



SOUTH CENTRAL ADULT SERVICES

LaMoure County

NEWSLETTER

SEPTEMBER & OCTOBER 2024

ISSUE NO. 5

The reasons why everyone should eat more seafood

Lane Lipetzky, RDN

Seafood has been an important nutritional staple for cultures around the world for thousands of years. Today, however, it can be a polarizing food, some people love it while others hate it. Fortunately for the fish lovers, it is an extremely nutritious protein source that both the Department of Health and Human Services as well as the US Department of Agriculture recommended to eat two to three times a week! In this month's article we will discuss the important nutrition found in seafood and how to limit your mercury intake.

Nutritional Value of Seafood

Although nutritional values vary



depending on the type of fish you're eating, you can count on seafood to be a great low-calorie source of protein, omega 3 fatty acids, vitamins and minerals. Lean fish are generally only 100 calories per 3 oz serving, while fatty fish

(containing healthy fats) are around 200 calories per serving. In that same 3 oz serving, seafood has on average 21 grams of high-quality protein to help build and maintain muscle mass. As we age, our protein needs increase while our calorie needs decrease making seafood a good choice for your healthy diet.

Seafood is also a great source of Omega-3 fatty acids and is low in saturated fat. Omega-3 fats are associated with a decrease in inflammation and triglyceride levels. Additionally, according to the National Institute of Health, higher consumption of Omega-3 fatty acids is associated with improved learning,

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How to make home modifications for independence

(BPT) - Being safe and comfortable at home is a large part of living well. Home modifications and repairs can help everyone prevent accidents and maintain an independent lifestyle, especially older adults and people with disabilities.

Many older adults prefer to live in their own homes for as long as possible, but too often don't think about whether a home can adapt to their needs as they age. Making improvements before they are needed is a good way to ensure that a home is ready for aging in place. Forward-thinking improvements can also prevent falls, which often result in the need for long-term care.

Changes can be made to improve both the accessibility and adaptability of a home. Accessibility improvements involve tasks like widening doorways and

lowering countertop heights for someone who uses a wheelchair. Adaptability changes, such as adding grab bars in bathrooms, are improvements to assist people for whom strength and balance may have become a

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LaMoure County Activities

LAMOURE

Mondays, Wednesdays &

Fridays: 10:30 AM: Bone Builders Exercise @ Lamoure Senior Center.

Fridays: 1 PM: Diamond art.

SEPTEMBER

Tuesday, Sept. 10: 12:30 PM:

"Happy Senior Club" monthly meeting.

OCTOBER

Tuesday, Oct. 8: 12:30 PM: "Happy Senior Club" monthly meeting.

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 County Birthdays



LAMOURE

SEPTEMBER

Genevieve Siedschlag: 9/8

Ken Klever: 9/14

Diane Hopkins: 9/17

Margaret Brademeyer: 9/18

Joyce Kramlich: 9/21

Lenoma Nannenga: 9/24

OCTOBER

James Bitz: 10/4

Andra Jenkins: 10/30

EDGELEY

SEPTEMBER

Irene Entzi: 9/17

LaVina Miller: 9/20

Gene Thom: 9/24

OCTOBER

Lynda Dunn: 10/16

Colleen Welder: 10/21

Dennis Leppert: 10/23

KULM

SEPTEMBER

Arlene Miller: 9/6

OCTOBER

Audrey Fregien: 10/15

JUD

SEPTEMBER

Kenneth Ost: 9/15

OCTOBER

Sharman Zachrison: 10/18



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.**

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 LSS at 701-389-2293 or
Andra at 883-5088 for more info.**

LaMoure County Outreach

September & October 2024

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

Andra Jenkins, Outreach Worker, is available at 701-883-5088 for appointments.

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challenge. These changes can usually be made without a major redesign or full-blown renovation.

You can get started making your home ready for long-term living by conducting a top-to-bottom assessment.

Home assessment

Before making any changes, look at the entire home. Keep in mind items that may be needed now as well as in the future. This checklist can help identify areas that might need improvement. Everyone has different needs, but in general, a "no" answer may be cause for action.

- * Are exterior walkways and entrances well-lit?
- * Is there a step-free entrance to the home?
- * Are entrance doors easy to lock, unlock, open and close?
- * Does the main floor include a kitchen, bedroom and full bathroom?
- * Are doorways wide enough for someone using a wheelchair, walker or service animal?
- * Is wall-to-wall carpeting secure and in good condition (flat, not bunched up)?
- * Are area rugs secured to the floor with non-slip padding?
- * Are walkways free from obstructions and hazards like cords and furniture?
- * Do stairways have sturdy handrails on both sides?

* Can bathroom and kitchen cabinets be easily reached?

* Is there a step-free shower entrance?

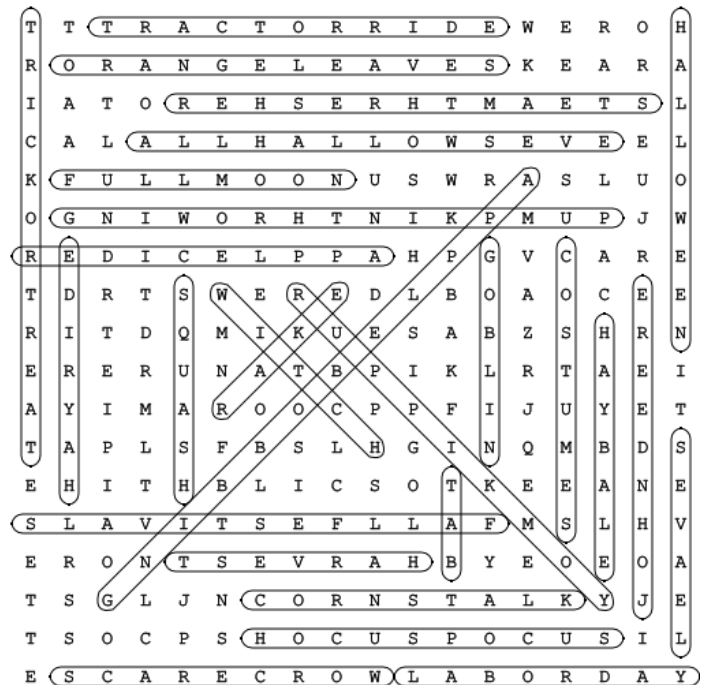
* Are grab bars available near the shower and toilet?

* Do bathtubs and showers have non-slip mats, adhesive strips or slip-free floors?

* Will smoke detectors provide visual as well as audio alerts?

* Are telephones easily accessible on all floors?

More information about home modifications, including a detailed home assessment checklist and information about financial assistance, can be found at eldercare.acl.gov.



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.

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

LaMoure / Dickey / Marion / Edgeley's Menu September 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
2	3 Pork loin Mashed potatoes & gravy Baked beans Apples	4 Sweet & sour meatballs Fried rice Chinese vegetables Pineapple	5 Hamburger hotdish Au gratin potatoes Peas Pears	6 Ham Baby bakers Corn Fruit
9	10 Roast beef Mashed potatoes & gravy Brussels sprouts Mandarin oranges	11 Chicken Baked potato Green beans Tropical fruit	12 Taco salad Cookie Fruit	13 Beef stew Peas Pears Dinner roll Fruit
16	17 BBQ ribs Sweet potatoes Broccoli Peaches	18 Rope sausage Mashed potatoes Sauerkraut Fruit	19 Chicken & dumplings Carrots Pumpkin bar	20 BBQ on bun Potatoes Green beans Fruity jello
23	24 Cod Potatoes Corn Pears	25 Spaghetti with meat sauce Peas Garlic bread Applesauce	26 Ham salad sandwich on a bun Pasta salad Apricots	27 Stuffed cabbage rolls Mashed potatoes Peas Tropical fruit
30			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!!


LaMoure / Dickey / Marion & Edgeley's Menu for October 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
Substitutions may be necessary due to product availability.	1 Beef stroganoff with noodles Carrots Fruit cocktail	2 Chicken Potato salad Baked Beans Peaches	3 Fish French fries Coleslaw Apricots	4 Rope sausage Sauerkraut Mashed potatoes Fruit
7	8 Tuna casserole Peas Apple	9 5 bean hotdish Garlic bread Pickled beets Pears	10 Baked chicken Potatoes Mixed Vegetables Fruit salad	11 Bratwurst Baked beans Cheesy potatoes Peaches
14	15 Stuffed peppers Mashed potatoes Broccoli Apricots	16 Tator tot hotdish Green beans Oranges	17 BBQ ribs Potatoes Beets Cook surprise	18 Meatloaf Baked potatoes Corn Fruit
21	22 Sweet & sour meatballs Rice California Blend Vegetables Pineapple	23 Lemon pepper fish French fries Peas Pears	24 Pork chop Mashed potatoes & gravy Carrots Apple bar	25 Pizza hotdish Broccoli Fruit
28	29 Rope sausage Sauerkraut Mashed potatoes Peaches	30 Chili Coleslaw Cornbread Pumpkin bar	31 Chicken Potatoes Baked beans Dirt cake	Please call by 8 AM the day of to sign up for or to cancel for dinner!!

Kulm, Jud & Gackle Menu for September 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED 	3 Cabbage roll Potatoes Corn Pears	4 Pork roast Strudels Carrots & potatoes Tropical fruit	5 Tilapia Sweet potatoes Coleslaw Mandarin oranges	6 Hamburger steak Potatoes Corn salad Fruit
9 Salisbury steak Potatoes Carrots Peaches	10 Chicken casserole Peas Bun Pineapple	11 Roast beef Mashed potatoes Corn Applesauce	12 Sweet & sour meatballs Fried rice Vegetable blend Fruit	13
16 Ham Scalloped potatoes Stewed tomatoes Fruit cocktail	17 Chicken strips Potato salad Pea salad Apricots	18 BBQ ribs Cheesy hashbrowns Mixed Vegetables Pears	19 Bean soup Chicken salad sandwich Fruit	20
23 Pork chop Potatoes Beans Mandarin oranges	24 Sloppy joes Peas Potatoes Peaches	25 Chicken BBQ Potatoes Corn Tropical fruit	26 Chicken casserole Tossed salad Fruit	27
30 Tator tot hotdish Corn Apricots			Substitutions may be necessary due to product availability.	Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.

Kulm, Jud & Gackle Menu for October 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.	1 Stuffed pepper Scalloped potatoes Corn Pineapple	2 Pork roast Strudels Potatoes & carrots Applesauce	3 Stuffed shells Chicken strips Peas Fruit	4
7 Chicken lasagna Beans Tossed salad Fruit cocktail	8 Tator tot hotdish Corn Bun Pears	9 Spaghetti & meat sauce Corn salad Garlic Toast Mandarin oranges	10 Beef stir fry Peas & carrots Fruit	11
14 Chicken cordon bleu Baby Bakers Green beans Peaches	15 Meat loaf Baked potato Broccoli Apricots	16 Fish sandwich Au gratin potatoes Beets Tropical fruit	17 Bratwurst Macaroni salad California blend vegetables Fruit	18
21 Cabbage roll Mashed potatoes Corn Pineapple	22 Turkey Dressing Mashed potatoes Green beans Applesauce	23 Tilapia Potatoes Coleslaw Pears	24 Liver & onions Potatoes Peas & carrots Fruit	25
28 Stuffed peppers Scalloped potatoes Carrots Mandarin oranges	29 Meat loaf Baked potato Green beans Fruit cocktail	30 Chicken strips California vegetables Rice Peaches	31 Soup Chickens salad sandwich Fruit V8 Juice	Substitutions may be necessary due to product availability.

Difficulty swallowing? You may have eosinophilic esophagitis

(BPT) - Do you find it difficult to swallow food? Does food feel like it gets stuck in your throat when you eat? These are common symptoms of eosinophilic esophagitis (EoE), a disease that affects an estimated one in 2,000 people in the U.S. EoE is reportedly increasing around the world.

What is EoE? EoE is a chronic allergic condition. It involves inflammation and swelling in the esophagus. This can make it difficult to swallow food. The esophagus is the tube connecting the mouth to the stomach. Chronic inflammation from EoE causes damage to the esophagus that makes eating difficult or uncomfortable.

The main symptom of EoE is difficulty swallowing, but it's not the only sign. According to the American College of Allergy, Asthma & Immunology (ACAAI), other symptoms may include:

- * Irritability
- * Problems with feeding
- * Poor weight gain and growth among infants and toddlers
- * Acid reflux
- * Regurgitation
- * Vomiting
- * Stomach pain
- * Chest pain in teens and adults

Infants and toddlers may refuse food or show poor growth, malnutrition or weight loss. School-age children may have chronic stomach pain, trouble swallowing and/or vomiting.

People with EoE tend to drink a lot of liquids to swallow food. They often feel full halfway through a meal. If solid food gets stuck in the throat, it is a medical emergency. Left untreated, long-term inflammation from EoE can narrow the esophagus and cause permanent damage.

Anyone can develop EoE - and although it's a rare disease, it's becoming increasingly more common. Children, adults, men and women of all ethnicities can develop the condition. For some families, EoE is hereditary.

Is EoE related to food allergies? While doctors and researchers aren't sure what causes EoE, it can be triggered by food or environmental allergies. People with other allergic conditions like asthma and eczema also often develop EoE. Some with EoE mistakenly believe they have gastroesophageal reflux disease (GERD). They do not realize that reflux could be related to EoE, and that treatments between the two conditions are different.

To manage your symptoms, your doctor may recommend different treatments to reduce the symptoms and inflammation.

Your doctor may recommend removing certain foods from your diet to treat EoE. This is known as a dietary restriction or diet therapy. Diet therapy removes potential food triggers from your diet. The triggers may include common food allergens, such as cow's milk, egg, peanut, tree nuts, fin fish, shellfish, wheat, soy and sesame. A special amino acid-based liquid formula may be recommended by your doctor. These formulas are referred to as elemental formulas. They do not trigger allergies.

When do I need medication to treat EoE? Your doctor may recommend medicines to help manage your symptoms. Since EoE is an inflammatory disease, treatments will focus on decreasing inflammation. A common treatment is taking pills called proton pump inhibitors (PPIs). While PPIs reduce stomach acid production, they can also reduce inflammation in some EoE patients.

Another treatment a doctor may prescribe is a corticosteroid to help control inflammation. These types of medications can come in an inhaler or liquid form.

How do biologics work to treat EoE? Your doctor may recommend a biologic medication. Currently in the U.S., there is one biologic approved to treat EoE - dupilumab. It is administered via an injection. Dupilumab can reduce the number of eosinophils in the esophagus and relieve symptoms caused by EoE inflammation. It can also improve patients' ability to swallow food.

If you recognize the symptoms of EoE in yourself or a loved one, speak to your doctor. You may want to see a specialist such as an allergist or gastroenterologist..

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**



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.



Halloween
Orange Leaves
Fall Festivals
Steam Thresher
Squash
Hocus Pocus
Hay Bale
Yom Kippur
Leaves

Goblin
Tractor Ride
Bat
Apple Bobbing
Trick-Or-Treat
Harvest
Rake
Full Moon
Pumpkin Throwing

Labor Day
Hay Ride
All Hallow's Eve
Apple Cider
John Deere
Scarecrow
Costumes
Corn Stalk
Witch

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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
or find us on Facebook at
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

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memory and cognitive well-being. To know if you are eating a fatty fish, look at the color of the flesh. Fatty fish like salmon and herring typically have a darker color flesh while leaner fish like cod and walleye have a lighter color. Both fatty and lean seafood are healthy for you and should be included in your diet.

Different types of seafood will contain varying levels of vitamins and minerals making it hard to give an overall nutritional statement. I would recommend to focus on eating a variety of fish to vary your vitamin and mineral intake. Seafood can be a good source of selenium, potassium, B vitamins, vitamin A, vitamin D, iron, zinc, magnesium and iodine depending on what type of fish you are eating.

You may notice that certain types of seafood, especially shellfish, contain high amounts of cholesterol. Luckily, dietary cholesterol only has a modest effect on overall cholesterol, meaning that it is ok to include foods containing cholesterol like eggs and shellfish as part of your healthy diet. Saturated fat, on the other hand, is what tends to raise cholesterol levels. As mentioned above, seafood is actually low in saturated fat which makes it a great choice for heart health.

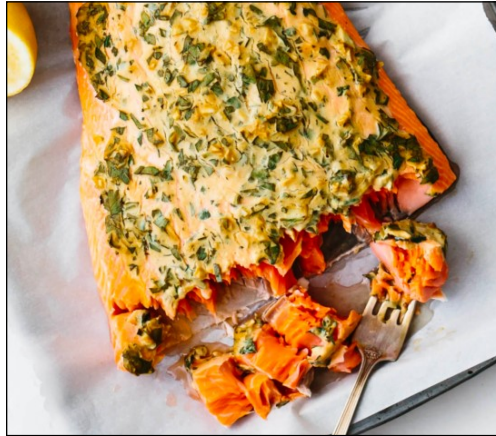
What about mercury?

Fish absorb methylmercury from their environment which has led to speculation over how much fish is ok to consume. In general, predatory fish contain higher levels of mercury. This includes shark, bluefin tuna, barramundi and swordfish. High mercury lake fish according to the Minnesota Department of Health include bass, northern and walleye. Fish with lower levels of mercury include shellfish, salmon, crappie, sunfish, tilapia, stream trout, yellow perch, sardines and canned tuna. Our bodies are able to eliminate mercury over time, but it

is still important to limit the consumption of high mercury containing fish to no more than once a week. Fish low in mercury, however, should be consumed 2 times a week.

Below is an easy and delicious recipe to help you increase your seafood intake!

Dijon Baked Salmon



Prep time 5 minutes

Cook time 20 minutes

Ingredients

- 1 pound salmon fillet or 3-4 smaller salmon fillets
- ¼ cup fresh parsley finely chopped

- ¼ cup Dijon mustard

- 1 tablespoon lemon juice

- 1 tablespoon extra-virgin olive oil

- 2 garlic cloves finely chopped

- Salt and pepper to taste

Instructions

1. Preheat your oven to 375 degrees Fahrenheit. Mix the mustard, parsley, lemon juice, oil, garlic, salt, and pepper in a small bowl.

2. Place the salmon on a parchment lined baking tray and generously coat the top of the salmon with the herb mustard mix.

3. Cooking times will vary based on the thickness of your salmon. Bake the salmon for 8-12 minutes for smaller fillets (an inch or less in thickness) or 15 to 20 minutes for a large thick fillet. Make sure it reaches a minimum internal temperature of 145 F.

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
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