



# SOUTH CENTRAL ADULT SERVICES

## Barnes County

### NEWSLETTER

## How to have fun, stay active and be bold at every age: 5 benefits of exercise

(BPT) - No matter your age or fitness level, experts agree that physical activity brings multiple benefits to your mind and body. If you wonder how being more active as you get older can help you live a happier, healthier life - and how to get started - taking small, simple steps to boost your activity level can make a big impact.

"Age is just a number, and we'll make sure it never slows you down, so why not begin the new year on the right foot by finding activities you love to do," said Julie Logue, M.P.H., training manager at SilverSneakers. "You can 'act your age' by having the time of your life, whether you're dancing, walking

or playing pickleball with friends."

Remember, before starting any new exercise, it's recommended to consult your health care provider.

Here are a few benefits of exercise that may inspire you to move a little more.

### 1. Protect your bones and joints

Stronger muscles help protect your bones and joints as you age. But if you think lifting heavy

weights is the only way to strengthen your muscles, you're in for a pleasant surprise. If you haven't been active, you can begin strength exercises by starting slowly, using little to no special equipment, and gradually

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## Nourish Your Immune System

Coughing, sneezing, sore throat, headache and fatigue may be part of feeling ill with seasonal colds and flu. Our immune system functions throughout our body to protect us from illnesses ranging from the common cold to serious health conditions.

Some immune cells (white blood cells) circu-



late through the body (bone marrow, thymus), and others reside in specific tissues (spleen, tonsils). The skin is our body's first line of defense against germs. Our skin cells produce proteins that can fight off germs. Immune cells also recognize other substances that enter our bodies and attempt to remove them if the substance appears to be harmful to us.

**Keep your immune system healthy with these four tips:**

### 1. Eat a healthful diet.

♦ Consume plenty of fruits, vegetables, lean protein, healthful fats, low-fat dairy (or other calcium sources) and whole grains. Aim for foods rich in vitamin A, C, E, D and the mineral selenium.

♦ Be aware that as we age, we may become more susceptible to foodborne illness. Prepare and

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# 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 **845-4300** today!



## Bone Builders

Bone Builders exercise class meets Wednesdays & Fridays at 9:30 AM at the Barnes County Senior Center. Everyone is welcome. Contact JoAnn at 701-845-4300 with any questions.



## Gifts & More



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

## 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.**

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 \$9.00.

### ***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**



# **Barnes County Outreach**

Candace will be in the office  
Monday - Thursday

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 Candace for assistance, either at the office or an in-home call.

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

**Please call Candace Johnson at 845-4300 or 1-800-472-0031 to schedule an office or home visit.**

## **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 845-4300 for more info.**

## **DONATIONS** **SENIOR CENTER**

Walt & Berta Clement  
Sheyenne Valley Community  
Doreen Larson  
Arllys Netland  
James Leadbetter memorial

## **TRANSIT**

Shirley Koslofsky  
Eagles Ladies Auxiliary  
Hilligje Van Gijssel  
Walt & Berta Clement  
Our Savior's Lutheran Church  
Doug & Karla Olson

## **HOME DELIVERED** **MEALS**

Eagles Ladies Auxiliary  
James Leadbetter memorial

## **PRESCRIPTION** **ASSISTANCE**

Our Savior's Lutheran Church

# PUBLIC TRANSIT

Please try to schedule your ride a day in advance call  
701-845-4300

## Monday through Friday

8:00 am until 4:45 pm

## Saturday & Sunday

8:00 am until 1:45 pm

**\*\* Rides cost \$2.00 \*\***

## 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

### Upon Request:

Sanborn, Rogers, Wimbledon, Dazey, Leal  
& Sibley to Valley City cost \$5.00 plus  
\$2.00 every additional stop

### Upon Request:

Kathryn, Nome, Fingal, Oriska, Litchville  
& Hastings to Valley City cost \$5.00 plus  
\$2.00 every additional stop

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

# 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 when  
participating in the meals program.**

The bus will begin picking  
people up at 11:00 AM and will leave  
the site after the meal  
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.



**Cost for rides to the center for  
activities is \$2.**



## 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 60 to 80 meals every day. We would greatly appreciate your assistance!

**Please call, Monday—Friday, for any changes at 845-4300.**



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improving your strength over time.

It's best to seek classes or programs specifically designed for seniors, such as SilverSneakers by Tivity Health - the nation's leading fitness program for older adults that offers in-person and virtual classes with the needs of seniors in mind. Seniors can find classes for all levels focused on building strength and flexibility as they age, along with cardio exercises to get their blood pumping.

**2. Help prevent falls.** About one in four Americans aged 65 and older will fall each year, according to the Centers for Disease Control and Prevention. Regular exercise that builds strength and improves balance is one of the best ways to help prevent falls or recover from a fall.

Classes like those offered by SilverSneakers can help strengthen your ankles, knees and hips for a sturdy foundation. Plus, they can help improve your core strength and upper-body posture - to help you stay upright and steady.

**3. Learn about injury prevention.** Injuries can happen at any age, but a few simple precautions can help to keep you moving injury-free. If you're a beginner, choose instructors and exercise programs that start slow - even seated - and build your strength and flexibility gradually, so you can continue improving your fitness without risking injury. SilverSneakers even offers virtual classes designed for beginners to help get you started.

**4. Enjoy socializing.** One valuable benefit of be-

ing active is finding a class or community of people you enjoy spending time with. Whether you're taking classes in person or online, you'll know everyone else in the class is also aiming to stay more fit and healthy. Taking classes together is a fun bonding activity that will help you stay motivated and may inspire you to create your own group of friends for walking or doing activities together.

### 5. Improve mindfulness and reduce stress.

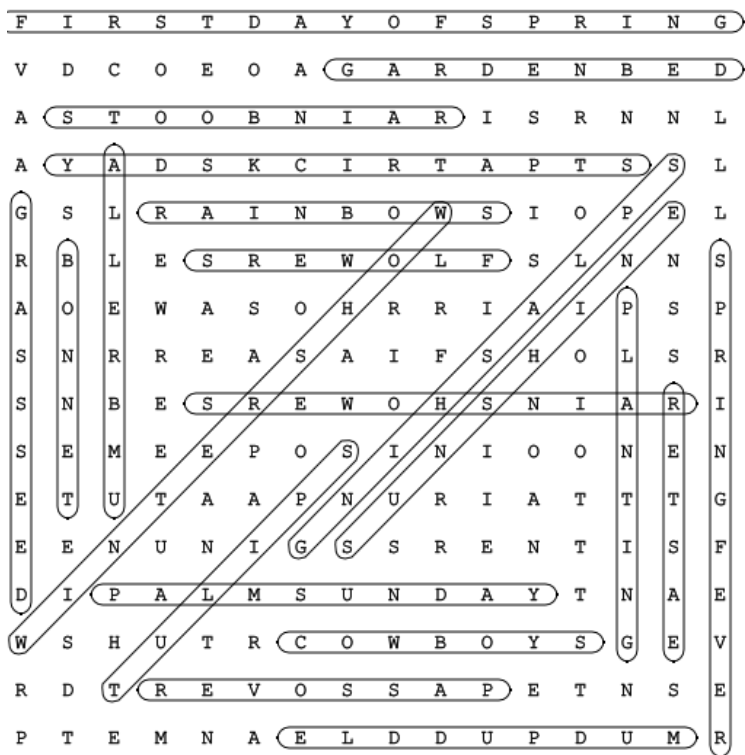
Physical activity can reduce stress, help you stay more present throughout your day and enjoy your life to the fullest. Classes offered by SilverSneakers include Tai Chi and Yoga, which are easy ways to help you stay more mindful and boost your overall well-being.

### Getting started

SilverSneakers offers members a network of up to 22,000 fitness locations, along with community-based options like community centers and parks. Workouts are offered at thousands of gyms, community centers and other participating fitness locations nationwide.

Members can participate in live, instructor-led and on-demand virtual classes in a variety of lengths and formats. Options include programming for those with chronic conditions, plus healthy aging workshops on topics including fall prevention and virtual learning opportunities.

If you have a Medicare Advantage plan, it may already include SilverSneakers. Learn more at SilverSneakers.com.



## NOTICE TO ALL TRANSIT RIDERS:

The drivers have expressed concerns about passengers who are boarding with inadequate clothing for our North Dakota weather. Our buses are like any other vehicle and they can have mechanical problems or get stuck on these snowy, icy roads. We want everyone to be safe!!

**PLEASE WEAR WARM CLOTHING WHEN  
YOU ARE RIDING DURING THE WINTER  
MONTHS!!**

# Barnes County Food Pantry Donations

## December 7 - February 2

Steve & Mary Lee Nielson	Faye Graalum	Larry & Patricia Pederson
Hilligji Van Gjissel	Darrel & Nancy Hermanson	Becky Sorby - in memory on Allyn Sorby
Elaine Miedema - in memory of Ethelyn Paulson	Jerome & Marlene Gruman - in memory of Leonard Geiger, Jim Miller	Eagles Ladies Auxiliary Epworth Methodist Church
James & Theresa Fields	Charles & Karen Auka	Our Savior's Lutheran Church
Cynthia Metcalf	James & Carol Knutson	ND Blue Cross Blue Shield
Francis & Marian Hoffarth	John & Kathie Kopp	Drug Plasics
Terry & Lenore Lebahn	Ralph & Helen Metcalf	Old 10 Saloon
Berniece Botner	Daryle Jendro	Sacred Heart Church
Tom Glandt	Gary & Kathleen Riedman	St. Petri Lutheran Church
Noreen Smestad - in memory of Bev Melgaard, Jeanne Johnson, Connie Pederson	Vernon & Karen Aus - Ray McClaflin	Plains, Grains & Agronomy COOP
	Doug & Karla Olson	

The Food Pantry is accepting food and monetary donations. Thank you very much to all of you that have donated to the Barnes County Food Pantry. It is greatly appreciated.

## Rent the Senior Center for your next event!

- Reunions
- Baby showers
- Open Houses
- Birthdays
- Anniversaries
- Bridal parties

Call JoAnn today to reserve the center for your next get-together!

**845-4300**

**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: \_\_\_\_\_

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## 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.

FIRST DAY OF SPRING  
VDCOE OAGARDEN BED  
ASTOOBN IAR I SRNNL  
AYADSK CIR TAP TSSL  
GSLRA I N BOWS IOPEL  
RBLESR EWOLFSLNNS  
AOEWASOHRRIAI P S P  
SNRR EASAI FSHOLSR  
SNBESR EWOSH SN IARI  
SEMEEEP OSINI OONEN  
ETUTAA PNURIATT TG  
EENUN I GSSREN TISF  
DIPALMSUNDAYTNAE  
WSHUTRCOWBOYSGEV  
RDTREVOSSAPETNS E  
PTEMNAELDDUPDUMR

Planting  
Palm Sunday  
Rainbows  
Cowboys  
Grass seed  
Spring fever  
Bonnet

Rain boots  
Winter Show  
Easter  
Flowers  
Garden bed  
Passover  
Rain showers

Umbrella  
St Patrick's Day  
Tulips  
Sunshine  
Mud puddle  
First Day of Spring  
Splashing

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March & April 2024



# CREATIVE COOKING



## Cola Easter Ham

Prep: 10 mins Cook: 2 hours 30 mins

### INGREDIENTS

- 1 (8 lb) boneless ham
- 2 cups packed brown sugar
- 1 (12 fluid oz) can or bottle cola-flavored carbonated beverage
- 1 cup grape juice
- 1 (20 oz) can sliced pineapple, drained with juice reserves

### DIRECTIONS

1. Preheat the oven to 325 degrees F
2. Use a knife to score diagonal lines onto ham, about 1 inch apart. Place ham in a large roasting pan and pat brown sugar over entire surface. (It is okay if some sugar falls into the pan.)
3. Bake in the preheated oven until sugar begins to melt off ham, about 30 minutes. Remove ham from the oven and pour cola, grape juice, and reserved pineapple juice into the pan. Baste ham with cola mixture and return to the oven.
4. Continue basting every 20 minutes, for about 2 hours. Cut pineapple rings in half. Remove ham from the oven and float pineapple rings in the drippings. Allow ham to rest for about 10 minutes, then slice and serve with pineapple and sauce.

### NUTRITIONAL INFORMATION

Servings: 12; Calories 691; Total Fat 25g; Saturated Fat 8g; Sodium 3884mg; Protein 55g; Total Carbohydrate 58g; Dietary Fiber 0g; Sugars 50g; Cholesterol 160mg.



## Bang Bang Potatoes

Prep: 15 mins Cook: 30 mins

### INGREDIENTS

- 1 1/2 lb. baby gold potatoes, peeled and halved
- 2 tbsp. olive oil
- 1 tbsp. cornstarch
- 1 tsp kosher salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp paprika
- 1/2 cup mayonnaise
- 2 tbsp whole buttermilk
- 2 tbsp Sriracha chile sauce
- 1 tbsp. sweet Thai chili sauce
- 1 tsp rice vinegar

### DIRECTIONS

1. Gather all the ingredients.
2. Preheat the oven to 450 degrees F
3. Toss together potatoes and olive oil on a large rimmed baking sheet until fully coated. Whisk together cornstarch, salt, onion powder, garlic powder, and paprika in a small bowl until combined. Sprinkle evenly over potatoes; toss to coat, arranging potatoes in an even layer.
4. Bake in the preheated oven until deep golden brown and crispy on all sides, stirring every 10 minutes, 30 to 35 minutes. Remove from oven and let rest on baking sheet for 5 minutes before transferring to a serving dish.
5. Meanwhile prepare the sauce; whisk together mayonnaise, buttermilk, Sriracha, sweet Thai chili sauce, and rice vinegar in a small bowl until fully combined. Drizzle sauce over potatoes; garnish with sliced scallions.

# 10 Ways to Thank a Caregiver

(BPT) - Chances are you know a caregiver. It could be the teacher at your child's school, balancing classroom duties and caring for an aging parent after the bell rings. Maybe it's your coworker who also takes care of a chronically ill spouse at home. Or your friend who makes time to catch up despite their busy schedule assisting their disabled sibling with everyday tasks.

With caregivers playing such a vital role for loved ones - a spouse, child, parents or even a friend - it is important that caregivers be supported too. Becoming a fulltime caregiver is usually not a role anyone is prepared to take on and can often come with challenges and emotional hardships. However, creating connection and building support networks can provide a safety net for caregivers and give them somewhere to turn when navigating new or difficult situations.

Supportive communities and resources are important for caregivers in every season. An easy first step in showing up for the caregivers in your own life is to express gratitude and establish yourself as a means of support and understanding.

Need help getting started? Consider these 10 ways to say thanks to a caregiver in your life:

**1. Write a thank you note.** Whether short and sweet or long and detailed, a simple letter expressing gratitude and recognizing everything caregivers do is an easy way to say thanks and create connection.

**2. Send them a personal gift.** Gift cards and oth-



er small tokens of gratitude are a great way to express thanks and provide caregivers with something for themselves, encouraging self-care and prioritizing caregiver well-being.

**3. The gift of time, so they can do self-care.** Another way to encourage self-care is by stepping in for a caregiver for a few hours, allowing them some free time to take care of themselves and do what they enjoy.

**4. Make regular visits.** Caregiving can often be an isolating role, as many of the people receiving care may have limited mobility or spend most of their time at home. In this, it's important to physically show up for the caregiver in your life and spend quality time with them.

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

## 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

**701-389-2293**

**5. Gift them a journal or planner.** An important role of caregivers is to keep track of appointments, medication schedules and more. Gifting a journal or planner to help them stay organized can be an easy way to support their everyday life.

**6. Express your gratitude with food.** Not only does cooking a meal for a caregiver help alleviate some of their workload, but it also is an effective way to connect with those around you and spark meaningful conversations.

**7. Exercise together.** Many studies suggest that exercising with a caregiver and the person receiving care can improve both mental and physical health, making it an easy way to show thanks and prioritize well-being.

**8. Plan a movie night.** Express thanks by ar-

ranging a movie night, setting aside time to connect and bond over a favorite movie of theirs.

**9. Have a portrait taken.** A powerful way to create connection and meaningful memories is by having a portrait taken of caregiver and care recipient, gifting an image that will always remind them of the vital role they play.

**10. Create a team of support.** One of the best ways to support the caregiver in your life and express consistent gratitude for all they do, is by surrounding them with a network of resources and creating a Caregiver Support Team.

Whether it's by saying thanks, helping to establish a caregiver support network or simply spending quality time, showing up for the caregivers in your life can have an immense impact on their well-being, and in turn, can improve the quality of care they provide.

## Volunteers Needed for Home Delivered Meals

Volunteers are needed to deliver Home Delivered Meals. Meals are served 7 days a week over the lunch hour.

Routes take approximately 30 minutes to deliver and are divided by area of town. For more information or to volunteer, call JoAnn at 845-4300.

## 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.

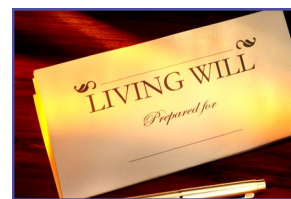
*Elderbee Care*  
*We help seniors age in place.*

▶.....◀  
We offer a range of home care services, including companion care, personal care, respite care, end-of-life care, Alzheimer's/Dementia care and round-the-clock care.

▶.....◀  
<https://elderbeecare.com>  
(701) 490-1389

## Legal Services of ND

at the Barnes County Senior Center is offered on the 4th Wednesday of each month.



Call 845-4300  
to arrange an appointment.



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handle food safely.

**2. Get plenty of sleep.** Keep a regular sleep schedule and aim for at least seven hours of sleep daily. Keep your bedroom at an appropriate temperature. Sign off from your technology at least an hour from bedtime. Avoid heavy meals and too many beverages before bedtime.

**3. Wash your hands often. Scrub for at least 20 seconds with soap.** Cold viruses can survive on indoor surfaces for up to seven days, with their ability to cause infection decreasing after 24 hours. Infectious flu viruses can survive on the hands for 15 minutes and on hard surfaces for 24 hours. Flu viruses can survive as air droplets for several hours.

**4. Exercise regularly.** Aim for about 30 minutes of moderate activity on five or more days of the week.

Visit [www.ag.ndsu.edu/nourish](http://www.ag.ndsu.edu/nourish) and check out the Nourish class schedule through NDSU Extension. Search online for “Nourish Your Body” for more nutrition information.

### White beans with spinach & sausage

*This nourishing recipe is rich in vitamins A and C, zinc and iron, and is a good source of protein. It even has some chicken broth, which may carry some immune system benefits, especially if someone makes it for you! See [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) and click on “recipes” for more ideas.*



8 ounces turkey or chicken kielbasa sausage

2 cups reduced-sodium chicken broth

2 cloves garlic, minced

1 teaspoon dried oregano

1 tablespoon olive oil

1 (15-ounce) can cannellini beans (or other white bean), drained and rinsed

1 cup chopped carrots

6 cups baby spinach leaves

Pepper, to taste

Spray a medium skillet with non-stick cooking spray. Cook sausage and drain juices. Cut into ¼ - ½ inch rounds; set aside. Pour chicken broth and garlic into a large pot. Place on medium-high heat and bring to a simmer. Add oil, oregano, beans and cooked sausage. Heat through until beans are tender. Add spinach and cook just until the leaves are wilted. Stir and sprinkle pepper on top.

Makes four servings. Each serving has 230 calories, 9 grams (g) fat, 14 g protein, 20 g carbohydrate and 6 g fiber. The sodium content varies depending on the type of meat and broth you choose.

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

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

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

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

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