



# SOUTH CENTRAL ADULT SERVICES

# Barnes County

## NEWSLETTER

### Protecting your eyesight against the silent advance of glaucoma

(BPT) - "Will I go blind?" It's a frightening thought that most people have when they are first told they have glaucoma.

"Patients are almost always concerned that they are going to lose their vision," says Andrew Iwach, M.D., executive director of the Glaucoma Center of San Francisco. "The good news for the majority of patients is that we can maintain their vision with treatment."

The sneak thief of sight

Glaucoma, an eye disease that damages the optic nerve, is the leading cause of irreversible blindness. Currently, it affects more than three million people in the United States. The National Eye Institute projects this number will rise by 58% over



the next decade to 4.2 million people.

The most common form of the disease is open-angle glaucoma, which affects 90% of patients and occurs when the eye's

drainage canals become clogged over time, according to the Glaucoma Research Foundation.

Open-angle glaucoma has been called "the sneak thief of

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### Don't ignore heart attack symptoms, even during COVID-19

(BPT) - It's your heart. Don't hesitate.

If you're experiencing symptoms of a heart attack or stroke, doctors urge you to not delay seeking treatment because of COVID-19 concerns.

During the COVID-19 pandemic, doctors across the nation are reporting a sharp decline in patients coming to the hospital for heart attacks and strokes. These conditions don't stop during a pandemic, and the decline has doctors worried that many people experiencing symptoms may not be seeking treatment, or that they are seeking treatment only after their condition has worsened. Delaying care could pose a significant threat to your health.

"Heart attacks and strokes required emergency care before the COVID-19 pandemic, and

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**DON'T IGNORE  
HEART ATTACK SYMPTOMS  
EVEN DURING COVID-19**



**Chest Pain**



**Difficulty Breathing**



**Discomfort**  
in chest, arms, back,  
neck, shoulder, jaw

**It's your heart. Don't hesitate.**  
Contact your doctor or call 911

# Congregate Meals

Hot, delicious meals are served at the Valley City Senior Center seven days per week, with the exception of legal holidays. Meals are served at 11:30 a.m. Monday through Friday, noon on Saturday and 12:30 p.m. on Sunday. Meals are also served in the dining area at the Skyline Villa Monday through Friday. Anyone age 60 or over is welcome to participate.

People are asked to call and reserve meals at least one day in advance if possible. There is no set fee charged for the meals. The suggested contribution is posted at each meal site. Food Stamps are an accepted method of contribution for congregate meals.

To make reservations call  
701-845-4300.

## Gifts & More



*Stop in and check out the Gift Shop at the Valley City Senior Center. Great gift ideas for those special people in your life.*

**Supper Nights have been postponed due to the COVID-19 pandemic. When we are able to resume supper nights, we will make the announcement on KOVC and the Times-Record.**



The suggested meal donation in Barnes County is \$3.50 for participants 60 years and older. The cost of meals for persons under 60 years of age is \$9.00.

**Meals are currently only available for pickup and delivery.**

**Thank you for your understanding and cooperation during this difficult time.**

# Barnes County Outreach

Lisa has not scheduled outreach calls for **September & October**.

Her office hours are  
**Monday—Friday**  
**8 AM - 5 PM.**

If you have needs regarding healthcare, prescription drug coverage, turning 65 and eligibility for Medicare and Social Security or other needs, you may schedule an appointment with Lisa for assistance, either at the office or an in-home call.

**Remember, we do have frozen meals for those who live in areas where Meals On Wheels are not served.**

**Please call Lisa Johnson at 845-4300 or 1-800-472-0031 to schedule an office or home visit.**

## Donations

### SENIOR CENTER

Norma VenHuizen - in memory of Gladys Ratzlaff

Elroy & Elain Schlaht - in memory of Gladys Ratzlaff

Matt & Jenni Richman - in memory of Carol Jendro

Pearl Pritchert - in memory of Noel Pritchert

Rachel Mcleod - in memory of Jo Campbell

Ed & Kathy Haugen - in memory of Carol Jendro

Randie & Katie Meyer - in memory of Shirley Meyer

### TRANSIT

Mark & Sandra Brandvold

Evelyn Delmore - in memory of Tracy Hill

Doreen Saylor

Eileen Marsh

### HOME DELIVERED

#### MEALS

Doug & Ann Kelly

Mary Etta Moore

Ella Duffy

Donna Peterson

Joe & Cheryl Rowekamp - in memory of Ardyce Dietrich



## 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 Lisa Johnson, 845-4300 for more info.**

## PUBLIC TRANSIT

### Monday through Friday

8:00 am until 4:45 pm

### Saturday & Sunday

9:00 am until 1:45 pm

**\*\* Rides cost \$2.00 \*\***

*Please try to schedule your ride a day in advance*

### RURAL TRANSPORTATION

#### Monday through Friday:

All rides to Fargo cost \$10.00 plus \$2.00 every additional stop

#### Mondays, Wednesdays & Fridays:

All rides to Jamestown cost \$5.00 plus \$2.00 every additional stop

#### 2nd & 4th Wednesday:

Sanborn, Rogers, Wimbledon, Dazey, Leal & Sibley to Valley City cost \$5.00 plus \$2.00 every additional stop

#### 1st & 3rd Friday:

Kathryn, Nome, Fingal, Oriska, Litchville & Hastings to Valley City cost \$5.00 plus \$2.00 every additional stop

## RIDES AVAILABLE!!

A bus will be available every day to pick up passengers to bring them to the Senior Center for lunch.

The bus will begin picking people up at 11:00 AM and will leave the site after the meal between 12:30 & 1 PM

If you would like to have a ride to the Senior Center for lunch, you must call a day in advance.

Contact the dispatcher at 845-4300.



## Reminder to Home Delivered Meal Clients

I would like to remind everyone who receives home delivered meals from the Valley City kitchen, that the staff **needs to be notified before 9 AM** of any changes in the meal route. It is very difficult for the cooks to add or remove meals from the routes after that time. Each meal is individually packaged and we serve between 40 to 60 meals every day. We would greatly appreciate your assistance!

**Please call, Monday—Friday, for any changes at 845-4300.**

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sight" because it strikes without symptoms. In fact, experts estimate that half of the patients who have glaucoma don't know it. As much as 40% of vision can be lost without a person noticing. And once that eyesight is lost, it's permanently gone.

"I didn't have any symptoms prior to diagnosis," says Richie Kahn, 34, who was diagnosed in March 2019. "By then, glaucoma had already stolen part of my vision. I was surprised to learn that my brain was actually compensating for my vision loss by filling in the blanks."

**Hope through treatment**

Since glaucoma has no symptoms in its early stages and progresses slowly over many years, eye doctors emphasize the importance of regular eye exams to detect the disease before there's a significant loss of vision.

The target for glaucoma therapy is to lower intraocular pressure (IOP). High IOP causes damage to the optic nerve, which produces vision loss in the disease. Approaches to lowering IOP include a wide range of eye drop medications, laser treatments that are performed in a doctor's office, and several types of incisional surgery.

Trinh Green, M.D., has lived with glaucoma for 24 years after being diagnosed at age 21. Like Richie, she had no symptoms of the disease, so news of her diagnosis came as a total surprise. Her advice to others is to remain calm and stay optimistic throughout their care

and treatment.

"I think it's very important for people to stay calm after learning they have glaucoma," says Trinh. "There are many more treatments available in the last few years. I also owe so much to Dr. Iwach. He's a very calming presence. Whenever there was a setback and the disease progressed, he would tell me, 'I have a few more tricks up my sleeve.'"

**The power of knowledge**

In addition to early detection and treatment, Dr. Iwach emphasizes the importance of patients learning everything they can about glaucoma.

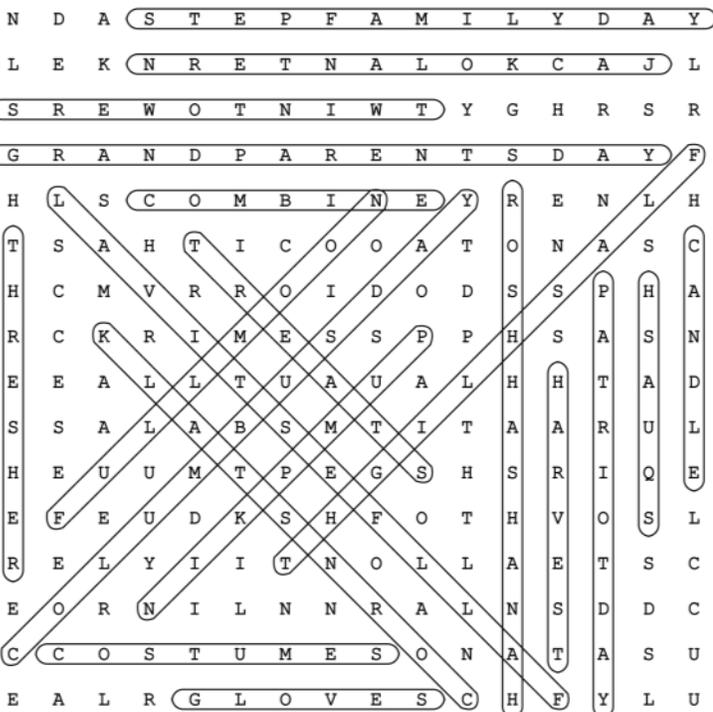
"Getting the facts, including risk factors and treatment options, can empower patients to improve their outcomes and reduce their fears," he says.

Dr. Iwach encourages all his patients to read "Understanding and Living with Glaucoma," published by the Glaucoma Research Foundation. The free booklet, updated and newly illustrated, offers a comprehensive introduction to glaucoma and guidance about how patients can work with their doctors to manage the disease.

Glaucoma patients like Richie found power in knowledge in their fight against glaucoma.

"Everyone's journey will be different and you have to be willing to advocate for yourself," says Richie. "I learned a lot from the Glaucoma Research Foundation. Staying informed about my particular situation allows me to be an active member of my own care team, doing my part to preserve my vision."

A free copy of "Understanding and Living with Glaucoma" can be downloaded or ordered at [www.glaucoma.org/booklet](http://www.glaucoma.org/booklet).



Volunteers needed for HDM  
Volunteers are needed to deliver Home Delivered Meals. Meals are served 7 days a week over the lunch hour. Routes take approximately 30 minutes to deliver and are divided by area of town. For more information or to volunteer, call JoAnn at 845-4300.

# Barnes County Food Pantry Donations

Faye Graalum	Elaine Miedema	Ag Country Credit Union
Myrna McGregor	Myron & Carol Jabs	VC Lions Club
Bruce & Bonnie Ranum	David Zeller	Church World Services
Craig Ranum	Odella Henley	Faith Lutheran Church
Cynthia Metcalf	Bernadette Botner	Land O Lakes
Wes & Della Anderson	Mary Etta Moore	Plains Ground & Agronomy
Wes & Pat Limesand	Henry & Sandra Bruns	Epworth United Methodist Church
Mavis Dilts - in memory of Michael Zubrod	Joe & Diantha Scherr	
Illa Glandt	Doreen Larson	
	All Saints Episcopal Church	

The food pantry is accepting monetary donations only at this time. Thank you for understanding!

Thank you very much to all of you that have donated to the Barnes County Food Pantry. It is greatly appreciated.



# The Lighter Side



What do you get when you drop a pumpkin?  
Squash.

Who led all the apples to the bakery? The Pie Piper.

What is a scarecrow's favorite fruit? Strawberries.

What's a tree's favorite month? Sept-timber.

What would you get if you crossed a vampire

and a teacher? Lots of blood tests!

Why did Dracula's mother give him cough medicine? Because he was having a coffin fit.

What did Dr. Frankenstein get when he put a goldfish brain in the body of his dog? I don't know, but it is great at chasing submarines.

Why wasn't there any food left after the monster party? 'Cos everyone was a goblin.

Why did the vampire's lunch give him heartburn? It was a stake sandwich.

Dracula decided he need a dog, which breed did he choose? A bloodhound.

What would you call the ghost of a door-to-door salesman? A dead ringer.

What do skeletons always order at a restaurant? Spare ribs!

Who was the most famous French skeleton? Napoleon Bone-apart.

Who won the skeleton beauty contest? No body.

A special thank you  
to the Jendro family  
for the donated lift  
in honor of  
Carol Jendro.

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	7			3		5	8	
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## 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 3<sup>rd</sup> 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.

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

**Flashlight**

**Full Moon**

**Rosh Hashanah**

**Costumes**

**Stepfamily Day**

**Corn stalk**

**Harvest**

**Columbus Day**

**Twin Towers**

**Fall Festival**

**Jack-O-Lantern**

**Pumpkin**

**Gloves**

**Grandparents' Day**

**Combine**

**Thresher**

**Patriot Day**

**Treats**

**Squash**

**Candle**

Answers on Page 5

# CREATIVE COOKING



## Ham & Split Pea Soup

Prep: 20 mins Cook: 1 hour 30 mins

### INGREDIENTS

- 2 tablespoons butter
- 1/2 onion, diced
- 2 ribs celery, diced
- 3 cloves garlic, sliced
- 1 pound ham, diced
- 1 bay leaf
- 1 pound dried split peas
- 1 quart chicken stock
- 2 1/2 cups water
- salt and ground black pepper to taste

### DIRECTIONS

1. Place the butter in a large soup pot over medium-low heat. Stir in onion, celery, and sliced garlic. Cook slowly until the onions are translucent but not brown, 5 to 8 minutes.
2. Mix in ham, bay leaf, and split peas. Pour in chicken stock and water. Stir to combine, and simmer slowly until the peas are tender and the soup is thick, about 1 hour and 15 minutes. Stir occasionally. Season with salt and black pepper to serve.

### NUTRITIONAL INFORMATION

Servings: 8; Calories 374; Total Fat 14.4g; Saturated Fat 6g; Cholesterol 40mg; Sodium 1187mg; Total Carbohydrate 37g; Dietary Fiber 15g; Sugars 6g; Protein 25.1g



## Jewish Apple Cake

Prep: 30 mins Cook: 1 hour 30 mins

### INGREDIENTS

- 1 teaspoon ground cinnamon
- 3/4 cup white sugar
- 5 large apples, peeled, cored, and chopped
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 tablespoon baking powder
- 4 large eggs
- 2 cups white sugar
- 1 cup vegetable oil
- 1/4 cup orange juice
- 1 tbsp. vanilla extract

### DIRECTIONS

1. Preheat an oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch tube pan.
2. Mix cinnamon, 3/4 cup of sugar, and apples in a bowl; set aside. Combine flour, salt, and baking powder in a bowl. Beat the eggs and 2 cups of sugar with an electric mixer until fluffy. Pour in the flour mixture alternately with the oil. Beat in the orange juice and vanilla until smooth and thoroughly mixed. Pour half of the batter into the prepared pan. Layer half of the apples on top. Pour the remaining batter over, then finish by topping with the rest of the apples.
3. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour and 30 minutes to 1 hour and 45 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

**Cook Notes:** Use Granny Smith apples if you like it a little more tart.

Drizzle the left over juice from the apple-cinnamon mixture over the cake for added sweetness and a light sheen.

### NUTRITIONAL INFORMATION

Servings: 12; Calories 528; Total Fat 20.3g; Saturated Fat 3.4g; Cholesterol 62mg; Sodium 340.7mg; Total Carbohydrate 83.1g; Dietary Fiber 3.1g; Sugars 55.8g; Protein 5.6g

**CONTINUED from page 1**

they continue to require emergency care now," said Sean D. Pokorney, MD, MBA, Assistant Professor of Medicine in the division of cardiology at Duke University School of Medicine. "If you are experiencing symptoms, contact your doctor or call 911 now, as you may need immediate care to save your life."

**Contact your doctor for these heart attack & stroke symptoms**

You may be having a heart attack if you have symptoms such as:

- \* chest pain
- \* difficulty breathing
- \* discomfort in your chest, arms, back, neck, shoulder or jaw

You may be having a stroke if you are experiencing:

- \* numbness, weakness or loss of movement in your face, leg or arm, especially on one side
- \* loss of balance
- \* confusion, including trouble speaking or understanding

Health experts urge you to contact your doctor or call 911 if you are experiencing any of these symptoms.

Hospitals have safety measures in place to protect you

Patients may be understandably nervous about going to a hospital during COVID-19, but hospitals have implemented many safety measures to protect

you from coronavirus. These facilities are ready now to safely care for you if you are experiencing serious health issues.

"Hospitals are doing everything possible to ensure the safety of patients who need critical care," said Pokorney. "With all of these measures, going to the hospital is probably at least as safe as going to the grocery store. Certainly the consequences of not seeking timely care for heart attacks and strokes are far greater than the risk of COVID-19 exposure in the hospital."

Facilities have implemented routine screening procedures to evaluate if any visitors entering the facility might have a risk of COVID-19 exposure, even before they step foot inside the building. Many facilities are separating COVID-19 patients into separate

**Legal Services of ND**

at the Barnes County Senior Center is offered on the 4th Wednesday of each month.



Call Lisa at 845-4300 to arrange an appointment.

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6	7	1	2	3	4	5	8	9
7	4	9	3	1	2	8	5	6
3	1	5	4	8	6	7	9	2
2	8	6	7	9	5	1	4	3
8	3	2	6	4	1	9	7	5
9	6	7	8	5	3	2	1	4
1	5	4	9	2	7	3	6	8

**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**



wards or buildings to ensure other patients are protected and not exposed. Routinely checking temperatures, masks and protective equipment for healthcare workers and other staff are some of the other measures that help to ensure a safe environment.

**Waiting now can cause complications later**

Bad news doesn't get better with time. Delaying treatment for a heart attack or stroke can have serious consequences, causing a bad condition to worsen and making recovery more difficult. For some patients, postponing care can be the difference between life and death.

"I've talked to patients who are experiencing symp-

oms of a heart attack or warning signs for sudden cardiac death and some are choosing to take their chances at home," explained Pokorney. "The unfortunate result is that those patients may die at home or have worse long-term outcomes from the delays in care - and that's avoidable."

The recovery period after a heart attack may also require critical care. "A heart attack is a potential risk factor for sudden cardiac arrest, a life-threatening condition that occurs when the heart suddenly stops beating," said Mary Newman, Executive Director of the Sudden Cardiac Arrest Foundation. "If you've had a heart attack, your doctor can help to determine if you are at risk and can discuss treatment options to keep you safe. But they can only help if you follow up on your symptoms. "If you are having symptoms of a heart attack or stroke, getting care quickly is critical to your treatment and recovery. When you seek help immediately, the care you receive is more likely to be lifesaving, you can likely get better more quickly, and you can limit the damage to your heart and your overall health."

# MEDICARE

Medicare D Open Enrollment is Oct. 15 - Dec. 7

If you need assistance in reviewing your options, call Lisa Johnson at 845-4300 to schedule an in-person, at-home, or over-the-phone appointment. You can also visit [www.medicare.gov](http://www.medicare.gov).

Be sure to visit with your pharmacist and get a list of medications prior to your appointment.



# Little hands doing big things



TLC Daycare in Valley City has been helping out with delivering Meals On Wheels during the COVID pandemic. Groups of teachers and kids delivered Monday through Thursday this summer. Meals On Wheels is available for seniors over 60 that need help with meals. Meals are delivered every day, Monday through Sunday, over the lunch hour.

(photos by Jenn Miklas)



**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)

Barnes County Senior Center  
& Food Pantry  
139 2nd Ave. SE  
PO Box 298  
Valley City, ND 58072  
701-845-4300

Bridgeview Estates  
1120 5th St. NE  
Valley City, ND 58072  
701-845-8061

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Prescription Assistance

DENISE GUILBAULT  
Transit Billing

TAMBARA PRESTON  
Reception/Dispatch

ALECIA GIESLER  
HDM/Rosters/Admin Assistant

BRENDA ROHDE  
Newsletters

## **BARNES COUNTY SENIOR CENTER ADVISORY BOARD**

The Barnes County Senior Center Advisory Board is seeking 3 individuals to serve in 2021. If you are interested in serving or would like more information, please call John at 701-490-0827. John can provide information on the Board's activities.