



SOUTH CENTRAL ADULT SERVICES

Logan 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.

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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

LOGAN COUNTY ACTIVITIES

NAPOLEON

JANUARY

Tuesday, Jan. 2: 5:30 PM: Evening meal, followed by card games.

Tuesday, Jan. 9: 5:30 PM: Evening meal, followed by card games.

Tuesday, Jan. 16: 5:30 PM: Evening meal, followed by Monthly meeting.

Tuesday, Jan. 23: 5:30 PM: Evening meal, followed by card games.

Tuesday, Jan. 30: 5:30 PM: Evening meal, followed by card games.

FEBRUARY

Tuesday, Feb. 6: 5:30 PM: Evening meal, followed by card games.

Tuesday, Feb. 13: 5:30 PM: Evening meal, followed by card games.

Tuesday, Feb. 20: 5:30 PM: Evening meal, followed by monthly meeting.

Tuesday, Feb. 27: 5:30 PM: Evening meal, followed by card games.



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 **701-754-2791** for more info.

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



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 5th St. NE
 Valley City, ND**



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:

<input type="checkbox"/> \$ 25	<input type="checkbox"/> \$200
<input type="checkbox"/> \$ 50	<input type="checkbox"/> \$500
<input type="checkbox"/> \$100	<input type="checkbox"/> \$Other

For the purpose of:

<input type="checkbox"/> Transportation	<input type="checkbox"/> Senior Meals
<input type="checkbox"/> Food Pantry	<input type="checkbox"/> Prescription Assistance
<input type="checkbox"/> Other _____	

In the county of:

<input type="checkbox"/> Barnes	<input type="checkbox"/> LaMoure	<input type="checkbox"/> Foster	<input type="checkbox"/> Logan	<input type="checkbox"/> McIntosh	<input type="checkbox"/> Griggs	<input type="checkbox"/> Emmons
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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: _____

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 Senior Center for more information.

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 3rd 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.



 **Prescription Assistance Program**

SOUTH CENTRAL TRANSIT NETWORK


CREATIVE COOKING



Creamy Keto Taco Soup with Ground Beef

Prep: 10 mins Cook: 20 mins

INGREDIENTS

- 1 pound ground beef
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 tablespoon ground cumin
- 1 teaspoon chili powder
- 1 - 8 oz package cream cheese, softened
- 2 - 14.5 oz cans beef broth
- 2—10 oz cans diced tomatoes and green chiles (such as RO*TEL)
- ½ cup heavy cream
- 2 teaspoons salt, or to taste

DIRECTIONS

1. Gather all ingredients. Combine ground beef with onion and garlic in a large soup pot over medium-high heat. Cook and stir until beef is browned and crumbly, 5 to 7 minutes.
2. Drain and discard grease. Add cumin and chili powder; cook 2 minutes more.
3. Drop cream cheese into the pot by bits and mash it into the beef with a big spoon until no white spots remain, 3 to 5 minutes.
4. Stir in broth, diced tomatoes, heavy cream, and salt. Cook until heated through, about 10 minutes more.

Notes: Freezing leftovers is not recommended.

NUTRITIONAL INFORMATION

Servings: 8; Calories 288; Total Fat 24g; Saturated Fat 13g; Sodium 1310mg; Protein 13g; Total Carbohydrate 5g; Dietary Fiber 1g; Sugars 1g; Cholesterol 85mg.



Cabbage Fried Rice

Prep: 10 mins Cook: 20 mins

INGREDIENTS

- 3 large eggs
- 1/8 tsp salt
- 1/4 tsp freshly ground black pepper
- 2 1/2 tbsp sesame oil, divided
- 3 cloves garlic, minced
- 1 small yellow onion, chopped
- 1 small green pepper, chopped
- 3 cups shredded cabbage
- 2 cups leftover cooked white rice
- 3 tbsp soy sauce
- 2 tsp grated fresh ginger
- 1 pinch red pepper flakes (optional)
- 1 green onion, thinly sliced (optional)

DIRECTIONS

1. In a bowl, whisk eggs with salt and pepper.
2. Heat a large skillet over medium high heat; add 1/2 tablespoon sesame oil. Cook and stir eggs in the hot oil until scrambled and set, 3 to 4 minutes. Transfer eggs to a plate, clean the pan, and return to medium high heat.
3. Pour in remaining 2 tablespoons sesame oil, then add garlic and cook for 1 minute. Stir in onions and green peppers and cook for about 5 minutes. Add cabbage and cook until softened, about 5 minutes more.
4. Stir in cooked rice, soy sauce, grated ginger, and cooked eggs. Stir until combined and heated thoroughly, about 5 minutes. Add red pepper flakes and top with green onions. Serve warm.

NUTRITIONAL INFORMATION

Servings: 4; Calories 284; Total Fat 13g; Saturated Fat 2g; Sodium 785mg; Protein 10g; Total Carbohydrate 34g; Dietary Fiber 3g; Sugars 5g; Cholesterol 140mg.

Napoleon's Menu January 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	<u>Evening Meal</u> 2 Hamburger steak Hashbrown bake Peas Mandarin oranges	3 Knoephla & kraut Sausage Applesauce	4 Chicken drumsticks Tator tots Cheesy green beans Peaches	5
8	<u>Evening Meal</u> Pulled pork Baked beans Coleslaw Pears	10 Cabbage roll Mashed potatoes Corn Pineapple	11 Tomato soup Grilled ham & cheese Tropical fruit	12
15	<u>Evening Meal</u> Roast beef & gravy Mashed potatoes Green beans Fruit salad	17 Sweet & sour chicken Fried rice with vegetables Egg roll Pears	18 Beef stroganoff Egg noodles Carrots Banana	19
22	<u>Evening Meal</u> Ham Augratin potatoes Creamed corn Applesauce	24 Chicken burger Cheesy rice Broccoli Fruit cocktail	25 BBQ ribs Baked potato Cheesy peas Pineapple	26
29	<u>Evening Meal</u> 30 Chicken & dumplings Potatoes w/ carrots & celery Fruit in jello	31 Knoephla soup Ham sandwich Cheesy vegetable Strawberries	Meal pick up times Tues: 5 - 5:30 pm Wed & Thurs: 11:30 am—12 pm	Substitutions may be necessary due to product availability.

Napoleon's Menu for February 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
Meal pick up times Tues: 5 - 5:30 pm Wed & Thurs: 11:30 am—12 pm	Substitutions may be necessary due to product availability.			
5	6 Evening meal Salisbury steak Baked rice Corn Fruit in jello	7 Hot dog Chili Cornbread Peaches	8 Spaghetti with meat sauce Garlic toast Mixed vegetables Mandarin oranges	9
12	13 Evening Meal Stuffed peppers Scalloped potatoes Carrots Fruit salad	14 Egg salad sandwich Chicken noodle soup Fruit cocktail	15 BBQ on a bun French fries Baked beans Pears	16
19	20 Evening Meal Creamed chicken Mashed potatoes Stuffing Sweet potatoes Cranberries	21 Goulash with corn Mandarin oranges	22 Beef enchiladas Mexican rice Refried beans Tossed salad Pineapple	23
26	27 Evening Meal Chicken parmesan over noodles Cheesy green beans Garlic toast Fruit salad	28 Fish burger French fries Pasta salad with vegetables Applesauce	29 BLT Loaded baked potato soup Peaches	30

Gackle Menu for January 2024

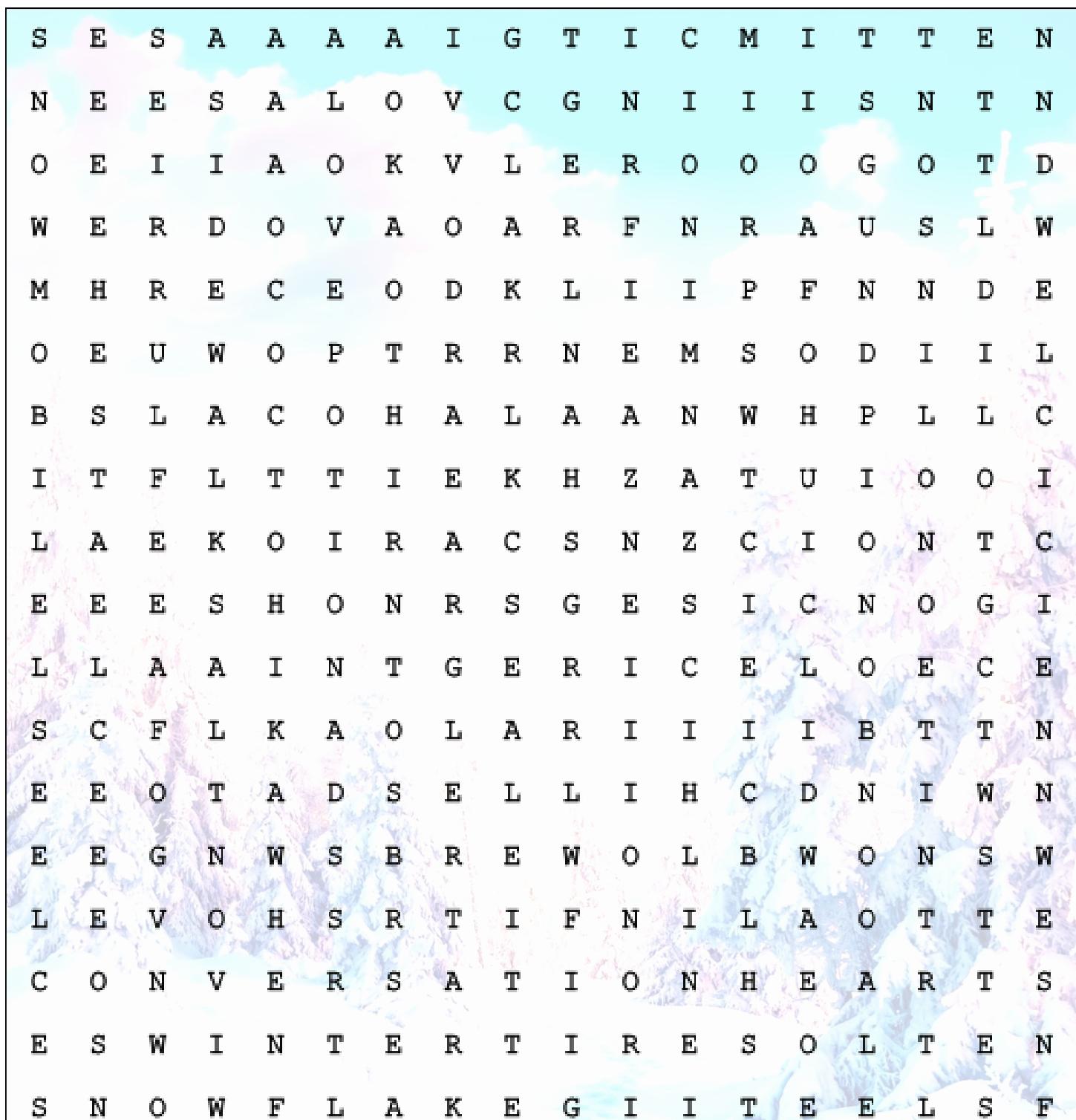
All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1% Milk, Margarine and Coffee

	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	
8	9 Fish sandwich Augratin potatoes Applesauce	10 Pork roast Strudels Potatoes & carrots	11	12	
15	16 Chicken & noodles Peas Tossed salad Grapes	17 Pork chop Mashed potatoes Beets Fruit	18 Cheese ravioli Broccoli Tossed salad Chicken strips Fruit	19	
22	23 Orange chicken Rice Vegetable Tossed salad Fruit	24 Sloppy joe Peas & carrots Tator tots Fruit	25 BBQ ribs Sweet potatoes Beans Fruit	26	
29	30 Tilapia Sweet potato Coleslaw Fruit	31 Roast beef Mashed potatoes Broccoli Fruit			Substitutions may be necessary due to product availability.

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
	Substitutions may be necessary due to product availability.			
		1		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	9
12 Lasagna Beans Tossed salad Fruit	13 Bratwurst Baked potato Brussels sprouts Fruit	14 BBQ ribs Baked potato Beans Fruit	15	16
19 Ham Scalloped potatoes Stewed tomatoes Fruit	20 Meatloaf Potato Brussels sprouts Fruit	21 Pork roast Strudels Carrots & potatoes Fruit	22	23
26 Pork chops Potatoes Beets Fruit	27 Tilapia Sweet potatoes Coleslaw Fruit	28 Chicken Dumplings Carrots Potatoes Fruit	29	



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

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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**

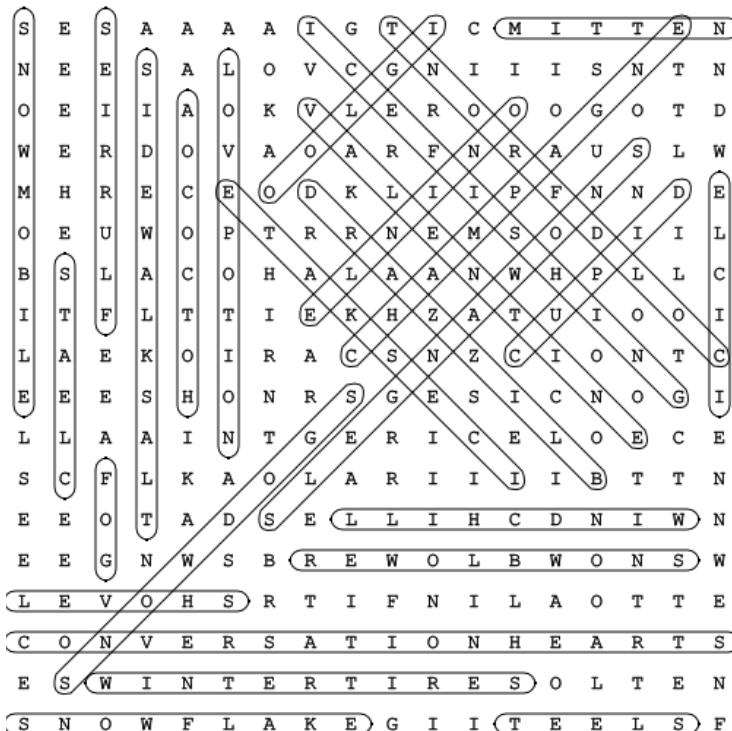
Provided by Lutheran Social Services

SENIOR COMPANIONS

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

1-800-450-1510

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



Logan County Transit

Buses will go to Bismarck, Jamestown and Fargo

All persons in Logan County may ride the buses regardless of age or income, if space is available. Medical appointments take priority over shopping.

Everyone, regardless of age, is encouraged to use these buses

City buses will pick up people for the Senior Center Meals for a fee of \$1.00.

Call the Senior Center or the driver to schedule a pickup.

City buses will transport people within the area. Please contact your city driver in advance. Ride charges are \$5.00 within the county, \$8.00 to adjoining counties and \$1.00 within city limits.

Napoleon	Danny	731-0190
Regional	Dispatch	731-0072
Fredonia	Dispatch	731-0072

Bismarck Trips

Logan County west \$10.00, Logan County east \$13.00
All Bismarck Trips (Mon-Fri)Call Dispatch

Jamestown Trips

Logan County west \$13.00, Logan County east \$10.00
Will stop in Streeter if needed
Every Monday.....Call Dispatch

Wishek & Linton Trips

Tuesdays & Thursdays upon request \$8.00.....Call Dispatch

Aberdeen Trips

Upon request \$10.00Call Dispatch

For more information, be sure to visit www.southcentraltransitnetwork.org
or find us on Facebook at facebook.com/southcentraltransitnetwork

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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

Golden Age Club
619 Main Street W.
Napoleon, ND 58561
701-754-2791

Gackle Senior Center
316 Main Street
Gackle, ND 58442
701-485-3721

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

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Transit Coordinator/Driver

