



# SOUTH CENTRAL ADULT SERVICES LaMoure 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  
**CONTINUED on page 9**

## 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,  
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# LaMoure County Activities

## LAMOURE

Wednesdays & Fridays: 9:30 AM: Bone Builders Exercise.  
Fridays: 12:30 PM: Games and crafts.

## JANUARY

Tuesday, Jan. 6: 12:30 PM: "Happy Senior Club" monthly meeting.  
Sunday, Jan. 18: Noon: Sunday Dinner. Games & fun to follow. No Home Delivery.  
Friday, Jan. 30: 12:30 PM: Danielle Dinger, Ext. Agent, will do a session on Family & Community Wellness.

## FEBRUARY

Tuesday, Feb. 10: 12:30 PM: "Happy Senior Club" monthly meeting.  
Sunday, Feb. 15: Noon: Sunday Dinner. Games & fun to follow. No Home Delivery.  
Friday, Feb. 27: 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.*

### 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 January & February 2026

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.

## Wake up call

Bernard, who is noted for his gracious manners, was awakened one morning at 4:40 a.m. by his ringing telephone.

"You're dog's barking, and it's keeping me awake!" yelled an angry voice.

Bernard thanked the caller and politely asked his name and number before hanging up.

The next morning at precisely 4:40 a.m., Bernard called his neighbor back and said, "Good morning, Mr. Williams. I just called to say that I don't have a dog."

## A nickel or a dime

There was a little fellow named Junior who hung out at the local grocery store. Some other boys who also frequented the store liked to tease Junior who they thought was a little dense.

To prove it, sometimes the boys offered Junior his choice between a

nickel and a dime. Without fail, he always took the nickel.

One day after Junior grabbed the nickel, the store manager took him off to the side and said, "Junior, those boys are making fun of you. They think you don't know the dime is worth more than the nickel. Are you grabbing the nickel because it's bigger, or what?"

Junior said, "No, sir. You see, if I took the dime, they'd quit doing it."



## EBT/SNAP



We would like to remind all meal recipients (congregate, frozen, home-delivered meals and Ensure) that EBT/SNAP cards may be used for your meal contributions.

**Please call LaMoure at,  
(701) 883-5088 for more information.**

**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

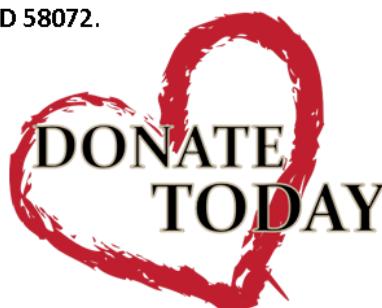
In the county of:

Barnes       LaMoure       Foster       Logan       McIntosh       Griggs       Emmons

In memory of: \_\_\_\_\_

In honor of: \_\_\_\_\_

Other: \_\_\_\_\_



**Prescription  
Assistance Program**

**SOUTH  
CENTRAL  
TRANSIT NETWORK**

May we publish your name?  Yes  No

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

# 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.



# LIHEAP

Low Income Home Energy Assistance Program

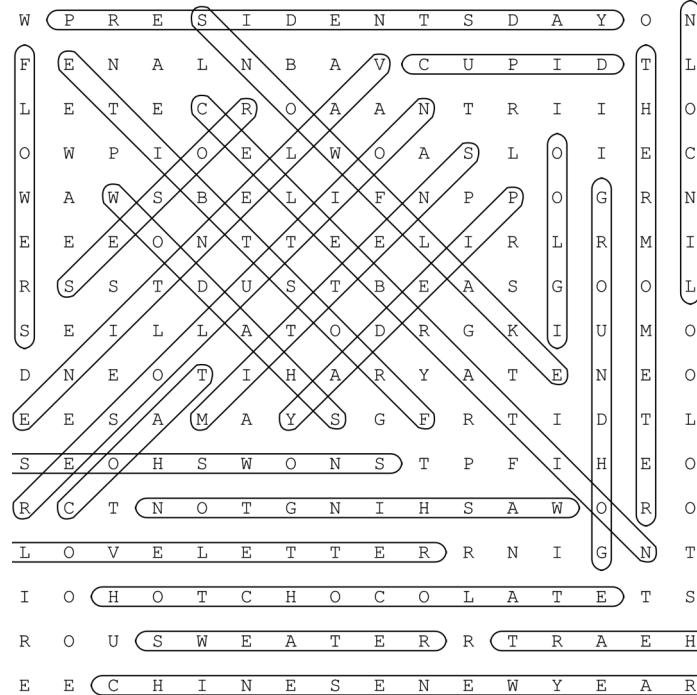
LI-HEAP can help pay for the fuel you use to heat the home you live in

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](http://hhs.nd.gov/applyforhelp/liheap) or at LaMoure County Human Services LIHEAP, 202 4th Ave. NE, LaMoure, ND 58458; phone: (701) 883-5301.

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



## 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.

## LaMoure / Dickey / Marion & Edgeley's Menu January 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please call by 8 AM the day of to sign up for or to cancel for dinner!!</b>				1 Center CLOSED	
4	5 Center CLOSED	6 Sausage Sauerkraut Mashed potatoes Beets Fruit	7 Chicken cordon bleu Cheesy potatoes Candied carrots Fruit	8 BBQ chicken Sweet potatoes Broccoli & cauliflower Fruit	9 Chef salad Fruit Breadstick
11	12 Center CLOSED	13 Ground beef taco Refried beans Mexican corn Fruit	14 Cheese stuffed manicotti Green beans Breadstick Fruit	15 Sweet & sour meatballs Rice Mixed vegetables Fruit	16 Ham & cheesy potato casserole Peas Fruit
18	19 Center CLOSED	20 Goulash Breadstick Carrots Fruit	21 Salisbury steak Mashed potatoes & gravy Green beans Fruit	22 Taco salad Fruit	23 Chili Cornbread Corn Fruit
25	26 Center CLOSED	27 Meatball sub Coleslaw Chips Fruit	28 Chicken alfredo Peas Fruit	29 Pizza Breadstick with dipping sauce Side salad Fruit	30 Biscuit & gravy Sausage links Eggs

## LaMoure / Dickey / Marion & Edgeley's Menu for February 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Center CLOSED	3 Sweet & sour chicken with peppers Rice Egg roll Fruit	4 Pork chop in gravy Mashed potatoes Green beans Fruit	5 Pizza pasta hotdish Side salad Fruit	6 Beef stew Roll Fruit
8	9 Center CLOSED	10 Chicken cheese enchilada Beans Corn	11 Chicken cordon bleu Cheesy potatoes Candied carrots Fruit	12 Crispy chicken salad Breadstick Fruit	13 Tuna casserole Peas Fruit
15	16 Center CLOSED	17 Cheesy Dorito casserole Green beans Fruit	18 Meatballs in gravy Mashed potatoes Carrots Fruit	19 Sloppy joe Baked beans Pickled beets Fruit	20 Baked chicken Baby bakers Creamed corn Fruit
22	23 Center CLOSED	24 Lasagna Garlic bread Peas & carrots Fruit	25 Cabbage roll Potatoes Mixed vegetables Fruit	26 Brat on a bun Baked beans Side salad Fruit	27 Tilapia Cheesy potatoes Peas Fruit
27	28 Center CLOSED				<p><b>Please call by 8 AM the day of to sign up for or to cancel for dinner!</b></p> <p>Substitutions may be necessary due to product availa- bility.</p>

## Kulm, Jud & Gackle Menu for January 2026

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>			
5 Cabbage roll Scalloped potatoes Corn Fruit	6 Salisbury steak Mashed potatoes Peas & carrots Fruit	7 Chicken strips Cauliflower blend & rice Fruit	8 Pork ribs Sauerkraut Mashed potatoes Bread Fruit	9 Make Up Meal Ravioli Brats Vegetable Fruit
12 Chicken cordon bleu Potatoes Corn Fruit	KULM: Potluck supper	13 Meatloaf Sweet potatoes Green beans Fruit	14 Pork roast Strudels Carrots & potatoes Fruit	15 Stuffed shells Chicken strips California blend vegetables Fruit
19 Ham Augratin potatoes Green beans Fruit	20 Stuffed peppers Potatoes Corn Fruit	21 Turkey Mashed potatoes Dressing Peas & carrots Fruit	22 Hamburger goulash Corn Fruit	23
26 Turkey ala king over biscuit Peas & carrots Fruit	27 BBQ ribs Potatoes Corn Fruit	28 Tilapia Potatoes Coleslaw Breadstick Fruit	29 Hamburger steak Potatoes Tossed salad Fruit	30

## Kulm, Jud & Gackle Menu for February 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Brat Sauerkraut Macaroni salad Fruit	3 Spaghetti & meat sauce Tossed salad Breadstick Fruit	4 Pork chop Mashed potatoes Corn Fruit	5 Stuffed shells Sausage Green beans Fruit	6
9 Chicken enchilada Spanish rice Green beans Breadstick Fruit	10 Sloppy joe Macaroni salad Celery sticks Fruit	11 Fish sandwich Potatoes Coleslaw Fruit	12 Beef stroganoff over noodles Corn Fruit	13
16 Chicken noodle Peas Tossed salad Fruit	17 Meatballs Mashed potatoes Corn Fruit	18 Knoephla Sauerkraut Ham Fruit	19 Tator tot hotdish Green beans Fruit	20
23 Chicken lasagna Green beans Breadsticks Fruit	24 Meatloaf Baked potato Beans & tomatoes Fruit	25 Strudels Beef roast Potatoes & carrots Fruit	26 Cheese sandwich Chili Breadstick Fruit	<p style="color: blue;"><b>Substitutions may be necessary due to product availability.</b></p> <p style="color: red;"><b>Jud &amp; Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.</b></p>

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

## WHAT'S ON THE MIND DIET?

	AT LEAST THREE SERVINGS OF WHOLE GRAINS EACH DAY
	AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY
	
	AT LEAST TWICE A WEEK
	AT LEAST A ONE-OUNCE SERVING OF NUTS EACH DAY
	BEANS OR LEGUMES AT LEAST EVERY OTHER DAY
	POULTRY AT LEAST TWICE A WEEK
	FISH AT LEAST ONCE A WEEK
	
If you don't drink alcohol, purple grape juice provides many of the same benefits.	
A FIVE-OUNCE GLASS OF RED WINE EACH DAY	
	NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD
	CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK
PASTRIES AND SWEETS LESS THAN FIVE TIMES A WEEK	
	

### 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

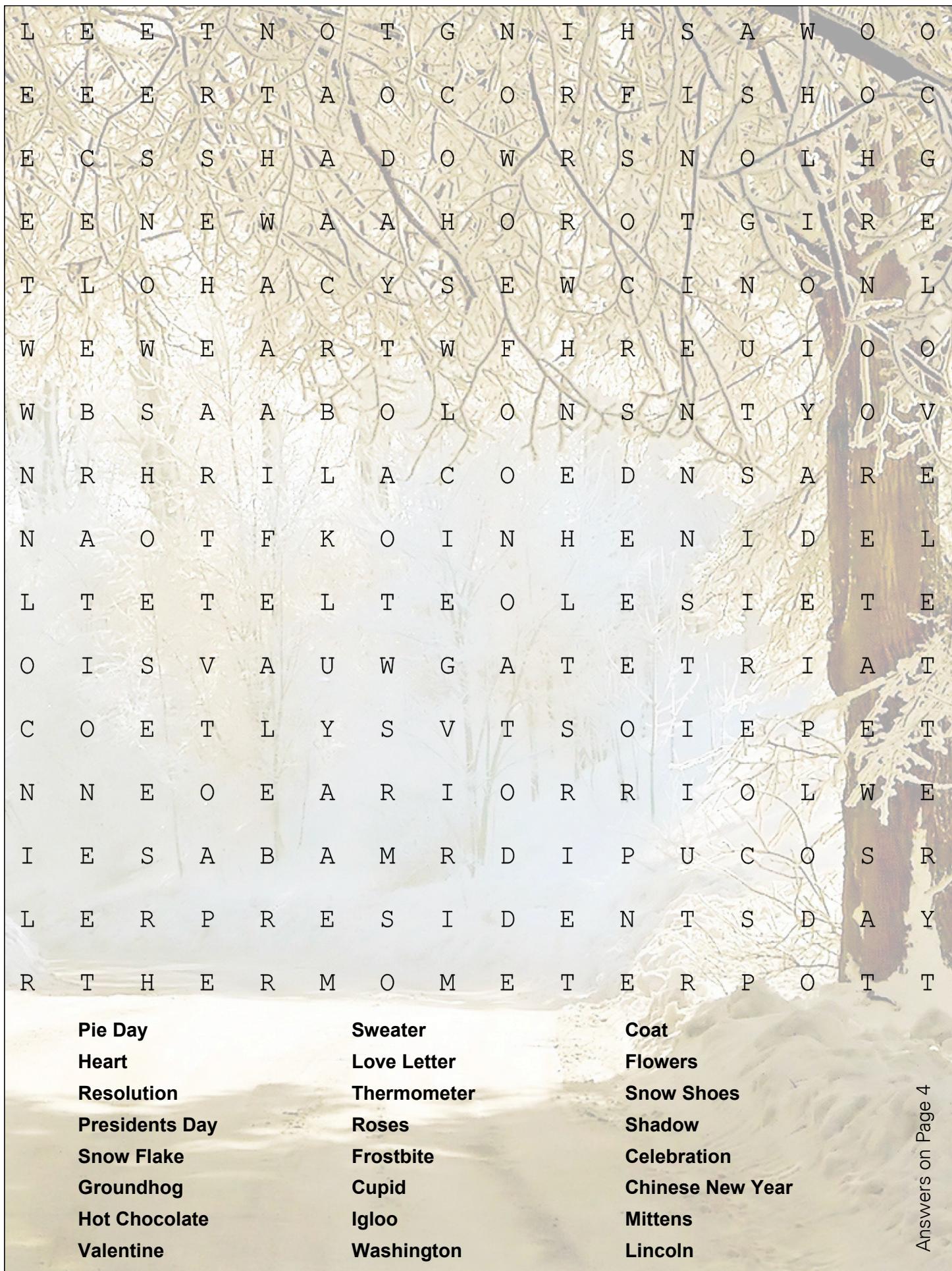


## Frozen Meals Available

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.



## LaMoure County Transit

### Fargo

Every Thursday - \$18 round trip

### Bismarck

Monday thru Friday  
\$18 round trip

### Jamestown/Valley City

Monday - 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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## *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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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 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](http://AANA.com).



### **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**

**PATRICIA HANSEN  
Director**

**ANDRA JENKINS  
Outreach/Transit**

**JODI ELLIOTT  
Bookkeeping**