



SOUTH CENTRAL ADULT SERVICES

Barnes County

How Dining Companionship Affects The Eating Experience.



Eating alone is significantly detrimental to the physical and mental health of seniors, acting as a major risk factor for poor nutrition, depression, and accelerated frailty. Studies show that seniors who dine solo consume less nutritious, protein-deficient food, leading to weight loss and reduced muscle mass.

Health Consequences of Solo Dining

Cognitive and Physical Decline: Research indicates that women with poor nutrition who eat alone experience faster cognitive decline.

Depressive Symptoms: The lack of companionship at mealtime is independently associated with higher rates of depression in older adults.

Increased Mortality Risk: A 3-year follow-up study found that men who eat alone frequently, even if they live with others, have a significantly higher risk of mortality.

Here are the key reasons why dining at a senior center is highly beneficial:

Improved Physical Nutrition, Mental and Emotional Well-being

Balanced Meals: The National Council on Aging (NCOA) notes that congregate meals provide well-balanced, nutritious food, which helps manage chronic conditions like hypertension and diabetes.

Combating Malnutrition: ACL points out that food insecurity is a major risk for seniors, and these programs provide nutritious food, with over 50% of participants receiving at least half of their daily food from these meals.

Increased Appetite: Eating with others often encourages seniors to eat more food compared to eating alone, boosting nutrient intake.

Reduced Isolation: Regular attendance helps reduce loneliness and depression, as highlighted in studies reported by PubMed Central (PMC).

Sense of Purpose: These programs offer a routine and something to look forward to, improving overall life satisfaction.

Social Connections: Meals serve as "gateways" to other activities and friendships, increasing community engagement.

Cognitive and Social Benefits

Cognitive Stimulation: Mealtime conversations, sharing stories, and social interaction provide a

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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.**

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

Bone Builders

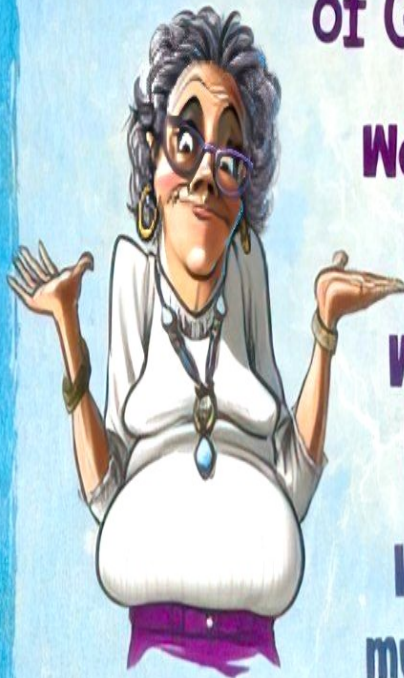
Bone Builders exercise class meets Wednesdays & Fridays at 9:30 AM at the Barnes County Senior Center.

Everyone is welcome!

Call 845-4300 with any questions.



The 7 Wonders of Getting Older



**Wonder why I walked
into this room?**

**Wonder how I hurt
myself sleeping?**

**Wonder where that
muffin top came from?**

Wonder when everyone got so young?

**Wonder where
I left my teeth?**

**Wonder where my
glasses are?**

**Wonder who put my
glasses on my head?**



**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.

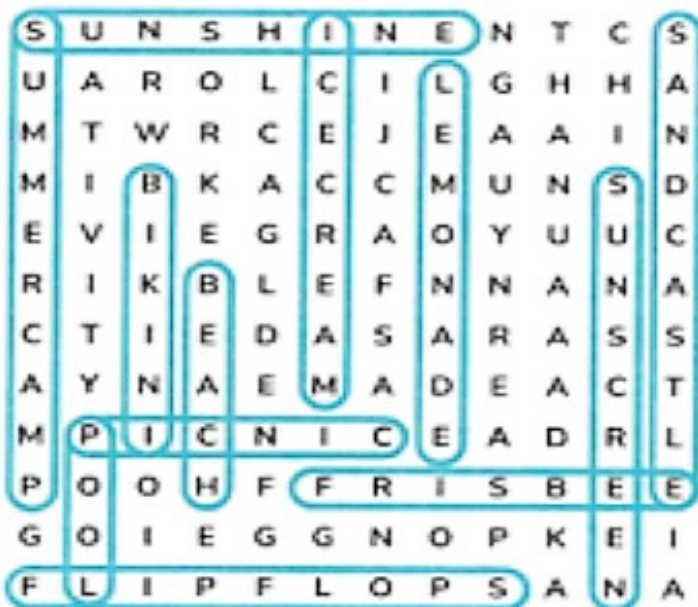
**Did you know the Senior Center has
greeting cards for 50¢!**

Stop by and check out the selection!



**Barnes County Senior Center
139 2nd Ave SE, Valley City, ND**

SUMMER WORD SEARCH



**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 at 845-4300.



Senior Bus Trip To Homewood Barn



There were 9 Seniors that went on the short bus trip to the Homewood Barn on Sunday afternoon, June 7th for a Gospel music fest. It started off on a patriotic note celebrating Americas 250 anniversary followed by various individuals / groups singing Gospel music. Following the music program we were served a delicious meal of hot dogs, Macaroni salad, chips, and an assortment of desserts. Everyone enjoyed the music, meal and fellowship. Attending were: 2 gentlemen—Bob Rohrich, Allen Seibert and ladies—Doreen Larson, Bev Rohrbeck, Nadine Van Dyke, Aubrey Smith, Rolene Amundson, Ardis Martin, Carol Szalay.

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, & 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.



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**

"cognitive workout" that helps keep minds sharp and can reduce the risk of cognitive decline.

Building Support Networks: Sharing meals helps build, a support system where participants can share experiences and provide emotional support to one another.

Convenience and Community

No Prep/Clean-up: Many seniors appreciate not having to cook or clean up, making nutritious eating effortless.

Affordability: These programs are typically designed to be affordable, often serving nutritious food that seniors might not otherwise eat.

These programs are vital for enhancing the quality of life for seniors by encouraging independence and providing a lively community atmosphere.

Tips for making it Happen

Host Weekly Meals: Encourage family members to host a meal at the senior's home to keep them comfortable.

Potluck Approach: Invite family members to bring a dish, reducing the burden on the senior to cook for themselves.

Cook Together: Prepare meals together to create a fun, engaging activity.

For many older adults, the shared experience and conversation are just as important as the food itself, making family, friends, and community, American Senior Communities explains.

Contact your local senior center to enjoy a hot meal with others.

By involving seniors in the meal planning process, families can ensure that their dietary preferences and needs are taken into account. Seniors may have specific dietary requirements or restrictions due to medical conditions, so it is essential to tailor their meals accordingly. Family members can also introduce new and nutritious foods to seniors' diets to expand their culinary horizons and enhance their nutritional intake.

Creating a healthy family mealtime culture can encourage seniors to eat regularly and enjoy their meals in a social setting. Family meals provide an opportunity for bonding, communication, and shared experiences, which can positively impact seniors' mental and emotional well-being. By making mealtime a pleasant and engaging experience, families can promote healthier eating habits and overall wellness in older adults.

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

SUMMER CROSSWORD

ACROSS

- 2. SUNSCREEN
- 5. TRAMPOLINE
- 8. RAINBOW
- 9. DROUGHT
- 11. SANDCASTLE
- 12. LIFEGUARD

DOWN

- 1. SPRINKLER
- 3. BEACHCOMBER
- 4. DEHYDRATED
- 6. HUMID
- 7. LIGHTNING
- 10. KAYAK

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.



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.

Q: What is 3/7 chicken, 2/3 cat, and 2/4 goat?

A: Chicago!

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



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



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



**Gift Certificates for Meals Available
Contract your senior center
for more information.**



**South Central Adult Services
Gift Certificate**

Presented to: _____

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: _____ **Authorized by:** _____

SAMPLE



**RIGHT-PRICE BUILDING (1914- 1930 burned)
Present: Pizza Corner 1977**

- Jay's Pizza 1971
- Pizza Garden 1967
- Federal Land Bank 1963
- Jax Shoes 1952-1959
- Fleet Wholesale 1955
- Harding Drug Store 1932-1947
- Piggly Wiggly 1937
- Quality Store 1932
- Right Price Department Store 1898
- Parkhouse & Sayles General Store Burned 1891

Take Care of Yourself While Caring for Others



It can be a labor of love, and sometimes a job of necessity. Millions of Americans provide unpaid care for someone with a serious health condition each year. These often-unsung heroes provide hours of assistance to others. Yet the stress and strain of caregiving can take a toll on their own health. NIH-funded researchers are working to understand the risks these caregivers face. And scientists are seeking better ways to protect caregivers' health.

Many of us will end up becoming or needing a caregiver at some point in our lives. Chances are we'll be helping out older family members who can't fully care for themselves. Caregiving responsibilities can include everyday tasks, such as helping with meals, schedules, and bathing and dressing. It can also involve managing

medicines, doctor visits, health insurance, and money. Caregivers often give emotional support as well.

People who provide unpaid care for an elderly, ill, or disabled family member or friend in the home are called informal caregivers. Most are middle-aged. Roughly two-thirds are women. Nearly half of informal caregivers assist someone who's age 75 or older. As the elderly population continues to grow nationwide, so will the need for informal caregivers.

Studies have shown that some people can thrive when caring for others. Caregiving may help to strengthen connections to a loved one. Some find joy, fulfillment, and a sense of being appreciated in looking after others. But for many, the strain of caregiving can become overwhelming. Friends and family often take on the caregiving role without any training. They're expected to meet many complex demands without much help. Many caregivers hold down a full-time job and may also have children or others to care for.

"With all of its rewards, there is a substantial cost to caregiving—financially, physically, and emotionally," says Dr. Richard J. Hodes, director of NIH's National Institute on Aging. "One important insight from our research is that because of the stress and time demands placed on caregivers, they are less likely to find time to address their own health problems."

Informal caregivers, for example, may be less likely to fill a needed prescription for themselves or get a screening test for breast cancer. "Caregivers also tend to report lower levels of physical activity, poorer nutrition, and poorer sleep or sleep disturbance," says Dr. Erin Kent, an NIH expert on cancer caregiving.

Studies have linked informal caregiving to a variety of long-term health problems. Caregivers are more likely to have heart disease, cancer, diabetes, arthritis, and excess weight. Caregivers are also at risk for depression or anxiety. And they're more likely to have problems with memory and paying attention.

"Caregivers may even suffer from physical health problems related to caregiving tasks, such as back or muscle injuries from lifting people," Kent adds. Caregivers may face different challenges and risks depending on the health of the person they're caring for. Taking care of loved ones with cancer or dementia can be especially demanding. Research suggests that these caregivers bear greater levels of physical and mental burdens than caregivers of the frail elderly or people with diabetes.

"Cancer caregivers often spend more hours per day providing more intensive care over a shorter period of time," Kent says. "The health of cancer patients can deteriorate quickly, which can cause heightened stress for caregivers. And aggressive cancer treatments can leave patients greatly weakened. They may need extra care, and their medications may need to be monitored more often."

Cancer survivorship, too, can bring intense levels of uncertainty and anxiety. "A hallmark of cancer is that it may return months or even years later," Kent says. "Both cancer survivors and their caregivers may struggle to live with ongoing fear and stress of a cancer recurrence."

Dementia can also create unique challenges to caregivers. The health care costs alone can take an enormous toll. One recent study found that out-of-pocket spending for families of dementia patients during the last five years of life averaged more than \$60,000, which was 81% higher than for older people who died from other causes.

Research has found that caregivers for people with dementia have particularly high levels of stress hormones. Caregivers and care recipients often struggle with the problems related to dementia, such as agitation, aggression, trouble sleeping, wandering, and confusion. These caregivers spend more days sick with an infectious disease, have a weaker immune response to the flu vaccine, and have slower wound healing.

One major successful and expanding effort to help ease caregiver stress is known as REACH (Resources for Enhancing Alzheimer's Caregiver Health). Just over a decade ago, NIH-funded researchers showed that a supportive, educational program for dementia caregivers could greatly improve their quality of life and reduce rates of clinical depression. As part of the program, trained staff connected with caregivers over six months by making several home visits, telephone calls, and structured telephone support sessions.

Continued on page 9

DONATIONS

FOOD PANTRY

Diana Vogle Memorial for Ralph Metcalf
 Lenore & Terry Lebahn
 Our Saviors Lutheran Church
 BC Lions Club
 Kindness Club - Barnes County North
 Helen Metcalf Memorial for Ralph Metcalf
 Cynthia Metcalf
 VCPS
 JoAnn Korf Memorial for Mark Korf
 Carol Hochhalter memorial for Kathy Edinger
 St. Ann's Christian Mothers

Dennis and JoAnn Nathan
 Marian Hoffarth
 Jay Charles Anderson Foundation
 Fingal American Legion Auxiliary
 VCPS –Student Council
 Richard Hanson Memorial for Gordon Svenningsen
 Richard Hanson Memorial for Rita Clancy
 Lenore & Terry Lebahn
 Robert Eggert Memorial for Gordon Svenningsen
 Women of the ELCA First Lutheran WELCA
 Karen Richman Memorial for Rita Clancy

Community Action Region VI
 Ann & Doug Kelly Memorial for Diane Terry
 Ranee Svenningsen Memorial for Gordon Svenningsen
 Cub Scout Troop #562 c/o Amelia Belgard

Doug & Ann Kelly Memorial for Donna Ekern
 Rodney & Paulette Johnson

TRANSIT

Norma Voldal Memorial for Henrik Voldal
 Nissa & Nickel Crandall Memorial for Juanita Holgerson
 John Thompson & Kara Kramin

Pat Hansen Memorial for Larry Robinson
 Warren Ostby
 Eugene Rohrbeck
 Betty Anderson

SENIOR CENTER

RESPITE

Rolene Amundson

SENIOR CENTER

Karen Enge

Trip to Nome

There were 13 seniors that went on the senior bus for a trip to Nome on the afternoon of May 14th. The main reason we went was of course, to eat an evening meal in the Nome Schoolhouse Restaurant. Everyone could order off the menu and the food was delicious, and very plentiful. The service as good and we were all treated to a mini cheesecake on the house. Duane Thompson was the only man (other than the bus driver). He's such a good sport and always a gentleman. It was very windy that day, but our reliable bus driver, Nick, kept us steady on the road. We Hope to return to Nome again soon.



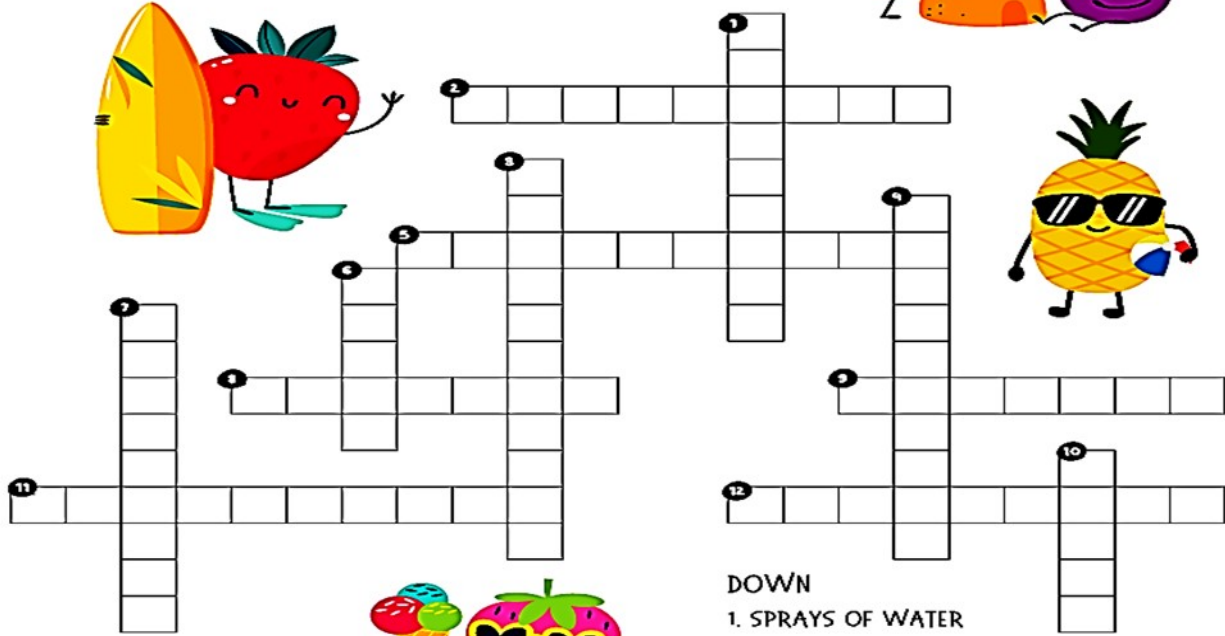
Continued from page 8

“REACH showed that what caregivers need is support. They need to know that there are people out there and resources available to help them,” says Dr. John Haaga, who oversees NIH’s behavioral and social research related to aging. REACH II, a follow-up intervention, was tailored for culturally diverse caregivers.

The REACH program is now being more widely employed. It’s been adapted for use in free community-based programs, such as in local Area Agencies on Aging. It’s also being used by the U.S. Department of Veterans Affairs and by the Indian Health Service, in collaboration with the Administration for Community Living.

“We know how to support families caring for an older adult. But that knowledge is not easily accessible to the families who need it,” says Dr. Laura Gitlin, a coauthor of the REACH study and an expert on caregiving and aging at Johns Hopkins University. “Caregivers need to know it’s not only acceptable, but recommended, that they find time to care for themselves. They should consider joining a caregiver’s support group, taking breaks each day, and keeping up with their own hobbies and interests.”

SUMMER CROSSWORD



ACROSS

2. PREVENTIVE SUBSTANCE
5. TAUT. STRONG FABRIC STRETCHED BETWEEN A STEEL FRAM
8. GIFT OF SUN AND RAIN
9. PROLONGED ABSENCE OF MOISTURE
11. SUMMER SCULPTURE
12. MONITORS WATER ACTIVITIES

DOWN

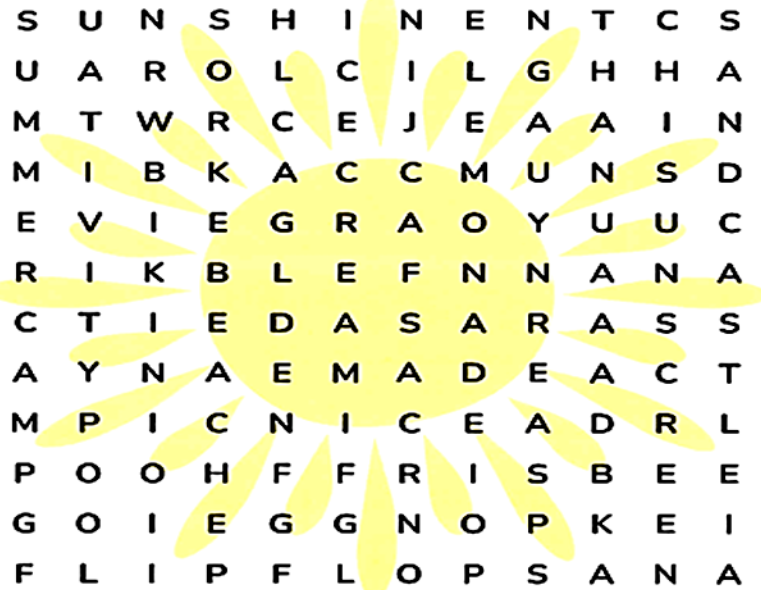
1. SPRAYS OF WATER
3. SEARCHES THE SHORE
4. LOW WATER CONTENT
6. MOISTURE IN THE AIR
7. SPARK OF ELECTRICITY IN THE ATMOSPHERE
10. NARROW TAPERED BOAT



SUMMER WORD SEARCH

FIND THE HIDDEN WORDS OF THE SUMMER.

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



- | | | | |
|----------|-------------|-----------|------------|
| POOL | BEACH | BIKINI | FRISBEE |
| PICNIC | ICE CREAM | LEMONADE | FLIP FLOPS |
| SUNSHINE | SUMMER CAMP | SUNSCREEN | SANDCASTLE |



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 or find us on Facebook at facebook.com/southcentraltransitnetwork

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.

Call the center at 845-4300 for more information or to volunteer.

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.

Chicken Stroganoff

Ingredients

- Kosher salt, to taste
- **12 oz.** egg noodles
- **4 Tbsp.** salted butter, melted
- **1/3 cup** chopped fresh parsley
- **1 1/2 lb.** boneless skinless chicken thighs, cut into 1-inch pieces
- **1/4 tsp.** paprika
- **1 tsp.** ground black pepper, plus more to taste
- **8 oz.** cremini mushrooms, thinly sliced
- **1** small yellow onion, sliced
- **1 tsp.** minced fresh thyme
- **2 Tbsp.** all-purpose flour
- **1/4 cup** dry white wine (such as sauvignon blanc)
- **2 cups** low-sodium vegetable broth, hot
- **2 tsp.** soy sauce
- **1/2 cup** sour cream
- **2 Tbsp.** dijon mustard
- **2 Tbsp.** chopped chives



Directions

1. Bring a large pot of salted water to a boil. Add the noodles and cook according to the package directions, 5 to 6 minutes. Drain, return the noodles to the pot, and toss with 2 tablespoons of the butter and 1 tablespoon of the parsley. Set aside and keep warm.
2. In an extra-large skillet, melt the remaining 2 tablespoons butter over medium-high heat. Add the chicken, season with the paprika and a good pinch of salt and pepper, and cook until browned and cooked through, 8 to 10 minutes. Use a slotted spoon to remove the chicken to a plate and set aside.
3. Add the mushrooms, onion, and thyme to the drippings in the skillet and cook over medium-high heat, stirring occasionally, until the onions have browned and the mushrooms have released their moisture, 5 to 6 minutes. Sprinkle in the flour and cook for a few minutes before whisking in the wine. Let the mixture boil and thicken, then slowly add the vegetable broth and soy sauce. Let cook until thickened, 2 to 3 minutes more.
4. Return the chicken to the skillet, along with any juices from the plate, and cook until heated through, about 1 minute. Remove from the heat and stir in the sour cream, mustard, chives, and 2 tablespoons of the parsley. Taste and adjust the seasoning.
5. Serve over the buttered noodles and garnish with the remaining parsley.

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

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

JOANN KORF
Site Manager

ALECIA GIESLER
HDM/Rosters/Office Assistant

TAMBARA PRESTON
Transit Dispatch

JENN MIKLAS
Children Transportation