



SOUTH CENTRAL ADULT SERVICES

LaMoure 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,
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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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LaMoure County Activities

LAMOURE

DECEMBER

Fridays: 1 PM: Diamond art.

Wednesday, Feb. 12: 1 PM:

Edgeley Bookmobile.

JANUARY

Tuesday, Feb. 11: 12:30 PM:

"Happy Senior Club" monthly meeting.

Wednesday, Jan. 8: 1 PM:

Edgeley Bookmobile.

Tuesday, Jan. 14: 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:

<input type="checkbox"/> \$ 25	<input type="checkbox"/> \$200
<input type="checkbox"/> \$ 50	<input type="checkbox"/> \$500
<input type="checkbox"/> \$100	<input type="checkbox"/> \$Other



For the purpose of:

<input type="checkbox"/> Transportation	<input type="checkbox"/> Senior Meals	<input type="checkbox"/> Other
<input type="checkbox"/> Food Pantry	<input type="checkbox"/> Prescription Assistance	



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: _____

LaMoure County Birthdays

LAMOURE

JANUARY

Alice Mueller: 1/22

Cheryl Schaffer: 1/24

Jeff Falstad: 1/29

FEBRUARY

Alice Long: 2/21

Theresa Potts: 2/23



KULM

JANUARY

Norma Rost: 1/14

Linda Hehr: 1/27

FEBRUARY

No birthdays

EDGELEY

JANUARY

Don Brandenburg: 1/7

Loya Dallman: 1/28

FEBRUARY

Bernie Sandau: 2/18

Betty Ross: 2/28

JUD

JANUARY

No Birthdays

FEBRUARY

Sharon Hertel: 2/4

Anna Pfaff: 2/8

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 January & February 2025

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.

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beans, grains, dairy and vegetables are protein 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.

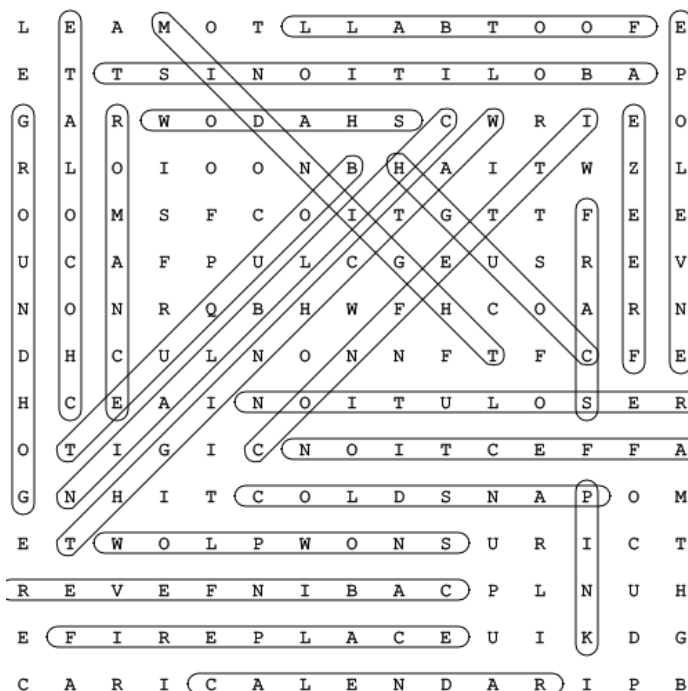
Learn more about nourishing and exercising your muscles, immune system and more from our Nourish materials and online or face-to-face classes:

www.ag.ndsu.edu/nourish

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!



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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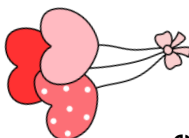
LaMoure / Dickey / Marion & Edgeley's Menu January 2025

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

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!!	1 Center CLOSED 	2 Chicken kiev Oven potatoes Green beans Fruit cocktail	3 Brat Sauerkraut Mashed potatoes Fruit
6	7 Sliced roast beef sandwich Potato patty Peas Apricots	8 Taco salad Refried beans Breadstick Mandarin oranges	9 Chili Cornbread Potatoes Fruit in jelly	10 Scalloped potatoes with ham Carrots Peaches
13	14 Pork chop Mashed potatoes & gravy Capri vegetables Pears	15 Beef stew Lettuce salad Dinner roll Pineapple	16 Cabbage roll Mashed potatoes Corn Tropical fruit	17 Lemon pepper tilapia Sweet potatoes Stewed tomatoes Applesauce
20	21 Chicken cordon bleu Rosemary potatoes Green beans Fruit	22 Meatballs Mashed potatoes & gravy Corn Pumpkin bars	23 Chicken salad sandwich Chicken enchilada soup Fruit	24 Tator tot hotdish Green beans Dinner roll Mandarin oranges
27	28 Tuna casserole Peas Pears	29 Meatloaf Baked potato Carrots Peaches	30 Salisbury steak Mashed potatoes & gravy Beets Pudding dessert	31 Lasagna Garlic toast Green beans Fruit

LaMoure / Dickey / Marion & Edgeley's Menu for February 2025

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
3	4 Rope sausage Sauerkraut Mashed potatoes Corn Fruit cocktail	5 Country fried steak Mashed potatoes & gravy Green beans Pears	6 Beef stew Dinner roll Beets Jello fruit	7 Soup Sandwich 7 layer coconut bar
10	11 Spaghetti bake Garlic bread Carrots Pineapple	12 Pork chop Mashed potatoes & gravy Mixed vegetables Tropical fruit	13 Sausage link Biscuit & gravy Eggs Juice	14 Tilapia Baked potato Corn Dinner roll Angel food cake 
17	18 Stuffed pepper Mashed potatoes Peas Fruit cocktail	19 Taco salad Breadstick Peaches	20 Fishwich on bun Macaroni salad Pickled beets Pudding dessert	21 Meatballs Mashed potatoes & gravy Green beans Mandarin oranges
24	25 Chili Cornbread Potatoes Pineapple	26 Chicken lasagna Corn Garlic toast Applesauce	27 Salisbury steak Mashed potatoes & gravy Peas Cheesecake	28 Chicken strips Tator tots Carrots Fruit
			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 January 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.	Substitutions may be necessary due to product availability.	1 Center CLOSED 	2 Gackle/Jud Makeup Meal Chicken strips California blend vegetables Rice Fruit	3 Chicken chili Fry bread sandwich Fruit
6 Stuffed green peppers Scalloped corn Fruit	7 Sloppy joes Tator tots Peas & carrots Fruit	8 Chicken cordon bleu O'Brien potatoes Green beans Fruit	9 Pork ribs Sauerkraut Mashed potatoes Fruit	10
13 Salisbury steak Mashed potatoes Corn Fruit	14 Chicken lasagna Tossed salad Garlic toast Fruit	15 Pork roast Strudels Potatoes & carrots Fruit	16 Hamburger steak Potato salad Fruit	17
20 Tilapia Potatoes Coleslaw Fruit	21 Chicken fried steak Mashed potatoes California blend vegetables Fruit	22 Drop dumplings Chicken Carrots & potatoes Fruit	23 Liver & onions Potatoes Corn Fruit	24
27 Cabbage roll Scalloped potatoes Corn Fruit	28 BBQ ribs Sweet potatoes Green beans Fruit	29 Fish sandwich Potatoes Coleslaw Fruit	30 Beef stew Bun Tossed salad Fruit	31

Kulm, Jud & Gackle Menu for February 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Tilapia Potatoes Coleslaw Fruit	4 Brat Sweet potatoes Broccoli Fruit	5 Meatballs Mashed potatoes Corn Fruit	6 Chili Egg salad sandwich Fruit	7
10 Ham Scalloped potatoes Stewed tomatoes Fruit	11 Pork chop Mashed potatoes Dressing Beans Fruit	12 Meatloaf Baked potato Corn Fruit	13 Chicken casserole Tossed salad Fruit	14 
17 Spaghetti & meat sauce Tossed salad Fruit	18 Turkey Mashed potatoes Dressing Green beans Fruit	19 Hot dog Tator tots Vegetable Fruit	20 Turkey ala king Biscuit Peas & carrots Fruit	21
24 Chicken Rice Peas Fruit	25 Roast beef Mashed potatoes Corn Fruit	26 Hamburger hotdish Green beans Fruit	27 Fat noodles Sauerkraut Meatballs Fruit	28
			Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.	Substitutions may be necessary due to product availability.

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.

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**



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.



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

Snowplow	Chocolate	Resolution
Cough	Football	Abolitionist
Pink	Romance	Cold snap
Watch Night	Chilblain	Fireplace
Confetti	Bouquet	Affection
Freeze	Cabin fever	Shadow
Scarf	Midnight	Envelope
Calendar	Groundhog	

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

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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

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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**

**LaMoure Senior
Citizens Center
115 First Avenue E.
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 Fire Hall
(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**

**ANDRA JENKINS
Outreach/Transit**

**JODI ELLIOTT
Bookkeeping**