



# SOUTH CENTRAL ADULT SERVICES

## Griggs 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

**CONTINUED on page 5**

## 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) circulate 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

**CONTINUED on page 8**

# Griggs County Birthdays & Anniversaries

## COOPERSTOWN

### MARCH

#### Birthdays

Martha LaPlant: 3/2

Phyllis Trostad: 3/3

Linda Delcamp: 3/9

Marilyn Clark: 3/16

Kent Dick: 3/20

No anniversaries



### APRIL

#### Birthdays

Jan Iverson: 4/2

Ruth Evans: 4/11

Bev Edland: 4/12

Gladys Anderson: 4/18

Curtis McCardle: 4/30

No anniversaries

## SUTTON

### MARCH

#### Birthdays

Charles DeHoff II: 3/7

#### Anniversaries

Chuck and Alice DeHoff: 3/24

### APRIL

#### Birthdays

Edward Houston: 4/11

Wayne Morris: 4/19

Mary Jane Houston: 4/27

No anniversaries



## HANNAFORD

### MARCH

#### Birthdays

Pamela Gruman: 3/4

Mike Hook: 3/5

No anniversaries

### APRIL

No birthdays

No anniversaries



## BINFORD

### MARCH

#### Birthdays

Barbara Becker: 3/6

Donna Evers: 3/16

No anniversaries

### APRIL

#### Birthdays

Ghalie Abraham: 4/5

Violet Zentz: 4/13

No anniversaries



## Transportation Services Griggs County

Transportation is available to citizens of all ages, and for all purposes, on the following days each month:

### Cooperstown:

Monday—Friday (\$1.00 round trip)

### Hannaford, Binford, Sutton:

Upon request (\$3.00 + \$1.00 each additional stop)

### To Jamestown:

Monday, Wednesday, Friday (\$8.00)

Can stop in Glenfield if requested

### To Fargo:

Monday—Friday (\$10.00 + \$1.00 for each additional stop)

### To Grand Forks:

Upon request (\$10.00 + \$1.00 for each additional stop)

### To Valley City:

Upon request (\$8.00)

The bus may go to Mayville, Hillsboro, or other locations upon request, if available. (\$10.00)

For information, or to reserve a ride call Deb : 701-789-7155

Or the senior center: 701-797-3330

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

## GRIGGS COUNTY MONTHLY MEETINGS

### *COOPERSTOWN SENIOR CENTER*

Friday, March 1 - 12:30 pm Meeting. Bingo and lunch follows.

Friday, April 5 - 12:30 pm Meeting, Bingo and lunch follows.

### *BINFORD SENIOR CENTER*

Tuesday, March 12 - 2:00 pm Meeting, Lunch follows

Tuesday, April 9 - 2:00 pm Meeting, Lunch follows

### *SUTTON SENIOR CENTER*

Tuesday, March 5 – 12:30 pm Meeting, Lunch follows

Tuesday, April 2 - 12:30 pm Meeting, Lunch follows

## FREE IN-HOME SERVICES FOR AREA 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 Becky Telin at  
701-389-2293 for more info.**

# 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.

**CONTINUED from page 1**

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 being 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**

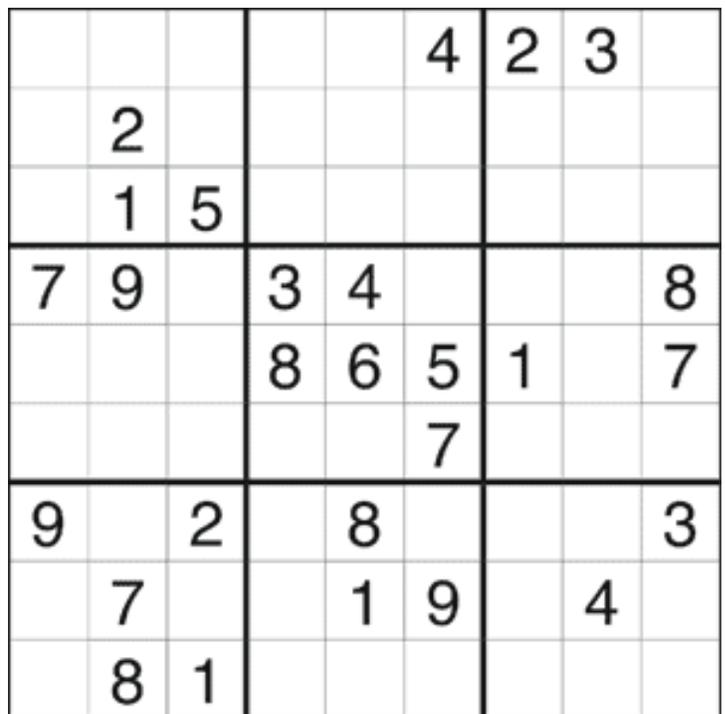
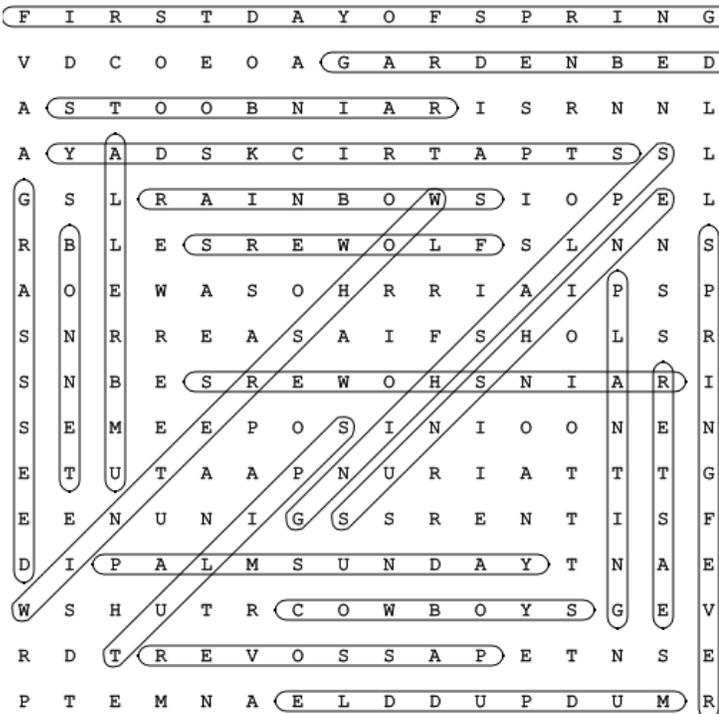
Physical activity can reduce stress, help you stay more present throughout your day and enjoy your life to the fullest. Classes offered by SilverSneakers include Tai Chi and Yoga, which are easy ways to help you stay more mindful and boost your overall well-being.

**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.



F I R S T D A Y O F S P R I N G  
 V D C O E O A G A R D E N B E D  
 A S T O O B N I A R I S R N N L  
 A Y A D S K C I R T A P T S S L  
 G S L R A I N B O W S I O P E L  
 R B L E S R E W O L F S L N N S  
 A O E W A S O H R R I A I P S P  
 S N R R E A S A I F S H O L S R  
 S N B E S R E W O H S N I A R I  
 S E M E E P O S I N I O O N E N  
 E T U T A A P N U R I A T T T G  
 E E N U N I G S S R E N T I S F  
 D I P A L M S U N D A Y T N A E  
 W S H U T R C O W B O Y S G E V  
 R D T R E V O S S A P E T N S E  
 P T E M N A E L D D U P D U M R

**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**

Answers on Page 5

# FOOT CARE CLINIC

## MARCH & APRIL

Just For You foot care clinics are March 24 and April 9. If you would like an appointment, call Jill Kent at 218-242-1379. The cost is \$30.



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 701-797-3330 today!



## 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.

## 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. A wide variety of entrees are available. Contact Deb at 789-7155 or the Senior Center, 797-3330, for more information.

### ***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**



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

**CONTINUED from page 1**

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 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, McIntosh & Griggs

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

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

Cooperstown Senior  
Citizens Center  
911 Burrel Avenue SE  
Cooperstown, ND 58425  
701-797-3330

Binford Senior Citizens Center  
306 Whinery Street  
Binford, ND 58416  
701-676-2323

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

DEB ANDREASEN  
Outreach/Transit

