



SOUTH CENTRAL ADULT SERVICES

LaMoure County

NEWSLETTER

JULY & AUGUST 2025

ISSUE NO. 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
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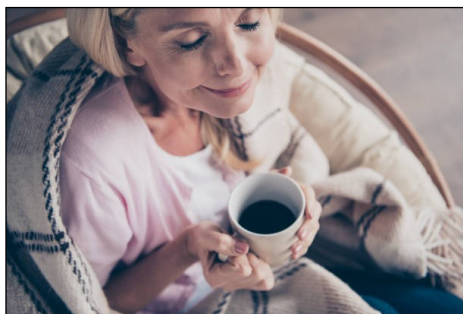
The Science of Scent: Understanding smell disorders

(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

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LaMoure County Activities

LAMOURE

AUGUST

Fridays: 1 PM: Craft day and Dominoes.

JULY

Tuesday, July 8: 12:30 PM: "Happy Senior Club" monthly meeting.

Wednesday, July 9: 1 PM: Edgeley Bookmobile.

Friday, July 25: 12:30 PM: Danielle Dinger, Ext. Agent, will do a session on Family & Community Wellness.

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

Wednesday, Aug. 13: 1 PM: Edgeley Bookmobile.

Friday, Aug. 29: 12:30 PM: Danielle Dinger, Ext. Agent, will do a session on Family & Community Wellness.

Watch The LaMoure Chronicle's Senior Moments for monthly potluck dates and times.

Please consider us when making your charitable donation. South Central Adult Services is a non-profit corporation which receives support from North Dakota Aging Services and the Department of Transportation. Although they are funding sources, it is not enough to cover all the costs of our corporation. The money received will help provide continued support and assistance to those supported by our programs. We are very appreciative for the support we already receive. If you would please consider a financial contribution to help meet the needs of our patrons, please fill out this form and return it to South Central Adult Services, PO Box 298, Valley City, ND 58072.

ENCLOSED IS MY TAX DEDUCTIBLE DONATION:

I would like my contribution of:

_____ \$ 25	_____ \$200
_____ \$ 50	_____ \$500
_____ \$100	_____ \$Other



For the purpose of:

_____ Transportation	_____ Senior Meals
_____ Food Pantry	_____ Prescription Assistance
_____ Other _____	



In the county of:

_____ Barnes _____ LaMoure _____ Foster _____ Logan _____ McIntosh _____ Griggs _____ Emmons

_____ In memory of: _____

_____ In honor of: _____

_____ Other: _____



May we publish your name? _____ Yes _____ No

Your thoughtful gift will be acknowledged to the person/family indicated:

Name: _____

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

CREATIVE COOKING



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.

FREE IN-HOME SERVICES FOR SENIORS

Provided by Lutheran Social Services
Senior Companions

- Bringing smiles & laughter
- Empowering seniors to remain living independently
- Helping relieve loneliness and encouraging activity
- Providing respite care for family caregivers

**Contact LSS at 701-389-2293 or
Andra at 883-5088 for more info.**

LaMoure County Outreach **July & August 2025**

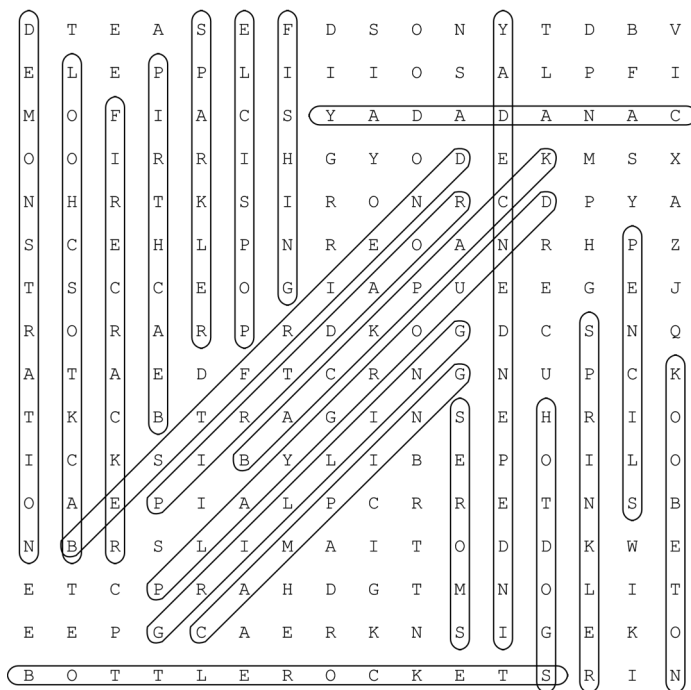
If you are in need of frozen meals, home-delivered meals or other services, call: 701-883-5088

Andra Jenkins, Outreach Worker, is available at 701-883-5088 for appointments.

are:

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



South Central Adult
Services Council, Inc.

LaMoure / Dickey / Marion & Edgeley's Menu July 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Creamy chicken Mashed potatoes Corn Fruit	2 Sausage with sauerkraut Potatoes Carrots Fruit	3 English muffin pepperoni pizza Cheesy potatoes Green beans Fruit	4 Hamburger Baked beans Potato chips Coleslaw Fruit
7	8 Salmon loaf Mashed potatoes Green beans Fruit	9 Ground beef soft taco Refried beans Corn Fruit	10 Turkey & cheese sandwich Pasta salad Chips Fruit	11 Sweet & sour meatballs Rice Mixed vegetables Fruit
14	15 Baked chicken Mashed potatoes Green beans Fruit	16 Cook's Surprise	17 Chef salad Breadstick Fruit	18 Chicken cordon bleu Cheesy potatoes Peas & carrots Fruit
21	22 Pasta with meat sauce Green beans Breadstick Fruit	23 Stuffed cabbage roll Potatoes Mixed vegetables Fruit	24 Tuna salad sandwich Side salad Chips Fruit	25 Cheesy egg bake with peppers Sausage links Potato patty Fruit
28	29 Stuffed shells Peas & carrots Breadstick Fruit	30 Brat on bun Baked beans Carrots Fruit	31 Chicken strips Macaroni & cheese Corn Fruit	Please call by 8 AM the day of to sign up for or to cancel for dinner!!


LaMoure / Dickey / Marion & Edgeley's Menu for August 2025

All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1/2 Milk, Margarine and Coffee
LaMoure Senior Center ~ 701-883-5088 Edgeley Senior Center ~ 701-493-2569

Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions may be necessary due to product availability.	Please call by 8 AM the day of to sign up for or to cancel for dinner!!			
4	5 Creamy cheesy chicken Dorito casserole Corn Fruit	6 Fish Scalloped potatoes Carrots Fruit	7 Taco salad Breadstick Fruit	8 Biscuit & gravy Sausage links Eggs Fruit
11	12 Pizza pasta bake Garlic bread Green beans Fruit	13 Cook's Choice	14 Sausage with sauerkraut Potatoes Peas Fruit	15 Egg salad sandwich Pickled beets Side salad Fruit
18	19 Sloppy joe Tator tots Green beans Fruit	20 Chicken cordon bleu Cheesy potatoes Carrots Fruit	21 Chef salad Breadstick Fruit	22 Meatball subs Coleslaw Chips Fruit
25	26 Meatloaf Mashed potatoes Green beans Fruit	27 Cabbage roll Rice Mixed vegetables Fruit	28 Ham & cheese sandwich Macaroni salad Chips Fruit	29 Baked chicken Cheesy potatoes Peas & carrots Fruit

Kulm, Jud & Gackle Menu for July 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.	1 Knoephla hotdish Corn Fruit	2 Taco salad Garlic toast Fruit	3 Chicken Rice Fruit	4 
7 Tilapia Potatoes Coleslaw Garlic toast Fruit	8 Turkey Dressing Mashed potatoes Peas & carrots Fruit	9 Lasagna Green beans Garlic toast Fruit	10 Pork ribs Mashed potatoes Fry bread Broccoli Fruit	11
14 Ham Scalloped potatoes Stewed tomatoes Fruit	15 Meatloaf Baked potatoes Tossed salad Fruit	16 Roast beef Mashed potatoes Corn Fruit	17 Sweet & sour meatballs Rice Vegetable Fruit	18
21 Country fried steak Mashed potatoes Corn Fruit	22 Stuffed shells Chicken strips Vegetable Fruit	23 Strudels Pork roast Carrots Fruit	24 Chili Egg salad sandwich Fruit	25
28 Chicken cordon bleu O'Brien potatoes Green beans Fruit	29 Pork chop Dressing Mashed potatoes Peas & carrots Fruit	30 Lazy cheese buttons Chicken strips Corn Fruit	31 Borsht soup Chicken salad sandwich Fruit	Substitutions may be necessary due to product availability.

Kulm, Jud & Gackle Menu for August 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.	Substitutions may be necessary due to product availability.			1
4 Chicken on a bun Potatoes Green beans Fruit	5 BBQ sandwich Potato salad Pea salad Fruit	6 Salisbury steak Mashed potatoes Corn Fruit	7 Hamburger steak Baked potato Tossed salad Fruit	8
11 Chicken noodle hotdish Peas Fruit	12 Meatloaf Sweet potato Beans Fruit	13 Pork roast Strudels Carrots Fruit	14 Chicken strips Broccoli cauliflower noodle salad Fruit	15
18 Chow mein Hamburger hotdish Corn Fruit	19 Fish sandwich Coleslaw Potatoes Fruit	20 Chicken strips Alfredo noodles Peas & carrots Fruit	21 Hamburger Tator tots Green beans Fruit	22
25 Tilapia Potatoes Coleslaw Fruit	26 Chicken Dumplings Carrots Fruit	27 Cabbage roll Scalloped potatoes Peas & carrots Fruit	28 Beef stew Bun Tossed salad Fruit	29

Why gluten-free baking is having a moment

(BPT) - Consumers are increasingly choosing easy, convenient foods to support their active, busy lifestyles. This trend includes ready-to-bake treats such as brownies and cookies, but with alternative ingredients like those found in Ghirardelli's new Gluten Free Double Chocolate Brownie Mix. That's right, gluten free isn't just for people with food allergies anymore, it's the choice of ingredient-savvy consumers as well as those with gluten sensitivities. In fact, current research shows the U.S. market for gluten-free foods is among the largest in the world. That's why gluten-free baking is having a moment.

Gluten free as a lifestyle choice. Nearly a third of consumers currently follow a gluten-free diet or have done so in the past. Grocery stores are paying attention, dedicating shelf space and expanding product selections to please the palates of this growing demographic. It's easier than ever to bring home ready-to-eat and easy-to-make gluten-free goodies.

A gluten-free lifestyle encourages experimentation in the kitchen and introduces new flavors and textures. Gluten-free bakers are discovering that mixing and matching alternative flours, such as rice flour, creates blends that rival the original texture of wheat flour. Use almond flour in your banana bread for an extra-nutty kick. Or swap in oat flour to make pancakes that are thick and sweet. Explore different ingredients that suit your taste. Today's gluten-free baked goods are innovative and indulgent.

Restaurants and retailers are jumping on the gluten-free bandwagon. Cookie connoisseurs and brownie-baking enthusiasts are benefitting from the evolution of gluten-free baking at bakeries and restaurants, as well as in their own kitchens. In fact, the term "gluten free" has grown 39% on menus over the past four years, making it more accessible than ever. Gluten-free treats are now readily available for people who want to have their desserts and eat them, too.

American consumers are increasingly aware of gluten



intolerance and the benefits of clean eating. This heightened awareness is driving growth of allergen-free items on grocery shelves. From bread and pasta to baking mixes, whole aisles of gluten-free products are now available.

Where sweet meets gluten free. Meanwhile, Americans also consume 2.8 billion pounds of chocolate each year, according to Jobera. And now you don't have to choose between chocolate goodness and living your best life, regardless of your dietary preferences.

So, why not feed your chocolate craving with Ghirardelli's Gluten Free Double Chocolate Brownie Mix, which combines premium semi-sweet and bittersweet chocolate chips, plus a unique blend of cocoa powders and a hint of vanilla to create the signature Ghirardelli flavor profile. Instead of wheat flour, the gluten-free recipe uses brown rice flour. It's the same delicious taste as the original Double Chocolate Brownie Mix, but now available to more consumers than ever before. An 18-ounce brownie pouch mixed with butter, water, oil and an egg yields an 8X8-inch pan of rich, fudgy, gluten-free brownie bliss.

When it comes to gluten-free baking, the possibilities are deliciously limitless!

Bridgeview Estates

Assisted Living

Call 701-845-8061

1 & 2 Bedroom Units Available

Services Included In the Rent/Care Package:

- ❖ 2 Meals Per Day in central Dining room
- ❖ Housekeeping
- ❖ 24 Hour on-site personnel
- ❖ Bathing Assistance
- ❖ 24 Hour Urgency Response (Lifeline)
- ❖ RN on call 24/7
- ❖ Medication Set-up, Medication Assistance and Medication Reminders
- ❖ Open clinic Monday – Friday 10:30-11:30 AM
- ❖ Activity Programming and group outings
- ❖ Transportation Services

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



Frozen Meals Available

Frozen meals are available to elderly people who are unable to shop and prepare meals, and where hot home-delivered meals are not available every day.

The meals are labeled with instructions for heating. A serving of bread, butter, milk, and dessert is included for each meal. Contact your outreach worker or your Senior Center for more information.

D	T	E	A	S	E	F	D	S	O	N	Y	T	D	B	V
E	L	E	P	P	L	I	I	I	O	S	A	L	P	F	I
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Independence Day
Firecracker
Smores
Camping
Playground
Backpack
Sparkler

Pencils
Notebook
Demonstration
Bottle Rockets
Best Friend
Grilling
Sprinkler

Hot dogs
Beach Trip
Popsicle
Fishing
Road Trip
Canada Day
Back-To-School

Answers on Page 4

LaMoure County Transit

Fargo

Every Thursday - \$18 round trip

Bismarck

Monday thru Friday
\$18 round trip

Jamestown/Valley City

Monday, Tuesday, Wednesday,
& Friday - \$10 round trip
Call (701) 883-5088 or
Cell phone: (701) 830-9829

Oakes

Upon request - \$8 round trip

Aberdeen/Ashley/Wishek

Upon request - \$10 round trip

In town rides (LaMoure)

Monday thru Friday - \$2 round trip
Call (701) 883-5088

Kulm area rides call Dispatch at
Cell phone (701) 830-2105

Main Office, at
(701) 883-5088

For more information, be sure to visit
www.southcentraltransitnetwork.org
or find us on Facebook at
www.facebook.com/southcentraltransitnetwork

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Senior Companions

**An opportunity to volunteer and
earn a tax-free stipend!**

The purpose of the Senior Companion Program is
“to engage persons 60 and older, particularly
those with limited incomes, into volunteer service
to provide supportive, individualized service to
help elderly adults with special needs maintain
their dignity and independence.”

Income eligible Senior Companions earn a tax -
free stipend, paid training, vacation, sick and holi-
day time. Senior Companions also receive monthly
in-service training, recognition at special events
and the satisfaction of helping other elderly adults.

For more information,
please contact Justine Irakiza, at
701-205-2690
Justine.irakiza@lssmn.org

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avoid foods like popcorn, nuts and seeds. We now 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
- 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.

South Central Adult Services
serves the counties of Barnes,
LaMoure, Foster, Logan, McIntosh & Griggs

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

Check out our website:
www.southcentralseniors.org

LaMoure Senior
Citizens Center
115 First Avenue E.
LaMoure, ND 58458
701-883-5088

Edgeley Senior Center
604 Main Street
Edgeley, ND 58433
701-493-2569

Kulm Senior Center
3 First Avenue SW
Kulm, ND 58456
701-647-2258

Jud Fire Hall
(meals only)

South Central Adult
Services Main Office
139 2nd Ave. SE
PO Box 298
Valley City, ND 58072
701-845-4300

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