



# SOUTH CENTRAL ADULT SERVICES

## Barnes County

### 2025-2030 Dietary Guidelines for Americans Released



On January 7, 2026, the United States Department of Agriculture and Department of Health and Human Services released the 2025-2030 Dietary Guidelines for Americans (DGAs). The DGAs are updated every five years based on the most recent health and nutrition research. The 2025-2030 DGAs recommend prioritizing high-quality protein, healthy fats, fruits, vegetables and whole grains, while avoiding highly processed foods and refined carbohydrates.

### Key Recommendations

- The calories you need depend on your age, sex, height, weight, and level of physical activity.
- Pay attention to portion sizes, particularly for foods and beverages higher in calories.
- Hydration is a key factor in overall health. Choose water (still or sparkling) and unsweetened beverages.

Continued on page 5

### **Nutrition Matters: Healthy Aging**

Eating well helps seniors stay strong, energized, and independent. Appetite may decrease with certain medication. This may effect your taste or nutrient absorption. This is when eating healthy comes in handy. As we age, we need fewer calories but more nutrients. Important nutrients include protein, calcium, vitamin D, fiber, vitamin B12, and fluids. Foods like fruits, vegetables, dairy, beans, fish, and water. All of these are high in nutrients and help you reach all your nutrients for the day.

Simple tips include eating balanced meals, choosing whole grains, limiting salt and sugar, and making meals, enjoyable. Eating healthy on a budget is possible by buying frozen foods, planning meals, and using leftovers. If appetite or weight changes occur, talk to a healthcare provider.



Did you hear about the man who proposed to his girlfriend on St Patrick's Day with a cubic zirconium ring? **Answer on page 3**



## ARE YOU STRUGGLING WITH HEARING LOSS?

ND School for the Deaf/Resource Center is a State Agency that provides free Services and Resources for adults who are deaf or hard of hearing.

Do you struggle to hear others?

Is it difficult to communicate by telephone?

Is watching television difficult?

Are you avoiding activities because you cannot hear?

**Schedule an appointment to learn more about our services**

**For more information contact:**

**Dawn Sauvageau, Adult Outreach Hearing Specialist**

**1321 S. 23<sup>rd</sup>. St A, Fargo, ND 58103**

**701-239-7380 or**

**dawn.sauvageau@k12.nd.us**

## 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**

Come sign up to play **PINOCHLE** on Tuesdays at 1pm, with a sweet treat at the end.

Test your luck with **BINGO** on Fridays at 1pm, with a sweet treat at the end.



Gift certificates for meals available!  
Contact your senior center for more information.

		<b>South Central Adult Services</b> <b>Gift Certificate</b>
Presented to: _____		<h1 style="color: red; opacity: 0.5;">SAMPLE</h1>
From: _____		
This gift certificate entitles the bearer to 1 2 3 4 5 6 7 8 9 10 congregate, frozen, or home delivered meals. Bearer may use this certificate at any South Central Adult Services meal site.		
Date: <u>SAMPLE</u>	Authorized by: <u>SAMPLE</u>	<u>SAMPLE</u>

## 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.

## 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.

## 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.**

## Game Players Wanted!

The Senior Center in Valley City is  
looking for anyone interested in playing cards  
or games on Mondays and Thursdays.

If you'd like to sign up or make a  
suggestion, please call the senior center and  
speak to Brenda at 845-4300.



*Talk about a  
sham-rock!*

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

## 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.**

## 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.

**Question: A town north of Valley City was planned in anticipation of the arrival of a rail line in 1893. The railroad never arrived and the town was never built but a rural post office survived until 1913. The town and post office was named after an Algonquin word meaning "many fishes". What was the name of the town and post office?**

Answer: On page 6.

## **Consume Dairy**

- When consuming dairy, include full-fat dairy with no added sugars. Dairy is an excellent source of protein, healthy fats, vitamins, and minerals.
- Dairy serving goals: 3 servings per day as part of a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements.

## **Eat Vegetables & Fruits Throughout the Day**

- Eat a variety of colorful, nutrient-dense vegetables and fruits.
- Eat whole vegetables and fruits in their original form.
- Frozen, dried, or canned vegetables or fruits with no or very limited added sugars can also be good options.
- If preferred, flavor with salt, spices, and herbs.
- 100% fruit or vegetable juice should be consumed in limited portions or diluted with water.
- Vegetables: 3 servings per day
- Fruits: 2 servings per day

## **Incorporate Healthy Fats**

- Healthy fats are plentiful in many whole foods, such as meats, poultry, eggs, omega-3–rich seafood, nuts, seeds, full-fat dairy, olives, and avocados.
- When cooking with or adding fats to meals, prioritize oils with essential fatty acids, such as olive oil. Other options can include butter or beef tallow.
- In general, saturated fat consumption should not exceed 10% of total daily calories. Significantly limiting highly processed foods will help meet this goal. More high-quality research is needed to determine which types of dietary fats best support long-term health.

## **Focus on Whole Grains**

- Prioritize fiber-rich whole grains.
- Significantly reduce the consumption of highly processed, refined carbohydrates, such as white bread, ready-to-eat or packaged breakfast options, flour tortillas, and crackers.
- Whole grains serving goals: 2–4 servings per day, adjusting as needed based on your individual caloric requirements.

## **Limit Highly Processed Foods, Added Sugars, & Refined Carbohydrates**

### **Prioritize Protein Foods at Every Meal**

- Consume a variety of protein foods from animal sources, including eggs, poultry, seafood, and red meat, as well as a variety of plant-sourced protein foods, including beans, peas, lentils, legumes, nuts, seeds, and soy.
- Swap deep-fried cooking methods with baked, broiled, roasted, stir-fried, or grilled cooking methods.
- Consume meat with no or limited added sugars, refined carbohydrates, starches, or chemical additives.
- Protein serving goals: 1.2–1.6 grams of protein per kilogram of body weight per day.

## 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.**

## BLAST FROM THE PAST:

Present: Allard Trophy, The Mane Tamer

Main Furniture (1967),      Rainbow Grill (1965)

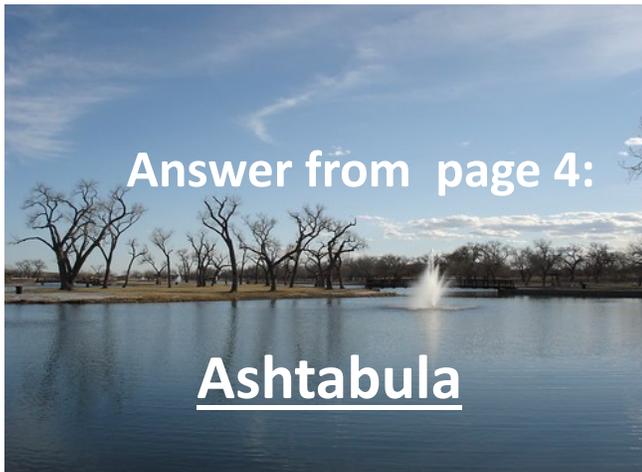
Woody's Café (1952),      Royal Café (1947)

Polly's Café (1938),

Stern Brothers Confectioners (1929)

Valley City Candy Company (1911)

Sigvald Thoreson Confectioners (1906)



## 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 701-845-4300 for any changes.**



### **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**



# DONATIONS

## Food Pantry

Rufus Jefferson - in memory of  
Lila Bemis  
Trinity Lutheran Church  
St. Petri Lutheran Church  
WELCA  
Noreen Smestad - in memory  
of Connie Pederson, Shelley  
Bollinger, Beb Melgrand,  
Jeanne Johnson  
All Saints Episcopal Church  
Doug & Ann Kelly  
Anonymous  
Karan Clark  
Faith Lutheran Church  
Endowment Foundation  
Vernon or Karen Aus  
Sacred Heart Circle Four  
Valley City Veterinary Hospital  
First Lutheran Church  
Litchville  
Cynthia Metcalf  
Ralph & Helen Metcalf  
Elaine Miedema - in memory  
of Donna Hass & Donna  
Peterson  
S or B Nagle  
Puklich Chevrolet  
Richard Hanson - in memory of  
Donna Peterson  
Barb Ulven  
City of Valley City  
Our Savior's Lutheran Church  
Arlie Braunberger  
Patricia Triebold  
Tom Glandt  
Hilde Van Gijssel  
Duane & Laura Borchert  
Sheyenne Valley Community  
Foundation  
Sheyenne Valley Community  
Foundation - in memory of Pat  
Nielson  
Cynthia Twidt - in memory of  
Maridenis Carpenter  
Faye & Robert Bubach

Dennis & JoAnn Nathan  
Michelle Dahl  
Rodney & Paulette Johnson  
Thundering Saints  
Marion Lutheran Church  
Dan Mehus  
Duane Thompson  
Lenore & Terry Lebahn  
NDDOT Valley City District  
Farmers Union Insurance  
Our Saviors Luthern Church  
Carol Breske  
Marian Hoffarth  
Proseed, Inc. & Trilogy  
Justin & Brandi Mueller  
Kathryn, Nome, Fingal Parish  
Trinity Lutheran Welca  
Pamela Burchill - in memory  
of Toby Larson  
Arlys Netland - in memory of  
Eileen Bjornson  
North Marion Reformed  
Church  
Bethel Lutheran Church  
WELCA in memory of Giving  
Hearts Day  
Noah Michael Kvilvang  
Robert Burchill  
Norma Voldal - in memory of  
Shirley Hoffmeyer

## Transit

Sheyenne Valley Community  
Foundation  
Warren Ostby  
Norma Vodall  
John Thompson  
Barb Ulven  
Our Savior's Lutheran Church  
Hilde Van Gijssel  
Sheyenne Valley Community  
Foundation - in memory of Pat  
Nielson

Madeline Luke  
United Way Of Barnes  
County  
Robye Lahlum  
Trinity Lutheran Welca  
Arlene Flatlie - in Memory of  
Dr. Machayya, Eileen Bjorn-  
son & Jean Swanberg  
VC Area Retired Teachers - in  
memory of Eileen Bjornson

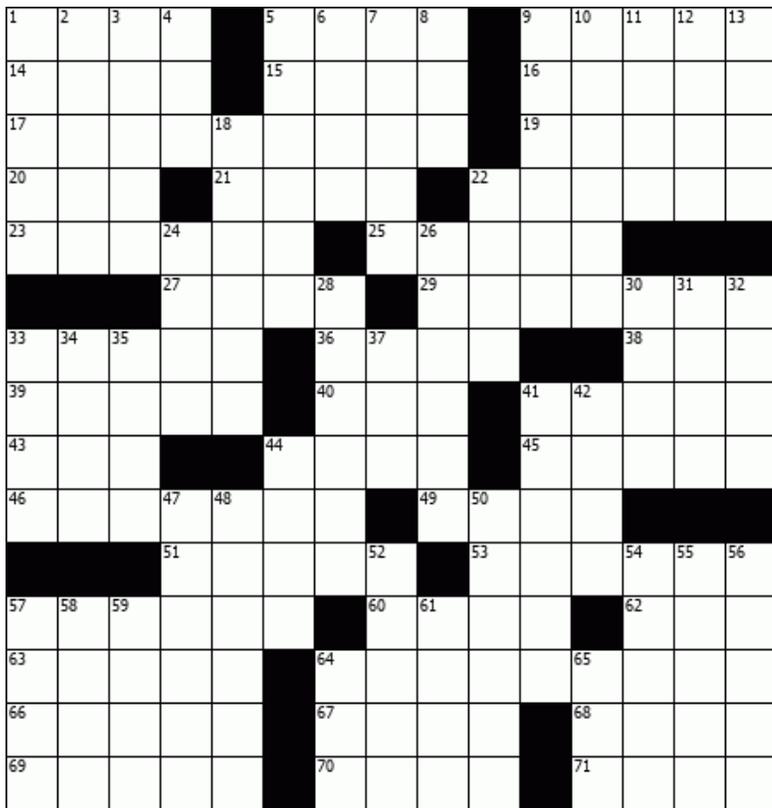
## Senior Center

Doreen Gordon - in memory of  
Maridenis Carpenter

## Home Delivered Meals

First Lutheran Church  
Dean & Charlene Stenson



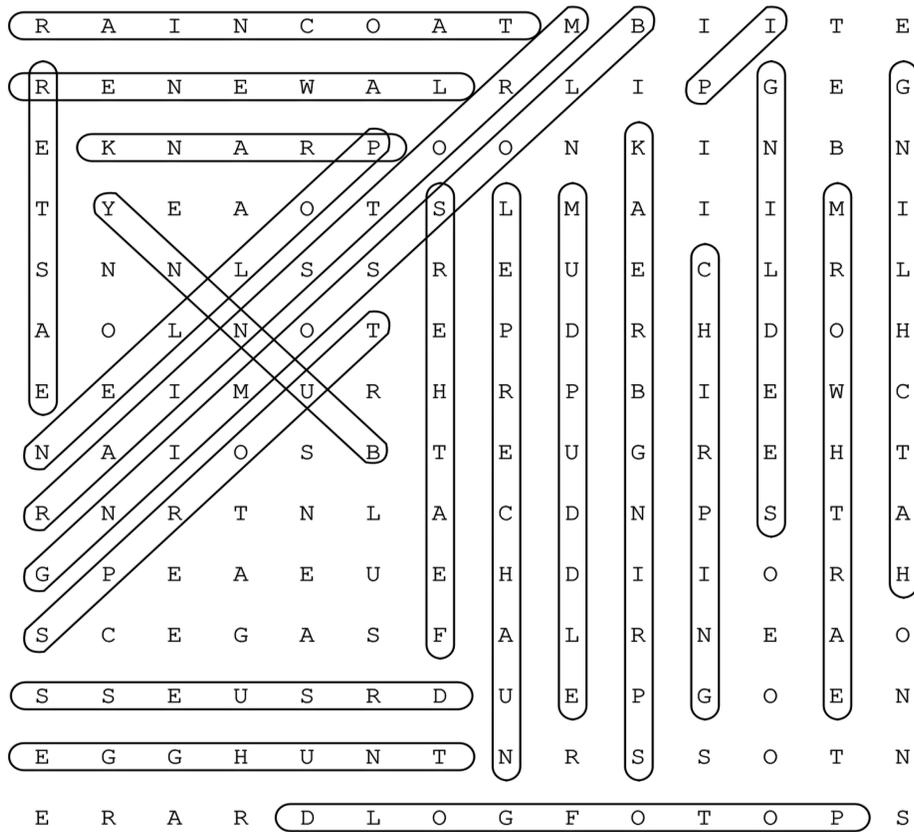


**Across**

- |                          |                            |                               |                              |
|--------------------------|----------------------------|-------------------------------|------------------------------|
| 1. Religious sisters     | 41. Actress ____ Berry     | 2. Troubled                   | 33. Actress ____ Winslet     |
| 5. Speck                 | 43. Knockout count         | 3. More pleasant              | 34. Prophecy                 |
| 9. Bible verb            | 44. Cherished animals      | 4. School subj.               | 35. Isn't, incorrectly       |
| 14. Heroic               | 45. Performed              | 5. Deli sausage               | 37. Boring routine           |
| 15. Curved doorway       | 46. Tempts                 | 6. British baby carriage      | 41. Pester                   |
| 16. Copier's need        | 49. Shredded               | 7. Eight musicians            | 42. Fighter pilots           |
| 17. Swing back and forth | 51. Dairy product          | 8. "Raiders of ____ Lost Ark" | 44. British noble            |
| 19. Proportion           | 53. Spaghetti and ziti     | 9. Actress Meryl ____         | 47. Cold era (2 wds.)        |
| 20. Born as              | 57. Show up                | 10. Raspy                     | 48. Moon feature             |
| 21. Limping              | 60. Lyric poems            | 11. Poker term                | 50. First game               |
| 22. Slightest            | 62. Mouse's kin            | 12. Oahu wreaths              | 52. Telegraph inventor       |
| 23. Creek                | 63. Shoe spike             | 13. Horse's gait              | 54. Corny                    |
| 25. Forest growths       | 64. Happen                 | 18. Peruvian animals          | 55. Baseball great Hank ____ |
| 27. Radiate              | 66. Combine                | 22. Military cafeteria        | 56. Plant stalks             |
| 29. Facets               | 67. Emerald ____           | 24. Slippery creatures        | 57. Pinnacle                 |
| 33. Australian "bear"    | 68. Potent particle        | 26. Least common              | 58. Entreaty                 |
| 36. Goofs                | 69. Devourer               | 28. India's Mother ____       | 59. Jaunty                   |
| 38. Water (Fr.)          | 70. At no time, poetically | 30. Welshman                  | 61. Valley                   |
| 39. Wrong                | 71. Hideaways              | 31. Narrative                 | 64. Soft metal               |
| 40. Feel remorse         |                            | 32. Took to court             | 65. Flat cushion             |

**Down**

1. Broadway lights



**“As you get older you will understand more and more that it’s not about what you look like or what you own, its all about the person you’ve become.”**

**What kind of jewelry does the Easter Bunny wear?**

**14-carrot gold.**

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

- Pi**
- Blossoming**
- Earthworm**
- Mud puddle**
- Rainstorm**
- Seedling**
- Leprechaun**
- Pot of Gold**
- Dr. Suess**
- Chirping**
- Bunny**
- Easter**
- Renewal**
- Sprout**
- Prank**
- Pollen**
- Raincoat**
- Feathers**
- Hatchling**
- Spring break**
- Egg hunt**



Puzzle Solution © OnlineCrosswords.net

Answers on page 9



N	U	N	S		S	P	O	T		S	H	A	L	T	
E	P	I	C		A	R	C	H		T	O	N	E	R	
O	S	C	I	L	L	A	T	E		R	A	T	I	O	
N	E	E		L	A	M	E		M	E	R	E	S	T	
S	T	R	E	A	M		T	R	E	E	S				
				E	M	I	T		A	S	P	E	C	T	S
K	O	A	L	A		E	R	R	S			E	A	U	
A	M	I	S	S		R	U	E		H	A	L	L	E	
T	E	N			P	E	T	S		A	C	T	E	D	
E	N	T	I	C	E	S		T	O	R	E				
				C	R	E	A	M		P	A	S	T	A	S
A	P	P	E	A	R		O	D	E	S		R	A	T	
C	L	E	A	T			T	R	A	N	S	P	I	R	E
M	E	R	G	E			I	S	L	E		A	T	O	M
E	A	T	E	R			N	E	E	R		D	E	N	S

## 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](http://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.*

## 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.**

## 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.

# Bean & Pasta Salad

This bean-and-pasta salad is a satisfying dish packed with plant-based protein. It combines tender pasta with fiber-rich beans, crisp vegetables and a zesty vinaigrette for a well-balanced bite. The flavors continue to meld as it sits, making it an ideal recipe for meal prep or gatherings.

By **Isabel Vasquez, RD, LDN** | Updated on January 19, 2026 Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

**Active Time:** 25 mins

**Total Time:** 25 mins

**Servings:** 4

## Nutrition Profile:

No Added Sugar, Mediterranean Diet, Sesame-Free, Diabetes-Friendly, Nut-Free, Soy-Free, Heart-Healthy, Vegetarian Egg-Free

## Ingredients

- 4 ounces whole-wheat fusilli
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon red-wine vinegar
- 1 teaspoon dried oregano
- ¼ teaspoon ground pepper
- ⅛ teaspoon salt
- ½ cup rinsed canned no-salt-added kidney beans
- ½ cup rinsed canned no-salt-added chickpeas
- ½ cup halved grape tomatoes
- ½ cup chopped English cucumber (about ¼ cucumber)
- ½ cup diced bell pepper (about ½ medium pepper)
- ½ cup diced red onion (about ½ medium onion)
- ½ cup crumbled feta cheese



## Directions

Bring a large pot of water to a boil. Add 4 ounces pasta; cook according to package instructions. Drain and rinse under cold water.

Whisk 2 tablespoons oil, 1 tablespoon lemon juice, 1 tablespoon vinegar, 1 teaspoon oregano, ¼ teaspoon pepper and ⅛ teaspoon salt in a large bowl. Add ½ cup kidney beans, ½ cup chickpeas, ½ cup tomatoes, ½ cup cucumber, ½ cup bell pepper and ½ cup onion; mix until combined.

Add the pasta to the bowl; mix until evenly distributed. Fold in ½ cup feta.

**South Central Adult Services**  
serves the counties of Barnes,  
LaMoore, Foster, Logan,  
McIntosh & Griggs

**701- 845-4300 or**  
**1-800-472-0031**

**Check out our website:**  
[www.southcentralseniors.org](http://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

ALECIA GIESLER  
HDM/Rosters/Office Assistant

TAMBARA PRESTON  
Transit Dispatch

JENN MIKLAS  
Children Transportation