



# *SOUTH CENTRAL ADULT SERVICES* *LaMoure 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

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## 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 increased 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

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### Glycemic Index Chart for Common Foods

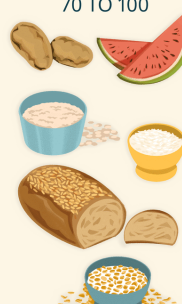
**Low GI**  
55 OR LESS



**Medium GI**  
56 TO 69



**High GI**  
70 TO 100



verywellhealth

# LaMoure County Activities

## LAMOURE

## OCTOBER

Wednesdays & Fridays: 9:30 AM: Bone Builders Exercise.

Fridays: 1 PM: Craft day and Dominoes.

## SEPTEMBER

Tuesday, Sept. 9: 12:30 PM: "Happy Senior Club" monthly meeting.

Wednesday, Sept. 10: 1 PM: Edgeley Bookmobile in LaMoure.

Friday, Sept. 26: 12:30 PM: Danielle Dinger, Ext. Agent, will do a session on Family & Community Wellness.

Wednesday, Oct. 8: 1 PM: Edgeley Bookmobile in LaMoure.

Tuesday, Oct. 14: 12:30 PM: "Happy Senior Club" monthly meeting.

Friday, Oct. 31: 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: \_\_\_\_\_



# 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 im-

portant 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

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### BETA-CAROTENE

It stimulates the production of white blood cells.



Spinach

### VITAMIN E

It delays aging and protects cells from free radicals.



Olives  
Sunflower seeds

### SELENIUM

It neutralizes free radicals from oxygen and nitrogen.



Brazil nuts

### Antioxidants 101

### OMEGA-3 FATTY ACID

An essential nutrient, it protects brain cells.



Cold water fish  
Sacha inchi

### FLAVONOIDS



Genistein Tofu  
Anthocyanins Blackberries  
Quercetin Onion

### VITAMIN C

It helps regenerate soft tissues around the body.



Lemon

www.herbazest.com

## **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 September & October 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.



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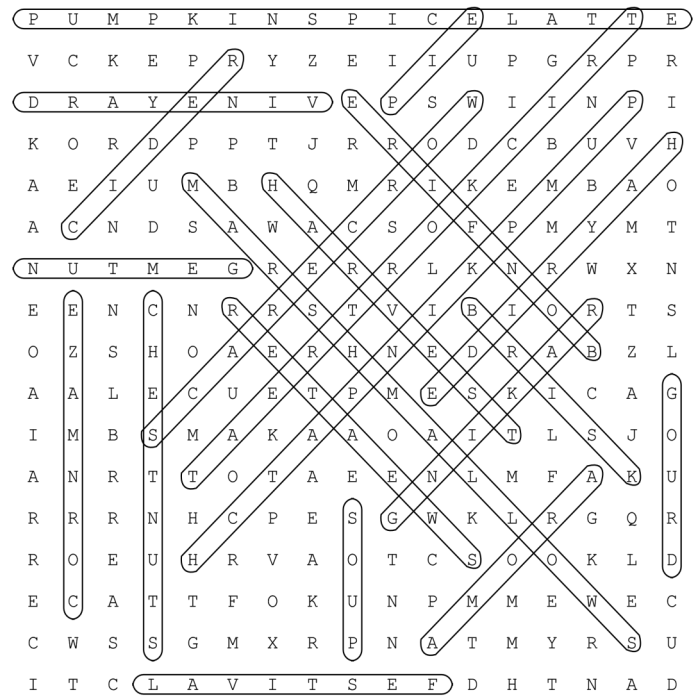
reduce the risk of these diseases. While we can't completely stop our bodies from producing free radicals, we can reduce the habits and environmental exposures that increase their production. Certain lifestyle choices like smoking cigarettes, drinking too much alcohol, or eating a diet high in processed 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.

### *How to Increase Antioxidant Intake*

Luckily, eating an antioxidant rich diet will help reduce the damage 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.

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

# LaMoure / Dickey / Marion & Edgeley's Menu September 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center CLOSED 	2 Salmon loaf Mashed potatoes Green beans Fruit	3 Sweet & sour meatballs Rice Mixed vegetables Fruit	4 Chili Cornbread Corn Fruit	5 Turkey & cheese sandwich Soup Cookie Fruit
8	9 Sausage with sauerkraut Mashed potatoes Carrots Fruit	10 Chicken cordon bleu Cheesy potatoes Mixed vegetables Fruit	11 Sloppy joes Tator tots Green beans Fruit	12 Pork chop Mashed potatoes & gravy Peas Fruit
15	16 Creamy chicken Mashed potatoes Corn Fruit	17 Stuffed cabbage roll Rice Mixed vegetables Fruit	18 Hot dog on bun Baked beans Side salad Fruit	19 Pasta with meat sauce Garlic bread Green beans Fruit
22	23 Sweet & sour chicken Rice Mixed vegetables Fruit	24 Salisbury steak Mashed potatoes & gravy Carrots Fruit	25 Taco salad Breadstick Fruit	26 BBQ chicken Sweet potatoes Green beans Fruit
29	30 Meatloaf Mashed potatoes Carrots Fruit			<b>Please call by 8 AM the day of to sign up for or to cancel for dinner!!</b>

# LaMoure / Dickey / Marion & Edgeley's Menu for October 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
<b>Please call by 8 AM the day of to sign up for or to cancel for dinner!!</b>	<b>Substitutions may be necessary due to product availability.</b>	1 Country fried steak Mashed potatoes & coun- try gravy Corn Fruit	2 Crispy chicken salad Breadstick Fruit	3 Sweet & sour meatballs Rice Mixed vegetables Fruit
6	7 Tomato soup Sandwich Fruit	8 Meatballs in gravy Mashed potatoes Green beans Roll Fruit	9 Sausage Sauerkraut Mashed potatoes Carrots Fruit	10 Ham Scalloped potatoes Peas Roll Fruit
13	14 Tator tot hotdish Green beans Fruit	15 <b>Brunch for Lunch Surprise</b>	16 Brat on bun Baked beans Cheesy cauliflower Fruit	17 Baked chicken Mashed potatoes & gravy Green beans Fruit
20	21 Cabbage roll Scalloped potatoes Peas & carrots Fruit	22 Pasta with meat sauce Green beans Garlic bread Fruit	23 Tilapia Cheesy rice Peas Fruit	24 Roast beef Mashed potatoes Corn Fruit
27	28 BBQ pulled pork sand- wich Coleslaw Tator tots Baked beans Fruit	29 Chicken cordon bleu Cheesy potatoes Side salad Fruit	30 Taco salad Breadstick Fruit	31 Chili Corn Cornbread Spooky dessert Fruit




# Kulm, Jud & Gackle Menu for September 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Center CLOSED 	<b>2</b> Stuffed peppers Scalloped potatoes Corn Fruit	<b>3</b> Stuffed shells Chicken strips Peas & carrots Fruit	<b>4</b> <u>Make-up Meal</u> BBQ pork ribs Baked potato California blend vegetables Fruit	<b>5</b> Pepper steak Rice Salad Fruit
<b>8</b> Ham Scalloped potatoes Peas & carrots Fruit	<b>9</b> Meatloaf Sweet potato Green beans Fruit	<b>10</b> Beef roast Strudels Carrots & potatoes Fruit	<b>11</b> Meatballs Mashed potatoes Corn Fruit	<b>12</b>
<b>15</b> Chicken cordon bleu O'Brien potatoes Green beans Fruit	<b>16</b> Spaghetti & meat sauce Tossed salad Garlic toast Fruit	<b>17</b> Hamburger steak Baked potato Beans & tomatoes Fruit	<b>18</b> Lasagna Tossed salad Garlic toast Fruit	<b>19</b>
<b>22</b> Fish sandwich Coleslaw Potatoes Fruit	<b>23</b> Knoephla Sauerkraut Ham Fruit	<b>24</b> Turkey Dressing Mashed potatoes Corn Fruit	<b>25</b> Biscuit & gravy Sausage Eggs Fruit	<b>26</b>
<b>29</b> Brat Baked potato Vegetable Fruit	<b>30</b> Orange chicken Rice Peas & carrots Fruit		<b>Jud &amp; Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.</b>	<b>Substitutions may be necessary due to product availability.</b>

## Kulm, Jud & Gackle Menu for October 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Jud &amp; Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.</b>	<b>Substitutions may be necessary due to product availability.</b>	1 Stuffed cabbage roll Scalloped potatoes Broccoli Fruit	2 Stir fry Rice Vegetable Fruit	3
6 Country fried steak Potatoes Carrots Fruit	7 Hot dog Tator tots Corn Fruit	8 Meatloaf Sweet potato Vegetable Fruit	9 Chili Grilled cheese sandwich Fruit	10
13 BBQ chicken Potatoes Vegetable Fruit	14 Tilapia Coleslaw Potatoes Fruit	15 Strudels Pork roast Carrots & potatoes Fruit	16 Hamburger steak Baked potato Salad Fruit	17
20 Chicken strips California blend vegetables Potatoes Fruit	21 Tator tot hotdish Vegetable Fruit	22 Pork chop Dressing Mashed potatoes Corn Fruit	23 Sweet & sour pork Fried rice Broccoli Fruit	24
27 Brat Baked potato Vegetable Fruit	28 Chicken chow mein Rice Peas & carrots Fruit	29 Salisbury steak Mashed potatoes Green beans Fruit	30 Taco salad Garlic bread Fruit	31 



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do these steps really look like in daily life, and how can you begin making these 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.

### ***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**



## **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.



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  
 K O R D P P T J R R O D C B U V H  
 A E I U M B H Q M R I K E M B A O  
 A C N D S A W A C S O F P M Y M T  
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 R O E U H R V A O T C S O O K L D  
 E C A T T F O K U N P M M E W E C  
 C W S S G M X R P N A T M Y R S U  
 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 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](http://www.southcentraltransitnetwork.org)  
or find us on Facebook at  
[www.facebook.com/southcentraltransitnetwork](http://www.facebook.com/southcentraltransitnetwork)

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		6			5			3
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						3		

## *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](mailto:Justine.irakiza@lssmn.org)

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Allergy, Asthma and Immunology.

One allergy-causing plant that thrives in the increasingly warm 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.

### **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)**

**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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Bookkeeping**