



# SOUTH CENTRAL ADULT SERVICES

# *Barnes County*

## NEWSLETTER

JULY & AUGUST 2025

ISSUE NO. 4

## Seniors head to Nome for baby ponies

Barnes County seniors went on a trip to Nome on May 22. They visited a horse farm where several colts had recently been born, had coffee, and then ate supper at the Nome Schoolhouse. Those who attended were, from left: Carol Szalay, Julie Usattis, host, Abby Singleton, Jan Fox, Sharon Coleman, Jeannie Hedland, Elaine Meidema, Duane Thompson, Nadine Van Dyke, Gayle Hoff, Linda Westby, Anne Johnson, Anne Thilmony, and Doreen Larson. (photos submitted)



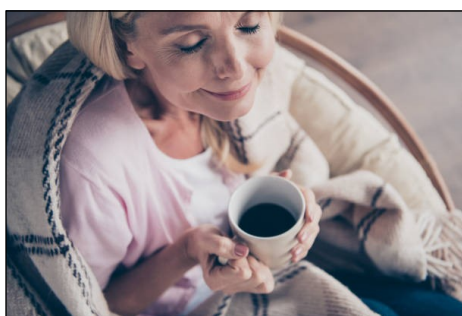
## The Science of Scent: Understanding smell disorders

(BPT) - Your sense of smell is more important than you think. It does more than just let you enjoy the aromas of your favorite foods or flowers. It can also serve as a warning system-alerting you to dangers such as a gas leak, spoiled food, or a fire.

Many adults experience changes to their sense of smell. Twelve to 13 percent of Americans over age 40-about 13.3 million people-have problems with their ability to smell. These problems-known as "smell disorders"-are more common in men than women. The risk

of having a smell disorder also increases with age; nearly 25 percent of men ages 60 to 69 have a smell disorder.

People with a smell disorder either have trouble smelling odors,



or they experience odors differently than most people do. There are four types of smell disorders:

- \* Hyposmia - you have trouble detecting odors

- \* Anosmia - you can't detect odors at all

- \* Parosmia - the way you perceive odors changes; for example, something that normally smells pleasant now smells foul

- \* Phantosmia - you perceive an odor that isn't there

Smell disorders have many causes besides aging. Other causes

**CONTINUED on page 4**



# Diet for Diverticular Disease

By Lane Lipetzky Swenson, RD, LD, CGN

According to the National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), around 30% of US adults over the age of 50, 50% over the age of 60, and upwards of 70% of adults over the age of 80, have diverticulosis. Diverticulosis is a condition where diverticula (small bulging pouches) form inside the colon. These diverticula often don't cause symptoms, however they can become infected and inflamed which is considered diverticulitis. Luckily, not everyone with diverticulosis will develop diverticulitis and there are certain dietary patterns that can help decrease your risk.

In this article we will discuss risk factors for diverticular disease and dietary patterns for prevention.

**Risk Factors:** As you may have noticed in the statistics above, increasing age is one of the main risk factors for diverticular disease. According to the Mayo clinic, additional risk factors include:

- A low fiber diet
- Obesity
- Smoking or heavy alcohol use
- High intake of red and processed meats
- Lack of exercise
- Low vitamin D levels
- Genetics
- Use of certain medications such as steroids, opioids and NSAIDs like ibuprofen.

Not all risk factors are controllable, but changes in diet, exercise, smoking and alcohol use and vitamin D supplementation may help decrease your risk for developing diverticulosis. If you already have diverticulosis, these changes can also decrease your risk for diverticulitis and the need for medical intervention.

**Diet for Diverticular Disease:** Advice used to be to avoid foods like popcorn, nuts and seeds. We now

## What Are Diverticula?

- Bulges that line weaker sections of the large intestine (or colon)
- Having diverticula is called diverticulosis
- Diverticulitis is when diverticula become infected
- 95% of people with diverticula do not experience symptoms
- Diagnosing diverticula may require testing by a healthcare provider



know that this is not necessary and actually may make it harder to meet your fiber needs. The latest diet recommendations are to follow a high fiber diet, drink plenty of fluids, limit red and processed meats, and to be physically active. If you drink alcohol, do so in moderation and if you smoke, reduce your smoking or quit. You may also want to talk to your dietitian or doctor about vitamin D supplementation, especially in the fall and winter months.

The bullet points below are specific diet recommendations for diverticular disease:

- Daily fiber recommendations: 21 grams a day for women over the age of 50 and 30 grams a day for men over 50

**CONTINUED on page 12**

## 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.**

## CONTINUED from page 1

are:

- \* Viruses
- \* Sinus inflammation and other upper-respiratory infections
- \* Smoking
- \* Head injuries
- \* Hormonal disturbances
- \* Dental problems
- \* Some medications
- \* Conditions that affect the nervous system

Changes in a person's sense of smell can be short or long-lasting. Some people regain their ability to smell when they recover from the illness that caused the change. Others recover their sense of smell spontaneously, for no obvious reason.

If you experience changes in your sense of smell, talk to a doctor. Smell disorders can be a sign of a serious underlying health condition and can have a negative effect on your quality of life. An otolaryngologist—a specialist in diseases of the ear, nose, throat, head, and neck—can help identify the cause of a potential smell disorder and offer options for treatment.

If you're experiencing changes in your sense of smell, talk to a doctor.

Curious about how your sense of smell works? Learn how smells travel from the source to your brain and the reasons behind changes in your sense of smell



in a short video from the National Institutes of Health at the National Institute on Deafness and Other Communication Disorders (NIDCD). You can find this video at <https://www.nidcd.nih.gov/smell-video>. For more information on your sense of smell and smell disorders, visit NIDCD at <https://www.nidcd.nih.gov>.

### 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.**



# Bone Builders class meets at Senior Center



Bone Builders exercise class meets at the Senior Center every Wednesday and Friday at 9:30 am. Pictured from left are Sharon, Tara, Verlyn, Linda, Susan, Diana, Nadine; seated, Diane, Gayle, and Rolene. (photo submitted)

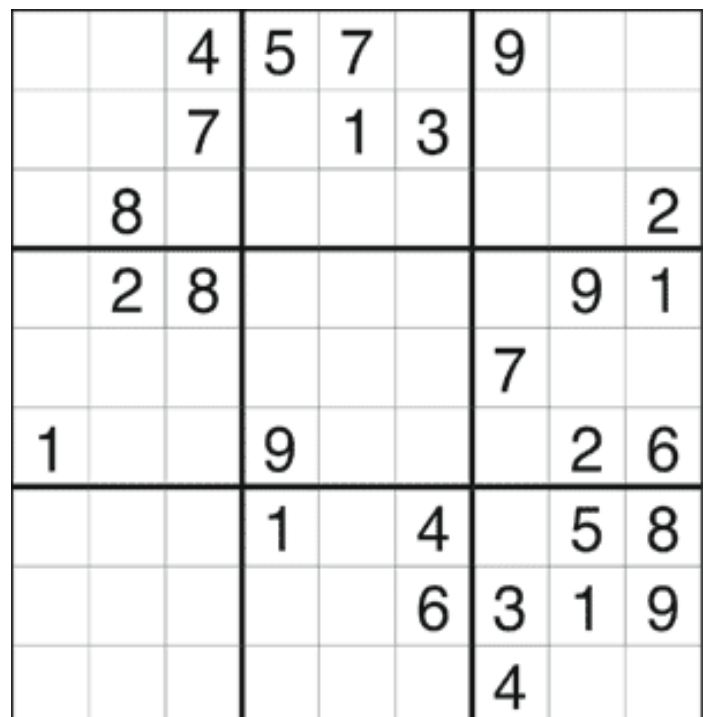
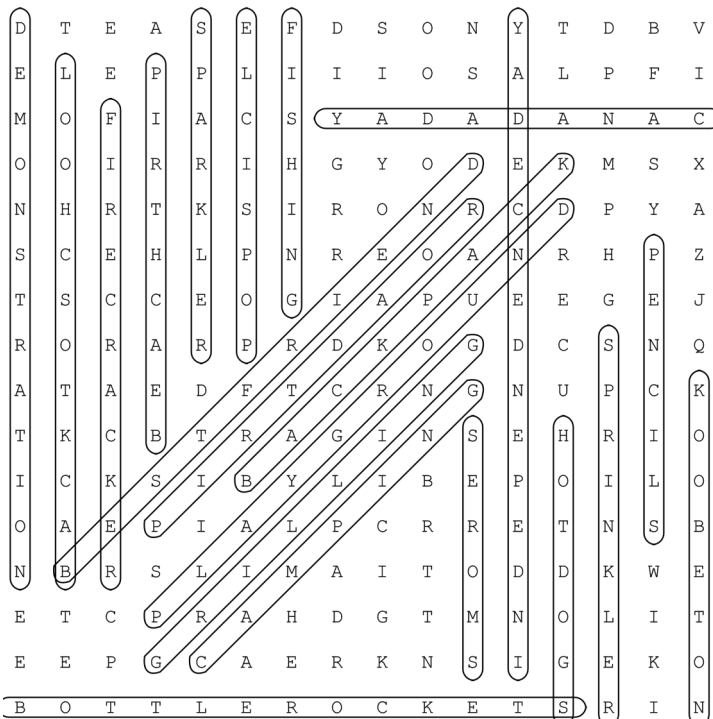
## Music in the Park

Weds @ 7:15pm  
City Park, VC

July 2 Kahlabri Soup  
July 9 Norsky Brothers  
July 16 Oakland Grove  
July 23 F-M Golden Notes

July 30 Prime Time  
Community Gospel Choir  
Aug. 6 Jessie Veeder  
Aug. 13 Greg Hager

In case of inclement weather, program will move to  
VCSU Robinson Center of the Arts.



# Barnes County Food Pantry Donations

April 22 - June 21

Zion Lutheran  
Church

Dennis & JoAnn  
Nathan

Joyce Huseby - in  
memory of Don  
Malec

Valley City Christian  
School

Arlys Netland

Barnes County  
North School

Faith Lutheran  
Church

Terry & Lenore  
Lebahn

Valley City Lions  
Club



Doreen Larson - in  
memory of Wayne  
Falstad

Kathryn-Nome-  
Fingal Parish

Jane Christianson -  
in memory of  
Eugene Colville

Cynthia Metcalf

Myron Sommerfeld

Belinda & Rodney  
Latt in memory of  
Maryilyn Pritchert

Amanda Anderson  
Dazey Assembly of  
God

Our Saviors  
Lutheran, Dazey  
Bethel Lutheran,  
Rogers

Roxanne Rogers -  
in honor of Lois  
Scouten

Faye Graalum  
VCSU Brenda Lee  
Concert

*Thank You*

The Food Pantry accepts donations of food, personal hygiene items, and monetary donations. Food baskets are provided year-round for families and individuals in need. Please consider us when choosing where you may make future donations.

**We appreciate everyone's support!**

# DONATIONS

## SENIOR CENTER

Almira G. Klein - in memory of  
Linda Kosse

Karen Enge - in memory of Kaye  
Kvislen

Gordon & Ranee Svenningsen  
Jerome & Marlene Gruman  
Myron Sommerfeld

## TRANSIT

Carol Nelson - in memory of  
Louie Cox

Norma Voldal - in memory of  
Henrik Voldal

Doreen Larson - in memory of  
Louie Cox  
Virgil Olson

## HOME DELIVERED

## MEALS

Norma Voldal - in memory of  
Audrey Suhr

## RESPIRE

Scott Harmsen  
Gerri Knutson  
Tiffany Greenley  
Lori Heath

# 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:

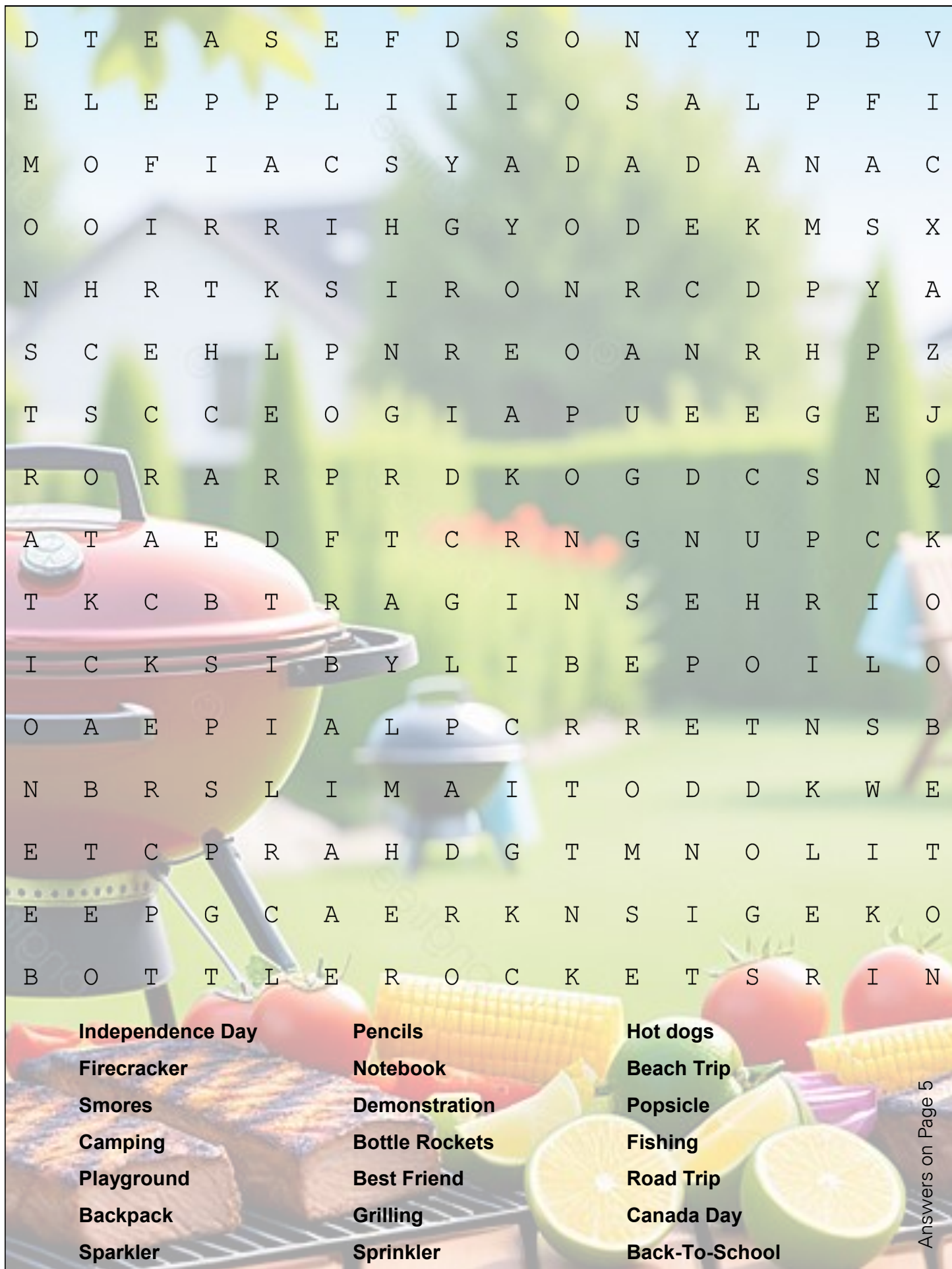
Kathryn, Nome, Fingal, Oriska, Litchville  
& Hastings to Valley City cost \$5.00 plus  
\$2.00 every additional stop

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.*



Answers on Page 5



# CREATIVE COOKING



## Summer Corn Chowder

Prep: 20 mins Cook: 40 minutes

### INGREDIENTS

- 2 tbsp olive oil
- 2 tbsp butter
- 1 large onion, diced
- 3 tbsp all-purpose flour
- 5 cups vegetable broth
- 2 large russet potatoes, cut into 1/4-inch pieces
- 4 cups corn kernels
- 1 cup half-and-half
- ½ cup diced red bell pepper
- ½ cup diced green bell pepper
- ¼ teaspoon ground black pepper
- salt to taste

### DIRECTIONS

1. Heat olive oil and butter in a Dutch oven over low heat. Add onion; cook until tender, about 10 minutes. Sprinkle flour over onion; cook and stir until onion is coated, about 5 minutes.
2. Stir in vegetable broth and potatoes; bring to a boil. Reduce the heat to medium, cover partially, and cook until potatoes are tender, about 10 minutes. Add corn, half-and-half, bell peppers, black pepper, and salt. Reduce the heat to low; cook and stir until corn is softened, about 8 minutes.

**Note:** Half & half can be substituted with milk.

### NUTRITIONAL INFORMATION

Servings: 5; Calories 441; Total Fat 18g; Saturated Fat 7g; Sodium 572mg; Protein 11g; Total Carbohydrate 65g; Sugars 10g; Dietary Fiber 8g; Cholesterol 30mg.



## Spaghetti with Red Clam Sauce

Prep: 15 mins Cook: 20 minutes

### INGREDIENTS

- 2 tablespoons olive oil
- 3 cloves garlic
- 2 tablespoons capers
- 1 tbsp anchovy paste
- 1 tsp red pepper flakes
- 1 (24 oz) jar tomato pasta sauce
- ¼ cup water
- 1 cup good-quality crisp white wine
- 2 (6.5 oz) cans chopped clams, drained with juice reserved
- salt and black pepper to taste
- 1 pound dry spaghetti or noodles of choice
- ¼ cup freshly grated Parmesan cheese
- fresh basil leaves or parsley, chopped

### DIRECTIONS

1. Pour olive oil into cold skillet. Add garlic, capers, anchovy paste, and red pepper flakes. Place over medium heat; cook and stir until oil infused with flavors, about 5 minutes, taking care not to brown garlic. Add tomato sauce; rinse jar with 1/4 cup water and add to skillet. Add wine and juice from clams, reserving clams; bring to a simmer until slightly reduced and thickened, 7 to 9 minutes.
2. Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until nearly tender yet firm to the bite, about 1 minute less than directed on package for al dente. Drain. Return spaghetti to the pot off heat.
3. Stir in clams. Pour sauce over spaghetti; stir. Cover the pot; let sit, off heat, to allow spaghetti to absorb some sauce, about 3 minutes. Stir in Parmesan cheese; top with chopped fresh basil and/or parsley.

### NUTRITIONAL INFORMATION

Servings: 4; Calories 852; Total Fat 17g; Saturated Fat 4g; Sodium 1514mg; Protein 44g; Total Carbohydrate 117g; Sugars 19g; Dietary Fiber 8g; Cholesterol 72mg.

## 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.**

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

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



## CONTINUED from page 2

- Fluids: Aim for at least 8 cups, or 2 liters, of fluids a day to help soften stools and prevent constipation. This is especially important when you are increasing your fiber intake.

- There is no specific requirement on how much red or processed meat you can eat to limit your risk for diverticulitis. However, it is advisable to replace some of your red or processed meat intake with healthier alternatives such as poultry, eggs, fish, seafood and legumes for protein.

- Physical activity recommendations: at least 30 minutes of moderate physical activity (like brisk walking) 5 days a week can help reduce your risk.

- Alcohol: avoid alcohol during a flare, it can irritate your gastrointestinal tract and increase inflammation. If you choose to drink alcohol outside of a flare, do so in moderation.

**Diet Progression After Diverticulitis:** If you do develop diverticulitis, you may need to seek medical attention. You will likely be required to follow a clear liquid diet before advancing to a low fiber diet and eventually back to a high fiber diet.

**Clear Liquid Diet:** During a diverticulitis flare, you will likely be instructed to follow a clear liquid diet. Your doctor will let you know when to start advancing your diet to solids. A clear liquid diet means no solid foods and liquids that you can see through. At this time, you may consume:

- Broth
- Water, clear juices such as apple, cranberry and grape (Avoid orange juice and pulp), sports drinks, coffee and tea without milk or creamer
- Jell-O without added fruit, popsicles

**Advancing Diet:** When your doctor has given you the green light to start eating solid foods, it is best to eat soft foods and a low fiber diet while healing. A low fiber diet generally

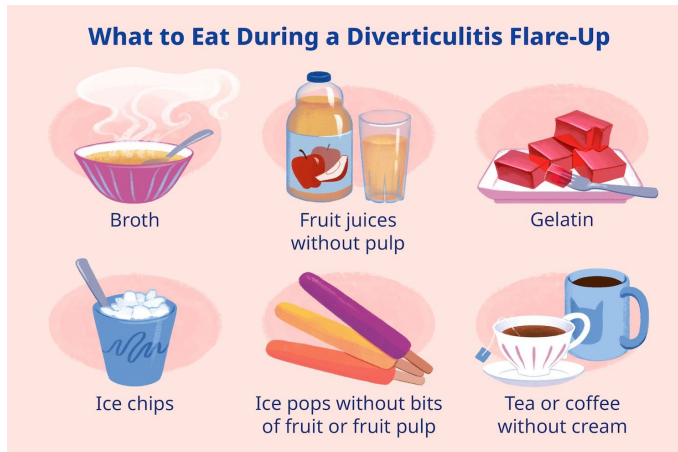
refers to a diet with less than 8 grams of fiber per day. Low fiber foods include:

- Canned or cooked fruit without seeds or skin, such as applesauce and melon
- Canned or well-cooked vegetables without seeds and skin, vegetable juice
- Dairy products such as cheese, milk and yogurt
- Hot or cold low-fiber cereal like cream of wheat (less than 2 grams per serving)
- Meat that is ground or tender and well cooked, eggs or fish
- White pasta, bread and rice

After symptoms improve, (usually within four days) you may start to slowly add fiber back into your diet. Increasing fiber intake too quickly can cause negative side effects like gas and bloating. Aim to increase your fiber by about 5 grams every couple of days until you've reached your normal full fiber diet. Move slower if you start to experience discomfort.

**Full Fiber Diet with Adequate Fluids:** Once you have healed from a diverticulitis flare, the recommendation is to follow a high fiber diet to help limit your risk of developing future flares. Fiber recommendations for men over the age of 50 is 30 grams a day and 28 grams a day for men over the age of 70. For women over the age of 50, the recommendation is 21 grams a day. In addition to meeting your fiber needs, drink at least 8 cups of fluids and be physically active to help with regular bowel movements.

### What to Eat During a Diverticulitis Flare-Up



**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