November & December 2026

SOUTH CENTRAL ADULT SERVICES

Barnes County

Celebrating Our Drivers at the 2026 DTA Conference

The 2026 Dakota Transit Association Conference and Bus Roadeo was held September 18-20 in Huron, SD, this Year. Roadeo participants included Ann VandeHoven, Dale Wangrud, Dustin Limberg, and Steve Fisher (pictured).

Dustin Limberg placed 3rd among North Dakota contestants and also received a perfect score in the wheelchair securement category. All of our drivers turned in exemplary performances in the Bus Roadeo. Thank you to all of them for participating. The Bus Roadeo Banquet, held later that evening, saw our own Larry Compson receive the Driver of the Year award and Dustin Limberg receive the Q'Straint Above and Beyond award.

Congratulations to Larry and Dustin for receiving these honors!



EBT/SNAP

We accept EBT/SNAP (Food Stamps) contributions.

We would like to remind all meal recipients (congregate, frozen, home delivered meals & liquid supplements) that EBT cards may be used for your contributions.

Please call 845-4300 for more info.

Legal Services of ND

Age 60+
Call 1-866-621-9886
Monday—Thursday,
9 AM to 3 PM

Under age 60
Call 1-800-634-5263
Monday—Thursday,
9 AM to 3 PM



Bone Builders

Bone Builders exercise class meets Wednesdays & Fridays at 9:30 AM at the Barnes County Senior Center.

Everyone is welcome!

Call 845-4300 with any questions.



Come sign up to play PINOCHLE on Tuesdays at 1 pm, with a sweet treat at the end.





Take the South Central Bus to Thursday Supper at the Senior Center

Free of Charge!

- We will pick you up at your house or apartment and drop you off at the front door of the Senior Center.
- You don't have to worry about parking, weather conditions or walking in the dark.
- It's a good meal at an inexpensive price (suggested donation of $3.50 for those over 60).
- Musical entertainment along with meal on selected Thursdays.



2 leeks
1 large butternut squash
3 cups low-sodium vegetable or chicken broth
2 carrots, peeled and sliced
1 apple, chopped
1 potato, peeled and chopped
1 large onion, chopped
1/4 cup fresh parsley, chopped
2 cloves garlic (or 1 tablespoon minced garlic)
1 teaspoon dried oregano
1/2 teaspoon dried rosemary
1 (5-ounce) can fat-free evaporated milk

Discard the tough green leaves and root ends of the leeks. Halve the leeks lengthwise and wash well to remove any dirt from between the layers. Chop coarsely. Peel, seed and coarsely chop the squash. In a 3-quart saucepan, combine leeks, squash, broth, carrots, apples, potatoes, onions, parsley, garlic, oregano and rosemary. Cover and cook over medium heat until the vegetables are tender, about 30 minutes. Puree soup in a food mill or blender, working in batches. Stir in the milk, adding more if the bisque is too thick. Makes six (1-cup) servings. Each serving has 210 calories, 0.5 gram (g) fat, 6 g protein, 50 g carbohydrate, 8 g fiber and 140 milligrams sodium

Barnes County Outreach

Candace will be in the office Monday - Thursday

If you have needs regarding healthcare, prescription drug coverage, turning 65 and eligibility for Medicare and Social Security or other needs, you may schedule an appointment with Candace for assistance, either at the office or an in-home call.

We have frozen meals for those who live in areas where Meals On Wheels are not served.

Please call Candace Johnson at 490-3142 or 1-800-472-0031 to schedule an office or home visit.

Game Players Wanted!

The Senior Center in Valley City is looking for anyone interested in playing cards or games on Mondays and Thursdays.

If you'd like to sign up or make a suggestion, please call the senior center at 845-4300.





1. GDIOOWLL _____
2. YXEJOU ELON _____
3. ENLATR _____
4. IKRS KELNGIR _____
5. NICEM IEP _____
6. GNADRAL _____
7. ARODN _____
8. CFNCNIOESOT _____
9. EEERZEBN _____
10. URKPMAS _____
11. ETMLAN _____
12. TRNMEONAAL _____
13. OTCEM _____
14. IATOODARN _____
15. GMBUHU _____
16. MUAIIRLNA _____
17. CENALIBJU _____
18. MEEL KIILAKAKAM _____
19. APRTGEDIR _____
20. LDIGDNWAS LTHOCSE _____

Gift Certificates for Meals Available

Contract your senior center

for more information.

South Central Adult Services

Gift Certificate

SAMPLE

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: _____

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 redetermined.

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)

Medicare Part D Open Enrollment

A checklist to help you choose a Part D plan



The annual Medicare Part D Open Enrollment is from October 15th to December 7th. During this time, you can compare prescription drug plan coverage and decide about your coverage for 2026.

If you're shopping around for Medicare prescription drug coverage, it can be a mistake to look only at premium costs. Instead, you should weigh several factors in choosing a Part D plan:

- Does this plan cover my drugs? Are my drugs covered specifically for my condition?
- If it doesn't cover a drug I take, does it cover one that will work for me? (Ask your doctor.)
- How much will I pay at the pharmacy for the drugs I need?
- What costs should I expect to pay for my drug coverage (premiums, deductibles, co-payments)?
- Are my pharmacies preferred and in-network?
- Will enrolling in this plan affect my existing drug/health coverage?
- Does this plan place any coverage restrictions on my covered drugs?

Here are some options for doing a plan comparison:

◊ You can complete a plan comparison on the Medicare website at: www.medicare.gov/plan-compare or by calling 800- MEDICARE (800-633-4227).

◊ North Dakota Insurance Department will be available by telephone for enrollment assistance. They can be contacted at 701-328-2440 Option #1 or 1-888-575-6611.

◊ Candace Johnson, Outreach Services at SCAS, is available to conduct Part D comparison sessions for 2026 Medicare Prescription Drug Plans during the open enrollment period.

Please call for an appointment or questions.
Walk-ins CANNOT be accommodated.

You can reach **Candace Johnson at 701-490-3142** or 1-800-472-0031.

Please note, SCAS comparisons are available for Part D plans only. For Medicare Supplement and Medicare Advantage plan comparisons, contact your local insurance agent or ND State Health Insurance Department.

Outreach Services at South Central Adult Services are acting in good faith to provide independent, impartial information. We do not sell, recommend, or endorse any specific insurance product. We will provide Part D plan comparison information provided by the Medicare Plan Finder website. Plan comparison information provided by the Medicare Plan Finder website is an estimate of costs.

RIDES AVAILABLE

A bus will be available every day to pick up passengers to bring them to the Senior Center for lunch.

The cost is 50¢ for round trip when participating in the meals program.

The bus will begin picking people up at 11 AM and will leave the site after the meal between 12:30 & 1 PM.

If you would like to have a ride to the Senior Center for lunch, <u>you must call a day in advance</u>.

Contact the dispatcher at 845-4300.

Cost for rides to the center for activities is $2.

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





Reminder to Home Delivered Meal Clients

I would like to remind everyone who receives home delivered meals from the Valley City kitchen, that the staff **needs to be notified before 9 AM** of ***any*** changes in the meal route. It is very difficult for the cooks to add or remove meals from the routes after that time. Each meal is individually packaged and we serve between 60 to 80 meals every day.

We greatly appreciate your consideration. **Please call 701-845-4300 for any changes.**

Did you know the Senior Center has greeting cards for 50¢!

Stop by and check out the selection!



Barnes County Senior Center
139 2nd Ave SE, Valley City, ND

Anyone interested in learning CRIBBAGE?

Call Russ 231-818-6552





Nutrition for Older Adults: Why Eating Well Matters as You Age

Age-related physical changes and personal circumstances can impact healthy eating



Health conversations around older adults tend to revolve around things like memory loss, safety and managing chronic conditions. What's often overlooked? Senior nutrition. The reality is that aging can come with changes to your health and your life that make eating a healthy diet harder to do. But older adults are particularly prone to shifts in weight. And keeping up a healthy diet that takes into consideration your changing nutritional needs and the challenges you face is important to aging in a healthy way. "I often see aging people in my practice who experienced nutrition insufficiencies and weight changes for both medical and circumstantial reasons," says geriatric specialist, Dr. Hall, DO. Medical conditions and medication can make it hard to get proper nutrition as you age. They can affect your ability to exercise to maintain your muscle strength and your appetite. And if you have any mobility issues or can no longer drive, shopping for nutritious foods can be a big obstacle. We get it. But we also know that eating well is important to keeping frailty at bay. It's important for keeping your brain active. And it's important for your mental and emotional health as well. We talked with Dr. Hall about the nutritional needs for people over the age of 65 and advice for keeping up a healthy diet as you get older.

Why diet matters for older adults

Maintaining a healthy diet is important for your health no matter your age. A healthy diet that focuses on lean protein, plenty of fruits and vegetables, and limiting added sugar is good advice all around. But as you get older, particularly after the age of 65 or so, eating healthy can become more challenging. Medical conditions that tend to afflict adults later in life can cause dramatic (and unhealthy) weight loss. This includes issues like malnutrition, osteoporosis, and iron and vitamin deficiencies. Age-related changes to your metabolism or digestion can lead to unintentional weight fluctuations, too. And as you age, your circumstances and lifestyle can lead to neglecting healthy eating habits. "For example, the unfortunate death of a spouse can lead to loneliness and depression, which can result in a lack of interest in taking care of ourselves," Dr. Hall illustrates. "Not to mention the added challenge of adjusting cooking habits for only one person instead of two. "Additionally, any loss in independence can also make it harder to shop for healthy foods and cook them properly. This can leave older adults more reliant on packaged and prepared foods or meals that aren't nutritionally complete. Even though nutrition may be harder to maintain as you age, it may be even more important than when you were younger. "As you age, your body can have a harder time with certain functions, like maintaining your heart health, kidney function, bone regeneration and more," Dr. Hall explains. "But getting proper nutrition — like enough protein and the proper amount of vitamins and other nutrients — is an important part of helping to keep those systems and others strong and functioning at their best."

She adds that a healthy diet can play a big role in your overall health, including your:

- Brain and memory function.
- Heart health.
- Bone strength.
- Muscle tone.
- Immunity.
- Gastrointestinal functioning.
- Mental health and well-being.

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Tips for eating well as you age
So, how can you be sure you're getting the proper nutrition and prioritizing a healthy diet? Dr. Hall suggests these tips:

Maintain a regular eating schedule
Some older adults may need to make a focused effort to eat regularly. But having a specific mealtime to look forward to enjoying every day can be good for both your physical and mental well-being.

Don't skip meals. If you need a reminder, Dr. Hall recommends adding mealtimes and snacks to your calendar or setting an alarm on your watch, computer or phone app to remind you when to eat.

Eat with others
Mealtimes can be a great time to gather with friends and loved ones.

"Friends, family and gathering socially with our community makes mealtime more enjoyable and is just as important for our mental health as what we eat is for our bodies," Dr. Hall notes. "Invite others to join you, share stories and connect while you eat." A shared meal can be especially uplifting if you're experiencing depression, loneliness or lack of interest in other activities.

Practice food safety habits
The U.S. Department of Health & Human Services says people over the age of 65 can be more at risk for foodborne illnesses, like *Listeria* and *Salmonella*. In part, that can be because your immune system can weaken as you age. And aging can decrease how well your kidneys and liver filter and rid toxins from your body.

Dr. Hall recommends these food safety tips:

- Pay close attention to expiration dates and other signs your food has "turned."
- Take special care to wash your hands and surfaces often.
- Cook foods like meat and eggs thoroughly.
- Refrigerate leftovers promptly.
- Limit or avoid soft cheeses, raw or undercooked meat, seafood and unpasteurized milk products.

What should an older adult's diet look like?
Older adults can make sure they're eating for their maximum health benefit by focusing on a few key diet needs like:

Getting your fiber: Add fiber to meals with foods like whole grains, and raw fruits and vegetables.

Eating healthy fats: Reduce your cholesterol and fat intake and make smarter choices by enjoying or preparing foods with healthy fats, which include olive oil, avocados, salmon and walnuts.

Reducing your salt consumption: Season dishes with garlic, herbs and other spices. Choose foods that are low in sodium or have no added salt.

Limiting "white foods": That includes things like white bread, rice and potatoes, which don't provide much in terms of long-term nutritional value.

Staying hydrated: Aging can put you at an increased risk for dehydration. Drink six 8-ounce glasses of water or other beverages daily (if you're not on a fluid-restricted diet). Limit drinks that contain caffeine and alcohol.

Maximizing your vitamin D intake: Increase your exposure to sunlight (always wearing sunscreen, of course!) and eat foods high in vitamin D — such as fatty fish, canned tuna, egg yolks, fortified milk and cereal or supplements (per approval from your healthcare provider).

Talk with your provider for specific advice
Aging can come with health conditions that can be best managed with personalized care and healthy-eating advice. When in doubt, ask. "Be sure to talk with your doctor about how to eat right for your best health," Dr. Hall advises. "Your doctor may make other recommendations based on your unique medical history and overall personal health profile. For example, an older adult whose blood pressure drops when they stand up may need a diet slightly higher in salt. Your care team will tell you the best way forward for you. "It's important that older adults who experience changes in appetite and weight see a doctor before making any dietary changes," Dr. Hall emphasizes. "Take good care of yourself, and address your nutrition concerns head-on so a proper plan can be put in place for you to get back on track to being your best you."

Fall Festival Winners

1st: Ryan Mathias, $150 cash
2nd: Kathy Miller, Valley Meat
3rd: Amy Ertelt, oil change
4th: Andrew Embrey, Bong's Bootery
5th: Kelly Bennefeld, Handy Hardware
6th: Peggy Roehrich, Dairy Queen
7th: Lenore Lebahn, Leevers
8th: Bob Loken, Pizza Corner
9th: Natalie Meyer, Alley Beans

Paul Donohue & Perry Roorda sold 54 books of tickets. Doreen Larson 13, Gloria Wetzel 11, Merlinda Villarin 10, JoAnn Korf 8, John Thompson 7, Elaine Miedema 6, Carol Szalay 5, Arlys Netland 5, Arlene Flatlie 4 & Sharon Coleman 1.

2026 Money Raised

Rolls - $273; Bake Sale - $554.45;
Raffle - $3,458; Bingo - $22.40;

Total raised - $4,407.85

I would like to recognize the Advisory Board members, kitchen staff and all who volunteered to help in any way during the Fall Festival. Thank you all so much! Also, thank you to our raffle sponsors: Valley Meat, Leevers, Puklich, Stoudt-Miller Inc., Smith Lumber, Pizza Corner, Handy Hardware, Dairy Queen, and the Senior Center.

And to anyone I missed, Thank you!

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 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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1. GOODWILL
2. JOYEUX NOEL
3. ANTLER
4. KRIS KRINGLE
5. MINCE PIE
6. GARLAND
7. ADORN
8. CONFECTIONS
9. EBENEZER
10. KRAMPUS
11. MANTLE
12. ORNAMENTAL
13. COMET
14. ADORATION
15. HUMBUG
16. LUMINARIA
17. JUBILANCE
18. MELE KALIKIMAKA
19. PARTRIDGE
20. SWADDLING CLOTHES

DONATIONS

Food Pantry

Tom Lorenz

Rodney & Paulette Johnson

Lenore & Terry Lebahn

Marvis Dilts & Connie Erickson in memory of Donelda Remmick

Our Saviors Lutheran Church

Phillip & Darlene Mueller

Cynthia Metcalf

Salvation Army-Northern Division General Fund

Joe Leitner

Ann & Doug Kelly in memory of Dolly Parton

Faith Lutheran Church

Margaret Undem

Marge Welken in memory of Ruby Hansen

Remmick family in memory of Donelda Remmick

Community Religious events

Bethel Lutheran Church WELCA

Mavis Dilts in memory of Marlo Sloan

Transit

Elaine M Zaun

Arlys Netland

Warren Ostby

Marck & Pamela Johnson

E.M. Zaun in memory of Ruby Hansen

John Thompson & Kara Kramin in memory of Gerald Barker

Wanda Lorenz

Meal on Wheels

Vivan Melville in memory of Chad Melville



On August 20th, 11 Seniors enjoyed a bus trip to the Nome Schoolhouse and had a delicious meal in their dining hall. There was much talk and laughter about their school days and home life many years ago.

Those on the trip were: John Thompson, Kara Kramin, Perry Roorda, Bev Rohrbeck, Ardis Martin, Nadine Van Dyke, Duane Thompson, Doris Aas, Carol Szalay, Kathleen Bishop, and Doreen Larson. Nick Scotten was our helpful and reliable driver.

Dinner at Fort Ransom

15 seniors enjoyed the beautiful fall scenery on the way down to Fort Ransom on Thursday, September 24. Upon arriving at Fort Ransom they enjoyed the delicious meat at the Dry Hollow restaurant. Thirteen seniors rode on the bus and John and Kara Thompson joined up at the restaurant.

Those attending were: Duane Thompson, Elaine Miedema, Bev Anderson, Jim Fiedler, Nadine Van Dyke, Bev Rohrbeck, Audrey Smith, Doreen Larson, Carol Szalay, Bob Gaasland, Gloria Wetzel, Doris Aas, Ardis Martin, John Thompson and Kara Kramin.



PUBLIC TRANSIT

Please try to schedule your ride a day in advance call 701-845-4300

Monday through Friday
8:00 am until 4:45 pm
Saturday & Sunday
8:00 am until 1:45 pm
**** Rides cost $2.00 ****

RURAL TRANSPORTATION
Monday through Friday:
All rides to Fargo cost $10.00 plus $2.00 every additional stop

Mondays, Wednesdays & Fridays:
All rides to Jamestown cost $5.00 plus $2.00 every additional stop

Upon Request:
Sanborn, Rogers, Wimbledon, Dazey, Leal & Sibley to Valley City cost $5.00 plus $2.00 every additional stop

Upon Request:
Kathryn, Nome, Fingal, Oriska, Litchville & Hastings to Valley City cost $5.00 plus $2.00 every additional stop

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

Gifts & More



Stop in and check out the Gift Shop at the Valley City Senior Center. Great gift ideas for those special people in your life.

Congregate Meals

Hot, delicious meals are served at the Valley City Senior Center seven days per week, with the exception of legal holidays. Meals are served at 11:30 a.m. Monday through Friday, noon on Saturday and 12:30 p.m. on Sunday. Anyone age 60 or over is welcome to participate.

People are asked to call and reserve meals at least one day in advance. The suggested contribution is posted at each meal site. The suggested meal donation in Barnes County is $3.50 for participants 60 years and older. The cost of meals for persons under 60 years of age is $9.00.

Food Stamps are an accepted method of contribution for congregate meals.

To make reservations call 701-845-4300.

Volunteers Needed for Home Delivered Meals

Volunteers are needed to deliver Home Delivered Meals. Meals are served 7 days a week over the lunch hour.

Routes take approximately 30 minutes to deliver and are divided by area of town.

Call the center at 845-4300 for more information or to volunteer.

Holiday Berry Parfait with Pistachio & Pomegranate



For the Pistachio Crust
- ½ cup shortbread cookie crumbs (from approximately 7-8 shortbread cookies)
- ¾ cup shelled lightly salted pistachios
- 1 ½ tablespoons melted butter
- 1 tablespoon honey
- ½ teaspoon lemon juice
- ½ teaspoon finely grated orange zest
- ⅛ teaspoon ground cardamom
- Pinch of kosher salt

For the Cream Layer
- 8 ounces cream cheese, softened
- ¾ cup powdered sugar
- ¾ teaspoon vanilla extract
- ¾ cup whipped cream or whipped topping

For the Fruit Topping
- 3 cups fresh raspberries
- 6 tablespoons pomegranate arils

Instructions

1. Make the shortbread cookie crumbs: In a food processor, pulse the shortbread cookies into ½ cup of crumbs. Empty from the food processor and set aside.
2. Make the crust: In the food processor, pulse pistachios until finely chopped. Add back in the shortbread crumbs, plus the melted butter, honey, lemon juice, orange zest, cardamom, and salt. Pulse until the mixture clumps when pressed together.
3. Spoon the crust into parfait cups: Divide about 2-3 tablespoons of the crust mixture into 6 clear parfait/dessert cups. Press gently. Chill 10-15 minutes while preparing the cream layer.
4. Prepare the cream layer: Beat softened cream cheese, powdered sugar, and vanilla until smooth and creamy. Gently fold in the whipped cream until light and fluffy. Spoon or pipe about 3 tablespoons of filling into each glass over the crust and smooth the surface.
5. Chill: Chill the crust and cream layers for at least 30 minutes (or up to 24 hours in advance).
6. Add the fruit topping: Top each parfait cup with ½ cup raspberries and 1 tablespoon pomegranate arils.

Serve cold.



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

Barnes County Senior Center
& Food Pantry
139 2nd Ave. SE
PO Box 298
Valley City, ND 58072
701-845-4300

Bridgeview Estates
1120 5th St. NE
Valley City, ND 58072
701-845-8061

Patricia Hansen
Director

Jodi Elliott
Bookkeeping

Candace Johnson
Outreach

Rod Grafing
Transit Coordinator

Nissa Crandall
Reception

Denise Guilbault
Transit Billing

Joann korf
Site Manager

Alecia Giesler
HDM/Rosters/Office Assistant

Tambara Preston
Transit Dispatch

Jenn Miklas
Children Transportation