



SOUTH CENTRAL ADULT SERVICES

LaMoure 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 10

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.

Lamoure County Activities

Wednesdays & Fridays 9:30 am: Bone Builders Exercises

Fridays: 12:30 pm: Games and Crafts

March

Tues. March 10, 12:30 pm

“Happy Senior Club” meeting

Fri. March, 27 12:30 pm

Danielle Dinger, Ext. Agent, will do a session on Family & Community Wellness

April

Tues. April 14, 12:30 pm

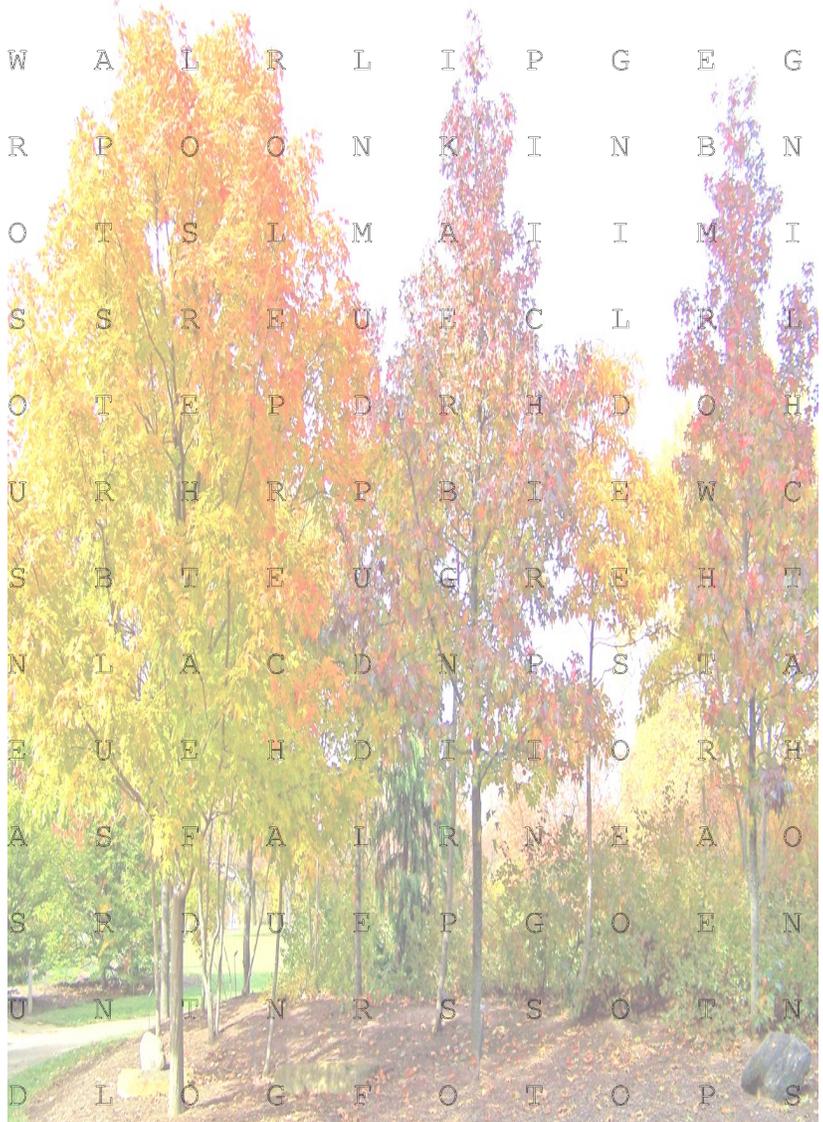
Happy Senior Club” meeting

Fri. April 24, 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

Pi	R	A	I	N	C	O	A	T	M	B	I	I	T	E
Blossoming	R	E	N	E	W	A	L	R	L	I	P	G	E	G
Earthworm														
Mud puddle	E	K	N	A	R	P	O	O	N	K	I	N	B	N
Rainstorm														
Seedling	T	Y	E	A	O	T	S	L	M	A	I	I	M	I
Leprechaun	S	N	N	L	S	S	R	E	U	E	C	L	R	L
Pot of Gold														
Dr. Suess	A	O	L	N	O	T	E	P	D	R	H	D	O	H
Chirping	E	E	I	M	U	R	H	R	P	B	I	E	W	C
Bunny														
Easter	N	A	I	O	S	B	T	E	U	G	R	E	H	T
Renewal														
Sprout	R	N	R	T	N	L	A	C	D	N	P	S	T	A
Prank	G	P	E	A	E	U	E	H	D	I	T	O	R	H
Pollen														
Raincoat	S	C	E	G	A	S	F	A	L	R	N	E	A	O
Feathers	S	S	E	U	S	R	D	U	E	P	G	O	E	N
Hatchling														
Spring break	E	G	G	H	U	N	T	N	R	S	S	O	T	N
Egg hunt	E	R	A	R	D	L	O	G	F	O	T	O	P	S





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. 23rd. St A, Fargo, ND 58103

701-239-7380 or dawn.sauvageau@k12.nd.us



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.

LaMoure County Outreach March & April 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.

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 | _____ Other _____ |
| _____ Food Pantry | _____ Prescription Assistance | |



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.



LIHEAP
Low Income Home Energy Assistance Program

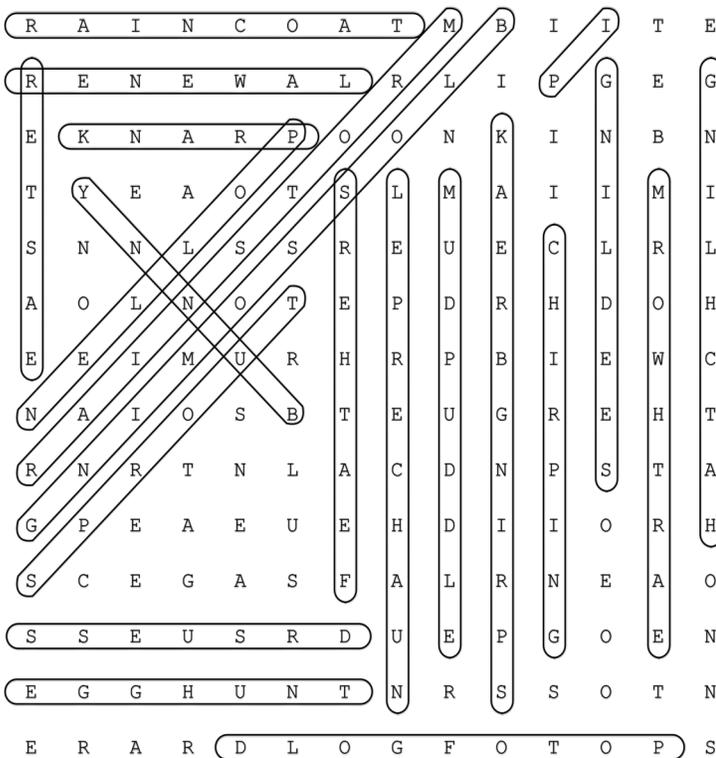
LI-HEAP can help pay for the fuel you use to heat the home you live in from October through May if you buy your heating fuel from a fuel dealer or a utility company (fuel oil, propane, natural gas, electricity, wood coal or kerosene), or if your rent payments include heat and you do not receive a rent 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 or at LaMoure County Human Services LIHEAP, 202 4th Ave. NE, LaMoure, ND 58458; phone: (701) 883-5301.

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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 / Marion & Edgeley's Menu March 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 Center CLOSED	2 Center CLOSED	3 Sausage Sauerkraut Mashed Potatoes Carrots Fruit	4 Sweet and Sour Meatballs Rice Mixed Veg. Fruit	5 Taco Salad Fruit	6 Tuna Casserole Peas Bread Sticks Fruit
8 Center CLOSED	9 Center CLOSED	10 Hot Dog on Bun Baked Beans Pickled Beets	11 Goulash Bread Stick Carrots Fruit	12 Ground Beef Taco Refried Beans Mex. Corn Fruit	13 Fish Baby Bakers Broccoli Fruit
15 Corn Beef Cabbage Potatoes and Carrots Green Dessert	16 Center CLOSED	17 Ham and Cheesy Potatoes hotdish Peas Fruit	18 Cabbage Rolls Mashed Potatoes Mixed Veg. Fruit	19 Chili Corn Bread Side Salad Fruit	20 Fish Sandwich Baked Beans Coleslaw Fruit
22 Center CLOSED	23 Center CLOSED	24 Meatloaf Mashed Potatoes Green Beans Fruit	25 Chicken Alfredo Pasta with Broccoli Fruit	26 BBQ Ribs Baked Potatoes Broccoli & Cauliflower Fruit	27 Tilapia Cheesy Potatoes Peas Fruit
29 Center CLOSED	30 Center CLOSED	31 Turkey Mashed Potatoes and Gravy Stuffing Carrots Fruit			Please call by 8 AM the day of to sign up for or to cancel for dinner!!

LaMoure / Dickey / Marion & Edgeley's Menu for April 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions may be necessary due to product availability.			1 Loaded Broccoli Cheese soup with Ham Bread Stick Fruit	2 Chicken Cordon Bleu Cheesy Potatoes Peas Fruit	3 Fish Taco Coleslaw Baked Beans Fruit
5 CLOSED	6 CLOSED	7 Cheesy Dorito Casserole Refried Beans Corn Fruit	8 Salisbury Steak Mashed Potatoes & Gravy Carrots Fruit	9 BBQ Baked Chicken Baby Bakers Creamed Corn Fruit	10 Spaghetti w/ Meat Sauce Green Beans Garlic Bread Fruit
12 CLOSED	13 CLOSED	14 Sloppy Joes Coleslaw Baked Beans Fruit	15 Sweet & Sour Chicken /w Peppers Rice Veg. Egg Roll Fruit	16 Taco Salad Fruit	17 Tuna Sandwich Pickled Beets Mac. Salad fruit
19 Chicken Parm. w/ Pasta Side Salad Bread Stick Dessert Surprise	20 CLOSED	21 Ham Sweet Potatoes Green Beans Fruit	22 Beef Stroganoff on Noodles Carrots Fruit	23 Biscuits & Gravy Sausage Links Eggs Fruit	24 Sausage Sauerkraut Mashed Potatoes Beets Fruit
26 CLOSED	27 CLOSED	28 Meatballs in Gravy Mashed Potatoes Green Beans Fruit	29 Ham & Cheesy Potatoe Hot Dish Peas Fruit	30 Crispy Chicken Salad Bread Stick Fruit	Please call by 8 AM the day of to sign up for or to cancel for dinner!!

Kulm, Jud & Gackle Menu for March 2026
 All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1% Milk, Margarine and Coffee

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Strips Cauliflower Blend Rice Fruit	3 Tilapia Coleslaw Potatoes Fruit	4 Roast Beef Mashed Potatoes Corn Fruit	5 Hamburger Steak Potatoes Tossed Salad Fruit	6
9 Cabbage Roll Potatoes Corn Fruit	10 BBQ Ribs Potatoes Green Beans Fruit	11 Turkey Dressing Mashed Potatoes Peas & Carrots Fruit	12 Chicken Cordon Bleu Potatoes Corn Fruit	13
16 Chicken Fried Steak Mashed Potatoes Corn	17 Ham Scalloped Potatoes Beans & Tomatoes Fruit	18 BBQ Chicken Sweet Potatoes Peas & Carrots Fruit	19 Meatballs Mashed Potatoes California Blend Fruit	20
23 Chicken Strips Tator Tots Green Beans Fruit	24 Fish Sandwich Coleslaw Potatoes Fruit	25 Pork Roast Strudels Potatoes & Carrots Fruit	26 Beef Stroganoff w/ Noodles California Blend Fruit	27
30 Chicken Enchiladas Spanish Rice Green Beans Fruit	31 BBQ on bun Potato Salad Celery Stick Fruit	Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.		Substitutions may be necessary due to product availability.

Kulm, Jud & Gackle Menu for April 2026
 All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1/2 Milk, Margarine and Coffee

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Substitutions may be necessary due to product availability.</p>	<p>Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.</p>	<p>1 April Fool's Day Salisbury Steak Mashed Potatoes Peas & Carrots Fruit</p>	<p>2 Ham Scalloped Potatoes Green Beans Fruit</p>	
<p>6 Meatloaf Sweet Potatoes Cauliflower Blend Fruit</p>	<p>7 Spaghetti w/ Meat Sauce Tossed Salad Fruit</p>	<p>8 Tilapia Coleslaw Potatoes Fruit</p>	<p>9 Meatballs Mashed Potatoes Corn Fruit</p>	
<p>13 Cabbage Rolls Scalloped Potatoes Green Beans Fruit</p>	<p>14 Lasagna Corn Garlic Toast Fruit</p>	<p>15 Hamburger Rice Hot Dish Green Beans Fruit</p>	<p>16 BBQ Chicken Brats Potatoes Peas & Carrots Fruit</p>	
<p>20 Pork Chops Dressing Mashed Potatoes Cauliflower Blend Fruit</p>	<p>21 Fish Sandwich Coleslaw Potatoes Fruit</p>	<p>22 Chicken Dumpling Potatoes Carrots Fruit</p>	<p>23 BBQ Mac. Salad Peas & Carrots Fruit</p>	
<p>27 Chicken Cordon Bleu Potatoes Cauliflower Blend Fruit</p>	<p>28 Tator Tot Hotdish Green Beans Fruit</p>	<p>29 Swiss Steak Mashed Potatoes Peas & Carrots Fruit</p>	<p>30 Knoephla Hotdish Corn Fruit</p>	

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.

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Answer on Page 4

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



BERRIES 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

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 

What kind of jewelry does the Easter Bunny wear? 

14-carrot gold. 

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**



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.

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](http://www.facebook.com/southcentraltransitnetwork)

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.

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 holiday 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

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,
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