



# SOUTH CENTRAL ADULT SERVICES

## Foster County

### National Food Bank Day – Sep. 4, 2026

Updated on Jun 11, 2026 in [Cause](#) by Tamkeen Kiani



National Food Bank Day arrives every first Friday of September, shining a light on the vital work of food banks across the nation. This day reminds us that no one should go to bed hungry and encourages collective action. Join the movement by volunteering, donating, or advocating for food security.

### Carrington's Daily Bread

Carrington's Daily Bread is a nonprofit food pantry serving Foster County and the surrounding communities. Our mission is to provide hope and love by nourishing both body and spirit through our faith and food. We provide food assistance to individuals and families in need, as well as a weekly backpack program that helps ensure local children have food over the weekends. Thanks to the generosity of our community, local businesses, churches, and volunteers, we are able to serve our neighbors with compassion, dignity, and Christ's love. Carrington's Daily Bread is open Mondays, Wednesdays, and Fridays from 3:30–5:30 p.m., and we are always grateful for donations, volunteers, and prayers that help us continue this ministry.

# Foster County Public Health

Upcoming Off-Site Clinics

## Wednesdays Sept & Oct 2026

Sept. 2 - Grace City Schoolhouse

Sept. 9 - Glenfield Community Center

Oct. 1 - Carrington Senior Center

Oct. 7 - Grace City Schoolhouse

Oct. 14 - McHenry Senior Center

Oct. 14 - Glenfield Community Center

\*Appointments required - nurse will not be at off-site locations if no patients are scheduled.

Call for more info or for appointments 701-652-3087

[www.fostercountypublichealth.com](http://www.fostercountypublichealth.com)



Public Health  
Prevent. Promote. Protect.  
Foster County Public Health

## Foster County Outreach Schedule

September & October 2026

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

# FOSTER COUNTY BIRTHDAYS

GRACE CITY

SEPTEMBER

No Birthdays

# OCTOBER

Birthdays

Gerald Belile 10/7

Collen Greger 10/25



Other vaccines also available upon request

**WALK-INS WELCOME!**

\*Please bring your Insurance card & photo ID

\*Remember to wear clothing appropriate for getting your shot (short sleeves, etc.)

**Carrington Senior Center**

**Thursday  
October 1st, 2026  
10:30am - 12:30pm**

Call to schedule appointments  
or with questions (701) 652-3087



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:



**Prescription Assistance Program**

**SOUTH CENTRAL TRANSIT NETWORK**

## Grace City Menu for September 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       | 2<br>Swiss Steak<br>Mashed Potatoes & Gravy<br>Calico Beans<br>Fruit Dish       | 3        | 4<br>Brats on a Bun<br>Baked Beans<br>Potato Salad<br>Pineapple Sauce       |
| 7<br>Beer Cheese Soup<br>Meat Sandwich<br>Coleslaw<br>Fruit                                | 8       | 9<br>Hot Beef Sandwich<br>Mashed Potatoes<br>Gravy<br>Corn<br>Fruit             | 10       | 11<br>French Toast<br>Sausage<br>Hashbrowns<br>Baked Apples                 |
| 14<br>Tator Tot Hotdish<br>Cheesy Green Beans<br>Tossed Salad<br>Fruit                     | 15      | 16<br>Chili<br>Crackers<br>Lettuce Salad<br>Garlic Bread<br>Fruit<br>Juice      | 17       | 18<br>Ham<br>Baked Potatoes<br>Stewed Tomatoes<br>Peach Upside Down<br>Cake |
| 21<br>Chicken Fried Steak<br>Mashed Potatoes & Gravy<br>Cucumber, Onion Salad<br>Moon Cake | 22      | 23<br>Baked Chicken<br>Cheesy Hashbrown<br>California Blend<br>Jello with Fruit | 24       | 25<br>Chef Salad with all the fixings<br>Juice<br>Fruit<br>Birthday Cake    |
| 28<br>Cheeseburger Soup<br>Meat Sandwich<br>Coleslaw<br>Juic<br>Fruit                      | 29      | 30<br>Meatloaf<br>Baked Potatoes<br>Creamed Corn<br>Fruit Dish                  |          |                                                                             |

## Grace City Menu for October 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                                                                                   |
|----------------------------------------------------------------------------------|---------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
|                                                                                  |         |                                                                                       | 1<br>Vegetable Soup<br>Crackers<br>Grilled Cheese Sandwich<br>Pickles<br>Tapioca Pudding | 2<br>Vegetable Soup<br>Crackers<br>Grilled Cheese Sandwich<br>Pickles<br>Tapioca Pudding |
| 5<br>Hot Pork Sandwiches with<br>Gravy<br>Mashed Potatoes<br>Coleslaw<br>Cookies | 6       | 7<br>Chicken & Dumplings<br>Biscuits<br>Lettuce Salad<br>Jello with Fruit             | 8                                                                                        | 9<br>Hot Dog on a Bun<br>Baked Beans<br>Macaroni Salad<br>Mandarin Oranges               |
| 12<br>Lasagna<br>Tossed Salad<br>Green Beans<br>Peach Sauce                      | 13      | 14<br>Pork Chop with Gravy<br>Mashed Potatoes<br>Prince Edward Veggies<br>Apple Sauce | 15                                                                                       | 16<br>Spaghetti with Meat Balls<br>Lettuce Salad<br>Garlic Toast<br>Fruit                |
| 19<br>Chili<br>Crackers<br>Garlic Toast<br>Lettuce Salad<br>Cookies              | 20      | 21<br>Tomato Soup<br>Meat & Cheese Sandwich<br>Coleslaw<br>Moon Cake                  | 22                                                                                       | 23<br>Taco Salad with all the Fixings<br>Fruit<br>Juice                                  |
| 26<br>Meatloaf<br>Baked Potatoes<br>Creamed Corn<br>Fruit Dish                   | 27      | 28<br>Tuna Noodle Hotdish<br>Cheese Slice<br>Pease<br>Pears                           | 29                                                                                       | 30<br>Meatballs in Gravy<br>Mashed Potatoes<br>Carrots<br>Fruit<br>Birthday Cake         |



October may make you think of jack-o-lanterns and Hocus Pocus but there's so much more to the tenth month than just goblins, ghouls, and the Sanderson Sisters. From Mystery Series Week and National Kick Butt Day to Breast Cancer Awareness Month, and Mental Health awareness.

## How can I take care of my mental health?

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

### Here are some self-care tips:

**Get regular exercise.** Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.

**Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.

**Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.

**Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.

**Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.

**Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.

**Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.

**Stay connected.** Reach out to friends or family members who can provide emotional support and practical help.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you.

## How can I find help?

If you have concerns about your mental health, talk to a primary care provider. They can refer you to a qualified mental health professional, such as a psychologist, psychiatrist, or clinical social worker, who can help you figure out the next steps.

If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org. This service is confidential, free, and available 24 hours a day, 7 days a week. In life-threatening situations, call 911.

## 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 3<sup>rd</sup> 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](http://www.southcentraltransitnetwork.org)  
or find us on Facebook at  
[facebook.com/southcentraltransitnetwork](https://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**



# Veggie Pizza

When I make this veggie pizza, I never have leftovers. I like to top it with broccoli, radish, onion, bell pepper, carrot, and celery, but you can use whatever you'd like.

Prep Time: 25 Mins

Cook Time :10 mins

Additional Time: 1 hr 5 mins

Total Time: 1 hr 40 mins

Servings 16

Yield: 1 Pizza



## Ingredients

2 (8 ounce) packages refrigerated crescent rolls

1 cup sour cream

1 (8 ounce) package cream cheese, softened

1 (1 ounce) package ranch seasoning mix

1 teaspoon dried dill weed

1/4 teaspoon garlic salt

1 1/2 cups chopped fresh broccoli

1/2 cup halved and thinly sliced radishes

1 small onion, finely chopped

1 red bell pepper, chopped

1 carrot, grated

1 stalk celery, thinly sliced

## Directions

### Step 1

Gather all ingredients. Preheat the oven to 350 degrees F. Spray a 15 x 10-inch pan with nonstick cooking spray.

### Step 2

Press crescent roll dough into the prepared jelly roll pan to form a crust. Let stand 5 minutes. Pierce with a fork.

### Step 3

Bake in the preheated oven until dough is fully cooked and golden brown, about 10 minutes. Let cool completely.

### Step 4

Combine sour cream, cream cheese, ranch seasoning mix, dill, and garlic salt in a medium mixing bowl. Spread the cream cheese mixture on the top of cooled crust.

### Step 5

Arrange broccoli, radish, onion, bell pepper, carrot, and celery on top of the cream cheese mixture.

### Step 6

Cover and let chill, 1 to 2 hours. Cut chilled pizza into 16 squares to serve.

**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](http://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  
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