



SOUTH CENTRAL ADULT SERVICES

McIntosh County

NEWSLETTER

Tired of chronic pain? Medical experts offer 3 helpful tips

(BPT) - If you're coping with back, neck or knee pain on a regular basis, you're not alone. According to research, one in every two Americans experience musculoskeletal (MSK) pain, which affects the bones, tendons, ligaments, muscles and nerves. The 2024 State of MSK survey of 10,000 Americans with chronic and acute pain conducted by Hinge Health shows that pain is too big a problem to ignore.

Nearly half the survey respondents say chronic pain prevents them from living life to the fullest (47%), while 27% report MSK pain has decreased their productivity at work, and 22% agree it has made them consider leaving their job.

Beyond physical symptoms, chronic pain is also associated with poor mental health. About one-third of survey respondents report feeling depressed, and nearly half report anxiety.

"We live in a nation in pain," said Dr. Jeff



Krauss, MD, chief medical officer at Hinge Health. "And many are not accessing what doctors consider the first-line treatment for MSK pain: physical therapy, education and lifestyle change."

The survey found people with chronic pain are

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Understanding type 1 diabetes: Should you get screened?

More than 1.4 million Americans have type 1 diabetes - thought to be caused by an autoimmune reaction where the body attacks its own cells that produce insulin. Although type 1

diabetes is relatively less common when compared to type 2 diabetes, it's anticipated that cases of type 1 diabetes in the U.S. are expected to grow to five million by 2050, underscoring one

of many reasons why increased awareness about type 1 diabetes is so important.

Type 1 diabetes can be elusive, meaning that while you may have the disease for months or years, outward symptoms can take time - some-

times even years - to show in a noticeable way, resulting in more advanced disease at initial diagnosis. What's more, when symptoms do finally present themselves, they frequently present with life-threatening complications, such as diabetic ketoacidosis (DKA). In fact, up to 40% of DKA cases are recorded to be from people newly diagnosed with the disease. Type 1 diabetes also cannot be prevented. With this in mind, understanding risk factors of type 1 diabetes is critical in empowering you to take charge of your health by screening early for this condition. Following are three

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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 & welcome! Come see what's for sale.

Tuesdays: 1 PM: Cards & games.

Thursday, May 9: 5:30 PM: Evening meal, followed by cards and games.

Thursday, May 16: 5:30 PM: Evening meal, 7 PM: Wishek regular meeting.

Thursday, May 23: 5:30 PM: Evening meal, followed by cards and games.

Thursday, May 30: 5:30 PM: Evening meal, followed by cards and games.

Thursday, June 13: 5:30 PM: Evening meal, followed by cards and games.

Thursday, June 20: 5:30 PM: Evening meal, 7 PM: Wishek regular meeting.

Thursday, June 27: 5:30 PM: Evening meal, followed by cards and games.

MAY

Thursday, May 2: 5:30 PM: Evening meal, followed by cards and games.

JUNE

Thursday, June 6: 5:30 PM: Evening meal, followed by cards and games.



ASHLEY

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

Tuesdays: 9 AM: Bone Builders Exercise. Open to the public.

Bingo and cards.

Monday, May 20: 6 PM: Evening meal followed by Bingo and cards.

Tuesday, May 28: 6 PM: Evening meal followed by Bingo and cards.

Bingo and cards.

Monday, June 24: 6 PM: Evening meal followed by Bingo and cards.

Call to reserve a spot before 10 AM for noon meals & 3 PM for evening meals.

MAY

Monday, May 6: 6 PM: Evening meal followed by Bingo and cards.

Monday, May 13: 6 PM: Evening meal followed by

JUNE

Monday, June 3: 6 PM: Evening meal followed by Bingo and cards.

Monday, June 10: 6 PM: Evening meal followed by Bingo and cards.

Monday, June 17: 6 PM: Evening meal followed by



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Services Included In the Rent/Care Package:

- ❖ 2 Meals Per Day in central Dining room
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- ❖ 24 Hour on-site personnel
- ❖ Bathing Assistance
- ❖ 24 Hour Urgency Response (Lifeline)
- ❖ RN on call 24/7
- ❖ Medication Set-up, Medication Assistance and Medication Reminders
- ❖ Open clinic Monday – Friday 10:30-11:30 AM
- ❖ Activity Programming and group outings
- ❖ Transportation Services

1120 5th St. NE
Valley City, ND



DONATIONS

TRANSIT

Macy Williams

	1			3	6		
					9		
4		8		5	1		
5		4	8	9			
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McIntosh County Outreach

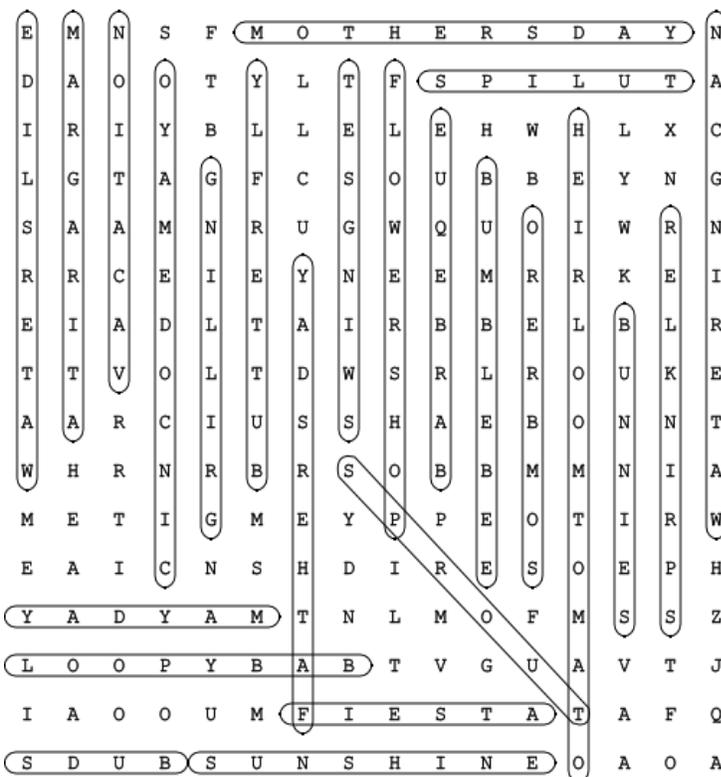
May & June

Ruby Beck is available at the Senior Centers, or in homes by appointment.

If you are in need of frozen meals, home delivered meals, or other services, please call Ruby.

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

701-731-0170



CREATIVE COOKING



Penne with Chicken and Asparagus

Prep: 15 mins Cook: 20 mins

INGREDIENTS

- 1 - 16 oz package penne pasta
- 5 tbsp. olive oil, divided
- 2 skinless, boneless chicken breast halves - cut into cubes
- ¼ tsp garlic powder
- salt and ground black pepper to taste
- ½ cup chicken broth
- 1 bunch slender asparagus spears, trimmed, cut on diagonal into 1-inch pieces
- 1 clove garlic, thinly sliced
- ¼ cup grated Parmesan cheese

DIRECTIONS

1. Bring a large pot of lightly salted water to a boil. Add penne and cook, stirring occasionally, until tender yet firm to the bite, about 11 minutes. Drain.
2. While the pasta is cooking, heat 3 tablespoons oil in a large skillet over medium-high heat. Stir in chicken and season with 1/4 teaspoon garlic powder, salt, and pepper. Cook and stir until chicken is browned and the juices run clear, about 5 minutes. Transfer chicken to a paper towel-lined plate.
3. Pour chicken broth into the skillet. Add asparagus, garlic, and another pinch of garlic powder. Season with salt and pepper. Cover and steam until asparagus is just tender, 5 to 10 minutes. Return chicken to the skillet and cook until heated through, 2 to 3 minutes.
4. Transfer drained penne to a large bowl. Pour chicken mixture over top and mix until well combined. Let sit for about 5 minutes.
5. Stir in remaining 2 tablespoons olive oil, then sprinkle with Parmesan cheese.



Strawberry Pretzel Salad

Prep: 15 mins Cook: 10 mins

INGREDIENTS

- 1 ½ cups crushed pretzels
- ¾ cup butter, melted
- 4 ½ tbsp white sugar
- 2 (8 oz) packages cream cheese, softened
- 1 cup white sugar
- 1 (8 oz) container frozen whipped topping, thawed
- 2 cups boiling water
- 1 (6 oz) package strawberry flavored Jell-O
- 1 (16 oz) package frozen strawberries

DIRECTIONS

1. Gather ingredients, and preheat the oven to 350 degrees F.
2. Mix together pretzels, melted butter, and 4 1/2 tablespoons sugar in a medium bowl until well combined. Press into the bottom of a 9x13-inch dish.
3. Press into the bottom of a 9x13 inch pan. Bake for 10 minutes, or until lightly toasted. Set aside to cool completely.
4. In a medium bowl, beat the sugar and cream cheese until smooth.
5. Fold in whipped topping and spread evenly over the cooled crust. Refrigerate until set, about 30 minutes.
6. Stir together boiling water and gelatin mix in a second large bowl. Mix in frozen strawberries; stir until thawed.
7. Pour over cream cheese mixture in the dish. Refrigerate until completely chilled, at least 1 hour.
8. Refrigerate until completely chilled, at least 1 hour. Slice and enjoy!

Ashley & Zealand Menu for May 2024
 All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1 Milk, Margarine and Coffee

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!</p>	<p>Substitutions may be necessary due to product availability.</p>	<p>1 Pulled pork on a bun Carrots Mandarin oranges</p>	<p>2</p>	<p>3 Pepperoni pizza casse- role Wax beans Fruit</p>
<p>6 <u>Evening Meal</u> Salisbury steak Potatoes Beets Fruit</p>	<p>7</p>	<p>8 Fish Boiled potatoes Carrot raisin salad Peaches</p>	<p>9</p>	<p>10 Lasagna Buttered peas Breadstick Fruit</p>
<p>13 <u>Evening Meal</u> Pork roast Hot potato salad California blend vegetalbes Apple slices</p>	<p>14</p>	<p>15 Tator tot hotdish Peas & cheese salad Fruit</p>	<p>16</p>	<p>17 Chicken patty Potato wedges Corn Pineapple</p>
<p>20 <u>Evening Meal</u> Spaghetti & meat sauce Green beans Garlic bread Pears</p>	<p>21 Beans & weiners Coleslaw Fruit</p>	<p>22 Chicken strips Sweet potato Carrots Apricots</p>	<p>23</p>	<p>24</p>
<p>27 Center CLOSED Memorial Day</p>	<p>28 <u>Evening Meal</u> Ham Sweet potatoes Peas & carrots Applesauce</p>	<p>29 Tomato soup Meat sandwich 3 bean salad Cherries</p>	<p>30</p>	<p>31 Chicken kiev O'Brien potatoes Tomato spoon salad Jello</p>

Ashley & Zeeland Menu for June 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>Evening Meal</u> Beef stew Biscuit Vanilla fruit salad	4	5 Chicken strips Potato Vegetable Cherries	6	7 Cheeseburger pie Garden vegetables Jello with fruit
10 <u>Evening Meal</u> Sausage Scalloped potatoes Peas & carrots Apricots	11	12 Hamburger patty Parsley potatoes Baked beans Pudding Juice	13	14 Taco hotdish 3 bean salad Mandarin oranges
17 <u>Evening Meal</u> Pork chop Baked potato Corn Pears	18	19 Lasagna House salad Pineapple	20	21 Ham cheese noodle bake Buttered beets Applesauce
24 <u>Evening Meal</u> Beef hot dog Mashed potatoes Sauerkraut Peaches	25 Barbeque on a bun Carrot raisin salad Tator tots Apples	26 Tator tot hotdish Peas & cheese salad Fruit	27	28
			Substitutions may be necessary due to product availability.	Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!

Wishek & Lehr May 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Substitutions may be necessary due to product availability.</p>	<p>Evening meals are served at 5:30 PM</p>		<p>Evening Meal Spaghetti & meat sauce Mixed vegetables Fruit in jello</p>	3
<p>6 Chicken cordon bleu Baby bakers Wax beans Grapefruit</p>	<p>7 Lemon pepper fish French fries Peas & cheese salad Pears</p>	8	<p>Evening Meal BBQ pork ribs Baked potato Corn Tropical fruit</p>	10
<p>13 Mini corn dogs Smiley potatoes Baked beans Pineapple</p>	<p>14 Hamburger on a bun Tator tots Pasta salad Cherries</p>	15	<p>Evening Meal Beef roast in gravy Mashed potatoes Mixed vegetables Fruit salad</p>	17
<p>20 Hot beef combo Mashed potatoes Creamed corn Peaches</p>	<p>21 Tuna noodle casserole Cucumber salad Mandarin oranges</p>	22	<p>Evening Meal Chicken & broccoli Fettucini alfredo Side salad Blushing pears</p>	24
<p>27 Center CLOSED Memorial Day</p>	<p>28 Chicken wings Roasted potatoes Broccoli salad Pineapple</p>	29 Hot dog Mashed potatoes Sauerkraut Grapefruit	<p>30 Evening Meal Swiss steak Baked rice Cheesy beans Fruit cocktail</p>	31 Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!

Wishek & Lehr Menu for June 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Fish sandwich French fries Coleslaw Grapefruit	4 Stuffed peppers Mashed potatoes Green beans Apricots	5	6 <u>Evening Meal</u> Baked chicken Funeral potatoes Mixed vegetables Fruit in jello	7
10 Egg rolls Fried rice Oriental vegetables Pineapple	11 Taco salad with the fixings Black bean salad Fruit cocktail	12	13 <u>Evening Meal</u> Pork roast in gravy Mashed potatoes Sauerkraut Spiced apples	14
17 Pulled pork sandwich Smiley potatoes Baked beans Peaches	18 Tator tot hotidsh Glazed carrots Pears	19	20 <u>Evening Meal</u> Chicken & dumplings Creamed potatoes Mixed vegetables Fruit salad	21
24 Popcorn chicken Chef salad with fixings Applesauce	25 Cabbage roll Mashed potatoes Broccoli Cherries	26	27 <u>Evening Meal</u> Meatloaf Baked potato Creamed corn Tropical fruit	28
			Evening meals are served at 5:30 PM	Substitutions may be necessary due to product availability.

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common risk factors to keep in mind:

Family History

If you have a first-or-second-degree relative who has type 1 diabetes, your risk of developing it increases quite significantly. In fact, if just one person in your family has type 1 diabetes, the chances of you or someone else in your family developing it are up to 15x higher. In most instances, individuals inherit risk factors from their parents, and the risk of developing the condition can be as high as 30% if both biological parents have type 1 diabetes.

That said, even more surprising is that about 90% of those who develop type 1 diabetes do not have a family history of the disease. So, while having a family history of type 1 diabetes is a common risk factor for developing the disease, it is a condition that truly does not discriminate.

Age

In the U.S., type 1 diabetes is among the most common chronic diseases that impacts children. In fact, type 1 diabetes was once commonly referred to as "juvenile diabetes." That said, we've gotten more knowledgeable about this disease over time - and now we know that although type 1 diabetes usually develops in children and adolescents, individuals at any age can develop it. This means that young adults and adults are still at risk, with recent data showing that more than half the people who are newly diagnosed

with type 1 diabetes are being diagnosed as adults.

Autoimmune Disease

Notably, of individuals with type 1 diabetes, every fifth person also has an additional autoimmune disease - demonstrating the co-occurring nature of these conditions. As such, if you have certain autoimmune conditions, such as celiac or Hashimoto's disease, you may be at a higher risk of developing type 1 diabetes.

Get Screened Today

While this list does not encompass all potential risk factors - for example, geography and environmental factors can also increase a person's risk for type 1 diabetes - the most important takeaway is that no one should wait for common symptoms of type 1 diabetes to get screened because it is possible to identify type 1 diabetes in its earlier stages, before common symptoms occur. That is the goal of Sanofi's The 1 Pledge movement - to drive a national conversation about and action around the importance of early screening for type 1 diabetes.

Take risk factors seriously and talk to your doctor about getting screened today; the more information you have early, the more you and your family can do to become educated about and get prepared for type 1 diabetes. Make your pledge to get screened at The1Pledge.com, which also has more educational information.

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

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 S A A M N R U G W Q U O I W R N
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 T T V O L T D W S R L R O U K E
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Cinco De Mayo
Tulips
Butterfly
Sunshine
Grilling
Buds
Sombrero
Father's Day

Swing Set
Bumble Bee
Sprinkler
Watering Can
Vacation
Bunnies
Mother's Day
Sprout

Fiesta
Heirloom Tomato
Waterslide
May Day
Baby pool
Margarita
Flower Shop
Barbeque

Answers on Page 3

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	731-0072
Zeeland	Call Dispatch	731-0072
Lehr	Call Dispatch	731-0072
Wishek and all sites	Call Dispatch	731-0072

Bismarck Trips

\$15.00

Monday through Friday.....Call Dispatch

Jamestown Trips

\$13.00

Every Thursday.....Call Dispatch

Aberdeen Trips

\$13.00

Every Tuesday.....Call Dispatch

For more information, be sure to visit www.southcentraltransitnetwork.org or find us on Facebook at facebook.com/southcentraltransitnetwork

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more likely to seek over-the-counter or prescription pain medications, despite the fact that 47% of people who do not feel in control of their pain fear side effects or complications from those treatment methods.

In some cases, the real or imagined cost of physical therapy, plus the ability to make in-person appointments, can be barriers. Fortunately, digital PT has helped overcome one barrier. In the survey, 48% of people say a digital physical therapy program would make it easier to follow their care plan, and 43% say they "need" PT care with a digital component. Digital PT stands out as the preferred initial approach for chronic MSK pain, with a 70% satisfaction rate among members.

Here is some advice from physical therapists at Hinge Health for coping with MSK pain, including moving around safely for pain management, increasing motion and boosting sleep. Note: This information is for educational purposes only, and you should always consult your healthcare provider for your unique situation.

1. Keep moving. When experiencing pain, it's natural to want to stop moving, hoping that rest will make the pain stop. Unfortunately, staying still can lead to a downward cycle - with pain increasing and mobility decreasing.

"Movement is medicine," said Dr. Krauss, "and many kinds of pain worsen if you rest too much. Staying active can help you work through joint stiffness and help muscles gain strength over time, which can improve your symptoms."

If your pain is due to an accident or physical trauma, or if you're concerned about increasing pain as you move, see your healthcare provider. Ask about in-person or digital PT options for guidance on how to move safely as part of your pain management plan.

2. Move and stretch gently. Motion can help relieve stiffness and reduce pain over time, with physical therapists recommending an approach to movement that gradually increases your strength and range of motion.

* Back pain: Stretching is helpful,

but avoid awkward twisting, bending or motions that lead to over-tensing back muscles.

* Neck pain/stiffness: Take breaks from holding one position too long, such as sitting at your computer. Set a timer to occasionally adjust your position, gently stretch your neck or roll your shoulders.

* Knee pain: Strengthen muscles that protect your knee, especially your quads (the front of your thighs), with exercises like stepping up to and down from a low platform.

A physical therapist can help you learn specific exercises and stretches to support areas of your body causing you chronic pain. Beyond reducing pain, PT can also help treat other conditions, such as strengthening the pelvic floor to address bladder issues.

3. Boost sleep. Pain makes it hard to get a restful night's sleep, and poor sleep can increase sensitivity to pain - leading to another downward spiral. The survey found over half of people (53%) who have experienced pain in the past 12 months say it affects their sleep, and 26% have been diagnosed with a sleep disorder. Here are tips to try:

* Change your pillow: To improve sleep, especially with neck pain, swap out your pillow. Your ideal pillow depends on the issues you're having and your preferred sleep position. Try different kinds for several nights to find what works for you.

* Practice good sleep hygiene: Keep your room cool and dark, and make sure to go to sleep and wake at the same time each day.

* Relaxation techniques: Meditation, breathing exercises or warm baths can help you relax before bedtime.

"Making an effort to improve your sleep is an important step in treating pain," said Dr. Krauss. "While there are many easy and effective ways to do this on your own, sometimes it's necessary to work with a professional who can offer proven techniques, such as Cognitive Behavioral Therapy (CBT) for insomnia."

Learn more about digital physical therapy at HingeHealth.com.

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

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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

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139 2nd Ave. SE
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