



SOUTH CENTRAL ADULT SERVICES

Griggs County

Savoring the Season: Autumn Nutrition for Healthy Aging



As the days grow shorter and the air turns crisp, September and October offer a wonderful opportunity to refresh our nutritional habits. Eating with the seasons not only provides the freshest flavors but also ensures your body gets the specific nutrients it needs to stay strong through the change in weather.

****The Power of Produce****

Fall is the harvest season for some of the most nutrient-dense foods available. Incorporating these into your meals can provide a significant health boost:

* ****Winter Squash & Pumpkins:**** These are packed with Vitamin A and fiber, supporting eye health and digestion.

* ****Apples and Pears:**** High in soluble fiber, these fruits can help maintain healthy cholesterol levels.

* ****Root Vegetables:**** Carrots, beets, and sweet potatoes are rich in antioxidants that help support a healthy immune system.

****Staying Hydrated****

We often think more about hydration in the summer heat, but it is just as vital in the fall. As the air becomes drier, remember to keep sipping water throughout the day. Warm herbal teas and nutrient-rich broths are excellent ways to stay hydrated while keeping cozy.

Griggs County Birthdays & Anniversaries

Cooperstown

September

Birthdays

Phyllis Wood-Lasher 9/10
Kjell Haaland 9/16
Anna Belle Johnson 9/24

No Anniversaries

October



Birthdays

Judy Saxberg 10/5
Cynthia Fowler 10/10
Elayne Michaelis 10/14
Loren Pfeifer 10/31

No Anniversaries

Binford

September

Birthdays

Roger Humble 9/27

No anniversaries

October



No Birthdays No Anniversaries

Hannaford

September

No Birthdays

No anniversaries

October



No Birthdays No Anniversaries

Griggs County Monthly Meetings

Cooperstown Senior Center

Friday, Sept. 4- 12:30 pm
Meeting, Bingo and lunch follows.

Friday, October 1- 12:30 pm
Meeting, Bingo and lunch follows.

Binford Senior Center

Tuesday, Sept. 15- 2:00 pm
Meeting, lunch follows

Tuesday, October 20- 2:00 pm
Meeting, Lunch follows

FOOT CARE CLINIC

Every 6 weeks

Just For You foot care
clinic will be September 29.
Cost is \$35.00



If you would like an
appointment, call Jill Kent
at 218-242-1379.

Low Income Home Energy Assistance Program (LIHEAP)

Weather Any Weather/Year Round Home Energy Assistance

LIHEAP assistance is now available all year. LIHEAP applications are accepted year-round.

WHAT IS LIHEAP?

The Low Income Home Energy Assistance Program (LIHEAP) helps eligible families with home heating and weatherization costs. The program partially pays the cost of natural gas, electricity, propane, fuel oil, coal, wood, or other fuel sources.

The program also covers:

- Weatherization services (insulation, weather stripping around doors and windows, etc.)
- Furnace cleaning, repair, and replacement
- Chimney cleaning and inspection
- Emergency assistance
- Help with the cost of a cooling device or repair

What's changing:

- Heating benefits will now be issued year-round.
- LIHEAP benefits are no longer tied to the traditional heating season of Oct.1-May 31.
- Instead of benefits ending on May 31, assistance will continue until the household's review date at which time continued eligibility will be re-determined.

Reminder to Households:

- Each household will receive an annual review packet based on their application approval date. This review will determine continued eligibility for benefits.
- Households will be notified when it is time to complete their annual review. Review packets will be sent the month before their due date.
- Reviews must be returned timely to prevent a lapse or delay in benefits. Benefits will end on the last day of your eligibility period if you do not complete your review.

For help applying, questions about eligibility, or your existing case, contact the Customer Support Center at 1-866-614-6005 or 701-328-1000; 711 (TTY)

Free In-Home Services for Area Seniors

Provided by Lutheran Social
Services Senior Companions

- Bringing smiles & laughter
- Empowering seniors to remain living independently
- Helping relieve loneliness and encouraging activity
- Providing respite care for family Caregivers

**Contact Becky Telin at
701-389-2293 for more info.**

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.

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****Mindful Protein****

Maintaining muscle mass is key to staying active and independent. Try adding seasonal lean proteins like roasted turkey or plant-based options like lentils and beans to your autumn stews. These provide the energy needed to enjoy those crisp afternoon walks.

Eating well during these beautiful months doesn't have to be complicated—it's about enjoying the bounty of the season and nourishing your body for the months ahead.



Down 60s TV Shows Crossword Solutions

1-Famous

2- Bandstand

6- Acres

7- Martian

10- Outer

ACROSS

3- Wagon

4- Kingdom

5- Rat

8- Affair

9- American

11- Shadow

12- Squares

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. A wide variety of entrees are available.

Contact Deb at 701-789-7155
or the Senior Center,
701-797-3330,
for more information.

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

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.

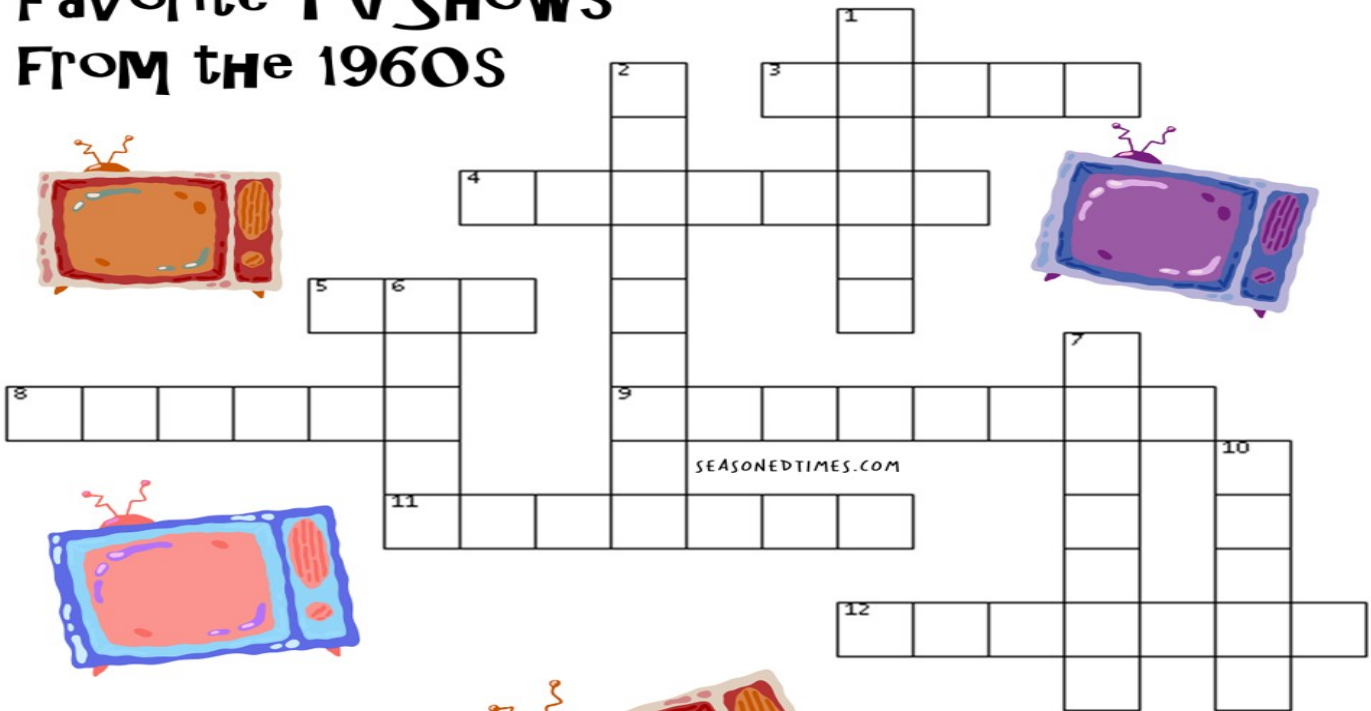
Four cars come to a four-way stop, each coming from a different direction. They can't decide who got there first, so they all go forward at the same time. All four cars go, but none crash into each other. How is this possible?

They all made right-hand turns.



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

Favorite TV Shows From the 1960s



ACROSS

3. _____ Train
4. Wild _____
5. The _____ Patrol
8. Family _____
9. Love, _____ Style
11. Dark _____
12. Hollywood _____

DOWN

1. The _____ Adventures of Mr. Magoo
2. American _____
6. Green _____
7. My Favorite _____
10. The _____ Limits

Transportation Services Griggs County

Transportation is available to citizens of all ages, and for all purposes, on the following days each month:

Within Cooperstown:

Monday - Friday (\$1.00 Round trip)

To Fargo:

Monday - Friday (\$10.00 + \$1.00 each additional stop)

Riders must be schedule by 4pm the previous day

To Jamestown:

Monday, Wednesday, Friday (\$8.00 + \$1.00 each additional stop)

Riders must be scheduled by 4pm the previous day and appointments should be between Noon and 3pm.

To Valley City:

Tuesday & Thursday (\$ 8.00 + \$ 1.00 each additional stop)

Riders must be scheduled by 4pm the previous day and appointment should be between 9am and 3pm.

Carrington and Rural Transit:

Transit services to Carrington, surrounding towns and rural residences provided as needed and when available.

Dispatch Hours:

8am to 4pm Monday through Friday

For information or to reserve a ride call
Deb: 701-789-7155

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



EBT/SNAP (Food Stamps)



We would like to remind all meal recipients (congregate, frozen and home-delivered meals) that EBT/SNAP cards may be used for your meal contributions.

Please call Deb Andreasen,
797-3330 for more info.

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



Gift Certificates now available!

Looking for a gift for the person who has everything? Let us help you out with a gift certificate for South Central Adult Services congregate meals.

Call **701-797-3330** today!

	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: _____

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**

Cooperstown Senior
Citizens Center
911 Burrell Avenue SE
Cooperstown, ND 58425
701-797-3330

Binford Senior Citizens Center
306 Winery Street
Binford, ND 58416
701-676-2323

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

DEB ANDREASEN
Outreach/Transit

