



# *SOUTH CENTRAL ADULT SERVICES* *Barnes County* NEWSLETTER

MAY & JUNE 2025

ISSUE NO. 3

## Seniors visit Buffalo Museum



Barnes County seniors took a trip to Jamestown, ND to visit the National Buffalo Museum on February 22nd.

The seniors enjoyed the many artifacts and White Cloud the white buffalo. Pictured from left are: Carol Szalay, Doreen Larson, Elaine Miedema, Kathy Bishop, Nadine Van Dyke, Duane Thompson, Berta Clement, and Sharon Coleman. (photo submitted)

## The spectrum of healthy eating

Healthy eating is not just ensuring that your plate is loaded with fruits and vegetables (although that does help). Healthy eating has a wide range of components, and each principle can work together to give you an overall feeling of wellness.

**Important Nutrients** — Fruits and vegetables are high in fiber, vitamins, minerals, and antioxidants that the body needs on a regular basis. Aim to



have a colorful plate! Consider low-fat calcium-rich food sources for your dairy products. Protein is another vital nutrient and can be found in lean meats, fish high in omega-3's, and even from beans/legumes. Look for carbohydrates high in whole grain sources. Be mindful of all added sugars and sodium levels.

**Water Intake** — Hydration is

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# Take care of your vision to invest in your overall health

(BPT) - A new year is a great opportunity to develop better habits and improve your health and wellness. Perhaps that involves revamping your workout routine or investing in a skincare regimen. As you start to think about the new year, make sure to include a comprehensive eye exam at the top of your list.

A normal part of aging. Just like the rest of your body, your eyes change as you age, and you may find it harder to see. You're not alone. According to the World Health Organization (WHO), more than two billion people around the world suffer from visual impairment, a number expected to double by 2030.

While these numbers may be concerning, take heart. Many vision conditions are treatable. A step you can take today to assess and preserve your vision - as well as your health - is to schedule a comprehensive eye exam.

Your eyes are windows into your overall health and wellness. An eye care professional can do much more than assess your vision. Your eyes can actually reveal many details about your overall health and wellness.

A comprehensive eye exam can help detect over 270 different medical conditions, from diabetes to heart disease. Despite its importance, many adults over 40 around the globe tend to prioritize staying active, maintaining a healthy diet or skincare over regular eye exams in their journey to aging well.

"Not only can an eye exam assess the health of your eye," said Dr. Christi Closson, Associate Director of Professional Education, Vision, Johnson & Johnson, "it can do so much more, such as providing insight into your overall health and well-being as you



age. It is critical for everyone to stay on top of their vision and eye health, and make time for an annual comprehensive eye exam."

Presbyopia and cataracts: Common age-related vision conditions. If you're over 40, it's critical that you're aware of common vision conditions and their symptoms.

Presbyopia - another name for age-related farsightedness - describes a person's decreased ability to see nearby objects, especially in low light. For example, you may notice that it's become more difficult to read texts on your phone, so you hold it at arm's length.

"As you age, the lens inside your eye becomes

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## **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

## **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.



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

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key! The body expels water through many means on a daily basis and must be replaced by drinking the recommended amounts of water and/or consuming foods with a high water content. Sodas, sugary drinks, alcohol, and caffeinated beverages are not adequate sources for hydration, and must be consumed in moderation. Aim for 15.5 cups (3.7 liters) of fluids a day for men, 11.5 cups (2.7 liters) of fluids a day for women.

**Emotional Eating** — Mental aspects are just as important for healthy eating. Listen to hunger cues. For example: how full are you truly feeling? Are you eating out of boredom or as a social aspect? Are you feeling any other physical symptoms along with hunger? What is your mood in and is that contributing to your desire to eat or not eat?

**Food Labels** — Reading food labels can provide a great roadmap to healthy eating. Information commonly found on food labels includes portion size, vitamins, minerals, protein, carbohydrates, fiber, protein, fats and sodium content. Food labels can help you discern whether specific foods fit your personal criteria for healthy eating.



**Mealtime Habits** — Healthy habits equal healthy eating! Are you distracted by technology during your meals? This has the potential to lead to mindless consumption and overeating. Are you taking your time chewing your food and not rushing? These factors have an impact on healthy eating.

## 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.

## **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.**

## CONTINUED from page 2

more rigid, making it difficult for your eyes to focus on text or objects that are up close," said Dr. Closson. "However, presbyopia happens to everyone and is easily treatable. In fact, there are multifocal contact lenses designed to help with this vision impairment without invasive interventions."

Another condition to be aware of as you age (especially if you're over 60) is cataracts. A physical sign of cataracts is clouding in the eye that makes it hard to see. However, you may also notice that lamps, sunlight and headlights seem too bright or that colors look faded. If left untreated, cataracts can lead to blindness.

Modern technological advancement has made cataract treatment a minimally invasive out-patient procedure that typically takes 15 to 30 minutes to complete, depending on the severity of the condition. Cataract treatment\* can also improve other eye conditions like nearsightedness, farsightedness and astigmatism.

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### References

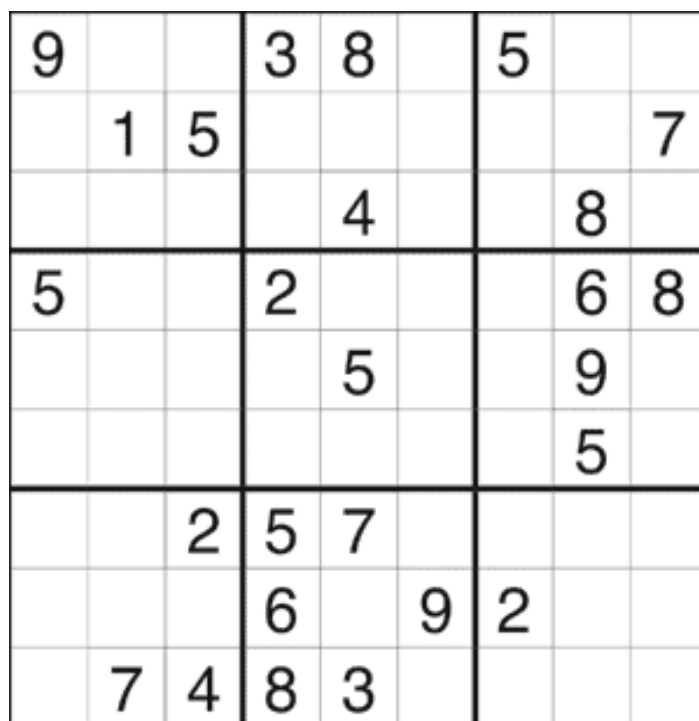
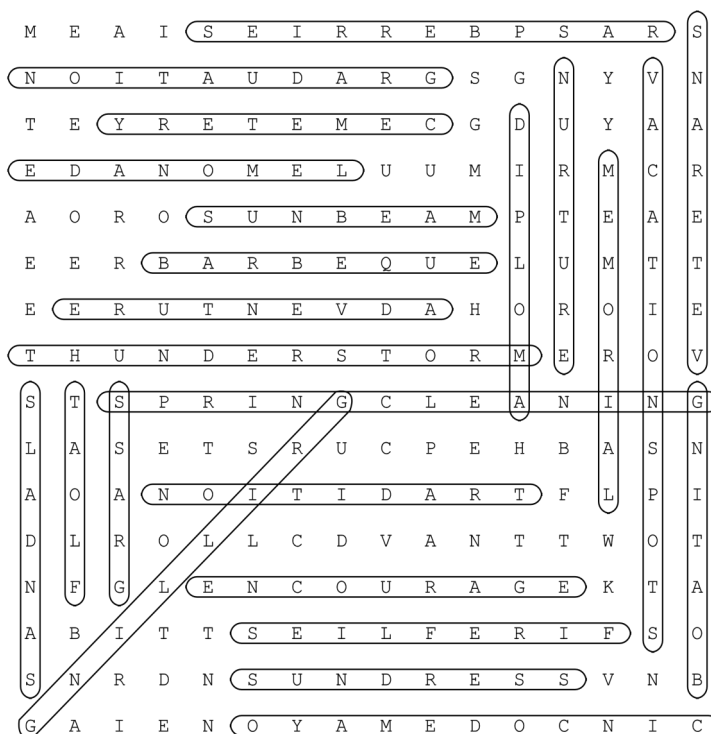
1. World Health Organization. Increasing eye care interventions to address vision impairment. Available at: [https://www.who.int/publications/m/item/increasing-eye-care-interventions-to-address-vision-impairment#:~:text=Globally%2C%20at%20least%202.2%20billion,%20Dincome%20countries%20\(LMICs\).](https://www.who.int/publications/m/item/increasing-eye-care-interventions-to-address-vision-impairment#:~:text=Globally%2C%20at%20least%202.2%20billion,%20Dincome%20countries%20(LMICs).)
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3. Mayo Clinic at: <https://www.mayoclinic.org/diseases-conditions/presbyopia/symptoms-causes/syc-20363328>
4. National Eye Institute. Cataracts. Available at: <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/cataracts>.
5. American Refractive Surgery Council. Cataract Surgery. Available at: <https://americanrefrativesurgerycouncil.org/cataract-surgery/#:~:text=Vision%20Correcting%20IOLs?-,Cataract%20surgery%20removes%20the%20clouded%20natural%20lens%20and%20replaces%20it,nearsightedness%2C%20farsightedness%2C%20and%20astigmatism>.

## CONTINUED from page 12

change, as long as they remain within their program's guidelines and budget parameters. As cost controls are in place, self-direction programs are generally able to support people at a lower cost than traditional care facilities, while providing more personalized care.

**Finding a self-direction program.** For individuals and families seeking greater control over long-term care support, a self-direction program may be the answer. Unfortunately, such programs often have limited availability. "Self-direction is life changing, and we're advocating for it to be an option everywhere for everyone," says Barnett. "Check with your state's department that serves older adults and people living with disabilities to see if it's available or get in touch with GT Independence to be pointed to area resources."

More information about self-direction can be found at [Medicaid.gov](https://www.medicaid.gov) and [gtindependence.com](https://www.gtindependence.com).



# Barnes County Food Pantry Donations

## February 24 - April 17

Faith Lutheran Church	Sandy Myers - in memory of Mylo Falstad & Berniece Botner	JoAnn Korf - in memory of Adlai Donohue
Cynthia Metcalf		Judy Stahl
Anonymous		Patty Wagar
Dennis & Joann Nathan	Tom & Shelly Burchill - in memory of JoAnn Pederson	Francis & Marian Hoffarth
Epworth Methodist Church	Robert Eggert	Christine Marshall - in memory of JoAnn Ped- erson
Terry & Lenore Lebahn	Doreen Larson	Irene Peterson
Anonymous	Dazey Assembly of God	Donald Yanish
AGCountry Farm Credit Services	Our Savior's Lutheran, Dazey	St. Catherine Elementary School
JoAnn Korf - in memory of Carol Dahl	Bethel Lutheran Church, Rogers	St. Ann's Christian Mother Holy Trinity Catholic Church
Tom & Kathy Just - in memory of Virginia Just	Barnes County Housing	
Retired Teachers Association		

The Food Pantry is accepting food and monetary donations.  
Thank you very much to all of you that have donated  
to the Barnes County Food Pantry. It is greatly appreciated!

## Rent the Senior Center for your next event!

- Reunions
- Birthdays
- Baby showers
- Anniversaries
- Open Houses
- Bridal parties

Call Brenda today to reserve the  
center for your next get-together!

**845-4300**



# DONATIONS

## SENIOR CENTER

Elaine Miedema - in memory of  
Lyle Rodin

Wanda Cox

Christine Marshall

## TRANSIT

Arlene Flatlie - in memory of  
Gary Justesen

Arlene Flatlie - in memory of  
Harold Pross

**THANK YOU!**

## Free In-Home Services for Seniors

Provided by Lutheran Social Services  
Senior Companions

- Enabling seniors to continue living independently
- Helping relieve loneliness and encouraging activity
- Providing respite care for family caregivers

**701-389-2293**

# 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](http://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.*

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

Nurture  
 Grilling  
 Thunderstorm  
 Encourage  
 Barbeque  
 Sunbeam  
 Adventure  
 Memorial

Float  
 Sandals  
 Cemetery  
 Grass  
 Tradition  
 Sundress  
 Spring cleaning  
 Graduation

Cinco De Mayo  
 Vacation Spots  
 Boating  
 Diploma  
 Veterans  
 Raspberries  
 Fireflies  
 Lemonade

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# CREATIVE COOKING



## Chocolate Tres Leches Cake

Prep: 35 mins Cook: 35 minutes

### INGREDIENTS

- 1 (18.25 ounce) package Swiss chocolate cake mix
- 1 ¼ cups chocolate milk
- ½ cup canola oil
- 3 eggs
- 1 tsp instant espresso powder
- 1 (14 oz) can sweetened condensed milk
- ¾ cup half-and-half
- ¾ cup evaporated milk
- 3 tbsp unsweetened cocoa powder
- 1 cup confectioners' sugar
- ½ cup unsweetened cocoa powder
- 3 cups heavy whipping cream

### DIRECTIONS

1. Preheat the oven to 350 degrees F. Grease and flour a 9x13-inch pan.
2. Beat cake mix, chocolate milk, canola oil, eggs, and espresso powder together in a large bowl with an electric hand mixer on a low speed until dry ingredients are moistened. Increase speed to medium and continue beating another 2 minutes. Pour into prepared pan.
3. Bake until a toothpick inserted into the center comes out clean, about 35 minutes. Remove cake from the oven and allow it to cool in the pan until it is no longer hot to the touch. While the cake is still warm, poke lots of holes all over the cake with a small skewer or a fork.
4. Whisk sweetened condensed milk, half-and-half, evaporated milk, and 3 tablespoons cocoa powder together in a bowl until cocoa is mostly incorporated into the liquid; slowly pour the milk mixture evenly over the cake. Allow the cake to cool completely as the liquid soaks into it.
5. Sift confectioners' sugar and cocoa powder together in a bowl.
6. Beat heavy whipping cream in a stand mixer on medium speed for about 1 minute. While continuing to mix, add sugar-and-cocoa mixture to the cream in 2 batches, allowing the first to incorporate before adding the second. Increase mixer speed to medium-high; beat until soft peaks form and the cream is thickened and spreadable. Spread chocolate whipped cream on the cake to serve.

### NUTRITIONAL INFORMATION

Servings: 18; Calories 472; Total Fat 31g; Saturated Fat 14g; Sodium 319mg; Protein 8g; Total Carbohydrate 46g; Sugars 33g; Dietary Fiber 2g; Cholesterol 101mg.



## Quick & Easy Halushki

Prep: 10 mins Cook: 20 minutes

### INGREDIENTS

- 1 pound bacon
- 1 onion, diced
- 1 (16 ounce) package egg noodles
- 1 head cabbage, sliced
- salt and ground black pepper to taste

### DIRECTIONS

1. Snip bacon into small pieces with a scissors and cook in a large skillet over medium heat until crisp, stirring often, about 10 minutes. Cook and stir onion with bacon until translucent, about 5 more minutes; set bacon and onion aside, leaving drippings in the skillet.
2. Bring a large pot of lightly salted water to a boil. Cook egg noodles in the boiling water, stirring occasionally until cooked through but firm to the bite, about 5 minutes. Drain.
3. Transfer bacon and onion mixture with drippings into the pot used to cook the noodles and cook and stir cabbage until coated with drippings. Cover pot and cook until cabbage is tender, 10 to 12 minutes, stirring occasionally. Gently stir in noodles and season to taste with salt and black pepper.

### NUTRITIONAL INFORMATION

Servings: 6; Calories 698; Total Fat 38g; Saturated Fat 12g; Sodium 709mg; Protein 22g; Total Carbohydrate 69g; Sugars 9g; Dietary Fiber 8g; Cholesterol 114mg.

## 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.**

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

# 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: \_\_\_\_\_





# Why self-direction is gaining ground among people with disabilities and aging in place

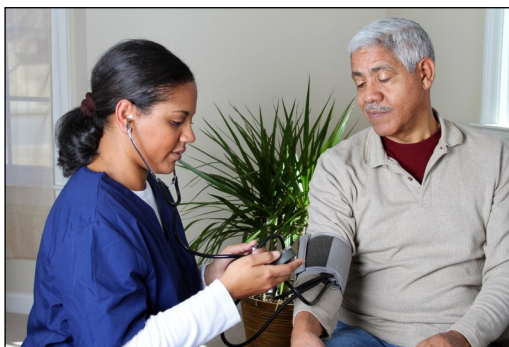
(BPT) - More people who live with disabilities or age in place are turning to self-direction for the long-term services and supports (LTSS) they need. With self-direction, the person who needs care is in charge of who provides it, when and where. They may also control how to spend a budget authorized by their state Medicaid program, using approved dollars not only to pay people who support them but to access goods and services identified as appropriate for making day-to-day life manageable.

According to AARP, "More than 1.5 million people self-directed the LTSS they receive, including veterans and Medicaid participants, in 2022 and 2023." The number has grown 18% since 2019, and there is good reason for the uptick. Self-direction gives people autonomy in how they live their lives. It helps people avoid institutional care and remain in familiar home and community settings while receiving the support they need to thrive.

"With self-direction, people who need services are heard. It's about their goals and expectations, and the focus is on that person's strengths," says Pearl Barnett, COO of GT Independence, a financial management services company that helps people manage the payroll and paperwork associated with self-directed programs. "Every person should feel they are involved in their life decisions, such as who they let into their home and who provides intimate personal care, like bathing and dressing."

Expansion of federal waiver programs and state plan services has increased access to self-directed services. As the uptake grows, more evidence is coming to light about the many ways self-direction is improving lives.

**Empowering individuals to make choices.** People who self-direct can tai-



lor their support and services to their needs. They are involved in planning, starting with who to hire, including family or friends who may already be sacrificing time and financial security to provide unpaid care. They can also weigh in on which tools and equipment to purchase to assist them in everyday activities.

Self-direction empowers individuals by giving them control over their care and promotes independence. As one participant diagnosed with severe autism relays, traditional care options "became a one-size-fits-all deal, and that wasn't good enough. [Self-direction] allows me to choose my path in life."

Studies suggest that self-direction contributes to enhanced quality of life, as self-direction participants report higher levels of satisfaction with services and fewer unmet needs. Overall, their health outcomes are as good or better than those who receive traditional care, and some studies have shown that their families experience less stress and improved dynamics. As one daughter supporting her aging mother says, "It's helped me to be able to go ride my bike...or take an overnight. I hadn't been anywhere for two years until we got self-direction."

Because the person getting self-directed support knows their needs best, they have flexibility to make adjustments as needs and circumstances

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**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)

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  
Children Transportation