



SOUTH CENTRAL ADULT SERVICES

McIntosh 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.

MCINTOSH COUNTY ACTIVITIES

Wishek

Mondays & Tuesdays:

1 PM: Quilting. New quilters needed & welcome! Come see what's for sale.

Wednesdays & Saturdays:

2:30 PM: Coffee Hour. Please consider hosting!

September

Thursday, September 3:

5:30 PM: Evening meal, followed by cards and games.

Monday, September 7

CLOSED Labor Day

Thursday, September 10:

5:30 PM: Evening meal, followed by cards and games.

Thursday, September 17

5:30 PM: Evening meal, 7 PM: Wishek regular meeting.

Thursday, September 24:

5:30 PM: Evening meal, followed by cards and games.

October

Thursday, October 1:

5:30 PM: Evening meal, followed by cards and games.

Thursday, October 8:

5:30 PM: Evening meal, followed by cards and games.

Thursday, October 15:

5:30 PM: Evening meal, 7 PM: Wishek regular meeting.

Thursday, October 22:

5:30 PM: Evening make up meal

Thursday, October 29:

5:30 PM: Evening meal, 7 PM: Wishek regular meeting.



Anyone dining MUST call to reserve a spot by 8 AM for noon meals and by 11 AM for evening meals.

Ashley

Tuesdays: Bus goes to Aberdeen, SD. Call dispatch to schedule appointments at (701) 731-0072.

Exercise Class:

10-11am
Tuesday and Thursday
Last full week in month
Thursday and Friday 10-11am

September

Monday, September 7

CLOSED Labor Day

Tuesday, September 8:

6 PM: Evening meal followed by Bingo and cards.

Monday, September 14:

6 PM: Evening meal followed by Bingo and cards.

Monday, September 21:

6 PM: Evening meal followed by Bingo and cards.

Monday September 28:

6 PM: Evening meal followed by Bingo and cards.

October

Monday, October 5:

6 PM: Evening meal followed by

Bingo and cards.

Monday, October 12:

6 PM: Evening meal followed by Bingo and cards.

Monday, October 19:

6 PM: Evening meal followed by Bingo and cards.

Monday, October 26:

6 PM: Evening meal followed by Bingo and cards.

Call to reserve a spot before 10 AM for noon meals & 3 PM for evening meals.

As Cancer Survival Improves, We Must Transform Survivorship Care

Published on: June 1, 2026

Today, more people than ever are living for many years after a cancer diagnosis.

For the first time, 70% of people are surviving at least five years after a cancer diagnosis, according to the American Cancer Society's annual Cancer Statistics report. When caught early, the 5-year survival rate for many cancers is over 90%. These milestones highlight decades of progress in prevention, early detection, and treatment, and mark a shift in what it means to live with cancer.

As survival improves, the number of people living long after a diagnosis has grown rapidly. Sometimes survivors are living with cancer as a chronic condition, or with lasting consequences of treatment.

"In the 1970s, a person's chance of survival from any type of cancer was less than 50%. So, what we're seeing here is a story of struggle that is shifting to a story of survivorship," said Dr. Arif Kamal, chief patient officer at the American Cancer Society. "There's a tremendous amount of hope in this milestone because it points to the fact that what we do as an organization is working. This includes everything from an increase in screening efforts, greater awareness around the importance of modifiable risk factors like smoking, and continued research that drives improved treatment and more therapies."

With this progress comes new challenges. The question is no longer just how to help people survive cancer, but how to support them living well in the years and often decades that follow.

The changing reality of life with cancer

The 70% survival milestone is cause for celebration, said Nicole Stout, DPT, senior director of survivorship and wellness at the American Cancer Society. Survival gains are especially pronounced for cancers that once carried grim prognoses, including multiple myeloma, liver cancer, and lung cancer. Overall, the cancer death rate decreased by 34% between 1991 and 2023, resulting in 4.8 million cancer deaths prevented during that time.

But survivorship, Stout said, is not a clean break that occurs once treatment ends. And many people continue treatment for years or throughout their lives.

"We've previously thought about survivorship as this time continuum, or this phase of treatment. You end treatment, and you move into survivorship," she said. "And we've got to rethink that. Survivorship starts at diagnosis and requires that we continuously engage, monitor, and manage treatment-related effects so that we can optimize an individual's ability to participate in the things they want to do every day, for the rest of their life."

The American Cancer Society defines survivorship as beginning the moment of diagnosis. From that point on, many survivors experience limitations that affect work, family life, and independence. These can include fatigue, neuropathy, "brain fog," heart effects, sexual problems, body image changes, and the risk of second cancers developing. These and other long-term effects can persist for months and even years. Some people may also face financial struggles or relationship issues that continue long after a cancer diagnosis.

Long-term cancer survivors may need ongoing help to navigate long-term effects. They may need care from rehabilitation specialists, mental health clinicians, dietitians, sexual health providers, and financial counselors, in addition to their oncology and primary care teams. Meeting these needs requires thinking ahead. Shifting from reactive care to proactive support means there is ongoing care and guidance that evolves as survivors age, their health changes, or new challenges arise.

"This is lifelong," Nicole said. "There isn't just this, 'you're in treatment, you're done, and now we hand you off to this label of survivorship.' It really is integrated into the full continuum from diagnosis through the lifespan."

More survivors, more complex needs

As of Jan. 1, 2025, an estimated 18.6 million people in the United States were living with a history of cancer, a number projected to grow to more than 22 million by 2035. That growth of 4 million new survivors over the next

Continued on page 9



****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 3rd Monday of February, May, August & November.

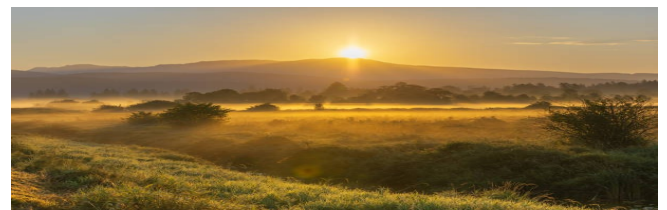
All meetings are open to the public at 139 2nd Ave SE in Valley City, ND. Call in advance to reserve a meal at 1-800-472-0031.



QUESTION:

I welcome the day with a show of light, I stealthily came here in the night. I bathe the earthy stuff at dawn, but by noon, alas! I'm gone.

Answer on Page 9



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 Ruby at 731-0170 for more info.

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 the outreach worker or your Senior Center for more information.

Ashley & Zeeland 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 Roast Beef Mashed Potatoes Mixed Veggies Fruit	2 Pizza Casserole Yellow Beans Peaches	3	4 Salmon Buttered Peas Baked Potato Pineapple
7 <u>CLOSED</u> LABOR DAY	8 <u>Evening Meal</u> Roast Beef Mashed Potatoes Mixed Veggies Fruit	9 Chicken Strips Cucumber Salad Sweet Potatoes Cherries	10	11 Beans & Wieners Coleslaw Fruit
14 <u>Evening Meal</u> Pork Chop Baked Potato Squash Bake Pears	15	16 Fish Carrot Raisin Salad Applesauce Parsley Potatoes	17	18 Lasagna Green Beans Pineapple Garlic Toast Fruit
21 <u>Evening Meal</u> Swiss Steak Veggies Boiled Potatoes Fruit	22 Chicken Patty on a bun w/ cheese slice Tator Tots Peas Fruit	23 BBQ's Potato Salad 3 Bean Salad Fruit	24	25
28 <u>Evening Meal</u> Cabbage Roll Mashed Potatoes Green Beans Fruit	29	30 Pulled Pork Sandwich Buttered Beets Potato Wedges Apricots	Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!	
				Substitutions may be necessary due to product availability. Fresh fruit served when available.

Ashley & Zeeland Menu for October 2026

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Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions may be necessary due to product availability. Fresh fruit served when available.	Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!			
5 <u>Evening Meal</u> Porcupine Meatballs Corn Mashed Potatoes Applesauce	6	7 Baked Chicken Stewed Tomatoes Baked Potato Oranges	8	9 Chili Corn Bake Fruit
12 <u>Evening Meal</u> Ham Scalloped Potatoes Mixed Veggies Peaches	13	14 Hamburgers Sauerkraut Hotdish Tomato Spoon Salad Jello	15	16 Chicken Fried Steak Potatoes Corn Fruit
19 <u>Evening Meal</u> Spaghetti w/ Meat Sauce California Blend Veggies Pudding Juice	20	21 Chicken Cordon Bleu Boiled Potatoes Dilled Carrots Applesauce	22	23 Shredded Beef Sandwich Peas & Carrots Blushing ears
26 <u>Evening Meal</u> Sausage Sauerkraut Mashed Potatoes Peaches	27 Fish Potatoes Coleslaw Fruit	28 All Beef Hotdog Baked Beans 4 Way Veggies Fruit	29	30

Wishek & Lehr September 2026

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

24Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions may be necessary due to product availability.	1 Chicken Ala King over Noodles Peas & Cheese Salad Breadstick Peaches	2	3 <u>Evening Meal</u> Meatballs in Gravy Mashed Potatoes Carrots Fruit Dessert	4
7 LABOR DAY	8 Reuben Sandwich w/ Sauerkraut Wedges Pears	9 MAKE UP MEAL Beef Stroganoff over Noodles Carrot Raisin Salad Applesauce	10 <u>Evening Meal</u> Shrimp Alfredo over Noodles Breadstick Mixed Veggies Fruit Dessert	11
14 Knoephla Hotdog Hotdish Sauerkraut Mashed Potatoes Orange	15 Homemade Supreme Pizza Italian Veggie Salad Cherries	16 Cheese Button Class Social w/ Cooks Coffee & Rolls	17 <u>Evening Meal</u> Sausage Cheese Buttons w/ onion Gravy Corn Fruit Dessert	18
21 Italian Sub Sandwich Wedges Pineapple	22 Tator Tot Hotdish Green Beans Mandarin Oranges	23	24 <u>Evening Meal</u> Stuffed Pork Loin Creamed Potatoes Cold Veggie Salad Fruit Dessert	25
28 Hamburger on a Bun with Fixings French Fries Apple	29 Knoephla Soup Roast Beef & Cheese Sandwiches Cucumber Salad Grapes	30		

Wishek & Lehr Menu for October 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
Diners MUST call at least 1 day prior to sign up for meals. Call by 8 am for Noon meals, by 11 am for evening meals. Late sign ups will not be accepted.	Substitutions may be necessary due to product availability. Fresh fruit served when available.		1 <u>Evening Meal</u> Country Fried Steak Mashed Potatoes & Country Gravy Corn Fruit Dessert	2
5 Hotdog on a Bun Mashed Potatoes Sauerkraut Fresh Pears	6 Salisbury Steak Hashbrown Bake Peas Apricots	7 Chicken Tortilla Soup Tortilla Chips Pumpkin Plachenda Snicker Salad Plachenda Class @ 10am	8 <u>Evening Meal</u> Turkey in Gravy Mashed Potatoes Skillet Corn Cranberry Dessert	9
12 Ham & Scalloped Potatoes Carrots Grape Salad	13 Lazy Halupsi Mashed Peaches	14	15 <u>Evening Meal</u> Roast Beef in Gravy Strudels Mixed Veggies Pumpkin Plachenda	16
19 Hot Beef Sandwiches Mashed Potatoes Corn Pineapple	20 Tilapia Filet California Blend Casserole Mandarin Oranges	21	22 <u>Evening Meal</u> Red Chicken Enchiladas Refried Beans Garlic Buttered Toast Chips & Guacamole Fruit dessert	23
26 Swiss - Cashew Salad Hamburger w/ Fixings Pumpkin Bar	27 Bacon Stir Fry over Rice Fruit Salad	28	29 <u>Evening Meal</u> Knoephla Soup Sausage Glazed Carrots Fruit Dessert	30

decade represents nearly 1,000 patients entering the survivorship phase of care every single day.

Many survivors remain on maintenance or long-term treatment. While these advances can help them live longer, they also add to the physical, emotional, and financial challenges associated with cancer.

Dr. Kamal points to Hope Lodge, which provides free lodging for people undergoing cancer treatment. Each year, nearly 37,000 guests stay at Hope Lodge communities, totaling more than 565,000 nights of lodging.

“There’s now a record number of cancer survivors, and it’s important for us to remember that cancer is a chronic illness. It’s not something you can get rid of, but rather something that becomes part of a person’s new normal,” Dr. Kamal said. “At the American Cancer Society, we are continuously adapting to stay in step with cancer trends, which means meeting people where they are in their cancer journey and providing support every step of the way, during treatment and beyond.”

Care that supports all survivors

Today's challenge is to provide survivorship care that offers the right support at the right time throughout the cancer experience. This includes:

- Expanding survivorship care to start at the time of diagnosis.
 - Ensuring oncology teams, primary care doctors, and community services work together throughout all phases of care.
 - Making survivorship services easier to access in communities with fewer resources.
- Supporting caregivers because their health and well-being can affect patient outcomes.

Ultimately, the 70% survival milestone demands a commitment to support the millions who will live many years beyond their diagnosis. Survivors, Dr. Kamal said, deserve care that delivers not just more days, but “more of their best days.”

ANSWER:

The morning dew.



A Heartfelt Thank you to the Janet Dalke Family for the generous memorial given to the Ashley Senior Center in Memory of Janet. Our Sympathies to the Dalke Family.



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:



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 10:30-11:30 AM
- ❖ Activity programming and group outings
- ❖ Transportation services



McIntosh County Transit

Buses will go to Bismarck, Jamestown,
Fargo or Aberdeen.

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

Everyone is encouraged to use these buses!

In-city buses will pick up people for the Senior Center Meals for a fee of \$1.00.
Call the Senior Center to schedule a pickup.

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

Ashley	Call Dispatch	731-0072
Zeeland	Call Dispatch	731-0072
Lehr	Call Dispatch	731-0072
Wishek and all sites	Call Dispatch	731-0072

Bismarck Trips

\$15.00

Monday through Friday.....Call Dispatch

Jamestown Trips

\$13.00

Every Thursday.....Call Dispatch

Aberdeen Trips

\$13.00

Every Tuesday.....Call Dispatch

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

McIntosh County Outreach

September & October

Ruby Beck is available at the
Senior Centers, or in homes
by appointment.

If you are in need of frozen
meals, home delivered
meals, or other services,
please call Ruby.

If you have questions or need
to schedule an appointment with
Ruby, contact her at:
701-731-0170



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.

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 1/2 cups chopped fresh broccoli
1 cup sour cream	1/2 cup halved and thinly sliced radishes
1 red bell pepper, chopped	1 small onion, finely chopped
1 (8 ounce) package cream cheese, softened	1 stalk celery, thinly sliced
1 (1ounce) package ranch seasoning mix	1 carrot, grated
1 teaspoon dried dill weed	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,
LaMoore, Foster, Logan,
McIntosh & Griggs

701- 845-4300 or
1-800-472-0031

Check out our website:
www.southcentralseniors.org

Wishek Senior Center
5 S. Centennial Street
Wishek, ND 58495
701-452-2472

Ashley Senior Center
111 Center Avenue N.
Ashley, ND 58413
701-288-3540

Lehr Community Center
122 Main Street
Lehr, ND 58460
701-261-7016

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

RUBY BECK
Outreach

