SOUTH CENTRAL ADULT SERVICES

McIntosh County

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.

Continued on Page 3

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!

November

Thursday, November 5:
5:30 PM Evening meal, followed by cards and games.
Thursday, November 12:
5:30 PM Evening meal, followed by cards and games.
Wednesday, November 18th: 9 AM Coffee Social and Breakfast
Thursday, November 19
5:30 PM Evening meal,
7 PM Wishek regular meeting.
Thursday, November 26:
Happy Thanksgiving!
Sunday, November 29:
7 PM Pinochle Tournament

December

Wednesday, December 2:
9AM Coffee Social and Breakfast
Thursday, December 3:
5:30 PM Evening meal, followed by cards and games.
Thursday, December 10:
5:30 PM Evening meal, followed by cards and games.
Thursday, December 17:
5:30 PM Evening meal,
7 PM Wishek regular meeting.



Thursday, December 24:
Christmas Eve
Friday, December 25:
Merry Christmas!
Sunday, December 27:
7 PM Pinochle Tournament
Thursday, December 31:
New Year's Eve

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 Tuesdays and Thursdays. Last full week in the month Thursday and Friday 10-11am

November

Monday, November 2:
6 PM: Evening meal followed by Bingo and cards.
Monday, November 9:
6 PM: Evening meal followed by Bingo and cards.
Monday, November 16:
6 PM: Evening meal followed by Bingo and cards.
Monday, November 23:
6 PM: Evening meal followed by Bingo and cards.
Tuesday, November 24:
6 PM: Evening meal followed by Bingo and cards.
Monday, November 30:
6 PM: Evening meal followed by Bingo and cards.

December

Monday, December 7:
6 PM: Evening meal followed by Bingo and cards.
Monday, December 14:
6 PM: Evening meal followed by Bingo and cards.
Monday, December 21:
6 PM: Evening meal followed by Bingo and cards.
Monday, December 28:
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.



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."

HAPPY Thanksgiving

Secret Message

DIRECTIONS: Here is a quote about Thanksgiving. Each distinct letter in the original phrase has been substituted with another letter from the alphabet. We've given you one of the letters to help get you started.

H H H
FWLO EWL ODTWE FDOYI

H H H H
FWDIECL EWZSNTW EWL EZLLI

H H
ROY UCSF EWL XZDIV UZSFO

H
CLRJLI R-XZRXMCDOT YSFO,

H H
FWLO EWL RNENBO BSSO DI

UDT ROY QLCCSF-SZROTL ROY

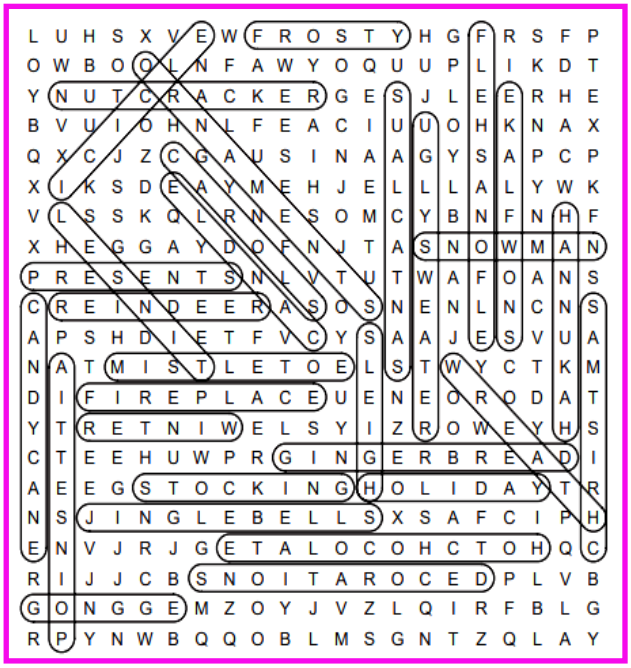
ZSNOY,

H
FWLO SCY GRXM HZSIE DI

H
IVRZMCDOT SO EWL TZSNOY,

H
DE'I EWROMITDJDOT EDBL!

– Langston Hughes



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.

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.



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

Ashley & Zeeland Menu for November 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Evening Meal Swiss Steak with Veggies Biscuit Fruit	3	4 Chicken Patty Hashbrown Bake Vegetable Relish Pineapple	5	6 Chicken Cordon Bleu Wax Beans Tator Tots Apricots
9 Evening Meal Sausage Boiled Potatoes Creamed Cabbage Ambrosia Salad	10	11 Hamburger Hotdish Peas Fruit	12	13 All Beef Hot Dogs Sauerkraut Potatoes Juice Pudding
16 Evening Meal Ham Baked Potato Peas & Carrots Apricots	17	18 Fish Patty Coleslaw Potatoes Fruit	19	20 Grilled Chicken Green Beans Potato Wedges Cherries
23 Evening Meal Turkey & Stuffing Mashed Potatoes Green Bean Casserole Cranberries Pumpkin Desert	24 Smoked Pork & Cheese Sandwich Pasta Salad Fruit	25 Vegetable Soup Meat Sandwich Applesauce		
30 Evening Meal BBQ Ribs Corn Baked Potato Peaches			**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 December 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. Fresh fruit served when available.	1	2 Chicken Kiev Potatoes Green Bean Apricots	3	4 Lasagna Buttered Peas Garlic Toast Fruit
7 Evening Meal Pork Roast Boiled Potatoes California Blend Apple Slices	8	9 Cheeseburger Pie Peas & Carrots Fruit	10	11 Shredded Beef Sandwich Potato Wedges Fruit
14 Evening Meal Pork Chops Baked Potatoes Corn Pears	15	16 Tator Tot Hotdish Carrots Fruit	17	18 Ham & Bean Soup Carrot Raisin Salad Pineapple
21 Evening Meal Roast Beef Mashed Potatoes 4-way Veggies Fruit	22 Chicken Strips Macaroni & Cheese Tomato Spoon Salad Fruit	23 Tomato Soup Meat Sandwich 3-Bean Salad Fruit		
28 Evening Meal Meatloaf Mashed Potatoes Garlic Green Beans Peaches	29	30 Vegetable Beef Soup Meat Sandwich Fruit	**31**	**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!**

Wishek & Lehr November 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburger, Knoephla & Sauerkraut Hotdish Corn Fruit Salad	3 Grilled Chicken Breast on a Bun Tomato Slices & Onions French Fries Applesauce	4	5 **Evening Meal** Homemade Chicken Noodle Soup Chicken Veggie Salad Sandwich Fruit Dessert	6
9 Cod Filet Hashbrown Patties Broccoli Salad Oranges	10 Sweet & Sour Pork Rice Vegetable Egg Roll Tropical Fruit	11	12 **Evening Meal** Ribs Baked Potato Calico Beans Fruit Dessert	13
16 Spaghetti with Meat Sauce Peas & Carrots Garlic Bread Pineapple	17 Chili Soup Cornbread Muffin Corn Salad Pears	18 Breakfast Pizza V8 / Orange Juice Caramel Rolls **Coffee Social** **Holiday Pie Class following Breakfast**	19 **Evening Meal** Turkey with Gravy Green Bean Casserole Mashed Potatoes Stuffing Cranberries Pumpkin Pie	20
23 Pancakes Sausage Hashbrown Patties V8 / Orange Juice Mandarin Oranges	24 Beef Fajitas with Salsa Spanish Rice Broccoli Grapes	25 **Noon Make–up Meal** Stuffed Peppers in Tomato Gravy Fried Potatoes Fruit Salad	24 **CLOSED** 	27
30 Ham on a Croissant Vegetable Pasta Salad Blueberry Fruit Salad			**Substitutions may be necessary due to product availability.**	

Wishek & Lehr Menu for December 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.	1 Chicken Strips Potato Salad Broccoli Salad Cherries	2 **Breakfast** Sausage Gravy over Biscuits Scrambled Eggs V8 / Orange Juice **Christmas Candy Class Following Breakfast**	3 **Evening Meal** Creamed Chicken Mashed Potatoes Corn Dumpling Fruit Dessert	4
7 Lasagna Veggie Salad Garlic Bread Peach Salad	8 Hot Beef Combo with Mashed Potatoes Corn Gravy Cookie Mandarin Orange Salad	**9**	10 **Evening Meal** French Dip Sandwiches Hashbrown Bake Glazed Carrots Fruit Dessert	11
14 Pulled BBQ Pork on Bun Baked Beans Pistachio Fruit Salad	15 Vegetable Soup Turkey on Croissant Jello	16	17 **Evening Meal** Ham Strudels Creamed Potatoes Mixed Veggies Christmas Treat	18
21 Tuna Noodle Casserole Peas Pickled Beets Strawberry Banana Salad	22 Porcupine Meatballs with Red Gravy Mashed Potatoes Carrots Apple Pie Enchilada	23	24 **CLOSED**	25 
28 BBQ on Bun Tator Tots Peas & Cheese Salad Fruit Cocktail	29 Baked Knoepfla Hot Dog Coleslaw Grape Salad	30	**Substitutions may be necessary due to product availability. Fresh fruit served when available.**	

December

CANDLE
CANDY CANE
CAROLS
CHRISTMAS
DECORATIONS
EGGNOG
ELF ON A SHELF
FIREPLACE
FROSTY
GINGERBREAD
HANNUKAH
HOLIDAY
HOT CHOCOLATE
ICICLE
JINGLE BELLS
MISTLETOE
NUTCRACKER
ORNAMENTS
POINSETTIA
PRESENTS
REINDEER
SANTA CLAUS
SLEIGH
SNOWFLAKE
SNOWMAN
STOCKING
TINSEL
UGLY SWEATER
WINTER
WREATH

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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



A BIG THANK YOU to Badger Wind for a very generous $5,000 donation to programs in McIntosh and Logan counties.

Secret Message

WHEN THE NIGHT WINDS
FWLO EWL ODTWE FDOYI

WHISTLE THROUGH THE TREES
FWDIECL EWZSNTW EWL EZLLI

AND BLOW THE CRISP BROWN
ROY UCSF EWL XZDIV UZSFO

LEAVES A-CRACKLING DOWN,
CLRJLI R-XZRXMCDOT YSFO,

WHEN THE AUTUMN MOON IS
FWLO EWL RNENBO BSSO DI

BIG AND YELLOW-ORANGE AND
UDT ROY QLCCSF-SZROTL ROY

ROUND,
ZSNOY,

WHEN OLD JACK FROST IS
FWLO SCY GRXM HZSIE DI

SPARKLING ON THE GROUND,
IVRZMCDOT SO EWL TZSNOY,

IT'S THANKSGIVING TIME!
DE'I EWROMITDJDOT EDBL!

PAGE 4

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

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



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.

McIntosh County Outreach

November & December

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



McIntosh County Transit

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

All persons in McIntosh County may ride the buses regardless or 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

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.**

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:

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

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

