



# SOUTH CENTRAL ADULT SERVICES

# LaMoure County

## NEWSLETTER

# The secret to Blue Zones

By Lane Lipetzky Swenson, RD, LD, CGN

Around the world, there are several locations that are referred to as "blue zones." These zones are places where people tend to live the longest, many reaching 100 years of age! In addition to living a long life, many of these individuals stay healthy and independent into their later years. Studies show that longevity is anywhere from 20-40% inherited by genes. So, what makes up the rest of your longevity? According to the blue zone research team, there are 9 non-genetic pillars affecting longevity:

1. **Move naturally throughout the day.** This means to find activities that you like to do to stay active or live in an environment where you stay active naturally. Examples include walking to the store, taking the stairs, gardening, doing chores, etc. It is any activity that keeps you moving throughout the day without thinking about it.

2. **Have a purpose.** There are several sayings in the blue zone areas that loosely translate to "why I wake up in the morning," or "life plan." Feeling like you have a purpose each and every day is important for mental health and motivation.

3. **Reduce stress.** This is an obvious one but a difficult one! Finding ways to reduce your stress is



shown to reduce inflammation that can lead to further aging. Ideas to reduce stress levels include physical activity, breathing exercises, talking to someone or doing things you love to do during the day.

4. **Eat a healthy diet!** This is one we will focus on further in this article.

5. **Eat until you are 80% full.**

6. **If you drink, drink in moderation.** This means drinking about 1-2 servings of alcohol a day, preferably with family, friends and good food.

**CONTINUED on page 12**

## 3 reasons you should include more sprouted grains into your daily diet

(BPT) - If you're trying to make better-for-you decisions when it comes to what you eat, you've probably read that foods like whole grains provide important nutrients. But have you heard about sprouted grains? Sprouting makes what's already healthy about whole grains even better - naturally. Breads with sprouted grains offer even more benefits to support your well-being, providing nutrients that are easy for your body to use, easier to digest and fuel to help you get through your busy day.

"Adding sprouted grain bread to your meals is an easy swap if



you're looking to increase nutrition in your daily diet," said registered dietitian Desiree Nielsen. "Sprouted grain breads are significantly more nutrient dense than regular 100% whole wheat breads. They typically contain

more plant-based protein, more fiber and even more vitamins and minerals than a standard sandwich loaf."

What exactly are sprouted grains?

Grains contain all the nutrients they need to grow into a new plant. When grains have enough water and warmth to grow, the germination process begins. As the grains start sprouting, enzymes wake up to break down their starch stores and the natural compounds that protected the grain's nutrients (also called "antinutrients"). As the enzymes break down the grain's starches

# LaMoure County Activities

## LAMOURE

Mondays, Wednesdays & Fridays: 10:30 AM: Bone Builders Exercise @ Lamoure Senior Center.

## FEBRUARY

Friday, Feb. 2: 10 AM: Brunch.  
Tuesday, Feb. 13: 12:30 PM: "Happy Senior Club" monthly meeting.

## JANUARY

Tuesday, Jan. 9: 12:30 PM: "Happy Senior Club" monthly meeting.

*Watch The LaMoure Chronicle's Senior Moments for monthly potluck dates and times.*



**Please consider us when making your charitable donation.** South Central Adult Services is a non-profit corporation which receives support from North Dakota Aging Services and the Department of Transportation. Although they are funding sources, it is not enough to cover all the costs of our corporation. The money received will help provide continued support and assistance to those supported by our programs. We are very appreciative for the support we already receive. If you would please consider a financial contribution to help meet the needs of our patrons, please fill out this form and return it to **South Central Adult Services, PO Box 298, Valley City, ND 58072.**

ENCLOSED IS MY TAX DEDUCTIBLE DONATION:

I would like my contribution of:

☐ \$ 25                      ☐ \$200  
☐ \$ 50                      ☐ \$500  
☐ \$100                      ☐ \$Other



For the purpose of:

☐ Transportation                      ☐ Senior Meals  
☐ Food Pantry                      ☐ Prescription Assistance                      ☐ Other



In the county of:

☐ Barnes    ☐ LaMoure    ☐ Foster    ☐ Logan    ☐ McIntosh    ☐ Griggs    ☐ Emmons

☐ In memory of: \_\_\_\_\_

☐ In honor of: \_\_\_\_\_

☐ Other: \_\_\_\_\_



May we publish your name? ☐ Yes ☐ No                      Your thoughtful gift will be acknowledged to the person/family indicated:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_



## LAMOURE JANUARY

Alice Mueller: 1/22

Cheryl Schaffer: 1/24

Jeff Falstad: 1/29

## FEBRUARY

Alice Long: 2/21

Theresa Potts: 2/23

## KULM

## JANUARY

Norma Rost: 1/14

Linda Hehr: 1/27

## FEBRUARY

No birthdays

## JUD

## JANUARY

No Birthdays

## FEBRUARY

Sharon Hertel: 2/4

Anna Pfaff: 2/8

## EDGELEY JANUARY

Don Brandenburg: 1/7

Loya Dallman: 1/28

## FEBRUARY

Bernie Sandau: 2/18

Betty Ross: 2/28



*For rides to the center to eat,  
Tuesday - Friday,  
Call LaMoure at 830-2104.*

## FREE IN-HOME SERVICES FOR SENIORS

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

Provided by Lutheran Social  
Services Senior Companions

701-389-2293



# LaMoure County Outreach

**January & February 2024**

At the present time, Sue is only available by appointment. You can reach her at the Senior Center at 701-883-5088.

If you are in need of frozen meals, home-delivered meals or other services, call:

Susan Rienstra, Outreach Worker  
You may call **701-883-5088**  
for an appointment.

## Frozen Meals Available

Frozen meals are available to elderly people who are unable to shop and prepare meals, and where hot home-delivered meals are not available every day.

The meals are labeled with instructions for heating. A serving of bread, butter, milk, and dessert is included for each meal. Contact your outreach worker or your Senior Center for more information.



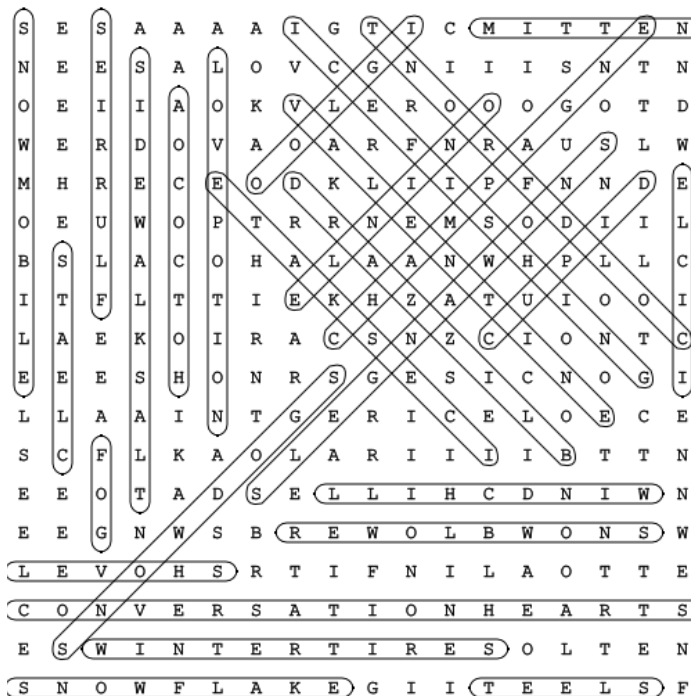
## EBT/SNAP



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

**Please call Outreach Worker, Susan Rienstra, at LaMoure (701) 883-5088 for more information.**

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8	9	5	3	7	1	6	4	2
3	1	2	5	6	4	9	7	8



## South Central Adult Services Council, Inc.

makes available all services without regard to race, color, national origin, or handicap, and is subject to Title VI of the Civil Rights Act of 1964, Title V Section 504 of the Rehabilitation Act of 1973, and all related laws and regulations. The South Central Adult Services Council, Inc., is an Equal Opportunity Employer. South Central Adult Services Council, Inc. holds quarterly board meetings on the 3<sup>rd</sup> Monday of February, May, August & November. All meetings are open to the public at 139 2nd Ave SE in Valley City, ND. Call in advance to reserve a meal at 1-800-472-0031.

# LaMoure / Dickey / Marion & Edgeley's Menu January 2024


All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1% Milk, Margarine and Coffee

LaMoure Senior Center ~ 701-883-5088      Edgeley Senior Center ~ 701-493-2569

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center CLOSED <b>HAPPY NEW YEAR 2024!</b>	2 Fish sandwich Augratin potatoes Applesauce	3 Hamburger on bun Lettuce, tomato, onion Mashed sweet potatoes Corn Pineapple	4 Grilled chicken breast Potato salad Green beans Pears	5 Taco salad Fruit Salsa Breadstick
8	9 BBQ chicken Broccoli Baked potato Mandarin oranges	10 Salisbury steak with mushrooms Mashed potatoes Carrots Fruit cocktail	11 Tuna loaf Mashed potatoes Green beans Tropical fruit	12 Pork roast & gravy Roast potatoes Roasted brussels sprouts Fruit
15	16 Stuffed peppers Mashed potatoes Broccoli Plums	17 Pork chop Baked potato Breameed brussels sprouts Melon cup	18 Chicken & noodles Peas Tossed salad Applesauce	19 Sloppy joes on a bun Peas & carrots Tator tots Pears
22	23 BBQ ribs Baked beans Baked potato Fruit	24 Sweet & sour pork Fried rice Tossed salad Broccoli Peaches	25 Bratwurst Baked potato Corn Fruit salad	26 Ham Scalloped potatoes Stewed tomatoes Banana
29	30 Lasagna Green beans Salad Peaches	31 Chicken kiev Potatoes Beets Pears	<b>Please call by 8 AM the day of to sign up for or to cancel for dinner!!</b>	
				<b>Substitutions may be necessary due to product availability.</b>


# LaMoure / Dickey / Marion & Edgeley's Menu for February 2024

All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1/2 Milk, Margarine and Coffee

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please call by 8 AM the day of to sign up for or to cancel for dinner!!</b>	<b>Substitutions may be necessary due to product availability.</b>		1 Lemon pepper fish Sweet potato Brussels sprouts Applesauce	2 <u>Groundhog Day Brunch</u> Egg bake w/ egg, cheese, potatoes Muffin Juice
5	6 Turkey & gravy Mashed potatoes Carrots Fruit	7 Pork chop Potatoes Peas Applesauce	8 Spaghetti w/ meat sauce Tossed salad Beans Breadstick Apricots	9 Grilled chicken on a bun Lettuce, tomatoes French fries Broccoli Fruit salad
12	13 Salmon loaf Potatoes Mixed vegetables Fruit	14 <u>Valentine's Day</u> Chicken Sweet potatoes Broccoli Peaches 	15 Ham Scalloped potatoes Stewed tomatoes Pineapple	16 Salisbury steak Mashed potatoes & gravy Carrots Pears
19	20 Cabbage roll Mashed potatoes Green beans Fruit salad	21 Meatloaf Mashed potatoes Cauliflower Banana	22 Taco salad Salsa Fruit Breadstick	23 Fishwich on a bun Tartar sauce Augratin potatoes Carrots Applesauce
26	27 Swedish meatballs Parslied noodles Mixed vegetables Apples	28 BBQ chicken Baked potato Broccoli Fruit cocktail	29 Beef stroganoff over rice Cauliflower Peaches	


# Kulm, Jud & Gackle Menu for January 2024

All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1/2 Milk, Margarine and Coffee

Monday	Tuesday	Wednesday	Thursday	Friday
1 Centers CLOSED 	2 Stuffed cabbage Mashed potatoes Green beans Banana	3 Roast turkey Mashed potatoes Carrots Applesauce	4 Jud/Gackle Make Up Meal Beef stroganoff & noodles Cauliflower Tossed salad Peaches	5 Hamburger steak Tator tots Tossed salad Corn Oranges
8 Fish sandwich Augratin potatoes Applesauce	9 Stuffed peppers Mashed potatoes Broccoli Pears	10 Pork roast Strudels Potatoes & carrots	11 Chicken breast Potato salad Green beans Pears	12
15 Chicken & noodles Peas Tossed salad Grapes	16 Pork chop Mashed potatoes Beets Fruit	17 Cheese ravioli Broccoli Tossed salad Chicken strips Fruit	18 Sweet & sour pork Rice Vegetable Tossed salad Fruit	19
22 Orange chicken Rice Vegetable Tossed salad Fruit	23 Sloppy joe Peas & carrots Tator tots Fruit	24 BBQ ribs Sweet potatoes Beans Fruit	25 Stuffed shells Chicken strips Peas & carrots Fruit	26
29 Tilapia Sweet potato Coleslaw Fruit	30 Roast beef Mashed potatoes Broccoli Fruit	31 Chicken Dumplings Carrots Potatoes Fruit	<b>Jud &amp; Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.</b> <b>Substitutions may be necessary due to product availability.</b>	

Kulm, Jud & Gackle Menu for February 2024				
All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1/2 Milk, Margarine and Coffee				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Jud &amp; Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.</b>	<b>Substitutions may be necessary due to product availability.</b>			
5 Salisbury steak Mushroom sauce Mashed potatoes Carrots Fruit	6 Spaghetti & meat sauce Tossed salad Garlic toast Fruit	7 Ham Scalloped potatoes Stewed tomatoes Fruit	8 Pork burrito Spanish rice Tossed salad Fruit	9
12 Lasagna Beans Tossed salad Fruit	13 Bratwurst Baked potato Brussels sprouts Fruit	14 BBQ ribs Baked potato Beans Fruit	15 Tuna salad Potato soup Carrots Fruit	16
19 Ham Scalloped potatoes Stewed tomatoes Fruit	20 Meatloaf Potato Brussels sprouts Fruit	21 Pork roast Strudels Carrots & potatoes Fruit	22 Sweet & sour pork Rice Broccoli Tossed salad Fruit	23
26 Pork chops Potatoes Beets Fruit	27 Tilapia Sweet potatoes Coleslaw Fruit	28 Chicken Dumplings Carrots Potatoes Fruit	29 Hot beef Mashed potatoes Vegetable Fruit	

Kulm, Jud & Gackle Menu for February 2024				
All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1% Milk, Margarine and Coffee				
Monday	Tuesday	Wednesday	Thursday	Friday
Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.	Substitutions may be necessary due to product availability.		1 Beef stew Carrots & potatoes Tossed salad Fruit	2
5 Salisbury steak Mushroom sauce Mashed potatoes Carrots Fruit	6 Spaghetti & meat sauce Tossed salad Garlic toast Fruit	7 Ham Scalloped potatoes Stewed tomatoes Fruit	8 Pork burrito Spanish rice Tossed salad Fruit	9
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12 Lasagna Beans Tossed salad Fruit	13 Bratwurst Baked potato Brussels sprouts Fruit	14 BBQ ribs Baked potato Beans Fruit 	15 Tuna salad Potato soup Carrots Fruit	16
19 Ham Scalloped potatoes Stewed tomatoes Fruit	20 Meatloaf Potato Brussels sprouts Fruit	21 Pork roast Strudels Carrots & potatoes Fruit	22 Sweet & sour pork Rice Broccoli Tossed salad Fruit	23
26 Pork chops Potatoes Beets Fruit	27 Tilapia Sweet potatoes Coleslaw Fruit	28 Chicken Dumplings Carrots Potatoes Fruit	29 Hot beef Mashed potatoes Vegetable Fruit	



CONTINUED from page 1

into simpler carbohydrates, whole grains release access to all those stored nutrients.

Here are three ways sprouted grain bread offers more nutrition benefits to help support your wellness.

1. Their nutrients are easy for your body to process. Sprouting harnesses one of nature's oldest processes to make the nutrients found in whole grains easier for your body to use. The early growth of the

plant, known as sprouting, breaks down the antinutrients that protect the vitamins and minerals stored in every grain. This unlocks iron, magnesium, zinc, B vitamins and other important nutrients so you can get even more nutritional value from sprouted whole grains than you get from unsprouted ones.

2. They're easier on the digestive system. As a new plant starts to draw on the protein and starches stored in a grain, it uses enzymes to break these down into amino acids and simpler carbohydrates to fuel its growth. This makes sprouted whole grains and seeds easier to digest for people, too.

3. They offer steady energy for active lives. Whole grains in general are high-energy foods, rich in fiber plus important vitamins and minerals. Sprouted whole grains take it a step further, offering a better-for-you, slow-release carbohydrate that provides a strong contrast to refined carbs. Sprouted whole grains give you steady energy throughout the day to help your body keep up with your full and busy life.

Where to find sprouted grain breads

One example of a source for sprouted grain bread is Silver Hills Sprouted Bakery. Silver Hills products are all Non-GMO Project Verified, made with USDA Organic Ingredients, Certified Glyphosate Free, Certified Vegan, Kosher and Peanut and Nut Free.

Silver Hills' new Omegamazing Bread goes even further, providing a sprouted whole wheat loaf made with whole and ground flax and chia seeds, offering 400 milligrams of Omega-3 ALAs per slice, plus 4 grams of fiber and 5 grams of protein. Omega-3 fatty acids are thought to impact brain, eye and heart health as well as reduce inflammation.

"Omega-3s are an essential part of our diet, and flaxseeds and chia seeds are two of the best dietary

## FREE IN-HOME SERVICES FOR SENIORS

Provided by Lutheran Social Services  
Senior Companions

- Bringing smiles & laughter
- Empowering seniors to remain living independently
- Helping relieve loneliness and encouraging activity
- Providing respite care for family caregivers

Contact LSS at 701-389-2293 or Sue at 883-5088 for more info.

### Bridgeview Estates

Assisted Living

Call 701-845-8061

1 & 2 Bedroom Units Available

#### Services Included In the Rent/Care Package:

- ❖ 2 Meals Per Day in central Dining room
- ❖ Housekeeping
- ❖ 24 Hour on-site personnel
- ❖ Bathing Assistance
- ❖ 24 Hour Urgency Response (Lifeline)
- ❖ RN on call 24/7
- ❖ Medication Set-up, Medication Assistance and Medication Reminders
- ❖ Open clinic Monday – Friday 10:30-11:30 AM
- ❖ Activity Programming and group outings
- ❖ Transportation Services

1120 5<sup>th</sup> St. NE  
Valley City, ND



## Gift Certificates now available!

Looking for a gift for the person who has everything? Let us help you out with a gift

certificate for South Central Adult Services congregate meals.

Call 701-883-5088 today!



S E S A A A A I G T I C M I T T E N  
 N E E S A L O V C G N I I I S N T N  
 O E I I A O K V L E R O O O G O T D  
 W E R D O V A O A R F N R A U S L W  
 M H R E C E O D K L I I P F N N D E  
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Wind chill  
 Ice skate  
 Valentine  
 Sidewalk salt  
 Sleet  
 Champagne  
 Mitten  
 Conversation hearts  
 Snowmobile

Blizzard  
 Ice fishing  
 Cupid  
 Snow angels  
 Cold front  
 Snow dogs  
 Shovel  
 El Nino  
 Icicle

Love Potion  
 Snowflake  
 Igloo  
 Winter tires  
 Flurries  
 Hot Cocoa  
 Fog  
 Cleats  
 Snowblower

Answers on Page 4

## LaMoure County Transit

### Fargo

Every Thursday - \$18 round trip

### Bismarck

Monday thru Friday - \$18 round trip

### Jamestown/Valley City

Monday, Tuesday, Wednesday, & Friday - \$10 round trip

Call (701) 883-5088 or

Cell phone: (701) 830-9829

### Oakes

Upon request - \$8 round trip

### Aberdeen/Ashley/Wishek

Upon request - \$10 round trip

### In town rides (LaMoure)

Monday thru Friday - \$2 round trip

Call (701) 883-5088

Kulm area rides call Dispatch at  
Cell phone (701) 830-2105

Sue Rienstra, Main Office, at  
(701) 883-5088

For more information, be sure to visit  
[www.southcentraltransitnetwork.org](http://www.southcentraltransitnetwork.org)  
or find us on Facebook at  
[www.facebook.com/southcentraltransitnetwork](http://www.facebook.com/southcentraltransitnetwork)

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## Senior Companions

**An opportunity to volunteer and  
earn a tax-free stipend!**

The purpose of the Senior Companion Program is "to engage persons 60 and older, particularly those with limited incomes, into volunteer service to provide supportive, individualized service to help elderly adults with special needs maintain their dignity and independence."

Income eligible Senior Companions earn a tax-free stipend, paid training, vacation, sick and holiday time. Senior Companions also receive monthly in-service training, recognition at special events and the satisfaction of helping other elderly adults.

For more information,  
please contact Becky Telin, at  
**701-389-2293**

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7. **Belong to a community.** Many centenarians interviewed belonged to various faith-based communities, however, any positive community you choose to belong to is a healthy one.

8. **Put your loved ones first.** In many of these communities, partners, family and friends are very important. They find ways to put these people first in their lives and spend time with them or talk to them whenever possible.

9. **Be a part of social circles that support healthy behaviors.** Research shows that negative habits like smoking, poor eating choices, inactivity and even negativity can be contagious. Spending time with friends who are active, eat well and take care of themselves is likely to have a positive impact on your health. Healthy habits are contagious too!

### Eating a Healthy Diet

Eating a diet full of fruits, vegetables, whole grains, nuts, seeds, legumes, dairy and healthy protein sources is shown to improve health and longevity. In addition to healthy foods, eating the appropriate amount of food is helpful. This can mean both, making sure you are eating enough but also not overeating. As mentioned above, try eating until you are 80% full instead of “stuffed,” and make sure to eat 3 times a day for adequate nutrition.

How can you make sure you are eating a healthy diet? A great way to eat healthy at every meal is to follow the

“MyPlate” eating plan. Meals should include vegetables, fruits, whole grains, protein and dairy. For snacks, eat nutritious foods like nuts, seeds, dairy, fruits and vegetables while limiting processed foods and added sugars. If you have been diagnosed with a chronic disease that changes your diet requirements, it is very important to follow those guidelines as well.

How can you make sure you are eating the appropriate amount of food? Eating without distraction (like TV), taking 20 minutes to complete a meal, watching your portion sizes and listening to your hunger and fullness cues can all be ways to help ensure you are eating the right amount of food. For some individuals, appetite might decrease as you age, making it difficult to eat enough food. If that is the case, make sure you are eating at least 3 nourishing meals a day and watch for signs of weight loss.

In conclusion, blue zone research shows that in many cases, you have control over aspects of your health. It is important to stay active and to eat a healthy diet but also to take care of your mental and social health as well. Following these pillars of health may help you live a longer, happier and healthier life. In the words of Abraham Lincoln, “In the end, it’s not the years in your life that count. It’s the life in your years.”



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

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

Check out our website:  
[www.southcentralseniors.org](http://www.southcentralseniors.org)

LaMoure Senior Citizens  
Center  
115 First Avenue SE  
LaMoure, ND 58458  
701-883-5088

Edgeley Senior Center  
604 Main Street  
Edgeley, ND 58433  
701-493-2569

Kulm Senior Center  
3 First Avenue SW  
Kulm, ND 58456  
701-647-2258

Jud Bar  
(meals only)

South Central Adult  
Services Main Office  
139 2nd Ave. SE  
PO Box 298  
Valley City, ND 58072  
701-845-4300

PATRICIA HANSEN  
Director

JODI ELLIOTT  
Bookkeeping

SUE RIENSTRA  
Outreach/Transit