scandinavian Blend Veggies Banana Bread-1	Swedish Meatballs Mashed Potato/Gravy Corn Fruit Cocktail Bread-1	Lemon Pepper Fish Scalloped Potatoes Broccoli Salad Pineapple Tidbits Monster Bar Bread-1
<b>MONDAY 27</b>	<b>TUESDAY 28</b>	<b>WEDNESDAY 29</b>	<b>THURSDAY 30</b>	<b>FRIDAY 31</b>
Salisbury Steak Baked Potato Brussels Sprouts Peaches Bread-1	Chicken Alfredo Noodles New Brunswick Veggies Lettuce Salad Strawberries Garlic Breadstick	Pork Loins Mashed Potato/Gravy Winter Blend Veggies Applesauce Cookie Party Bun	Hamburger On A Bun Lettuce, Tomato, Onion Prince Edward Veggies Potato Salad Warm Cinnamon Apples Bread-0	Sweet & Sour Chicken Wild Rice Mandarin Stir Fry Mandarin Oranges Zebra Brownie Bread-0

**Richland County Meal Sites Monthly Menu. All Meals Include a Beverage & Bread.**

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		1 Meatloaf Mashed Potato Stewed Tomatoes
6 Barbecue Chicken Breast Baby Baker Potato Mixed Vegetables	7 Beef Cabbage Casserole California Blend Vegetables Apricots	8 Beef Stroganoff Egg Noodles Baby Carrots
13 Fish with Lettuce on a Bun Rosemary Roasted Potato Creamed Carrots	14 Country Fried Steak Parmesan Garlic Potato Squash	15 Smothered Pork Chop Yams Peas
20 Spaghetti/Meat Sauce Capri Blend Vegetables Tangy Coleslaw	21 Chicken Wild Rice Hotdish Caribbean Blend Vegetables Marinated Vegetable Salad	22 Garden Chicken Breast Cheesy Whipped Potato Scandinavian Blend Vegetables
27 Salisbury Steak Baked Potato Brussels Sprouts	28 Chicken Alfredo Noodles New Brunswick Vegetables	29 Pork Loin Mashed Potato/Gravy Winter Blend Vegetables

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**Frozen meals are available to the meal participants of Fairmount. If you would like more info please call Southeast Senior Services at 701-642-3033.**

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	1 Pulled Pork on a Bun Green Beans BLT Pasta Salad	3 Dilled Salmon Rice Pilaf Lettuce Salad
7 Barbecue Chicken Breast Baby Baker Potato Mixed Vegetables	8 Beef Tips/Gravy Mashed Potato Baby Carrots	10 Tuna Noodle Hotdish California Blend Vegetables Lettuce Salad
14 Country Fried Steak Parmesan Garlic Potato Squash	15 Smothered Pork Chop Yams Peas	17 Fish with Lettuce on a Bun Rosemary Roasted Potato Creamed Carrots
21 Garden Chicken Breast Cheesy Whipped Potato Scandinavian Blend Vegetables	22 Meatballs Mashed Potato/Gravy Corn	24 Lemon Pepper Fish Scalloped Potato Broccoli
28 Salisbury Steak Baked Potato Brussels Sprouts	29 Pork Loin Mashed Potato/Gravy Winter Blend Vegetables	31 Cod/Alfredo Sauce Wild Rice Mandarin Stir Fry Vegetables

# Richland County Meal Sites Monthly Menu. All Meals Include a Beverage & Bread.

LIDGERWOOD

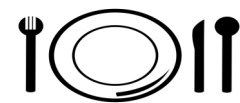
		2 Pulled Pork on a Bun Green Beans BLT Pasta Salad
6 Fish with Lettuce on a Bun Rosemary Roasted Potato Creamed Carrots	7 Country Fried Steak Parmesan Garlic Potato Squash	9 Smothered Pork Chop Yams Peas
13 Barbecue Chicken Breast Baby Baker Potato Mixed Veggies	14 Beef Stroganoff Egg Noodles Baby Carrots	16 Beef Cabbage Casserole California Blend Vegetables Apricots
20 Spaghetti/Meat Sauce Capri Blend Vegetables Tangy Coleslaw	21 Chicken Wild Rice Hotdish Caribbean Blend Vegetables Marinated Vegetable Salad	23 Swedish Meatballs Mashed Potato/Gravy Corn
27 Salisbury Steak Baked Potato Brussels Sprout	28 Sweet and Sour Chicken Wild Rice Mandarin Stir Fry Vegetables	30 Hamburger on a Bun Lettuce, Tomato, Onion Prince Edward Vegetables

WYNDMERE

		2 Pulled Pork on a Bun Green Beans BLT Pasta Salad
6 Barbecue Chicken Breast Baby Baker Potatoes Mixed Vegetables	7 Beef Cabbage Casserole California Blend Vegetable Apricots	9 Parmesan Chicken Marinara Sauce Mashed Potato
13 Fish with Lettuce on Bun Rosemary Roasted Potato Creamed Carrots	14 Country Fried Steak Parmesan Garlic Potato Squash	16 Cheeseburger Hotdish Cauliflower Lettuce Salad
20 Spaghetti/Meat Sauce Capri Blend Vegetables Tangy Coleslaw	21 Chicken Wild Rice Hotdish Caribbean Blend Vegetables Marinated Vegetable Salad	23 Swedish Meatballs Mashed Potato/Gravy Corn
27 Salisbury Steak Baked Potato Brussels Sprouts	28 Chicken Alfredo Noodles New Brunswick Vegetables	30 Hamburger on a Bun Lettuce, Tomato, Onion Potato Salad

**All of our meal sites provide congregate and home delivered meals in their towns. Meals are available for a suggested donation of \$4.00. All donations are used to help us keep up with the growing demand for these services.**

Abercrombie	Serves	M,T,W	553-8759
Hankinson	Serves	T,W,F	242-7742
Lidgerwood	Serves	M,T,TH	538-4602
Wyndmere	Serves	M,T,TH	439-2907
Wahpeton	Serves	M-F	642-5746



Please let your Meal Site know if you plan on eating with them!



# Probiotics

## Lane Lipetzky, RDN—Valley Senior Services

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- A probiotic supplement with many different strains is not necessarily more effective and taking above the recommended dose will not provide additional benefits.

### Food sources with live microorganisms:

Although it can be difficult to tell exactly what strains of bacteria are in a fermented food (especially when homemade), foods with live microorganisms have been shown to improve gastrointestinal health. To make sure you're purchasing foods with live microorganisms, look for the phrase "contains live and active cultures." Some brands may even include the bacterial strains in the food label. A great sign there are live cultures in a food is if it is refrigerated. Below are examples of foods that contain beneficial microorganisms.

- Fermented dairy like kefir, yogurt, Yakult (Japanese fermented yogurt drink), some cottage cheese, certain aged cheeses (check label for live and active cultures)
- Fermented soybean products such as tempeh, miso (refrigerated) and some soy sauces
- Fermented vegetables like pickles (in salt, not vinegar), sauerkraut (choose refrigerated), kimchi (spicy fermented cabbage), any vegetables you decide to ferment at home!
- Fermented beverages such as kombucha and kvass

### How to experience the greatest health benefit from probiotics:

- To improve your overall health and prevent chronic disease, eat a serving of foods containing live microorganisms at least 5 times a week.
- For specific health benefits, select a probiotic containing a strain with the proven health benefit you're trying to achieve and take at the recommended dose.
- When selecting a food containing live microorganisms, look for the wording "contains live and active cultures" on the label. It should be refrigerated.
- When selecting a probiotic supplement, make sure it contains the exact strain you're looking for, the CFU dose that is required to provide a benefit and a label reading CFUs at the time of expiration not manufacture.
- Probiotics need to be consumed on a daily basis to provide health benefits. Evidence does not suggest that they alter digestive tract bacteria permanently on their own. To help the beneficial bacteria "take up residence" in your digestive tract, consume them with prebiotics.

**The Shingles and Pneumonia shots that were scheduled in February, for our Wahpeton location and were cancelled due to the weather have been rescheduled:**

**What: Shingles and Pneumonia Shots**  
**Where: Wahpeton Senior Center**  
**When: March 8th, 10:00 am to 12:00 pm**

**Richland County Public Transit Schedules for  
March 2023– May 2023**

**TRANSIT RIDES TO WAHPETON**

Southeast Senior Services offers rides from surrounding towns into Wahpeton monthly. **To schedule a ride call 642-5746 at least 2 days in advance.** Hours spent in Wahpeton will be between 10:00am to 3:00pm unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10am and 2:00pm if possible. The cost for these rides is **\$5.00 per person.**

**FAIRMOUNT/HANKINSON/LIDGERWOOD  
WYNDMERE/MOORETON**

Mar 13 & 27

April 10 & 24

May 8 & 22

**ESTIMATED PICK UP TIMES FOR RIDES TO WAHPETON**

Fairmount 8:40 am  
Wyndmere 9:30 am

Hankinson 9:00 am

Lidgerwood 9:15 am  
Mooreton 9:45 am

**TRANSIT RIDES TO FARGO**

Southeast Senior Services provides transportation to Fargo on the 1st, 2nd, 3rd and 4th Tuesdays and Thursdays of most months. **To schedule a ride call 642-5746 at least 2 days in advance.** Hours spent in Fargo will be between 10:00am to 3:00pm unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10:00am and 2:00pm. Cost for these rides is **\$8.00 per person.** The routes will be as follows:

**Fargo North Run**  
Wahpeton, Abercrombie,  
Mooreton, Christine,  
Walcott, Galchutt

**Will run on  
these dates.** →

Mar: 2, 7, 14, 23  
April: 4, 6, 11, 27  
May: 2, 4, 9, 25

**Fargo South Run**  
Wahpeton, Fairmount,  
Hankinson, Lidgerwood,  
Wyndmere, Colfax

**Will run on  
these dates.** →

Mar: 9, 21, 28  
April: 13, 18, 25  
May: 11, 16, 23

**Fargo Run**  
Wahpeton, Fairmount,  
Hankinson, Lidgerwood,  
Wyndmere, Mooreton,  
Abercrombie, Colfax,  
Christine, Walcott, Galchutt

**Will run on  
these dates.** →

Mar: 16  
April: 20  
May: 18

## **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 2022. 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.

### **Property Tax Credit**

The 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 market value of your homestead and the value of any assets gifted or otherwise divested within the last three years.

If you believe you are eligible for a property tax credit, you can file an application with your local assessor by February 1 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 paid to a surviving spouse or dependent are not included in this act. Medical expenses are deductible from income if not compensated by insurance or other forms of compensation.

**Applications are available the end of January and must be filed with the State Tax Commissioner by May 31st, 2023.**

**For more information, or if you are interested in applying,  
please call our office at 701-642-3033 or the State  
Tax Commissioner at 1-877-328-7088 option 5 or visit  
[www.gov/tax/renter](http://www.gov/tax/renter)**

Wahpeton Harmony Senior Citizens Club, Inc  
520 3<sup>rd</sup> Avenue South  
Wahpeton, ND 58075

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"Return Service Requested"

# SOUTHEAST SENIOR SERVICES

**- Improving Peoples Lives One Resource At A Time -**

Community Dining and Meals on Wheels are offered in the towns of Abercrombie, Hankinson, Lidgerwood, Wahpeton and Wyndmere. Don't live in one of these towns? Frozen meals are available to you!

Transportation is provided in Wahpeton, to Fargo and from surrounding towns into Wahpeton. These rides are open to all Richland County residents regardless of age.

Our Resource Services are designed to assist individuals 60+. Resource Specialists help connect you to the services and supports you need today and to plan ahead for the future.

 **Southeast Senior Services**  
Improving people's lives one resource at a time