



# SOUTH CENTRAL ADULT SERVICES

# McIntosh 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 de-

cline.

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

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# MCINTOSH COUNTY ACTIVITIES

## WISHEK

### Tuesdays & Wednesdays:

1 PM: Quilting. New quilters needed & welcome! Come see what's for sale.

Tuesdays: 1 PM: Cards & games.

Thursday, July 18: 5:30 PM: Evening meal, 7 PM: Wishek regular meeting.

Sunday, July 21: 12 PM: Brunch.

Thursday, July 25: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Aug. 22: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Aug. 29: 5:30 PM: Evening meal, followed by cards and games.

## JULY

Wednesday, July 3: 5:30 PM: Evening meal, followed by cards and games.

Thursday, July 11: 5:30 PM: Evening meal, followed by cards and games.

## AUGUST

Thursday, Aug. 1: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Aug. 8: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Aug. 15: 5:30

*Anyone dining **MUST** call to reserve a spot by **9 AM** for noon meals and **1 PM** by for evening meals.*

## 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, July 15: 6 PM: Evening meal followed by Bingo and cards.

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

Monday, July 29: 6 PM: Evening meal followed by Bingo and cards.

Bingo and cards.

Monday, Aug. 19: 6 PM: Evening meal followed by Bingo and cards.

Monday, Aug. 26: 6 PM: Evening meal followed by Bingo and cards.

## JULY

Monday, July 1: 6 PM: Evening meal followed by Bingo and cards.

Monday, July 8: 6 PM: Evening meal followed by

## AUGUST

Monday, Aug. 5: 6 PM: Evening meal followed by Bingo and cards.

Monday, Aug. 12: 6 PM: Evening meal followed by

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



G R I L L M A S T E R A D H U S E  
 E E S H O T D O G T O L P O R R F  
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Ocean  
 Hot Dog  
 Swim  
 Garden  
 Honeymoon  
 Flowers  
 Fourth of July  
 Vacation Spot  
 Bait Shop

Life Preserver  
 Boating  
 Tennis Ball  
 Class Reunion  
 Weddings  
 Lawn Mower  
 Suntan Lotion  
 Fishing  
 Watermelon

Lake Life  
 Golf  
 Burgers  
 Tackle Box  
 Sprinklers  
 Grill Master  
 Seeds  
 Lawn Chairs  
 Tourists

Answers on Page 9

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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*

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Ashley & Zeeland Menu for August 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>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!</b></p>	<p><b>Substitutions may be necessary due to product availability. Fresh fruit served when available.</b></p>			
<p>5 <u>Evening Meal</u> Chicken alfredo Mashed potatoes Glazed carrots Fruit</p>	<p>6</p>	<p>7 Hamburger goulash Green beans Biscuit Fruit</p>	<p>8</p>	<p>9 Pork loin sandwich Pasta salad Cherries</p>
<p>12 <u>Evening Meal</u> BBQ pork ribs Sweet potato Mixed vegetables Pears</p>	<p>13</p>	<p>14 Egg salad sandwich Tomato soup 3 bean salad Fruit</p>	<p>15</p>	<p>16 Beef tips &amp; gravy over noodles Garden vegetables Mandarin oranges</p>
<p>19 <u>Evening Meal</u> Hot dog Sauerkraut Mashed potatoes Peaches</p>	<p>20</p>	<p>21 Chicken salad on lettuce leaf Biscuit Jello</p>	<p>22</p>	<p>23 California burger Peas &amp; carrots Fruit</p>
<p>26 <u>Evening Meal</u> Pork chop Baked potato Creamed cabbage Fruit</p>	<p>27 Taco salad &amp; fixings Ambrosia fruit salad</p>	<p>28 Turkey noodle casserole Fruity coleslaw Cranberries</p>	<p>29</p>	<p>30</p>

Wishek & Lehr July 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken strips Sweet potato fries Mixed vegetables Apricots	2 Spaghetti w/ meat sauce Garlic bread Peas Mandarin oranges	3 <b>Evening Meal</b> Swedish meatballs in gra- vy over mashed potatoes Corn on the cob Watermelon	4 Center CLOSED 	5
7	8 Hot dogs Baked beans Pasta salad Pears	9 Beer battered fish Baked potato Sweet broccoli sal- ad Pineapple	10	11 <b>Evening Meal</b> Marinated chicken with peppers & onions Herbed rice Creamed peas Cherries	12
14	15 Beef stroganoff over noodles Glazed carrots Fruit cocktail	16 Taco casserole with beans & corn Spanish rice Peaches	17	18 <b>Evening Meal</b> Ham Roasted sweet pota- toes Mixed vegetables Strawberries	19
21 <b>Noon Brunch</b> Caramel roll Scrambled eggs Bacon Pancakes Fresh fruit V8 juice	22 Chicken cordon bleu Baby bakers Green beans Grapefruit	23 Patty melt French fries Pasta salad Applesauce	24	25 <b>Evening Meal</b> Cabbage roll Mashed potatoes Glazed carrots Fruit salad	26
28	29 Sweet & sour chicken Fried rice Oriental vegeta- bles Tropical fruit	30 Ham & scalloped potatoes Dinner roll Corn Apricots	31 <b>Diners MUST call at least 1 day prior to sign up for meals. Call by 9 am for Noon meals, by 1 pm for evening meals. Late sign ups will no be accepted.</b>	<b>Substitutions may be necessary due to product availabil- ity.</b>	

**Wishek & Lehr Menu for August 2024**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Diners MUST call at least 1 day prior to sign up for meals. Call by 9 am for Noon meals, by 1 pm for evening meals. Late sign ups will no be accepted.</b></p> <p>5 Hot beef combo Mashed potatoes Corn Tropical fruit</p>	<p><b>Substitutions may be necessary due to product availability.</b></p> <p>6 Hamburger on a bun French fries Carrot raisin salad Pineapple</p>		<p>1 <u>Evening Meal</u> Beef roast in gravy Mashed potatoes Cheesy beans Cantaloupe</p>	2
<p>12 Beef stew over biscuits Brussels sprouts Mandarin oranges</p>	<p>13 Reuben sandwich O'Brien potatoes Coleslaw Strawberries</p>	7	<p>8 <u>Evening Meal</u> Hot dogs Mashed potatoes Sauerkraut Fruit salad</p>	9
<p>19 Chicken nuggets Mashed potatoes and pepper gravy Pickled beets Peaches</p>	<p>20 BBQ pork ribs Potato salad Peas Apple slices with peanut butter</p>	14	<p>15 <u>Evening Meal</u> Chicken parmesan over noodles Mixed vegetables Pears</p>	16
<p>26 Lemon pepper fish Sweet potato fries Coleslaw Bananas</p>	<p>27 Taco salad with fixings Spanish rice Black bean salad Applesauce</p>	21	<p>22 <u>Evening Meal</u> Swiss steak Cheesy hashbrowns Asparagus Fruit in jello</p>	23
		28	<p>29 <u>Evening Meal</u> Stuffed peppers Mashed potatoes Creamed corn Kiwis</p>	30

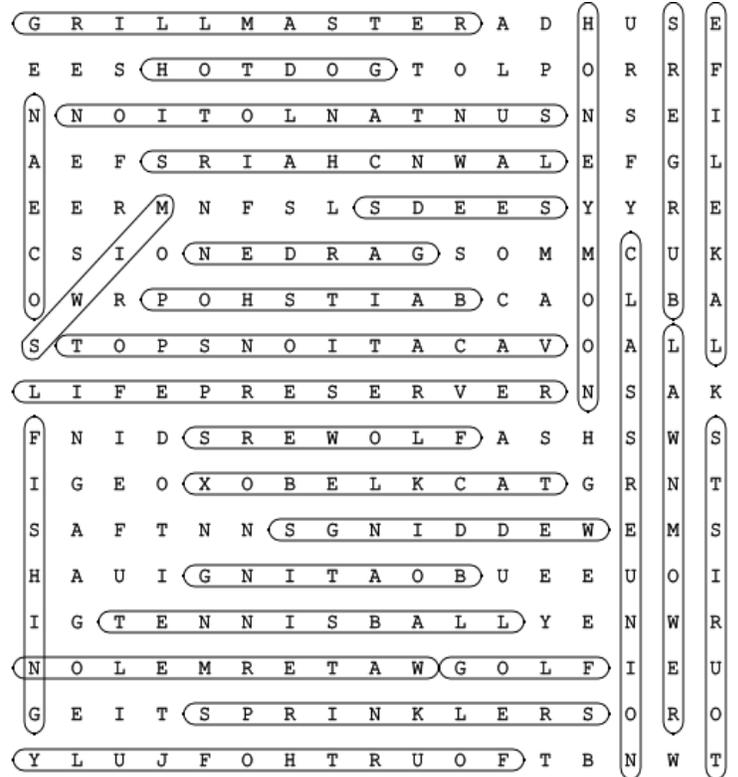
## Frozen Meals Available

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 the outreach worker or your Senior Center 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.



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

## FREE IN-HOME SERVICES FOR SENIORS

Provided by Lutheran Social Services  
Senior Companions

- Bringing smiles & laughter
- Empowering seniors to remain living independently
- Helping relieve loneliness and encouraging activity
- Providing respite care for family caregivers

**Contact Becky Telin at 701-389-2293  
for more info.**

## 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



## 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](http://www.southcentraltransitnetwork.org) or find us on Facebook at [facebook.com/southcentraltransitnetwork](https://facebook.com/southcentraltransitnetwork)



## McIntosh County Outreach

### July & August

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**

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problems, it's gone beyond losing car keys or forgetting where they parked their car - like forgetting to 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. 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."

**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

PATRICIA HANSEN  
Director

South Central Adult Services  
Main Office  
139 2nd Ave. SE  
PO Box 298  
Valley City, ND 58072  
701-845-4300

Lehr Senior Center  
122 Main Street  
Lehr, ND 58460  
701-378-2526

RUBY BECK  
Outreach

JODI ELLIOTT  
Bookkeeping

# 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.

**Please consider us when making your charitable donation.** South Central Adult Services is a non-profit corporation which receives support from North Dakota Aging Services and the Department of Transportation. Although they are funding sources, it is not enough to cover all the costs of our corporation. The money received will help provide continued support and assistance to those supported by our programs. We are very appreciative for the support we already receive. If you would please consider a financial contribution to help meet the needs of our patrons, please fill out this form and return it to **South Central Adult Services, PO Box 298, Valley City, ND 58072.**

**ENCLOSED IS MY TAX DEDUCTIBLE DONATION:**

**I would like my contribution of:**

\_\_\_\_\_ \$ 25                      \_\_\_\_\_ \$200  
 \_\_\_\_\_ \$ 50                      \_\_\_\_\_ \$500  
 \_\_\_\_\_ \$100                      \_\_\_\_\_ \$Other



For the purpose of:

\_\_\_\_ Transportation      \_\_\_\_ Senior Meals  
 \_\_\_\_ Food Pantry      \_\_\_\_ Prescription Assistance      \_\_\_\_ Other \_\_\_\_\_



In the county of:

\_\_\_\_ Barnes    \_\_\_\_ LaMoure    \_\_\_\_ Foster    \_\_\_\_ Logan    \_\_\_\_ McIntosh    \_\_\_\_ Griggs    \_\_\_\_ Emmons

\_\_\_\_ In memory of: \_\_\_\_\_

\_\_\_\_ In honor of: \_\_\_\_\_

\_\_\_\_ Other: \_\_\_\_\_



May we publish your name? \_\_\_\_ Yes \_\_\_\_ No      Your thoughtful gift will be acknowledged to the person/family indicated:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_