



# SOUTH CENTRAL ADULT SERVICES

## Logan 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 4

Can you find the Halloween words below without getting "Stuck"?



G R A V E W T Q M A  
 A P A K Q S L K V O G G  
 N V M F V M P W P Y H O H G  
 Z C P O P E Q O C E O Y B O R S  
 P A A H O U F M O N G Z X L S A M J  
 T A B T D N Z K M K R S E S I T V Q B B  
 H A L L O W E E N Y L S T N N S E S Y A  
 A O C T O B E R Y G V C K E H C Y C Z N  
 U X E B E K Z G X Q A A P E R A A R Y I  
 N T A W L D H I E W M N M C L R R E O E  
 T L P U M P K I N S P D M K K E D A N G  
 E H X C H G C E W N I Y B D W U T M I R  
 D X P B O N E S F H R K E R E S F O P W  
 E V N D C O S T U M E L Q A R P E T N N  
 D N S T N Y W T I R Z Q O C E I Q K O R  
 F I O I T I R I G O M P U W D B O W  
 W G G R T I L X M Y A L O E B I  
 U H E C C B M B P X A L R I  
 T A H K P Y I V M S F D  
 T K G Y Y E G K E K

Word list:

|         |           |          |          |
|---------|-----------|----------|----------|
| BONE    | GOBLIN    | NIGHT    | SPIDER   |
| BOO     | GRAVE     | OCTOBER  | SPOOKY   |
| CANDY   | GRAVEYARD | PUMPKINS | TREAT    |
| CAT     | HALLOWEEN | TRICK    | VAMPIRE  |
| COSTUME | HAUNTED   | SCARE    | WEREWOLF |
| DRACULA | MONSTER   | SCREAM   | WITCH    |
| GHOST   | MOON      | SKELETON | ZOMBIE   |



# Logan County Activities

## Napoleon

### September

**Tuesday, September 7** 5:30 PM: Evening meal, followed by card games.

**Tuesday, September 14:** 5:30 PM: Evening meal, followed by card games.

**Tuesday, September 21:** 5:30 PM: Evening meal, **followed by monthly meeting.**

**Tuesday, September 28:** 5:30 PM: Evening meal, followed by card games.

### October

**Tuesday, October 4:** 5:30 PM: Evening meal, followed by card games.

**Tuesday, October 11:** 5:30 PM: Evening meal, followed by card games.

**Tuesday, October 18:** 5:30 PM: Evening meal, **followed by Monthly Meeting.**

**Tuesday, October 25:** 5:30 PM: Evening meal, followed by card games



### **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 **701-754-2791** for more info.

### **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. 23<sup>rd</sup>. St A, Fargo, ND 58103  
701-239-7380 or dawn.sauvageau@k12.nd.us**

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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.



### **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 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.

PREVENT | PROMOTE | PROTECT



*Nursing Services*

**EVERY TUESDAY  
10:00AM - 1:00PM**

**LOGAN COUNTY COURTHOUSE**  
*Appointments required.*

#### **AVAILABLE SERVICES**

*We offer a range of public health nursing services in the office or in the home:*

#### **> IMMUNIZATIONS**

We provide immunization services for all ages, from newborns to adults, to protect against vaccine-preventable diseases.

#### **> FOOT CARES**

Available to support mobility, prevent complications, and promote overall foot health, especially for older adults and those with chronic conditions.

#### **> MEDICATION MANAGEMENT**

Available to ensure safe, effective use of medications through education, monitoring, and personalized support.

#### **> BLOOD PRESSURE CHECKS**

Monitoring heart health and support early detection of hypertension. Available for free. No appointment needed. Walk in!

#### **> HOME VISITS**

Delivering personalized public health services and support including the services listed above in the comfort of your home.

**CENTRAL VALLEY HEALTH DISTRICT**  
(701)252-8130 | [centralvalleyhealth.org](http://centralvalleyhealth.org)

## Napoleon's Menu September 2026

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

| Monday                                 | Tuesday                                                                                               | Wednesday                                                          | Thursday                                                              | Friday                                                                                            |
|----------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
|                                        | 1 <b><u>EVENING MEAL</u></b><br>BBQ Chicken<br>Cheesy Herb Rice<br>Baked Beans<br>Fruit               | 2<br>Spaghetti w/ Meat Sauce<br>Carrots<br>Garlic Bread<br>Peaches | 3<br>Beef Enchiladas<br>Mexican Rice<br>Refried Beans<br>Pineapple    | 4                                                                                                 |
| 7<br><b>CLOSED</b><br><b>Labor Day</b> | 8 <b><u>EVENING MEAL</u></b><br>Roast Beef<br>Mashed Potatoes<br>Corn<br>Fruit                        | 9<br>Chicken Drumsticks<br>Cheesy Rice<br>Peas<br>Fruit Cocktail   | 10<br>Hot Dog<br>Mashed Potatoes<br>Sauerkraut<br>Fruit               | 11                                                                                                |
| 14                                     | 15 <b><u>EVENING MEAL</u></b><br>Sausage<br>Potato & Dumplings<br>Celery & Carrots<br>Mandarin Orange | 16<br>Pizza Burger<br>Onion Petals<br>Cheesy Peas<br>Pears         | 17<br>Thanksgiving Bake<br>Mashed Potatoes<br>Broccoli<br>Cranberries | 18                                                                                                |
| 21                                     | 22 <b><u>EVENING MEAL</u></b><br>Meatloaf<br>Au gratin Potatoes<br>Mixed Veggies<br>Fruit             | 23<br>BLT<br>Wedges<br>Coleslaw<br>Fruit                           | 24<br>Cabbage Roll<br>Mashed Potatoes<br>Beets<br>Apricots            | 25                                                                                                |
| 28                                     | 29 <b><u>EVENING MEAL</u></b><br>Ham<br>Baked Rice<br>Creamed Corn<br>Fruit w/ Jello                  | 30<br>Chicken Strips<br>Mac & Cheese<br>Peas<br>Applesauce         | <b>Substitutions may be necessary due to product availability.</b>    | <b>Meal pick up times</b><br><b>Tues: 5 - 5:30 pm</b><br><b>Wed &amp; Thurs: 11:30 am - 12 pm</b> |

## Napoleon's Menu for October 2026

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

| Monday                                                                                            | Tuesday                                                                                         | Wednesday                                                             | Thursday                                                                         | Friday    |
|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------|
| <b>Meal pick up times</b><br><b>Tues: 5 - 5:30 pm</b><br><b>Wed &amp; Thurs: 11:30 am - 12 pm</b> | <b>Substitutions may be necessary due to product availability</b>                               |                                                                       | <b>1</b> Three Cheese Raviolis w/ meat Sauce<br>Carrots<br>Garlic Bread          | <b>2</b>  |
| <b>5</b>                                                                                          | <b>6 <u>Evening Meal</u></b><br>Scalloped Potatoes & Ham<br>Green Beans<br>Biscuits<br>Fruit    | <b>7</b> Weiner Wraps<br>Mac & Cheese<br>Peas<br>Fruit                | <b>8</b> BBQ's<br>Wedges<br>Baked Beans<br>Pears                                 | <b>9</b>  |
| <b>12</b>                                                                                         | <b>13 <u>Evening Meal</u></b><br>Turkey<br>Mashed Potatoes<br>Stuffing<br>Corn<br>Cranberries   | <b>14</b> Goulash w/ Corn<br>Biscuit<br>Mandarin Oranges              | <b>15</b> Chicken Cordon Bleu<br>Cheesy Garlic Noodles<br>Green Beans<br>Peaches | <b>16</b> |
| <b>19</b>                                                                                         | <b>20 <u>Evening Meal</u></b><br>Beef Tips<br>Over Egg Noodles<br>Creamed Corn<br>Fruit         | <b>21</b> Sweet & Sour Chicken<br>Fried Rice<br>Egg Roll<br>Pineapple | <b>22</b> Grilled Ham & Cheese<br>Tomato Soup<br>Applesauce                      | <b>23</b> |
| <b>26</b>                                                                                         | <b>27 <u>Evening Meal</u></b><br>Chicken & Rice<br>Peas & Carrots<br>Biscuits<br>Fruit w/ Jello | <b>28</b> Lazy Cheese Buttons<br>Sausage<br>Sauerkraut<br>Cherries    | <b>29</b> Stuffed Peppers<br>Mashed Potatoes<br>Pickled Beets<br>Apricots        | <b>30</b> |

## 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<br>Stuffed Shells<br>Chicken Strips<br>Peas & Carrots<br>Fruit        | 2<br>Meatloaf<br>Sweet Potatoes<br>Green Beans<br>Fruit      | 3        | 4                                                                         |
| 7<br><br><b>CLOSED</b><br>Labor Day                            | 8<br>Chicken Fried Steak<br>Mashed Potatoes<br>Peas<br>Fruit            | 9<br>Beef Roast<br>Strudels<br>Carrot<br>Potatoes<br>Fruit   | 10       | 11 <b>Make Up Meal</b><br>Brats<br>Sauerkraut<br>Mashed Potatoes<br>Fruit |
| 14<br>Chicken Lasagna<br>Tossed Salad<br>Garlic Toast<br>Fruit | 15<br>Turkey<br>Dressing<br>Mashed Potatoes<br>Corn<br>Fruit            | 16<br>Swiss Steak<br>Mashed Potatoes<br>Green Beans<br>Fruit |          |                                                                           |
| 21<br>Tilapia<br>Potatoes<br>Coleslaw<br>Garlic Toast<br>Fruit | 22<br>Chicken Cordon Bleu<br>Au gratin Potatoes<br>Green Beans<br>Fruit | 23<br>Meatballs<br>Mashed Potatoes<br>Corn<br>Fruit          |          |                                                                           |
| 28<br>Chicken & Rice<br>Peas<br>Fruit                          | 29<br>Tator Tot Hotdish<br>Green Beans<br>Fruit                         | 30<br>Spaghetti<br>Meat Sauce<br>Tossed Salad<br>Fruit       |          | <b>Substitutions may be necessary due to product availability.</b>        |

## 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 |
|---------------------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------|--------|
|                                                                     |                                                                 |                                                                        | 1                                                                  |        |
| 5<br>Fish Patty<br>Potatoes<br>Coleslaw<br>Fruit                    | 6<br>Pork Chop<br>Dressing<br>Mashed Potatoes<br>Corn<br>Fruit  | 7<br>Chicken Dumplings<br>Carrots Potatoes<br>Fruit                    | 8                                                                  | 9      |
| 12<br>Cabbage Roll<br>Scalloped Potatoes<br>Peas & Carrots<br>Fruit | 13<br>Chicken Cordon Bleu<br>Potatoes<br>Green Beans<br>Fruit   | 14<br>Ham<br>Scalloped Potatoes<br>Peas & Carrots<br>Fruit             | 15                                                                 | 16     |
| 19<br>Spaghetti<br>Meat Sauce<br>Tossed Salad<br>Fruit              | 20<br>BBQ Chicken<br>Baked Potatoes<br>Bean & Tomatoes<br>Fruit | 21<br>Meatloaf<br>Sweet Potatoes<br>Corn<br>Fruit                      | 22                                                                 | 23     |
| 26<br>Fish Sandwich<br>Au gratin Potatoes<br>Coleslaw<br>Fruit      | 27<br>Tator Tot Hotdish<br>Green Beans<br>Fruit                 | 28<br>Turkey<br>Dressing<br>Mashed Potatoes<br>Peas & Carrots<br>Fruit | <b>Substitutions may be necessary due to product availability.</b> |        |

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

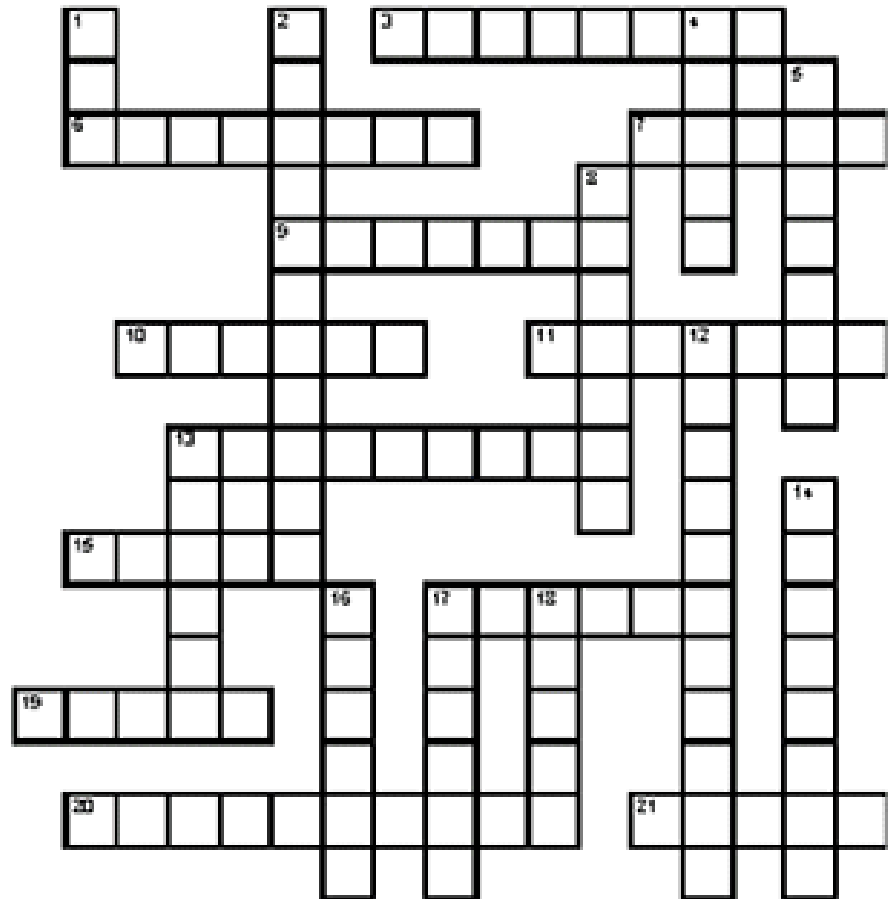
### DOWN

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



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](https://988lifeline.org). This service is confidential, free, and available 24 hours a day, 7 days a week. In life-threatening situations, call 911.



## Logan County Transit

**All persons in Logan County may ride the buses regardless of age or income, if space is available. Medical appointments take priority over shopping.**

City buses will pick up people for the Senior Center Meals for a fee of \$1.00.

Call the Senior Center or the driver to schedule a pickup.

City buses will transport people within the area. Please contact your city driver in advance. Ride charges are \$5.00 within the county, \$8.00 to adjoining counties and \$1.00 within city limits.

|          |          |          |
|----------|----------|----------|
| Napoleon | Danny    | 471-6135 |
| Regional | Dispatch | 731-0072 |
| Fredonia | Dispatch | 731-0072 |

### **Bismarck Trips**

Logan County west \$10.00,

Logan County east \$13.00

All Bismarck Trips (Mon-Fri) .....Call Dispatch

### **Jamestown Trips**

Logan County west \$13.00,

Logan County east \$10.00

Will stop in Streeter if needed

Every Monday.....Call Dispatch

### **Wishek & Linton Trips**

Tuesdays & Thursdays upon request

\$8.00.....Call Dispatch

### **Aberdeen Trips**

Upon request \$10.00 .....Call Dispatch

For more information, be sure to visit  
[www.southcentraltransitnetwork.org](http://www.southcentraltransitnetwork.org)  
or find us on Facebook at [facebook.com/southcentraltransitnetwork](https://facebook.com/southcentraltransitnetwork)

## 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  
Becky Telin at 701-389-2293.

## 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



# 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 ounces) 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 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)**

Golden Age Club  
619 Main Street W.  
Napoleon, ND 58561  
701-754-2791

Gackle Senior Center  
316 Main Street  
Gackle, ND 58442  
701-485-3721

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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Outreach Assistant

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Transit Coordinator

DANNY SCHMIDT  
Driver

