



SOUTH CENTRAL ADULT SERVICES

Barnes County

NEWSLETTER

MARCH & APRIL 2025

ISSUE NO. 2

How Type 2 Inflammation contributes to asthma, COPD, and allergic conditions

(BPT) - Do you live with persistent, moderate-to-severe asthma, COPD, allergies, eczema or hives? Inflammation is often a major factor in the severity of your symptoms. It could also be a factor if your condition is hard to treat. When inflammation is severe and causes difficult-to-control symptoms, it's called Type 2 inflammation.

Type 2 inflammation could be the underlying cause of your condition. It could also be the reason you have more than one condition.

What is Type 2 inflammation? Type 2 inflammation is an overactive immune response that causes excess inflammation in the body. It plays a key role in many allergic, respiratory and skin diseases.

Type 2 inflammation is believed to be caused by genetic and environmental factors. It can be triggered by allergens (pollen, mold, dust mites, or pet dander) and irritants (pollutants). It can also arise from viruses and bacteria, weather changes, stress or exercise. Sometimes inflammation may occur without an apparent trigger.



Health conditions that may be affected by Type 2 inflammation include:

- * Moderate to severe asthma
- Eosinophilic asthma

CONTINUED on page 4



New Advisory Board members elected

New Advisory Board members were elected in December for the Barnes County Senior Center. Members are (back row, from left): Sharon Coleman, President; Doreen Larson, Secretary; Sandy Myers, Vice-president; Duane Thompson; (front row) Arlys Netland; Elaine Miedema, Treasurer; Bob Gaasland. Not pictured: Arlie Braunberger, Alternate.

(photo credit: Brenda Rohde)

Resolving to stay scam free in 2025

Many people's New Year's resolutions have come and gone by now but the Better Business Bureau recommends adding some resolutions to help make this year fraud-free:

I resolve to be cautious with email. Be wary of unsolicited emails from a person or company. Scammers can make emails look like they are from a legitimate business, government agency or reputable organization. Never click on links or open attachments in unsolicited emails.

I resolve never to send money to strangers. If you haven't met a person face-to-face, don't send them money, especially if the person asks you to transfer funds using a pre-paid debit card, gift card, or CashApp. Money sent this way is untraceable, and once it is sent, there's no getting it back. Scammers will try to trick you into panicking - so before making a move, think the situation through.

I resolve to do research before making online payments and purchases. Research the retailer before entering payment information. Ask: Is this a person or business I know and trust? Do they have a working customer service number? Where is the company located? Are payments made through a secure server (<https://...com>)? Have I checked to see if others have complained?

I resolve to use my best judgement when shar-



ing my personal information. Sharing sensitive personal information with scammers opens the door to identity theft. Never share financial information, birthdate, address, Social Security/Social Insurance number, or Medicare number with an unsolicited caller. **I resolve to create strong, unique, passwords for each account.** Using strong, varied pass-

words across accounts makes it harder for fraudsters to access multiple accounts if one is compromised.

I resolve to enable two-factor authentication. Adding this layer of security to accounts, specially those involving finances or personal data, greatly reduces the risk of unauthorized access.

I resolve to be social media smart. Use privacy settings on social media and only connect with people you know. Be careful about including personal information in your profile, and never reveal your address and other sensitive information. Scammers may use this information to make themselves pass as friends or relatives and earn your trust. Also, be careful when buying products you see on social media. The BBB

CONTINUED on page 5

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.

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

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.**

CONTINUED from page 1

- * COPD
- * Aspirin-Exacerbated Respiratory Disease (AERD)
- * Allergic rhinitis
 - Severe chronic rhinosinusitis with nasal polyps (CRSwNP)
- * Chronic urticaria (chronic hives)
- * Moderate to severe atopic dermatitis (eczema)
- * Food allergies
- * Eosinophilic esophagitis (EoE)
- * Sleep apnea

Symptoms involving Type 2 inflammation vary depending on your condition. Chronic inflammation can lead to long-term symptoms and tissue damage if it is not well managed.

What is the science behind Type 2 inflammation? Type 2 inflammation can be driven by high levels of antibodies called immunoglobulin E (IgE). It can also be driven by high levels of eosinophils, a type of white blood cell.

IgE is designed to help the body fight off allergens, certain irritants, and parasitic infections. It binds to immune cells such as mast cells and basophils that trigger the release of histamine and proteins called cytokines. This can cause Type 2 inflammation that is severe and chronic, especially in allergic conditions.

Other key cytokines (called IL-4, IL-5 and IL-13) recruit and activate the eosinophils. When there are too many eosinophils in the blood, they can contribute to severe or ongoing Type 2 inflammation.

How do you know if you have Type 2 inflammation? If you think your condition is affected by Type 2 inflammation, talk with a doctor, preferably a special-

ist such as an allergist. Doctors can diagnose Type 2 inflammation through blood tests that measure IgE and eosinophil levels. High levels indicate that Type 2 inflammation is present.

If you have asthma or COPD, a breathing test for your lungs called fractional exhaled nitric oxide (FeNO) can also indicate Type 2 inflammation.

What treatments are recommended for Type 2 inflammation? Medications are available for people with diseases caused or worsened by Type 2 inflammation. Biologics are increasingly prescribed to help treat these conditions. They are used when standard treatments like corticosteroids or antihistamines are not effective. Biologics work at the cellular level, with the goal of stopping symptoms before they can start. They aim to reduce the levels of IgE and/or eosinophils that cause inflammation in the body.

It's important to work together with your doctor to decide what course of treatment is best for you. Consider the severity of your symptoms and discuss what previous medications or treatments you have tried. Your healthcare provider can help you find out if Type 2 inflammation is connected to your medical condition.

Learn more at Type2Inflammation.org.

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.

CONTINUED from page 2

has received thousands of complaints about misleading Facebook and Instagram ads.

I resolve to regularly check my financial statements. Committing to review bank and credit card statements can catch unauthorized transactions early.

I resolve to educate myself about the latest scams. Staying informed on emerging scams helps you recognize and avoid new fraud tactics.

ND SMP ADVISES ON HOW TO AVOID MEDICARE SCAMS

- Stay alert for requests for personal information like your Medicare or Social Security number
- Avoid sharing sensitive information over the phone or online

• Carefully review Medicare Summary Notices and Explanation of Benefits to make sure all charges are accurate

• Use a calendar or journal to track your medical appointments for reference

• If something seems suspicious, speak up! Start by contacting your healthcare provider to confirm if it's a billing error

Report Medicare Scams - such as unauthorized use of your Medicare number or suspicious billing - by contacting the ND Senior Medicare Patrol at 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General at 1-800-472-2600.

(Information provided in part by bbb.org and ND SMP Scam of the Month - January 2025)



Guidelines for Home Delivered Meals



• Meal cannot be left if client is not home. You MUST be present to get your meal.



• Delivery times may vary. Meals are delivered Mon-Fri, 10:45 am - Noon; Sat, 11:30am—12:30pm; Sun, Noon—1pm.



• Be sure to call and cancel your meal if you know you won't be home.

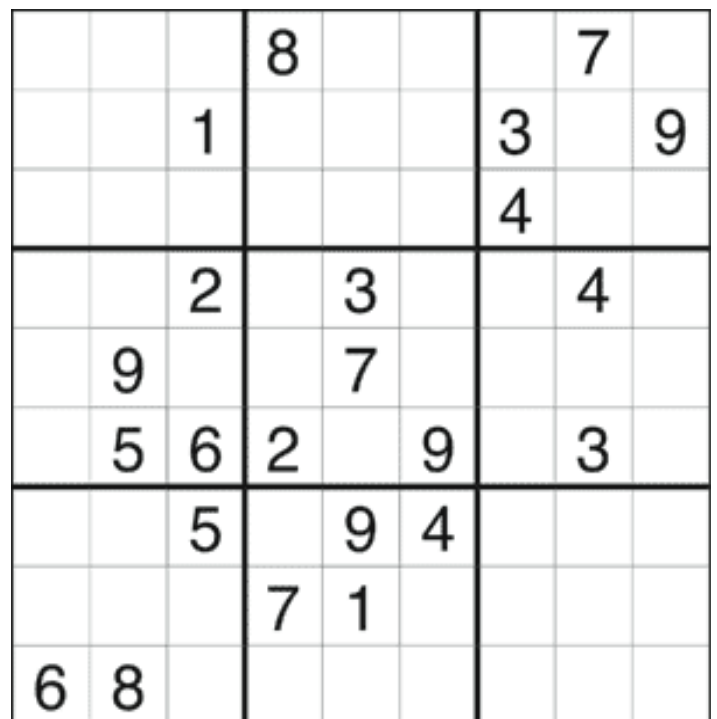
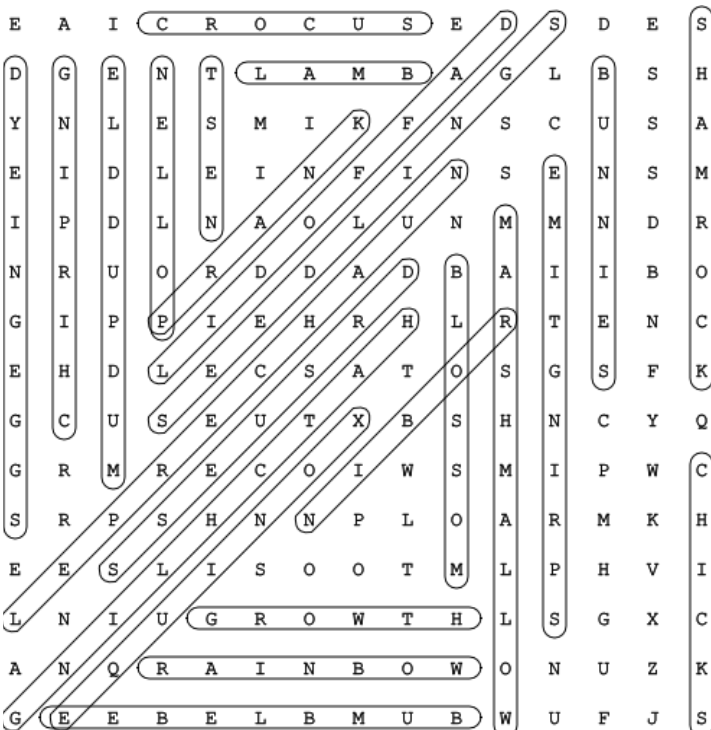
Drivers:



• Make sure client responds prior to leaving. Even if you just hear them, as long as you know they are home and ok.



• Please do not park in the alley by the back door (except for weekends).



Barnes County Food Pantry Donations

December 18 - February 18

Nancy & Darrell Hermanson	Valley Wealth Advisors	Marlys Netland - in memory of Mylo Falstad
James & Ruth Ann Lehfeldt	Sheyenne Valley Community Foundation	Larry Thoreson - in memory of Mylo Falstad
Messiah Lutheran Church	Steve & Branda Nagle	Mavis Dilts - in memory of Mylo Falstad
North Valley 4H	Duane Borchert	Marge Welken - in memory of Mylo Falstad
GiGi Goven - in memory of Gerry Gamrath	Faye Graalum	North Marion Reformed Church
Terry & Lenore Lebahn	Faith Lutheran Church	Karla & Doug Olson
Cynthia Metcalf	First Reformed Church, Litchville	Anne & John Myers
BC Highway Dept	Chris Kvilvang	Carol A. Olson - in memory of Donna Jantzen
Vernon & Karen Aus	Eastern Star Woodbine	Joyce Huseby - in memory of Judy Olstad
City of Valley City	Cynthia Twidt - in memory of Brian Ventsch	Thomas & Sharon Vanorny
Luverne WELCA	Brimer Homemakers	Aktion Club
Sacred Heart Church	Dennis & Joann Nathan	Rhonda & Kim Knodle
Sacred Heart Circle Four	Leonard & Verna Anderson	Conrad & Mary Lundstrom
John & Kathie Kopp	Bonnie Lahlum - in memory of Mylo Falstad	Norma Voldal - in memory of Dorothy Broadwell
Sons of Norway	Norma Voldal - in memory of Mylo Falstad	
Hjemdahl Lodge	Diane Busche	
Anonymous	Becky Sorby - in memory of Mylo Falstad	
Plains, Grains, & Agronomy		
Luverne Lutheran Church		
Our Saviors Lutheran Church		



DONATIONS

SENIOR CENTER

Mike Kjelland

Arlene Flatlie - in memory of
Mylo Falstad

Lenore & Terry Lebahn - in memory of
Mylo Falstad

TRANSIT

Hilde Van Gjissel

Duane Borchert

Eastern Star Woodbine

Annetha Plecity - in memory of Dick Grenz

Lee & Rhonda Olsberg - in memory of
Dick Grenz

Carol Nelson - in memory of Mylo Falstad

Cheryl Olson - in memory of Mylo Falstad

Doug & Ann Kelly - in memory of
Mylo Falstad

Richard Hanson - in memory of
Mylo Falstad

Fireside Condos - in memory of
Mylo Falstad

Jackie Heroux

Almira Klein - in memory of Dennis Miller

HOME DELIVERED MEALS

Richard Hanson - in memory of O'Neil
Oppegard

Kathy Karlgaard - in memory of Mylo
Falstad



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.*

E
D
Y
E
I
N
G
E
G
G
S
R
P
S
E
L
A
G
E
E
B

L
P
R
U
O
R
D
D
A
D
B
A
I
I
B
O

N
R
U
O
R
D
D
A
D
B
A
I
I
B
O

G
I
P
P
I
E
H
R
H
L
R
T
E
N
C

E
H
D
L
E
C
S
A
T
O
S
G
S
F
K

G
C
U
S
E
U
T
X
B
S
H
N
C
Y
Q

G
R
M
R
E
C
O
I
W
S
M
I
P
W
C

S
R
P
S
H
N
N
P
L
O
A
R
M
K
H

E
E
S
L
I
S
O
O
T
M
L
P
H
V
I

L
N
I
U
G
R
O
W
T
H
L
S
G
X
C

A
N
Q
R
A
I
N
B
O
W
O
N
U
Z
K

G
E
E
B
E
L
B
M
U
B
W
U
F
J
S

Leprechaun
Dr. Suess
Chicks
Mud puddle
Prank
Seedlings
Crocus
Chirping

Blossom
Pollen
Nest
Hatchling
Shamrock
Marshmallow
Dyeing eggs
Springtime

Robin
Bunnies
Rainbow
Bumblebee
Daffodil
Equinox
Growth
Lamb

Answers on Page 5

Page 8

March & April 2025

CREATIVE COOKING



Ham Tetrazzini

Prep: 15 mins Cook: 15 minutes

INGREDIENTS

- 6 ounces spaghetti
- 3 quarts water
- 1 tsp salt
- 1 tbsp butter
- 2 tbsp chopped onion
- 1 (10.75 ounce) can condensed cream of mushroom soup

- ½ cup water
- ½ cup shredded Cheddar cheese
- 1 cup diced ham
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped pimento peppers

DIRECTIONS

1. Bring a large pot of lightly salted water to a boil. Add spaghetti and cook for 8 to 10 minutes or until al dente; drain (or use leftover pasta; see Cook's Note).
2. While pasta is cooking, melt butter in a saucepan over medium heat. Stir in onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
3. Stir in cream of mushroom soup, 1/2 cup water, and shredded cheese. Heat mixture until cheese melts, stirring often.
4. Mix in the ham, cooked and drained pasta, chopped pimento, and chopped parsley to saucepan; stir to combine. Cook until mixture is heated through, then serve.

Note: You may substitute 3 cups of leftover cooked pasta for spaghetti.

NUTRITIONAL INFORMATION

Servings: 4; Calories 358; Total Fat 16g; Saturated Fat 7g; Sodium 1585mg; Protein 15g; Total Carbohydrate 39g; Sugars 3g; Dietary Fiber 2g; Cholesterol 39mg.



Spring Cleaning Cookies

Prep: 15 mins Cook: 15 minutes

INGREDIENTS

- ½ cup butter, softened
- ½ cup shortening
- 1 cup white sugar
- 1 cup light brown sugar
- 2 large eggs
- 2 tbsp evaporated milk

- 2 tsp vanilla extract
- 2 cups all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1 ½ cups rolled oats
- 1 ½ cups chocolate chips
- 1 cup flaked coconut
- 1 cup chopped pecans

DIRECTIONS

1. Preheat the oven to 375 degrees F. Grease two cookie sheets.
2. Cream together butter, shortening, white sugar, and brown sugar in a large bowl until light and fluffy. Beat in eggs, one at a time. Stir in evaporated milk and vanilla.
3. Combine flour, baking powder, baking soda, and salt in a separate bowl. Stir flour mixture into the sugar mixture. Mix in oats, chocolate chips, coconut, and pecans. Drop by rounded tablespoonfuls 2 inches apart onto the prepared cookie sheets.
4. Combine flour, baking powder, baking soda, and salt in a separate bowl. Stir flour mixture into the sugar mixture. Mix in oats, chocolate chips, coconut, and pecans. Drop by rounded tablespoonfuls 2 inches apart onto the prepared cookie sheets.

NUTRITIONAL INFORMATION

Servings: 48; Calories 144; Total Fat 8g; Saturated Fat 3g; Sodium 81mg; Protein 2g; Total Carbohydrate 17g; Sugars 11g; Dietary Fiber 1g; Cholesterol 59mg.

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

Elderbee Care

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: _____



Renter Refunds and Property Tax Credit options available

PRIMARY RESIDENCE CREDIT

The Primary Residence Credit (PRC) provides all North Dakota homeowners with the option to apply for a state property tax credit through the North Dakota Office of State Tax Commissioner. Homeowners with an approved application may receive up to a \$500 credit against their property tax obligation.

To be eligible for the credit:

* You must own a home (house, mobile home, town home, duplex, or condo) in North Dakota, and reside in it as your primary residence.

* There are no age restrictions or income limitations for this credit.

* Only one Primary Residence Credit is available per household.

Apply online by March 31, 2025 at tax.nd.gov/prc

Those applying for the credit may be eligible to apply for more than one type of property tax credit, including the Homestead Property Tax Credit and the Disabled Veterans Property Tax Credit.

HOMESTEAD PROPERTY TAX CREDIT

The Homestead Property Tax Credit property tax credits available to eligible North Dakotans. The credit reduces the homeowner's taxable value depending on the homeowner's income. The maximum reduction may vary from \$4,500 to \$9,000.

Homeowners must be 65 years of age or older or be permanently disabled. To be eligible for this program, you (the homeowner) must:

- Live at and be invested in the property
- Not have income that exceeds \$70,000, including the income of your spouse and any dependents, for the calendar year preceding the assessment date.

The homeowner does not qualify to receive the credit if the homestead is rented while the owner is temporarily absent, or the homestead is a farm structure. The Homestead Property Tax Credit reduces the homeowner's taxable value according to the following:

If your income is:	\$0 - \$40,000	\$40,001 - \$70,000
Taxable value is reduced by:	100%	50%
Maximum reduction of taxable value:	\$9,000	\$4,500
Maximum reduction of true & full value:	\$200,000	\$100,000

Interested in applying? Contact the Barnes County Tax Equalization Office or your city assessor's office. Homeowners must apply for a property tax credit by March 31.

Do you need more information or assistance applying? South Central Adult Services can help. Call Candace Johnson at 845-4300 to set up an appointment today.

RENTERS REFUND

The Renter's Refund program provides a partial refund on rent for a renter's place of residence or a mobile home lot. Refunds can be up to \$400. To be eligible for this program, you (the renter) must:

- Be 65 or older (or have a permanent disability)
- Have income of \$70,000 or less, including the income of your spouse and any dependents, for the calendar year preceding the assessment date.
- Have annual rent payments that are a certain percentage of your income. If 20% of your annual rent exceeds 4% of your annual income, you will receive a refund for the over payment. Refunds can be up to \$400.

For more information or to get an application, go to www.tax.nd.gov/renter. You may also call the State Tax Commissioner at 1-877-328-7088 option 5. If you need assistance with Rent Refunds, call Candace Johnson at 845-4300. Renters must apply for by May 31, 2025.

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