



SOUTH CENTRAL ADULT SERVICES

LaMoure 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? Accord-



ing 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.

CONTINUED on page 12

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

CONTINUED on page 9

LaMoure County Activities

LAMOURE

Fridays: 1 PM: Diamond art.

NOVEMBER

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



DECEMBER

Tuesday, Dec. 10: 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: _____



 **Prescription**
Assistance Program

**SOUTH
CENTRAL**

TRANSIT NETWORK

LaMoure County Birthdays



LAMOURE

NOVEMBER

Karen Klever: 11/3
Francis Roehrich: 11/11
Leonard Miller: 11/22

DECEMBER

Walt Kratz: 12/8
Fred Beehler: 12/9
Fred Brademeyer: 12/19
Harry Klever: 12/23
Deanna Dagen: 12/31
June Werre: 12/31

EDGELEY

NOVEMBER

Jerald Denning: 11/1
Donna Mae Carlson:
11/21

Ambrose Dunn: 11/22

DECEMBER

Betty Fenno: 12/4
Wilbert Ross: 12/13



KULM

NOVEMBER

Phyllis Berntson: 11/10

DECEMBER

Darlene Random: 12/10

JUD

NOVEMBER

No Birthdays

DECEMBER

No Birthdays

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 November & December 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.



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 **701-883-5088** today!



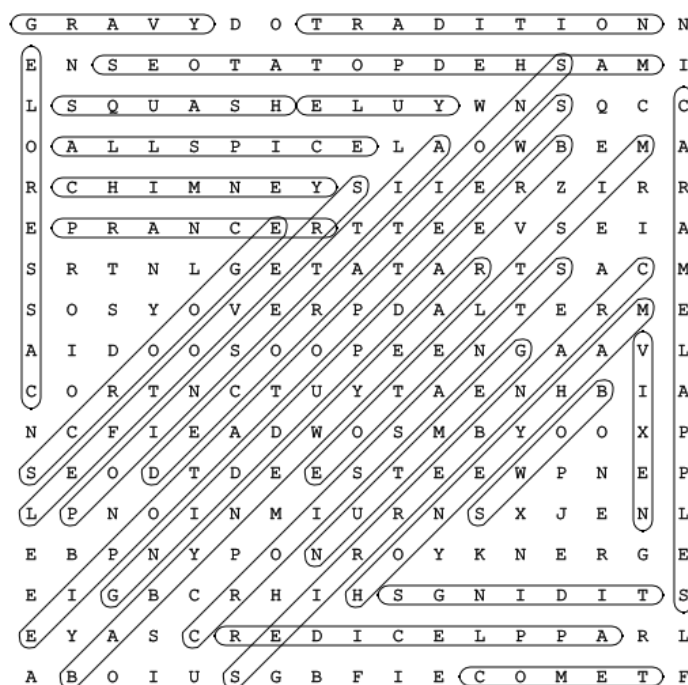
4	2	8	5	7	9	6	3	1
5	9	3	1	6	8	4	2	7
6	7	1	2	3	4	5	8	9
7	4	9	3	1	2	8	5	6
3	1	5	4	8	6	7	9	2
2	8	6	7	9	5	1	4	3
8	3	2	6	4	1	9	7	5
9	6	7	8	5	3	2	1	4
1	5	4	9	2	7	3	6	8

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.



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.

LaMoure / Dickey / Marion & Edgeley's Menu November 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
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!!			
4	5 Salisbury steak Mashed potatoes & gravy Corn Fruit cocktail	6 Chicken strips Potato salad California vegetables Apricots	7 Tilapia Sweet potatoes Coleslaw Corn Pears	8 Tator tot hotdish Garden salad Jello with fruit
11 Center CLOSED 	12 Sweet & sour meatballs Fried rice Chinese vegetables Fruit salad	13 Roast beef sandwich Potato patty Peas Brownies	14 Taco salad Refried beans Fruit	15 Ham Baby bakers Carrots Pineapple
18	19 Chili Cheesy potatoes Cornbread Apple	20 Tuna casserole with peas Mandarin oranges	21 Beef stew Dinner roll Pears	22 Rope sausage Sauerkraut Mashed potatoes Fruit
25 Chicken & dumplings Cookie Applesauce	26 Chicken Baked beans Sweet potatoes Peaches	27 Brunch @ 10 AM Biscuit & sausage gravy Eggs Fruit Juice	28 Center CLOSED 	29 Center CLOSED


LaMoure / Dickey / Marion & Edgeley's Menu for December 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
2	3 Pork roast Mashed potatoes & gravy Beans Applesauce	4 Cod Fried potatoes Corn Pears	5 Spaghetti with meat sauce Peas Garlic bread Tropical fruit	6 Lasagna Green beans Garden salad Oranges
9	10 Sweet & sour meatballs Fried rice Chinese vegetables Pineapple	11 Taco salad Refried beans Cookie Pears	12 Salisbury steak Mashed potatoes & gravy Corn Peaches	13 Ribs Cheesy hashbrowns Peas Fruit
16	17 Meatloaf Mashed potatoes Peas Apple	18 Pork loin Augratin potatoes Mixed vegetables Tropical fruit	19 Brats Diced potatoes Carrots Jello with fruit	20 Chicken Potatoes Corn Fruit
23	24 Brunch @ 10 AM Bacon Eggs Muffin Fruit Juice	25 Center CLOSED 	26 Tator tot hotdish Green beans Breadstick Oranges	27 Sloppy joes Potato salad Pickled beets Peaches
30	31 Soup Sandwich Juice Cookie	1 Center CLOSED 	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!!


Kulm, Jud & Gackle Menu for November 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
4 Salisbury steak Mushroom sauce Mashed potatoes Carrots Fruit	5 Tilapia Potatoes Coleslaw Fruit	6 Chicken fried steak Mashed potatoes Corn Fruit	7 Chicken salad sandwich Split pea soup Fruit	8
11 Hamburger steak Baked potato Corn salad Fruit	12 Meatloaf Parsley potatoes Corn Fruit	13 Pork roast Strudels Carrot & potatoes Fruit	14 Stuffed shells Fry bread Peas Chicken strips Fruit	15
18 Roast beef Mashed potatoes Corn Fruit	19 Fish sandwich Sweet potatoes Coleslaw Fruit	20 Turkey Dressing Mashed potatoes Fruit	21 Brat Fat noodles Sauerkraut Fruit	22 Liver & onions Potatoes Corn Fruit
25 Cabbage roll Scalloped potatoes Peas & carrots Fruit	26 BBQ chicken Potatoes Corn Fruit	27 Hamburger rice casserole Green beans Fruit	28 Center CLOSED 	29
			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 December 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken lasagna Tossed salad Garlic toast Fruit	3 Pork chop Dressing Mashed potatoes Green beans Fruit	4 Fish sandwich Coleslaw Fruit	5 Chicken salad sandwich Potato salad Pea salad Fruit	6
9 Tator tot hotdish Corn Fruit	10 Chicken Rice Peas Fruit	11 Pork roast Strudels Potatoes & carrots Fruit	12 Gackle Jud Make up Stuffed shells Chicken strips Peas Fruit	13
16 Cabbage roll Scalloped potato Peas & carrots Fruit	17 Meatloaf Sweet potato Beans Fruit	18 Chicken Dumplings Potatoes & carrots Fruit	19 Bean soup Cheese sandwich Celery sticks Fruit	20
23 Ham Scalloped potatoes Peas & carrots Fruit	24 Meatballs Mashed potatoes Corn Fruit	25 Center CLOSED 	26 Chicken lasagna Beans Salad Fruit	27
30 Chicken & noodles Peas Tossed salad Fruit	31 BBQ ribs Baked potato Corn Fruit	30 Chicken strips California vegetables Rice Peaches	Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.	Substitutions may be necessary due to product availability.

CONTINUED from page 1

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, bright-

ly 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).

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**





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

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
or find us on Facebook at
www.facebook.com/southcentraltransitnetwork

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

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

CONTINUED from page 1

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.

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 Lexie-Hearing.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.

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
Director

OUTREACH
Andra Jenkins

JODI ELLIOTT
Bookkeeping