



SOUTH CENTRAL ADULT SERVICES

Barnes County

NEWSLETTER

JANUARY & FEBRUARY 2026

ISSUE NO. I

Nutrition for brain health

By Lane Lipetzky, RD, LD, CGN

In the U.S., the number of people affected by Alzheimer's disease and related dementias is growing rapidly. Currently, around 7 million older adults are living with Alzheimer's, and experts warn that this number is steadily increasing. In fact, estimates suggest that cases have risen by 200,000 in just the past year. While research has shown a connection between healthy eating patterns and improved brain function, more studies are needed to confirm whether diet can play a role in preventing or delaying Alzheimer's disease and age-related cognitive decline.

So, how do our food choices affect brain health? Researchers have proposed several theories to answer this question. One suggests that a



healthy diet can reduce oxidative stress and inflammation, both of which are linked to a higher risk of Alzheimer's disease. Another theory

points to specific nutrients that may have protective effects on brain function. Some diets might even

CONTINUED on page 2



VCSU students help food pantry



Valley City State University students volunteered their time in December to help stock shelves in the Barnes County Food Pantry. Great Plains Food Bank delivers food each month and volunteers are appreciated to unload the pallets.

FAR LEFT: Jarret Faue helps Linda McKenna unload boxes of juice in the Food Pantry. LEFT: Student volunteers were, from left, Jarret Faue, Delaney Cotton, Zach St. Aubin, Zach Baumgartner, and Billie Maye Pohlkamp.

(photos by Candace Johnson)

CONTINUED from page 1

help prevent the buildup of beta-amyloid plaques — protein deposits commonly found in the brains of those with Alzheimer's. Additionally, diet can influence other major risk factors such as diabetes, obesity, and heart disease. There is even some new research suggesting our gut microbiome may have an impact. Overall, following a healthy dietary pattern likely supports brain health by addressing many of these factors.

The MIND diet. The MIND diet is a blend of the Mediterranean and DASH diets. It was designed to promote brain health and potentially reduce the risk of Alzheimer's disease and age-related cognitive decline. It emphasizes nutrient-dense foods that are believed to protect the brain, such as leafy green vegetables, berries, nuts, whole grains, beans, fish, poultry, and olive oil. It also encourages limiting foods high in saturated fats and added sugars, like red meat, butter, fried foods, and pastries. Research has shown that even moderate adherence to the MIND diet may offer cognitive benefits, making it a valuable option for those looking to support brain health through nutrition.

If you are interested in following the MIND diet, small, gradual changes can make it easier to adopt. Aim to eat at least one serving of leafy greens, like spinach or kale, each day, and try incorporating berries a few times a week. Swap butter for olive oil in cooking, and choose whole-grain bread or oatmeal over refined grains. Enjoy fish once or twice a week and include beans in soups or salads. Consider adding nuts or seeds as a snack (nut butter if nuts are difficult to chew) a few times a week. Lastly, limit processed snacks and sugary beverages or desserts. Occasional indulgences are of course ok!

Additional Considerations. While the MIND diet is

a healthy eating approach, it's important to consider personalized diet and lifestyle factors as well. For instance, managing blood sugar levels is especially important for those with type 2 diabetes or insulin resistance, as poor glucose control can negatively affect brain health. Physical activity also plays a key role — research shows that regular exercise can enhance memory, reduce the risk of cognitive decline, and support overall mental well-being by boosting blood flow and encouraging the growth of new brain cells. Just as important as physical activity, is keeping your mind active through cognitive exercises and staying socially engaged. Finally, avoiding smoking and limiting excessive alcohol intake are essential steps for protecting brain health.

As we grow older, taking care of our brain becomes just as important as caring for the rest of our body. While no single food or diet can guarantee prevention for Alzheimer's, growing evidence suggests nutrition plays a role in supporting cognitive function and reducing risk factors associated with cognitive decline. Diets like the MIND diet offer a practical approach to nourishing the brain. Combined with regular physical activity, mental engagement, and healthy lifestyle choices, eating well can help you stay mentally strong and independent for longer. It's never too late to start making choices that support a healthier brain and a better quality of life!

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.**

When access to care matters most: How CRNAs keep rural America safe and healthy

(BPT) - In small towns and rural communities across the United States, access to health care can mean the difference between life and death. On National Rural Health Day (Nov. 20), the American Association of Nurse Anesthesiology (AANA) recognizes the dedicated health professionals who serve these regions - and the Certified Registered Nurse Anesthetists (CRNAs) who are often the key to ensuring safe, timely care close to home.

"On average, rural trauma victims must travel twice as far as urban residents to reach the nearest hospital," said Jeff Molter, MBA, MSN, CRNA, president of AANA. "Because of this and other health disparities, nearly 60% of trauma deaths occur in rural America - even though only 20% of Americans live there. CRNAs, also known as nurse anesthesiologists or nurse anesthetists, play a vital role in ensuring patients receive the anesthesia and pain management care they need when and where they need it most."

What is a CRNA? CRNAs are advanced practice registered nurses (APRNs) who specialize in anesthesia and pain management. They deliver care before, during, and after surgical, therapeutic, diagnostic, and obstetrical procedures.

With more than 150 years of trusted service, CRNAs are highly trained clinicians who provide the full range of anesthesia services in every type of



health care setting - from large hospitals to rural critical access facilities.

The Health Care Challenges Facing Rural America. Rural areas face a variety of health care barriers - including hospital closures, workforce shortages, and

CONTINUED on page 11

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.**

Applications for low income heating assistance accepted until May 31

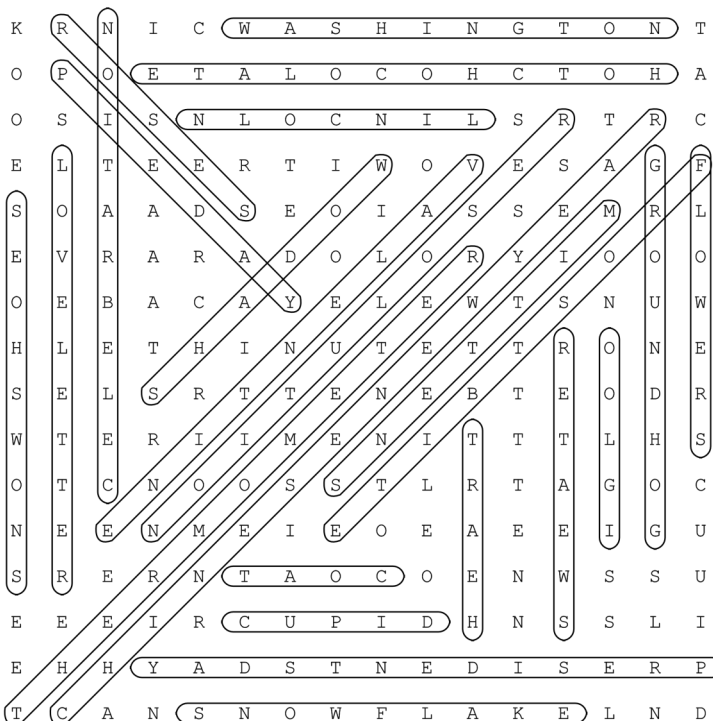
The Low Income Energy Assistance Program (LIHEAP) helps eligible individuals and families pay part of their heating costs. Applications will be accepted until May 31, 2026.



LI-HEAP can help pay for the fuel you use to heat the home you live in from October through May if you buy your heating fuel from a fuel dealer or a utility company (fuel oil, propane, natural gas, electricity, wood coal or kerosene), or if your rent payments include heat and you do not receive a rent subsidy. The amount of benefits you may be eligible for depends on the type and size of your home and the type of fuel used to heat your home. The program also covers:

- Weatherization Services (insulation, weather stripping, etc)
- Furnace cleaning, repair and re-placement
- Chimney cleaning and inspection
- Emergency assistance

Written proof or verification of your income, your heating bill, and medical expenses that can be deducted from your income is needed to be sure your eligibility and benefits are calculated correctly. You can apply online by going to hhs.nd.gov/applyforhelp/liheap or at Buffalo Bridges Human Service Zone, Barnes County office, 230 4th St. NW, Room 102, Valley City, ND 58072; phone: (701) 845-8521.



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

Barnes County Food Pantry Donations

October 25 - December 19

Kiwanis
Faith Lutheran Church
Robert and Beverly Loken
Diana Vagle - in memory of Tom & Dan Vagle
Eastern Star
Noreen Smestad
Thomas & Kathleen Utke
James Metcalf
Carol Knutson
VCSU Campus Activity Board
Diane Kohler - in memory of Clint Stowman
Steve & Cathy Duewel - in memory of Lois Scouten
Margaret Berdahl
Gerri Anderson - in memory of Lois Scouten
Pamela Reis - in memory of Lois Scouten
Laurie Bingen - in memory of Lois Scouten
Steven Thomas
Peter & Karen Richman - in memory of Clint Stowman
Barb Owen
Normal Voldal - in memory of Lois Scouten & Bob Miller
Julie May
Tony & Karen Kobbervig
Janice Stowman - in memory of Clint Stowman
Arllys Netland - in memory of Clint Stowman
Clint Stowman Funeral Memorials
Spencer Thomas
Joann Nathan
Bonnie Gassmann
Martha Ann Blue & Joseph Pfeifer - in memory of Clint Stowman
Danny Triebold
C.R. Flowers - in memory of Lois Scouten
Denise & Daryl Phillip - in memory of Lois Scouten
David & Jeanne Johnson - in memory of Lois Scouten
Lois Scouten Funeral Memorials
Rodny & Paulette Johnson
Cynthia Twidt - in memory of Mark Burkett
Susan McCarthy
Robert & Faye Bubach
James & Theresa Fields
Knights of Columbus
VCSU Foundation
VCSU
Duane Thompson - in memory of Mary Thompson

Terry & Lenore Lebahn
Paul & Margaret Dahlberg
Francis & Marian Hoffarth
Joe Leitner
First Baptist Church
Bonnie Lahlum - in memory of Verna Wurzer
Nadine Van Dyke
Eastern Star Woodbine
Marlys Christ
Bernard & Edna Elsner
First Lutheran WELCA
Kathryn-Nome-Fingal Parish
Richard Hanson - in memory of Donald Knutson
BC Farmers Union
Gary & Bernedette Botner
Sharon Bratrud
SMP Health—St. Raphael
Scott Winkler
Elisabeth Paulson
Janiece & Kenny Sommerfeld
Donald Yanish
Peter & Karen Richman - in memory of Verna Wurzer
Valley City High School, Pack the HAC
Norma Voldal
Kiwanis
John Lockhart, Jr. - in memory of Clint Stowman
Linda Westby
Dakota Rose Floral
Bethal Lutheran Church WELCA
Bob Eggert
Epworth Methodist Church Women
Susan Kringlie - in memory of Lois Scouten
Elizabeth Olson - in memory of Lois Scouten
Patricia Seiner
Connie Winkler
Cynthia Metcalf
Floyd Scouten - in memory of Lois Scouten
Jackie Monson
Jerome & Marlene Grumann - in memory of Elmer Opatz & Bill Trader
Peter & Karen Richman - in memory of Robert McAllister & Bill Trader
CEK Inc.
Messiah WELCA
Mark & Jody Svenningsen
Fingal Are Community Action Team
Timothy & Ann Ripplinger
Darlene Kerzman - in memory of George Kerzman
1950's Reunion

Gayle Burchill
ARC Thrift-E-Shop
Carol Huber
James & Ann Lehfeldt
Messiah Lutheran Church
Myron & Carol Jabs - in memory of Dee Ranum
Joe & Jennifer Sykora
Ladies Golf Association
First Baptist Church
Waldheim WELCA
Norma Voldal - in memory of Michael Borg & DuWayne Sauer
Daryl & Rebecca Heise
CHI Mercy Hospital
Grace Free Lutheran Church Brotherhood
Gloria Knutson
Jerome & Leanna Hayes
Willis W Weber Amvets
Amvets Auxiliary Post #3
Dakota Prairie Associates—Thrivent
Faith Lutheran Church
Eagles Auxiliary
Cynthia & Kevin Roorda
Our Savior's Lutheran Church
Plains Grains & Agronomy Coop
Land O Lakes Foundation
Arllys Netland
Clutch Media
John & Kathie Kopp
Sally & Michael Didier - in memory of Donna Peterson
St. Pail's Lutheran WELCA
Terri Stevens
VC PEO Chapter AZ
Kenneth & Linda Grant
Rufus Jefferson - in memory of Lila Bemis
Trinity Lutheran Church
St. Petri's Lutheran Church WELCA
Noreen Smestad - in memory of Connie Pederson, Shelley Bollinger, Beve Melgrand, & Jeanne Johnson
All Saints Episcopal Church
Doug & Ann Kelly
Karen Clark
Faith Lutheran Church Endowment Foundation
Vernon & Karen Aus
Sacred Heart Circle Four
Valley City Veterinary Hospital
First Lutheran Church, of Litchville
John & Kathie Kopp
Marian Hoffarth



DONATIONS

SENIOR CENTER

Dalene Brock - in memory of Dee Ranum

RESPIRE

Ken Jimenez

Sharon Coleman

Ken DeKrey

GIFT SHOP

Sandy Myers

HOME DELIVERED

MEALS

Karen & Brian Enge

Eagles Aerie Ladies Auxiliary

OUTREACH

Anonymous

TRANSIT

Eagles Aerie Ladies Auxiliary

Sheyenne Valley Community Foundation

Warren Ostby

Norma Voldal



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

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.*

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

Pie Day

Heart

Resolution

Presidents Day

Snow Flake

Groundhog

Hot Chocolate

Valentine

Sweater

Love Letter

Thermometer

Roses

Frostbite

Cupid

Igloo

Washington

Coat

Flowers

Snow Shoes

Shadow

Celebration

Chinese New Year

Mittens

Lincoln

Answers on Page 5

CREATIVE COOKING



Vasilopita - Greek New Year's Cake

Prep: 30 mins Cook: 1 hour

INGREDIENTS

- 2 cups white sugar
- 1 cup butter
- 3 cups all-purpose flour
- 6 large eggs
- 2 teaspoons baking powder
- 1 cup warm milk (110 degrees F)
- ½ teaspoon baking soda
- 1 tablespoon fresh lemon juice
- ¼ cup blanched slivered almonds
- 2 tablespoons white sugar

DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C). Generously grease a 10-inch round cake pan.
2. Beat sugar and butter together in a medium bowl until lighter in color; stir in flour and mix until the mixture is mealy. Add eggs one at a time, mixing well after each addition. Combine baking powder and milk; add to egg mixture, mix well. Combine lemon juice and baking soda; stir into the batter. Pour into the prepared cake pan.
3. Bake in the preheated oven for 20 minutes. Remove and sprinkle the nuts and sugar over the cake, then return it to the oven until cake springs back to the touch, about 20 to 30 additional minutes. Gently cut a small hole in the cake and place a quarter in the hole. Try to cover the hole with sugar. Cool cake on a rack for 10 minutes before inverting onto a plate.
4. Serve cake warm.

NUTRITIONAL INFORMATION

Servings: 12; Calories 447; Total Fat 20g; Saturated Fat 11g; Sodium 287mg; Protein 8g; Total Carbohydrate 61g; Sugars 37g; Dietary Fiber 1g; Cholesterol 135mg.



Slow Cooker Texas Pulled Pork

Prep: 20 mins Cook: 45 minutes

INGREDIENTS

- 1 tsp vegetable oil
- 1 (4 pound) pork shoulder roast
- 1 cup barbeque sauce
- ½ cup apple cider vinegar
- ½ cup chicken broth
- ¼ cup light brown sugar
- 1 tbsp prepared yellow mustard
- 1 tbsp Worcestershire sauce
- 1 tbsp chili powder
- 1 extra large onion, chopped
- 2 large cloves garlic, crushed
- 1 ½ teaspoons dried thyme
- 8 hamburger buns, split
- 2 tbsps butter, or as needed

DIRECTIONS

1. Pour vegetable oil into the bottom of a slow cooker. Place pork roast into the slow cooker; pour in barbeque sauce, vinegar, and chicken broth. Stir in brown sugar, yellow mustard, Worcestershire sauce, chili powder, onion, garlic, and thyme. Cover and cook on Low for 10 to 12 hours or High for 5 to 6 hours until pork shreds easily with a fork.
2. Remove pork from the slow cooker, and shred the meat using two forks. Return shredded pork to the slow cooker, and stir to combine with juices.
3. Spread the inside of both halves of hamburger buns with butter. Toast buns, butter-side down, in a skillet over medium heat until golden brown. Spoon pulled pork into toasted buns.
4. Serve and enjoy!

NUTRITIONAL INFORMATION

Servings: 8; Calories 528; Total Fat 23g; Saturated Fat 9g; Sodium 803mg; Protein 32g; Total Carbohydrate 46g; Sugars 17g; Dietary Fiber 3g; Cholesterol 98mg.

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.

CONTINUED from page 2

long travel distances to care.

According to the U.S. Department of Veteran Affairs more than one-third of veterans with service-connected disabilities live in rural areas. The U.S. Department of Agriculture also notes that rural communities have a higher proportion of older adults, many of whom live with chronic conditions such as heart disease, diabetes, hypertension, and heart failure.

Without local CRNAs, many of these patients would have to travel hours for essential surgical or anesthesia care. When emergencies happen, those hours can make all the difference.

CRNAs: The Lifeline of Rural Health Care. CRNAs safely administer more than 58 million anesthetics each year and represent over 80% of anesthesia providers in rural U.S. counties, according to AANA. In many small hospitals and ambulatory surgical centers, CRNAs are the sole anesthesia providers, supporting critical services like obstetrics, surgery, trauma stabilization, and pain management.

Their presence keeps lifesaving care within reach, helping rural hospitals stay open and their communities healthy, resilient, and self-sufficient.

"Working as a CRNA in rural settings shows just how critical our role is in medicine," Molter said. "When we can practice to the full extent of our education and training, we help bridge health care gaps and deliver care to people who need it most. It's why we celebrate and advocate for CRNAs who keep rural America safe and strong."

To learn more about the essential role of CRNAs in rural and other health care settings - or to explore how to become a CRNA - visit AANA.com.

Gaasland honored



Bob Gaasland was honored at his last Advisory Board meeting on Dec. 2, for his service on the board. Thank you, Bob!

(photo by Sharon Coleman)

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

Craft Day at Senior Center a hit



LEFT: Elaine Meidema and Nadine Van Dyke chat while creating their scrap fabric wreaths on Craft Day, held Nov. 13 at Barnes County Senior Center. Gratia Brown from the VCSU Art Department led the class.



ABOVE: From left, Barb Ulven, Margaret Ptacek, Doreen Larson, Carol Szalay, and Cheryl Lee had a nice time visiting and sharing laughs while working on their craft wreaths. Seniors selected a variety of fabrics and colors to create their wreaths.

(photos by Brenda Rohde)

VCSU Foundation gives to BCFP



Valley City State University Foundation recently presented the Barnes County Food Pantry with a donation of over \$2,000. From left are: Betty Tykwinski, Pat Hansen, Sarah Wangrud, Mark Nelson, Candace Johnson, Tomina Andel, Kari Stricklin, and Nicol Kneeland. (photo submitted)

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

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