



SOUTH CENTRAL ADULT SERVICES

Logan 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 10

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 12

LOGAN COUNTY ACTIVITIES

NAPOLEON

MARCH

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

Tuesday, March 12: 5:30 PM: Evening meal, followed by card games.

Tuesday, March 19: 5:30 PM: Evening meal, followed by card games.

Tuesday, March 26: 5:30 PM: Evening meal, followed by Monthly meeting.

APRIL

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

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

Tuesday, April 16: 5:30 PM: Evening meal, followed by card games.

Tuesday, April 23: 5:30 PM: Evening meal, followed by monthly meeting.

Tuesday, April 30: 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.

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



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
---------------------------------	----------------------------------	---------------------------------	--------------------------------	-----------------------------------	---------------------------------	---------------------------------

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.



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.

Napoleon's Menu March 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.			
4	5 Evening Meal Roast beef in gravy Mashed potatoes Green beans Fruit salad	6 Pulled pork on a bun Baked beans Coleslaw Pears	7 Chicken strips Macaroni & cheese Peas Fruit cocktail	8
11	12 Evening Meal Ham Augratin potatoes Creamed corn Peaches	13 Lasagna Corn Garlic bread Tropical fruit	14 Hot dog Mashed potatoes Sauerkraut Mandarin oranges	15
18	19 Evening Meal Salisbury steak Egg noodles Carrots Fruit in jello	20 Soft shell taco Mexican rice Refried beans Pineapple	21 Sweet & sour chicken Fried rice with veggies Egg roll Pears	22
25	26 Evening Meal Goulash with corn Fruit cocktail	27 California burger French fries Pasta salad Banana	28 Knoephla & sauerkraut Sausage Applesauce	29

Napoleon's Menu for April 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 Swedish meatballs Mashed potatoes Creamed corn Peaches	3 Pizza with veggies and meat Tossed salad Strawberries	4 Chicken drumsticks Tator tots Cheesy green benas Peaches	5
8	<u>Evening meal</u> Pork chop Augratin potatoes Beets Blushing pears	10 Fish burger French fries Peas & carrots Pineapple	11 Cabbage roll Mashed potatoes Carrots Fruit cocktail	12
15	<u>Evening Meal</u> BBQ chicken Scalloped potatoes Cheesy green beans Fruit salad	17 Knoephla soup Ham sandwich Cheesy vegetables Plums	18 Beef tips over egg noodles Corn Pears	19
22	<u>Evening Meal</u> Meatloaf Baked potatoes Creamed corn Peaches	24 Chicken alfredo Garlic toast Peas Mandarin oranges	25 Stuffed peppers Baked potatoes Mixed vegetables Pineapple	26
29	<u>Evening Meal</u> Turkey Mashed potatoes & gravy Stuffing Sweet potatoes Cranberries		Substitutions may be necessary due to product availability.	

Gackle Menu for March 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.			
4 Chicken & noodles Peas Tossed salad Grapes	5 Salisbury steak & mushroom gravy Mashed potatoes Carrots Fruit	6 Turkey Mashed potatoes Carrots Applesauce	7	8
11 BBQ chicken Broccoli Baked potatoes Oranges	12 Tilapia Sweet potatoes Coleslaw Fruit	13 Pork roast Strudels Potatoes & carrots Fruit	14	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	22
25 Stuffed peppers Mashed potatoes Broccoli Fruit	26 Fish on a bun Augratin potatoes Carrots Applesauce	27 Chicken Dumplings Carrots Potatoes Fruit	28	29

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	5
8 Orange chicken Rice Vegetable Tossed salad Fruit	9 Meatloaf Baked potatoes Green beans Fruit	10 Ham Scalloped potatoes Stewed tomatoes Fruit	11	12
15 Tilapia Sweet potatoes Coleslaw Fruit	16 Lasagna Beans Tossed salad Fruit	17 Pork roast Strudels Carrots & potatoes Fruit	18	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	26
29 Chicken Potatoes Carrots Fruit	30 Stroganoff with noodles Tossed salad Corn Peaches			Substitutions may be necessary due to product availability.

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

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.

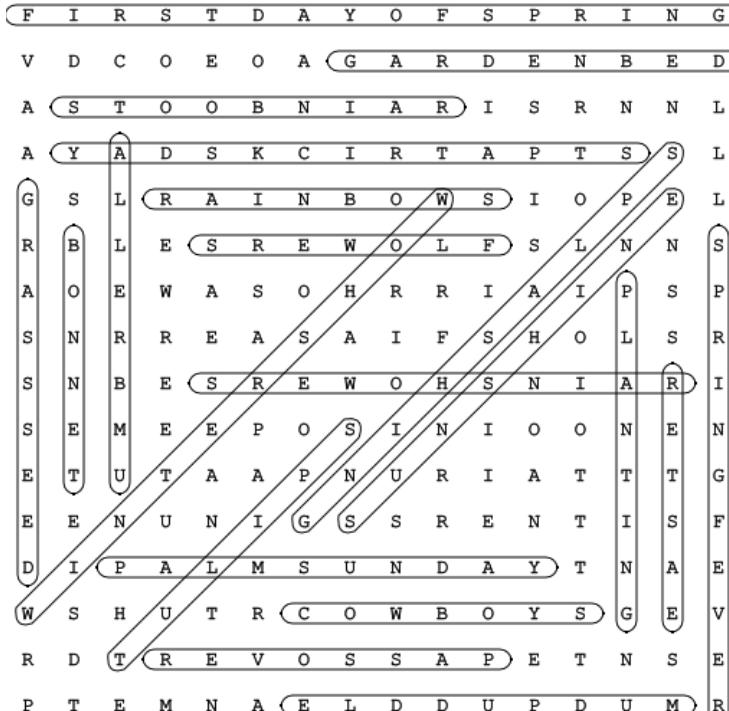
Getting started

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.

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



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

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 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 $\frac{1}{4}$ - $\frac{1}{2}$ 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

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

PATRICIA HANSEN
Director

JODI ELLIOTT
Bookkeeping

PEGGY WELDER
Outreach Assistant

DAN IMDIEKE
Transit Coordinator/Driver

