



SOUTH CENTRAL ADULT SERVICES

McIntosh 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 11

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.

McIntosh County Activities

Wishek

Mondays & Tuesdays:

1 PM: Quilting. New quilters needed & welcome! Come see what's for sale.

Wednesdays & Saturdays:

2:30 PM: Coffee Hour. Please consider hosting!

PM: Evening meal, 7 PM: Wishek regular meeting.

Thursday, March 26: 5:30 PM: Evening meal, followed by cards and games.

Sunday, March 29th: 7:00 PM: Progressive Pinochle Party

Wishek regular meeting.

Thursday, April 23: 5:30 PM: Evening make up meal

Sunday, April 26: 7:00 PM: Progressive Pinochle Party

Thursday, April 30: 5:30 PM: Evening meal, followed by cards and games.

March

Thursday, March 5: 5:30 PM: Evening meal, followed by cards and games.

Thursday, March 12: 5:30 PM: Evening meal, followed by cards and games.

Thursday, March 19: 5:30

April

Thursday, April 2: 5:30 PM: Evening meal, followed by cards and games.

Thursday, April 9: 5:30 PM: Evening meal, followed by cards and games.

Thursday, April 16: 5:30 PM: Evening meal, 7 PM:

Anyone dining MUST call to reserve a spot by 8 AM for noon meals and 11 AM by for evening meals.



Ashley

Tuesdays: Bus goes to Aberdeen, SD. Call the Dispatcher for appointments at (701) 731-0072.

Bingo and cards.

Monday, March 23: 6 PM: Evening meal followed by Bingo and cards.

Monday, March 30: 6 PM: Evening meal followed by Bingo and cards.

Bingo and cards.

Monday, April 27: 6 PM: Evening meal followed by Bingo and cards.

Call to reserve a spot before 10 AM for noon meals & 3 PM for evening meals.

March

Monday, March 2: 6 PM: Evening meal followed by Bingo and cards.

Monday, March 9: 6 PM: Evening meal followed by Bingo and cards.

Monday, March 16: 6 PM: Evening meal followed by

April

Monday, April 6: 6 PM: Evening meal followed by Bingo and cards.

Monday, April 13: 6 PM: Evening meal followed by Bingo and cards.

Monday, April 20: 6 PM: Evening meal followed by

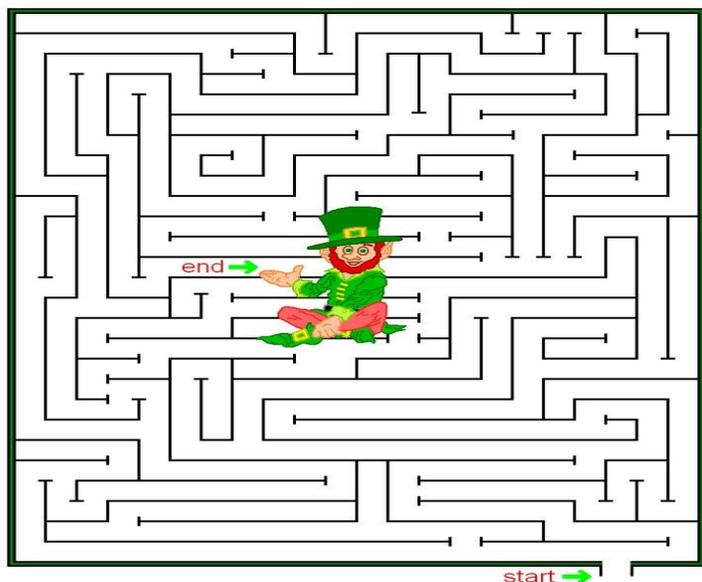


- Pi**
- Blossoming**
- Earthworm**
- Mud puddle**
- Rainstorm**
- Seedling**
- Leprechaun**
- Pot of Gold**
- Dr. Suess**
- Chirping**
- Bunny**
- Easter**
- Renewal**
- Sprout**
- Prank**
- Pollen**
- Raincoat**
- Feathers**
- Hatchling**
- Spring break**
- Egg hunt**



Answers on page 9

St. Patrick's Day Maze #04



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

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.



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 Ruby at 731-0170 for more info.



Did you hear about the man who proposed to his girlfriend on St Patrick's Day with a cubic zirconium ring? Answer on page 2

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

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

Answer on Page 3

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 the outreach worker or your Senior Center for more information.

Ashley & Zeeland Menu for April 2026

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

10 Monday	Tuesday	Wednesday	Thursday	Friday
		1 Lazy Hulupsie Tomato Spoon Salad Fruit Cocktail	2	3 Noodles Prunes Boiled Eggs Carrots Fruit
6 <u>Evening Meal</u> Sausage Sauerkraut Mshed Potatoes Fruit	7	8 Vegetable Soup Meat Sandwich Peas & Cheese Salad Mandarin Oranges	9	10 Smoked Pork Loin Potato Wedges Buttered Beets Pineapple
13 <u>Evening Meal</u> Turkey Mashed Potatoes Green Beans Casserole Fruit	14	15 Fish Tator Tots Carrots w/ Raisin Salad Apple Slices	16	17 Hamburger on Bun Baked Beans Peaches
20 <u>Evening Meal</u> Swiss Steak Boiled Potatoes Pudding Juice	21	22 Grilled Chicken Hash Brown Bake Corn Apricots	23	24
27 <u>Evening Meal</u> Cabbage Rolls Mashed Potatoes Butter Peas Peaches	28 Chicken Strips Potato Wedges Coleslaw Ambrosia Fruit	29 Chicken Cordon Bleu Potatoes Veg. Fruit	Substitutions may be necessary due to product availability. Fresh fruit served when available.	Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!

Wishek & Lehr March 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chicken Cordon Bleu Sweet Pot Tots Veg. Blend Peaches</p>	<p>3 BBQ Pork Sandwich Onion Rings Vegetable Applesauce</p>	4	<p>5 <u>Evening Meal</u> Meatloaf Garlic Mashed Potatoes California Medley Fruit</p>	6
<p>9 Cod French Fries 3 Bean Salad Pears</p>	<p>10 Chicken Alfredo w/ Pasta Broccoli Mixed Fruit</p>	11	<p>12 <u>Evening Meal</u> Ham Cheesy Hash browns Root Veg. Blend Pineapple</p>	13
<p>16 Hamburger Stroganoff w/ Noodles Vegetables Fruit</p>	<p>17 <u>SAINT PATRICKS DAY</u> Rueben Casserole Buttered Carrots Fruit Biscuit</p> 	16	<p>19 <u>Evening Meal</u> Roast Beef Mashed Potatoes Corn Cherries</p>	20
<p>23 Lasagna Green Beans Garlic Toast Fruit</p>	<p>24 Chili Corn Bread Applesauce</p>	25	<p>26 <u>Evening Meal</u> Chicken & Wild Rice Mixed Veg. Fruit Salad</p>	27
<p>30 Sausage Knoephla & sauerkraut Beets Apricots</p>	<p>31 Tatar Tots Hot Dish Mixed Veg. Fruit</p>			

Wishek & Lehr Menu for April 2026
 All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1 Milk, Butter and Coffee

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Diners MUST call at least 1 day prior to sign up for meals. Call by 8 am for Noon meals, by 11 am for evening meals.</p>	<p>Late sign ups will not be accepted.</p>	<p>1 Substitutions may be necessary due to product availability. Fresh fruit served when available.</p>	<p>2 <u>Evening Meal</u> Meatballs & Gravy Mashed Potato Glazed Carrots Peaches</p>	<p>3</p>
<p>6 Sweet & Sour Chicken Veg. Fried Rice Egg Roll Mandarin Oranges</p>	<p>7 Fish Sandwich Tatar Tots Coleslaw Applesauce</p>	<p>8</p>	<p>9 <u>Evening Meal</u> Spaghetti w/ Meat sauce Caesar Salad Bread Stick Fruit</p>	<p>10</p>
<p>13 Sausage Patty Boiled Egg Hash Browns Grape Fruit Tomato Juice</p>	<p>14 Chicken Sandwich Swwet Potato Fries Cherries</p>	<p>15</p>	<p>16 <u>Evening Meal</u> Beef Tips & Gravy Egg Noodles Peas & Carrots Dinner Roll</p>	<p>17</p>
<p>20 Chicken & Veg. noodle Soup Egg Salad Sandwiches Fruit</p>	<p>21 Hot Pork Sandwich Mashed Potatoes Vegetables Pears</p>	<p>22</p>	<p>23 <u>Evening Meal</u> Chicken Dummies Baked Beans Potato Salad Tropical Fruit</p>	<p>24</p>
<p>27 Sloppy Joe French Fries Vegetables Fruit</p>	<p>28 Mushroom & Swiss Burger casserole Carrots Fruit Cocktail</p>	<p>29</p>	<p>30 <u>Evening Meal</u> Pineapple Ham Sweet Potato Casserole Coleslaw Fruit</p>	

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 McIntosh County Human Services LIHEAP, 112 NE 1st Street, Ashley, ND 58413; phone: (701) 288-5170.

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: _____

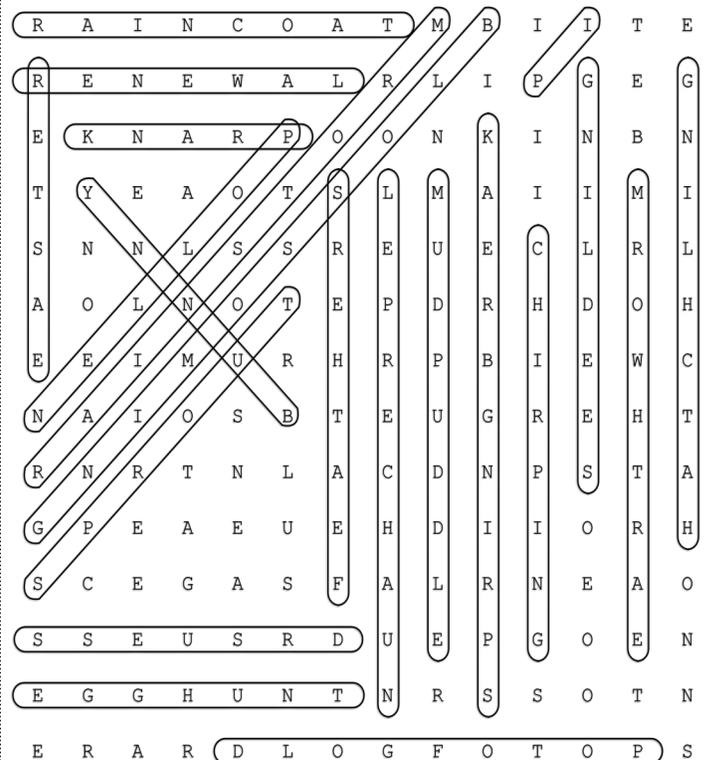
Other: _____



May we publish your name? Yes No Your thoughtful gift will be acknowledged to the person/family indicated:

Name: _____

Address: _____ City: _____ State: _____ Zip: _____



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**



McIntosh County Transit

Buses will go to Bismarck, Jamestown,
Fargo or Aberdeen.

**All persons in McIntosh County may ride the buses
regardless of age or income if space is available.
Medical appointments take priority over shopping.**

Everyone is encouraged to use these buses!

**In-city buses will pick up people for the
Senior Center Meals for a fee of \$1.00.**
Call the Senior Center to schedule a pickup.

City buses will transport people within the
area. Contact your city driver at least one
day in advance. Ride charges are \$5.00 within
the county, \$8.00 to adjoining counties
and \$1.00 within city limits.

Ashley	Call Dispatch	731-0072
Zeeland	Call Dispatch	731-0072
Lehr	Call Dispatch	731-0072
Wishek and all sites	Call Dispatch	731-0072

Bismarck Trips

\$15.00

Monday through Friday.....Call Dispatch

Jamestown Trips

\$13.00

Every Thursday.....Call Dispatch

Aberdeen Trips

\$13.00

Every Tuesday.....Call Dispatch

For more information, be sure to visit
www.southcentraltransitnetwork.org
or find us on Facebook at
facebook.com/southcentraltransitnetwork

McIntosh County Outreach

March & April

Ruby Beck is available at the
Senior Centers, or in homes
by appointment.

If you are in need of frozen
meals, home delivered
meals, or other services,
please call Ruby.

If you have questions or need to
schedule an appointment with
Ruby, contact her at:

701-731-0170

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.

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.

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**

Wishek Senior Center
5 S. Centennial Street
Wishek, ND 58495
701-452-2472

Ashley Senior Center
111 Center Avenue N.
Ashley, ND 58413
701-288-3540

Lehr Community Center
122 Main Street
Lehr, ND 58460
701-261-7016

South Central Adult Services
Main Office
139 2nd Ave. SE
PO Box 298
Valley City, ND 58072
701-845-4300

PATRICIA HANSEN
Director

JODI ELLIOTT
Bookkeeping

RUBY BECK
Outreach

