



# SOUTH CENTRAL ADULT SERVICES McIntosh County NEWSLETTER

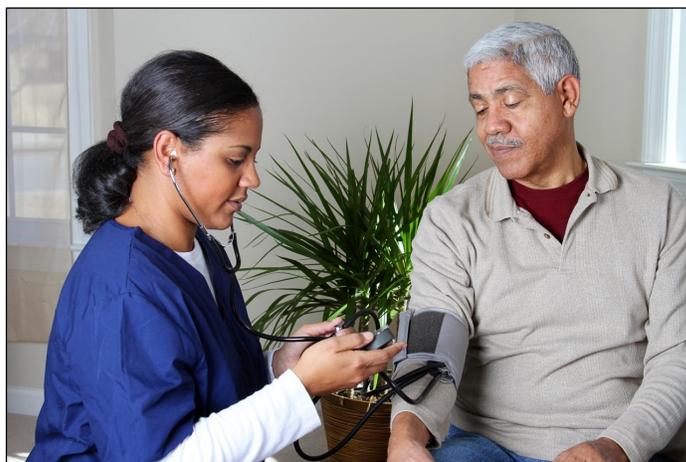
MAY & JUNE 2025

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

**CONTINUED on page 9**

## 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,

**CONTINUED on page 4**

# MCINTOSH COUNTY ACTIVITIES

## WISHEK

### Tuesdays & Wednesdays:

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

## MAY

Thursday, May 1: 5:30 PM:

Evening meal, followed by cards and games.

Saturday, May 3: 8 - 10 AM:

Coffee & caramel rolls in honor of Older Americans Month.

Thursday, May 8: 5:30 PM:

Evening meal, followed by cards and games.

Thursday, May 15: 5:30 PM:

Evening meal, 7 PM: Wishek

regular meeting.

Saturday, May 3: 2 - 4 PM:

Hats & Pearls Vintage Tea Party Fundraiser. Tickets are \$20. Age 12 & under are free. Tickets can be purchased from Michelle at the Senior Center or from Kathy at Pfeifle Ford.

Thursday, May 22: 5:30 PM:

Evening meal, followed by cards and games.

Thursday, May 29: 5:30 PM:

Evening meal, followed by cards and games.

Sunday, May 25: 7 PM: Pro-

gressive Pinochle Party.



## JUNE

Thursday, June 5: 5:30 PM:

Evening meal, followed by cards and games.

Thursday, June 12: 5:30 PM:

Evening meal, followed by cards and games.

Thursday, June 19: 5:30 PM:

Evening meal, 7 PM: Wishek regular meeting.

Thursday, June 26: 5:30 PM:

Evening meal, followed by cards and games.

Sunday, June 29: 7 PM: Pro-

gressive 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.

## MAY

Monday, May 4: 6 PM:

Evening meal followed by Bingo and cards.

Monday, May 12: 6 PM:

Evening meal followed by Bingo and cards.

Monday, May 19: 6 PM:

Evening meal followed by Bingo and cards.

Tuesday, May 27: 6 PM:

Evening meal followed by Bingo and cards.

## JUNE

Monday, June 2: 6 PM:

Evening meal followed by Bingo and cards.

Monday, June 9: 6 PM:

Evening meal followed by Bingo and cards.

Monday, June 16: 6 PM:

Evening meal followed by Bingo and cards.

Monday, June 23: 6 PM:

Evening meal followed by Bingo and cards.

Monday, June 30: 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.*



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  
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 A O A N O I T I D A R T F L P I  
 D L R O L L C D V A N T T W O T  
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 A B I T T S E I L F E R I F S O  
 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**

Answers on Page 4

**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."

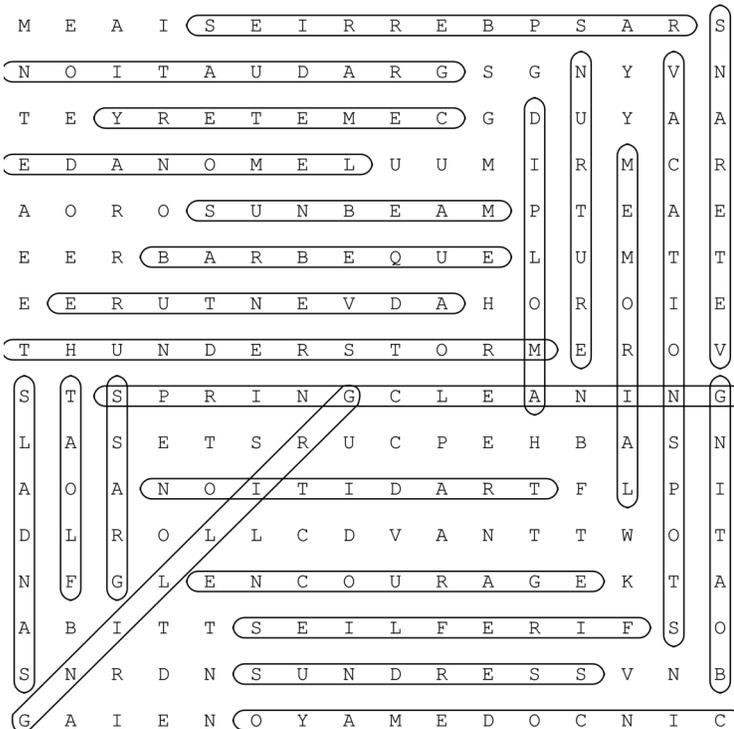
Studies suggest that self-direction contributes to en-

hanced 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).



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				6		9	2	
	7	4	8	3				

**Ashley & Zealand 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
<p><b>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!</b></p> <p>5 <b><u>Evening Meal</u></b>                      Sausage                      Mashed potatoes                      Sauerkraut                      Peaches</p>	<p><b>Substitutions may be necessary due to product availability. Fresh fruit served when available.</b></p> <p>6                      Sausage                      Mashed potatoes                      Sauerkraut                      Peaches</p>	<p>7                      Fish                      Potato wedges                      Carrot raisin salad                      Applesauce</p>	<p>8                      Lazy halupsi                      Creamed peas                      Fruit salad</p>	<p>2                      Chicken patty                      Tator tots                      Corn                      Mandarin oranges</p>
<p>12 <b><u>Evening Meal</u></b>                      Beef stew                      Biscuit                      Fruit</p>	<p>13                      Lasagna                      Green beans                      Pineapple</p>	<p>14                      Pulled pork sandwich                      Buttered beets                      Potato wedges                      Apricots</p>	<p>15                      Chicken cordon bleu                      Potatoes                      Buttered peas                      Fruit</p>	<p>16                      Chicken cordon bleu                      Potatoes                      Buttered peas                      Fruit</p>
<p>19 <b><u>Evening Meal</u></b>                      Pork chop                      Baked potato                      Squash bake                      Pears</p>	<p>20                      Lasagna                      Green beans                      Pineapple</p>	<p>21                      Taco salad with all the fixings                      Peaches</p>	<p>22</p>	<p>23</p>
<p>26</p>	<p>27 <b><u>Evening Meal</u></b>                      Chicken alfredo                      Mashed potatoes                      Glazed carrots                      Apple slices</p>	<p>28                      Pizza casserole                      Yellow beans                      Jello with fruit</p>	<p>29</p>	<p>30                      Chicken strips                      Hashbrown bake                      Pickled beets                      Fruit</p>

**Ashley & Zeeland 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
<p>2 <b><u>Evening Meal</u></b> Cabbage roll Boiled potato Green beans Fruit</p>	<p>3</p>	<p>4 Tator tot hotdish Carrots Fruit</p>	<p>5</p>	<p>6 Hot dog Mashed potatoes Sauerkraut Apple slices</p>
<p>9 <b><u>Evening Meal</u></b> Pork loin Hot potato salad Peas &amp; carrots Applesauce</p>	<p>10</p>	<p>11 Fish Parsley potatoes Tomato spoon salad Jello with fruit</p>	<p>12</p>	<p>13 BBQ on a bun Potato salad Corn bake Fresh fruit</p>
<p>16 <b><u>Evening Meal</u></b> Spaghetti Meat sauce Garlic toast Tossed salad Fruit</p>	<p>17</p>	<p>18 Chicken kiev O'Brien potatoes 3 bean salad Applesauce</p>	<p>19</p>	<p>20 Beans &amp; weiners Coleslaw Pineapple</p>
<p>23 <b><u>Evening Meal</u></b> Ham Scalloped potatoes Sweet &amp; sour cabbage Peaches</p>	<p>24 Grilled chicken Tator tots Mexican corn Fruit</p>	<p>25 Beef tips &amp; gravy over noodles Green beans Apricots</p>	<p>26</p>	<p>27</p>
<p>30 <b><u>Evening Meal</u></b> Turkey Mashed potatoes &amp; gravy Green beans casserole Cranberries</p>			<p>Substitutions may be necessary due to product availability. Fresh fruit served when available.</p>	<p>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 May 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>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.</b></p> <p>5 Lasagna soup Salad Garlic bread Peaches</p>	<p>Substitutions may be necessary due to product availability.</p> <p>6 Pizza burger Potato wedges Mixed vegetables Pears</p>		<p>1 <b>Evening Meal</b> Chicken drummies Potato salad Baked beans Fruit</p>	<p>2</p>	<p>3 <b>8 - 10 AM:</b> Coffee &amp; Caramel Rolls in honor of Older Americans Month</p>
<p>12 Tuna salad sandwich Carrots &amp; celery with ranch Cherries</p>	<p>13 Hot beef sandwich Mashed potatoes &amp; gravy Mixed vegetables Fruit</p>	<p>7</p>	<p>8 <b>Evening Meal</b> Roast beef Mashed potatoes &amp; gravy Corn Cookie salad</p>	<p>9</p>	<p>10</p>
<p>19 Loaded baked potato with ham Cheese broccoli Applesauce</p>	<p>20 Beef stew House salad Dinner roll Pears</p>	<p>14</p>	<p>15 <b>Evening Meal</b> Savory pork cutlet Baby bakers Malibu vegetables Peaches</p>	<p>16</p>	<p>17 <b>2 - 4 PM:</b> Hats &amp; Pearls Vintage Tea Party Fundraiser. Tickets—\$20. 12 &amp; under—free.</p>
<p>26 <b>Center CLOSED</b></p> 	<p>27 Cabbage Rice sausage casserole Pickled beets Apricots</p>	<p>28 Chicken enchilada Roasted corn Lettuce &amp; tomato salad Fruit</p>	<p>22 <b>Evening Meal</b> Meatloaf Loaded baked potato casserole Garden salad Fruit</p>	<p>23</p>	<p>18</p>
	<p>29 Country style ribs Baby bakers Baked beans Apple cranberry slaw Peach cornbread</p>			<p>30</p>	

**Wishek & Lehr 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	Tator tot hotdish Green beans Cherries	3	Chicken filet with gravy Mashed potatoes Mixed vegetables Tropical fruit	4		5	<u>Evening Meal</u> Salisbury steak with mushroom gravy Mashed potatoes Corn Fruit salad	6	
9	Pulled pork sandwich Coleslaw Applesauce	10	Turkey & ham chef salad Breadstick Pears	11		12	<u>Evening Meal</u> Walleye Baked potato Garden salad Black Forest Cake	13	
16	Chicken & cranberry salad on croissant Fresh veggies Pineapple	17	Cabbage roll Mashed potatoes Pickled beets Apricots	18		19	<u>Evening Meal</u> Baked chicken with carrots Rice pilaf Jello salad	20	
23	Tomato soup Egg salad sandwich Peaches	24	Sweet & sour meatballs over rice Oriental vegetables Mandarin oranges	25		26	<u>Evening Meal</u> Ham Cheesy potatoes Malibu vegetables Pineapple pretzel salad	27	
30	Taco salad Corn & black bean salsa Tostada chips Fruit					<p><b>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.</b></p>		<p><b>Substitutions may be necessary due to product availability</b></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.**

# DONATIONS

## SENIOR CENTER

Eileen Pfarr & Mildred Schmidt - in memory of their sister & daughter.

Nancy Schmidt

Jackie Cisinski - in memory of Clarence & Nell Wankel

Our sympathies to all of their families.



**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 5<sup>th</sup> 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](http://www.southcentraltransitnetwork.org)

or find us on Facebook at [facebook.com/southcentraltransitnetwork](https://facebook.com/southcentraltransitnetwork)

## McIntosh County Outreach

### May & June

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**

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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.



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8	1	5	9	2	6	3	4	7
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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 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.

# 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.

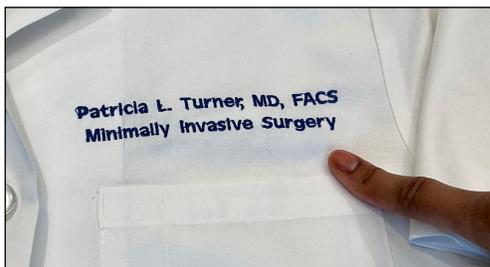
Surgery may feel overwhelming, regardless of age or health status. With so many factors to consider, one reliable method to inspire confidence is to select a surgeon with the letters F-A-C-S after their name. This designation means that the surgeon is a Fellow of the American College of Surgeons, the 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 pancre-



atic 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](http://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, McIn-  
tosh & Griggs

701- 845-4300 or  
1-800-472-0031

Check out our website:  
[www.southcentralseniors.org](http://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

