



SOUTH CENTRAL ADULT SERVICES *LaMoure County* NEWSLETTER

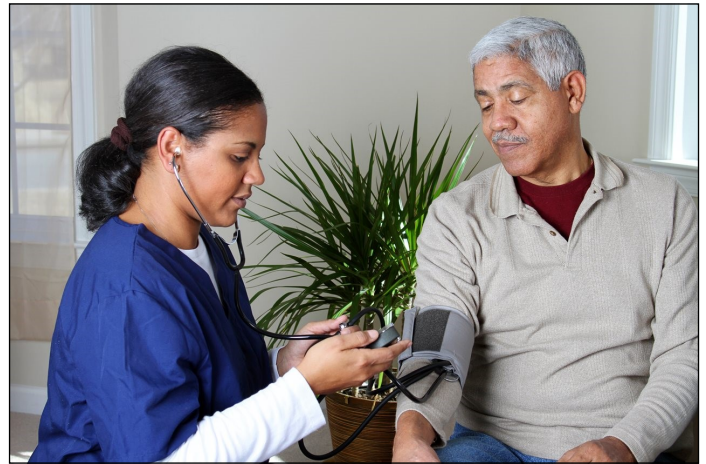
MAY & JUNE 2025

ISSUE NO. 3

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

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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. Pro-



tein 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 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,

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LaMoure County Activities

LAMOURE

JUNE

Fridays: 1 PM: Craft day and Dominoes.

MAY

Tuesday, May 13: 12:30 PM: "Happy Senior Club" monthly meeting.

Wednesday, May 14: 1 PM: Edgeley Bookmobile.

Friday, May 30: 12:30 PM: Danielle Dinger, Ext. Agent, will do a session on Family & Community Wellness.

Tuesday, June 10: 12:30 PM: "Happy Senior Club" monthly meeting.

Wednesday, June 11: 1 PM: Edgeley Bookmobile.

Friday, June 27: 12:30 PM: Danielle Dinger, Ext. Agent, will do a session on Family & Community Wellness.

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
_____ 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: _____

LaMoure County Birthdays

LAMOURE

MAY

Jud Phelps: 5/4

Kevin Willey: 5/10

Delia Walker: 5/17

Bev Mart: 5/26

JUNE

Gary Ketterling: 6/6

Robert Ireland: 6/28



EDGELEY

MAY

Roger Dallmann: 5/1

Vera Zottnick: 5/20

JUNE

No birthdays

KULM

MAY

LeRoy Kramlich: 5/15

LeMar Kinzler: 5/25

JUNE

Marilyn Braun: 6/5

JUD

MAY

No birthdays

JUNE

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 May & June 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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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.

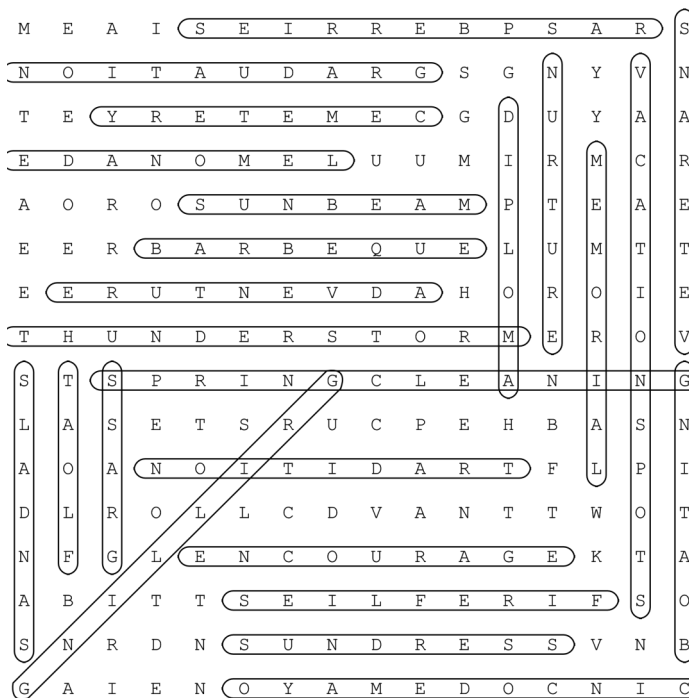
Emotional Eating — Mental aspects are just as important for healthy eating. Listen to hunger cues. For example: how full are you truly feeling? Are you eating out of boredom or as a social aspect? Are you feeling any other physical symptoms along with hunger? What is your mood in and is that contributing 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 con-



sumption and overeating. Are you taking your time chewing your food and not rushing? These factors have an impact on healthy eating.



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

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.

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

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

LaMoure Senior Center ~ 701-883-5088

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please call by 8 AM the day of to sign up for or to cancel for dinner!!</p>	<p>Substitutions may be necessary due to product availability.</p>		<p>1 Meatballs Mashed potatoes Beets Pears</p>	<p>2 Cook's Surprise</p>
5	6 Cabbage roll Augratin potatoes Green beans Peaches	7 Soup Sandwich Cookie	8 Brat Potato salad Carrots Applesauce	9 Muffin Eggs Sausage Fruit
12	13 Baked chicken Baby bakers Mixed vegetables Mandarin oranges	14 Cook's Surprise	15 Rope sausage Sauerkraut Mashed potatoes Peas Tropical fruit	16 Meatloaf Cheesy potatoes Corn Cookie
19	20 Stuffed peppers Mashed potatoes Corn Fruit	21 Italian pasta bake House salad with dressing Vegetable blend Breadstick Cherry fruit salad	22 Taco salad Breadstick Jello with fruit	23 Egg salad sandwich Tomato soup Fruit
26 Center CLOSED	27 Chicken cordon bleu Scalloped potatoes Broccoli Pears	28 BBQ pulled pork on bun Baked beans Potato chips Apple crisp	29 Fishwich Coleslaw Peas Fruit	30 Salisbury steak Mashed potatoes Green beans Peaches

LaMoure / Dickey / Marion & Edgeley's Menu for June 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
2	3 Chicken lasagna Garlic toast Corn Mandarin oranges	4 5 beans hotdish Pickled beets Tropical fruit	5 Goulash House salad Garlic toast Cookie	6 Meatloaf Hashbrowns Carrots Fruit
9	10 Cabbage roll Baby bakers Peas Cake	11 Roast beef Mashed potatoes Green beans Apple crisp	12 Taco salad Breadstick Fruit	13 Salisbury steak Mashed potatoes Corn Donut
16	17 Stuffed peppers Green beans Potatoes Peaches	18 Tuna hotdish Peas Fruit	19 Baked chicken House salad Potato bake Pears	20 Hashbrown egg bake Pork sausage links Juice
23	24 Tator tot hotdish Mixed vegetables Fruit cocktail	25 Pork chop Mashed potatoes with gravy Carrots Peaches	26 Ham macaroni salad Potato salad Coleslaw Cookies	27 Hot dog on a bun Baked beans Fruit
30			Substitutions may be necessary due to product availability.	Please call by 8 AM the day of to sign up for or to cancel for dinner!!

Kulm, Jud & Gackle Menu for May 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.	Substitutions may be necessary due to product availability.		1 Knoephla soup Chicken sandwich Celery sticks Fruit	2
5 Tilapia Potatoes Coleslaw Garlic toast Fruit	6 Pork chop Mashed potatoes Dressing Peas & carrots Fruit	7 BBQ chicken Potatoes Tossed salad Fruit	8 Stuffed peppers Scalloped potatoes Corn Fruit	9
12 Fish sandwich Potatoes Coleslaw Fruit	13 Country fried steak Mashed potatoes Peas & carrots Fruit	14 Meatloaf Potatoes Corn Fruit	15 Chili Egg salad sandwich Fruit	16
19 Brat Sweet potato Broccoli Fruit	20 Spaghetti Meat sauce Tossed salad Garlic toast Fruit	21 Chicken casserole Green beans Fruit	22 Hamburger steak Baked potatoes Cucumber & tomatoes Fruit	23
26 Beef stroganoff with noodles Beans & tomatoes Fruit	27 Chicken Rice Peas Fruit	28 Pork roast Strudels Potatoes & carrots Fruit	29 Liver & onions Potatoes Vegetable Fruit	30

Kulm, Jud & Gackle Menu for June 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Brat Macaroni & cheese Vegetable Fruit	3 Chicken cordon bleu O'brien potatoes Green beans Fruit	4 Fish sandwich Potato salad Coleslaw Fruit	5 Sweet & sour meatballs Rice Vegetable Fruit	6
9 Ham Scalloped potatoes Peas & carrots Fruit	10 Chicken sandwich Tator tots Vegetable Fruit	11 Hamburger Tator tots Tomatoes Cheese Fruit	12 Cook's Choice	13
16 Tator tot hotish Green beans Fruit	17 Stuffed peppers Scalloped potatoes Corn Fruit	18 Strudels Beef roast Carrots & potatoes Fruit	19 Taco salad Garlic toast Fruit	20
23 Stuffed shells Chicken strips Vegetable Fruit	24 Meatloaf Baked potato Corn Fruit	25 BBQ ribs Sweet potato Peas Fruit	26 Sausage Biscuit & gravy Eggs Fruit	27
30 Hot hamburger Mashed potatoes Vegetable Fruit			Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.	Substitutions may be necessary due to product availability.

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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 in to 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 tailor 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 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).

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

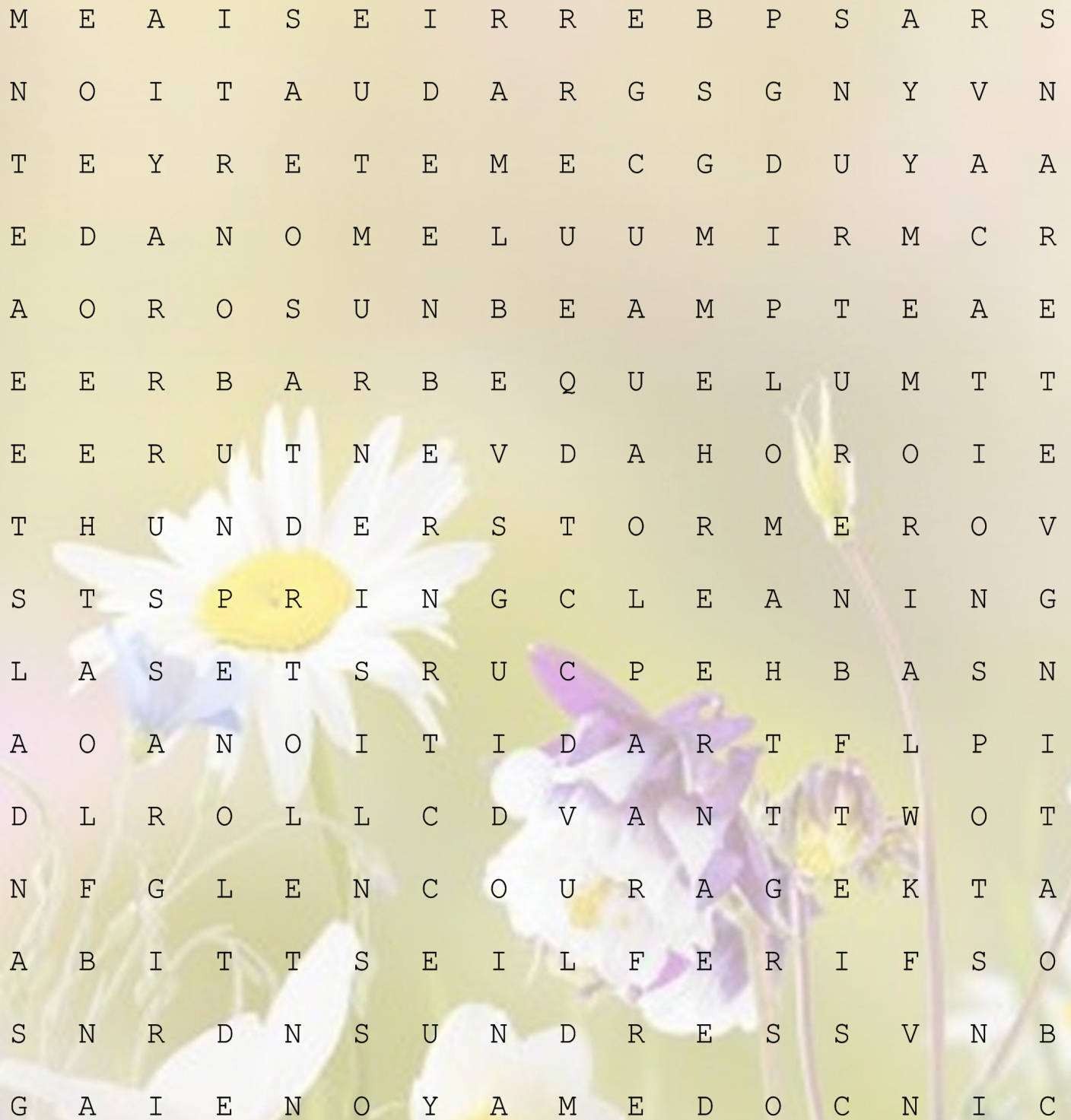
**1120 5th St. NE
Valley City, ND**



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.



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
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 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

Answers on Page 4

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
or find us on Facebook at
www.facebook.com/southcentraltransitnetwork

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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

When searching for a surgeon, look for the letters F-A-C-S

(BPT) - By Patricia L. Turner, MD, MBA, FACS

Executive Director & CEO, American College of Surgeons

When you or a loved one is scheduled to undergo a surgical procedure, you desire confidence that your surgeon is highly skilled, well-trained and prepared to deliver the highest quality care.

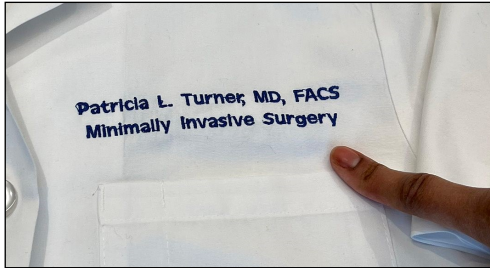
Surgery may feel overwhelming, regardless of age or health status. With so many factors to consider, one reliable method to inspire confidence is to select a surgeon with the letters F-A-C-S after their name. This designation means that the surgeon is a Fellow of the American College of Surgeons, the largest surgical organization in the world. The ACS has, for more than one hundred years, set the standards for high-quality surgical care.

What does FACS mean? Earning the FACS designation involves a rigorous application process, verification of credentials, review of a surgical case log, recommendations by colleagues, and interviews conducted by a panel of experts. These steps ensure that surgeons meet and uphold the highest standards of surgical care and ethics.

By choosing a Fellow of the ACS, you are selecting a surgeon who meets and exceeds standard qualifications, such as board certification. The FACS designation is a higher bar.

Who are the Fellows of the ACS? The ACS currently has more than 93,000 members worldwide. Fellows provide care in settings ranging from small rural clinics to large academic medical centers. Fellows of the ACS are also represented throughout all of the surgical specialties.

Fellows have reached many milestones in surgery, both past and present, and been at the forefront of medical breakthroughs for more than 100 years. In 1935, Columbia University surgeon Allen Whipple, MD, FACS, was the first American to perform a



complex operation for treating pancreatic cancer - a procedure that bears his name today. Alton Ochsner, MD, FACS, made the first link between tobacco and lung cancer - in 1939. Cardiac surgeon Bartley P. Griffith, MD, FACS, performed the first successful pig-to-human heart transplant in the world in 2022. The bottom line is that Fellows of the College make it a point to stay at the head of the class so that they can provide their patients with the best possible care.

Why does the FACS designation matter? Providing high-quality surgical care for our patients has been the focus of the American College of Surgeons since our founding in 1913, and this prioritization continues today. From surgical education and research to patient access, hospital standardization and clinical care, the ACS has remained a global leader in advancing the field of surgery.

When you see FACS after a surgeon's name, those four letters represent the gold standard in surgical quality. FACS indicates that the surgeon's education and training, professional qualifications, surgical competence and ethical conduct meet the high standards established by the American College of Surgeons.

When you prepare for surgery, one of your questions should be "Is my surgeon a Fellow of the American College of Surgeons?"

Visit www.facs.org to find a Fellow the next time you need surgical care.

Patricia L. Turner is the Executive Director & CEO of the American College of Surgeons, the largest professional association of surgeons in the world, founded in 1913.

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

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

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