



SOUTH CENTRAL ADULT SERVICES

Barnes County

NEWSLETTER

SEPTEMBER & OCTOBER 2024

ISSUE NO. 5

The reasons why everyone should eat more seafood

Lane Lipetzky, RDN

Seafood has been an important nutritional staple for cultures around the world for thousands of years. Today, however, it can be a polarizing food, some people love it while others hate it. Fortunately for the fish lovers, it is an extremely nutritious protein source that both the Department of Health and Human Services as well as the US Department of Agriculture recommended to eat two to three times a week! In this month's article we will discuss the important nutrition found in seafood and how to limit your mercury intake.

Nutritional Value of Seafood

Although nutritional values vary depending on the type of fish



you're eating, you can count on seafood to be a great low-calorie source of protein, omega 3 fatty acids, vitamins and minerals. Lean fish are generally only 100 calories per 3 oz serving, while fatty fish (containing healthy fats) are around 200 calories per serving. In that

same 3 oz serving, seafood has on average 21 grams of high-quality protein to help build and maintain muscle mass. As we age, our protein needs increase while our calorie needs decrease making seafood a good choice for your healthy diet.

Seafood is also a great source of Omega-3 fatty acids and is low in saturated fat. Omega-3 fats are associated with a decrease in inflammation and triglyceride levels. Additionally, according to the National Institute of Health, higher consumption of Omega-3 fatty acids is associated with improved learning, memory and cognitive well-being. To know if you are eating a fatty fish, look at the color of the flesh.

CONTINUED on page 12

How to make home modifications for independence

(BPT) - Being safe and comfortable at home is a large part of living well. Home modifications and repairs can help everyone prevent accidents and maintain an independent lifestyle, especially older adults and people with disabilities.

Many older adults prefer to live in their own homes for as long as possible, but too often don't think about whether a home can adapt to their needs as they age. Making improvements before they are needed is a good way to ensure that a home is ready for aging in place. Forward-thinking improvements can also prevent falls, which often result in the need for long-term care.

Changes can be made to improve both the accessibility and adaptability of a home. Accessibility improvements involve tasks like widening doorways and

lowering countertop heights for someone who uses a wheelchair. Adaptability changes, such as adding grab bars in bathrooms, are improvements to assist people for whom strength and balance may have become a

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What you should know about heart valve disease

(BPT) - Heart valve disease affects more than 5 million people in the United States. Despite this, 3 out of 4 U.S. adults know little to nothing about it.

The Centers for Disease Control and Prevention (CDC) is raising awareness about heart valve disease by launching a series of toolkits focused on providing information, resources and personal stories.

"CDC wants to help everyone get to know their heart," said Janet S. Wright, MD, FACC, director of CDC's Division for Heart Disease and Stroke Prevention. "We know early detection is only possible when patients and health care teams work together. Ongoing conversations about heart valve disease risk factors can help identify when referrals may be needed and ensure connection to additional care or treatment."

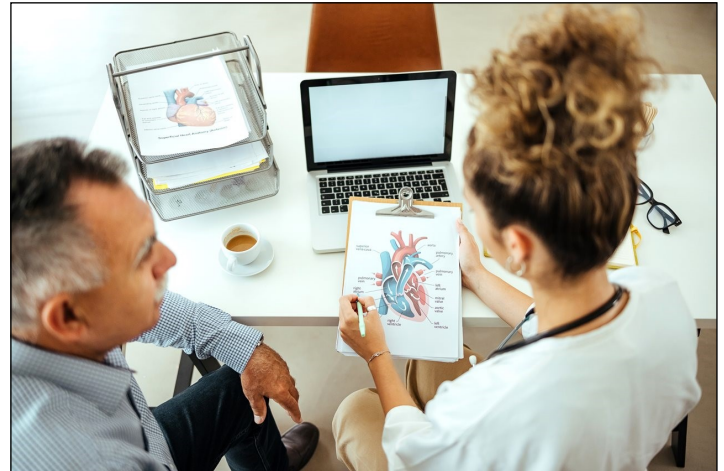
Knowing your heart includes learning how it should function. The heart works by pumping blood throughout the body; with each heartbeat, your heart valves open and close to keep blood moving in the right direction. Heart valve disease occurs when your heart valves don't work like they should, which makes the heart strain and work harder.

Heart valve disease can be congenital - something you are born with - or it can develop over time due to aging, certain infections, radiation for cancer treatment, or other underlying health conditions. Signs of a congenital heart valve condition may be present during prenatal care or can be detected through newborn screening or later pediatric check-ups.

Early diagnosis of heart valve disease is critical. Research has shown that diagnosis and treatment among Black, Hispanic/Latino and Asian populations are lagging. Women are also more likely than men to be diagnosed later and to experience worse health outcomes from this condition.

Joy Spencer Smith learned about her family history of heart valve disease and paid close attention to a murmur that was detected in her 40s. Although diagnosis of a form of heart valve disease called aortic stenosis came in her 70s, she and her primary care physician had been closely monitoring the murmur. Joy credits being aware of her risks and her overall health for helping her recognize that the abnormal burning sensations in her chest were a warning sign.

"Once you're told you have any kind of heart condition, as the heart is the soul and the life of the body,



you should learn about it," Joy said. "You should get involved. You should ask questions."

Learning about your family medical history and individual risk - along with getting screened and recognizing potential symptoms - can help you take steps to protect your heart and the hearts of your loved ones.

You know your body best. Don't ignore anything that feels "off." Your health care team can listen to your concerns and, with a stethoscope, listen to your heart. Based on what that exam reveals, you may be referred for an echocardiogram, an ultrasound of the heart, or other testing.

Visit cdc.gov/KnowYourHeart for heart valve disease resources and information.

Take the South Central Bus to Thursday Supper at the Senior Center

FREE OF CHARGE!

- ◆ We will pick you up at your house or apartment and drop you off at the front door of the Senior Center.
- ◆ You don't have to worry about parking, weather conditions or walking in the dark.
- ◆ It's a good meal at an inexpensive price (suggested donation of \$3.50 for those over 60).
- ◆ Musical entertainment along with meal on selected Thursdays.

LIHEAP

Sean Ryan from Barnes County Social Services, will be at the Senior Center to discuss the Low Income Home Energy Assistance Program and to help with applications on September 17, at Noon.

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 **845-4300** today!



Bone Builders

Bone Builders exercise class meets Wednesdays & Fridays at 9:30 AM at the Barnes County Senior Center. Everyone is welcome. Contact Alecia at 845-4300 with any questions.



Card Players Wanted!

The Senior Center in Valley City is looking for anyone interested in playing cards on Mondays and Wednesdays, as well as anyone interested in trying other games.

If you'd like to sign up or make a suggestion, please call the senior center and speak to Alecia at 845-4300.

CENTER CLOSURE NOTICE

The Barnes County Senior Center in Valley City will be closed on **Saturday, October 26th** for training. Cooks from all of South Central's counties will be here to get ServeSafe certified. There will NOT be any home delivered meals this day. *If you would like a frozen meal to use that day, let the staff know so meals can go out Friday.*



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 845-4300
for more info.**

Difficulty swallowing? You may have eosinophilic esophagitis

(BPT) - Do you find it difficult to swallow food? Does food feel like it gets stuck in your throat when you eat? These are common symptoms of eosinophilic esophagitis (EoE), a disease that affects an estimated one in 2,000 people in the U.S. EoE is reportedly increasing around the world.

What is EoE? EoE is a chronic allergic condition. It involves inflammation and swelling in the esophagus. This can make it difficult to swallow food. The esophagus is the tube connecting the mouth to the stomach. Chronic inflammation from EoE causes damage to the esophagus that makes eating difficult or uncomfortable.

The main symptom of EoE is difficulty swallowing, but it's not the only sign. According to the American College of Allergy, Asthma & Immunology (ACAAI), other symptoms may include:

- * Irritability
- * Problems with feeding
- * Poor weight gain and growth among infants and toddlers
- * Acid reflux
- * Regurgitation
- * Vomiting
- * Stomach pain
- * Chest pain in teens and adults

Infants and toddlers may refuse food or show poor growth, malnutrition or weight loss. School-age children may have chronic stomach pain, trouble swallowing and/or vomiting.

People with EoE tend to drink a lot of liquids to swallow food. They often feel full halfway through a meal. If solid food gets stuck in the throat, it is a medical emergency. Left untreated, long-term inflammation from EoE can narrow the esophagus and cause permanent damage.

Anyone can develop EoE - and although it's a rare disease, it's becoming increasingly more common. Children, adults, men and women of all ethnicities can develop the condition. For some families, EoE is hereditary.

Is EoE related to food allergies? While doctors and researchers aren't sure what causes EoE, it can be triggered by food or environmental allergies. People with other allergic conditions like asthma and eczema also often develop EoE. Some with EoE mistakenly believe they have gastroesophageal reflux disease (GERD). They do not realize that reflux could be related to EoE, and that treatments between the two conditions are different.

To manage your symptoms, your doctor may recommend different treatments to reduce the symptoms and inflammation.

Your doctor may recommend removing certain foods from your diet to treat EoE. This is known as a dietary restriction or diet therapy. Diet therapy removes potential food triggers from your diet. The triggers may include common food allergens, such as cow's milk, egg, peanut, tree nuts, fin fish, shellfish, wheat, soy and sesame. A special amino acid-based liquid formula may be recommended by your doctor. These formulas are referred to as elemental formulas. They do not trigger allergies.

When do I need medication to treat EoE? Your doctor

may recommend medicines to help manage your symptoms. Since EoE is an inflammatory disease, treatments will focus on decreasing inflammation. A common treatment is taking pills called proton pump inhibitors (PPIs). While PPIs reduce stomach acid production, they can also reduce inflammation in some EoE patients.

Another treatment a doctor may prescribe is a corticosteroid to help control inflammation. These types of medications can come in an inhaler or liquid form.

How do biologics work to treat EoE? Your doctor may recommend a biologic medication. Currently in the U.S., there is one biologic approved to treat EoE - dupilumab. It is administered via an injection. Dupilumab can reduce the number of eosinophils in the esophagus and relieve symptoms caused by EoE inflammation. It can also improve patients' ability to swallow food.

If you recognize the symptoms of EoE in yourself or a loved one, speak to your doctor. You may want to see a specialist such as an allergist or gastroenterologist..

Barnes County Outreach

Candace will be in the office
Monday - Thursday

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 Candace for assistance, either at the office or an in-home call.

We have frozen meals for those who live in areas where Meals On Wheels are not served.

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

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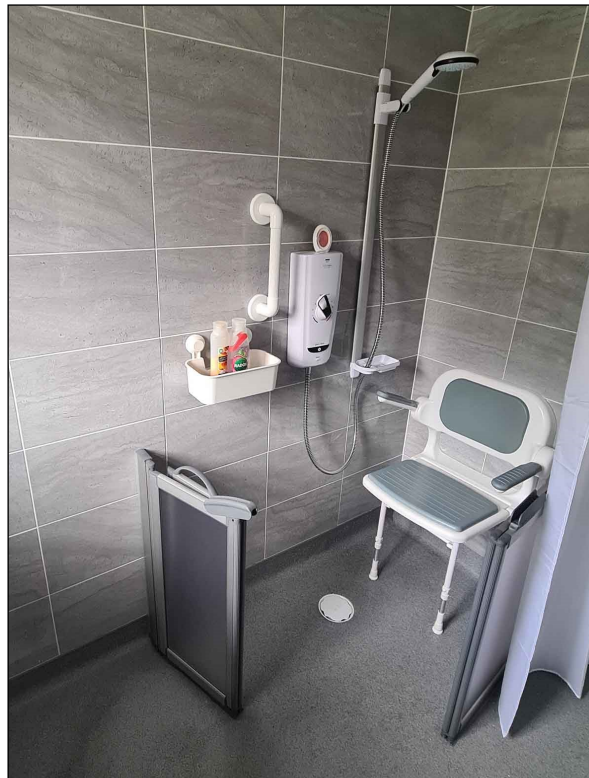
challenge. These changes can usually be made without a major redesign or full-blown renovation.

You can get started making your home ready for long-term living by conducting a top-to-bottom assessment.

Home assessment

Before making any changes, look at the entire home. Keep in mind items that may be needed now as well as in the future. This checklist can help identify areas that might need improvement. Everyone has different needs, but in general, a "no" answer may be cause for action.

- * Are exterior walkways and entrances well-lit?
- * Is there a step-free entrance to the home?
- * Are entrance doors easy to lock, unlock, open and close?
- * Does the main floor include a kitchen, bedroom and full bathroom?
- * Are doorways wide enough for someone using a wheelchair, walker or service animal?



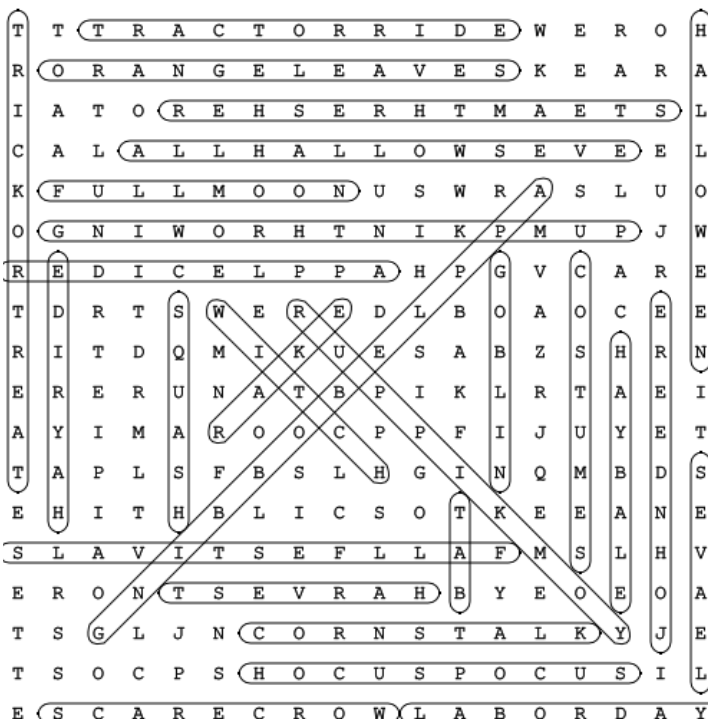
- * Is wall-to-wall carpeting secure and in good condition (flat, not bunched up)?
- * Are area rugs secured to the floor with non-slip padding?
- * Are walkways free from obstructions and hazards like cords and furniture?
- * Do stairways have sturdy handrails on both sides?
- * Can bathroom and kitchen cabinets be easily reached?
- * Is there a step-free shower entrance?
- * Are grab bars available near the shower and toilet?
- * Do bathtubs and showers have non-slip mats, adhesive

strips or slip-free floors?

* Will smoke detectors provide visual as well as audio alerts?

* Are telephones easily accessible on all floors?

More information about home modifications, including a detailed home assessment checklist and information about financial assistance, can be found at eldercare.acl.gov.



Puzzle Solution © OnlineCrosswords.net

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Barnes County Food Pantry Donations

June 14 - August 9

Cynthia Meatacalf
Alice Beauchman, Sue
Carlsrud, & Lynn Janisch
- in memory of
Dorothy Janisch

Bonnie Olson, Evan Ol-
son, Tina Olson, & fami-
ly - in memory of Patri-
cia Potter

Carol Olson - in memory
of William Jantzen

Robert Lerud

Terry & Lenore Lebahn

Daryle Jendro
Richard Hanson - in
memory of Jeanie Hoss

Francis & Marion
Hoffarth

Dennis & JoAnn Nathan
Arlys Netland - in honor
of JoAnn Korf

Marjory Welken - in
memory of Mariann
Maine

Grace Free Church VBS
Faith Lutheran Church
Church World Service

Trinity Lutheran Church
WELCA

All Saints Episcopal
Church



The Food Pantry is accepting food and monetary donations.
Thank you very much to all of you that have donated
to the Barnes County Food Pantry. It is greatly appreciated!

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 3rd 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

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

701-389-2293

DONATIONS

SENIOR CENTER

Nancy Tougas - in memory of Don Nelson

Joanne Pithey - in memory of John Russel

John & Kathie Kopp - in memory of Mariann Maine

Madeline Spitzer

Doris Weller - in memory of Elaine Beyer

Nadine Van Dyke - in honor of JoAnn Korf

Brenda Hill

Jon & Robin Bolstad

Jean Rietze, Danielle Kirby, & Daniel Rietze - in memory of Mariann Maine

HOME DELIVERED MEALS

All Saints Episcopal Church

Richard Hanson - in memory Elaine Beyer

OUTREACH

Jackie Heroux

TRANSIT

JoAnn Korf - in memory of Barb & Dale Korf
& Emil Hass Jr.

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 5th St. NE
Valley City, ND**



PUBLIC TRANSIT

Please try to schedule your ride a day in advance call 701-845-4300

Monday through Friday

8:00 am until 4:45 pm

Saturday & Sunday

8:00 am until 1:45 pm

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

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

Upon Request:

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

Upon Request:

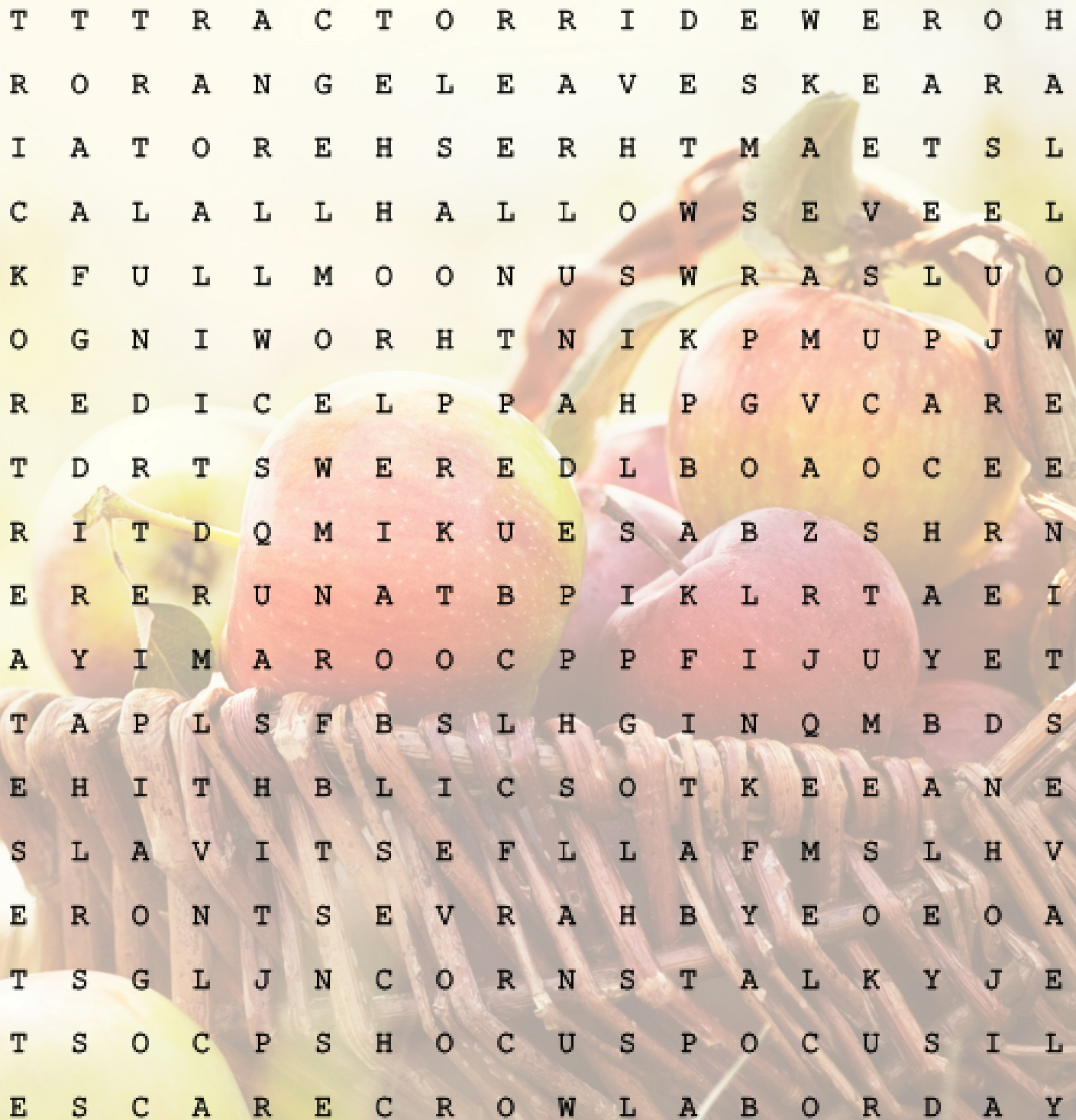
Kathryn, Nome, Fingal, Oriska, Litchville
& Hastings to Valley City cost \$5.00 plus
\$2.00 every additional stop

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

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.*



T T T R A C T O R R I D E W E R O H
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Halloween
 Orange Leaves
 Fall Festivals
 Steam Thresher
 Squash
 Hocus Pocus
 Hay Bale
 Yom Kippur
 Leaves

Goblin
 Tractor Ride
 Bat
 Apple Bobbing
 Trick-Or-Treat
 Harvest
 Rake
 Full Moon
 Pumpkin Throwing

Labor Day
 Hay Ride
 All Hallow's Eve
 Apple Cider
 John Deere
 Scarecrow
 Costumes
 Corn Stalk
 Witch

Answers on Page 5

CREATIVE COOKING



Fall Squash Waffles

Prep: 20 mins Cook: 30 minutes

INGREDIENTS

- 1 acorn squash, halved and seeded
- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 1 ½ teaspoons ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon salt
- ¼ teaspoon ground cloves
- ¾ cup brown sugar
- 1 cup milk
- 2 eggs
- 2 tablespoons vegetable oil

DIRECTIONS

1. Place acorn squash, cut-side down, in a microwave-safe dish; add enough water to reach a 1-inch depth. Cook squash in microwave until tender, about 20 minutes; allow to cool until easily handled. Scoop meat out of squash and discard peel.
2. Combine flour, baking powder, cinnamon, ginger, salt, and cloves in a bowl. Blend squash meat, brown sugar, milk, eggs, and vegetable oil in a food processor until smooth; mix into flour mixture until batter is smooth.
3. Preheat a waffle iron according to manufacturer's instructions. Spray the inside of the waffle iron with cooking spray.
4. Pour ¼ to ¾ cup batter (depending on size of waffle iron) into waffle iron and cook according to manufacturer's instructions. Repeat with remaining batter.

NUTRITIONAL INFORMATION

Servings: 4; Calories 513; Total Fat 11g; Saturated Fat 3g; Sodium 707mg; Protein 13g; Total Carbohydrate 93g; Dietary Fiber 4g; Sugars 32g; Cholesterol 98mg.



Fall Potatoes

Prep: 15 mins Cook: 25 mins

INGREDIENTS

- 2 potatoes, cut into bite-sized chunks
- 2 sweet potatoes, cut into bite-sized chunks
- 3 tablespoons butter
- 2 pinches salt
- ½ cup dates, pitted and chopped
- ¼ cup pumpkin seeds
- 1 tablespoon brown sugar
- 1 teaspoon ground cinnamon

DIRECTIONS

1. Place potatoes and sweet potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer just until fork-tender, about 15 minutes. Drain.
2. Melt butter in a skillet over medium heat. Sprinkle potatoes and sweet potatoes with salt and cook until beginning to brown, about 3 minutes.
3. Mix in dates, pumpkin seeds, brown sugar, and cinnamon. Cook and stir until dates are warm and pumpkin seeds begin to brown, 1 to 2 minutes. Remove from heat and serve.

NUTRITIONAL INFORMATION

Servings: 4; Calories 327; Total Fat 13g; Saturated Fat 6g; Sodium 184mg; Protein 6g; Total Carbohydrate 51g; Dietary Fiber 6g; Sugars 19g; Cholesterol 23mg.

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. Anyone age 60 or over is welcome to participate.

People are asked to call and reserve meals at least one day in advance. The suggested contribution is posted at each meal site. 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. Food Stamps are an accepted method of contribution for congregate meals.

**To make reservations call
701-845-4300.**

RIDES AVAILABLE!!

A bus will be available every day to pick up passengers to bring them to the Senior Center for lunch. **The cost is 50¢ for round trip when participating in the meals program.**

The bus will begin picking people up at 11 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.

Cost for rides to the center for activities is \$2.

Volunteers Needed for Home Delivered Meals

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 Alecia 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 60 to 80 meals every day. We greatly appreciate your consideration.

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

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Elderbee Care

We help seniors age in place.

▶.....◀
We offer a range of home care services,
including companion care, personal
care, respite care, end-of-life care,
Alzheimer's/Dementia care and round-
the-clock care.

▶.....◀
<https://elderbeecare.com>

(701) 490-1389

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: _____



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Fatty fish like salmon and herring typically have a darker color flesh while leaner fish like cod and walleye have a lighter color. Both fatty and lean seafood are healthy for you and should be included in your diet.

Different types of seafood will contain varying levels of vitamins and minerals making it hard to give an overall nutritional statement. I would recommend to focus on eating a variety of fish to vary your vitamin and mineral intake. Seafood can be a good source of selenium, potassium, B vitamins, vitamin A, vitamin D, iron, zinc, magnesium and iodine depending on what type of fish you are eating.

You may notice that certain types of seafood, especially shellfish, contain high amounts of cholesterol. Luckily, dietary cholesterol only has a modest effect on overall cholesterol, meaning that it is ok to include foods containing cholesterol like eggs and shellfish as part of your healthy diet. Saturated fat, on the other hand, is what tends to raise cholesterol levels. As mentioned above, seafood is actually low in saturated fat which makes it a great choice for heart health.

What about mercury?

Fish absorb methylmercury from their environment which has led to speculation over how much fish is ok to consume. In general, predatory fish contain higher levels of mercury. This includes shark, bluefin tuna, barramundi and swordfish. High mercury lake fish according to the Minnesota Department of Health include bass, northern and walleye. Fish with lower levels of mercury include shellfish, salmon, crappie, sunfish, tilapia, stream trout, yellow perch, sardines and canned tuna. Our bodies are able to eliminate mercury over time, but it is still important to limit the consumption of

high mercury containing fish to no more than once a week. Fish low in mercury, however, should be consumed 2 times a week.

Below is an easy and delicious recipe to help you increase your seafood intake!

Dijon Baked Salmon



Prep time 5 minutes

Cook time 20 minutes

Ingredients

- 1 pound salmon fillet or 3-4 smaller salmon fillets
- ¼ cup fresh parsley finely chopped
- ¼ cup Dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 2 garlic cloves finely chopped
- Salt and pepper to taste

Instructions

1. Preheat your oven to 375 degrees Fahrenheit. Mix the mustard, parsley, lemon juice, oil, garlic, salt, and pepper in a small bowl.

2. Place the salmon on a parchment lined baking tray and generously coat the top of the salmon with the herb mustard mix.

3. Cooking times will vary based on the thickness of your salmon. Bake the salmon for 8-12 minutes for smaller fillets (an inch or less in thickness) or 15 to 20 minutes for a large thick fillet. Make sure it reaches a minimum internal temperature of 145 F.

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

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

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1120 5th St. NE
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