



SOUTH CENTRAL ADULT SERVICES

Barnes County

NEWSLETTER

JANUARY & FEBRUARY 2025

ISSUE NO. I

Are you getting enough protein?

Do you ever feel tired and weak? Is your skin fragile? Do you have swelling in your legs? Do your cuts take longer than usual to heal?

Be sure to report these symptoms to a health care provider. These symptoms could mean a lot of different things, including not consuming enough protein in your diet.

Among its many functions, dietary protein is needed to keep our muscles strong. It helps us recover after injury, supports our immune system, and helps our body build and repair tissues. Protein is needed to create hormones that serve as messengers and regulators in our body.

How much protein do we need? On average, we need about .5 gram of protein per pound of body weight. Example: a 150-pound person would need about 75 grams of protein. Track your protein intake using the information on Nutrition Facts labels.



Where is protein found? Both animal and plant foods provide protein. Meat, poultry, fish, seafood, beans, grains, dairy and vegetables are protein

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Caring for older adults during extreme weather

(BPT) - Over the past 20 years, the world has witnessed a staggering rise in extreme weather events. According to a 2020 report from the United Nations Office for Disaster Risk Reduction the dramatic increase is largely fueled by rising global temperatures and other climatic changes. These weather trends pose a serious threat to populations worldwide, but especially to vulnerable groups like older adults.

During heat waves, floods, fires, hurricanes, droughts and cold spells, older adults are at significant risk for respiratory, cardiovascular and psychological harm due to existing health conditions like compromised immune systems, dementia and limited mobility.

This problem will only be exacerbated by the "silver tsunami" of Baby Boomers. By 2030, one-fifth of the country's population will be

over age 65, with the fastest-growing segment being ethnic

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sources. Animal-based foods such as meat, fish, seafood and eggs have more protein per serving than plant-based proteins. Lean meat has more protein than high-fat meat.

These are some examples of protein amounts in various foods:

- 3 ounces lean beef: 21 grams protein;
- 6 ounces fat-free Greek yogurt: 15 grams protein;
- 2 scrambled eggs: 12 grams protein;
- ½ cup cooked lentils: 9 grams protein;
- 2 tablespoons peanut butter: 7 grams protein;
- ½ cup brown rice: 3 grams protein.

What is the best way to consume protein? Aim to consume 25 to 30 grams of protein at each meal. Our example person, who needs 75 grams of protein

daily, should aim for about 25 grams of protein for breakfast, lunch and dinner. Example breakfast: 2 slices of whole-wheat toast, 8 ounces skim milk, 2 scrambled eggs and 1 cup fruit = 24 grams protein.

What if I am short on protein? Enjoy some protein-rich snacks such as these:

- Hummus (chickpea dip) or bean dip with whole-wheat crackers;
- Mixed nuts;
- Cottage cheese;
- Mozzarella cheese stick;
- Peanut butter on apple slices.

Learn more about nourishing and exercising your muscles, immune system and more from our Nourish materials and online or face-to-face classes:

www.ag.ndsu.edu/nourish

THANK YOU!

It was brought to our attention that Dale Wangrud, one of our drivers, saw a man on the ground as he was driving by an apartment building. Dale stopped and helped the man up and got help for him. This is typical for the kind of person Dale is. He is always willing to help. He is a huge benefit to our agency and to the community!!

**Thank you Dale for
being AWESOME!!!**

DID YOU KNOW THE SENIOR CENTER HAS GREETING CARDS FOR 50¢!

Stop by and check out the selection!



Barnes County Senior Center

139 2nd Ave SE, Valley City, ND

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



Call 1-866-621-9886 - Age 60+
Monday—Thursday, 9 AM to 3 PM
Call 1-800-634-5263 - Under age 60
Monday—Thursday, 9 AM to 3 PM

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.



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, Tuesdays, Thursdays & Fridays; 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.

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**



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.**

Tips for winterizing your vehicle

(BPT) - Winter's not coming: It's here. That means extra-chilly weather, as well as driving in snow, ice, rain, fog and sleet. In short, be prepared for much-tougher-than-normal driving conditions, such as super-slippery roads and a decrease in visibility.

The best way to prepare for winter driving is to do just that: prepare. "Be smart and make sure your vehicle is ready for the potentially hazardous weather conditions you're most likely to face this winter," said Alan Holtschneider, director of marketing for Yokohama Tire. "A little preparation can go a long way in keeping you and your family safe while driving."

Holtschneider said the first place to winterize your vehicle is where the rubber meets the road, namely your tires. "Tires influence braking, steering, comfort, handling, safety and fuel efficiency. They are the only part of a vehicle that actually touches the road, so it's important to have the proper tires on, especially during winter."

If you live in a region where temperatures regularly fall below 45 degrees and winter weather brings snow, sleet and ice to your roads, then you'll want a good set of winter tires. What makes a winter tire special - and important - are the tread design and tread compound that work well in cold, slippery conditions. If winter road conditions are a problem where you live, don't leave home without your winter tires.

Checking your tires' air pressure and tread depth is also important during the winter because tire pressure naturally drops in colder temperatures and a shallower tread depth will worsen the traction of your tires. Check tire pressure at least once a month - this takes about five minutes. Consult the vehicle's owner's manual or placard on the driver's door to determine proper tire pressure. Tire pressure should be checked when the tires are cold.

To check your tire tread, all you need is a penny. Insert

the penny into your tire tread upside down. If you can still see Lincoln's head, your tires are worn and it's time for them to be replaced. Tires should be replaced when the tread is worn down to 2/32 of an inch, the lowest legal limit. It's best to replace them before they reach 2/32 for optimal performance, especially in bad weather.

Other winterizing tips include:

1. Check that your windshield wipers are functioning properly to maximize visibility.
2. Fill up on de-icing windshield washer fluid to make sure you can clear your windshield.
3. Avoid using cruise control as it can increase your chances of losing control of the car.
4. Keep a small shovel in your trunk in case you get stuck or need to clear snow behind your wheels for better traction.
5. Pack a winter preparedness kit with a blanket, flashlight, batteries, gloves, water, boots, snacks, a battery-powered cell phone charger and a first aid kit.
6. If you drive a pick-up truck, add weight to the bed to keep your rear wheels anchored to the road.

More winter driving tips can be found at <https://www.yokohamatire.com/tires-101/basic-information/automotive-tips/winter-driving-tips>.

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.**

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.

8 Tips to Make Cooking at Home a Breeze

The holidays are memories now, but the bills for all the fun may be rolling in. Is saving some money on your New Year's resolution list? How about having more healthful meals? Cooking meals at home can help you meet nutritional and financial goals. Meals eaten at home tend to be lower in calories and fat, and higher in fiber, vitamins and minerals.

Whether you are cooking for one or two, or cooking for a family, NDSU Extension has free resources for you. See www.ag.ndsu.edu/food and navigate to "Food Preparation" for tips.

You might think you have no time to cook. However, these tips can make cooking a breeze.

Organize your kitchen. Keep frequently used items, such as cooking oils/sprays, spatulas, cutting boards and spices, within easy reach. Then you will not have to search for them later.

Clear the clutter. Before you start cooking, clear off your counters. This allows more room to prepare food.

Have everything in place. Read through the recipe and gather the needed ingredients. Organizing your ingredients helps you spot missing items and avoid skipping steps. Prep ingredients by draining and rinsing canned beans or vegetables, washing fruits and vegetables, and chopping what you need.

Invite family members to help you in the kitchen. Children can learn valuable food preparation skills. Plus, cooking together is fun! Eating family meals has many benefits, too.

Chop extra. When chopping veggies for a meal, chop more than you need and refrigerate the extras for use later that week. For example, chop an extra onion and refrigerate it in an air-tight container. The next time you need it, you can skip a step. For longer storage, you also can

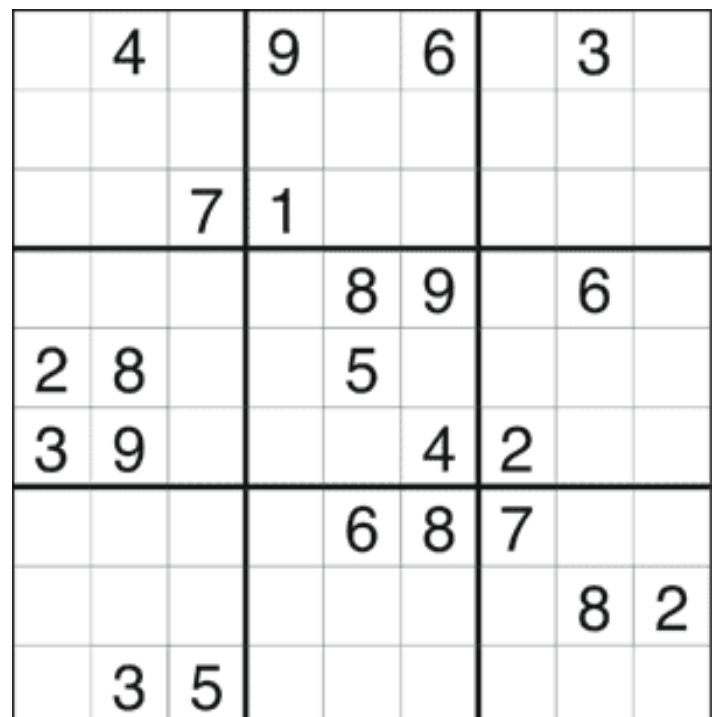
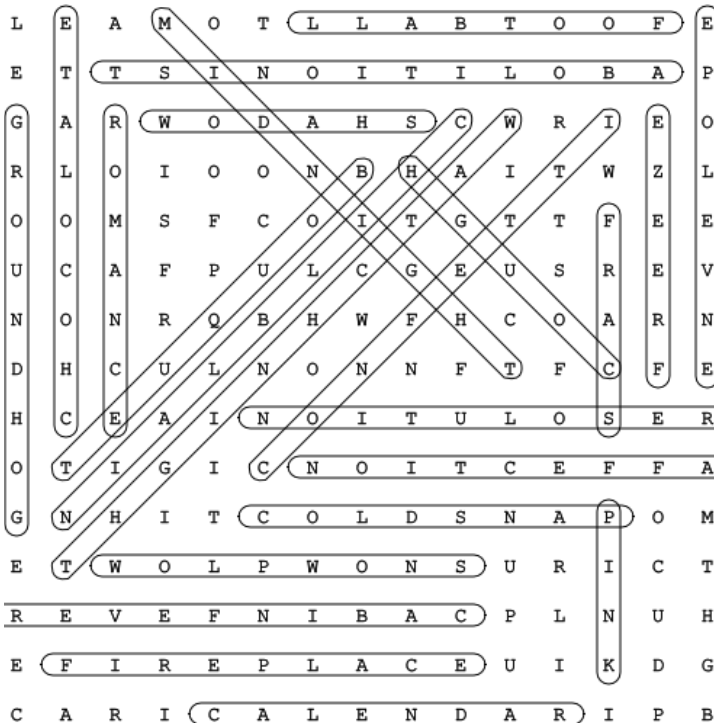


freeze most vegetables.

Double your recipe. For your next casserole or stew, try doubling the recipe and freezing the extra. You'll save time and make cooking dinner during a busy evening a snap.

Clean as you go. Fill the sink with soapy water and wash the dishes as you cook.

Save some for later. Freeze leftover soups, sauces or gravies in small reusable containers. Be sure to mark the container with the name of the recipe and date you froze it.



Barnes County Food Pantry Donations

October 28 - December 17

Joann & Dennis Nathan	Marjory Welken - in memory of Audrey Lahlum	Messiah Lutheran Church WELCA, Fingal
Mark & Jody Svenningsen	Marjory Welken - in memory of Olive Murray	Eva Schweitzer
Howard & Audrey Lahlum	First Lutheran Church WELCA, Litchville	Doreen Larson
Gigi Goven	Valley City Business & Professional Women	Barnes County Ministerial Association
Ann M Anderson	Joann & Thomas Jewett	David Bruse
Farmers Union	Dennis & Kathy Laumb - in memory of Walter Clement	Lenore & Terry Lebahn
Arlene Flatlie - in memory of Larry Goldade	Dennis Reisenauer - in memory of Alex Punton	Drug Plastics
Marjory Welken - in memory of Carol Peterson	Berta Clement family - in memory of Alex Punton	First Lutheran Church, Litchville
Arlys Netland - in memory of Carol Peterson	Cynthia Metcalf	Faye & Bob Bubach
Colleen & Guy Daby - in memory of Berniece Botner	Marilyn Kunze - in memory of Alex Punton	Jerome & Leanne Hayes
Arlene Flatlie - in memory of Harvey Hochhalter	Berta Clement family - in memory of Walter Clement	Gloria Knutson
Arlys Netland - in memory of Berniece Botner	Zion Lutheran WMF Fund, Green Township	Patricia Seiner
Vicki & Ryon Jackson - in memory of Harvey Hochhalter	Marilyn Kunze	Linda & Kenneth Grant
Arlene Flatlie - in memory of Berniece Botner	Donald Yanish	Faith Lutheran WELCA
Faith Lutheran Church	Connie Winkler	VC Kiwanis
Trinity Lutheran WELCA	Paul & Margaret Dahlberg	Faith Lutheran Church Endowment Foundation
Knights of Columbus	Marlys Christ	Conrad & Mary Lundstrom
Marlys Kunze - in memory of Ardell Rasmussen	Our Saviors Lutheran Church	Daryl & Rebecca Heise
Lenore & Terry Lebahn	Linda Brandt	AMVETS Auxiliary
Francis & Marian Hoffarth	Marjorie Olson - in memory of Robert Olson	AMVETS
Laura & Frank Biggers - in memory of Alex Punton	Thundering Saints	Salvation Army
James & Theresa Fields	Farmers Union Insurance - in honor of Debbie Eggert	Grace Free Lutheran Church Brotherhood
Epworth United Methodist Church	Eileen Hannig	St. Paul's Lutheran Church WELCA, Kathryn
United Women In Faith	Elaine Miedema - in memory of Audrey Lahlum	Eagles Ladies Auxiliary
Scott Winkler	ARC Thrift-E-Shop	St. Petri Lutheran Church WELCA
Waldheim Lutheran Church WELCA		Thrivent Financial
Myron & Carol Jabs		Jim & Carol Knutson
		Helen Metcalf
		Tony & Karen Kobbervig
		Sodbusters Club
		Jana Collins

DONATIONS

SENIOR CENTER

Duane & Heidi Farnquist - in memory of
Harvey Hocchalter

Norman & Barbara Lee - in memory of
Berniece Botner

Sheryl Hanson - in memory of
Berniece Botner

Robert & Joanne Thompson - in memory of
Berniece Botner

Berta Clement family - in memory of Walter
Clement

Warren Ostby

Doug & Ann Kelly

Judith Olstad - in memory of Berniece Botner

Noreen Smestad in honor of Bev Melgaard &
Jeanne Johnson

Eagles Auxilary

United Way or Barnes County

Patricia Triebold

Marci Myer

TRANSIT

Trinity Lutheran WELCA

Arlene Flatlie - in memory Audrey Lahlum

Norma Voldal - in memory of Walter Clement

Berta Clement family - in memory of
Walter Clement

Berniece Botner family

HOME DELIVERED MEALS

Eagles Auxilary

THANKS

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.*



Answers on Page 5

CREATIVE COOKING



Honey Garlic Chicken

Prep: 10 mins Cook: 20 minutes

INGREDIENTS

- 6 chicken thighs bone-in or out, with or without skin
- ¼ tsp salt to season
- 2 tsp garlic powder to season
- 6 cloves garlic crushed
- ⅓ cup honey
- ¼ cup chicken broth
- 2 tbsp rice wine vinegar or apple cider vinegar, or any white vinegar
- 1 tbsp soy sauce
- ¼ tsp pepper to season

DIRECTIONS

1. Season chicken with salt, pepper and garlic powder; set aside.
2. Heat a pan or skillet over medium high heat; sear chicken thigh fillets or breast fillets on both sides until golden and cooked through. FOR BONE IN THIGHS: Reduce heat after searing on both sides, cover skillet with a lid and continue cooking until the chicken is cooked through, while turning every 5 minutes until done. Alternatively, see notes for oven method.
3. Drain most of the excess oil from the pan, leaving about 2 tablespoons of pan juiced for added flavor.
4. FOR SAUCE: When chicken is done and cooked through, arrange chicken skin-side up in the pan (if cooking with skin); add the garlic between the chicken and fry until fragrant (about 30 seconds). Add the honey, water, vinegar and soy sauce. Increase heat to medium-high and continue to cook until the sauce reduces down and thicken slightly (about 3-4 minutes).
5. Garnish with parsley and serve over vegetables, rice, pasta or with a salad.

Note: For chicken breasts: use 3 breasts, sliced horizontally in half. Sear breast fillets on each side until golden and cooked through (about 6 minutes per side, depending on the thickness of your fillets). Continue directions from the sauce, onwards.

NUTRITIONAL INFORMATION

Servings: 6; Calories 189; Total Fat 4g; Saturated Fat 1g; Sodium 358mg; Protein 20g; Total Carbohydrate 17g; Dietary Fiber 0.2g; Cholesterol 97mg.



New Years Brunch Punch

Prep: 5 mins

INGREDIENTS

- equal parts orange juice, pineapple juice and club soda
- lots of ice
- orange slices, pineapple chunks and strawberries.

DIRECTIONS

1. Combine everything in large pitcher and stir.
2. Set out rum, vodka, gin or white wine alongside for anyone needing a bit of the hair of the dog on New Year's morning.

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.

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



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: _____

CONTINUED from page 1

minorities.

"Anyone caring for vulnerable older adults must be knowledgeable about the health effects of climate change events," said Dr. Ann Kriebel-Gasparro, a Walden University nursing faculty member and president of the Gerontological Advanced Practice Nurses Association.

Heat waves and droughts

Heat waves, heat domes and droughts can lead to poor air quality that worsens lung conditions in elderly patients with asthma, chronic obstructive pulmonary disease (COPD) and allergies. Also, hotter climates increase the risk of dehydration, stressing the cardiovascular and renal systems and leading to kidney failure.

Older people tend to have decreased thirst perception and may take medications that put them at risk for dehydration and heat-related illnesses on normal temperature days. During high-heat days, they may experience a medical emergency like heat stroke, characterized by a temperature of 104° F, nausea/vomiting, dizziness, confusion, blurry vision and falling.

Wildfires

Wildfires pose another significant threat to older adults, particularly those in low-income areas with limited resources to evacuate or relocate to new housing. If they have to stay in an area with an active wildfire, the smoke can contribute to respiratory challenges. In the aftermath, ash that contains hydrocarbons and heavy metals pollutes the water and land, making the area practically unlivable.

Mold

Longer rainy seasons and increased flooding foster the growth of indoor and outdoor molds and fungi. Mold doesn't just smell unpleasant. It can exacerbate allergies, asthma, emphysema and COPD, increasing the need for emergency services and hospitalizations.

Improving care through education

No one on their own can stop climate change. However, practical steps

can be taken to assess and tend to older adults in the face of health threats during extreme weather.

Anyone caring for an elderly person should review medications for ones that can worsen the impact of extreme temperatures and take time to evaluate their living conditions. Older adults on fixed incomes may experience food insecurity and can't stock up on provisions in case of a disaster. Additionally, their homes may be unprepared for a climate change event.

During a serious weather event, healthcare providers can evaluate older adults via telehealth services. Doing so allows patients to receive care without enduring environmental factors to get to appointments.

Finally, it's important to educate older adults about steps they can take to mitigate their risks during extreme weather events. For example, they should be reminded of the importance of drinking water even if they're not thirsty. Not only does this help them avoid dehydration during a typical day, but it can help reduce the risk of urinary tract infections, renal damage and heat stroke during high temperatures.

Raising awareness among healthcare professionals

Because traditional nursing curricula include little content about the health impacts of climate change on older people, Dr. Kriebel-Gasparro and her nursing colleagues at Walden University are weaving these topics into their course materials. She says, "It is essential that healthcare providers have the knowledge to evaluate this age group for presentations of heat stress, heat stroke, dehydration, acute kidney injury, and cardiorespiratory illness brought on by extreme temperatures."

By equipping nursing students with the knowledge and skills needed to care for older adults during environmental crises, the university is creating a new generation of healthcare providers that can make a significant difference during these unprecedented times.

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
Transit Billing

BRENDA ROHDE
Site Manager/Newsletters

ALECIA GIESLER
HDM/Rosters/Office Assistant

TAMBARA PRESTON
Transit Dispatch

JENN MIKLAS