



SOUTH CENTRAL ADULT SERVICES

Logan 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 challenge. These changes can usually be made without



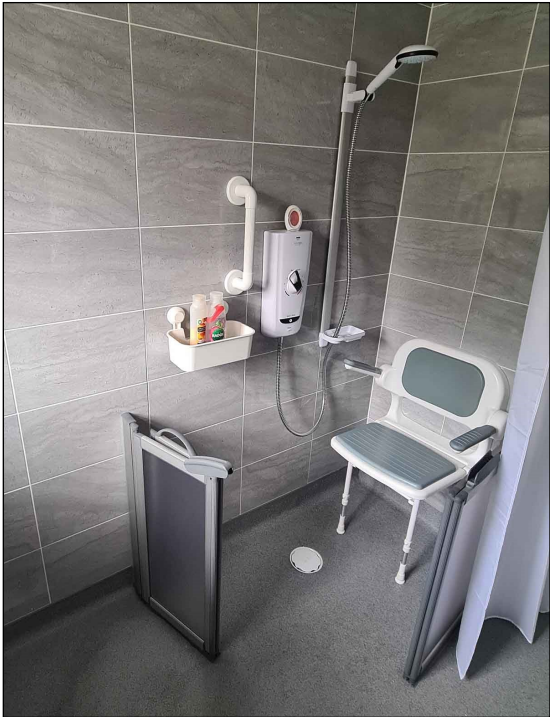
a major redesign or full-blown renovation.

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 elder-care.acl.gov.



EBT/SNAP

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.

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LOGAN COUNTY ACTIVITIES

NAPOLEON

OCTOBER

SEPTEMBER

Tuesday, Sept. 3: 6:30 PM: Evening meal, followed by card games.

Tuesday, Sept. 10: 5:30 PM: Evening meal, followed by card games.

Tuesday, Sept. 17: 5:30 PM: Evening meal, followed by card games.

Tuesday, Sept. 24: 5:30 PM: Evening meal, followed by Monthly meeting.

Tuesday, Oct. 1: 5:30 PM: Evening meal, followed by card games.

Tuesday, Oct. 8: 5:30 PM: Evening meal, followed by card games.

Tuesday, Oct. 15: 5:30 PM: Evening meal, followed by card games.

Tuesday, Oct. 22: 5:30 PM: Evening meal, followed by monthly meeting.

Tuesday, Oct. 29: 5:30 PM: Evening meal, followed by card playing.

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: _____



FREE IN-HOME SERVICES FOR SENIORS

Provided by Lutheran Social Services

SENIOR COMPANIONS

- Enabling seniors to continue living independently
- Helping relieve loneliness and encouraging activity
- Providing respite care for family caregivers

1-800-450-1510

Frozen Meals Available

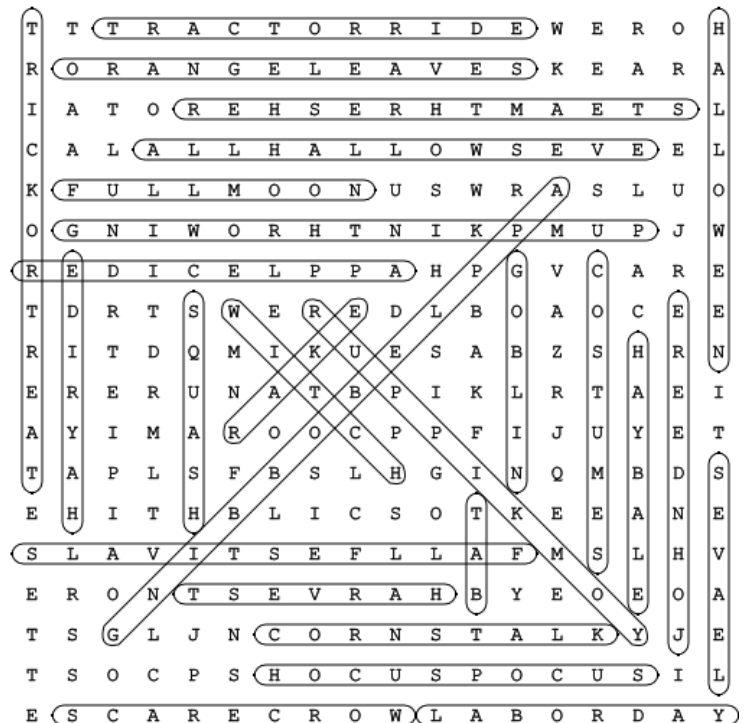
Frozen meals are available to elderly people who are unable to shop and prepare meals, and where hot home-delivered meals are not available every day. The meals are labeled with instructions for heating. A serving of bread, butter, milk, and dessert is included for each meal. Contact your Senior Center 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.

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4	9	5	2	8	7	3	1	6



Napoleon's Menu September 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Evening Meal Swedish meatballs Mashed potatoes Creamed corn Peaches	4 Pizza with veggies and meat Tossed salad Pineapple	5 Chicken alfredo Breadstick Peas Mandarin oranges	6
9	10 Evening Meal Pork chop Augratin potatoes Beets Blushing pears	11 Chicken drummies French fries Cheesy green beans Peaches	12 California burger Onion rings Pasta salad Banana	13
16	17 Evening Meal Tator tot hotdish Tropical fruit	18 Cabbage roll Mashed potatoes Carrots Fruit cocktail	19 Knoephla sausage sauerkraut hotdish Fruit	20
23	24 Evening Meal Chicken parmesan over noodles Breadstick Peas Fruit	25 BLT Coleslaw Onion rings Apricots	26 BBQ on a bun Tator tots Cheesy carrots Applesauce	27
30			Meal pick up times Tues: 5 - 5:30 pm Wed & Thurs: 11:30 am—12 pm	Substitutions may be necessary due to product availability.

Napoleon's Menu for October 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions may be necessary due to product availability.	1 <u>Evening meal</u> Chicken & dumplings Carrots & celery Jello and fruit	2 Beef stroganoff over egg noodles Corn Peaches	3 Hot dog Mashed potatoes Sauerkraut Applesauce	4
7	8 <u>Evening meal</u> Goulash with corn Fruit salad	9 Chicken burger French fries Cheesy green beans	10 Stuffed peppers Mashed potatoes Carrots Pineapple	11
14	15 <u>Evening Meal</u> Roast beef Mashed potatoes Creamed corn Tropical fruit	16 Pancakes Hashbrown casserole Sausage links Blueberries	17 Spaghetti with meat sauce Garlic bread Peas Pears	18
21	22 <u>Evening Meal</u> Ham Baked rice Mandarin oranges	23 BBQ ribs Baked potato Cheesy green beans Banana	24 Chicken strips Macaroni & cheese Carrots Fruit	25
28	29 <u>Evening meal</u> Salisbury steak Augratin potatoes Peas Peaches	30 Knoephla soup Ham sandwich Beets Fruit	31 Sweet & sour chicken Fried rice with veggies Egg roll Fruit	

Gackle Menu for September 2024

All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1% 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	6
9 Salisbury steak Potatoes Carrots Peaches	10 Chicken casserole Peas Bun Pineapple	11 Roast beef Mashed potatoes Corn Applesauce	12	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	20
23 Pork chop Potatoes Beans Mandarin oranges	24 Sloppy joes Peas Potatoes Peaches	25 Chicken BBQ Potatoes Corn Tropical fruit	26	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.

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	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	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	18
21 Cabbage roll Mashed potatoes Corn Pineapple	22 Turkey Dressing Mashed potatoes Green beans Applesauce	23 Tilapia Potatoes Coleslaw Pears	24	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	Substitutions may be necessary due to product availability.



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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

Answers on Page 4

CREATIVE COOKING



Fall Squash Waffles

Prep: 20 mins Cook: 30 minutes

INGREDIENTS

- 1 acorn squash, halved and seeded
- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 1 ½ teaspoons ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon salt
- ¼ teaspoon ground cloves
- ¾ cup brown sugar
- 1 cup milk
- 2 eggs
- 2 tablespoons vegetable oil

DIRECTIONS

1. Place acorn squash, cut-side down, in a microwave-safe dish; add enough water to reach a 1-inch depth. Cook squash in microwave until tender, about 20 minutes; allow to cool until easily handled. Scoop meat out of squash and discard peel.
2. Combine flour, baking powder, cinnamon, ginger, salt, and cloves in a bowl. Blend squash meat, brown sugar, milk, eggs, and vegetable oil in a food processor until smooth; mix into flour mixture until batter is smooth.
3. Preheat a waffle iron according to manufacturer's instructions. Spray the inside of the waffle iron with cooking spray.
4. Pour 1/4 to 3/4 cup batter (depending on size of waffle iron) into waffle iron and cook according to manufacturer's instructions. Repeat with remaining batter.

NUTRITIONAL INFORMATION

Servings: 4; Calories 513; Total Fat 11g; Saturated Fat 3g; Sodium 707mg; Protein 13g; Total Carbohydrate 93g; Dietary Fiber 4g; Sugars 32g; Cholesterol 98mg.



Fall Potatoes

Prep: 15 mins Cook: 25 mins

INGREDIENTS

- 2 potatoes, cut into bite-sized chunks
- 2 sweet potatoes, cut into bite-sized chunks
- 3 tablespoons butter
- 2 pinches salt
- ½ cup dates, pitted and chopped
- ¼ cup pumpkin seeds
- 1 tablespoon brown sugar
- 1 teaspoon ground cinnamon

DIRECTIONS

1. Place potatoes and sweet potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer just until fork-tender, about 15 minutes. Drain.
2. Melt butter in a skillet over medium heat. Sprinkle potatoes and sweet potatoes with salt and cook until beginning to brown, about 3 minutes.
3. Mix in dates, pumpkin seeds, brown sugar, and cinnamon. Cook and stir until dates are warm and pumpkin seeds begin to brown, 1 to 2 minutes. Remove from heat and serve.

NUTRITIONAL INFORMATION

Servings: 4; Calories 327; Total Fat 13g; Saturated Fat 6g; Sodium 184mg; Protein 6g; Total Carbohydrate 51g; Dietary Fiber 6g; Sugars 19g; Cholesterol 23mg.

Logan County Transit

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

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](https://www.facebook.com/southcentraltransitnetwork)

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 holiday 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
Becky Telin at 701-389-2293.

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**



CONTINUED from page 1

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.

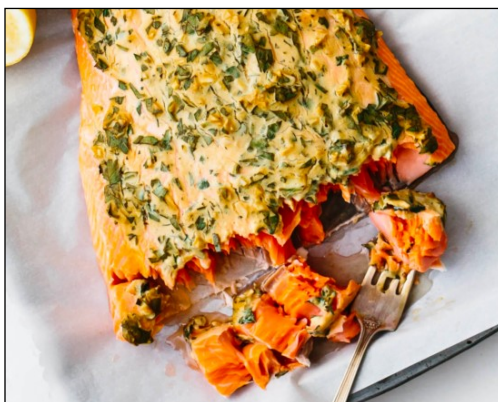
Below is an easy and delicious recipe to help you increase your seafood intake!

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

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

