



# *SOUTH CENTRAL ADULT SERVICES*

# *Foster County*

## *NEWSLETTER*

JULY & AUGUST 2024

ISSUE NO. 4

## **Prairie Fare: Try this 10-question summer food safety quiz**

Don't let foodborne illness spoil your outdoor cooking and dining experiences

**By Julie Garden-Robinson, Food and Nutrition Specialist**

The other day, I wiped off and arranged the outdoor furniture on our patio after the furniture finally came out of storage.

Then I sat down at the table to enjoy the warm breeze and admire the flowers I just planted. After a long, cold winter and spring, I was beginning to wonder whether warm temperatures ever would arrive.

My husband started firing up the grill. Our dogs trotted over to check out the situation. Usually, the smell of a grill means they will get a little sample of meat. They received a pat on the head, which they appreciated slightly.

I went inside to prepare the rest of the food and gather dishes and serving utensils. Summer is almost here, so some of our cooking and dining experiences are moving outdoors.



Unfortunately, each year, about one in six people in the U.S. acquires a foodborne illness, and outbreaks tend

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## **Ask your primary care provider about screening for signs of cognitive impairment**

**(BPT) - By Dorsey Griffith**

In a cruel irony, one of the most significant health challenges facing older Americans is also one of the least diagnosed, especially in the early stages when steps can be taken to slow or better manage decline.

Cognitive decline, a condition that can progress to dementia or Alzheimer's Disease, is on the rise. An estimated 8 million Americans have mild cognitive decline, and 90% of them don't know it. As the population of older adults surges, rates of Alzheimer's disease in the

U.S. are expected to skyrocket as well, nearly tripling to 14 million by 2060.

In a busy rural Alabama primary care clinic, Rick Kilgore, a physician associate/assistant (PA), is addressing the disparity by screening every patient over age 50 for signs of cognitive decline or dementia. He's using a recently

developed cognitive assessment screening tool designed for healthcare providers across practice settings. The goal is to improve cognitive screening rates to catch early signs of dementia so that patients can make lifestyle changes to optimize brain health, get referrals to specialists and engage family members or caregivers for support.

"I would estimate that less than 10% of people who go on to develop dementia or Alzheimer's as older adults are diagnosed with cognitive decline in their 50s or early 60s," he said. "Usually by the time a family member comes in and says their loved one is having problems, it's gone beyond losing car keys or forgetting where they parked their car - like forgetting to

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take their medications. These patients need to be identified earlier so they can take appropriate action, which might include additional tests, lifestyle changes or medications."

American Academy of Physicians Associates (AAPA) CEO Lisa M. Gables, CPA, says clinicians across the healthcare team, including PAs, are essential to early detection.

"PAs are often one of the first healthcare providers a patient will encounter and are skilled in identifying signs of early cognitive decline in patients and refer them for more testing and treatment," Gables said. "Just like with other diseases, early detection is critical."

The cognitive assessment toolkit was developed by the AAPA and Cleveland Clinic with funding from a Davos Alzheimer's Collaborative (DAC) grant, an initiative of the DAC Healthcare System Preparedness Project. The project aims to advance how healthcare systems worldwide detect, diagnose, treat and care for people with or at risk for Alzheimer's.

In addition to the patient screening test, the toolkit also allows providers to interpret the findings and differentiate among signs of normal aging, cognitive impairment and dementia. Providers can also discuss abnormal screening results with patients and their caregivers, address any concerns they might have, as well as help them with modifiable risk factors for dementia.

The toolkit also includes resources for patients with information on supporting brain health and wellness.

"The reality is not everyone has to deteriorate," said Kilgore. "You can slow it down by taking steps like moderate drinking, a healthy diet and daily exercise."

## Gift Certificates now available!

Looking for a gift for the person who has everything? Let us help you out with a gift certificate for South Central Adult Services congregate meals. Call 701-652-3257 today!



My approach is to recommend patients don't smoke, take walks, read books - don't be a couch potato. Having good heart function and being mentally sharp are tied closely together."

The cognitive assessment toolkit was tested at five rural practice sites in Alabama, Idaho, Maryland, Oregon and Tennessee, along with several urban Cleveland Clinic locations. During initial testing, patients 65 and older who were offered a cognitive screening during a yearly wellness exam increased to 100% and those offered a cognitive screening during any type of primary care medical visit increased from 30% to 39%. Eighty-two percent of providers who tested the toolkit said they planned to change their screening practices. The toolkit was officially launched in Fall 2023.

"If patients or their caregivers feel that an individual is showing signs of forgetfulness such as not taking medications, being unable to balance their checkbook or asking repetitive questions, they should alert their provider that the patient may have early signs of cognitive decline," Kilgore said. "Early screening is important. Even in their 50s, an individual may begin to show subtle changes that can be documented and followed with the screening tools that we have launched within the PA community."

## FOSTER COUNTY BIRTHDAYS & ANNIVERSARIES

### GRACE CITY JULY

No birthdays or anniversaries

### AUGUST

#### Birthdays

Dorothy Belile: 8/4

#### Anniversaries

Leona & Myron Kulsrud: 8/27

Creeta & Myron Luttschwager: 8/31

## Grace City, McHenry & Glenfield Menu for July 2024 (701-674-3128)

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sloppy joes Tator tots Peas & carrots Fruit salad Cookie	2	3 Grilled chicken sandwich Potato Corn Fruit salad	4	5 Beef stroganoff Tossed salad Broccoli Fruit
8 Hamburger on a bun Sweet potato Corn Pineapple	9	10 Meatloaf Baby bakers Peas Lettuce salad Apple crisp	11	12 BLT sandwich Cucumber salad Broccoli Fruit
15 Vegetable beef soup Egg salad sandwich Salad Brownie Peaches	16	17 Ham & scalloped potatoes Stewed tomato Fruit cocktail	18	19 Taco salad Sour cream, cheese, onion, chips Fruit Juice
22 BBQ chicken Potato salad Scalloped corn Mandarin oranges	23	24 Hamburger steak in gravy Mashed potatoes Prince Edward vegetables Pudding with bananas	25	26 Cheeseburgers on bun Lettuce, tomato, onion Macaroni salad Peaches
29 Bratwurst on a bun Macaroni salad Peas Ice cream	30	31 Cabbage rolls Green beans Fruit Juice Birthday cake		

## Grace City, McHenry & Glenfield Menu for August 2024 (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	2 Grilled chicken breast Potato salad Green beans Pears Moon cake
5 Beef roast & gravy Mashed potatoes Corn Fruit	6	7 Scrambled eggs Ham Diced potato Muffin Fruit	8	9 Ribs Baked beans Baked potato Peaches
12 BLT sandwich Cucumber salad Broccoli Fruit Baked apple	13	14 Chicken noodle hotdish Peas Lettuce salad Fruit	15	16 Hamburger steak in gravy Mashed potato Prince Edward vegetables Pudding with bananas
19 Sloppy joes Tator tots Peas & carrots Fruit salad	20	21 Pork chop & gravy Mashed potatoes Prince Edward vegetables Fruit	22	23 Stuffed shells Zucchini Tossed salad Fruit
26 Ham & bean soup BLT sandwich Garden salad Fruit	27	28 Fish sandwich Augratin potato Cabbage & carrots Applesauce Birthday cake	29	30



## Are you a mosquito magnet? Here are 4 reasons why and how to protect yourself

(BPT) - There's nothing quite like the lure of the outdoors when the sun is shining, temperatures are heating up and the world is in bloom. Unfortunately, while you and your family are enjoying all that the warmer months have to offer, mosquitoes are too.

To help improve your experience as you spend more time outdoors this season, here are four reasons you may be attracting mosquitoes without even knowing it - and preventive measures you can take to help keep them at bay.

**1. Donning flowery perfume.** Before you opt for floral scents throughout the summer months, consider that you may be unintentionally enticing mosquitoes.

The reaction from the floral scent on your skin's surface attracts mosquitoes.


Before heading outside, you may want to avoid floral perfumes, lotions and sunscreens - or think twice before going outside soon after applying.

**2. Enjoying a cold brew.** While many people like to drink beer at friends and family outdoor gatherings, beer - or any alcohol - expands your capillaries which sends more blood to your skin's surface. As a result, your body temperature increases, making you produce more sweat and carbon dioxide - a perfect concoction to intrigue mosquitoes. The best advice? Save IPAs for your indoor gatherings and choose non-alcoholic, sugar-free beverages while you're having fun in the sun.


**3. Attractive - but stagnant - bodies of water.** Decor such as bird baths, flower pots, or ponds can provide great flora and fauna for your outdoor space, but be aware that stagnant bodies of water are a mosquito-favorite breeding ground. Any kind of outdoor decor or container holding water is an appealing place for mosquitoes to meet, mate and lay eggs. To help prevent mosquitoes from intruding on your outdoor get-togethers, scout your property frequently to empty and dry standing bodies of water.

**4. Wearing dark-colored and tight clothing.** Mosquitoes have limited eyesight (their sense of smell is much better!), but their small eyes can easily see bold, dark colors including navy blue, black, gray and red. They can also bite through clothes, which gets right to your skin when wearing form-fitting clothing.

You can make yourself less of a target by opting for loose-fitting clothing with paler colors that are less likely to get their attention - like white or yellow. Best yet, wearing lighter, looser clothing can also help you feel cooler when the temps heat up.



### COUNTY HEALTH CORNER



**Spotlight on...**  **CredibleMind**  
Personalized mental wellbeing online platform.

**CredibleMind brings together evidence-based resources, such as videos, podcasts, apps, online programs, and articles.**

**1 in 5**  
U.S. youth and adults experience mental illness each year.


**Confidential Available 24/7** **Free for youth & adults**  
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Learn new skills & knowledge.  
Assessments and resources on topics like sleep, anxiety, substance use, resiliency, and more.




Scan QR code or visit: [region6.crediblemind.com](https://region6.crediblemind.com)

**Public Health**  
Prevent. Promote. Protect.  
Foster County Public Health



## 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 Ann VandeHoven,

## Frozen Meals Available

Frozen meals are available to elderly people who are unable to shop and prepare meals, and where hot home-delivered meals are not available every day. The meals are labeled with instructions for heating. A serving of bread, butter, milk, and dessert is included for each meal.

Contact your outreach worker or your Senior Center for more information.

## Would you like to help a senior in need?

Do you like to visit, play games, do hobbies and make people smile? Do you have 5 hours a week to spare?

If so, come be a Volunteer Companion to seniors in the Foster County area. Volunteers receive mileage reimbursement for their travels.

Call 652-3257 for more information.

## 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.

## 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 Ann VandeHoven at  
652-3257

Provided by Lutheran Social Services of Minnesota

## Foster County Outreach & Public Health Off-Site Clinic Schedule

### July & August 2024

Ann VandeHoven, 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, July 3** - Grace City Schoolhouse

**Wednesday, July 24** - McHenry Senior Center &  
Glenfield Community Center

**Wednesday, Aug. 7** - Grace City Schoolhouse

**Wednesday, Aug. 28** - McHenry Senior Center &  
Glenfield Community Center

# Foster County Transit

Transportation is open to the public!!

## Local Transportation

Monday—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 701-652-3257

For more information go to  
[www.southcentraltransitnetwork.org](http://www.southcentraltransitnetwork.org)  
or find us on Facebook at  
[facebook.com/southcentraltransitnetwork](https://facebook.com/southcentraltransitnetwork)

## **Bridgeview Estates**

*Assisted Living*

**Call 701-845-8061**

**1 & 2 Bedroom Units Available**

### **Services Included In the Rent/Care Package:**

- ❖ 2 Meals Per Day in central Dining room
- ❖ Housekeeping
- ❖ 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 5<sup>th</sup> St. NE  
Valley City, ND**



## **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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to increase during warm months. We can avoid having our fun summer dining experiences make headlines by taking some steps to food safety.

Let's review some of the rules for summer food safety in the form of a quiz about cooking temperatures and other food safety recommendations. These are the consumer temperature rules from the U.S. Department of Agriculture, which are slightly different from the Food and Drug Administration temperatures used in restaurants. The answers are at the end.

1. Before we begin preparing food, we all need to wash our hands for how many seconds?
2. In the "temperature danger zone" bacteria can grow fairly quickly. What temperature range is considered the danger zone?
3. You discovered that you forgot to thaw the meat for the barbecue, and your microwave oven doesn't work. How can you thaw the meat safely?
4. You just received a food thermometer. You read in an Extension publication that you should "calibrate" the thermometer, or check it for accuracy, by immersing the probe in a container of 50 percent crushed ice and 50 percent cold water. What temperature should the thermometer read when you place it in the ice-water bath?
5. You bought a picnic pack of meat, including pork, beef and chicken. You are checking meat on your grill using your newly calibrated thermometer. To what internal temperature should pork chops reach?
6. To what internal temperature should burgers made from ground beef reach?
7. To what temperature should chicken breasts be cooked?
8. The food is coming off the grill and is ready to serve on a nearby picnic table. The outdoor temperature is 90 F. How long can perishable food, such as cut vegetables and salads, safely be at this temperature? What additional steps could you take to assure food safety?
9. How can you help prevent cross-contamination when you remove food from a grill?
10. You grilled some extra hot dogs and burgers to chill and eat later. To what

temperature should you reheat the food? How long can you keep them in your refrigerator safely?

The answers are:

1. Wash your hands for at least 20 seconds using warm water and soap.
2. The temperature danger zone is 40 to 140 F. Keep cold food cold (below 40 F) and hot foods hot (above 140 F).
3. You can thaw meat safely by putting it in a leak-proof plastic bag and immersing it in cool water. Change the water about every 30 minutes. If you thaw meat in a microwave oven, be sure to cook it right away. Don't put it back in the refrigerator.
4. The thermometer should read 32 F, the freezing point of water. Check if you can adjust your food thermometer to be accurate; if not, you probably need a new one.
5. Cook pork chops to an internal temperature of 145 F and allow a three-minute holding time. Be aware of where the thermometer's sensor is; sometimes the sensor is at least 1 inch along the stem and sometimes the sensor is closer to the thermometer's tip.
6. Cook ground beef to an internal temperature of 160 F.
7. Cook chicken and other poultry to an internal temperature of 165 F.
8. When temperatures reach 90 F, food should spend no more than one hour outside of temperature control. Serve cold foods nested in a bowl of ice or in a cooler with ice. Cover the food to protect it from bugs, too.
9. Be sure to bring a clean plate and clean utensils to the grill to retrieve your food.
10. Reheat leftovers to 165 F, and use them within three or four days.

How did you do? If you need to brush up on food safety, check out the NDSU Extension food and nutrition website at <https://www.ag.ndsu.edu/food/food-safety/at-home> for details about preparing, cooking and serving food safely at home. Get some recipe ideas at <https://www.ag.ndsu.edu/food>, too.

*Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension Service food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences*

**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)

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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139 2nd Ave. SE  
PO Box 298  
Valley City, ND 58072  
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