



SOUTH CENTRAL ADULT SERVICES

Griggs County

NEWSLETTER

NOVEMBER & DECEMBER 2024

ISSUE NO. 6

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 expo-



sure 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 hear-

ing 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

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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 carbohydrates, 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

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Griggs County Birthdays & Anniversaries

COOPERSTOWN

NOVEMBER

Birthdays

Faye Vigesaa: 11/1

Betty Johnson: 11/3

Bebe McCardle: 11/12

Isabel Hovel: 11/14

Orville Pittenger: 11/17

Allen Gruman: 11/19

Lois Knudson: 11/20

Evelyne Chaput: 11/23

No anniversaries

DECEMBER

Birthdays

Jean Savre: 12/12

Annette Pfeifer: 12/13

David Larson: 12/22

Debara Andreasen: 12/30

No anniversaries

SUTTON

NOVEMBER

No birthdays or anniversaries

DECEMBER

No birthdays or anniversaries

HANNAFORD

NOVEMBER

No birthdays and anniversaries

DECEMBER

No birthdays and anniversaries

BINFORD

NOVEMBER

No birthdays and anniversaries

DECEMBER

No birthdays and anniversaries



EBT/SNAP

(Food Stamps)



We would like to remind all meal recipients (congregate, frozen and home-delivered meals) that EBT/SNAP cards may be used for your meal contributions.

**Please call Deb Andreasen,
797-3330 for more info.**

NOTICE TO ALL TRANSIT RIDERS:

The drivers have expressed concerns about passengers who are boarding with inadequate clothing for our North Dakota weather. Our buses are like any other vehicle and they can have mechanical problems or get stuck on snowy, icy roads. We want everyone to be safe!!

**PLEASE WEAR WARM CLOTHING WHEN YOU
ARE RIDING DURING THE WINTER MONTHS!!**

FOOT CARE CLINIC NOVEMBER & DECEMBER

Just For You foot care clinics are Nov. 5 & 19, and Dec. 17. If you would like an appointment, call Jill Kent at 218-242-1379. The cost is \$35.



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 **701-797-3330** today!



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.

GRIGGS COUNTY MONTHLY MEETINGS

COOPERSTOWN SENIOR CENTER

Friday, Nov. 1 - 12:30 pm Meeting.
Bingo and lunch follows.
Friday, Dec. 6 - 12:30 pm Meeting,
Bingo and lunch follows.

BINFORD SENIOR CENTER

Tuesday, Nov. 19 - 2:00 pm
Meeting, Lunch follows
Tuesday, Dec. 17 - 2:00 pm
Meeting, Lunch follows

SUTTON SENIOR CENTER

Tuesday, Nov. 12 - 2:00 pm
Meeting, Lunch follows
Tuesday, Dec. 10 - 2:00 pm
Meeting, Lunch follows

FREE IN-HOME SERVICES FOR AREA SENIORS

Provided by Lutheran Social Services Senior Companions

- Bringing smiles & laughter
- Empowering seniors to remain living independently
- Helping relieve loneliness and encouraging activity
- Providing respite care for family Caregivers

**Contact Becky Telin at
701-389-2293 for more info.**

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.

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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.

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.

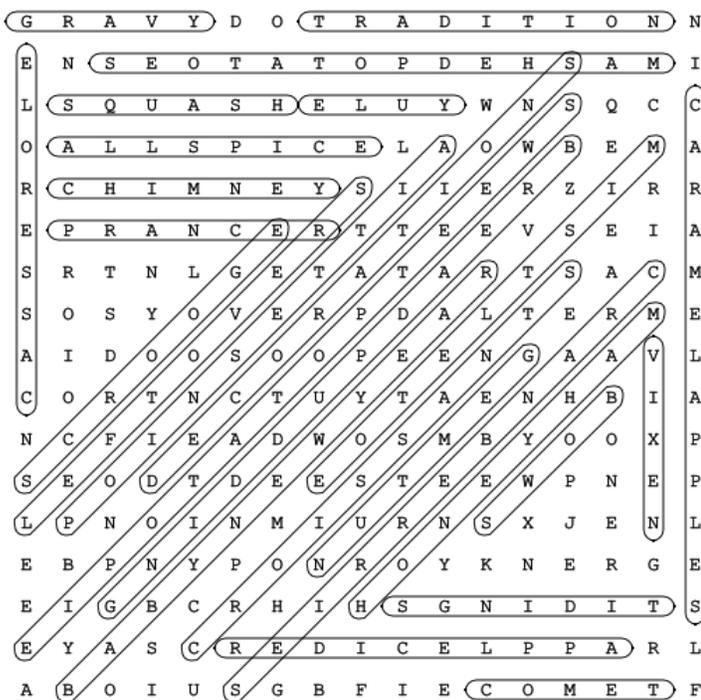
Good news about today's hearing aids. Hearing aid technology has come a long way in recent years.

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.



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G R A V Y D O T R A D I T I O N N
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 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

Transportation Services Griggs County

Transportation is available to citizens of all ages, and for all purposes, on the following days each month:

Cooperstown:

Monday—Friday (\$1.00 round trip)

Hannaford, Binford, Sutton:

Upon request (\$3.00 + \$1.00 each additional stop)

To Jamestown:

Monday, Wednesday, Friday (\$8.00)

Can stop in Glenfield if requested

To Fargo:

Monday—Friday (\$10.00 + \$1.00 for each additional stop)

To Grand Forks:

Upon request (\$10.00 + \$1.00 for each additional stop)

To Valley City:

Upon request (\$8.00)

The bus may go to Mayville, Hillsboro, or other locations upon request, if available. (\$10.00)

For information, or to reserve a ride call Deb : 701-789-7155

Or the senior center: 701-797-3330

For more information, be sure to visit www.southcentraltransitnetwork.org or find us on Facebook at facebook.com/southcentraltransitnetwork

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. A wide variety of entrees are available. Contact Deb at 789-7155 or the Senior Center, 797-3330, for more information.

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**



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

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

Cooperstown Senior
Citizens Center
911 Burrel Avenue SE
Cooperstown, ND 58425
701-797-3330

Binford Senior Citizens Center
306 Whinery Street
Binford, ND 58416
701-676-2323

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

DEB ANDREASEN
Outreach/Transit

