



SOUTH CENTRAL ADULT SERVICES

LaMoure County

NEWSLETTER

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 rich in vitamin A, C, E, D and the mineral selenium.

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Spreading the love



Seniors at LaMoure Happy Seniors Club spent 2 days (Jan. 12 and Jan. 26) making valentines for

loved ones.

Diane Potts, instructor, did an excellent job of helping everyone design their valentines and everyone had a great time.

There is also a collection of old valentines on display at the senior center.

In the future, a Make and Take card workshop will be held to design Easter cards.



(photos submitted)

LaMoure County Activities

LAMOURE

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

APRIL

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

MARCH

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

Thursday, March 28: 10 AM: Brunch.

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 MARCH

Lois Bachynski: 3/16
Darlene Swiontek: 3/21
Nellie Brademeyer: 3/31

APRIL

Michelle Siegel: 4/20
James Robideau: 4/25
Eileen Feiken: 4/27

EDGELEY MARCH

Richard Muslan: 3/2
Delane Scallon: 3/9
Violet Podenski: 3/17

APRIL

Laurie Fossum: 4/18
Michelle Siegel: 4/20

KULM

MARCH

Lucille Anderson: 3/15
Edna Giesler: 3/22

APRIL

Arla Anderson: 4/18

JUD

MARCH

No birthdays

APRIL

No birthdays



*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

March & April 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.

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


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 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 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

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.

LaMoure / Dickey / Marion & Edgeley's Menu March 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
Please call by 8 AM the day of to sign up for or to cancel for dinner!!	Substitutions may be necessary due to product availability.			
4	5 Chicken wild rice soup Ham sandwich Tropical fruit	6 Salisbury steak Mashed potatoes & gravy Carrots Fruit cocktail	7 Pulled pork on a bun Baked beans Coleslaw Pears	1 Pork chop Potatoes Green beans Fruit
11	12 BBQ chicken breast Baked potato Cauliflower Mandarin oranges	13 Beef stroganoff over rice Broccoli Fruit	14 Sweet & sour pork Fried rice Asian vegetables Mandarin oranges	15 Taco salad Breadstick Pears
18	19 Roast beef Mashed potatoes Carrots Fruit	20 Chicken noodle casserole Peas Applesauce	21 Meatloaf Baked potato Mixed vegetables Banana	22 Ham Scalloped potatoes Stewed tomatoes Pineapple
25 Cheese ravioli Broccoli Peaches	26 BBQ ribs Baked potato Corn Pears	27 Chicken kiev Seasoned potatoes Broccoli Tropical fruit	28 <u>Brunch</u> French toast Scrambled eggs Bacon Mandarin oranges	29 Center closed 

LaMoure / Dickey / Marion & Edgeley's Menu for April 2024

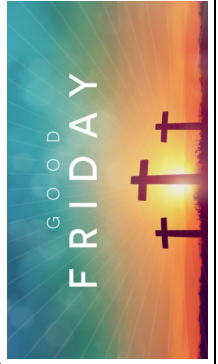
All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1/2 Milk, Margarine and Coffee

Monday	Tuesday	Wednesday	Thursday	Friday
1 April Fools Day	2 Stuffed peppers Mashed potatoes Mixed vegetables Fruit cocktail	3 BBQ chicken Potato salad Green beans Pears	4 Cheeseburger on a bun Coleslaw Potato wedges Pineapple	5 Lemon pepper fish Sweet potatoes Vegetables Applesauce
8	9 Pork chop Baked potato Green beans Pineapple	10 Chicken alfredo over noodles Peas Garlic bread Applesauce	11 Turkey & gravy Mashed potatoes Carrots Fruit	12 Tomato soup Egg salad sandwich Fruit salad
15	16 Fish Mashed potatoes Carrots Oranges	17 Salisbury steak Mashed potatoes & gravy Beans Mandarin oranges	18 Chicken Sweet potatoes Broccoli Peaches	19 Roast beef Mashed potatoes Mixed vegetables Banana
22	23 Swedish meatballs Rice Vegetable blend Applesauce	24 Ham Baked potato Corn Fruit	25 Sweet & sour pork Fried rice Asian vegetables Mixed fruit	26 Chicken casserole Carrots & peas Tossed salad Mandarin oranges
29	30 Meatloaf Baked potato Green beans Peaches		Substitutions may be necessary due to product availability.	Please call by 8 AM the day of to sign up for or to cancel for dinner!!

Kulm, Jud & Gackle Menu for March 2024

All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1/2 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
4 Chicken & noodles Peas Tossed salad Grapes	5 Salisbury steak & mushroom gravy Mashed potatoes Carrots Fruit	6 Turkey Mashed potatoes Carrots Applesauce	7 Chicken on a bun Potato salad Green beans Pears	8
11 BBQ chicken Broccoli Baked potatoes Oranges	12 Tilapia Sweet potatoes Coleslaw Fruit	13 Pork roast Strudels Potatoes & carrots Fruit	14 Stuffed shells Chicken strips Peas & carrots Fruit	15
18 Cabbage roll Mashed potatoes Green beans Fruit	19 Beef ravioli Broccoli Tossed salad Chicken strips Fruit	20 BBQ chicken Baked potatoes Broccoli & carrots Oranges	21 Hamburger steak Sweet potatoes Corn Fruit	22
25 Stuffed peppers Mashed potatoes Broccoli Fruit	26 Fish on a bun Augratin potatoes Carrots Applesauce	27 Chicken Dumplings Carrots Potatoes Fruit	28 Barbeque Peas & carrots Tator tots Blushing pears	29



Kulm, Jud & Gackle Menu for April 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken strips Fettuccini noodles Carrots Tossed salad Peaches	2 Meatballs Noodles Mixed vegetables Applesauce	3 Roast beef Mashed potatoes Vegetables Fruit	4 Brat Sauerkraut Fat noodles Potatoes	5
8 Orange chicken Rice Vegetable Tossed salad Fruit	9 Meatloaf Baked potatoes Green beans Fruit	10 Ham Scalloped potatoes Stewed tomatoes Fruit	11 Chicken enchilada Corn Salad Oranges	12
15 Tilapia Sweet potatoes Coleslaw Fruit	16 Lasagna Beans Tossed salad Fruit	17 Pork roast Strudels Carrots & potatoes Fruit	18 Sweet & sour pork Fried rice Oriental vegetables Fruit	19
22 Chicken cordon bleu O'Brien potatoes Vegetables Pears	23 Pork chop Potatoes Green Beans Fruit	24 Hamburger steak Sweet potatoes Corn Fruit	25 Stuffed shells Chicken strips Peas & carrots Fruit	26
29 Chicken Potatoes Carrots Fruit	30 Stroganoff with noodles Tossed salad Corn Peaches		Substitutions may be necessary due to product availability.	Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.

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 other 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.

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**



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.
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 arranging 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.

For additional resources and to learn more about how you can ensure the caregiver in your life feels supported at every turn, connect with Careforth.

FIRST DAY OF SPRING
VDCOE OAGARDEN BED
ASTOOBN IAR I SRNNL
AYADS KCI RTAPTSSL
GSLRA INBOWS IOPEL
RBLESR EWOLFSLNNS
AOEWASOHRRIAIIPSP
SNRREASAI FSHOLS R
SNBESREWOSH SN IARI
SEMEEP OSINI OONEN
ETUTAA PNURIATT TG
EENUN IGSSREN TISF
DIPALMS UNDAYTNAE
WSHUTRCOWBOYSGEV
RDTREVOSSAPETNSE
PTEMNA ELDDUPDUMR

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 4

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March & April 2024

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
or find us on Facebook at
www.facebook.com/southcentraltransitnetwork

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	1	5						
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	7			1	9		4	
	8	1						

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 holi-
day 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 Justine Irakiza, at
701-205-2690
Justine.irakiza@lssmn.org

CONTINUED from page 1

◆ 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 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 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

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

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SUE RIENSTRA
Outreach/Transit