



SOUTH CENTRAL ADULT SERVICES

Foster County

NEWSLETTER

Eating to age gracefully: Top tips from a registered dietitian

BPT) - What if you were 60 but felt more like you were 30? Consider taking charge of your nutrition by adding in foods that help you feel decades younger.

"What you eat and drink can have a tremendous impact on how you look and feel," says Dawn Jackson Blatner, Registered Dietitian and Nutritionist. "Eating healthy is important at any age, but as you get older, certain foods can have a powerful impact on your overall well-being."

Dawn's top picks for food that fight aging include:

Fish. "Try substituting fish into meals a few times a week," says Dawn. "Americans tend to eat less fish than people in other parts of the world and they are missing out on great-tasting protein that's packed with omega-3s."

Omega-3s support brain and heart health, two important considerations as you age. In fact, Mayo Clinic doctors believe that omega-3s reduce the risk of dying of heart disease.

"Fatty fish like salmon, tuna, sardines and mackerel are good options," she says. "Try buying wild-caught versus farm-raised when possible."

Eggs. "Many people don't realize the benefits of eating eggs, and when you choose the right type of egg, you get higher levels of omega-3s, B12, and vitamin E, all nutrients needed for healthy aging," says Dawn.

"A better egg equals a better recipe," she says. "Eggland's Best eggs are the only eggs I recommend to my clients and serve to my family - double the omega-3s will help promote healthier aging."



Berries. "Antioxidants protect your cells from damage and support a strong immune system,"

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Could you have a heart attack? Reduce your odds through these tips

(BPT) - Many Americans consider themselves well-informed and attentive when it comes to their health.

That's why it's so puzzling that many remain unfazed by the threat of heart disease.

That was among the findings of the MDVIP Heart Attack IQ Survey, a national study showing Americans are more concerned about cancer than a heart attack - even though cardiovascular disease kills more people than all forms of cancer combined. In fact, heart disease is the underlying cause of one in three U.S. deaths. Many Americans don't take it seriously because they believe most heart problems can be treated with medication or surgery, while others simply procrastinate when it comes to adopting healthier behaviors that help prevent heart disease.

As a result, many are surprised when faced with a life-threatening heart attack, which can happen to



anyone at any age. While the average age for a first attack is 66 for men and 70 for women, the risk increases significantly as soon as men reach 45 and

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Bone Builders

Bone Builders exercise class meets Tuesdays & Thursdays at 10 AM at the Carrington Senior Center. Everyone is



welcome.

Contact
701-652-3257
with any
questions.

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.

Free In-Home

Services for Seniors

Senior Companions

Home visits for lonely homebound seniors, provided by senior volunteers.

- Bringing smiles & laughter
- Helping to relieve loneliness & encourage activity
- Empowering seniors to remain living independently
- Providing respite for family caregivers

If you are homebound, lonely, isolated, frail or disabled and would like more info about this **FREE** service, contact Mavis Larsen 701-652-3257 or Andrea at 800-450-1510.

Provided by Lutheran Social Services

Foster County Outreach Schedule

March & April 2019



Mavis Larsen, Foster County Outreach Worker, will be available in the rural areas on the following schedule. You may contact her at the Carrington office, 652-3257, to schedule an appointment.

Wednesday, March 20, 2019

Grace City area and Meal Site

Monday, March 25, 2019

McHenry area and Meal Site

Wednesday, April 17, 2019

Grace City area and Meal Site

Grace City, McHenry & Glenfield Menu for March 2019 (701-674-3128)

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cabbage rolls Mashed potatoes Corn Peach sauce
4 Chicken filet on a bun Macaroni salad Coleslaw Baked apple	5	6 Spaghetti & meat sauce Garlic toast Carrots & cabbage Pear sauce	7	8 Hamburger goulash Green beans Lettuce salad Glorified rice
11 Country fried steak with gravy Mashed potatoes Carrots Fruit dish	12	13 Beef stroganoff over Noodles Peas Peach sauce	14	15 Tuna noodle hotdish Coleslaw Cheese slice White cake
18 Roast beef with gravy Mashed potatoes Mixed vegetables Tropical fruit	19	20 BBQ chicken Potatoes Creamed corn Moon cake	21	22 Oven baked fish Potatoes Peas Mandarin oranges
25 Hamburger on a bun Baked beans Cheese slice Pineapple sauce	26	27 Vegetable beef soup Crackers Meat & cheese sandwich Birthday cake	28	29 Swiss steak Mashed potatoes Beets Jello with fruit

Grace City, McHenry & Glenfield Menu for April 2019 (674-3128)

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef stew Biscuit Tossed salad Fruit dish	2	3 Meatballs & gravy Mashed potatoes Carrots Mandarin oranges	4	5 Cheeseburger pie Green beans Coleslaw Peach sauce
8 Lasagna Peas Tossed salad Cake	9	10 Oven fried chicken Potatoes Cooked cabbage Moon cake	11	12 Ham Baked potato Baked beans Rice & raisin pudding
15 Hamburger goulash Green beans Coleslaw Peach sauce	16	17 New England boiled dinner Potatoes Carrots Glorified rice	18	19 Swiss steak Mashed potatoes Beets Pineapple sauce
22 Meatloaf Baked potato Creamed corn Fruit	23	24 Pork chop & gravy Mashed potatoes Carrots & cabbage Birthday cake	25	26 Oven fried fish Potatoes Peas Lemon fruit salad
29 Chicken strips Macaroni salad Carrot sticks Fruit dish	30			

CREATIVE COOKING



Slow-cooker Corned beef & cabbage

Prep: 15 mins Cook: 9 hours

INGREDIENTS

- 4 large carrots, peeled and cut into matchstick pieces
- 10 baby red potatoes, quartered
- 1 onion, peeled and cut into bite-sized pieces
- 4 cups water
- 1 (4 pound) corned beef brisket with spice packet
- 6 ounces beer
- 1/2 head cabbage, coarsely chopped

DIRECTIONS

1. Place the carrots, potatoes, and onion into the bottom of a slow cooker, pour in the water, and place the brisket on top of the vegetables. Pour the beer over the brisket. Sprinkle on the spices from the packet, cover, and set the cooker on High.
2. Cook the brisket for about 8 hours. An hour before serving, stir in the cabbage and cook for 1 more hour.

Chef's Notes:

Try using a liner in your slow cooker for easier cleanup

NUTRITIONAL INFORMATION

Servings: 8; Calories 472; Total Fat 19.6g; Saturated Fat 7g; Cholesterol 99mg; Sodium 1281mg; Total Carbohydrate 49.5g; Dietary Fiber 6.8g; Sugars 7g; Protein 23.6g



Easter Bird's Nests

Prep: 15 mins Cook: 5 mins

INGREDIENTS

- 3 cups miniature marshmallows
- 1/4 cup creamy peanut butter
- 3 tablespoons butter
- 4 cups crispy chow mein noodles
- cooking spray
- 40 candy-coated milk chocolate eggs

DIRECTIONS

1. Cook and stir marshmallows, peanut butter, and butter in a saucepan over medium heat until the marshmallows melt completely into the mixture, about 5 minutes.
2. Put chow mein noodles into a large bowl. Pour marshmallow mixture over the chow mein noodles; stir to coat.
3. Spray hands with cooking spray or coat with butter so the noodles will not stick to your hands. Scoop noodle mixture from bowl with an ice cream scoop and form into balls, hollowing the center out to create the nest. Arrange 4 chocolate eggs into each nest.

NUTRITIONAL INFORMATION

Servings: 10; Calories 365; Total Fat 21.1g; Saturated Fat 9g; Cholesterol 17mg; Sodium 174mg; Total Carbohydrate 40.2g; Dietary Fiber 1.8g; Sugars 25g; Protein 4.6g



Foster County Birthdays & Anniversaries

GRACE CITY

MARCH

Birthdays

Norma Matt: 3/13

Patty Martin: 3/17

Phyllis Topp: 3/24

APRIL

Birthdays

Diane Jaeger: 4/24

Vicki Linderman: 4/28

GLENFIELD

MARCH

Birthdays

Peg Jackson: 3/21

APRIL

Birthdays

Leander Walen: 4/1

Anniversaries

Sandra & Jerome Eli: 4/28

MCHENRY

MARCH & APRIL

No birthdays or anniversaries

Diabetes Support Group Schedule

The Diabetes Support Group is held at the Carrington Senior Center at 11 AM on the third Wednesday of every month. Each meeting will last 30-45 minutes and educational handouts and tools will be provided. The Senior Center hosts a potluck meal following the support group that you are able to participate in if you wish. Any schedule changes will be posted at the entrance of the senior center building and on the CHI St. Alexius Health Carrington Facebook page. Continued education and support is an important factor in helping you manage your diabetes. Please consider taking advantage of this FREE service to better your health. If you have any questions please contact Brooke at 701-652-7224 or brookefredrickson@catholicealth.net.

Wednesday, March 20, 11 AM—OTC Medications That Affect Diabetes

Wednesday, April 17, 11 AM—Goal Setting To Improve Diabetes



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 Mavis Larsen, 652-3257 for more info.

Foster County Transit

Transportation is open to the public!!

Local Transportation

Monday, Tuesday, Wednesday, Thursday & Friday
8 AM until 4 PM

A ride to the Senior Center
for a meal
\$0.50 one way.

A ride anywhere else in town: \$1 one way or per stop.

Out-of-Town Transportation

2nd Wednesday & 1st, 3rd & 4th Fridays:
Rural Foster County into Carrington - \$5.00

1st, 2nd & 4th Tuesdays, 4th Wednesday & every
Thursday:
Jamestown Trip - \$8.00

Mondays upon request: New Rockford - \$5.00

1st Wednesday & 3rd Tuesday:
Fargo Trip - \$15.00 Round Trip

3rd Wednesday:
Bismarck Trip - \$15.00 Round Trip

If at all possible, out-of-town medical appointments should be scheduled between 10:00 AM and 2:00 PM

Shopping trips to Bismarck and Fargo are limited to 4 hours! The bus will leave Carrington at 8:00 AM and will be back in Carrington no later than 5:00 PM

**It is necessary to sign up in advance,
if at all possible, by calling:**

**652-3257 or Driver's Cell 652-5515
Out of Town 650-8744**

Congregate & Home Delivered Meal

Storm Policy

It's that time of year again for storm related announcements. In case of inclement weather, please listen to your local KDAK radio for Senior Center & Meal closures.

Home & Community Based Services

Help for those who want to live at home

When should you call?

If you or someone you know could use services or help with activities including:

- Bathing, dressing, transferring and personal needs
- Meal preparation, housework, laundry and shopping
- Medication Assistance
- Non-Medical Transportation
- Adult Family Foster Care
- Emergency Response Services (Lifeline)
- Family Home Care
- Case Management
- Chore Service
- Respite Care for Caregivers
- Other services are also available

**Contact your local County Social Service Agency:
701-652-2221**

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says Dawn. "This is incredibly important as you age so you can stay healthy and feel younger."

Packed with vitamins C and E, berries are a superfood great for snacking and cooking. Try eating an array of colorful berries each week to give your body the antioxidants it craves. Blueberries are particularly well-known for their antioxidant properties.

"The sky is the limit for berry versatility," she says. "Sprinkle some in yogurt, make a smoothie, add some to a salad or eat as a healthy dessert."

Cruciferous vegetables. "Pack your plate with cruciferous vegetables as

you age," says Dawn. "These are members of the cabbage family and include broccoli, cauliflower, Brussels sprouts, bok choy and kale."

These tasty greens are great fresh or cooked, providing plenty of fiber to help keep your digestion on track, which is a concern for many as they age. But there's more: The National Cancer Institute states that cruciferous vegetables may help reduce the risk of some cancers.

"These dark-green powerhouses pack a nutritional punch that supports healthy aging, so discover recipes that include cruciferous vegetables and other 'anti-aging' foods."

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women reach 55.

"Despite the statistics, people assume a heart attack is going to happen to somebody else, but not to them," said MDVIP Chief Medical Officer Dr. Andrea Klemes. "Heart disease can be dangerously silent, which is why it's important to know your risk factors and the steps you can take to minimize them."

Gloom and doom aside, awareness of the issue is the first step, and there is much you can do to prevent heart disease. Some 80 percent of heart attacks and strokes are preventable.

Consider these suggestions for reducing your risk of heart attack:

* Partner with your primary. Your primary care doctor is your first line of defense in helping prevent heart disease. Make sure you partner with a physician who has the time to identify and discuss your risk in detail, who will work on a plan to control your risk factors and who can provide ongoing support to keep you motivated and accountable. Physicians like those in the MDVIP network maintain smaller practices so that they can devote more time to each patient and provide the coaching needed to keep them on track.

* Stay up to date on screenings. When's the last time you had your blood pressure and cholesterol checked? But don't stop at the basics. Most heart at-

tacks occur in people with normal cholesterol levels. You also want to get a read on whether you have inflammation in your arteries or insulin resistance, both of which raise your heart disease risk. You can only act on what you know, and knowing your numbers is key to early detection.

* Make heart-healthy changes. Creating and sustaining healthy lifestyle habits can help keep your blood pressure, cholesterol and sugar in check and lower your risk for heart disease. So don't skip your exercise, weight management or smoking cessation programs. Just make sure you consult with your doctor before changing your diet or beginning a new exercise program.

* Sleep more, stress less. While often overlooked, insufficient sleep and excessive stress can put strain on your heart over time. Both can also influence your eating habits, mood and overall health. Most adults need seven to nine hours per night; if you're getting that and still feel tired, consider asking your doctor for a sleep apnea test. Also, try starting a regular practice - whether it's a yoga class, deep breathing or a daily walk outside - to better manage stress.

Take the Heart Attack IQ quiz and learn more about finding a preventive physician by visiting www.mdvip.com/HeartAttackIQ.

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**

Carrington Senior
Citizen Center
36 10th Avenue S.
Carrington, ND 58421
701-652-3257

McHenry Senior
Citizens Center
451 Johnston Street
McHenry, ND 58464
701-785-2221

Schoolhouse Café (meals only)
309 City Street
Grace City, ND 58445
701-674-3128

South Central Adult Services
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PO Box 298
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