



# *SOUTH CENTRAL ADULT SERVICES*

# *LaMoure 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  
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## 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 caution 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

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# LaMoure County Activities

## LAMOURE

Fridays: 1 PM: Craft day and Dominoes.

## MARCH

Tuesday, March 11: 12:30 PM: "Happy Senior Club" monthly meeting.

Wednesday, March 12: 1 PM: Edgeley Bookmobile.

## APRIL

Wednesday, April 9: 1 PM: Edgeley Bookmobile.

Tuesday, April 15: 12:30 PM: "Happy Senior Club" monthly meeting.

*Watch The LaMoure Chronicle's Senior Moments for monthly potluck dates and times.*

**Please consider us when making your charitable donation.** South Central Adult Services is a non-profit corporation which receives support from North Dakota Aging Services and the Department of Transportation. Although they are funding sources, it is not enough to cover all the costs of our corporation. The money received will help provide continued support and assistance to those supported by our programs. We are very appreciative for the support we already receive. If you would please consider a financial contribution to help meet the needs of our patrons, please fill out this form and return it to **South Central Adult Services, PO Box 298, Valley City, ND 58072.**

### ENCLOSED IS MY TAX DEDUCTIBLE DONATION:

#### I would like my contribution of:

_____ \$ 25	_____ \$200
_____ \$ 50	_____ \$500
_____ \$100	_____ \$Other



#### For the purpose of:

_____ Transportation	_____ Senior Meals	_____ 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: \_\_\_\_\_

# LaMoure County Birthdays

## LAMOURE

### MARCH

Lois Bachynski: 3/16

Darlene Swiontek: 3/21

Nellie Brademeyer: 3/31

### APRIL

Michelle Siegel: 4/20

James Robideau: 4/25

Eileen Feiken: 4/27



## EDGELEY

### MARCH

Richard Muslan: 3/2

Violet Podenski: 3/17

### APRIL

Laurie Fossum: 4/18

Michelle Siegel: 4/20

## KULM

### MARCH

Lucille Anderson: 3/15

Edna Giesler: 3/22

### APRIL

Arla Anderson: 4/18

## JUD

### MARCH

No birthdays

### APRIL

No birthdays

### **FREE IN-HOME SERVICES FOR SENIORS**

Provided by Lutheran Social Services  
Senior Companions

- Bringing smiles & laughter
- Empowering seniors to remain living independently
- Helping relieve loneliness and encouraging activity
- Providing respite care for family caregivers

**Contact LSS at 701-389-2293 or  
Andra at 883-5088 for more info.**

### **LaMoure County Outreach March & April 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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server (<https://...com>)? Have I checked to see if others have complained?

**I resolve to use my best judgement when sharing 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 passwords 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 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.

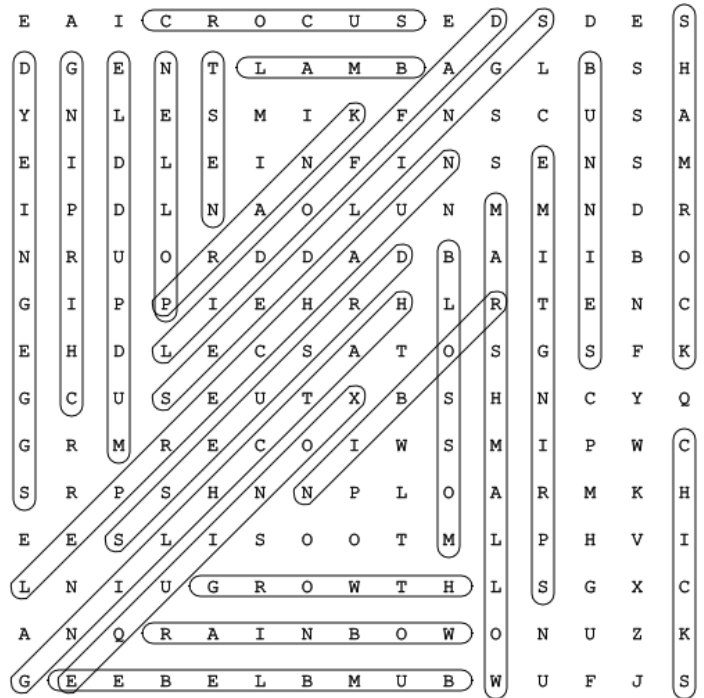
5	3	9	8	4	1	6	7	2
2	4	1	5	6	7	3	8	9
7	6	8	9	2	3	4	1	5
8	7	2	1	3	5	9	4	6
1	9	3	4	7	6	2	5	8
4	5	6	2	8	9	7	3	1
3	1	5	6	9	4	8	2	7
9	2	4	7	1	8	5	6	3
6	8	7	3	5	2	1	9	4

## 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)



## 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 3<sup>rd</sup> Monday of February, May, August & November. All meetings are open to the public at 139 2nd Ave SE in Valley City, ND. Call in advance to reserve a meal at 1-800-472-0031.



# LaMoure / Dickey / Marion & Edgeley's Menu March 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 Cabbage roll Augratin potatoes Green beans Peaches	5 Catfish Macaroni & cheese Peas Fruit	6 Pork roast Strudels Potatoes Carrots Fruit	7 Salmon loaf Rice Broccoli Fruit
10	11 Sweet & sour meatballs Fried rice Chinese vegetables Pineapple	12 Soup Sandwich Cookie	13 Popcorn chicken Macaroni salad Green beans Fruit	14 Tuna casserole Mixed vegetables Fruit cocktail
17	18 Rope sausage Mashed potatoes Peas Fruit	19 Sausage Biscuit & gravy Eggs Tropical fruit	20 Taco salad Breadstick Fruit	21 Tilapia Potatoes Corn Pears
24	25 Salisbury steak Potatoes Green beans Tropical fruit	26 Pork chops Mashed potatoes Broccoli Fruit	27 Meatloaf Cheesy potatoes Corn Peaches	28 Cod Fried potatoes Peas Applesauce
31			<b>Please call by 8 AM the day of to sign up for or to cancel for dinner!!</b>	<b>Substitutions may be necessary due to product availability.</b>

## LaMoure / Dickey / Marion & Edgeley's Menu for April 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
	1 Chicken cordon bleu Scalloped potatoes Broccoli Fruit	2 Sloppy joes Sweet potatoes Carrots Pears	3 Swiss steak Mashed potatoes Cauliflower Applesauce	4 Lemon pepper fish Potatoes Beets Cookies
7	8 Beef stew Dinner roll Jello	9 Meatballs over noodles Peas Fruit	10 5 bean hotdish Garlic bread Beets Pears	11 Cod Mashed potatoes Mixed vegetables Fruit cocktail
14	15 Spaghetti noodle with meat sauce Garlic bread Peas Applesauce	16 Salisbury steak Mashed potatoes & gravy Carrots Fruit	17 Ham salad sandwich on a bun Pasta salad Apricots	18 Sausage Eggs Muffin Fruit
21	22 Tator tot hotdish Peas Fruit	23 Rope sausage Sauerkraut Potatoes Fruit	24 Taco salad Breadstick Mandarin oranges	25 Stuffed peppers Mashed potatoes Mixed vegetables Fruit cocktail
28	29 Chicken burger on a bun Potatoes & corn chowder Pears	30 Tilapia Baked potatoes Corn Peaches	<b>Substitutions may be necessary due to product availability.</b>	
				<b>Please call by 8 AM the day of to sign up for or to cancel for dinner!!</b>

## Kulm, Jud & Gackle Menu for March 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken strips Broccoli Hashbrown squares Fruit	4 Stroganoff Noodles Peas & carrots Fruit	5 Pork roast Strudels Carrots & potatoes Fruit	6 Orange chicken Rice Vegetable Fruit	7
10 Stuffed peppers Scalloped potatoes Peas & carrots Fruit	11 Chicken cordon bleu O'Brien potatoes Green beans Fruit	12 Beef stew Peas Tossed salad Fruit	13 Knoephla soup Chicken sandwich Celery sticks Fruit	14
17 Salisbury steak Mashed potatoes Green beans Fruit	18 Chicken chow mein Rice Roman coleslaw Fruit	19 Cabbage roll Cheesy potatoes Corn Fruit	20 Hot hamburger Mashed potatoes Cauliflower Fruit	21
24 Brat Macaroni & cheese California blend vegetables Fruit	25 Stuffed shells Chicken strips Corn Fruit	26 Swiss steak Mashed potatoes Carrots Fruit	27 Bean soup Ham sandwich Celery sticks Fruit	28
31 Chicken strips California blend vegetables Rice Fruit			<b>Jud &amp; Gackle meals are served Mon— Wed. Kulm meals are served Mon—Thur.</b>	<b>Substitutions may be necessary due to prod- uct availability.</b>

## Kulm, Jud & Gackle Menu for April 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork chop Mashed potatoes Peas & carrots Fruit	2 Spaghetti noodles & meat sauce Tossed salad Fruit	3 Barbeque Potato salad Pea salad Fruit	4
7 Cabbage roll Scalloped potatoes Corn Fruit	8 Turkey & dressing Mashed potatoes Green beans Fruit	9 BBQ ribs Cheesy potatoes Peas Fruit	10 Sauerkraut Meatballs Mashed potatoes Fry bread Fruit	11
14 Chicken & noodles Peas Fruit	15 Tilapia Potatoes Coleslaw Fruit	16 Pork roast Strudels Potatoes & carrots Fruit	17 Chicken casserole Green beans Fruit	18
21 Chicken lasagna Garlic toast Tossed salad Fruit	22 Meatloaf Baked potato Vegetable Fruit	23 Chicken strips Potatoes Green beans Fruit	24 Liver & onions Potatoes Corn Fruit	25
28 Chicken fried steak Mashed potatoes Corn Fruit	29 Beef tips & noodles Vegetable Fruit	30 Chicken Dumplings Carrots & potatoes Fruit	<b>Jud &amp; Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.</b>	<b>Substitutions may be necessary due to product availability.</b>



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inflammation include:

- \* Moderate to severe asthma
- \* Eosinophilic asthma
- \* 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

specialist 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](http://Type2Inflammation.org).

### ***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 5<sup>th</sup> 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.

E	A	I	C	R	O	C	U	S	E	D	S	D	E	S
D	G	E	N	T	L	A	M	B	A	G	L	B	S	H
Y	N	L	E	S	M	I	K	F	N	S	C	U	S	A
E	I	D	L	E	I	N	F	I	N	S	E	N	S	M
I	P	D	L	N	A	O	L	U	N	M	M	N	D	R
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**

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## 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](http://www.southcentraltransitnetwork.org)  
or find us on Facebook at  
[www.facebook.com/southcentraltransitnetwork](http://www.facebook.com/southcentraltransitnetwork)

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

## *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](mailto:Justine.irakiza@lssmn.org)

# 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](http://tax.nd.gov/prc) or call Andra Jenkins at 701-883-5088.

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:

<u>If your income is:</u>	<u>\$0 - \$40,000</u>	<u>\$40,001 - \$70,000</u>
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 LaMoure 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 Andra Jenkins at 883-5088 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](http://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 Andra Jenkins at 883-5088. 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](http://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