



SOUTH CENTRAL ADULT SERVICES

LaMoure 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****

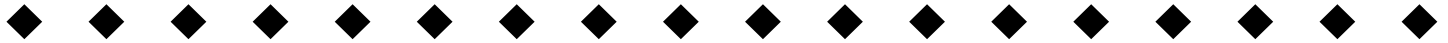
We often think more about hydration in the summer heat, but it is just as vital in the fall. As the air becomes drier, remember to keep sipping water throughout the day. Warm herbal teas and nutrient-rich broths are excellent ways to stay hydrated while keeping cozy.

Continued on page 2

****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.



Kulm

September

Monday September 1: 6 PM:

Community Pot Luck. Good Food with Great People. Cards & Fun afterwards.

October

Monday October 5: 6 PM:

Community Pot Luck. Good Food with Great People. Cards & Fun afterwards.

LaMoure County Activities

Wednesdays & Fridays 10 am: Bone Builders Exercises
Fridays: 12:30 pm: Games and Crafts

September

Tuesday, September 8 - 12:30 pm

"Happy Senior Club" meeting

Sunday, September 20 - 12:00 pm

Dinner— No HDM—Followed by Games and Fun

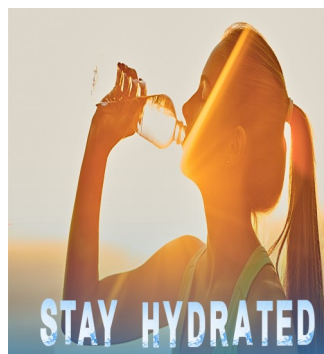
October

Tuesday, October 13 - 12:30 pm

"Happy Senior Club" meeting

Sunday, October 18 - 12:00 pm

Dinner— No HDM—Followed by Games and Fun



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



EBT/SNAP



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

Please call LaMoure at, (701) 883-5088 for more information.

LaMoure County Outreach September & October 2026

If you are in need of frozen meals, home-delivered meals or other services, call: 701-883-5088

Andra Jenkins, Outreach Worker, is available at 701-883-5088 for appointments.

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:

Name: _____

Address: _____ City: _____ State: _____ Zip: _____



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.

LaMoure / Dickey / Marion & Edgeley's Menu September 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Please call by 8 AM the day of to sign up for or to cancel dinner!!		1 Sausage With Pepper & Onions Potatoes Hot Applesauce	2 Goulash String Beans Breadstick Fruit	3 Crispy Chicken Salad Bread Stick Fruit	4 Roast Beef Mashed Potatoes Gravy Carrots Fruit
	7	8 Beef Tacos Beans Creamed Corn Fruit	9 Veggie & Chicken Alfredo Bake Garlic Bread Fruit	10 BBQ Ribs Baked Potato Coleslaw Fruit	11 Hamburger with Lettuce & Tomato Pasta Salad Fruit
	14	15 Loaded Baked Potato Baked Beans Side Salad Fruit	16 Pork Roast Mashed Potatoes Gravy Carrots Fruit	17 Tuna Sandwich Potato Salad Veggies Fruit	18 Chili Corn Bread Side Salad Fruit
20 Roast Beef Mashed Potatoes Gravy Squash Dessert	21	22 Cabbage Rolls Mashed Potatoes Mixed Veggies	23 Ham & Cheesy Potato Hotdish Peas Fruit	24 Tilapia Baby Baker Potatoes Asparagus Fruit	25 Creamy Noodles With Meatballs Side Salad Garlic Bread Fruit
	28	29 Meatloaf Mashed Potatoes Green Beans Fruit	30 Chicken Cordon Bleu Cheesy Potatoes Candy Carrots Fruit		

LaMoure / Dickey / Marion & Edgeley's Menu for October 2026

All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1% Milk, Margarine and Coffee
LaMoure Senior Center ~ 701-883-5088 Edgeley Senior Center ~ 701-493-2569

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions may be necessary due to product availability.		Please call by 8 AM the day of to sign up for or to cancel for dinner!!		1 BBQ Pulled Pork Sandwich Coleslaw Baked Beans Fruit	2 Taco Salad Chips Fruit
4	5	6 Ham Candied Yams Green Beans Dinner Roll Fruit	7 Chicken Strips Mac and Cheese Corn Fruit	8 Turkey & Cheese Sandwich with Lettuce & Tomatoes Pasta Salad Fruit	9 White Chicken Enchilada Beans Side Salad Fruit
11	12	13 Sausage with Sauer- kraut Mashed Potatoes Carrots Fruit	14 Chicken Delight Casserole Peas Breadstick Fruit	15 Chief Salad Breadstick Fruit	16 Baked Chicken Baby Potatoes Creamed Brussel Sprouts Fruit
18 Meatloaf Baked Potatoes Mixed Veggies Dinner Roll Banana Pudding	19	20 Tator tot Hotdish Green Beans Fruit	21 Beef Hotdog Baked Beans Coleslaw Fruit	22 Sweet & Sour Chick- en With Onions and Peppers Rice Veg. Egg Roll Fruit	23 Meatballs in Gravy Mashed Potatoes Mixed Veggies Fruit
25	26	27 Cheese Sausage Egg Bake Potatoes Hot Applesauce	28 Fried Chicken Mashed Potatoes Gravy Corn Fruit	29 Loaded Ham Broccoli Cheese Soup Breadstick Fruit	30 Sloppy Joes Potato Salad Beets Fruit

Kulm, Jud & Gackle Menu for September 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Stuffed Shells Chicken Strips Peas & Carrots Fruit	2 Meatloaf Sweet Potatoes Green Beans Fruit	3 Pork Ribs Sauerkraut Mashed Potatoes Fruit	4
7 CLOSED Labor Day	8 Chicken Fried Steak Mashed Potatoes Peas Fruit	9 Beef Roast Strudles Carrots Potatoes Fruit	10 Chicken Tortilla Casserole Tossed Salad Fruit	11 Make Up Meal Brats Sauerkraut Mashed Potatoes Fruit
14 Chicken Lasagna Tossed Salad Garlic Toast Fruit	15 Turkey Dressing Mashed Potatoes Corn Fruit	16 Swiss Steak Mashed Potatoes Green Beans Fruit	17 Beef Enchilada Tossed Salad Garlic Toast Fruit	18
21 Tilapia Potatoes Coleslaw Garlic Toast Fruit	22 Chicken Cordon Bleu Augratin Potatoes Green Beans Fruit	23 Meatballs Mashed Potatoes Corn Fruit	24 Liver & Onions Chicken Strips Potatoes Green Beans Fruit	25
28 Chicken & Rice Peas Fruit	29 Tator Tot Hotdish Green Beans Fruit	30 Spaghetti Meat Sauce Tossed Salad Fruit	Gackle meals are served Mon - Wed. Kulm & Jud meals are served Mon-Thur.	Substitutions may be necessary due to product availability.

Kulm, Jud & Gackle Menu for October 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions may be necessary due to product availability.	Gackle meals are served Mon - Wed. Kulm & Jud meals are served Mon-Thur.			
5 Fish Patty Potatoes Coleslaw Fruit	6 Pork Chop Dressing Mashed Potatoes Corn Fruit	7 Chicken Dumplings Carrot Potato Fruit	1 Chili Cheese Sandwich Celery Stick Fruit	2
12 Cabbage Roll Scalloped Potatoes Peas & Carrots Fruit	13 Chicken Cordon Bleu Potatoes Green Beans Fruit	14 Ham Scalloped Potatoes Peas & Carrots Fruit	8 Hot Hamburger Mashed Potatoes Green Beans Fruit	9
19 Spaghetti Meat Sauce Tossed Salad Fruit	20 BBQ Chicken Baked Potatoes Bean & Tomatoes Fruit	21 Meatloaf Sweet Potatoes Corn Fruit	15 Beef Stew Bun Tossed Salad Fruit	16
26 Fish Sandwich Al Gratin Potatoes Coleslaw Fruit	27 Tator Tot Hotdish Green Beans Fruit	28 Turkey Dressing Mashed Potatoes Peas & Carrots Fruit	22 Knoephla Soup Sandwich Celery Sticks Fruit	23
			29 COOKS CHOICE Fruit	30

Free In-Home Services for 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 LSS at 701-389-2293
or Andra at 883-5088 for more info.**

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



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. Continued on Page 10

Reminder to Households:

Each household will receive an annual review packet based on their application approval date.

Continued on page 10

Continued from page 9

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)

Name: _____ Date: _____

ACROSS

- 3. Workplace perks beyond salary
- 6. Popular outdoor cooking event
- 7. Work or effort, especially physical
- 9. Increased road congestion during holiday travel
- 10. Labor Day is associated with the end of ____
- 11. Railway car company central to 1894 strike
- 13. Month of this annual celebration
- 15. Social gathering to celebrate the occasion
- 17. Festive procession with floats and marchers
- 19. Monetary compensation for work
- 20. Unity among workers for common goals
- 21. Organized group representing workers' interests

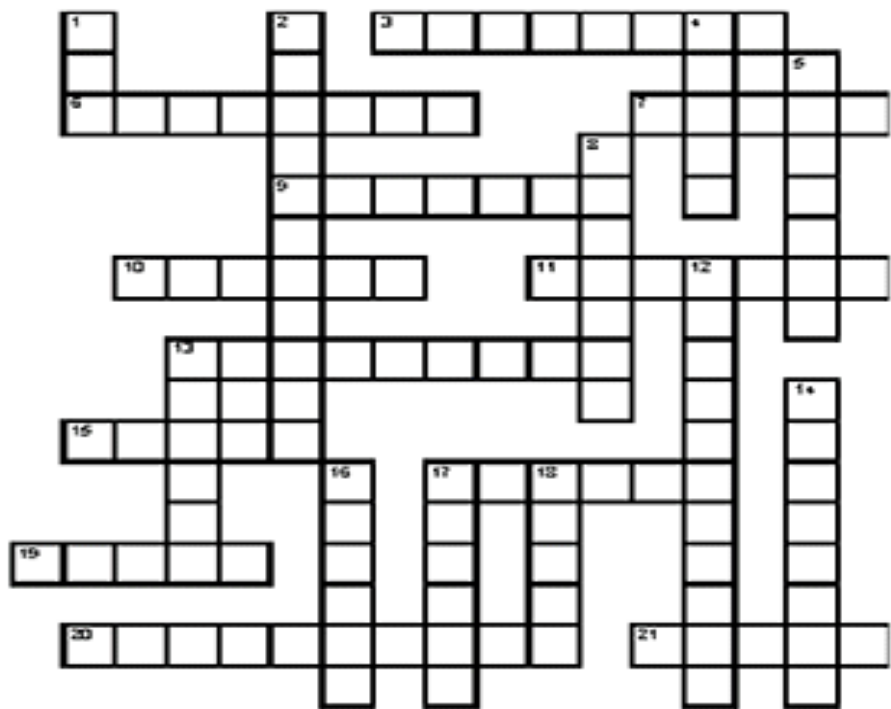
DOWN

- 1. Employment position or occupation
- 2. Extra compensation for additional hours
- 4. Skilled occupation or profession
- 5. Official day off from work
- 8. Labor leader who proposed this holiday
- 12. Three-day break from work
- 13. Work stoppage to protest conditions
- 14. Extended time away from job duties
- 16. Day of the week for this observance
- 17. Outdoor meal often associated with this day
- 18. Public gathering to support a cause

Barbecue	Overtime Pay	Strike
Benefits	Parade	Summer
Holiday	Party	Trade
Job	Picnic	Traffic
Labor	Pullman	Union
Long Weekend	Rally	Vacation
McGuire	September	Wages
Monday	Solidarity	

Labor Day

Crossword



LaMoure County Transit

Fargo

Every Thursday - \$18 round trip

Bismarck

Monday thru Friday

\$18 round trip

Jamestown/ Valley City

Monday - Friday - \$10 round trip

Call (701) 883-5088 or

Cell phone: (701) 830-9829

Oakes

Upon request - \$8 round trip

Aberdeen/Ashley/Wishek

Upon request - \$10 round trip

In town rides (LaMoure)

Monday thru Friday - \$2 round trip

Call (701) 883-5088

Kulm area rides call Dispatch at

Cell phone (701) 830-2105

Main Office, at
(701) 883-5088

For more information, be sure to visit

www.southcentraltransitnetwork.org

or find us on Facebook at

[www.facebook.com/](http://www.facebook.com/southcentraltransitnetwork)

southcentraltransitnetwork

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.

Senior Companions

An opportunity to volunteer and earn a tax-free stipend!

The purpose of the Senior Companion Program is "to engage persons 60 and older, particularly those with limited incomes, into volunteer service to provide supportive, individualized service to help elderly adults with special needs maintain their dignity and independence."

Income eligible Senior Companions earn a tax - free stipend, paid training, vacation, sick and holiday time. Senior Companions also receive monthly in-service training, recognition at special events and the satisfaction of helping other elderly adults.

For more information,
please contact Justine Irakiza, at
701-205-2690
Justine.irakiza@lssmn.org

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.

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 red bell pepper, chopped

1 (8 ounce) package cream cheese, softened

1 (1 ounce) package ranch seasoning mix

1 teaspoon dried dill weed

1 1/2 cups chopped fresh broccoli

1/2 halved and thinly sliced radishes

1 small onion, finely chopped

1 stalk celery, thinly sliced

1 carrot, grated

1/4 teaspoon garlic salt

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**

LaMoure Senior
Citizens Center
115 First Avenue E.
LaMoure, ND 58458
701-883-5088

Edgeley Senior Center
604 Main Street
Edgeley, ND 58433
701-493-2569

Kulm Senior Center
3 First Avenue SW
Kulm, ND 58456
701-647-2258

Jud Fire Hall
(meals only)

South Central Adult
Services Main Office
139 2nd Ave. SE
PO Box 298
Valley City, ND 58072
701-845-4300

PATRICIA HANSEN
Director

ANDRA JENKINS
Outreach/Transit

JODI ELLIOTT
Bookkeeping