



# SOUTH CENTRAL ADULT SERVICES

## LaMoure County

### NEWSLETTER

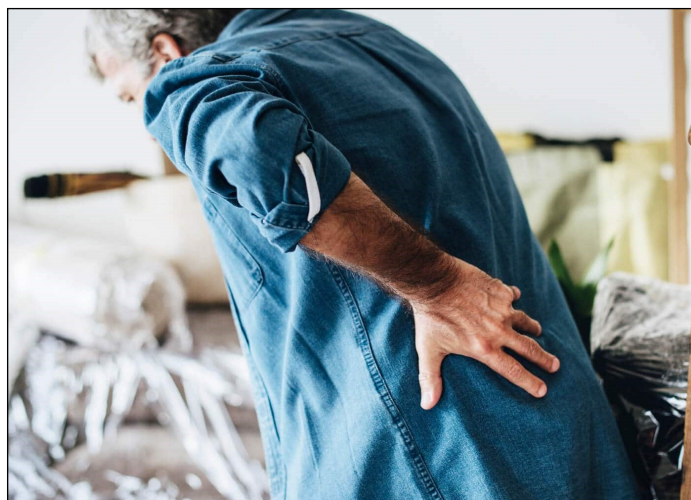
## Tired of chronic pain? Medical experts offer 3 helpful tips

(BPT) - If you're coping with back, neck or knee pain on a regular basis, you're not alone. According to research, one in every two Americans experience musculoskeletal (MSK) pain, which affects the bones, tendons, ligaments, muscles and nerves. The 2024 State of MSK survey of 10,000 Americans with chronic and acute pain conducted by Hinge Health shows that pain is too big a problem to ignore.

Nearly half the survey respondents say chronic pain prevents them from living life to the fullest (47%), while 27% report MSK pain has decreased their productivity at work, and 22% agree it has made them consider leaving their job.

Beyond physical symptoms, chronic pain is also associated with poor mental health. About one-third of survey respondents report feeling depressed, and nearly half report anxiety.

"We live in a nation in pain," said Dr. Jeff



Krauss, MD, chief medical officer at Hinge Health. "And many are not accessing what doctors consider the first-line treatment for MSK pain: physical therapy, education and lifestyle change."

The survey found people with chronic pain are

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## Understanding type 1 diabetes: Should you get screened?

More than 1.4 million Americans have type 1 diabetes - thought to be caused by an autoimmune reaction where the body attacks its own cells that produce insulin. Although type 1 diabetes is relatively less com-

mon when compared to type 2 diabetes, it's anticipated that cases of type 1 diabetes in the U.S. are expected to grow to five million by 2050, underscoring one of many reasons why increased awareness about type 1 diabetes is so important.

Type 1 diabetes can be elusive, meaning that while you may have the disease for months or years, outward symptoms can take time - sometimes even years - to show in a noticeable way, resulting in more advanced disease

at initial diagnosis. What's more, when symptoms do finally present themselves, they frequently present with life-threatening complications, such as diabetic ketoacidosis (DKA). In fact, up to 40% of DKA cases are recorded to be from people newly diagnosed with the disease. Type 1 diabetes also cannot be prevented. With this in mind, understanding risk factors of type 1 diabetes is critical in empowering you to take charge of your health by screening early for this condition. Following are three common risk factors to keep in mind:

### Family History

If you have a first-or-second-

**CONTINUED on page 12**



# LaMoure County Activities

## LAMOURE

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

## MAY

Friday, May 10: 12 Noon: Mother's Day Dinner.

Tuesday, May 14: 12:30 PM: "Happy Senior Club" monthly meeting.

Thursday, May 23: 10 AM: Brunch.

## JUNE

Tuesday, June 11: 12:30 PM: "Happy Senior Club" monthly meeting.

Friday, June 14: 12 Noon: Father's Day Dinner.

*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 MAY

Jud Phelps: 5/4

Kevin Willey: 5/10

Delia Walker: 5/17

Bev Mart: 5/26

## JUNE

Gary Ketterling: 6/6

Shirley Aberle: 6/15

Carol Roeker: 6/27

Robert Ireland: 6/28

## EDGELEY

## MAY

Roger Dallmann: 5/1

Vera Zottnick: 5/20

## JUNE

No birthdays

## KULM

## MAY

LeRoy Kramlich: 5/15

LeMar Kinzler: 5/25

## JUNE

Marilyn Braun: 6/5

## JUD

## MAY

Helen Duden: 5/24

## JUNE

No birthdays



## Farmers' Market



Every Monday & Thursday 4-6 PM  
At the intersection of Hwy 13 and Lake Road.  
June Thru October

*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

May & June 2024

At the present time we are without an Outreach Worker.

If you are in need of frozen meals, home-delivered meals or other services, call: 701-883-5088

All other questions call:  
1800-472-0031

## 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. Contact your outreach worker or your Senior Center for more information.



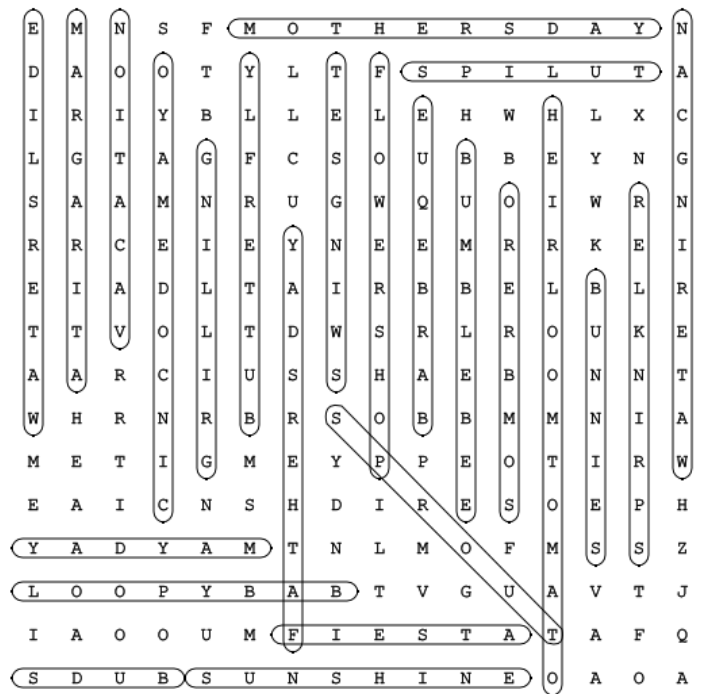
## EBT/SNAP



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 LaMoure at,  
(701) 883-5088 for more information.**

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



## 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.

## LaMoure / Dickey / Marion & Edgeley's Menu May 2024

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

LaMoure Senior Center ~ 701-883-5088      Edgeley Senior Center ~ 701-493-2569

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please call by 8 AM the day of to sign up for or to cancel for dinner!!</b>	<b>Substitutions may be necessary due to product availability.</b>	1 Meatloaf Baked potato Green beans Peaches	2 Fish sandwich Beets Au gratin potatoes Applesauce	3 Taco salad Breadstick Fruit
6	7 Beef stroganoff over noodles Mixed vegetables Garlic toast Peaches	8 Rope sausage Sauerkraut Potatoes Tropical fruit	9 Lemon pepper fish Sweet potatoes Carrots Applesauce	10 <a href="#">Mother's Day Dinner</a> BBQ chicken Baked potato Vegetable Banana
13	14 Pork chop Mashed potatoes California blend vegetables Pineapple	15 Tator tot hotdish Peas Fruit	16 Chicken breast Mashed potatoes Carrots Pears	17 Bratwurst on a bun Baked potato Coleslaw Fruit salad
20 Cabbage roll Mashed potatoes Carrots Pears	21 Ham Macaroni & cheese Beans Mandarin oranges	22 Chicken alfredo over noodles Broccoli Garden salad Garlic toast Fruit	23 <a href="#">Brunch</a> Scrambled eggs Ham Breakfast potatoes English muffin Juice	24 Center CLOSED
27	28 Salisbury steak Mashed potatoes & gravy Carrots Tropical fruit	29 Lasagna Tossed salad Green beans Applesauce	30 Cod Mashed potatoes Garden delite vegetables Fruit cocktail	31 Chicken kiev Scalloped potatoes Vegetable Peaches

# LaMoure / Dickey / Marion & Edgeley's Menu for June 2024

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

LaMoure Senior Center ~ 701-883-5088

Edgeley Senior Center ~ 701-493-2569

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Meatloaf Baked potato Mixed vegetables Mandarin oranges	5 Chicken burger on a bun Potato & corn chowder Pears	6 Goulash Green beans Tropical fruit	7 Beef stroganoff over noodles Buttered beets Peaches
10	11 Salmon loaf Mashed potatoes Creamed peas Banana	12 Roast pork with gravy Mashed potatoes Brussels sprouts Fruit cocktail	13 Tator tot casserole Mixed vegetables Fruit	14 <a href="#">Father's Day Dinner</a> Salisbury steak Mashed potatoes & gravy Carrots Grapes
17	18 Chicken Mashed potatoes & gravy Broccoli Tropical fruit	19 Sloppy joe on a bun Vegetable soup Pears	20 Pork chop Baked potato Peas Apple	21 BBQ ribs Sweet potato Cauliflower Peaches
24	25 Tuna noodle casserole Peas Applesauce	26 Lasagna Green beans Peaches	27 Taco salad Garlic bread Tropical fruit	28 BBQ chicken Potato salad Broccoli salad Fruit
			<b>Substitutions may be necessary due to product availability.</b>	<b>Please call by 8 AM the day of to sign up for or to cancel for dinner!!</b>

# Kulm, Jud & Gackle Menu for May 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Jud &amp; Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.</b>	<b>Substitutions may be necessary due to product availability.</b>	1 Pork chop Potatoes Green beans Fruit	2 Beef stew Peas Pears	3
6 Chicken & noodles Peas Tossed salad Grapes	7 Bratwurst Baked potatoes Brussels sprouts Fruit	8 Pork roast Strudels Carrots Potatoes Fruit	9 Orange chicken Rice Oriental vegetables	10
13 Cabbage roll Mashed potatoes Corn Fruit	14 Chicken stir fry Rice Oriental vegetables Fruit	15 Salisbury steak Mushroom sauce Mashed potatoes Carrots Fruit	16 Hamburger steak Baked potato Tossed salad Fruit	17
20 Chicken lasagna Garlic toast Peaches	21 Spaghetti & meat sauce Green beans Garlic toast Applesauce	22 Swiss steak Mashed potatoes Asparagus Fruit	23 Hamburger Lettuce & tomatoes Macaroni salad Peas Fruit	24
27 Ravioli Broccoli Tossed salad Chicken strips Fruit	28 Turkey Dressing Potato Carrots Pears	29 Fish on a bun Au gratin potatoes Carrots Fruit	30 Chicken tortilla soup Taco salad Tortilla chips Fruit	31

## Kulm, Jud & Gackle Menu for June 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Stuffed green pepper Mashed potatoes Broccoli Fruit	4 Tilapia Potatoes Coleslaw Garlic toast Fruit	5 Ham Scalloped potatoes Green beans Fruit	6 Beef stir fry Rice Oriental vegetables Fruit	7
10 BBQ chicken breast Baked potato Broccoli Fruit	11 Tator tot casserole Vegetable Fruit	12 Roast beef Mashed potatoes Corn Fruit	13 Chicken marsala Potatoes Vegetable Fruit	14
17 Chicken cordon bleu O'Brien potatoes Green beans Fruit	18 Spaghetti & meat sauce Tossed salad Corn Fruit	19 Pork roast Strudels Carrots & potatoes Fruit	20 Beef enchiladas Corn Tossed salad Fruit	21
24 Meatloaf Baked potato Peas Fruit	25 Hot dog Tator tots Corn Fruit	26 Chicken & dumplings Carrots Potatoes Fruit	27 Country fried steak Potatoes Carrots Fruit	28
			Substitutions may be necessary due to product availability.	Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.



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more likely to seek over-the-counter or prescription pain medications, despite the fact that 47% of people who do not feel in control of their pain fear side effects or complications from those treatment methods.

In some cases, the real or imagined cost of physical therapy, plus the ability to make in-person appointments, can be barriers. Fortunately, digital PT has helped overcome one barrier. In the survey, 48% of people say a digital physical therapy program would make it easier to follow their care plan, and 43% say they "need" PT care with a digital component. Digital PT stands out as the preferred initial approach for chronic MSK pain, with a 70% satisfaction rate among members.

Here is some advice from physical therapists at Hinge Health for coping with MSK pain, including moving around safely for pain management, increasing motion and boosting sleep. Note: This information is for educational purposes only, and you should always consult your healthcare provider for your unique situation.

**1. Keep moving.** When experiencing pain, it's natural to want to stop moving, hoping that rest will make the pain stop. Unfortunately, staying still can lead to a downward cycle - with pain increasing and mobility decreasing.

"Movement is medicine," said Dr. Krauss, "and many kinds of pain worsen if you rest too much. Staying active can help you work through joint stiffness and help muscles gain strength over time, which can improve your symptoms."

If your pain is due to an accident or physical trauma,

or if you're concerned about increasing pain as you move, see your healthcare provider. Ask about in-person or digital PT options for guidance on how to move safely as part of your pain management plan.

**2. Move and stretch gently.** Motion can help relieve stiffness and reduce pain over time, with physical therapists recommending an approach to movement that gradually increases your strength and range of motion.

\* **Back pain:** Stretching is helpful, but avoid awkward twisting, bending or motions that lead to over-tensing back muscles.

\* **Neck pain/stiffness:** Take breaks from holding one position too long, such as sitting at your computer. Set a timer to occasionally adjust your position, gently stretch your neck or roll your shoulders.

\* **Knee pain:** Strengthen muscles that protect your knee, especially your quads (the front of your thighs), with exercises like stepping up to and down from a low platform.

A physical therapist can help you learn specific exercises and stretches to support areas of your body causing you chronic pain. Beyond reducing pain, PT can also help treat other conditions, such as strengthening the pelvic floor to address bladder issues.

**3. Boost sleep.** Pain makes it hard to get a restful night's sleep, and poor sleep can increase sensitivity to pain - leading to another downward spiral. The survey found over half of people (53%) who have experienced pain in the past 12 months say it affects their sleep, and 26% have been diagnosed with a sleep disorder. Here are tips to try:

\* **Change your pillow:** To improve sleep, especially with neck pain, swap out your pillow. Your ideal pillow depends on the issues you're having and your preferred sleep position. Try different kinds for several nights to find what works for you.

\* **Practice good sleep hygiene:** Keep your room cool and dark, and make sure to go to sleep and wake at the same time each day.

\* **Relaxation techniques:** Meditation, breathing exercises or warm baths can help you relax before bedtime.

"Making an effort to improve your sleep is an important step in treating pain," said Dr. Krauss. "While there are many easy and effective ways to do this on your own, sometimes it's necessary to work with a professional who can offer proven techniques, such as Cognitive Behavioral Therapy (CBT) for insomnia."

Learn more about digital physical therapy at [HingeHealth.com](https://HingeHealth.com).

### **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**



E M N S F M O T H E R S D A Y N  
 D A O O T Y L T F S P I L U T A  
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 S D U B S U N S H I N E O A O A

Cinco De Mayo  
 Tulips  
 Butterfly  
 Sunshine  
 Grilling  
 Buds  
 Sombrero  
 Father's Day

Swing Set  
 Bumble Bee  
 Sprinkler  
 Watering Can  
 Vacation  
 Bunnies  
 Mother's Day  
 Sprout

Fiesta  
 Heirloom Tomato  
 Waterslide  
 May Day  
 Baby pool  
 Margarita  
 Flower Shop  
 Barbeque

Answers on Page 4

## 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

Main Office, at  
(701) 883-5088

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

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## *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](mailto:Justine.irakiza@lssmn.org)



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degree relative who has type 1 diabetes, your risk of developing it increases quite significantly. In fact, if just one person in your family has type 1 diabetes, the chances of you or someone else in your family developing it are up to 15x higher. In most instances, individuals inherit risk factors from their parents, and the risk of developing the condition can be as high as 30% if both biological parents have type 1 diabetes.

That said, even more surprising is that about 90% of those who develop type 1 diabetes do not have a family history of the disease. So, while having a family history of type 1 diabetes is a common risk factor for developing the disease, it is a condition that truly does not discriminate.

### Age

In the U.S., type 1 diabetes is among the most common chronic diseases that impacts children. In fact, type 1 diabetes was once commonly referred to as "juvenile diabetes." That said, we've gotten more knowledgeable about this disease over time - and now we know that although type 1 diabetes usually develops in children and adolescents, individuals at any age can develop it. This means that young adults and adults are still at risk, with recent data showing that more than half the people who are newly diagnosed with type 1 diabetes are being diagnosed as adults.

## Autoimmune Disease

Notably, of individuals with type 1 diabetes, every fifth person also has an additional autoimmune disease - demonstrating the co-occurring nature of these conditions. As such, if you have certain autoimmune conditions, such as celiac or Hashimoto's disease, you may be at a higher risk of developing type 1 diabetes.

### Get Screened Today

While this list does not encompass all potential risk factors - for example, geography and environmental factors can also increase a person's risk for type 1 diabetes - the most important takeaway is that no one should wait for common symptoms of type 1 diabetes to get screened because it is possible to identify type 1 diabetes in its earlier stages, before common symptoms occur. That is the goal of Sanofi's The 1 Pledge movement - to drive a national conversation about and action around the importance of early screening for type 1 diabetes.

Take risk factors seriously and talk to your doctor about getting screened today; the more information you have early, the more you and your family can do to become educated about and get prepared for type 1 diabetes. Make your pledge to get screened at [The1Pledge.com](http://The1Pledge.com), which also has more educational information.



**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)

**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

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