



SOUTH CENTRAL ADULT SERVICES

Foster 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

Creative Ways to Stay Cool This Summer

Staying cool should be a top priority with temperatures climbing by the day. Discovering creative and effective strategies to beat the heat not only ensures comfort but also enhances enjoyment of the summer season. Here are some creative and refreshing ways to beat the heat:

DIY Frozen Treats:

Make your own popsicles using fruit juice or yogurt. Freeze fruit slices or berries in ice cube trays to add a splash of flavor to your water.

Cooling Mists:

Keep a spray bottle filled with water in the fridge. Spritz your face and body for an instant cooling sensation.

Water Play:

Set up a sprinkler in your yard for a quick and fun way to cool off. Alternatively, fill up a kiddie pool and relax with your feet in the water.

Chill Out with Cooling Foods:

Enjoy hydrating foods like watermelon, cucumber, and salads. These foods not only satisfy hunger but also help regulate body temperature.

Shade Seeker:

Find shade under a tree or use a sun umbrella at the beach or park. Create your own shade with a portable canopy or a large umbrella in your backyard.

Cooling Clothing:

Wear lightweight, loose-fitting clothing in light colors. Opt for fabrics like cotton or linen that are breathable and help wick away sweat.

Embrace the season and enjoy the outdoors while keeping cool with these refreshing ideas!

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:



 **Prescription**
Assistance Program

SOUTH
CENTRAL
TRANSIT NETWORK

Grace City Menu for July 2026 (701-674-3128)

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hot Beef Sandwich Mashed Potatoes Gravy Green Beans Ice Cream	2	3 Knoephla Hotdish Corn Garlic Toast Fruit
6 Cheese Burger Soup Meat Sandwich Coleslaw Fruit Juice	7	8 Chef Salad Ham, Onions, Carrots, Cheese Juice Dressing	9	10 Brats on Bun Potato Salad Baked Beans Fruit
13 Pork Chops With Gravy Mashed Potatoes Prince Edward Veggies Applesauce	14	15 Meatloaf Baked Potatoes Creamed Corn Fruit Dish	16	17 Ham Stewed Tomatoes Baked Potatoes Peach Upside Down Cake
20 Vegetable Beef Soup Meat Sandwich Peaches Brownies	21	22 Brats on Bun Baked Beans Potato Salad Pineapple Sauce	23	24 Chicken & Dumpling Biscuits Lettuce Salad Jello with Fruit
27 Lasagna Peach Sauce Tossed Salad Green Beans	28	29 Tator Tot Hot Dish Cheesy Green Beans Tossed Salad Fruit	30	31 Ribs BBQ Baked Potato Prince Edward Veggies Birthday Cake Juice

Grace City Menu for August 2026 (674-3128)

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Tomato Soup Grilled Cheese Sandwich Cucumber & Onions Moon Cake	4 HAPPY BIRTHDAY Dorothy Belile 	5 Hot Pork Sandwich Mashed Potatoes Gravy Sweet Potatoes Fruit	6	7 Brats on Bun Potato Salad Baked Bens Pineapple Sauce
10 Swiss Steak Mashed Potatoes Gravy Calico Beans Fruit Dish	11	12 French Toast Bake Sausage Hash Browns Baked Apples	13	14 Meatloaf Baked Potatoes Creamed Corn Ice Cream
17 Sweet & Sour Chicken Fried Rice Egg Roll Ice Cream	18	19 Baked Chicken Cheesy Hash Browns California Blend Veggies Jello With Fruit	20	21 Spaghetti & Meatballs Garden Salad Garlic Toast Glorified Rice
24 Polish Sausage Sauerkraut Mashed Potatoes Creamed Corn Rice & Raisin Pudding	25	26 Popcorn Chicken Salad With all the Fixings Garlic Toast Fruit	27 HAPPY ANNIVERSARY Les & Colleen Greger Myron & Leona Kulsrud	28 Pork Chop Mashed Potatoes Gravy Prince Edward Veggies Fruit Dish Birthday Cake
31 Bean & Ham Soup Crackers Grilled Cheese Sandwich Coleslaw Fruit	31 HAPPY ANNIVERSARY Myron & Creeta Luttschwager			

"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.

Foster County **Outreach Schedule**

July & August 2026

Ann VandeHoven, Foster
County Outreach Worker.
You may contact her at the
Carrington office to schedule
an appointment at
701-652-3257.

“ A PERFECT SUMMER DAY IS
WHEN THE SUN IS SHINING, THE
BREEZE IS BLOWING, THE BIRDS
ARE SINGING, AND THE
LAWNMOWER IS BROKEN.”

James Dent



Would you like to help a senior in need?

Do you like to visit, play games, do hobbies and make people smile? Do you have 5 hours a week to spare?

If so, come be a Volunteer Companion to seniors in the Foster County area.

Volunteers receive mileage reimbursement for their travels.

Call 652-3257 for more information.

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.

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.

Free In-Home Services for Seniors

Senior Companions

Home visits for lonely homebound seniors, provided by senior volunteers.

- Bringing smiles & laughter
- Helping to relieve loneliness & encourage activity
- Empowering seniors to remain living independently
- Providing respite for family caregivers

If you are homebound, lonely, isolated, frail or disabled and would like more info about this **FREE** service, contact Ann VandeHoven at 652-3257.

Provided by Lutheran Social Services of Minnesota

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



Foster County Transit

Transportation is open to the public!!

Local Transportation

Monday—Friday
8 AM until 4 PM

A ride to the Senior Center
for a meal
\$0.50 one way.

A ride anywhere else in town:
\$1 one way or per stop.

Out-of-Town Transportation

2nd Wednesday & 1st, 3rd & 4th Fridays:
Rural Foster County into Carrington - \$5.00

1st, 2nd & 4th Tuesdays, 4th Wednesday &
every Thursday: **Jamestown** Trip - \$8.00

Mondays (upon request): **New Rockford** - \$5.00

1st Wednesday & 3rd Tuesday:
Fargo Trip - \$15.00 Round Trip

3rd Wednesday:
Bismarck Trip - \$15.00 Round Trip

**If at all possible, out-of-town medical
appointments should be scheduled
between 10:00 AM and 2:00 PM**

Shopping trips to Bismarck and Fargo are
limited to 4 hours! The bus will leave
Carrington at 8:00 AM and will be back
in Carrington no later than 5:00 PM

It is necessary to sign up in advance,
if at all possible, by calling 701-652-3257

For more information go to
www.southcentraltransitnetwork.org
or find us on Facebook at
facebook.com/southcentraltransitnetwork



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 Ann VandeHoven,
652-3257 for more info.

Home & Community Based Services

Help for those who want to live at home

When should you call?

If you or someone you know could use
services or help with activities including:

- Bathing, dressing, transferring and personal needs
- Meal preparation, housework, laundry and shopping
- Medication Assistance
- Non-Medical Transportation
- Adult Family Foster Care
- Emergency Response Services (Lifeline)
- Family Home Care
- Case Management
- Chore Service
- Respite Care for Caregivers
- Other services are also available

**Contact your local County Social
Service Agency: 701-652-2221**



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**

Carrington Senior
Citizen Center
36 10th Avenue S.
Carrington, ND 58421
701-652-3257

Schoolhouse Café
(meals only)
309 City Street
Grace City, ND 58445
701-674-3128

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

ANN VANDEHOVEN
Outreach

