



SOUTH CENTRAL ADULT SERVICES

McIntosh County

NEWSLETTER

JANUARY & FEBRUARY 2025

ISSUE NO. 6

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.

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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



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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MCINTOSH COUNTY ACTIVITIES

WISHEK

Tuesdays & Wednesdays:

1 PM: Quilting. New quilters needed & welcome! Come see what's for sale.

Tuesdays: 1 PM: Cards & games.

JANUARY

Thursday, Jan. 2: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Jan. 9: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Jan. 16: 5:30 PM: Evening meal, 7 PM: Wishek regular meeting.

Thursday, Jan. 23: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Jan. 30: 5:30 PM: Evening meal, followed by cards and games.

FEBRUARY

Thursday, Feb. 6: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Feb. 13: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Feb. 20: 5:30 PM: Evening meal, 7 PM: Wishek regular meeting.

Thursday, Feb. 27: 5:30 PM: Evening meal, followed by cards and games.

*Anyone dining **MUST** call to reserve a spot by 9 AM for noon meals and 1 PM by for evening meals.*



ASHLEY

Tuesdays: Bus goes to Aberdeen, SD. Call the Dispatcher for appointments at (701) 731-0072.

Tuesdays: 9 AM: Bone Builders Exercise. Open to the public.

JANUARY

Monday, Jan. 6: 6 PM: Evening meal followed by Bingo and cards.

Monday, Jan. 13: 6 PM: Evening meal followed by Bingo and cards.

Monday, Jan. 20: 6 PM: Evening meal followed by Bingo and cards.

Monday, Jan. 27: 6 PM: Evening meal followed by Bingo and cards.

FEBRUARY

Monday, Feb. 3: 6 PM: Evening meal followed by Bingo and cards.

Monday, Feb. 10: 6 PM: Evening meal followed by Bingo and cards.

Monday, Feb. 17: 6 PM: Evening meal followed by Bingo and cards.

Monday, Feb. 24: 6 PM: Evening meal followed by Bingo and cards.

Call to reserve a spot before 10 AM for noon meals & 3 PM for evening meals.

We extend a heartfelt thank you for the thoughtful monetary gifts to the Ashley Senior Center in memory of Mavis Widmer, Barbara Goettle, and Sally Erickson. We are incredibly grateful for the support and opportunity to honor these members in a such a meaningful way.

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

Snowplow
Cough
Pink
Watch Night
Confetti
Freeze
Scarf
Calendar

Chocolate
Football
Romance
Chilblain
Bouquet
Cabin fever
Midnight
Groundhog

Resolution
Abolitionist
Cold snap
Fireplace
Affection
Shadow
Envelope

Answers on Page 4

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Where is protein found? Both animal and plant foods provide protein. Meat, poultry, fish, seafood, 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.

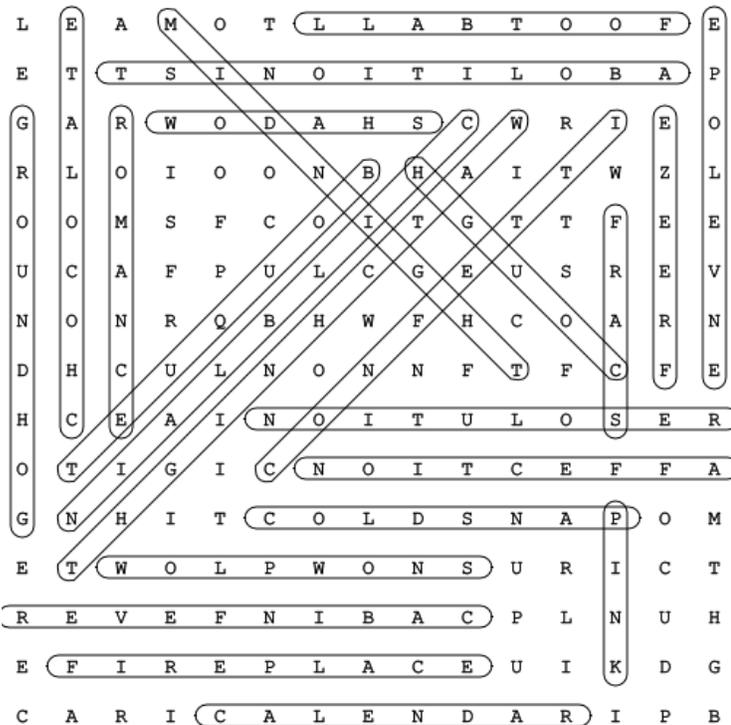
What if I am short on protein? Enjoy some protein-rich snacks such as these:

- 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



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

Ashley & Zealand Menu for January 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Substitutions may be necessary due to product availability. Fresh fruit served when available.</p>	<p>Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!</p>	<p>1 Center CLOSED</p> 	<p>2</p>	<p>3 Salmon Baked potato Dilled carrots Oranges</p>
<p>6 <u>Evening Meal</u> Pork chop Baked potato Corn Pears</p>	<p>7</p>	<p>8 Cheeseburger pie Peas & carrots Fruit</p>	<p>9</p>	<p>10 Chicken Kiev O'Brien potatoes Green beans Applesauce</p>
<p>13 <u>Evening Meal</u> Beef stew Biscuit Lemon fruit salad</p>	<p>14</p>	<p>15 Grilled chicken Tator tots Mexican corn Pineapples</p>	<p>16</p>	<p>17 BBQ pork ribs Sweet potato Mixed vegetables Pears</p>
<p>20 <u>Evening Meal</u> Sausage Scalloped potatoes Sweet & sour cabbage Peaches</p>	<p>21</p>	<p>22 Broccoli cheese soup Ham sandwich Jello with fruit</p>	<p>23</p>	<p>24 Chicken strips Potato wedges Carrot raisin salad Fruit</p>
<p>27 <u>Evening Meal</u> Pork roast Hot potato salad Vegetable blend Apple slices</p>	<p>28 Lasagna Buttered peas Garlic toast Fruit</p>	<p>29 Meatballs over noodles Creamed peas Pudding Juice</p>	<p>30</p>	<p>31</p>

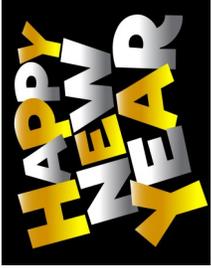
Ashley & Zeeland Menu for February 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 <u>Evening Meal</u> Salisbury steak Scalloped potatoes Buttered beets Fruit</p>	<p>4 All beef hot dog Baked beans Coleslaw Fruit</p>	<p>5 All beef hot dog Baked beans Coleslaw Fruit</p>	<p>6 Chicken cordon bleu Parsley potatoes Buttered carrots Mandarin oranges</p>	<p>7 Chicken cordon bleu Parsley potatoes Buttered carrots Mandarin oranges</p>
<p>10 <u>Evening Meal</u> Ham Baked potato Creamed peas Apricots</p>	<p>11 Shredded beef on a bun Cheesy broccoli Potato wedges Peaches</p>	<p>12 Shredded beef on a bun Cheesy broccoli Potato wedges Peaches</p>	<p>13 Stir fried pork over rice Pineapple</p>	<p>14 Stir fried pork over rice Pineapple</p>
<p>17 <u>Evening Meal</u> Spaghetti & meat sauce Green beans Garlic bread Pears</p>	<p>18 Tomato soup Meat sandwich 3 bean salad Applesauce</p>	<p>19 Tomato soup Meat sandwich 3 bean salad Applesauce</p>	<p>20 Hamburger cabbage casserole Biscuit Fruit</p>	<p>21 Hamburger cabbage casserole Biscuit Fruit</p>
<p>24 <u>Evening Meal</u> Chicken w/ alfredo sauce Mashed potatoes Squash Apple slices</p>	<p>25 Pizza casserole Green beans Pineapples</p>	<p>26 Chili Corn bake Ambrosia salad</p>	<p>27 Substitutions may be necessary due to product availability. Fresh fruit served when available.</p>	<p>29 Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!</p>

Wishek & Lehr January 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Diners MUST call at least 1 day prior to sign up for meals. Call by 9 am for Noon meals, by 1 pm for evening meals. Late sign ups will not be accepted.</p>	<p>Substitutions may be necessary due to product availability.</p>	<p>1 Center CLOSED</p> 	<p>2 Evening Meal Pork chop dressing casserole Baked potato Mixed vegetables Apple pie</p>	3
<p>6 Chicken pot pie soup with peas & carrots Biscuit Peaches</p>	<p>7 Pork sausage Spaetzel Mixed vegetables Pears</p>	8	<p>9 Evening Meal Beef tips over mashed potatoes Corn casserole Fruit cocktail</p>	10
<p>13 Tator tot hotdish with green beans Pickled beets Apricots</p>	<p>14 Fish sandwich Sweet potato fries 3 bean salad Pineapple</p>	15	<p>16 Evening Meal Chicken drummies Cheesy hashbrown bake Mixed vegetables Fruit in jello</p>	17
<p>20 Sloppy joes Potato wedges Roasted carrots Cherries</p>	<p>21 Egg rolls Breaded chicken Fried rice Sweet & sour sauce Mandarin oranges</p>	22	<p>23 Evening Meal Meatloaf Roasted potatoes Green bean casserole Fruit salad</p>	24
<p>27 Chicken alfredo with noodles Broccoli Tropical fruit</p>	<p>28 Mexican lasagna Roasted corn Strawberries</p>	29	<p>30 Evening Meal BBQ pork ribs Baby bakers Baked beans Coleslaw Peaches</p>	31

Wishek & Lehr 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 Chili with beans Cornbread Carrots & celery with ranch dip Pineapple	4 Cabbage rolls Mashed potatoes Pickled beets Apricots	5	6 <u>Evening Meal</u> Chicken fried steak Mashed potatoes & pepper gravy Creamed corn Fruit in jello	7
10 Loaded baked potato with bacon & cheese Cheesy broccoli Pears	11 Knoephla soup Turkey pesto sandwich 3 bean salad Peaches	12	13 <u>Evening Meal</u> Turkey & gravy Dressing Mashed potatoes Roasted squash Cranberry jelly Pie	14
17 Spaghetti with meat sauce Garlic bread Green beans Tropical fruit	18 Chicken cordon bleu Vegetable rice pilaf Mixed vegetables Banana	19	20 <u>Evening Meal</u> Ham Scalloped potatoes Glazed carrots Fruit salad	21
24 Ham & bean soup Cucumber sandwich Applesauce	25 Sausage, egg, & cheese on croissant Hashbrown triangles Asparagus Grapefruit	26	27 <u>Evening Meal</u> Roast beef in gravy Mashed potatoes Mixed vegetables Fruit in jello	28
			Diners MUST call at least 1 day prior to sign up for meals. Call by 9 am for Noon meals, by 1 pm for evening meals. Late sign ups will no be accepted.	Substitutions may be necessary due to product availability

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 the outreach worker or your Senior Center for more information.



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 Ruby at 731-0170 for more info.

Lutheran Social Service Senior Companion Program

The Senior Companion program enrolls adults 55 and older. Companions make friendly visits on a regular basis to elders, often to assist with grocery shopping, medical appointments, errands or to visit over coffee. Senior Companions help other seniors maintain their independence.

Senior Companion volunteers in return for their service of 5-10 hours a week receive a small tax-free stipend which does not affect Social Security or other benefits, mileage reimbursement, and accident and liability insurance. Volunteers keep a flexible schedule with plenty of time off for vacations, holidays, and time with family. This is a wonderful way to supplement one's income while making a difference in the lives of others.

We have needs in your community for volunteers and we are seeking your help.

Please contact program coordinator, Justine Irakiza, with any questions at 701-205-2690.

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	_____ Other _____
_____ Food Pantry	_____ 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: _____

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



McIntosh County Transit

Buses will go to Bismarck, Jamestown, Fargo or Aberdeen.

All persons in McIntosh County may ride the buses regardless of age or income if space is available. Medical appointments take priority over shopping.

Everyone is encouraged to use these buses!

In-city buses will pick up people for the Senior Center Meals for a fee of \$1.00. Call the Senior Center to schedule a pickup.

City buses will transport people within the area. Contact your city driver at least one day in advance. Ride charges are \$5.00 within the county, \$8.00 to adjoining counties and \$1.00 within city limits.

Ashley	Call Dispatch	731-0072
Zeeland	Call Dispatch	731-0072
Lehr	Call Dispatch	731-0072
Wishek and all sites	Call Dispatch	731-0072

Bismarck Trips

\$15.00

Monday through Friday.....Call Dispatch

Jamestown Trips

\$13.00

Every Thursday.....Call Dispatch

Aberdeen Trips

\$13.00

Every Tuesday.....Call Dispatch

For more information, be sure to visit www.southcentraltransitnetwork.org

or find us on Facebook at facebook.com/southcentraltransitnetwork

McIntosh County Outreach

January & February

Ruby Beck is available at the Senior Centers, or in homes by appointment.

If you are in need of frozen meals, home delivered meals, or other services, please call Ruby.

If you have questions or need to schedule an appointment with Ruby, contact her at:

701-731-0170

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.

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

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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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 old-

er 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

Wishek Senior Center
5 S. Centennial Street
Wishek, ND 58495
701-452-2472

Ashley Senior Center
111 Center Avenue N.
Ashley, ND 58413
701-288-3540

Lehr Senior Center
122 Main Street
Lehr, ND 58460
701-378-2526

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
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RUBY BECK
Outreach

