



# *SOUTH CENTRAL ADULT SERVICES*

# *Foster 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,

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## **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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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?

## 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 congregational meals. Call 701-652-3257 today!



let?

- \* 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](http://eldercare.acl.gov).




## COUNTY HEALTH CORNER

### Spotlight .....Naloxone (Narcan) Saves Lives

**ADD NALOXONE TO YOUR FIRST AID KIT TODAY**




Help protect our communities by learning how naloxone can reverse an opioid overdose. Then, have it ready if someone near you is at risk.




**Naloxone is FREE and available in Foster County at:**


<b>Carrington Drug</b> 415 Main St. Carrington	<b>Central Pharmacy</b> 990 Main St. Carrington	<b>Foster County Public Health</b> 881 Main St., Carrington *Free training for individuals & organizations. 701-652-3087
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**OPIOIDS**  
TAKE CARE, BE AWARE.

SCAN FOR 7-MINUTE TRAINING VIDEO





**Public Health**  
Prevent. Promote. Protect.  
[FosterCountyPublicHealth.com](http://FosterCountyPublicHealth.com)

## FOSTER COUNTY BIRTHDAYS & ANNIVERSARIES

### GRACE CITY SEPTEMBER

No birthdays or anniversaries

### OCTOBER

Birthdays

Gerald Belile: 10/7

No anniversaries

## Grace City, McHenry & Glenfield Menu for September 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
2 Spaghetti with meat sauce Garden salad Garlic toast Pears	3	4 Hot dog on a bun Mashed potatoes Sauerkraut Peach cobbler	5	6 Popcorn chicken Chef salad with fixings Peaches Cookie
9 Hamburger on a bun Sweet potato Corn Pineapple	10	11 Hot beef sandwich With mashed potatoes & gravy Creamed corn Fruit	12	13 Knoephla soup Tuna sandwich Green beans Peaches
16 Ham & scalloped potatoes Stewed tomatoes Fruit cocktail	17	18 Cabbage roll hotdish Green beans Fruit juice	19	20 Cheeseburger on bun Lettuce, tomatoes, onion Macaroni salad Peaches
23 Beef stroganoff Tossed salad Broccoli Fruit	24	25 Hamburger steak in gravy Mashed potatoes Prince Edward vegetables Pudding with fruit Birthday cake	26	27 Tuna noodle hotdish Pears Lettuce salad Apple crisp
30 BBQ chicken Potato salad Scalloped corn Mandarin oranges				

# Grace City, McHenry & Glenfield Menu for October 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 Sloppy joes Tator tots Peas & carrots Fruit salad	3	4 Pork chop in gravy Mashed potatoes Prince Edward vegetables Fruit
7 Scrambled eggs Diced potatoes Ham Muffin Fruit	8	9 Ribs Baked potato Baked beans Fruit	10	11 Stuffed shells Zucchini Tossed salad Fruit Baked apple
14 BLT sandwich Cucumber salad Broccoli Fruit Cookie	15	16 Hamburger steak in gravy Mashed potatoes Prince Edward vegetables Pudding with fruit	17	18 Bratwurst on bun Macaroni salad Peas Fruit Ice cream
21 Spaghetti with meat sauce Garden salad Garlic toast Peas	22	23 Chicken noodle hotdish Peas Lettuce salad Peach cobbler	24	25 Turkey Mashed potatoes Dressing Carrots Apple crisp
28 Taco salad Sour cream Chips, cheese, onion, lettuce Cottage cheese with fruit Juice	29	30 Ham & bean soup BLT sandwich Garden salad Fruit Birthday cake	31	



# 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 re-

searchers 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..



**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,  
652-3257 for more info.

## 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 **September & October 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, Sept. 4** - Grace City Schoolhouse

**Wednesday, Sept. 11** - McHenry Senior Center &  
Glenfield Community Center

**Wednesday, Oct. 2** - Grace City Schoolhouse

**Thursday, Oct. 3** - Grace City Schoolhouse

**Wednesday, Oct. 9** - 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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memory and cognitive well-being. To know if you are eating a fatty fish, look at the color of the flesh. 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.

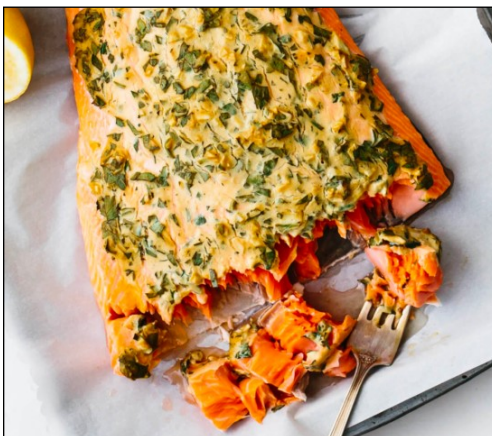
### What about mercury?

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](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  
Main Office  
139 2nd Ave. SE  
PO Box 298  
Valley City, ND 58072  
701-845-4300

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