



SOUTH CENTRAL ADULT SERVICES

Logan County

NEWSLETTER

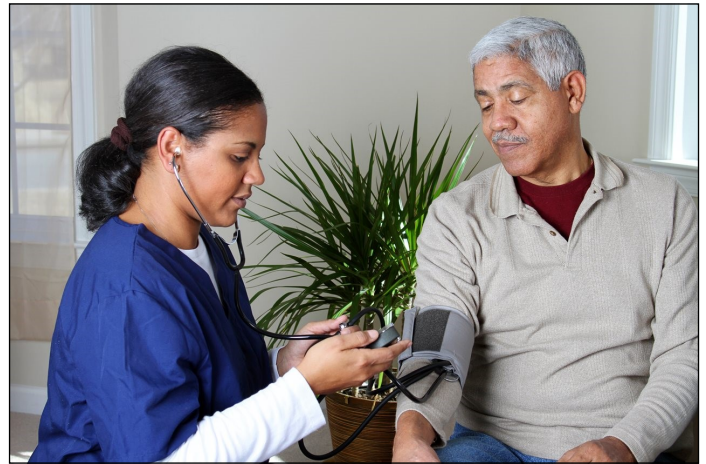
MAY & JUNE 2025

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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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, vit-



amins, 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.



**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 **701-754-2791** for more info.

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			6		9	2		
	7	4	8	3				

LOGAN COUNTY ACTIVITIES

NAPOLEON

JUNE

MAY

Tuesday, May 6: 5:30 PM: Evening meal, followed by card games.

Tuesday, May 13: 5:30 PM: Evening meal, followed by card games.

Tuesday, May 20: 5:30 PM: Evening meal, followed by card games.

Tuesday, May 27: 5:30 PM: Evening meal, followed by Monthly Meeting.

Tuesday, June 3: 5:30 PM: Evening meal, followed by card games.

Tuesday, June 10: 5:30 PM: Evening meal, followed by card games.

Tuesday, June 17: 5:30 PM: Evening meal, followed by card games.

Tuesday, June 24: 5:30 PM: Evening meal, followed by Monthly Meeting.



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: _____



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

1-800-450-1510

Frozen Meals Available

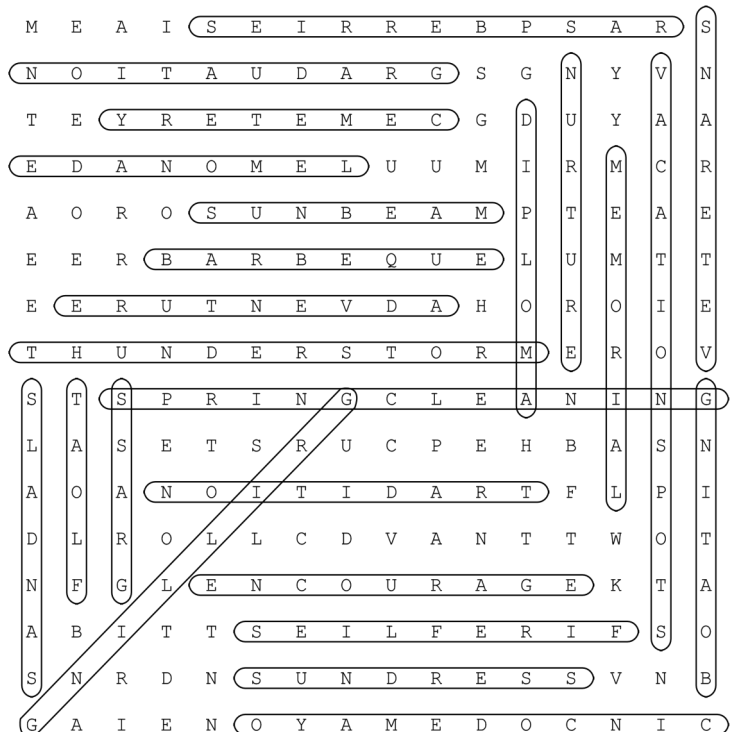
Frozen meals are available to elderly people who are unable to shop and prepare meals, and where hot home-delivered meals are not available every day. The meals are labeled with instructions for heating. A serving of bread, butter, milk, and dessert is included for each meal. Contact your Senior Center for more information.

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.

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



Napoleon's Menu May 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions may be necessary due to product availability.	Meal pick up times Tues: 5 - 5:30 pm Wed & Thurs: 11:30 am - 12 pm		1 Bratwurst Macaroni & cheese Baked beans Fruit	2
5	6 Evening Meal Cranberry meatballs Au gratin potatoes Creamed corn Pears	7 Chicken strips Tator tots Carrots Fruit cocktail	8 Pizza casserole with vegetables Pineapple	9
12	13 Evening Meal Ham Baked rice Green beans Fruit in jello	14 Chicken cordon bleu Seasoned rice Broccoli Mandarin oranges	15 Beef stroganoff Corn Fruit	16
19	20 Evening Meal Cabbage rolls Mashed potatoes Beets Fruit	21 Knoephla soup Ham sandwich Pickled beets Apricots	22 BLT Creamy garlic noodles Applesauce	23
26 Center CLOSED 	27 Evening Meal Salisbury steak Scalloped potatoes Carrots & peas Fruit salad	28 Goulash with corn Peaches	29 Enchiladas Mexican rice Refried beans Tropical fruit	30

Napoleon's Menu for June 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 <u>Evening meal</u> Country fried steak Mashed potatoes Corn Fruit	4 BBQs Tator tots Coleslaw Pears	5 Chicken fajitas Mexican rice Pineapple	6
9	10 <u>Evening meal</u> Roast beef over noodles Green beans Fruit	11 Weiner wraps Macaroni & cheese Peas Fruit cocktail	12 Thanksgiving bake Corn Cranberries	13
16	17 <u>Evening Meal</u> Sausage & dumplings Vegetables Fruit	18 BBQ ribs Baked potatoes Baked beans Fruit	19 Chicken burger with lettuce & tomato Seasoned rice Applesauce	20
23	24 <u>Evening Meal</u> Stuffed pepper Mashed potatoes Carrots Fruit	25 Sweet & sour chicken Fried rice Egg rolls Pineapple	26 California burger French fries Peaches	27
30				Substitutions may be necessary due to product availa- bility.

Gackle Menu for May 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions may be necessary due to product availability.			1	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	9
12 Fish sandwich Potatoes Coleslaw Fruit	13 Country fried steak Mashed potatoes Peas & carrots Fruit	14 Meatloaf Potatoes Corn Fruit	15	16
19 Brat Sweet potato Broccoli Fruit	20 Spaghetti Meat sauce Tossed salad Garlic toast Fruit	21 Chicken casserole Green beans Fruit	22	23
26 Beef stroganoff with noodles Beans & tomatoes Fruit	27 Chicken Rice Peas Fruit	28 Pork roast Strudels Potatoes & carrots Fruit	29	30

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 	6
9 Ham Scalloped potatoes Peas & carrots Fruit	10 Chicken sandwich Tator tots Vegetable Fruit	11 Hamburger Tator tots Tomatoes Cheese Fruit	12 	13
16 Tator tot hotish Green beans Fruit	17 Stuffed peppers Scalloped potatoes Corn Fruit	18 Strudels Beef roast Carrots & potatoes Fruit	19 	20
23 Stuffed shells Chicken strips Vegetable Fruit	24 Meatloaf Baked potato Corn Fruit	25 BBQ ribs Sweet potato Peas Fruit	26 	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.

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
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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.

Logan County Transit

All persons in Logan County may ride the buses regardless of age or income, if space is available. Medical appointments take priority over shopping.

City buses will pick up people for the Senior Center Meals for a fee of \$1.00.

Call the Senior Center or the driver to schedule a pickup.

City buses will transport people within the area. Please contact your city driver in advance. Ride charges are \$5.00 within the county, \$8.00 to adjoining counties and \$1.00 within city limits.

Napoleon	Danny	731-0190
Regional	Dispatch	731-0072
Fredonia	Dispatch	731-0072

Bismarck Trips

Logan County west \$10.00, Logan County east \$13.00

All Bismarck Trips (Mon-Fri)Call Dispatch

Jamestown Trips

Logan County west \$13.00,
Logan County east \$10.00

Will stop in Streeter if needed
Every Monday.....Call Dispatch

Wishek & Linton Trips

Tuesdays & Thursdays upon request
\$8.00.....Call Dispatch

Aberdeen Trips

Upon request \$10.00Call Dispatch

For more information, be sure to visit
www.southcentraltransitnetwork.org
or find us on Facebook at [facebook.com/southcentraltransitnetwork](https://www.facebook.com/southcentraltransitnetwork)

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 holiday 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
Becky Telin at 701-389-2293.

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**



CONTINUED from page 1

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 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.Medicare.gov) and [gtindependence.com](https://www.gtindependence.com).

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

Golden Age Club
619 Main Street W.
Napoleon, ND 58561
701-754-2791

Gackle Senior Center
316 Main Street
Gackle, ND 58442
701-485-3721

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

PEGGY WELDER
Outreach Assistant

DAN IMDIEKE
Transit Coordinator/Driver

