



SOUTH CENTRAL ADULT SERVICES

Logan 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 sur-



gery, while others simply procrastinate when it comes to adopting healthier behaviors that help

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Logan County Activities

NAPOLEON

MARCH

Tuesday, March 5: 6 PM: Evening meal, followed by Bingo and cards.

Thursday, March 7: Noon: County Nurse.

Tuesday, March 12: 6 PM: Evening meal, followed by Bingo and cards.

Tuesday, March 19: 6 PM: Evening meal, followed by Bingo and Pinochle tournament.

Tuesday, March 26: 6 PM: Evening meal, followed by Monthly Meeting. Cards and Bingo following meeting.

APRIL

Tuesday, April 2: 6 PM: Evening meal, followed by Bingo and cards.

Thursday, April 4: Noon: County Nurse.

Tuesday, April 9: 6 PM: Evening meal, Presentation on ND Assistive by Tracy Floyd (see page 4), followed by Bingo and cards.

Tuesday, April 16: 6 PM: Evening meal, followed by Bingo and Pinochle tournament.

Tuesday, April 23: 6 PM: Evening meal, followed by Monthly Meeting. Cards and Bingo following meeting.

Tuesday, April 30: 6 PM: Evening meal, followed by Bingo and cards.

Senior Companions

An opportunity to volunteer and earn a tax-free stipend!

The purpose of the Senior Companion Program is “to engage persons 60 and older, particularly those with limited incomes, into volunteer service to provide supportive, individualized service to help elderly adults with special needs maintain their dignity and independence.”

Income eligible Senior Companions earn a tax-free stipend, paid training, vacation, sick and holiday time. Senior Companions also receive monthly in-service training, recognition at special events and the satisfaction of helping other elderly adults.

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		4						8
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<http://1sudoku.com>

n° 118903 - Level Easy

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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 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 attacks 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.

FREE IN-HOME SERVICES FOR SENIORS

Provided by Lutheran Social Services

SENIOR COMPANIONS

- Enabling seniors to continue living independently
- Helping relieve loneliness and encouraging activity
- Providing respite care for family caregivers

1-800-450-1510

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.

ND Assistive-helping people live their best lives

ND Assistive is here to act as a personal guide to help the people we serve confidently navigate the assistive technology and adaptive device acquisition process. Our goal for individuals is to have the best possible quality of life. We want people to be able to do the things they love for as long as they possibly can, safely and in the environment of their choosing. With the help of assistive technology, we work with individuals to provide options that may help them remain in their home as long as possible and still feel safe.



Items might include:

- Items for fall prevention;
- Door alarms to alert when a loved one with dementia has left the house;
- Locked medication dispensers;
- Offset door hinges to widen doorways without construction;
- Voice-activated home automation.

ND Assistive Services for Individuals Searching for Daily Living and Environmental Adaptations Include:

- Equipment Demonstration
- Short-term Equipment Trial Program
- Equipment Reuse Program
- Senior Safety Program (Only for ND residents age 60 and older)
- Specialized Phone Program
- iCanConnect: Deaf-Blind Service (Only for those who are both legally deaf and legally blind)
- AT device training, set-up, assessments, consultations, and evaluations (Call for more detailed information)

For more information, call ND Assistive at 701-365-4728, 1-800-895-4728, or visit www.ndassistive.org.

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7	8	3	5	9	1	4	2	6



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 754-2791 for more info.

Napoleon's Menu for March 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
4	5 <u>Evening Meal</u> Lazy cheese buttons Sausage & kraut Green beans Fruit in Jello Pie	6 <u>Noon Meal</u> Fish taco Taco fixings Mandarin oranges	7 <u>Noon Meal</u> BBQ beef on a bun Potato salad Baked beans Fruit	8
11	12 <u>Evening Meal</u> German meatloaf Garlic mashed potatoes Corn Pears Cookie	13 <u>Noon Meal</u> Chicken noodle soup Cold cut sandwich Broccoli salad Apricots	14 <u>Noon Meal</u> Spaghetti w/meat sauce Garlic bread Peas & carrots Pineapple	15
18	19 <u>Evening Meal</u> Cabbage rolls Mashed potatoes Pickled beets Fruit salad Pastries	20 <u>Noon Meal</u> Pulled pork sandwich Baby bakers Coleslaw Plums	21 <u>Noon Meal</u> Chicken drummies Fried potatoes Wax beans Fruit	22
25	26 <u>Evening Meal</u> Salisbury steak Twice baked potato Mixed vegetables Cherries Cake	27 <u>Noon Meal</u> Chili w/beans Corn bread Tossed salad Pears	28 <u>Noon Meal</u> Ham & scalloped potato hotdish Carrot raisin salad Fruit	29

Napoleon's Menu for April 2019
All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of Milk, Margarine and Coffee

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 <u>Evening Meal</u> Hamballs Baked rice Corn Grape salad Cream pie	3 <u>Noon Meal</u> Tilapia Hashbrowns Green beans Peaches	4 <u>Noon Meal</u> Sweet & sour chicken Fried rice Fruit	5
8	9 <u>Evening Meal</u> Creamed chicken Dumplings Fried potatoes Buttered beets Acini de pepe fruit salad Kuchen bar	10 <u>Noon Meal</u> Soup Sandwich Plums	11 <u>Noon meal</u> Homemade pizza with vegetables Tossed salad Banana	12
15	16 <u>Evening meal</u> Lasagna w/meat sauce Garlic bread Green beans Fruit salad Pastries	17 <u>Noon Meal</u> Honey mustard pork chops Mashed potatoes Stewed tomatoes Peaches	18 <u>Noon Meal</u> Taco bar with fresh vegetables Mandarin oranges	19
22	23 <u>Evening Meal</u> Roast turkey Mashed potatoes w/gravy Dressing Glazed carrots Cranberries Pumpkin pie	24 <u>Noon Meal</u> Hamburger steak Potato wedges Broccoli salad Pears	25 <u>Noon Meal</u> Creamed turkey over rice Corn Fruit	26
29	30 <u>Evening Meal</u> Roast beef Mashed potatoes w/gravy Peas & carrots Cherries Cookie			

Logan County Transit

Buses will go to Bismarck, Jamestown and Fargo

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

Everyone, regardless of age, is encouraged to use these buses

City buses will pick up people for the Senior Center Meals for a fee of \$1.00.

Call the Senior Center or the driver to schedule a pickup.

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

Napoleon	Driver	731-0190
Regional	Dispatcher	731-0072
Fredonia	Betty Hahne	830-2105

Bismarck Trips

(Logan County west \$10.00, Logan County east \$13.00)

All Bismarck TripsCall Denise

Jamestown Trips

(Logan County west \$13.00, Logan County east \$10.00)

Every Thursday.....Call Betty

Fredonia and Gackle Shuttle

The shuttle bus will provide rides from Fredonia and Gackle areas to meet buses in route to Bismarck from Wishek and Napoleon.

Mondays, Wednesdays and Fridays.....Call Betty

Regional Rides

From Napoleon.....Call Jim

From Gackle and Fredonia.....Call Betty

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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."

50 or over? Why you may want to consider new shingles vaccine

(BPT) - When it comes to vaccines this time of year, influenza is often top-of-mind - and it should be. But as you age, don't neglect the shingles vaccine.

Imagine if the slightest breeze or the touch of a bed sheet caused excruciating pain on your head, shoulder or side. What if you also had a fever, chills or an upset stomach? That's what shingles, a painful, blistering rash, can be like for some people.

Nearly one out of every three people in the United States will develop the disease in their lifetime, according to the Centers for Disease Control and Prevention (CDC). The risk for people over 50 is especially high, and it goes up with increasing age.

The good news is there is a way to reduce your risk of shingles. The CDC now recommends that healthy adults 50 years and older receive Shingrix, a vaccine approved by the FDA in 2017.

Shingles isn't contagious in the way we think of the cold or flu. Instead, shingles erupts from the same virus that causes chickenpox, the varicella zoster virus (VZV). After a chickenpox infection ends, this virus becomes dormant or inactive within the body. Anyone who has had chickenpox can later get shingles if the virus reactivates. Scientists are unclear why this happens.

A bout of shingles typically occurs in a single stripe on one side of the body, often the torso and less often the face region, and generally lasts from two to four weeks. Around 10 to 13 percent of people who develop shingles continue to suffer for many years from the debilitating nerve pain of post-herpetic neuralgia (PHN), according to the CDC.

Other potential shingles complications include vision loss, hearing problems and even, in rare cases, blindness or death, the CDC said.

The only way to reduce your risk of developing shingles and its aftereffects is to get vaccinated.

The CDC describes Shingrix as the preferred shingles vaccine. Its protection has been shown to last longer than the older shingles vaccine. It also can be administered as early as age 50. The other shingles vaccine, an older version called Zostavax, may still be administered to healthy people 60 and older.

Shingrix is more than 90 percent effective at preventing shingles, and effectiveness stays above 85 percent for at least the first four years after you receive the vaccine, according to the CDC.

Check with your health insurance provider or Medicare about whether the cost of this new vaccine is covered under your plan.

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

Golden Age Club
619 Main Street W.
Napoleon, ND 58561
701-754-2791

Gackle Senior Center
316 Main Street
Gackle, ND 58442
701-485-3721

Home Plate Café (meals only)
104 Main Street
Fredonia, ND 58440
701-698-2288

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

DENISE PALMER
Transit Coordinator/Driver

