



SOUTH CENTRAL ADULT SERVICES

McIntosh 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

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

MCINTOSH COUNTY ACTIVITIES

WISHEK

Mondays & Thursdays:

10 AM: Bone Builders exercise program. Free & open to the public.

Tuesdays & Wednesdays:

1 PM: Quilting. New quilters needed & welcome! Come see what's for sale.

Tuesdays: 1 PM: Cards & games.

MARCH

Thursday, March 7: 5:30 PM: Evening meal, followed by cards and games.

Thursday, March 14: 5:30 PM: Evening meal, followed by cards and games.

Thursday, March 21: 5:30 PM: Evening meal, 7 PM: Wishek regular meeting.

Thursday, March 28: 5:30 PM: Evening meal, followed by cards and games.

APRIL

Thursday, April 4: 5:30 PM: Evening meal, followed by cards and games.

Thursday, April 11: 5:30 PM: Evening meal, followed by cards and games.

Thursday, April 18: 5:30 PM: Evening meal, 7 PM: Wishek regular meeting.

Thursday, April 25: 5:30 PM: Evening meal, followed by cards and games.



ASHLEY

Tuesdays: Bus goes to Aberdeen, SD. Call the Dispatcher for appointments at (701)731-0072.

Tuesdays & Thursdays:

9 AM: Bone Builders Exercise. Open to the public.

MARCH

Monday, March 4: 6 PM: Evening meal followed by Bingo and cards.

Monday, March 11: 6 PM: Evening meal followed by

Bingo and cards.

Monday, March 18: 6 PM: Evening meal followed by Bingo and cards.

Monday, March 25: 6 PM: Evening meal followed by Bingo and cards.

APRIL

Monday, April 1: 6 PM: Evening meal followed by Bingo and cards.

Monday, April 8: 6 PM: Evening meal followed by Bingo and cards.

Monday, April 15: 6 PM: Evening meal followed by

Bingo and cards.

Monday, April 22: 6 PM: Evening meal followed by Bingo and cards.

Monday, April 29: 6 PM: Evening meal followed by Bingo and cards.

Call to reserve a spot before 10 AM for noon meals & 3 PM for evening meals.



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



DONATIONS

TRANSIT

Macy Williams

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McIntosh County Outreach

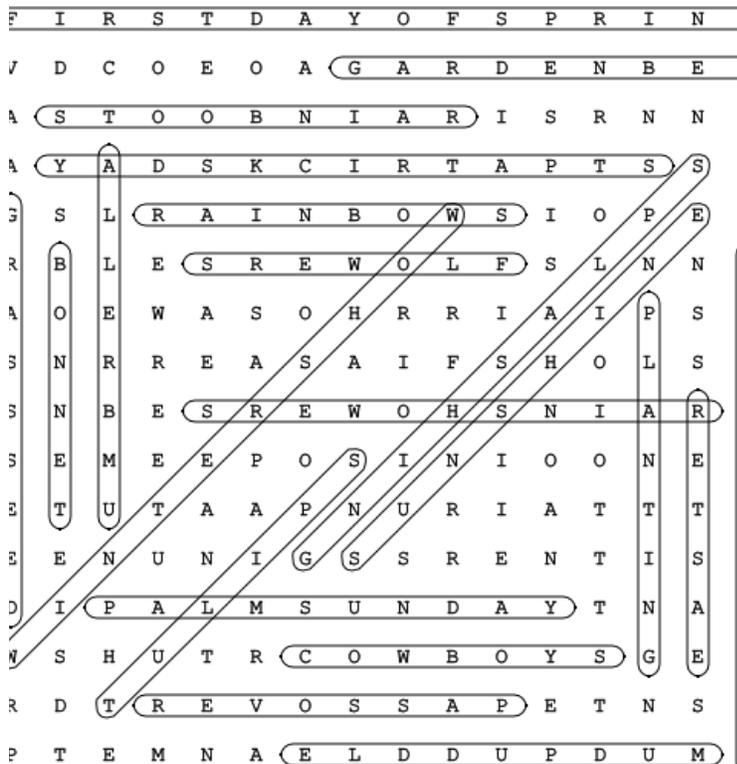
March & April

Ruby Beck is available at the Senior Centers, or in homes by appointment.

If you are in need of frozen meals, home delivered meals, or other services, please call Ruby.

If you have questions or need to schedule an appointment with Ruby, contact her at:

701-731-0170



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.

Ashley & Zeeland 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 |
|---|---|--|-----------|---|
| <p>Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!</p> | <p>Substitutions may be necessary due to product availability.</p> | | | |
| <p>4 <u>Evening Meal</u> BBQ pork ribs Baked potatoes Mixed vegetables Peaches</p> | <p>5</p> | <p>6 Lasagna Garlic green Beans Apricots</p> | <p>7</p> | <p>8 Lemon pepper fish Sweet potatoes Brussels sprouts Applesauce</p> |
| <p>11 <u>Evening Meal</u> Chicken Kiev O'Brien potatoes Buttered peas Pineapple</p> | <p>12</p> | <p>13 Hamburger sauerkraut hotdish Tomato spoon salad Mandarin oranges</p> | <p>14</p> | <p>15 Potato leek soup Egg salad sandwich Pears</p> |
| <p>18 <u>Evening Meal</u> Cabbage roll Baked potato Carrots Fruit</p> | <p>19 Italian pasta bake Salad Vegetable Apples</p> | <p>20 Vegetable soup Cheese sandwich Ambrosia salad</p> | <p>21</p> | <p>22</p> |
| <p>25 <u>Evening Meal</u> Seasoned pork roast Potato Squash bake Fruit</p> | <p>26</p> | <p>27 Chicken alfredo Hashbrown bake Mixed vegetables Apricots</p> | <p>28</p> | <p>29 Noodles Prunes Boiled eggs Vegetable Fruit</p> |

Ashley & Zeeland 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 <u>Evening Meal</u> Beef pot roast Carrots & potatoes Cherries | 2 | 3 Grilled chicken breast Potatoes Cheesy broccoli Fruit | 4 | 5 Beef hot dog Sauerkraut Mashed potatoes Jello in fruit |
| 8 <u>Evening Meal</u> Ham Sweet potato Stewed tomatoes Applesauce | 9 | 10 Pizza casserole Green beans Pineapple | 11 | 12 Chili Corn bake Ambrosia fruit salad |
| 15 <u>Evening Meal</u> Stir fry pork Vegetables Pineapple | 16 | 17 Chicken cordon bleu pasta Broccoli Apricots | 18 | 19 Shredded beef on a bun Peas Potato wedges Peaches |
| 22 <u>Evening Meal</u> Turkey Mashed potatoes Dressing Dilled carrots Cranberries | 23 Hamburger cabbage casserole Biscuit Mandarin oranges | 24 Porcupine meatballs Parslied noodles & gravy Garlic green beans Fruit | 25 | 26 |
| 29 <u>Evening Meal</u> Meatloaf Mashed potatoes Vegetable blend Apples | 30 | | | Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls! |

Substitutions may be necessary due to product availability.

Wishek & Lehr March 2024

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|-----------|---|--------|
| Evening meals are served at 5:30 PM | Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls! | Substitutions may be necessary due to product availability. | | | 1 |
| 2 | 3 Beef stew over biscuit 3 bean salad Mandarin oranges | 4 Turkey meatballs in gravy over mashed potatoes Corn Pineapple | 5 | 6 Evening Meal Fried chicken Herbed rice & gravy Creamed peas Strawberry parfait | 7 |
| 10 | 11 Fishwich Waffle fries Coleslaw Apricots | 12 Beef ravioli in marinara Cheesy broccoli Peaches | 13 | 14 Evening Meal Meatloaf Au gratin potatoes Cheesy green beans Tropical fruit | 15 |
| 17 Brunch @ Noon Caramel roll Egg & sausage bake Waffles V8 juice Fruit | 18 Cabbage roll Mashed potatoes Mixed vegetables Mandarin oranges | 19 Chicken fajita Spanish rice Beans Pears | 20 | 21 Evening Meal Rope sausage Lazy cheeseburgers Asparagus W/ peppers & onions Spiced peaches | 22 |
| 24 | 25 Stuffed peppers Mashed potatoes Zucchini Grapefruit | 26 Chicken noodle soup Bologna sandwich Cucumber salad Applesauce | 27 | 28 Evening Meal Beef & sauerkraut casserole Mixed vegetables Fruit in jello | 29 |

Wishek & Lehr 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 Corn dog Smiley potatoes Baked beans Apricots | 2 Beef stroganoff Corn Tropical fruit | 3 | 4 <u>Evening Meal</u> Homemade lasagna Garlic bread Green beans Cottage cheese & pineapple | 5 |
| 8 Fried chicken Stuffed gnocchi Creamed spinach Pears | 9 Beef battered fish Baby bakers Pasta salad Cherries | 10 | 11 <u>Evening Meal</u> Glazed ham Baked rice Mixed vegetables Fruit salad | 12 <u>Noon Makeup Meal</u> Loaded baked potato soup Ham & swiss sandwich Green beans Fruit cocktail |
| 15 Creamed chipped beef over mashed potatoes Broccoli Peaches | 16 Scalloped potatoes & ham Carrots Applesauce | 17 | 18 <u>Evening Meal</u> Knoephia soup Chicken salad sandwich on a croissant 3 bean salad Tropical fruit | 19 |
| 22 Egg rolls Fried rice Oriental vegetables Grapefruit | 23 Popcorn chicken Macaroni & cheese Wax beans Pears | 24 | 25 <u>Evening Meal</u> Swedish meatballs Mashed potatoes Corn Spiced apples | 26 <u>Noon Makeup Meal</u> Vegetable Beef Soup Ranch BLT Pinwheels Cherries |
| 29 Chicken patty on a bun Lettuce mixture Fries Grape salad | 30 Pork chop Cheese ravioli in toma- to sauce Brussels sprouts Banana | | Evening meals are served at 5:30 PM | Substitutions may be necessary due to prod- uct availability. |

CONTINUED from page 1

special equipment, and gradually 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.

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| 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 |

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

FREE IN-HOME SERVICES FOR 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.

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
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 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 3

McIntosh County Transit

Buses will go to Bismarck, Jamestown, Fargo or Aberdeen.

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

Everyone is encouraged to use these buses!

In-city buses will pick up people for the Senior Center Meals for a fee of \$1.00. Call the Senior Center to schedule a pickup.

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

| | | |
|----------------------|---------------|----------|
| Ashley | Call Dispatch | 731-0072 |
| Zeeland | Call Dispatch | 731-0072 |
| Lehr | Call Dispatch | 731-0072 |
| Wishek and all sites | Call Dispatch | 731-0072 |

Bismarck Trips

\$15.00

Monday through Friday.....Call Dispatch

Jamestown Trips

\$13.00

Every Thursday.....Call Dispatch

Aberdeen Trips

\$13.00

Every Tuesday.....Call 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 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

Wishek Senior Center
5 S. Centennial Street
Wishek, ND 58495
701-452-2472

Ashley Senior Center
111 Center Avenue N.
Ashley, ND 58413
701-288-3540

Lehr Senior Center
122 Main Street
Lehr, ND 58460
701-378-2526

3 Mile Inn
201 N. Main Ave
Zeeland, ND 58581
701-423-5449

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

PATRICIA HANSEN
Director

RUBY BECK
Outreach

JODI ELLIOTT
Bookkeeping

