



SOUTH CENTRAL ADULT SERVICES *LaMoure County* NEWSLETTER

JANUARY & FEBRUARY 2026

ISSUE NO. 1

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 Din-
ner. Games & fun to follow. No Home
Delivery.

Friday, Jan. 30: 12:30 PM:
Danielle Dinger, Ext. Agent, will do a
session on Family & Community Well-
ness.

FEBRUARY

Tuesday, Feb. 10: 12:30 PM: "Happy
Senior Club" monthly meeting.

Sunday, Feb. 15: Noon: Sunday Din-
ner. Games & fun to follow. No Home
Delivery.

Friday, Feb. 27: 12:30 PM:
Danielle Dinger, Ext. Agent, will do a
session on Family & Community Well-
ness.

*Watch The LaMoure Chroni-
cle'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: _____

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

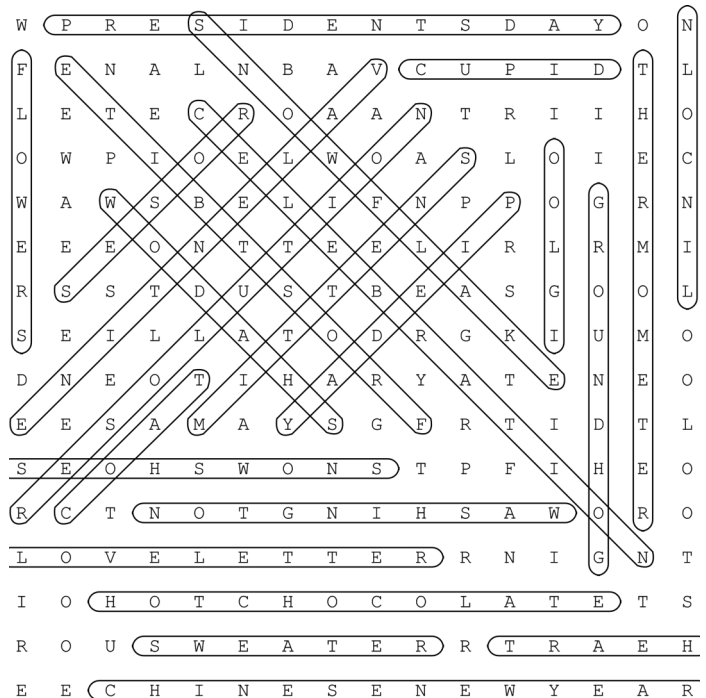
The Low Income Energy Assistance Program (LIHEAP) helps eligible individuals and families pay part of their heating costs. Applications will be accepted until May 31, 2026.



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 LaMoire County Human Services LIHEAP, 202 4th Ave. NE, LaMoire, ND 58458; phone: (701) 883-5301.



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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 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.

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

Edgeley Senior Center ~ 701-493-2569

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Please call by 8 AM the day of to sign up for or to cancel for dinner!!				1 Center CLOSED 	2 Soup Sandwich Fruit
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 Roast beef dip sandwich Side salad Dessert surprise NO HDM	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 1/2 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 Pancakes topped with strawberries Eggs Hashbrowns Bacon & sausage NO HDM	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			Substitutions may be necessary due to product availa- bility.	Please call by 8 AM the day of to sign up for or to cancel for dinner!!

Kulm, Jud & Gackle Menu for January 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.	Substitutions may be necessary due to product availability.		1 CENTER CLOSED 	2
5 Cabbage roll Scalloped potatoes Corn Fruit	6 Salisbury steak Mashed potatoes Peas & carrots Fruit KULM: Potluck supper	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	13 Meatloaf Sweet potatoes Green beans Fruit	14 Pork roast Strudels Carrots & potatoes Fruit	15 Stuffed shells Chicken strips California blend vegetables Fruit	16
19 Ham Au gratin 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	27
			Substitutions may be necessary due to product availability.	Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.

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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.

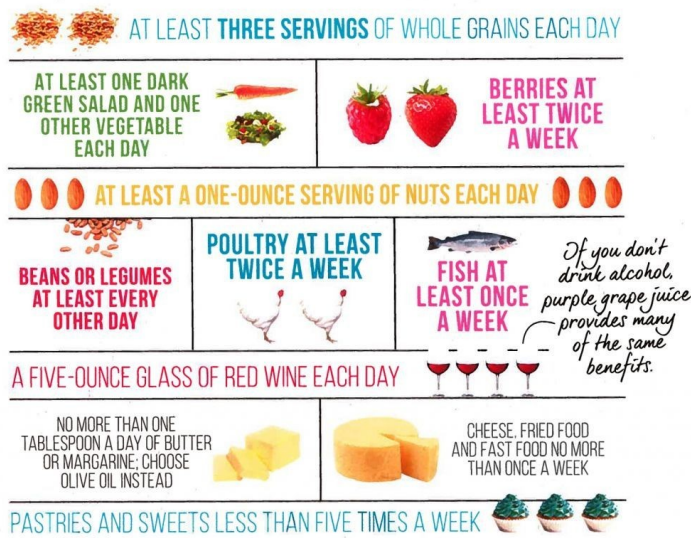
If you are interested in following the MIND diet, small, gradual changes can make it easier to adopt. Aim to eat at least one serving of leafy greens, like spinach or kale, each day, and try incorporating berries a few times a week. Swap butter for olive oil in cooking, and choose whole-grain bread or 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?



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**



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.



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 4

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
or find us on Facebook at
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

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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.



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**

**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**