



# SOUTH CENTRAL ADULT SERVICES

# *Barnes County*

## NEWSLETTER

SEPTEMBER & OCTOBER 2025

ISSUE NO. 5

## 5 expert ways to prepare for a longer fall allergy season

(BPT) - If you think it's too early to prepare for fall allergy season, think again. Thanks to changing weather patterns, allergy season is starting earlier and lasting longer than ever before. For the 31.8% of adults and 27.2% of children in the U.S. who have been diagnosed with seasonal allergies, their symptoms may persist long after kids are back in school.

According to the U.S. Environmental Protection Agency, the American frost-free season - the period between the final 32°F reading of the year in the spring and the first 32°F reading in the fall - has increased by more than two weeks on average across the country. "The prolonged warm weather means that plants bloom earlier, stay around longer and produce more pollen, causing sneezing,



coughing, itchy and watery eyes and runny noses and triggering asthma attacks and hay fever," says allergist James Tracy, DO, president of the American College of

Allergy, Asthma and Immunology.

One allergy-causing plant that thrives in the increasingly warm

**CONTINUED on page 2**

## Tips for better blood sugar management

By Lane Lipetzky Swenson, RD, LD, CGN

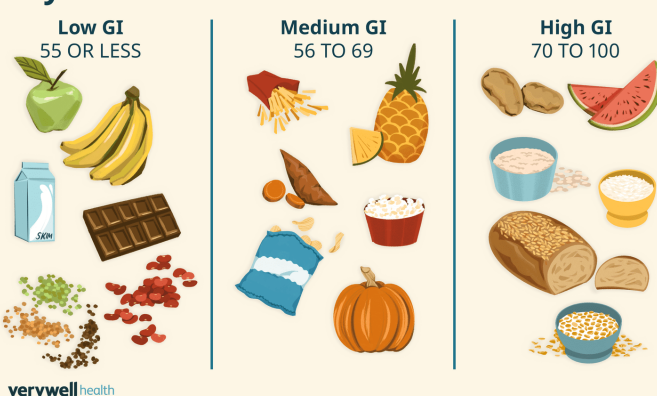
As we grow older, our bodies naturally go through many changes, and one common change is a decrease in how well our cells respond to insulin—a condition called insulin resistance. This happens for several reasons: our muscle mass tends to decrease with age, and muscle plays a big role in using blood sugar efficiently. At the same time, we may become less physically active and gain more body fat, especially around the abdomen, which further reduces insulin sensitivity. Hormonal shifts and in-

creased inflammation in the body over time can also interfere with how insulin works. Fortunately, making changes to your diet and physical activity routine can help improve insulin sensitivity and either reverse prediabetes or better manage type 2 diabetes.

You can manage your blood sugar levels by paying attention to portion sizes of carbohydrate-containing foods, choosing high-quality carbs, pairing them with protein and healthy fats, and staying physically active. But what do these steps really look like in daily life, and how can you begin making these

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### Glycemic Index Chart for Common Foods



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climate is ragweed, one of the most common environmental allergens according to the Environmental Protection Agency. Traditionally, ragweed blooms in late summer and early fall, usually ending a couple of weeks after the first frost. However, summerlike weather is lingering longer and longer, causing ragweed season to lengthen.

While you can't control the weather, you can take steps to manage your allergy symptoms. If you want to get ahead of fall allergies so you and your family can breathe easier, check the following five tips from the American College of Allergy, Asthma, and Immunology (ACAAI).

1. Avoid allergy triggers. During the fall, try to avoid allergy triggers. Keep an eye on daily pollen counts and stay inside as much as possible during high pollen count days. Also, try to avoid going out in the morning, when ragweed pollen is at its highest during the fall. Keep doors and windows closed so pollen doesn't get indoors.

2. Change clothing. To ensure you're not tracking pollen into your home, change out of clothing you've worn outdoors. As soon as you get home, remove your shoes at the door, put your clothing in the washer and take a shower, paying special attention to your hair where pollen can linger.

Pro tip: Wear a hat and sunglasses to prevent pollen from getting in your eyes and wear a NIOSH-rated 95 filter mask when mowing the lawn or doing other chores outdoors. Make sure to remove these items as well when you come indoors.

3. Start taking allergy medication now. Don't wait until fall arrives to start taking your allergy medication. Whether you're taking over-the-counter or prescription medications to treat your allergy symptoms, start taking them two weeks or so before your symptoms usually begin.

Continue your medication for two weeks after the first hard frost. Both nasal and eye symptoms associated with ragweed allergies can linger after pollen is no longer in the air.

4. Consider immunotherapy. For long-term treatment of severe or chronic allergies, consider immunotherapy with either shots or tablets. Immunotherapy is extremely effective for treating pollen allergies and can help with asthma. Unlike medications that treat allergy symptoms, immunotherapy works similarly to vaccines, desensitizing your immune system to allergens over time.

5. Visit your allergist. Make an appointment to see your board-certified allergist. This is especially important if the intensity of your symptoms has changed or if you've developed new ones since your last visit. Ask your allergist about getting tested for asthma if you're coughing or wheezing more than in the past.

If you've never seen an allergist, it may be time to schedule a visit. Board-certified allergists are uniquely qualified to diagnose and treat your allergies and asthma. They can offer you options for treatment you may not have considered (like immunotherapy) and work with you to create an individual action plan. To find an allergist near you, visit [ACAAI.org/Find-An-Allergist](http://ACAAI.org/Find-An-Allergist).

Don't let fall allergies catch you unaware. Using these five tips, you can get ahead of ragweed and other fall allergens so you can enjoy the season with minimal sneezing and wheezing.

## 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 or games 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.**



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### *How to Increase Antioxidant Intake*

Luckily, eating an antioxidant rich diet will help reduce the damaged caused by free radicals and oxidative stress! Typically plant based foods are the highest sources of antioxidants, while animal foods do contain small amounts. Below are some helpful tips to increase your antioxidant intake:

- Enjoy Colorful Fruits and Vegetables. Try to fill half your plate with a variety of colorful fruits and veggies like berries, oranges, spinach, carrots, and sweet potatoes. The brighter the color, the more antioxidants they usually have;
- Choose Whole Grains. Swap white bread and pasta for whole grain versions like brown rice, whole wheat bread, or oatmeal. Whole grains contain antioxidants and are great for digestion;

· Snack on Nuts and Seeds. Almonds, walnuts, sunflower seeds, and flaxseeds are tasty and packed with antioxidants and healthy fats. A small handful makes a nutritious snack;

· Eat Legumes. Beans, peas and lentils add a variety of antioxidants and fiber to your diet;

· Use Herbs and Spices. Adding herbs like parsley, thyme, and basil, or spices like turmeric, cinnamon, and ginger, can boost antioxidant intake while making meals more flavorful;

· Drink Tea. Drinking teas like green tea, black tea or herbal tea is an easy way to add antioxidants to your day. Try a cup in the morning or afternoon instead of sugary drinks;

· Limit Processed Foods. Try to cut back on processed snacks, sugary treats, and processed meats, which can increase free radicals in the body;

· Enjoy Dark Chocolate in Moderation. A small piece of dark chocolate (70% cocoa or higher) can provide antioxidants and a little treat to enjoy.



## 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.**

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changes?

**Carbohydrate Portions.** Carbohydrates have received a lot of negative attention in the media when it comes to health, but they can actually be an important and nutritious part of a balanced diet. Many carbohydrate-rich foods such as whole grains, fruits, vegetables, legumes, and dairy products like milk or yogurt are excellent sources of essential vitamins, minerals, fiber, and antioxidants. However, carbohydrates are also found in less nutritious options like sugary desserts, soft drinks, and processed snack foods such as chips and pretzels. The key to managing blood sugar is choosing healthier sources of carbohydrates and paying attention to portion sizes. A helpful guideline is to fill about one-quarter of your plate with a starchy food like brown rice or sweet potato, one quarter with a lean protein source and about half your plate with non-starchy vegetables like leafy greens, broccoli, or carrots. I also recommend to watch sugary beverage intake. These beverages can cause large spikes in blood sugar without adding nutrition to the diet.

**Quality of Carbohydrates.** The type of carbohydrates you eat plays an important role in both blood sugar control and overall nutrition. The glycemic index (GI) is a helpful guide that shows how quickly carbohydrate-containing foods raise your blood sugar. Foods are scored from 0 to 100, with higher numbers meaning they cause a faster and higher increase in blood sugar. Choosing lower-GI foods whole grains, legumes, non-starchy vegetables, certain starchy vegetables, and most fruit help maintain steadier blood sugar throughout the day. For instance, white rice higher GI than brown rice, meaning that when eaten in the same portion, white rice raises your blood sugar more quickly than rice.

**Proteins and Fats.** Combining carbohydrate-rich foods source of protein or healthy fat can help slow down digestion, reduce blood sugar spikes, and keep you feeling fuller for longer. While this is commonly done at mealtimes, it's often overlooked when it comes to snacks. Some balanced snack ideas that pair carbs with protein or fat include: fruit with nuts, Greek yogurt with berries and nuts, whole grain bread with peanut butter, vegetables with hummus, hard-boiled eggs with fruit or toast, cheese with veggies or fruit, and tuna salad on whole wheat crackers or bread.

**Physical activity.** Lastly, regular physical activity plays a key role in managing blood sugar levels, especially for older adults. When you engage in movement such as walking, swimming, or light strength training, your muscles use glucose for energy, which helps lower blood sugar levels. Physical activity also improves the body's sensitivity to insulin, making it easier to keep blood sugar within a healthy range. Even modest, consistent movement can make a meaningful difference in blood sugar control and overall well-being. Aim for at least 30 minutes of physical activity 5 days a week.

In conclusion, managing blood sugar as we age doesn't require drastic changes, just consistent, mindful habits that support how the body naturally functions over time. By focusing on balanced portions, choosing high-quality carbohydrates, pairing carbohydrate containing foods with protein and fats, and staying physically active, you can take meaningful steps toward improving insulin sensitivity and overall health. These changes not only help manage or prevent conditions like prediabetes and type 2 diabetes, but they also support better energy levels, mood, and quality of life. Start small, stay consistent, and remember that every positive step you take makes a difference.

Word search grid with words highlighted:

- UPPER CASE: PUMPKIN, SPICE, ELATED, VICKERY, ZEPHYRUS, DRAYEN, INDIAN, KORD, PPT, JORD, CUB, VHS, AEU, MBHQ, MRE, IKEMBA, OAC, NDS, AWA, CSO, FPM, YMT, NUTMEG, RE, RL, KN, RW, XN, EN, CN, RR, ST, VI, BIOR, TS, OZ, SH, OA, ER, HN, ED, RA, BZ, L, AAL, EC, UE, TP, ME, SK, IC, AG, IMB, SM, AK, AA, OA, IT, LS, JO, AN, RT, TO, TA, EE, NL, MF, AK, UR, RR, RN, HC, PE, SG, WK, LR, GQ, RR, RO, EU, HR, VA, OT, CS, OK, LD, EC, AT, TF, OK, UN, PM, ME, WE, EC, CW, SS, GM, XR, PN, AT, MY, RS, UT, IT, CL, AV, IT, SE, FD, HT, NAD
- LOWER CASE: (None explicitly listed)

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# Barnes County Food Pantry Donations

## June 23 - August 13

Marge Welken - in memory of  
Greg Hansen

Faith Lutheran Church

Dennis & JoAnn Nathan

John & Kathie Kopp - in  
memory of Marlys Boughton &  
Alice Kapaun

Church Wide Service

Smith Lumber

Francis & Marion Hoffarth

Doug & Ann Kelly - in memory  
of Dick Monson

Lenore & Terry Lebahn

John & Kathie Kopp - in  
memory of Ethel Heckman

Thrivent Financial

Arlys Netland

Cynthia Metcalf

Doug Kuhry

Carol Hochhalter - in memory  
of Bonnie Burchill & Frances  
Yokom

Paula Ketterling

Grace Free Lutheran VBS Kids

Myron & Carol Jabs

Doug & Ann Kelly

Sheryl Solberg

Michael & Kathleen Lentz

Eileen Hannig

Kenneth & Linda Grant

Margaret Udem

Michael & Jodi Ronningen

Anonymous - in memory of  
Maurice & Joann Pederson

Jackie Heroux - in memory of  
Illa Glandt

Perry Roorda

Julius Heinze

Bernard & Edna Elsner

Robert & Faye Bubach

Eagles Aerie 2192

Fingal Area Community Action  
Team

Daryle Jendro

Marion & Lance Drevecky

Donald Yanish

St. Bernard's Church of Oriska

James Retterath

Sally & Michael Didier

Valley City Lions Club

Gigi Goven

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!**

## **Rent the Senior Center for your next event!**

- Reunions
- Birthdays
- Baby showers
- Anniversaries
- Open Houses
- Bridal parties

Call Brenda today to reserve the  
center for your next get-together!

**845-4300**

# DONATIONS

## SENIOR CENTER

Dalene Brock - in memory of  
Marlys Boughton

Karen & Brian Enge - in memory of  
Wayne Falstad

## TRANSIT

Anonymous

## HOME DELIVERED

## MEALS

Marion Walker

Jeffrey J. Legge - in memory of  
Arlene Reid

## ROMANCE, SENIOR-STYLE

An older couple were lying in bed one night. The husband was falling asleep but the wife was in a romantic mood and wanted to talk.

She said: "You use to hold my hand when we were courting."

Wearily he reached across, held her hand for a second, and tried to get back to sleep.

A few moments later she said: "Then you use to kiss me."

Mildly irritated, he reached across, gave her a peck on the cheek, and settled down to sleep.

Thirty seconds later she said: "Then you use to bite my neck"

Angrily, he threw back the bedclothes and got out of bed.

"Where are you going?" she asked.

"To get my teeth!"

# 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

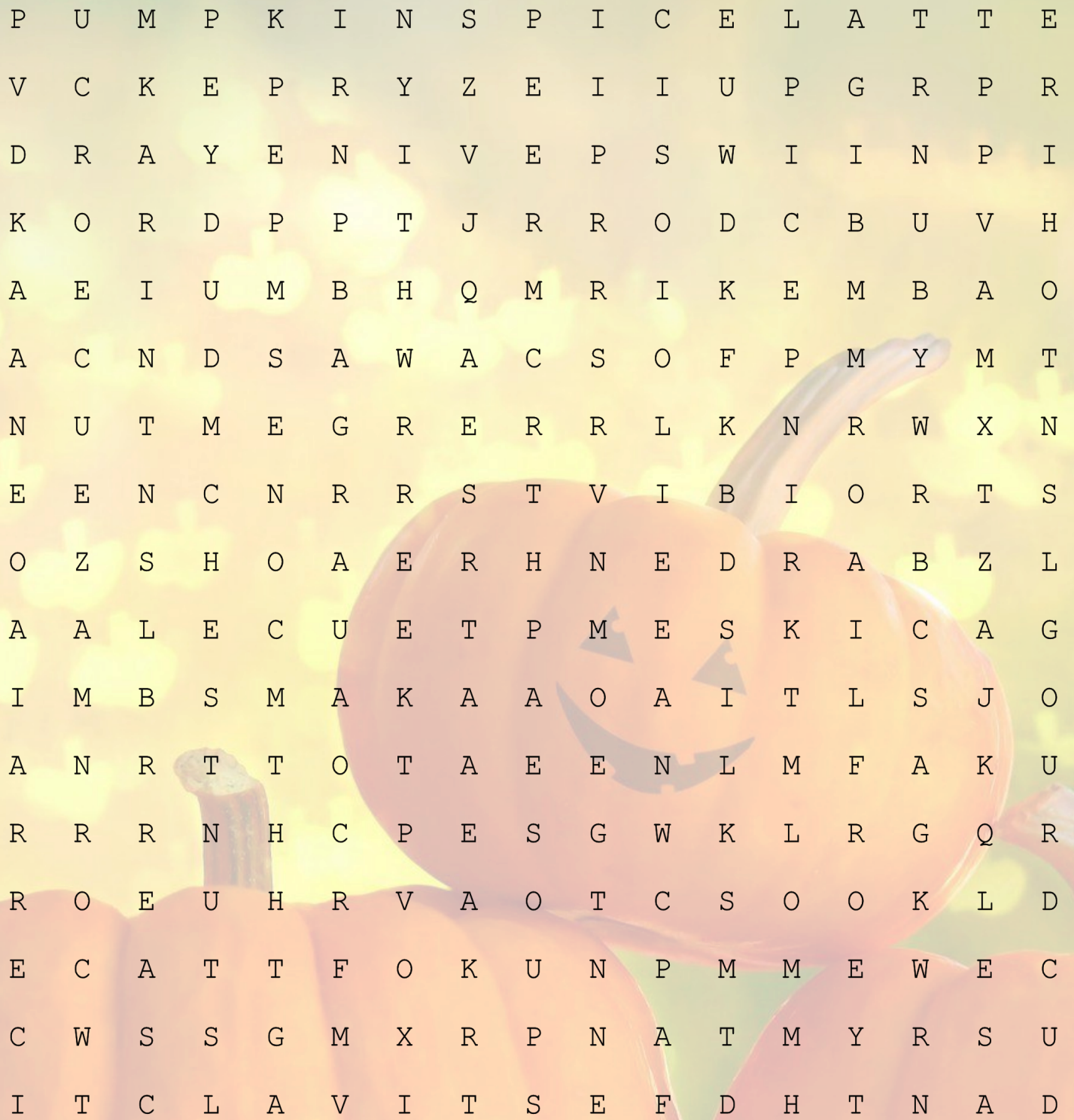
For more information, be sure to visit  
[www.southcentraltransitnetwork.org](http://www.southcentraltransitnetwork.org) or  
find us on Facebook at [facebook.com/southcentraltransitnetwork](https://facebook.com/southcentraltransitnetwork)

## 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.*





P U M P K I N S P I C E L A T T E  
 V C K E P R Y Z E I I U P G R P R  
 D R A Y E N I V E P S W I I N P I  
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 I T C L A V I T S E F D H T N A D

**Chestnuts**

**Sweater**

**Hay Ride**

**Soup**

**Scarecrow**

**Pie**

**Vineyard**

**Nutmeg**

**Corn Maze**

**Harvest**

**Cider**

**Bonfire**

**Aroma**

**Pumpkin Patch**

**Brisk**

**Festival**

**Gourd**

**Pumpkin Spice Latte**

**Marshmallows**

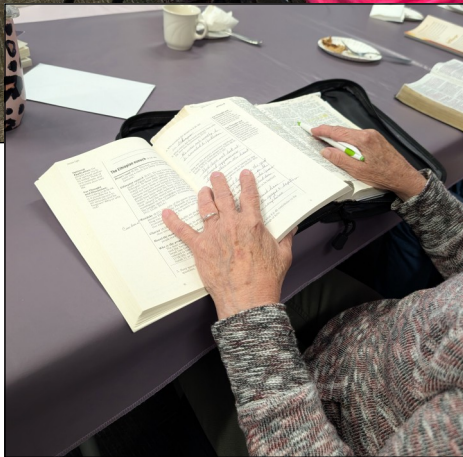
**Raking**

**Trick Or Treat**

Answers on Page 5



# Keeping the faith: Bible study group meets Wednesdays



**Bible Times Bible study group** meets each Wednesday at 12:45 pm at the Barnes County Senior Center in Valley City. This non-denominational group is currently studying the book of Acts. Adults of all ages are welcome to join them for fellowship, snack, and studying the word of God. (photos by Brenda Rohde)

## Always room for ice cream

The Ice cream float social was held at the Barnes County Senior Center on Thursday, Aug. 14. A variety of soda was available for ice cream float lovers of all ages. About 38 people attended. Floats were \$2 each. All money raised was donated to the Barnes County Food Pantry. The Food Pantry located in the Senior Center gives out approximately 60 - 100 food baskets each month, many to families with several children.

(Photos submitted)



## 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.**



# Bus trip takes them out to the ball game



Seven seniors enjoyed the bus trip to Fargo for the Red Hawks baseball game on July 17. They had lunch in Fargo before the game as well. The Red Hawks played against the Kansas City Monarchs. The FM Red Hawks have been playing baseball in Fargo Moorhead for 30 years. From Left are: Carol Szalay, Doreen Larson, Barb Scheen, Ann Thilmony, Anne Johnson, Arlys Netland, and Duane Thompson. (photo submitted)

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



## 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



# Antioxidant health benefits

By Lane Lipetzky Swenson—RD,  
LD, CGN

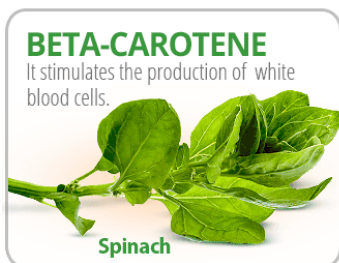
Many of us have heard that antioxidants are good for our health, especially as we get older, but what exactly are they, and why are they important? You might also be curious about how to add more antioxidants to your daily meals. In this month's article, we'll explore what antioxidants do, how they can help with healthy aging, and simple ways to include them in your diet.

## *What are Antioxidants?*

Antioxidants are helpful substances that protect our bodies from harm caused by something called free radicals. Free radicals are unstable molecules that form naturally in our bodies during certain processes, like when we digest food or when our bodies produce energy. These processes are important and healthy, and a small amount of free radicals can even help us fight off infections. However, when there are too many

free radicals, they can cause a problem called oxidative stress. This can damage healthy cells and even harm our DNA. Over time, oxidative stress has been linked to chronic health conditions like diabetes, heart disease, inflammatory issues, Alzheimer's disease, and even cancer. It also plays a role in the aging process. Antioxidants help keep free radicals under control, which supports better health and may help reduce the risk of these diseases. While we can't completely stop our bodies from producing free radicals, we can reduce the habits and environmental exposures that increase their production. Certain lifestyle choices like smoking cigarettes, drinking too much alcohol, or eating a diet high in processed foods, added sugars, refined carbohydrates, and processed meats can lead to more free radicals in the body. Environmental factors such as exposure to pesticides, pollution, and radiation can also raise free radical levels.

**CONTINUED on page 4**



**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