



SOUTH CENTRAL ADULT SERVICES *Barnes County* NEWSLETTER

NOVEMBER & DECEMBER 2024

ISSUE NO. 6



The annual Fall Festival was held at Barnes County Senior Center on Thursday, Oct. 3, 2024. Rolls, coffee, baked goods, Bingo, and Turkey supper night were enjoyed by many.

Left photo: Advisory Board Members Doreen Larson, Sandy Myers, and Arlys Netland served caramel and cinnamon rolls to Judy Olstad and Jean-nie Hedland.

Right photo: Apple pies were on display for sale at the bake sale during the Fall Festival. The bake sale brought in \$159 more than last year.



Think squash: Packing lunch with a punch

Think squash isn't for you?
THINK AGAIN!

Adults with healthy eating habits may be able to fight off illnesses quicker than those who don't. From cancer prevention and heart health to keeping Alzheimer's disease at bay, bringing vegetables like squash into your diet may help.

True to their name, winter squashes are ideal foods to have on hand during the cooler months. They not only are packed with immune-enhancing nutrients but also work well in heartier dishes and can last a long



time in your kitchen.

While you may only think about squash in the fall, adding these dense veggies will pack a punch when it comes to fighting disease and many are available year-round.

Most Popular Types of Squash

Zucchini — This slender (or if forgotten in the garden, enormous) green vegetable is part of the squash family and is a popular veggie well-known for its proven nutritive properties. It's low in carbohy-

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FALL FESTIVAL WINNERS

1st: Patty Beil, \$150 cash

2nd: Arlie Braunberger, 50lb meat bundle,
Valley Meat

3rd: Norma Voldal, Puklich oil change

4th: Chris Iverson, Stoudt Miller oil change

5th: Judy Olstad, \$40 Smith Lumber

6th: Deb Peterson, \$25 Dairy Queen

7th: Maynard Flatt, \$25 Leever's

8th: Jeff Oster, \$25 Pizza Corner

9th: Paul Donohue, \$25 Handy Hardware

Paul Donohue sold 80 books of tickets and
Arllys Netland, Perry Roorda, and John
Thompson each sold 8 books.

2024 MONEY RAISED

Rolls - \$269; Bake Sale - \$643; Raffle
- \$1321; Bingo - \$32.90; Total raised -
\$2265.90. In 2023, we made \$3649.90.

I would like to recognize the Advisory Board members, kitchen staff, and all who volunteered to help in any way during the Fall Festival. Thank you all so much! Also, thank you to our raffle sponsors: Valley Meat, Leever's, Puklich, Stoudt-Miller Inc., Smith Lumber, Pizza Corner, Handy Hardware, Dairy Queen, and the Senior Center. And to anyone I missed, Thank you!

Barnes County Outreach

**Candace will be in the office
Monday - Thursday**

If you have needs regarding healthcare, prescription drug coverage, turning 65 and eligibility for Medicare and Social Security or other needs, you may schedule an appointment with Candace for assistance, either at the office or an in-home call.

**We have frozen meals for those
who live in areas where Meals On
Wheels are not served.**

**Please call Candace Johnson at
845-4300 or 1-800-472-0031 to
schedule an office or home visit.**

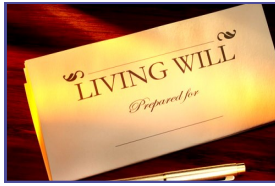
Take the South Central Bus to Thursday Supper at the Senior Center

FREE OF CHARGE!

- ◆ We will pick you up at your house or apartment and drop you off at the front door of the Senior Center.
- ◆ You don't have to worry about parking, weather conditions or walking in the dark.
- ◆ It's a good meal at an inexpensive price (suggested donation of \$3.50 for those over 60).
- ◆ Musical entertainment along with meal on selected Thursdays.

Legal Services of ND

at the Barnes County Senior Center is offered on the 4th Wednesday of each month.



Call 845-4300

to arrange an appointment.

Gift Certificates now available!

Looking for a gift for the person who has everything? Let us help you out with a gift certificate for South Central Adult Services congregate meals.

Call 845-4300 today!



Bone Builders

Bone Builders exercise class meets Wednesdays & Fridays at 9:30 AM at the Barnes County Senior Center.

Everyone is welcome.

Contact Brenda at 845-4300 with any questions.



Game Players Wanted!

The Senior Center in Valley City is looking for anyone interested in playing cards on Mondays and Wednesdays, as well as anyone interested in trying other games.

If you'd like to sign up or make a suggestion, please call the senior center and speak to Brenda at 845-4300.



**Do you have difficulty
leaving home?**

**Our doctor and nurse
practitioners come to you.**

(800) 929-8891

CareThatComesToYou.org



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 845-4300
for more info.**

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drates, calories, and contains healthy fats. It is great fried, added to casseroles or snuck into baked goods.

Yellow — Besides the color, yellow squash differs from zucchini with a larger bottom and more tapered neck. The nutty flavor contrasts well with zucchini's more cucumber-like taste. Eating yellow squash can lower cholesterol levels, provides antioxidant benefits, lowers blood pressure and more.

Pumpkin — This slightly sweeter winter squash is used both in savory dishes and sweet desserts. Pumpkin has exceptional antioxidant properties due to the presence of alpha and beta carotenes.

Spaghetti — oval-shaped, spaghetti squash is yellow or orange colored, and after cooking can be separated into long, thin strands that look similar to spaghetti (hence the name). It is often used as a healthy substitute to traditional spaghetti.

Butternut — This winter squash is larger in size and often roasted whole with its seeds and rind. It adds a nice flavor to chili and pasta dishes and is great roasted with a small amount of butter and cinnamon.

Acorn — aptly named because when fully grown, they look quite similar to large acorns, with a delicious twist of being green and heavily ridged around the exterior. Acorn squash is a winter squash, meaning that it grows longer on the vine before harvest. Besides the delicious taste, it is also more nutrient-dense than any of its summer squash relatives, making it an invaluable part of a healthy and balanced diet.

Patty pan — Also known as scallop squash due to its scalloped edges, patty pan squash is a small, brightly colored, summer variety. It is a good source of folate, manganese and vitamin C, and ranks extremely low in calorie count. Patty pan tastes great roasted, grilled or fried.

Benefits of Adding Squash to Your Diet

- Strengthens bones with valuable trace elements such as calcium and zinc.
- Regulates blood sugar as it is a good source of fiber and vitamin B, which help stabilize insulin and glucose levels.
- Boosts immunity with antioxidants (i.e., vitamin C).
- Prevents heart disease with cholesterol-lowering

pectin.

- Fights lung cancer and other respiratory illnesses with high amounts of vitamin A.

- Supports Eye health with vitamins and minerals good for preserving eyesight.

Pumpkin Sausage Pasta

- 1 lb. penne pasta
- 1 lb. sweet Italian sausage, casings removed
- 1 med. onion, finely chopped
- 4 cloves minced garlic
- 1 bay leaf
- 2 Tbsp fresh sage
- 1 cup white wine or chicken broth
- 1 cup cooked and pureed pumpkin or other squash
- 1 cup chicken broth
- 1/2 cup evaporated milk
- 1/8 tsp ground cinnamon
- 1/2 tsp ground nutmeg Salt and pepper to taste
- *Fresh sage leaves
- *Parmesan cheese

Cook pasta according to directions and set aside. In large frying pan, brown sausage over medium high heat. When cooked, remove meat and set aside. Drain fat from pan and return pan to stove. Sauté onion and garlic in pan for 3-5 minutes. Add bay leaf, sage and wine. Cook until half the liquid evaporates — about 2 minutes. Mix in chicken broth and pumpkin. Continue stirring until sauce begins to bubble. Reduce heat and add sausage. Stir in milk. Add seasonings and simmer 5-10 minutes to thicken. Remove bay leaf. Combine sauce and pasta and toss over low heat for about a minute. Garnish with freshly grated Parmesan or Romano cheese and fresh sage leaves (optional).



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How to determine noise levels. If you're concerned about noise where you frequently spend time, there are some downloadable apps for your smartphone that can gauge the decibel level for you to help you determine if you need hearing protection.

What to do if you notice hearing loss. If you frequently miss parts of conversations or often ask people to repeat themselves, it's possible hearing loss is the culprit. Other clues: you turn up the TV or radio louder, or you hear intermittent ringing or buzzing in your ears.

The best way to know is by taking a hearing test. Try an easy, convenient online version like the one at LexieHearing.com, developed to identify the possibility of some forms of hearing impairment. It's always advisable to consult with a hearing health professional if you're concerned about your hearing.

Good news about today's hearing aids. Hearing aid technology has come a long way in recent years. In October 2022, the FDA established a new category of over-the-counter (OTC) hearing aids for adults 18 and older with perceived mild-to-moderate hearing loss in order to increase the public's access to hearing aids and improve overall hearing health. These new hearing aids are available at retail stores nationwide without a prescription.

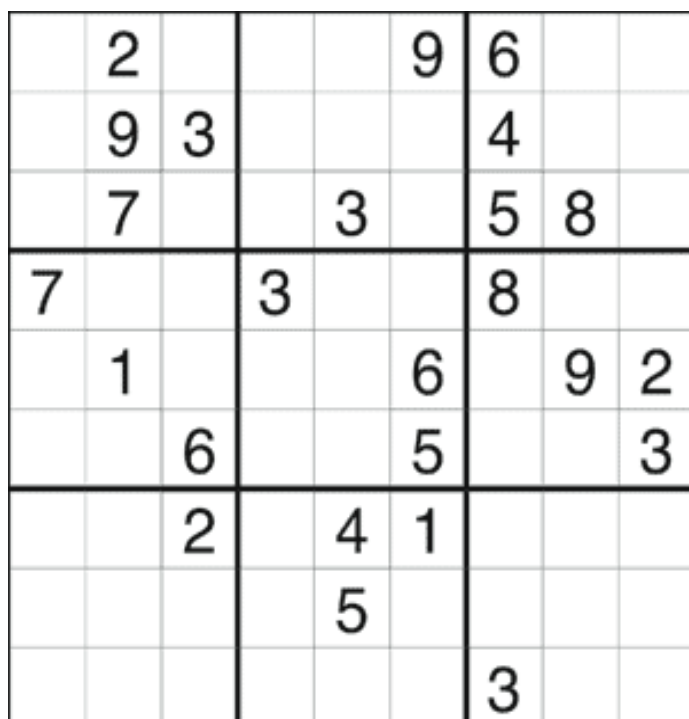
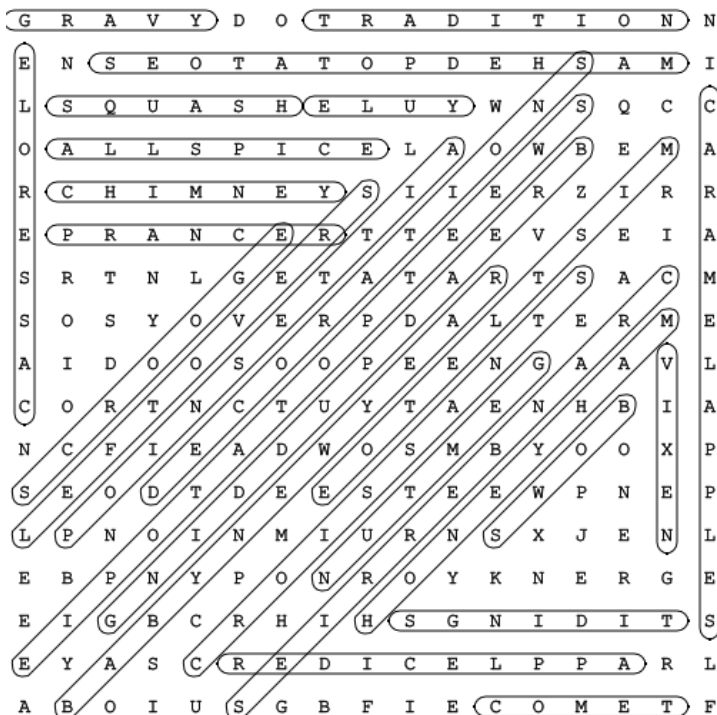
Some OTC options - such as the Lexie B2 Plus Hearing Aid - are also FSA and HSA eligible, and available through some insurance hearing health plans.



The importance of hearing.

For anyone with mild-to-moderate hearing loss, being able to hear your friends and loved ones, as well as participating in everything you love, makes all the difference for your physical, mental and emotional well-being. Using hearing aids may help slow the risk of cognitive decline for some, and even improve your interpersonal relationships.

Being able to fully participate in your active life for years to come is well worth the effort of protecting your hearing - and successfully managing the hearing loss you may already experience.



Barnes County Food Pantry Donations

August 20 - October 25

Carol M. Nelson - in
memory of Mariann Maine

Paul & Charlene Donohue -
in memory of loved ones

Bob Eggert

Cynthia Metcalf

Phil & Darlene Mueller - in
memory of

Jelle Vander Hoey

Peter & Karen Richamn - in
memory is Harriet Dimmer

GiGi Goven - in memory of
Rev. Charlie Plastor

Lenore & Terry Lebahn

Elaine Miedema - in
memory of Doris Sanden

Monte & Penny Peterson -
in memory of Marshall
Munzlinger

John & Kathie Kopp - in
memory of Dave Nagel

Faye Bubach

Amy Martineck - in
memory of Kathy Preston

Gayle Burchill

Phil & Darlene Mueller - in
memory of Tom Hock

Elaine Miedema - in
memory of Delores Card

Larry & Carol Foth

James Greene

Bev & Robert Loken

Margaret Udem

Helen Huseby - in memory
of Kathy Preston

Diana Vagle - in memory of
Harvey Hochhalter

Gary & Lori Thompaon

Norma Voldal - in memory
of Harvey Hochhalter

Sanford Health VC Clinic

Community Religious
Events

Smith Lumber

Catholic Daughters of
America



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.

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

701-389-2293

DONATIONS

SENIOR CENTER

Jerome & Marlene Gruman - in
memory of Harriet Dimmer

Doug & Ann Kelly - in memory
Sharon Kinney

Illa Glandt - in memory Delores
Card

JoAnne Pithey - in memory
Pithey

Sheyenne Valley Community
Foundation—Pat Nielson

Warren Ostby

Evelyn Delmore

Jerome & Marlene Gruman

Brian & Karen Enge

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**



PUBLIC TRANSIT

*Please try to schedule your ride a day in
advance call 701-845-4300*

Monday through Friday

8:00 am until 4:45 pm

Saturday & Sunday

8:00 am until 1:45 pm

**** Rides cost \$2.00 ****

RURAL TRANSPORTATION

Monday through Friday:

All rides to Fargo cost \$10.00 plus
\$2.00 every additional stop

Mondays, Wednesdays & Fridays:

All rides to Jamestown cost \$5.00 plus
\$2.00 every additional stop

Upon Request:

Sanborn, Rogers, Wimbledon, Dazey, Leal
& Sibley to Valley City cost \$5.00 plus
\$2.00 every additional stop

Upon Request:

Kathryn, Nome, Fingal, Oriska, Litchville
& Hastings to Valley City cost \$5.00 plus
\$2.00 every additional stop

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

Gifts & More



*Stop in and check out the Gift Shop at the
Valley City Senior Center. Great gift ideas
for those special people in your life.*



G R A V Y D O T R A D I T I O N N
 E N S E O T A T O P D E H S A M I
 L S Q U A S H E L U Y W N S Q C C
 O A L L S P I C E L A O W B E M A
 R C H I M N E Y S I I E R Z I R R
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 E B P N Y P O N R O Y K N E R G E
 E I G B C R H I H S G N I D I T S
 E Y A S C R E D I C E L P P A R L
 A B O I U S G B F I E C O M E T F

Allspice
 Leftovers
 Nutmeg
 Caramel apples
 Casserole
 Squash
 Chimney
 Prancer
 Decorations

Apple cider
 Mistletoe
 Bread pudding
 Poinsettia
 Croissants
 Bows
 Comet
 Cranberries
 Scrooge

Sweet potato pie
 Tidings
 Gravy
 Yule
 Vixen
 Mashed potatoes
 Baby New Year
 Honey ham
 Tradition

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CREATIVE COOKING



Peppermint Holiday Cookies

Prep: 15 mins Cook: 10 minutes Additional: 15 mins

INGREDIENTS

- 1 cup butter, softened
- $\frac{3}{4}$ cup white sugar
- 1 large egg, beaten
- 3 cups all-purpose flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup crushed peppermint candy canes

Icing

- $\frac{3}{4}$ cup confectioners' sugar
- 5 teaspoons warm water
- 2 tbsp. crushed candy canes, or to taste

DIRECTIONS

1. Preheat the oven to 350 degrees F. Lightly grease baking sheets, or line with parchment paper.
2. Beat butter and sugar together in a large bowl with an electric mixer until light and fluffy. Beat in egg until completely incorporated. Mix in flour and salt to form a soft dough. Fold in crushed candy canes. Roll dough into walnut-size balls and place 1 inch apart onto prepared baking sheets.
3. Bake in the preheated oven until edges are golden, 8 to 10 minutes. Cool on the baking sheet briefly before removing to a wire rack to cool completely, 8 to 10 minutes more.
4. Meanwhile, make the icing: Whisk confectioners' sugar and warm water together in a small bowl until smooth. Dip the top of a cookie into icing, then sprinkle with crushed candy canes. Repeat with remaining cookies. Allow icing to set before serving, at least 5 minutes.

NUTRITIONAL INFORMATION

Servings: 36; Calories 123; Total Fat 5g; Saturated Fat 3g; Sodium 51mg; Protein 1g; Total Carbohydrate 18g; Dietary Fiber 0g; Sugars 9g; Cholesterol 14mg.



Corn Casserole

Prep: 15 mins Cook: 1 hr & 15 mins

INGREDIENTS

- 1 (15 oz) can cream-style corn
- 1 (8 oz) container sour cream
- $\frac{1}{4}$ cup butter, melted
- 2 large eggs, beaten
- 1 (15.25 oz) can whole kernel corn, drained

- 1 $\frac{1}{2}$ cups shredded Cheddar cheese
- $\frac{1}{2}$ cup chopped onion
- 1 (4 oz) can diced green chiles, drained (optional)
- 1 (8.5 oz) package dry corn muffin mix

DIRECTIONS

1. Preheat the oven to 350 degrees F. Grease a 2-quart casserole dish.
2. Mix cream-style corn, sour cream, melted butter, and eggs together in a large bowl until well combined. Stir in whole-kernel corn, Cheddar cheese, onions, and chiles. Stir in corn muffin mix until just moistened.
3. Bake in the preheated oven for until a knife inserted in the center comes out clean and the top is golden, about 75 minutes. Let stand for 5 minutes before serving.

NUTRITIONAL INFORMATION

Servings: 10; Calories 325; Total Fat 18g; Saturated Fat 10g; Sodium 930mg; Protein 9g; Total Carbohydrate 35g; Dietary Fiber 2g; Cholesterol 41mg.

Congregate Meals

Hot, delicious meals are served at the Valley City Senior Center seven days per week, with the exception of legal holidays. Meals are served at 11:30 a.m. Monday through Friday, noon on Saturday and 12:30 p.m. on Sunday. Anyone age 60 or over is welcome to participate.

People are asked to call and reserve meals at least one day in advance. The suggested contribution is posted at each meal site. The suggested meal donation in Barnes County is \$3.50 for participants 60 years and older. The cost of meals for persons under 60 years of age is \$9.00. Food Stamps are an accepted method of contribution for congregate meals.

**To make reservations call
701-845-4300.**

RIDES AVAILABLE!!

A bus will be available every day to pick up passengers to bring them to the Senior Center for lunch. **The cost is 50¢ for round trip when participating in the meals program.**

The bus will begin picking people up at 11 AM and will leave the site after the meal between 12:30 & 1 PM. If you would like to have a ride to the Senior Center for lunch, you must call a day in advance.

Contact the dispatcher at 845-4300.

Cost for rides to the center for activities is \$2.

Volunteers Needed for Home Delivered Meals

Volunteers are needed to deliver Home Delivered Meals. Meals are served 7 days a week over the lunch hour. Routes take approximately 30 minutes to deliver and are divided by area of town.

For more information or to volunteer, call Brenda at 845-4300.

Reminder to Home Delivered Meal Clients



I would like to remind everyone who receives home delivered meals from the Valley City kitchen, that the **staff needs to be notified before 9 AM of *any* changes in the meal route.** It is very difficult for the cooks to add or remove meals from the routes after that time. Each meal is individually packaged and we serve between 60 to 80 meals every day. We greatly appreciate your consideration.

Please call, Monday—Friday, for any changes at 845-4300.

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



We help seniors age in place.

▶.....◀

We offer a range of home care services, including companion care, personal care, respite care, end-of-life care, Alzheimer's/Dementia care and round-the-clock care.

▶.....◀

<https://elderbeecare.com>
(701) 490-1389

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: _____

How to protect your hearing from loss at any age

(BPT) - Taking care of your health is more important as you age, but one aspect of your well-being that's often neglected is hearing health. For many, hearing loss is ignored until its effects appear: difficulty socializing, isolation or depression, balance problems and even cognitive decline.

Hearing is an integral part of how everyone interacts with the world, physically, mentally and emotionally. And although hearing loss is not reversible, it can be managed with proper intervention.

Here are tips to help you protect your hearing while engaging in activities you love, so you can continue to enjoy them for many years to come, plus advice for checking your hearing status and benefiting from the latest hearing technology.

How loud is too loud? According to the National Institutes of Health, extended periods of exposure to sounds at or above 85 A-weighted decibels (dBA) can cause hearing loss. For perspective, your lawnmower produces 80-100 dBA, and fireworks 140-160 dBA. Many common activities can impact your hearing over time, leading to hearing loss, tinnitus (ringing in your ears) and balance issues.

For this reason, it's important to wear hearing protection when engaging in any loud activities, just as you wear sunscreen to protect your skin while outdoors.

Because damage to your ears is cumulative and may not be realized until later in life, the time to protect them is now.



Occupational hazards - at home.

While the Occupational Safety and Health Administration (OSHA) has required the use of hearing protection for fields like manufacturing, construction and transportation with exposure to sound at or above 85 dBA since 1981, it's not something you may think about when working around the house.

However, while doing yardwork or home projects with power tools, lawnmowers and leaf blowers, hearing protection is recommended just as if you were on the job.

The sound of music. If you love attending concerts or play an instrument yourself, too much exposure can be detrimental to your hearing. The National Institutes of Health advises trying inexpensive single-use foam ear plugs to help protect your ears from occasional exposure to loud music and other sounds.

Recreational noise. The same goes for many other activities that can generate loud sounds. If you enjoy motorcycling, snowmobiling, shooting or motor boating, hearing protection is always a good idea. Even typical sporting events can range from 94-110 dBA, making them among the noisiest environments people are regularly exposed to.

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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

Barnes County Senior Center
& Food Pantry
139 2nd Ave. SE
PO Box 298
Valley City, ND 58072
701-845-4300

Bridgeview Estates
1120 5th St. NE
Valley City, ND 58072
701-845-8061

PATRICIA HANSEN
Director

JODI ELLIOTT
Bookkeeping

CANDACE JOHNSON
Outreach

ROD GRAFING
Transit Coordinator

NISSA CRANDALL
Reception

DENISE GUILBAULT
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BRENDA ROHDE
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HDM/Rosters/Office Assistant

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Transit Dispatch