



SOUTH CENTRAL ADULT SERVICES

Barnes County

NEWSLETTER

NOVEMBER & DECEMBER 2025

ISSUE NO. 6



Attending the 2025 Dakota Transit Association Bus Rodeo in Jamestown, were (from left): John Thompson, Dale Wangrud, Darvin Fischer, Ann VandeHoven, Larry Wald, Martin Brooks, Rod Grafing, Alicia Giesler, and Steve Fisher.

(photo by Pat Hansen)

Thompson takes award at DTA Bus Rodeo

The Dakota Transit Association gives out a “Friend of Transit” award each year during the annual Bus Rodeo for an individual who has done an outstanding job supporting transit in your community. This year the board of directors selected John Thompson, Valley City, to receive this award.

Thompson, a retired professional, whose contributions to our organization and the broader transit community have been nothing short of outstanding. He was the District Director of the NDDOT in the Valley City office for many years. Upon his retirement, Thompson started volunteering at the Senior Center in Valley City. He agreed to serve on the South Central Board and is now the

Board Chairman. His extensive experience with the North Dakota Department of Transportation has equipped him with a profound understanding of public transit systems.

“John is a passionate advocate for public transit. He consistently promotes its benefits and importance in our community, ensuring that the value of transit is recognized and appreciated. His unwavering support has been an inspiration, and his continued effort to educate and inform others about what transit is and all of the things it does is amazing,” said South Central Adult Services Director Pat Hansen in her written nomination. “His knowledge and expertise have been invaluable to our agen-



John Thompson

cy, allowing us to navigate challenges and implement effective solutions. John's insights have not only enhanced our operations but have also fostered a culture of collaboration and innovation within our team.”

Medicare Part D Open Enrollment

A checklist to help you choose a Part D plan

The annual Medicare Part D Open Enrollment is from October 15th to December 7th. During this time, you can compare prescription drug plan coverage and decide about your coverage for 2026.

If you're shopping around for Medicare prescription drug coverage, it can be a mistake to look only at premium costs. Instead, you should weigh several factors in choosing a Part D plan:

- Does this plan cover my drugs? Are my drugs covered specifically for my condition?
- If it doesn't cover a drug I take, does it cover one that will work for me? (Ask your doctor.)
- How much will I pay at the pharmacy for the drugs I need?
- What costs should I expect to pay for my drug coverage (premiums, deductibles, copayments)?
- Are my pharmacies preferred and in-network?
- Will enrolling in this plan affect my existing drug/health coverage?
- Does this plan place any coverage restrictions on my covered drugs?

Here are some options for doing a plan comparison:

- ◇ You can complete a plan comparison on the Medicare website at: www.medicare.gov/plan-compare or by calling 800- MEDICARE (800-633-4227).
- ◇ North Dakota Insurance Department will be available by telephone for enrollment assistance.



They can be contacted at 701-328-2440 Option #1 or 1-888-575-6611.

◇ Candace Johnson, Outreach Services at SCAS, is available to conduct Part D comparison sessions for 2026 Medicare Prescription Drug Plans during the open enrollment period.

Please call for an appointment or questions. Walk-ins CANNOT be accommodated. You can reach Candace Johnson at 701-490-3142 or 1-800-472-0031.

Please note, SCAS comparisons are available for Part D plans only, for Medicare Supplement and Medicare Advantage plan comparisons, contact your local insurance agent or ND State Health Insurance Department.

Outreach Services at South Central Adult Services are acting in good faith to provide independent, impartial information. We do not sell, recommend, or endorse any specific insurance product. We will provide Part D plan comparison information provided by the Medicare Plan Finder website. Plan comparison information provided by the Medicare Plan Finder website is an estimate of costs.

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.

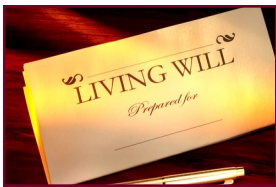
DID YOU KNOW THE SENIOR CENTER HAS GREETING CARDS FOR 50¢!

Stop by and check out the selection!



Barnes County Senior Center
139 2nd Ave SE, Valley City, ND

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 5th 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.**

FALL FESTIVAL WINNERS

1st: Tom Larson, \$150 cash

2nd: Kara Kramin, 50lb meat bundle, Valley Meat

3rd: Dennis Laumb, Puklich oil change

4th: Mary Hollinshead, \$75 Bong's Bootery

5th: Sarah Brink, \$25 Smith Lumber

6th: Jackie Heroux, Dairy Queen cake

7th: Greg Schuldt, \$25 Leever's

8th: Beth Pederson, \$25 Pizza Corner

9th: Berta Clement, \$25 Handy Hardware

Paul Donohue sold 68 books of tickets, Gloria Wetzell sold 39 books, Perry Roorda sold 12, and Char Donohue & Arlene Flatlie both sold 10.

2025 MONEY RAISED

Rolls - \$323; Bake Sale - \$737; Raffle - \$1979; Bingo - \$48.50; Total raised - \$3087.50. In 2024, we made \$2265.90 and in 2023, we made \$3649.90.

I would like to recognize the Advisory Board members, kitchen staff, and all who volunteered to help in any way during the Fall Festival. Thank you all so much! Also, thank you to our raffle sponsors: Valley Meat, Leever's, Puklich, Bong's Bootery, Smith Lumber, Pizza Corner, Handy Hardware, Dairy Queen, and the Senior Center. And to anyone I missed, Thank you!

- Brenda Rohde



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 3rd 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
490-3142 or 1-800-472-0031 to
schedule an office or home visit.**

Festival fun raises funds



LEFT: Elaine Miedema checks out the baked goods at the bake sale during the 2025 Fall Festival at the Barnes County Senior Center. This year the bake sale brought in more than \$700.

(photos by Brenda Rohde)

TOP: The Advisory Board served caramel and cinnamon rolls during the Fall Festival.

RIGHT: Coffee and rolls drew a big crowd in the morning. Along with the bake sale, there was door prizes, raffle drawing, bingo and turkey supper.



T R A D I T I O N M I R G L I P

R S S L L L E B E L G N I J N C

E E E E I C H A M P A G N E E G

H E L U F E T A R G H N R L N I

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Barnes County Food Pantry Donations

August 11 - October 23

Francis & Marian Hoffarth
 St. Bernard's Church of Oriska
 James Retterath
 Sally & Michael Didier
 VC Lions Club
 Gigi Goven
 Maureen Bircherm
 Lee & Micki Isensee
 Thundering Saints
 Cynthia Meatcalf
 St. Catherine's Church
 Salvation Army
 Faye Bubach
 Doug Kuhry
 Dennis & JoAnn Nathan
 Rodney & Paulette Johnson
 Phillip & Darlene Mueller - in
 memory of Sherri Langdahl
 Angela Hansen

Bradley & Lou Ann Wenaas
 Norma Voldal - in memory of Larry
 Robinson
 Noah Kvilvang
 Lenore & Terry Lebahn
 Our Savior's Lutheran Church
 Thomas & Kathleen Utke
 Rebecca Sorby - in memory of
 Larry Robinson
 Joann Jewett
 Peter & Karen Richman - in
 memory of Ruth Berger
 Bonita Lahlum - in memory of
 Jan Thomas
 Litchville Homemakers Club
 Elaine Miedema - in memory of
 Connie Paulson & Pat Nielson
 Dennis Reisenauer
 Diane Hatcher
 Epworth Methodist Church

Daryle Jendro
 Mary Lee Robinson
 East Rogers Homemakers Club,
 Rogers
 Mercy Hospital
 Robert & Beverly Loken
 Mark & Nikki Mahan - in memory of
 Leona Lowe
 James Greene
 Faith, Trinity, & Our Savior's Luther-
 an Churches Confirmation classes
 Eileen Hannig
 Phillip & Darlene Mueller
 Marlene Pytlik
 Vernon & Karen Aus
 Marge Welken - in memory of
 Pat Nielson
 Marion Lutheran Church
 Monte Anderson

The Food Pantry accepts donations of food, personal hygiene items, and monetary do-
 nations. 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
Thomas Nelson & Mavis
Loendorf

TRANSIT

Tom & Audrey Larson
Norma Voldal - in honor of Henrik
& Norma's birthday

RESPIRE

Sue Kapaun
Lois Scouten family
Gerold Busche

Free In-Home Services for Seniors

Provided by Lutheran Social Services
Senior Companions

- Enabling seniors to continue living independently
- Helping relieve loneliness and encouraging activity
- Providing respite care for family caregivers

701-389-2293

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 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.*

T R A D I T I O N M I R G L I P
 R S S L L L E B E L G N I J N C
 E E E E I C H A M P A G N E E G
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Grateful
Feast
Memorial
Tradition
Cranberries
Together
Calories
Wishbone

Recipe
Leaves
Pumpkin pie
Potatoes
Football
Pilgrim
Poinsettia
Carols

Menorah
Celebration
Rudolph
Stocking
Champagne
Noel
Ornaments
Jingle bell

Answers on Page 5

CREATIVE COOKING



No Bake Pecan Pie Dip

Prep: 5 mins Cook: 5 minutes

INGREDIENTS

- 8 oz cream cheese, softened
- 4 oz whipped topping, thawed
- 1 cup powdered sugar
- 1/2 cup brown sugar
- 3 tablespoons cold butter, cut into small pieces
- 1/3 cup light corn syrup
- 1 cup chopped pecans
- 1 large egg
- 1 1/2 teaspoons vanilla extract
- 1/4 teaspoon kosher salt
- apple slices, pretzel crisps, or graham crackers for serving

DIRECTIONS

1. Combine cream cheese, whipped topping, and powdered sugar in a mixing bowl; beat with an electric mixer until smooth.
2. Spread mixture along the bottom of a 9-inch pie plate and refrigerate while you prepare the topping.
3. To make the topping: Combine brown sugar, cold butter, corn syrup, pecans, vanilla extract, egg, and salt in a saucepan. Bring mixture to a gentle boil over medium-high heat, stirring constantly. Cook for 1 minute, stirring constantly, and remove from heat.
4. Allow topping to cool for 10 minutes before stirring and pouring evenly over the cream cheese layer. Serve immediately or refrigerate until ready to serve.
5. Serve with apple slices, pretzel crisps or graham crackers.

NUTRITIONAL INFORMATION

Servings: 10; Calories 340; Total Fat 22g; Saturated Fat 10g; Sodium 150mg; Protein 3g; Total Carbohydrate 34g; Sugars 32g; Dietary Fiber 1g; Cholesterol 51mg.



Leftover Turkey and Stuffing Casserole

Prep: 20 mins Cook: 45 minutes

INGREDIENTS

- 1 (14 oz) package seasoned dry stuffing mix or 2 cups leftover
- 1 teaspoon ground sage
- 1 cup chopped celery
- 1/2 cup chicken broth
- 1 (10.75 oz) can condensed cream of celery soup
- 1 (10.75 oz) can condensed cream of chicken soup
- 2 boneless, skinless turkey breasts - cooked and shredded or leftovers
- 1/4 cup melted butter

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. In a large bowl, combine the stuffing crumbs, sage, celery and chicken broth, and then set aside. Place the celery soup and the chicken soup into two separate bowls and add 1/2 of a soup can of water to each. Stir these well and set aside.
3. Sprinkle 1/3 of the stuffing crumb mixture into the bottom of a lightly greased 9x13-inch baking dish. Then layer with 1/2 of the shredded turkey meat and pour the celery soup mixture over this. Sprinkle another 1/3 of the crumb mixture over this, followed by the remaining turkey. Pour the chicken soup mixture over this and top off with the remaining stuffing mixture. Drizzle the melted butter over all and press the entire mixture down into the dish until firmly packed.
4. Bake at 425 degrees F (220 degrees C) for 20 to 30 minutes.

NUTRITIONAL INFORMATION

Servings: 5; Calories 807; Total Fat 20g; Saturated Fat 9g; Sodium 2523mg; Protein 86g; Total Carbohydrate 67g; Sugars 4g; Dietary Fiber 4g; Cholesterol 239mg.

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.

Seniors attend SunFest



Eight seniors ventured out in the rain to Enderlin's SunFest on Sept. 20. They checked out the car show and browsed some vendors. The Advisory Board tries to plan outings at least once a month. (photo submitted)

Advisory Board Election Dec. 3

Election for Advisory Board members will be held December 3, 2025, during Supper Night. 3 candidates will be elected along with an alternate. Nominated this year are: Wanda Cox, Shirley Hoffmeyer, Nadine VanDyke, Carol Szalay, and John Thompson. Any additional candidates will be on the ballot on Dec. 3.

CONTINUED from page 12

only can they help you meet your calorie and nutrient needs, they can also find solutions to meal time that you enjoy.

6. **Make meals social.** Consider eating at one of the various meal sites or video call family and friends during meal times. Sharing food and conversation helps stimulate appetite and improves overall well-being!

7. **Stay physically active.** Even light exercise like walking, gardening, or stretching can help stimulate hunger. Activity also supports digestion and improves mood and strength, which are all linked to better eating habits.

When to Seek Help. Sometimes, the above changes are not enough to help you meet your nutritional needs. If you are noticing persistent changes in appetite that are leading to unintentional weight loss, speak to your doctor for next steps. They may adjust medications, check for underlying conditions, or in some cases, recommend nutritional supplements or appetite stimulants. Together you can find a plan to help increase your appetite to preserve quality of life, independence, and the joy that a good meal can bring.

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

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

Appetite loss and aging

By Lane Lipetzky Swenson,
PD, LD, CGN

As we age, it's common to notice changes in how and what we eat. For many older adults, appetite loss becomes a real challenge. Meals that were once enjoyable may become a chore, and portions may shrink without much thought. While it might not seem like a big issue at first, a reduced appetite can lead to unintended weight loss, malnutrition, and a decline in strength and energy. In this article we will discuss reasons why this happens and what can be done to maintain health and independence.

Why Does Appetite Loss Occur?

Appetite loss in older adults can stem from several factors, including a slower metabolism, reduced physical activity, changes in taste and smell, medication side effects, dental or digestive problems, and emotional health challenges. While a slight decrease in appetite is a normal part of aging, consistently eating too little over time can lead to unintentional weight loss and affect overall health. In many cases, it's a combination of these factors rather than just one. Identifying the underlying causes is key to finding the right solutions and improving appetite.

Solutions to Encourage a Healthy Appetite. Addressing appetite loss doesn't mean forcing large meals. Instead, notice what may be impacting your appetite and create small changes in daily habits, meal preparation, or mindset to help you enjoy your food. Below are tips to increase nutrition and enjoyment of meals:

1. **Eat smaller and more frequent meals.** Instead of focusing on three big meals, aim for five to six smaller meals or snacks throughout the day. Snacks can be nutritious! Think fruit and Greek yogurt, vegetables and dip, whole grain bread with a nut butter, smoothies or tuna or chicken salad on whole grain crackers.



2. **Increase your nutrient intake.** A slowed metabolism is normal with aging, meaning you may not need as many calories as you did at a younger age. Focusing on nutrient dense foods like fruits, vegetables, nuts, legumes, whole grains, meats and dairy can help you meet your vitamin and mineral needs. If eating enough calories is a challenge, add nutritious calories by using olive oil or cheese on vegetables, peanut butter to fruits or flaxseed to your yogurt.

3. **Enhance flavor without salt.** If food seems tasteless, try cooking with herbs and spices like basil, cinnamon, or garlic to add more flavor. Adding an acid like lemon juice or vinegar can also brighten a dish without adding excess salt.

4. **Choose foods you can chew.** Eating with dentures or missing teeth can be challenging. Choose soft, nutritious foods like cooked vegetables, soft fruits (like bananas or applesauce), scrambled eggs, oatmeal, yogurt, and tender meats like fish or ground turkey. Smoothies and soups can also provide nutrition. Limit hard, sticky, or crunchy foods if they are difficult to eat.

5. **Work with a dietitian if you have digestive challenges.** Digestive problems can come in all forms as we age. Whether you struggle with acid reflux, gastroparesis, diarrhea, constipation or you've had previous bowel surgeries or cancers a dietitian can help. Not

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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

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

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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