



SOUTH CENTRAL ADULT SERVICES

McIntosh 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
CONTINUED on page 2

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

CONTINUED on page 11

MCINTOSH COUNTY ACTIVITIES

WISHEK

Tuesdays & Wednesdays:

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

MARCH

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

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

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

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

Sunday, March 30: 7 PM: Progressive Pinochle Party.

APRIL

Thursday, April 3: 5:30 PM: Evening meal, followed by cards and games.

Thursday, April 10: 5:30 PM: Evening meal, followed by cards and games.

Thursday, April 17: 5:30 PM: Evening meal, 7 PM: Wishek regular meeting.

Thursday, April 24: 5:30

PM: Evening meal, followed by cards and games.

Sunday, April 27: 7 PM: Progressive Pinochle Party.

*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.

MARCH

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

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

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

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

Monday, Mar. 31: 6 PM: Evening meal followed by Bingo and cards.

APRIL

Monday, April 7: 6 PM: Evening meal followed by Bingo and cards.

Monday, April 14: 6 PM: Evening meal followed by Bingo and cards.

Monday, April 21: 6 PM: Evening meal followed by Bingo and cards.

Monday, April 28: 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.*



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
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 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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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.

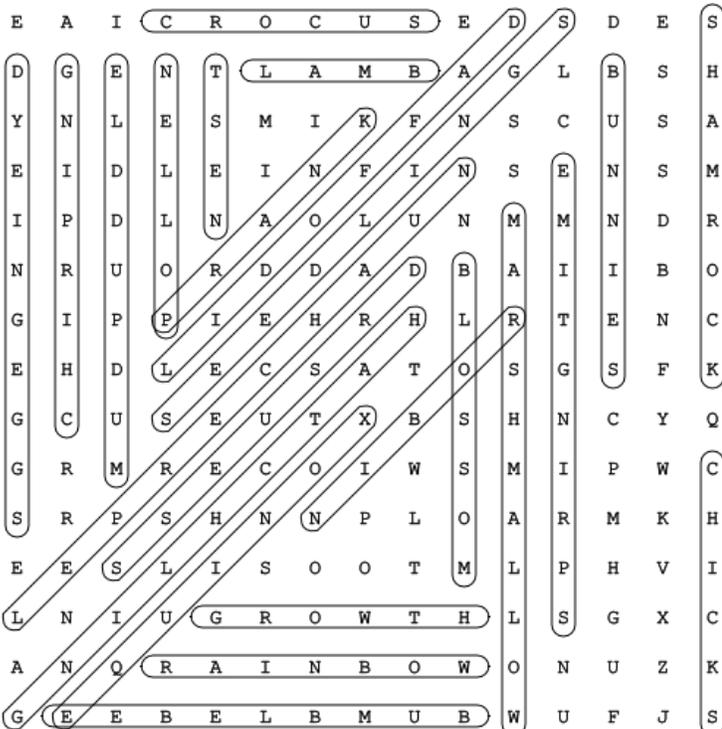
How do you know if you have Type 2 inflammation? If you think your condition is affected by Type 2 inflammation, talk with a doctor, preferably a specialist such as an allergist. Doctors can diagnose Type 2 inflammation through blood tests that measure IgE and eosinophil levels. High levels indicate 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.



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			7	1			
6	8						

Ashley & Zeeland 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	2 Vegetable soup Meat sandwich Peas & cheese salad Mandarin oranges	3	4 Cheese sandwich Tomato soup Peas & carrots Pears
7 <u>Evening Meal</u> Swiss steak Mashed potatoes Broccoli Pudding	8	9 Baked chicken Creamed potato Corn Apricots	10	11 Salmon Tator tots Peas Apricots
14 <u>Evening Meal</u> Meatloaf Mashed potatoes Green bean casserole Fruit	15	16 Tator tot hotdish Tomato spoon salad Fresh fruit	17	18 Noodles & prunes Boiled eggs Carrots Fruit
21 <u>Evening Meal</u> Sausage Baked potato Brussels sprouts Peaches	22 Lazy Hulupsi Creamed peas Fruit	23 Chicken patty Hashbrown bake Buttered beets Fruit	24	25
28 <u>Evening Meal</u> Hot dogs Mashed potatoes Sauerkraut Fruit	29	30 Potato leek soup Meat sandwich Pears	<p style="text-align: center;">Substitutions may be necessary due to product availability. Fresh fruit served when available.</p> <p style="text-align: center;">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 March 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Hot beef sandwich Mashed potatoes Corn Tropical fruit	4 Fish sandwich Sweet potato fries Coleslaw Fruit cocktail	5	6 Evening Meal Chicken & broccoli alfredo Ceaser salad Garlic toast Fruit	7
9 Make up Meal Caramel roll Ham & sweet pepper egg bake Cheesy hashbrowns Turkey link pancake wrap V8 juice Grapefruit	10 Tomato soup Hot ham & cheese sandwich Coleslaw whipped with apples	11 Breaded chicken Veggie egg roll Fried rice Homemade sweet & sour sauce Mandarin oranges	12	13 Evening Meal Beef tips over mashed potatoes Green beans Fruit	14
16	17 Chicken pot pie soup with peas & carrots Biscuit Cherries	18 Tator tot hotdish with green beans Carrots & celery with ranch Pineapple	19	20 Evening Meal Pork roast Mashed potatoes Glazed carrots Fruit	21
23	24 Hot pork sandwich Mashed potatoes Mixed vegetables Peaches	25 Loaded baked potato soup with ham Carrots & celery with ranch Pears	26	27 Evening Meal Spaghetti with meatballs Breadstick Fruit	28
30	31 Pork sausage Spaetzel Sweet cooked cabbage Apricots			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.	
			Substitutions may be necessary due to product availability.		

Wishek & Lehr 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 Chicken cordon bleu Baby bakers Peas & carrots Fruit cocktail	2	3 <u>Evening Meal</u> Chicken fajita casserole Refried beans Fruit	4
7 Vegetable beef soup Egg salad on croissant Apples with peanut butter	8 Bratwurst French fries Peas & cheese salad Tropical fruit	9	10 <u>Evening Meal</u> Swedish meatballs in gravy over mashed potatoes Mixed vegetables Fruit	11
14 Fish sandwich Beer cheese soup Cucumber salad Pineapple	15 Hamburger chow mein casserole Egg roll Sweet & sour sauce Mandarin oranges	16	17 <u>Evening Meal</u> Ham Baked rice Corn Fruit	18
21 Cheeseburger soup Dill pickles Pears	22 Turkey rice casserole Mixed vegetables Peaches	23	24 <u>Evening Meal</u> Cabbage roll Mashed potatoes Pickled beets Fruit	25
28 Chicken sandwich on croissant Lettuce mixture Sweet potato fries Cherries	29 Sloppy joes Tator tots Mixed vegetables Apricots	30	<p style="color: red; font-weight: bold;">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 style="color: blue; font-weight: bold;">Substitutions may be necessary due to product availability</p>	

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.

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 Becky Telin at 701-389-2293 for more info.

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

March & April

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

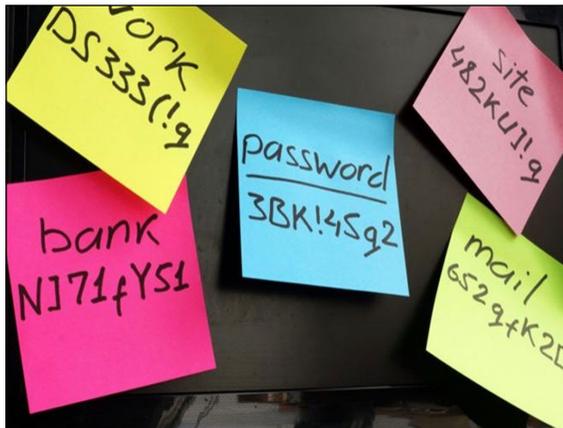
CONTINUED from page 1 server (<https://...com>)? Have I checked to see if others have complained?

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 mislead-



ing 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.

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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

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.

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 or contact Ruby Beck at 701-731-0170.

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 McIntosh 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 Ruby 731-0170 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 Ruby at 731-0170. 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**

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
Bookkeeping

RUBY BECK
Outreach

