



SOUTH CENTRAL ADULT SERVICES

McIntosh County

Can the MIND Diet Prevent Cognitive Decline and Dementia?



***Advances in Nutrition: An International Review Journal* article finds MIND diet may be effective in North American populations, though evidence for other populations is less conclusive.**

Brain function gradually declines with age, which, in turn, can lead to dementia, including Alzheimer's disease, the most common form of dementia, representing 60-70% of dementia cases globally. The [World Health Organization](#) (WHO) estimates that the number of individuals with dementia worldwide is 55 million. This number is expected to reach some 78 million by 2030 and 139 million by 2050. Moreover, the global financial burden of dementia is expected to rise to \$2.8 trillion by 2030.

It is not possible to stop the brain from aging. Moreover, despite pharmaceutical advances in delaying the onset and slowing the progression of dementia, there is no known cure. As a result, there is increasing interest in the relationship between modifiable lifestyle factors and optimal brain aging. Nutrition, in particular, is considered a key modifiable lifestyle factor that may play a pivotal role in preventing and managing dementia.

Recently, nutrition researchers have been shifting away from studying the relationship between individual nutrients or foods and brain aging towards studying the relationship between overall dietary patterns and brain aging. Studying dietary patterns is thought to be a more effective strategy as it can capture the synergistic benefits of individual nutrients and foods.

The Mediterranean-Dietary Approaches to Systolic Hypertension Diet Intervention for Neurodegenerative Delay, also known as the MIND diet, was designed to preserve good brain function as we age. As the name suggests, the MIND diet is a hybrid of the Mediterranean diet and the

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!

May

Thursday, May 7: 5:30

PM: Evening meal, followed by cards and games.

Thursday, May 14: 5:30

PM: Evening meal, followed by cards and games.

Thursday, May 21 5:30

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

Thursday, May 28: 5:30

PM: Evening meal, followed by cards and games.

June

Thursday, June 4: 5:30

PM: Evening meal, followed by cards and games.

Thursday, June 11: 5:30

PM: Evening meal, followed by cards and games.

Thursday, June 18: 5:30

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

Thursday, June 25: 5:30

PM: Evening make up meal

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



Ashley

Tuesdays: Bus goes to Aberdeen, SD. Call dispatch to schedule appointments at (701) 731-0072.

Exercise Class: 10-11am

Tuesday and Thursday

Last full week in month

Thursday and Friday 10-

11am

May

Monday, May 4: 6 PM:

Evening meal followed by Bingo and cards.

Monday, May 11: 6 PM:

Evening meal followed by Bingo and cards.

Monday, May 18: 6 PM:

Evening meal followed by Bingo and cards.

Tuesday May 26: 6 PM:

Evening meal followed by Bingo and cards.

June

Monday, June 1: 6 PM:

Evening meal followed by Bingo and cards.

Monday, June 8: 6 PM:

Evening meal followed by Bingo and cards.

Monday, June 15: 6 PM:

Evening meal followed by Bingo and cards.

Monday, June 22: 6 PM:

Evening meal followed by Bingo and cards.

Monday, June 29: 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.

Cinco De Mayo	E	M	N	S	F	M	O	T	H	E	R	S	D	A	Y	N
Tulips	D	A	O	O	T	Y	L	T	F	S	P	I	L	U	T	A
Butterfly	I	R	I	Y	B	L	L	E	L	E	H	W	H	L	X	C
Sunshine	L	G	T	A	G	F	C	S	O	U	B	B	E	Y	N	G
Grilling	S	A	A	M	N	R	U	G	W	Q	U	O	I	W	R	N
Buds	R	R	C	E	I	E	Y	N	E	E	M	R	R	K	E	I
Sombrero	E	I	A	D	L	T	A	I	R	B	B	E	L	B	L	R
Father's Day	T	T	V	O	L	T	D	W	S	R	L	R	O	U	K	E
Swing Set	A	A	R	C	I	U	S	S	H	A	E	B	O	N	N	T
Bumble Bee	W	H	R	N	R	B	R	S	O	B	B	M	M	N	I	A
Sprinkler	M	E	T	I	G	M	E	Y	P	P	E	O	T	I	R	W
Watering Can	E	A	I	C	N	S	H	D	I	R	E	S	O	E	P	H
Vacation	Y	A	D	Y	A	M	T	N	L	M	O	F	M	S	S	Z
Bunnies	L	O	O	P	Y	B	A	B	T	V	G	U	A	V	T	J
Mother's Day	I	A	O	O	U	M	F	I	E	S	T	A	T	A	F	Q
Sprout	S	D	U	B	S	U	N	S	H	I	N	E	O	A	O	A
Fiesta																
Heirloom Tomato																
Waterslide																
May Day																
Baby pool																
Margarita																
Flower Shop																
Barbeque																
Answers on other side																

ROMANCE, SENIOR-STYLE

An older couple were lying in bed one night. The husband was falling asleep but the wife was in a romantic mood and wanted to talk.

She said: "You use to hold my hand when we were courting."

Wearily he reached across, held her hand for a second, and tried to get back to sleep.

A few moments later she said: "Then you use to kiss me."

Mildly irritated, he reached across, gave her a peck on the cheek, and settled down to sleep.

Thirty seconds later she said: "Then you use to bite my neck"

Angrily, he threw back the bedclothes and got out of bed.

"Where are you going?" she asked.

"To get my teeth!"

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.


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


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

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

E M N S F M O T H E R S D A Y N

D A O O T Y L T F S P I L U T A

I R I Y B L L E L E H W H L X C

L G T A G F C S O U B B E Y N G

S A A M N R U G W Q U O I W R N

R R C E I E Y N E E M R R K E I

E I A D L T A I R R B B E L B L R

T T V O L T D W S R L R O U K E

A A R C I U S S H A E B O N N T

W H R N R B R S O B B M M N I A

M E T I G M E Y P P E O T I R W

E A I C N S H D I R E S O E P H

Y A D Y A M T N L M O F M S S Z

L O O P Y B A B T V G U A V T J

I A O O U M F I E S T A T A F Q

S D U B S U N S H I N E O A O A

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 May 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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!</p>	<p>Substitutions may be necessary due to product availability. Fresh fruit served when available.</p>			
<p>4 <u>Evening Meal</u> Pork Chops Mashed Potatoes Mixed Veggies Applesauce</p>	<p>5</p>	<p>6 Scalloped Potatoes w/ Ham Tomato Soup Salad Fruit</p>	<p>7</p>	<p>8 Chicken Strips Green Beans Potato Wedges Peaches</p>
<p>11 <u>Evening Meal</u> Spaghetti & Meat sauce Garlic Toast Tossed Salad Fruit Cocktail</p>	<p>12</p>	<p>13 Fish Hashbrown Bake Mixed Veggies Fruit</p>	<p>14</p>	<p>15 Smoked pork Loin Buttered Beets Pasta Salad Cherries</p>
<p>18 <u>Evening Meal</u> Turkey Mashed Potatoes Peas & Carrots Cranberries</p>	<p>19</p>	<p>20 Tator Tot Hotdish Tomatoes Fruit Salad Pudding Juice</p>	<p>21</p>	<p>22 Tomato Soup Cheese Sandwich 3 Bean Salad Ambrosia Salad</p>
<p>25 Memorial Day CLOSED</p>	<p>26 <u>Evening Meal</u> Sausage Sauerkraut Boiled Potatoes Peaches</p>	<p>27 Chili Corn Bake Fruit</p>	<p>28 Chicken Kiev Parsley Potatoes Tomato Spoon Salad</p>	<p>29</p>

Ashley & Zeeland Menu for June 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>Evening Meal</u> Swiss Steak Mashed Potatoes Yellow Beans Pineapple	2	3 Chicken Patty Jell-O w/ Fruit Peas & Carrots Potatoes	4	5 Pulled Pork sandwich Coleslaw Baked Beans Fruit
8 <u>Evening Meal</u> Chicken Alfredo Mashed Potatoes Carrots Apricots	9	10 California Burger /w Lettuce, Tomatoes, Onions Tator Tots Fruit	11	12 Salmon Tator Tots Peas Apple Slices
15 <u>Evening Meal</u> Pork Roast Boiled Potatoes Mixed Veggies Cherries	16	17 Taco Salad /w all the Fixing Peaches	18	19 Turkey Noodle Casserole Green Bean Cranberries Pears
22 <u>Evening Meal</u> Ham Scalloped Potatoes Broccoli Plums	23 Shredded Beef Sandwich Potato Wedges Carrot Raisin Salad Apricots	24 Chicken Cordon Bleu Potatoes Peas & Cheese Salad Fruit	25	26
29 <u>Evening Meal</u> Cabbage Rolls Baked Potatoes Green Bean Almondine Apple slices	30		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 May 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Sweet and Sour Chicken Fried Rice Egg Roll Pineapple</p>	<p>5 Knoephla Soup Roast Beef & Cheddar Sandwich Pickled Beets Apple</p>	<p>6</p>	<p>7 <u>Evening Meal</u> Shrimp Alfredo over Noodles Mixed Veggies Fruit Dessert</p>	<p>7</p>
<p>11 Hamburger on a bun w/ all the fixings Stuffed Mushrooms Mixed Berries</p>	<p>12 Chicken Noodle Soup Bologna Sandwich Broccoli Salad Peaches</p>	<p>13</p>	<p>14 <u>Evening Meal</u> Spaghetti w/ meat sauce Caesar Salad Fruit Dessert</p>	<p>15</p>
<p>18 Chili Cornbread Mandarin Oranges</p>	<p>19 Grilled Ham & Cheese Tomato Soup Potato Salad Pears</p>	<p>20</p>	<p>21 <u>Evening Meal</u> Chicken & Dumplings Potatoes Cucumber Salad Fruit Dessert</p>	<p>22</p>
<p>25 MEMORIAL DAY</p>	<p>26 Sausage Knoephla Sauerkraut Pickled Beets Applesauce</p>	<p>27 Vegetable Beef Soup Egg Salad Sandwich Orange</p>	<p>28 <u>Evening Meal</u> Cabbage Rolls Mashed Potatoes Mixed Veggies Fruit Dessert</p>	<p>29 Substitutions may be necessary due to product availability.</p>

Wishek & Lehr Menu for June 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Stroganoff over Noodles Carrots Peaches	2 Tuna Casserole Peas & Cheese Salad Kiwi	3	4 <u>Evening Meal</u> Stuffed Pork Loin Scalloped Potatoes 3– Bean Salad Fruit Salad	5
8 Scalloped Potatoes w/ Ham Corn Pears	9 Chicken Sandwich Pasta Salad Veggie Blend Orange	10	11 <u>Evening Meal</u> French Dip Sandwiches Baked Potatoes Skillet Corn Fruit Dessert	12
15 Taco Casserole Cowboy Caviar Salad Apple	16 Egg Bake Sausage V8 Juice Grapefruit	17	18 <u>Evening Meal</u> Chicken Drumsticks Baked Beans Coleslaw Fruit Dessert	19
22 Hamburger Goulash Pasta Salad Applesauce	23 Baked Noodles Ham Corn Pickled Beets Peaches	24	25 <u>Evening Meal</u> Beef Stew Dumplings Garden Salad Fruit Dessert	26
29 Fishwich on a croissant Sweet Potato Fries Coleslaw Mandarin Oranges	30 Sweet & Sour Meatballs Fried Rice Egg roll Pineapple		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. Late sign ups will not be accepted.	Substitutions may be necessary due to product availability. Fresh fruit served when available.

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 replacement
- 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:

- | | |
|--------------------------------|----------------------------------|
| <input type="checkbox"/> \$ 25 | <input type="checkbox"/> \$200 |
| <input type="checkbox"/> \$ 50 | <input type="checkbox"/> \$500 |
| <input type="checkbox"/> \$100 | <input type="checkbox"/> \$Other |



For the purpose of:

- | | | |
|-----------------------------------------|--------------------------------------------------|--------------------------------------|
| <input type="checkbox"/> Transportation | <input type="checkbox"/> Senior Meals | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Food Pantry | <input type="checkbox"/> 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:

**Bridgeview Estates
Assisted Living**

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 10:30-11L30 AM
- ❖ Activity programming and group outings
- ❖ Transportation services



Wishek Meals on Wheels

Donation:

Bonnie Kautz

McIntosh County Outreach

May & June

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



**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

Dietary Approaches to Stop Hypertension (DASH) diet, emphasizing the consumption of food groups with neuroprotective properties, including berries and leafy green vegetables.

The question is does the MIND diet work? In response, the authors of [The MIND Diet for the Ageing Brain: A Systematic Review](#), published in *Advances in Nutrition*, conducted a systematic scientific review of the evidence. To conduct their research, the authors analyzed the results of 40 studies. Only two of these studies were randomized controlled trials, often considered the gold standard for research studies, in which researchers randomly assign participants into an experimental group and a control group. The other 38 studies were observational studies, in which researchers observed individuals without manipulation or intervention.

Specifically, the authors sought to determine the relationship between the MIND diet and cognitive functioning, cognitive decline, and dementia risk. Moreover, the authors also examined how the MIND diet affected the incidence of age-related neurodegenerative diseases such as Parkinson's disease.

According to the authors' findings, "the majority of studies indicated that the MIND diet reduces the risk of all-cause dementia and Alzheimer's disease." The authors cautioned that "our findings, however, do not conclusively prove the benefits of the MIND diet for brain ageing." In particular, "the only randomized controlled trial with good quality did not show protective effects."

Addressing the mixed results of their systematic review, the authors noted that "many of the cohorts demonstrating protective associations were of North American origin, raising the question of whether the most favorable diet for healthy brain ageing is population dependent." The authors further noted that "some of the studies originating outside North America showing beneficial associations had adapted the MIND diet to their local eating habits." As a result, "further research is required to discover if traditional eating habits with components of the MIND diet are more protective of brain ageing than the original MIND diet."



My parents have always loved to garden, but now they have some mobility issues and arthritis. What can I do to help?

Gardening is an excellent form of exercise, but it can be challenging if you have health issues that restrict your movement. Fortunately, many tools are available to help.

- Joint-friendly tools have easy-to-grip handles and/or long handles. Tools with handle extensions are another option.
- Kneeling pads can reduce stress on your knees.
- Scooter-like benches allow you to sit while weeding and can greatly reduce the amount of bending and stooping.
- Raised beds allow you to stand or sit on a stool next to the gardening box instead of bending.

Work with an occupational therapist for detailed recommendations. Be sure to take breaks to relax, drink plenty of water to hydrate and wear sunscreen.

For more information, view the Field to Fork webinar: [Gardening with Arthritis and Pain](#) by Esther McGinnis, NDSU Extension horticulture specialist, available on the Field to Fork website (www.ag.ndsu.edu/fieldtofork).

Hawaiian Pork Chop

4 boneless pork loin chops (3/4 inch thick and 4 ounces each)

- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 teaspoons canola oil, divided
- 1/3 cup chopped green pepper
- 1/3 cup thinly sliced onion
- 1 can (14-1/2 ounces) reduced-sodium beef broth
- 1 can (8 ounces) unsweetened pineapple chunks, undrained
- 1/4 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon cider vinegar
- 2 tablespoons cornstarch
- 3 tablespoons cold water
- Hot cooked rice, optional



Sprinkle pork chops with salt and pepper. Heat 2 teaspoons oil in a large non-stick skillet over medium heat. Cook pork chops until lightly browned, 3-4 minutes on each side. Remove and keep warm.

In the same skillet, sauté green pepper and onion in remaining 1 teaspoon oil until almost tender, about 2 minutes. Stir in broth, pineapple, ketchup, brown sugar and vinegar. Bring to a boil. Return pork to the pan. Reduce heat; cover and simmer until a thermometer inserted in pork reads 145°, 5-7 minutes. Remove and keep warm.

Combine cornstarch and water until smooth; stir into skillet. Bring to a boil; cook and stir until thickened, 1-2 minutes. Serve with pork and, if desired, rice.



McIntosh County, North Dakota, boasts the highest concentration of German-American heritage in the United States, with over 76% of residents claiming German ancestry in 2010. Furthermore, Ashley is home to the Ashley Jewish Homesteaders Cemetery, a National Register site documenting the largest early 1900s Jewish agricultural settlement in the Dakotas.

Ashley: Founded in 1888, it became the county seat after the original town of Hoskins was abandoned. The area was famously settled by German-Russians who brought traditional, heavy sheepskin coats ("Pelz") to survive harsh winters.

Wishek: Known as the "Father of McIntosh County," John H. Wishek Sr. had this town named for him in 1898; it quickly developed due to the Soo Line Railroad, later hosting the county fair.

Danzig: Named after the city in Poland, this town site was founded in the 1890s but struggled, with its post office closing for good in 1955.

Zeeland: Known for its Dutch namesake, this small community is another of the five major cities within the county.

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

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

