



SOUTH CENTRAL ADULT SERVICES

Griggs 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,

CONTINUED on page 8

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

CONTINUED on page 5



Griggs County Birthdays & Anniversaries

COOPERSTOWN

SEPTEMBER

Birthdays

Luci Paulsrud: 9/5
Russ Zimprich: 9/7
Larry Iverson: 9/12
Vernon Knudson: 9/13
AnnaBelle Johnson: 9/24

No anniversaries

OCTOBER

Birthdays

Judy Saxberg: 10/5
Elayne Michaelis: 10/14
Loran Pfeifer: 10/31

No anniversaries

SUTTON

SEPTEMBER

No birthdays or anniversaries

OCTOBER

No birthdays or anniversaries

HANNAFORD

SEPTEMBER

Birthdays

Reginald Almklov: 9/26

No anniversaries

OCTOBER

No birthdays or anniversaries



EBT/SNAP

(Food Stamps)



We would like to remind all meal recipients (congregate, frozen and home-delivered meals) that EBT/SNAP cards may be used for your meal contributions.

**Please call Deb Andreasen,
797-3330 for more info.**

BINFORD

SEPTEMBER

Birthdays

Roger Humble: 9/27

No anniversaries

OCTOBER

Birthdays

Janice Pearson: 10/14

No anniversaries



Anyone interested in receiving a food box from Bread of Life Food Pantry in Cooperstown can get a form for a food box from Deb at the Senior Center. Individuals or families can receive a box every 3 months. Commodities are also available for seniors age 60 and over.

Call Deb Andreasen at 701-789-7155

FOOT CARE CLINIC SEPTEMBER & OCTOBER

Just For You foot care clinics are Sept. 10 & 24 and Oct. 22. If you would like an appointment, call Jill Kent at 218-242-1379. The cost is \$35.



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 701-797-3330 today!



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.

GRIGGS COUNTY MONTHLY MEETINGS

COOPERSTOWN SENIOR CENTER

Friday, Sept. 6 - 12:30 pm Meeting.
Bingo and lunch follows.

Friday, Oct. 4- 12:30 pm Meeting,
Bingo and lunch follows.

BINFORD SENIOR CENTER

Tuesday, Sept. 10 - 2:00 pm
Meeting, Lunch follows

Tuesday, Oct. 8 - 2:00 pm
Meeting, Lunch follows

SUTTON SENIOR CENTER

Tuesday, Sept. 3 – 2:00 pm
Meeting, Lunch follows

Tuesday, Oct. 1 - 2:00 pm
Meeting, Lunch follows

FREE IN-HOME SERVICES FOR AREA 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.**

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 1/4 to 3/4 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.

CONTINUED from page 1

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

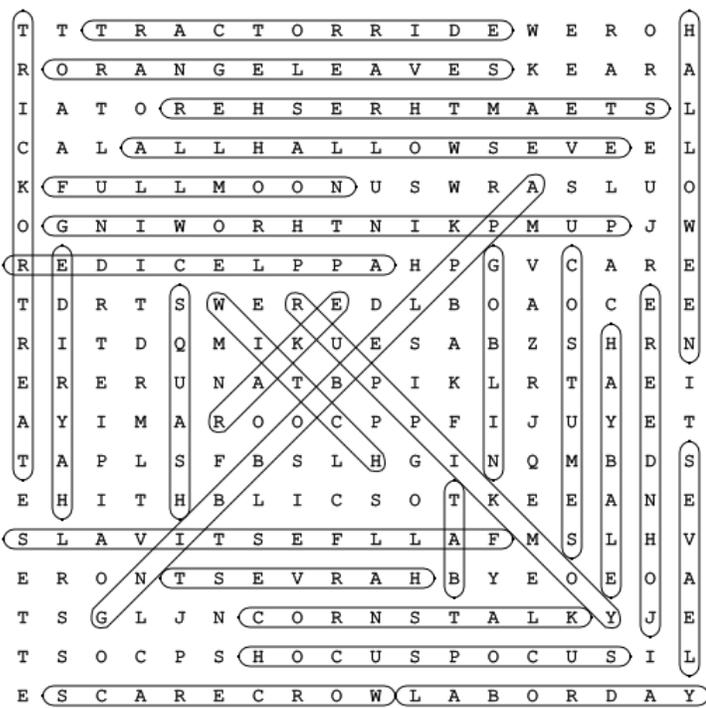
Before making any changes, look at the entire home. Keep in mind items that may be needed now as well as in the future. This checklist can help identify areas that might need improvement. Everyone has different needs, but in general, a "no" answer may be cause for action.

NOTICE TO ALL TRANSIT RIDERS:

The drivers have expressed concerns about passengers who are boarding with inadequate clothing for our North Dakota weather. Our buses are like any other vehicle and they can have mechanical problems or get stuck on snowy, icy roads. We want everyone to be safe!!

PLEASE WEAR WARM CLOTHING WHEN YOU ARE RIDING DURING THE WINTER MONTHS!!

- * 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.



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

T T T R A C T O R R I D E W E R O H
 R O R A N G E L E A V E S K E A R A
 I A T O R E H S E R H T M A E T S L
 C A L A L L H A L L O W S E V E E L
 K F U L L M O O N U S W R A S L U O
 O G N I W O R H T N I K P M U P J W
 R E D I C E L P P A H P G V C A R E
 T D R T S W E R E D L B O A O C E E
 R I T D Q M I K U E S A B Z S H R N
 E R E R U N A T B P I K L R T A E I
 A Y I M A R O O C P P F I J U Y E T
 T A P L S F B S L H G I N Q M B D S
 E H I T H B L I C S O T K E E A N E
 S L A V I T S E F L L A F M S L H V
 E R O N T S E V R A H B Y E O E O A
 T S G L J N C O R N S T A L K Y J E
 T S O C P S H O C U S P O C U S I L
 E S C A R E C R O W L A B O R D A Y

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

Transportation Services Griggs County

Transportation is available to citizens of all ages, and for all purposes, on the following days each month:

Cooperstown:

Monday—Friday (\$1.00 round trip)

Hannaford, Binford, Sutton:

Upon request (\$3.00 + \$1.00 each additional stop)

To Jamestown:

Monday, Wednesday, Friday (\$8.00)

Can stop in Glenfield if requested

To Fargo:

Monday—Friday (\$10.00 + \$1.00 for each additional stop)

To Grand Forks:

Upon request (\$10.00 + \$1.00 for each additional stop)

To Valley City:

Upon request (\$8.00)

The bus may go to Mayville, Hillsboro, or other locations upon request, if available. (\$10.00)

For information, or to reserve a ride call Deb : 701-789-7155

Or the senior center: 701-797-3330

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

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. A wide variety of entrees are available. Contact Deb at 789-7155 or the Senior Center, 797-3330, for more information.

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**



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

CONTINUED from page 1

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.

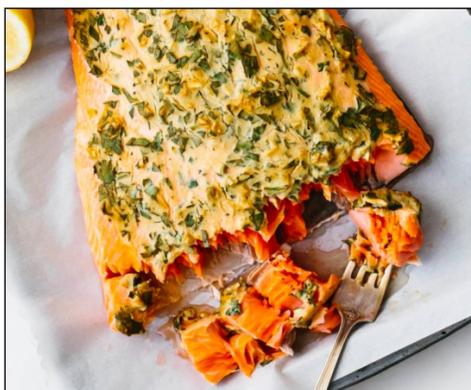
What about mercury?

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

Cooperstown Senior
Citizens Center
911 Burrel Avenue SE
Cooperstown, ND 58425
701-797-3330

Binford Senior Citizens Center
306 Whinery Street
Binford, ND 58416
701-676-2323

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

PATRICIA HANSEN
Director

JODI ELLIOTT
Bookkeeping

DEB ANDREASEN
Outreach/Transit

