



# SOUTH CENTRAL ADULT SERVICES

# McIntosh 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

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# MCINTOSH COUNTY ACTIVITIES

## WISHEK

**Mondays & Thursdays:** 10 AM: Bone Builders exercise program - Free & open to the public.

**Tuesdays & Wednesdays:** 1 PM: Quilting - new quilters NEEDED! Quilts displayed for sale.

**Wednesdays:** 1 PM: Cards & games.

## MARCH

**Thursday, March 7:** 6 PM: Evening meal, followed by cards and games.

**Thursday, March 14:** 6 PM: Evening meal, followed by cards and games.

**Tuesday, March 19:** 8:30 AM: Nurse Day. Call 288-3957 for appointment. Walk-ins welcome.

**Thursday, March 21:** 6 PM: Evening meal, 7 PM: Wishek regular meeting.

**Thursday, March 28:** 6 PM: Evening meal, followed by cards and games.



## APRIL

**Thursday, April 4:** 6 PM: Evening meal, followed by cards and games.

**Thursday, April 11:** 6 PM: Evening meal, followed by cards and games.

**Tuesday, April 16:** 8:30 AM: Nurse Day. Call 288-3957 for appointment.

**Thursday, April 18:** 6 PM: Evening meal, followed by cards and games.

**Thursday, April 25:** 6 PM: Evening meal, 7 PM: Wishek regular meeting.

## ASHLEY

**Mondays:** 1 PM: Quilting.

**Tuesdays:** Bus goes to Aberdeen, SD. Call the Dispatcher for appointments at (701)731-0072.

**Tuesdays & Thursdays:** 9 AM: Bone Builders Exercise - Open to the public.

## MARCH

**Monday, March 4:** 6 PM: Evening meal followed by Bingo and cards.

**Thursday, March 7:** Noon: Make up meal.

**Monday, March 11:** 6 PM: Evening meal followed by Bingo and cards.

**Monday, March 18:** 6 PM: Evening meal followed by Bingo and cards.

**Monday, March 25:** 6 PM: Evening meal followed by Bingo and cards.

*Transit to Senior Center for meals, call 701-288-3540.*

## APRIL

**Monday, April 1:** 6 PM: Evening meal followed by Bingo

and cards.

**Thursday, April 4:** Noon: Make up meal.

**Monday, April 8:** 6 PM: Evening meal followed by Bingo and cards.

**Monday, April 15:** 6 PM: Evening meal followed by Bingo and cards.

**Wednesday, April 17:** 8:30 AM: McIntosh County Health Nurse. Call 288-3957 for appointments. Walk-ins welcome.

**Monday, April 22:** 6 PM: Evening meal followed by Bingo and cards.

**Monday, April 29:** 6 PM:

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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.

## 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.

\* 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](http://www.mdvip.com/HeartAttackIQ).

## McIntosh County Outreach

### March

**Ashley:** Mar. 6 & 18 (evening)

**Wishek:** Mar. 12 & 28 (evening)

**Zeeland:** Mar. 19

**Lehr:** Mar. 20

### April

**Ashley:** Apr. 3 & 15 (evening)

**Wishek:** Apr. 9 & 25 (evening)

**Zeeland:** Apr. 16

**Lehr:** Apr. 17

If you have questions or need to schedule an appointment with Ruby, please contact her at:

**701-731-0170**

# 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

Ashley's Menu for March 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 BBQ sandwich Potato wedges Corn Ambrosia cup
4 <b><u>Supper Night</u></b> Knoephla Potatoes Sausage Peaches	5	6 Fishwich on a bun Coleslaw Creamed peas Lemon jello with fruit	7 Hamburger cabbage casserole Corn bake Fruit	8 Shredded beef on a bun Buttered carrots Pineapple
11 <b><u>Supper Night</u></b> Turkey Dressing Mashed potatoes Vegetable blend Cranberry salad	12	13 Pork riblet on a bun Baked beans Oven fries Pears	14	15 Tator tot hotdish Tossed salad Buttered beets Apricots
18 <b><u>Supper Night</u></b> Meatballs Mashed potatoes & gravy Cheesy broccoli Emerald pears	19	20 Swiss steak Dumplings Mashed potatoes & gravy Beets Fruit	21	22 Pizza casserole Yellow/green beans Mandarin oranges
25 <b><u>Supper Night</u></b> Ham Sweet potato Coleslaw Caramel apples	26 Turkey noodle casserole Green beans Cranberries 1/2 banana	27 Vegetable chowder Meat sandwich Carrot raisin salad Fruit	28	25 <b>Potluck</b>

**Ashley's Menu for April 2019**

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b><u>Supper Night</u></b> Cabbage rolls Creamed potatoes Vegetable blend Jello & fruit	2	3 Chicken strips Hashbrown bake Buttered beets Plums	4 Burger on a bun Oven fries Yellow beans Apricots	5 Turkey & rice soup Meat sandwich Tomato spoon salad Fruit
8 <b><u>Supper Night</u></b> Pork roast Boiled potatoes Sweet/sour cabbage Red applesauce	9	10 Roast beef Dumplings Mashed potatoes Beets Fruit	11	12 Lasagna Green beans Garlic toast Lettuce salad 1/2 banana
15 <b><u>Supper Night</u></b> Meatloaf Baked potato Squash Caramel apple	16	17 Fishwich on a bun Potato wedges Buttered carrots Cherries	18	19 Noodles Prunes Boiled eggs Green beans Ambrosia fruit salad
22 <b><u>Supper Night</u></b> Beef stew Biscuit Apple crisp	23 Pulled pork sandwich Carrot raisin salad Pudding Fruit Juice	24 Cream of potato soup BBQ sandwich Coleslaw Applesauce	25	26 <b>Potluck</b>
29 <b><u>Supper Night</u></b> Roast beef Mashed potato Creamed corn Pears	30			

Wishek & Lehr's Menu March 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Hamburger on a bun Potato wedges Broccoli Mixed fruit	6 Cod Augratin potatoes Coleslaw Peaches	7 <b>Evening Meal</b> Pork roast Mashed potatoes Corn Fruit salad	8
11	12 Chicken sandwich Green beans Pasta salad Apricots	13 Tator tot hotdish Vegetable blend Pears	14 <b>Evening Meal</b> Cabbage rolls Stewed potatoes Baked squash Cherries	15
18	19 Beef stroganoff Tossed salad Peas Tropical fruit	20 Spaghetti & meat sauce Garlic toast Plums	21 <b>Evening Meal</b> Fried chicken Baked potatoes Corn Fruit	22
25	26 Knoephla Sauerkraut casserole Peaches	27 Hamburger on a bun Corn Baked apples	28 <b>Evening Meal</b> Beef roast Whipped potatoes Peas Mixed fruit salad	<b>Please call at least 1 day prior to sign up for meals.</b>

Wishek & Lehr's Menu for April 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Pizza casserole Side salad Garlic bread Plums	3 Cabbage rolls Parsley potatoes Carrots Mixed fruit salad	4 <b><u>Supper Night</u></b> Meatloaf Mashed potatoes Green beans Peaches	5
8	9 Knoephla soup Meat sandwich Tossed salad Pears	10 Fishwich Potato wedges	11 <b><u>Supper Night</u></b> Pork chops Creamed potatoes Corn Cherries	12
15	16 Lasagna Tossed salad Garlic toast Peaches	17 Roast beef Dumplings Mashed potatoes Pickled beets Fruit	18 <b><u>Supper Night</u></b> Chicken Baked potatoes Peas & onions Fruit salad	19
22	23 Cod Baked rice Mixed vegetables Lemon fruit salad!	24 Hamburger on a bun Potato salad Baked beans Baked apples	25 <b><u>Supper Night</u></b> Turkey Dressing Mashed potatoes Carrots Pears	26
29	30 Swiss steak Boiled potatoes Capri vegetables Fruit in jello			



**Zeeland's Menu for March 2019**

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Loaded Baked Potato Tomato Slice Jello	5 Pizza Side Salad Pears	6	7 Cabbage Soup Sloppy Joe Cake	8
11 Chicken Salad Sand- wich Pasta Salad Cranberries	12 Pork Chop Rice Applesauce Wheat Bread	13	14 Tuna Sandwich Tator Tots Tomato Slice Prunes	15
18 Hot Beef Combo Carrots Pears	19 Fried Chicken Mashed Potatoes/Gravy Corn Jello	20	21 Tomato Soup Grilled Cheese Sandwich Green Beans Brownie	22
25 Goulash Creamed Peas Wheat Bread Applesauce	26 Borscht Soup Ham Sandwich Peaches Pineapple	27	28 Taco Spanish Rice Rice Krispy Bar	29

**Zeeland's Menu for April 2019**

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bologna Sandwich Potato Wedges Tomato Slice Fruit Cocktail	2 Pork Chop Parsley Potatoes Beets Jello	3	4 Stir Fry Pork Rice Cake	5
8 Salisbury Steak Mashed Potatoes Broccoli Fruit	9 Baked Chicken Baked Rice Carrots Brownie	10	11 Pizza Bake Peas Seasonal Fruit	12
15 Stroganoff Green Beans Mixed Fruit	16 Bean Soup Ham Sandwich Sliced Tomato Angel Food Cake	17	18 Beef Enchilada Corn Chocolate Pudding	19
22 Cod Parsley Potatoes Peas/Carrots	23 Swedish Meatballs Pasta Green Beans Peaches	24	25 Lazy Cheese Buttons Ham Slice Broccoli Pears	26
29 Beef Stir Fry Rice Fruit Cocktail	30 Tuna Melt Pasta Salad Seasonal Fruit			

# McIntosh County Transit

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

**All persons in McIntosh County may ride the buses regardless of 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	731-0172
Zeeland	Call Dispatch	731-0072
Fredonia	Betty Hahne	698-2212 or 830-2105
Wishek and all sites	Call Dispatch	731-0072

## **Bismarck Trips**

\$15.00

Monday through Friday.....Call Dispatch

## **Jamestown Trips**

\$13.00

Every Thursday.....Call Betty

## **Aberdeen Trips**

\$13.00

First, Third & Last Tuesday.....Call Dispatch

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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."

Dawn shares one of her favorite recipes featuring some of these ingredients.

## 4 myths about salt

(BPT) - After more than a century of debate over the role of salt in human health, new medical evidence suggests that reducing salt in the U.S. diet may pose a greater risk of harm to the average person. Consider these four common myths about salt:

Myth 1: Salt consumption leads to hypertension

According to the Mayo Clinic, "For most adults, there's no identifiable cause of high blood pressure [hypertension]." Dr. Jan Staessen, head of the Research Unit on Hypertension at the University of Leuven in Belgium, has written that, "The evidence relating blood pressure to salt intake does not translate into an increased risk of incident hypertension in people consuming a usual salt diet." Having a temporarily elevated blood pressure is not the same thing as having hypertension, as blood pressure varies normally throughout the day depending on a variety of factors.

Myth 2: Americans could massively reduce their salt consumption without any negative health consequences

Dr. Andrew Mente, of McMaster University in Canada, and his team conducted the largest ever epidemiologic study of the impact of sodium intake on blood pressure, cardiovascular disease risk and mortality. "We found that regardless of whether people have high blood pressure, low-sodium intake is related to more heart attacks, strokes and deaths compared to average intake," he said.

Myth 3: The U.S. population would

gain significant health benefits from major population-wide salt reduction

The FDA recommends a maximum daily limit of 2,300 mg of sodium per day and a maximum of 1,500 mg for people with certain conditions. Salt is 40 percent sodium. According to Dr. Michael H. Alderman of the Albert Einstein College of Medicine, "Sodium consumption around the globe has a mean of about 3,600 mg/day, and a range from 2,600-5,000 mg/day. This mid-range describes about 90 percent of the world's population. Optimal survival is realized by those whose intake is between 2,800 and 5,000 mg/day. Specifically, there is no evidence of a superior health outcome at intakes less than 2,000 mg/day compared with those in the usual range."

Myth 4: Americans eat more salt than ever

Military records from the early 1800s up to WWII show that the average soldier was consuming between 6,000 and 6,800 mg/day of sodium. We eat about half of that today, and that number has remained consistent since WWII. The advent of refrigeration meant that we could preserve food with less salt, but salt remains a critical ingredient for food safety and preservation.

Sodium chloride (salt) is a nutrient that the body cannot produce, and therefore it must be consumed. The average American eats about 3,400 mg per day of sodium, according to The National Health and Nutrition Examination Survey, right in the middle of the healthy range.

**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](http://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 Senior Center  
122 Main Street  
Lehr, ND 58460  
701-378-2526

Sportsman's Den (meals only)  
409 Main Avenue  
Zeeland, ND 58581  
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