

**WELLS SHERIDAN COUNTY AGING COUNCIL  
905 LINCOLN AVE.  
HARVEY, ND 58341  
701-324-4032**

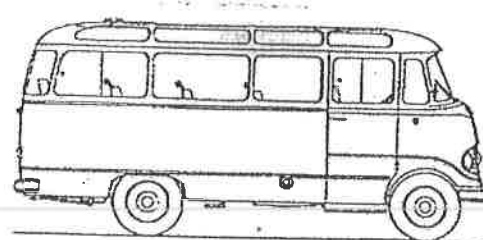
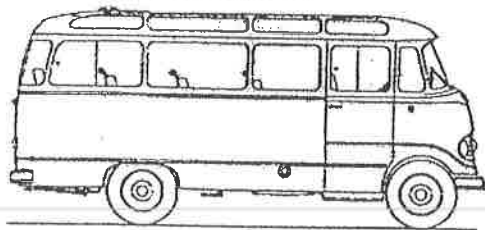
**MAY 2023**



***Wells Sheridan  
will be closed  
Monday, May 29  
for Memorial Day***

**If you know of anyone needing our services  
please refer them to us at 701-324-4032.**

**Thank you**



**NOTICE!!!**

**To all bus riders of Wells Sheridan Public Transit**

**Are You a Medicaid Card Holder?**

**You can present your MEDICAID CARD to Mary or Greg upon entering the bus when you schedule a ride for all our medical appointments.**

**When you call Wells Sheridan Public Transit, let the dispatcher know you have MEDICAID coverage and your MEDICAD number. Check with your Social Worker to see if you have coverage for Medical Rides.**

**You can use your card for all Medical transportation needs. This would be from home to your doctor's office and from your Doctor's office to home. This is for in town rides and rides to Minot and Bismarck.**

**The Jamestown Billing Office will bill your approved ride to ND Medicaid.**

**MEDICAID has strict rules on what rides are covered and what rides are not covered.**

**Please contact Maureen Wegenke or Rhonda in the Transit Office in Jamestown, ND at 701-252-2882 for any questions regarding your MEDICAID ride coverage.**

**Thank you for using Wells Sheridan Public Transit.**

**Our mission is providing safe affordable transportation needs in our communities.**

**Maureen Wegenke**

**Director of James River Senior Citizen's Inc.**

**Covering the counties of Stutsman, Wells and Sheridan.**

# A Pocket Guide to Preparing Fruits and Vegetables - Part I

This pocket guide provides creative ideas for using fruits and vegetables as part of nutritious meals and snacks. Be sure to wash your hands with warm, soapy water before and after preparing food. Rinse fresh fruits and vegetables, even those you peel, under running tap water.

On average, children and adults should aim to consume 4½ to 5 cups of fruits and vegetables daily, but most people fall short of that goal. All forms of fruits and vegetables, including canned, fresh, frozen and dried, count toward the recommendation. From fresh to grilled to roasted, try some different ways to enjoy fruits and vegetables.

This pocket guide provides creative ideas for using fruits and vegetables as part of nutritious meals and snacks. Be sure to wash your hands with warm, soapy water before and after preparing food. Rinse fresh fruits and vegetables, even those you peel, under running tap water.

■ See [www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork) for webinars, fact sheets and much more.

■ See [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) for more information about food preservation (canning, freezing, drying), food safety and nutrition.

## Apples

**Fresh** – Enjoy apples fresh.

**Boil** – Chop apples and cook in water for 10 minutes. Drain water, then make applesauce or mix with honey, cinnamon and butter for a sweet side dish or dessert.

**Grill** – Slice apples into ¼-inch slices and brush with butter. Place on a grill and cook until grill marks appear. Remove and top with cinnamon or honey.

**Dried** – Slice apples horizontally into ½-inch-thick rounds. Soak apples in lemon water for 30 minutes, then pat dry. Arrange apples in a single layer on baking sheets. Add a sprinkle of cinnamon if desired. Bake for two hours at 200 F. Turn off the oven and let apples sit in the oven for one to two hours as they cool further, until desired crispiness.

## Asparagus

**Steam** – Bring an inch of water to boil in a pan with a steamer insert in the bottom. Cover the pan. Steam just until the thickest stalks can be pierced with a sharp knife. This takes about three to eight minutes, depending on thickness of the stalks. Season and serve immediately.

**Roast** – Preheat oven to 425 F. Cover a cookie sheet with foil (optional) for easy cleanup. Place asparagus on a cookie sheet in a single layer. Coat the asparagus with olive oil. Sprinkle with a pinch of salt and pepper. Roast for 12 to 15 minutes until asparagus is tender.

• Squeeze lemon juice or sprinkle Parmesan cheese over the top for flavor.

**Grill** – Mix oil and garlic and drizzle the mixture over the asparagus. Grill on a grill pan for about five minutes and turn regularly with tongs. Grill until tender but not mushy.

TRANSIT

Daily Bus Service in Harvey  
8:00 a.m. - 5:00 p.m.  
Monday through Friday

Transit Fee:  
\$1.50 per one-way ride

PLEASES CALL IN ADVANCE  
FOR RESERVATIONS

MONTHLY TRIPS NOTICE

MINOT

Cost - \$30.00

May 2<sup>nd</sup>

BISMARCK

Cost - \$40.00

May 9<sup>th</sup> and 16<sup>th</sup>

Sheridan County Rides - \$25.00

NOTE

This is a one-way trip. If you  
want to go to any other  
appointment or shopping, it is  
an additional \$1.50 pick up.

WELLS SHERIDAN EMPLOYEES

Kathy Fischer - Meals Program  
Secretary/Dispatch  
Barb Sisson - Afternoon Secr./Dispatch  
Arlys Schmidt - Head Cook  
Helen Koble - Assistant Cook  
Lauren Timblin - Kitchen  
Mary Grossman - Bus Driver  
Greg Rime - Bus Driver/Medical  
Ken Garberg - Part Time Bus Driver

LOAN CLOSET

Wells/Sheridan has a variety  
of assistive devices for rent  
such as:

Wheel Chairs	Walkers
Canes	Toilet Risers
Bath Seats	Commodes

Just to mention a few. If in need  
of any devices, please contact  
Wells Sheridan at 701-324-4032

NOTICE

Bone Builders every  
Monday at 1:00 p.m.

Senior Club Meeting  
the 2nd Tuesday  
of the month at 1:00 p.m.  
May 9<sup>th</sup>

**WELLS/SHERIDAN  
COUNTY AGING  
COUNCIL INC.  
905 Lincoln Ave.  
701-324-4032**

**2022 Fund Raising  
Board of Directors**

President  
**Cathy Seefeld**

Vice President  
**Judy Weigelt**

Secretary/Treasurer  
**Dick Leintz**

Well County  
Commissioner  
**Dennis Dockter**

Board Member  
**Debbie Forschen  
Donna Marthe  
Otto Geigle  
Donald Yoder**

Project Director  
**Maureen Wegenke  
James River  
Community Center  
701-252-2882**

### DISCRIMINATION POLICY

Wells/Sheridan County Aging Council assures that they will comply with Title VI of the Civil Rights Act of 1964, (P.L.88-352): If otherwise eligible, no person shall be denied or excluded from participation of benefits or be otherwise subjected to discrimination due to race, color or natural origin.

Any person otherwise eligible, who feels he/she has been denied services or excluded from participation for reason of race, color or natural origin or handicap should contact:

**Mauréen Wegenke/Project Director  
Wells/Sheridan County Aging Council  
James River Community Center 701-252-2882**

### MEAL PROGRAM

Wells/Sheridan County Aging Council, Inc. provides Congregate/Home Delivered and Frozen Meals.

Suggested donations for meals for those 60 years of age or older is \$4.00 per meal.

For those under 60 years of age, the cost is \$7.22 per meal.

Please make Reservations

**There are spaces available  
for advertising in the  
Newsletter AND on our buses**

THANK YOU



THANK YOU

**HAV-IT**

Joyce Pestal  
Ardent Mill Employees  
Tim Huseh  
Luella Vetter  
Sandy Kittelson  
Sheila Grosgebauer  
Connie Kunz  
Judy Weigelt

Herald Press  
Bob Pestal  
Carol Weninger  
Beth Huseh  
David Thomas  
Brenda Lloyd  
Candice Krieter  
Vicki Durick  
Lewis Weigelt

**KHND**

Dick White  
Pam Held  
Evie Nelson  
Lewelyn Tewksbury  
Vi Seibold  
Sandy Post  
Donna Wipf

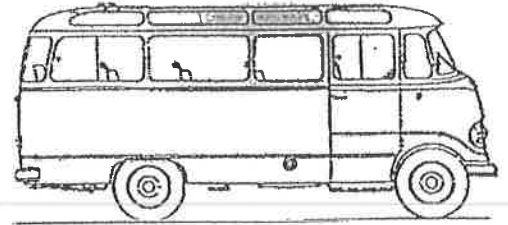
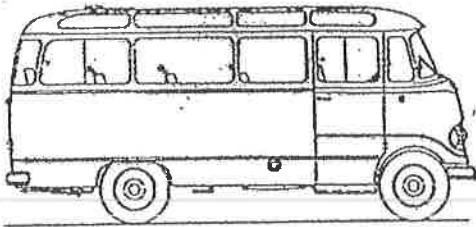
**NOTICE-BINGO**

**Bingo has been delayed but hope  
to start up this month.**

**Check Local Community Events  
in the Herald Press OR  
listen to KHND for updates**

**MEMORIAL**

**Anna Striefel**



## ATTENTION

When riding the bus to Wells Sheridan Senior Center for one of their delicious lunches, your bus ride is only 50 cents each way.

These discounted rides are ONLY if you have lunch at the Center, and only to the Center and back.

These are only for inside dining, not for carry out.

Call 324-4032 with any questions.  
Thank you.

## HARVEY SENIOR CENTER

The Harvey Senior Center is available to rent for birthdays, anniversaries, holidays or for whatever event you may have.

To rent the building it is \$30.00 plus a \$20.00 deposit, totaling \$50.00.  
The \$20.00 deposit will be refunded if you clean up after yourself.

## DONATIONS

Thank you to those who wish  
to stay anonymous.

All your donations are  
greatly appreciated!!

