



SOUTH CENTRAL ADULT SERVICES Logan County NEWSLETTER

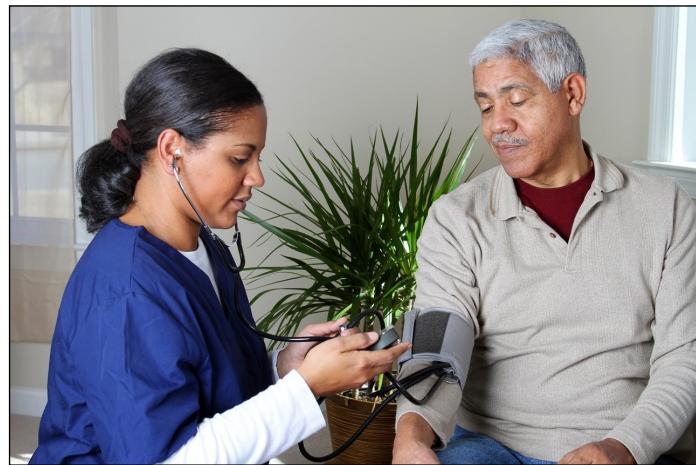
MAY & JUNE 2025

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 avoids institutional care and remains gives people autonomy in how they live their lives. It helps people



CONTINUED on page 12

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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LOGAN COUNTY ACTIVITIES

NAPOLEON

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.

JUNE

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
 Food Pantry Prescription Assistance Other _____

In the county of:

Barnes LaMoure Foster Logan McIntosh Griggs Emmons

In memory of: _____

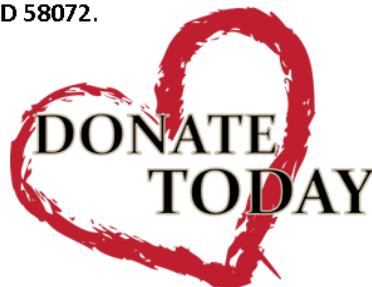
In honor of: _____

Other: _____

May we publish your name? Yes No Your thoughtful gift will be acknowledged to the person/family indicated:

Name: _____

Address: _____ City: _____ State: _____ Zip: _____





Rouge & Rubi

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.

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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 | | | |
| 5 | 6 Evening Meal Cranberry meatballs Augratin 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> Sausaage & 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 availability. |

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 hotdish 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 | | | | Substitutions may be necessary due to product availability. Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur. |

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| Nurture | | | | Float | | | | Cinco De Mayo | | | | | | | |
| Grilling | | | | Sandals | | | | Vacation Spots | | | | | | | |
| Thunderstorm | | | | Cemetery | | | | Boating | | | | | | | |
| Encourage | | | | Grass | | | | Diploma | | | | | | | |
| Barbeque | | | | Tradition | | | | Veterans | | | | | | | |
| Sunbeam | | | | Sundress | | | | Raspberries | | | | | | | |
| Adventure | | | | Spring cleaning | | | | Fireflies | | | | | | | |
| Memorial | | | | Graduation | | | | Lemonade | | | | | | | |

CREATIVE COOKING



Chocolate Tres Leches Cake

Prep: 35 mins Cook: 35 minutes

INGREDIENTS

- 1 (18.25 ounce) package Swiss chocolate cake mix
- 1 1/4 cups chocolate milk
- 1/2 cup canola oil
- 3 eggs
- 1 tsp instant espresso powder
- 1 (14 oz) can sweetened condensed milk
- 3/4 cup half-and-half
- 3/4 cup evaporated milk
- 3 tbsp unsweetened cocoa powder
- 1 cup confectioners' sugar
- 1/2 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

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**



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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 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 and 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

