(BPT) - Intrigued by all the brain-training products out there to keep your mind sharp and spirits young? You may want to consider something else: A hearing test.

That's right. Mounting evidence links untreated hearing loss to impaired memory and diminished cognitive function. What that means is, if you keep brushing off that suspected hearing loss of yours, your cognition may pay.

Researchers have found that when people with unaddressed hearing loss strain to hear, they tend to do more poorly on memory tests. They may figure out what is being said, but because so much effort goes into just hearing it, their ability to remember what they heard often suffers.

Experts believe this has to do with what they call "cognitive load." That is, in order to compensate for the hearing loss and make out the words, people with untreated hearing loss may draw on cognitive resources they'd normally use to remember what they've heard. Experts say that untreated hearing loss may even interfere with the person's

CONTINUED on page 7

Students lend a helping hand

Valley City State University students helped out in January in the food pantry, sorting expired items, and delivering Meals On Wheels. Students helping were: Katelyn Willer, Kylie Johnson, Mariah Almklov, Kecia Elision, Catherine Murphy, Elise Pietron, Chelsy Filbert, Paige Fettig, Brittany Roney, Leah Davis, Joshua Komrosky, Jordan Bushaw, and Niklas Ernst. Kitchen staff are: Tammy Whitcomb, Mona Hennel, and Cindy Christl. (photo by Brenda Rohde)
Evening Meals

**March 2017**

Thursday, March 2
Entrée: Meatballs
Entertainment - Tim & Becky Hager

Thursday, March 16
*Wear Green Night!*
Entrée: Corned beef & cabbage
Entertainment - Sing-a-long with the Schelkoph Family & Elsie Keys

**April 2017**

Thursday, April 6
Entrée: Salisbury steak
Entertainment: “The Newcomers,” Mikey Meester & Eric Johnson

Thursday, April 20
Entrée: Ham
Entertainment - Greg Hager

Meal is served at 5:30 PM

Congregate Meals

Hot, delicious meals are served at the Valley City Senior Center seven days per week, with the exception of legal holidays. Meals are served at 11:30 a.m. Monday through Friday, noon on Saturday and 12:30 p.m. on Sunday. Meals are also served in the dining area at the Skyline Villa Monday through Friday. Anyone age 60 or over is welcome to participate.

People are asked to call and reserve meals at least one day in advance if possible. There is no set fee charged for the meals. The suggested contribution is posted at each meal site. Food Stamps are an accepted method of contribution for congregate meals.

To make reservations call 701-845-4300.

Come on down and visit, play cards, etc.!

The suggested meal donation in Barnes County is $3.50 for participants 60 years and older. The cost of meals for persons under 60 years of age is $6.25.

Gift Shop

Stop in and check out the Gift Shop at the Valley City Senior Center. Great gift ideas for those special people in your life.

Take the South Central Bus to Thursday Supper at the Senior Center

Free of Charge!

- We will pick you up at your house or apartment and drop you off at the front door of the Senior Center.
- You don’t have to worry about parking, weather conditions or walking in the dark.
- It’s a good meal at an inexpensive price (suggested donation of $3.50 for those over 60).
- Musical entertainment along with meal on selected Thursdays.
Barnes County Outreach

Dolly has not scheduled outreach calls for March & April. If you need to schedule an appointment, call Dolly at 701-845-4300.

If you have needs regarding healthcare, prescription drug coverage, turning 65 and eligibility for Medicare and Social Security or other needs, you may schedule an appointment with Dolly for assistance, either at the office or an in-home call. She is a Senior Health Insurance Counselor, trained by the ND Insurance Department.

Remember, we do have frozen meals for those who live in areas where Meals On Wheels are not served.

Please call Dolly Hoelmer at 845-4300 or 1-800-472-0031 to schedule an office or home visit.

Donations

Senior Center

Helena Bubach - in memory of Charles Hanson
Evelyn Delmore - in memory of Marlowe Grindler
Pat & Skip Pedersen
Evelyn Delmore - in memory of Charles Hanson
Dave & Patty Hollinshead
Shirley Koslofsky - in memory of Vic Engler & Charles Hanson
Shirley Olson - in memory of Helen Sadek
Helena Bubach - in memory of Larrie Schulz
Howard Oppegard
Arlene Simpson - in memory of Orvis Peterson

Outreach

Julie & Jerry Yokom
Jim Leadbetter

Home Delivered Meals

Mark Winning

Endowment Fund

Joe & Corky Hizinski

Respite

Frances Yokom
Jim & Gladys Stevens
Vern & Marilyn Hedland

EBT/SNAP

We accept EBT/SNAP (Food Stamps) contributions.

We would like to remind all meal recipients (congregate, frozen, home-delivered meals and liquid supplements) that EBT cards may be used for your contributions.

Please call Dolly Hoelmer, 845-4300 for more info.

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Please call Dolly Hoelmer, 845-4300 for more info.
PUBLIC TRANSIT

March & April 2017

Monday through Friday
8:00 am until 4:45 pm

Saturday & Sunday
9:00 am until 1:45 pm

** Rides cost $2.00 **

Please try to schedule your ride a day in advance

RURAL TRANSPORTATION

Monday through Friday:
All rides to Fargo cost $10.00 Plus $2.00 every additional stop

Mondays, Wednesdays & Fridays:
All rides to Jamestown cost $5.00 Plus $2.00 every additional stop

2nd & 4th Wednesday:
Sanborn, Rogers, Wimbledon, Dazey, Leal & Sibley to Valley City cost $5.00 Plus $2.00 every additional stop

1st & 3rd Friday:
Kathryn, Nome, Fingal, Oriska, Litchville & Hastings to Valley City cost $5.00 Plus $2.00 every additional stop

RIDES AVAILABLE!!

A bus will be available every day to pick up passengers to bring them to the Senior Center for lunch. The cost is .50 for round trip.

The bus will begin picking people up at 11:00 AM and will leave the site between 12:30 & 1 PM

If you would like to have a ride to the Senior Center for lunch, you must call a day in advance.

Contact the dispatcher at 845-4300

Reminder to Home Delivered Meal Clients

I would like to remind everyone who receives home delivered meals from the Valley City kitchen, that the staff needs to be notified before 9 AM of any changes in the meal route. It is very difficult for the cooks to add or remove meals from the routes after that time. Each meal is individually packaged and we serve between 40 to 60 meals every day. We would greatly appreciate your assistance!

Please contact Brenda, Monday—Friday, for any changes at 845-4300.
When will I get my new Medicare card?

You probably heard that new Medicare cards will be issued by the Centers for Medicare and Medicaid (CMS) and wonder when you will get your new card. Not for some time, but scammers are already taking advantage of any confusion about the new Medicare cards. Here are some facts:

- If you look at your Medicare card now, you will see that the nine numbers on it are a Social Security number.
  - The Social Security number is usually your own, but could be your spouse's or a parent if you are a person with a disability.
  - The Social Security number is the key for scammers to steal your identity.
  - A Social Security number can be used to take out loans or open credit cards.
- Congress passed a law last year called the Medicare Access and CHIP Reauthorization Act (MACRA) which requires that CMS develop a plan to give every Medicare beneficiary a new Medicare card with a new identifier that is NOT tied to the Social Security number.
- This change will not happen immediately. This is a huge change so CMS and the many providers who accept Medicare need time to update systems to accept the new identifier.
- Beneficiaries WILL NOT see new cards before April 2018. This will be the earliest that CMS will start mailing new cards to beneficiaries.
- The new Medicare card will have a new and randomly assigned identifier that will mix both numbers and letters (11 characters in all).
- There are reports of scammers identifying themselves as working for Medicare and are asking for your Medicare number in order to send you a new card or that you need to reapply for Medicare or lose your benefits.
- THE FACT IS: Medicare already has this information, including your mailing address.
- When CMS sends you your new card, they will mail it to you.

You have the facts now if you get a call like this, do not give out your information. Report calls like this to the ND SMP office or CMS at 1-800-633-4227.

The South Central Adult Services Council, Inc., is an Equal Opportunity Employer.
Barnes County Food Pantry Donations

Steve & Brenda Nagle
Keith & Diana Heuser
Odella & Charles Henley
Doug & Karla Olson
Casey Skramstad
Mary & Scott Tangen
Pat & Skip Pedersen
David & Heide Beierle
Ashley Limesand
Linda Westby
Shirley Koslofsky - in memory of Helen Sadek
Peter & Karen Richman
Cynthia Metcalf
Violet McAllister - in memory of Lucille Clancy Zink
Congregational Church
Kadrmas, Lee & Jackson
Marion Lutheran Church
Sanford Health Employees
American Legion Auxiliary
Gaukler Wellness Center
Valley City High School
VC Kiwanis
VFW Ladies Auxiliary
First Lutheran Church, Litchville
All Saints Episcopal Church
Bethal Lutheran Church
WELCA, Rogers
Eastern Star Woodbine Chapter #4
Leevers
Messiah Lutheran Church, Fingal
Epworth United Methodist Church
Our Saviors Lutheran Church Youth Group

THANK YOU VERY MUCH TO ALL OF YOU THAT HAVE DONATED TO THE BARNES COUNTY FOOD PANTRY. IT IS WELL APPRECIATED.
ability to accurately process and make sense of what was said or heard.

In fact, research shows that people with poorer hearing have less gray matter in the auditory cortex, a region of the brain needed to support speech comprehension.

Other research shows a link between hearing loss and dementia. One Johns Hopkins study found that seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. Another found that hearing loss is associated with accelerated cognitive decline in older adults. And a third revealed a link between hearing loss and accelerated brain tissue loss.

Some experts believe that interventions, like professionally fitted hearing aids, could potentially help.

The bottom line is we actually "hear" with our brain, not with our ears.

So if you think you may have hearing loss, do something about it. Make an appointment with a hearing health care professional, and get a hearing test.

After all, research suggests that treating hearing loss may be one of the best things you can actually do to help protect your memory and cognitive function.

The Better Hearing Institute (BHI) offers a free, confidential online hearing check where people can determine if they need a more comprehensive hearing test by a hearing health care professional. Access the BHI Hearing Check at www.BetterHearing.org.

(www.brandpointcontent.com)

And God looked down...

Most seniors never get enough exercise. So in his wisdom, God decreed that seniors become forgetful, so they would have to search for their glasses, keys, and other things, thus doing more walking.

And God looked down and saw that it was good.

Then God saw there was another need. In his wisdom, God made seniors lose coordination so they would drop things, requiring them to bend and reach and stretch.

And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature, requiring more trips to the bathroom, thus providing more exercise.

And God looked down and saw that it was good.

So, if you find as you age that you are getting up and down more, remember, its God’s will and it is all in your best interest even though you mutter under your breath.

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(www.brandpointcontent.com)
Planting  Galoshes  Passover  Sunshine
Palm Sunday  Winter Show  Rain shower  Mud puddles
Rainbow  Easter  Umbrella  First Day of Spring
Cowboy boots  Flower bed  St Patrick’s Day  Splashing
Grass seed  Gardens

Answers on Page 10
Copycat Panera Broccoli Cheese Soup

Prep: 15 mins  Cook: 50 mins

**INGREDIENTS**
- 1 tablespoon butter
- 1/2 onion, chopped
- 1/4 cup melted butter
- 1/4 cup flour
- 2 cups milk
- 2 cups chicken stock
- 1 1/2 cups coarsely chopped broccoli florets
- 1 cup matchstick-cut carrots
- 1 stalk celery, thinly sliced
- 2 1/2 cups shredded sharp Cheddar cheese
- salt and ground black pepper to taste

**DIRECTIONS**
1. Melt 1 tablespoon butter in a skillet over medium-high heat. Saute onion in hot butter until translucent, about 5 minutes. Set aside.
2. Whisk 1/4 cup melted butter and flour together in a large saucepan over medium-low heat; cook until flour loses its granular texture, adding 1 to 2 tablespoons of milk if necessary to keep the flour from burning. 3 to 4 minutes.
3. Gradually pour milk into flour mixture while whisking constantly. Stir chicken stock into milk mixture. Bring to a simmer; cook until flour taste is gone and mixture is thickened, about 20 minutes. Add broccoli, carrots, sauteed onion, and celery; simmer until vegetables are tender, about 20 minutes.
4. Stir Cheddar cheese into vegetable mixture until cheese melts. Season with salt and pepper to taste.

**There are tons of variations and options to make this soup your own. You can add extra veggies, different cheeses, garlic to your onions, a little nutmeg to the finished soup, green onions, sour cream, etc. The list goes on and on. Make it your own!**

**NUTRITIONAL INFORMATION**
Servings: 8; Calories 304; Calories from Fat 207; Total Fat 23; Saturated Fat 14.4g; Cholesterol 70mg; Sodium 624mg; Total Carbohydrate 10.7g; Dietary Fiber 1.3g; Sugars 5g; Protein 14.3g

Fabulous Fruit Salad

Prep: 20 mins

**INGREDIENTS**
- 1 red apple, cored and chopped
- 1 Granny Smith apple, cored and chopped
- 1 nectarine, pitted and sliced
- 2 stalks celery, chopped
- 1/2 cup dried cranberries
- 1/2 cup chopped walnut
- 1 (8 ounce) container nonfat lemon yogurt

**DIRECTIONS**
In a large bowl, combine red apple, Granny Smith apple, nectarine, celery, dried cranberries, and walnuts. Mix in yogurt. Chill until ready to serve.

**NUTRITIONAL INFORMATION**
Servings: 4; Calories 243; Calories from Fat 88; Total Fat 9.8g; Saturated Fat 1g; Cholesterol <1mg; Sodium 55mg; Total Carbohydrate 37.44; Dietary Fiber 4.1; Sugars 30g; Protein 5.8g
When I'm An Old Lady

When I'm an old lady, I'll live with each kid,  
And bring so much happiness...just as they did.  
I want to pay back all the joy they've provided,  
Returning each deed. Oh, they'll be so excited!  
(When I'm an old lady and live with my kids)

I'll write on the wall with reds, whites, and blues,  
And bounce on the furniture wearing my shoes.  
I'll drink from the carton and then leave it out.  
I'll stuff all the toilets and oh how they'll shout!  
(When I'm and old lady and live with my kids)

When they're on the phone and just out of reach,  
get into things; like sugar and bleach,  
Oh, they'll snap their fingers and then shake their head,  
And when that is done, hide under the bed!  
(When I'm and old lady and live with my kids)

When they cook dinner and call me to eat,  
I'll not eat my green beans or salad or meat.  
I'll gag on my okra, spill milk on the table,  
And when they get angry, I'll run...if I'm able!  
(When I'm and old lady and live with my kids)

I'll sit close to the TV, through the channels I'll click,  
I'll cross both my eyes just to see if they stick.  
Take off my socks and throw one away,  
And play in the mud 'til the end of the day!  
(When I'm an old lady and live with my kid)

And later in bed, lay back and sigh,  
I'll thank God in prayer and then close my eyes.  
My kids will look down with a smile slowly creeping,  
And say with a groan, "She's so sweet when she's sleeping!"  
(When I'm an old lady and live with my kids)

Free In-Home Services for Seniors

Provided by Lutheran Social Services Senior Companions

- Enabling seniors to continue living independently
- Helping relieve loneliness and encouraging activity
- Providing respite care for family caregivers

1-800-450-1510
No matter how careful you are, identity thieves may be able to steal your personal information. If this happens, thieves try to turn that data quickly into cash by filing fraudulent tax returns. The IRS, state tax agencies and the nation's tax industry ask for your help in their effort to combat identity theft and fraudulent returns. Working in partnership with you, we can make a difference.

That's why we launched a public awareness campaign called "Taxes. Security. Together." We've also started a new series of security awareness tips that can help protect you from cybercriminals.

Here are a few signs that you may be a victim of tax-related identity theft:

1. Your attempt to file your tax return electronically is rejected. You get a message saying a return with a duplicate Social Security number has been filed. First, check to make sure you did not transpose any numbers. Also, make sure one of your dependents, for example, your college-age child, did not file a tax return and claim themselves. If your information is accurate, and you still can't successfully e-file because of a duplicate SSN, you may be a victim of identity theft. You should complete Form 14039, Identity Theft Affidavit. Attach it to the top of a paper tax return and mail to the IRS.

2. You receive a letter from the IRS asking you to verify whether you sent a tax return bearing your name and SSN. The IRS holds suspicious tax returns and sends taxpayers letters to verify them. If you did not file the tax return, follow the instructions in the IRS letter immediately.

3. You receive income information at tax time from an employer unknown to you. Employment-related identity theft involves the use of your SSN by someone, generally an undocumented worker, for employment purposes only.

4. You receive a tax refund that you did not request. You may receive a paper refund check by mail that the thief intended to have sent elsewhere. If you receive a tax refund you did not request, return it to the IRS. Write "VOID" in the endorsement section, and include a note on why you are returning it. If it is a direct deposit refund that you did not request, contact your bank and ask them to return it to the IRS. Search IRS.gov for "Returning an Erroneous Refund" for more information.

5. You receive a tax transcript by mail that you did not request. Identity thieves sometimes try to test the validity of the personal data they have chosen or they attempt to use your data to steal even more information. If you receive a tax transcript in the mail and you did not request it, be alert to the possibility of identity theft.

6. You receive a reloadable, pre-paid debit card in the mail that you did not request. Identity thieves sometimes use your name and address to create an account for a reloadable prepaid debit card that they use for various schemes, including tax-related identity theft.

More information about tax-related identity theft can be found at Identity Protection: Prevention, Detection and Victim Assistance as well as the Taxpayer Guide to Identity Theft — all on IRS.gov.

The IRS, state tax agencies and the tax industry joined together as the Security Summit to enact a series of initiatives to help protect you from tax-related identity theft.

SCAS welcomes new faces

South Central Adult Services has recently welcomed a few new faces to its staff.

Rod Grafing recently accepted the Transit Coordinator position at SCAS. He previously was employed at Murray Trucking for 7 years and also drove taxi in Valley City.

He was born and raised in Valley City, ND, and has 3 children; Amanda, 27, Miranda, 21, and Christopher, 16; and 2 grandchildren, Autumn, 10, and Willow, 5.

Rod enjoys camping, fishing and riding his Honda Shadow motorcycle. He is a new member of the Eagles and a volunteer firefighter in Valley City since 2014.

Hoping to bring more organization, communication, team building, and camaraderie to the transit staff, Rod is excited to take on his new role at SCAS.

SCAS has also recently brought on 2 new bus drivers. Omar Malcolm, who is originally from Miami, FL; and Don Burke, who is originally from Connecticut.

IRS, States, Industry urge taxpayers to learn signs of identity theft
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 of 20% your annual rent exceeds 4% of your annual income. Your income cannot exceed $42,000 for the year 2016. 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 the tax exempt properties in your area).

The application must be filed with the State Tax Commissioner by May 31, 2017.

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 value of your homestead).

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

When considering income for both rent refunds and property tax credits, all sources must be considered including but not limited 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.

For additional information on rent refunds or property tax credits, please call Dolly Hoelmer at 701-845-4300 or the State Tax Commissioner at 1-877-328-7088 ext. 6.

Check out our website: www.southcentralseniors.org

South Central Adult Services
serves the counties of Barnes, LaMoure, Foster, Logan, McIntosh & Griggs

701-845-4300 or 1-800-472-0031

Barnes County Senior Center & Food Pantry
139 2nd Ave. SE
PO Box 298
Valley City, ND 58072
701-845-4300

Bridgeview Estates
1120 5th St. NE
Valley City, ND 58072
701-845-8061

PATRICIA HANSEN
Director

JODI ELLIOTT
Bookkeeping

DOLLY HOELMER
Outreach

JOANN KORF
Site Manager

ROD GRAFING
Transit Coordinator

NANCY BERUBE
Prescription Assistance

BRENDA ROHDE
HDM/Newsletters/Rosters

DENISE GUILBAULT
Billing

TAMBARA PRESTON
Reception/Dispatch