



SOUTH CENTRAL ADULT SERVICES

Foster County

NEWSLETTER

JANUARY & FEBRUARY 2025

ISSUE NO. 1

Are you getting enough protein?

Do you ever feel tired and weak? Is your skin fragile? Do you have swelling in your legs? Do your cuts take longer than usual to heal?

Be sure to report these symptoms to a health care provider. These symptoms could mean a lot of different things, including not consuming enough protein in your diet.

Among its many functions, dietary protein is needed to keep our muscles strong. It helps us recover after injury, supports our immune system, and helps our body build and repair tissues. Protein is needed to create hormones that serve as messengers and regulators in our body.

How much protein do we need? On average, we need about .5 gram of protein per pound of body



weight. Example: a 150-pound person would need about 75 grams of protein. Track your protein intake using the information on Nutrition Facts labels.

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Caring for older adults during extreme weather

(BPT) - Over the past 20 years, the world has witnessed a staggering rise in extreme weather events. According to a 2020 report from the United Nations Office for Disaster Risk Reduction the dramatic increase is largely fueled by rising global temperatures and other climatic changes. These weather trends pose a serious threat to populations worldwide, but especially to vulnerable groups like older adults.

During heat waves, floods, fires, hurricanes, droughts and cold spells, older adults are at significant risk for respiratory, cardiovascular and psychological harm due to existing health conditions like compromised immune systems, dementia and limited mobility.

This problem will only be exac-

erbated by the "silver tsunami" of Baby Boomers. By 2030, one-fifth of the country's population will be

over age 65, with the fastest-growing segment being ethnic

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Where is protein found? Both animal and plant foods provide protein. Meat, poultry, fish, seafood, beans, grains, dairy and vegetables are protein sources. Animal-based foods such as meat, fish, seafood and eggs have more protein per serving than plant-based proteins. Lean meat has more protein than high-fat meat.



These are some examples of protein amounts in various foods:

- 3 ounces lean beef: 21 grams protein;
- 6 ounces fat-free Greek yogurt: 15 grams protein;
- 2 scrambled eggs: 12 grams protein;
- ½ cup cooked lentils: 9 grams protein;
- 2 tablespoons peanut butter: 7 grams protein;
- ½ cup brown rice: 3 grams protein.

What is the best way to consume protein? Aim to consume 25 to 30 grams of protein at each meal. Our example person, who needs 75 grams of protein daily, should aim for about 25 grams of protein for breakfast, lunch and dinner. Example breakfast: 2 slices of whole-wheat toast, 8 ounces skim milk, 2 scrambled eggs and 1 cup fruit = 24 grams protein.

What if I am short on protein? Enjoy some protein-rich snacks such as these:

- Hummus (chickpea dip) or bean dip with whole-wheat crackers;
- Mixed nuts;
- Cottage cheese;
- Mozzarella cheese stick;
- Peanut butter on apple slices.

Learn more about nourishing and exercising your muscles, immune system and more from our Nourish materials and online or face-to-face classes:

www.ag.ndsu.edu/nourish

Tips for winterizing your vehicle

If you live in a region where temperatures regularly fall below 45 degrees and winter weather brings snow, sleet and ice to your roads, then you'll want a good set of winter tires. What makes a winter tire special - and important - are the tread design and tread compound that work well in cold, slippery conditions.

Check tire pressure at least once a month - this takes about five minutes. Consult the vehicle's owner's manual or placard on the driver's door to determine proper tire pressure. Tire pressure should be checked when the tires are cold.

To check your tire tread, all you need is a penny. Insert the penny into your tire tread upside down. If you can still see Lincoln's head, your tires are worn and it's time for them to be replaced. Tires should be replaced when the tread is worn down to 2/32 of an inch, the lowest legal limit. It's best to replace them before they reach 2/32 for optimal performance, especially in bad weather.

Other winterizing tips include:

1. Check that your windshield wipers are functioning properly to maximize visibility.
2. Fill up on de-icing windshield washer fluid to make sure you can clear your windshield.
3. Avoid using cruise control as it can increase your chances of losing control of the car.
4. Keep a small shovel in your trunk in case you get stuck or need to clear snow behind your wheels for better traction.
5. Pack a winter preparedness kit with a blanket, flashlight, batteries, gloves, water, boots, snacks, a battery-powered cell phone charger and a first aid kit.
6. If you drive a pick-up truck, add weight to the bed to keep your rear wheels anchored to the road.

Foster County Public Health Upcoming Off-Site Clinics

Wednesdays January & February 2025

Jan. 8 - McHenry Senior Center

Jan. 8 - Glenfield Community Center

Feb. 5 - Grace City Schoolhouse

Feb. 12 - McHenry Senior Center

Feb. 12 - Glenfield Community Center

*Appointments preferred - nurse may not be at off-site locations if no patients are scheduled.


Call for more info or for appointments
701-652-3087

www.fostercountypublichealth.com



Grace City, McHenry & Glenfield Menu for January 2025 (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 Center CLOSED 	2 Chicken & noodles California blend vegetables Garden salad Garlic toast Peaches	3 Scrambled eggs Ham Fried potatoes English muffins Fruit
6 Pork chop & gravy Mashed potatoes Prince Edward vegetables Fruit	7	8 Hamburger on a bun Potato wedges Carrots Pineapple	9	10 Cabbage roll hotdish Mashed potatoes Green beans Peaches
13 Chicken noodle with dumplings soup Grilled cheese sandwich Peas Fruit salad	14	15 Roast pork & gravy Mashed potatoes Brussels sprouts Baked apples	16	17 Popcorn chicken Salad with all the fixings Peaches
20 Salisbury steak & gravy Mashed potatoes California blend vegetables Applesauce	21	22 Fish sandwich Sweet potatoes Broccoli Fruit	23	24 Beef stroganoff over noodles Peas & carrots Garden salad Pears
27 Bratwurst on a bun Macaroni salad Peas Fruit Ice cream	28	29 Ham & gravy Mashed potatoes Stewed tomatoes Pudding with bananas Birthday cake	30	31 Beef stew Peas & carrots Garden salad Peaches

Grace City, McHenry & Glenfield Menu for February 2025 (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
3 Grilled chicken breast Green beans Potato salad Fruit salad	4	5 Sloppy joe on a bun Peas & carrots Tator tots Glorified rice	6	7 Hot pork sandwich Mashed potatoes & gravy Corn Fruit
10 Meatloaf Baked potato Creamed corn Fruit	11	12 Bean & ham soup BLT sandwich Garden salad Moon cake	13	14 BBQ chicken Baked potato Lettuce Broccoli Mandarin oranges 
17 Hamburger steak & gravy Mashed potatoes Prince Edward vegetables Pudding with fruit	18	19 Cheeseburger on a bun w/ Lettuce, tomatoes, onion Macaroni salad Peaches	20	21 Chicken noodle hotdish Peas Lettuce salad Fruit dish
24 Fish sandwich Augratin potatoes Applesauce Cabbage & carrots Pineapple	25	26 Pork chop & gravy Mashed potatoes Prince Edward vegetables Fruit Birthday cake 	27	28 Sloppy joe on a bun Peas & carrots Tator tots Rice pudding

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



Congregate & Home Delivered Meal Storm Policy

It's that time of year again for storm related announcements. In case of inclement weather, please listen to your local KDAK radio for Senior Center & Meal Site closures.



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.

8 tips to make cooking at home a breeze

The holidays are memories now, but the bills for all the fun may be rolling in. Is saving some money on your New Year's resolution list? How about having more healthful meals? Cooking meals at home can help you meet nutritional and financial goals. Meals eaten at home tend to be lower in calories and fat, and higher in fiber, vitamins and minerals.

Whether you are cooking for one or two, or cooking for a family, NDSU Extension has free resources for you. See www.ag.ndsu.edu/food and navigate to "Food Preparation" for tips.

You might think you have no time to cook. However, these tips can make cooking a breeze.

Organize your kitchen. Keep frequently used items, such as cooking oils/sprays, spatulas, cutting boards and spices, within easy reach. Then you will not have to search for them later.

Clear the clutter. Before you start cooking, clear off your counters. This allows more room to prepare food.

Have everything in place. Read through the recipe and gather the needed ingredients. Organizing your ingredients helps you spot missing items and avoid skipping steps. Prep ingredients by draining and rinsing canned beans or vegetables, washing fruits and vegetables, and chopping what you need.

Invite family members to help you in the kitchen. Children can learn valuable food preparation skills. Plus, cooking together is fun! Eating family meals has many benefits, too.

Chop extra. When chopping veggies for a meal, chop more than you need and refrigerate the extras for use later that week. For example, chop an extra onion and refrigerate it in an air-tight container. The next time you need it, you can skip a step. For longer storage, you also can freeze most vegetables.

Double your recipe. For your next casserole or stew, try doubling the recipe and freezing the extra. You'll save time and make cooking dinner during a busy evening a snap.

Clean as you go. Fill the sink with soapy water and wash the dishes as you cook.

Save some for later. Freeze leftover soups, sauces or gravies in small reusable containers. Be sure to mark the container with the name of the recipe and date you froze it.

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 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

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 **January & February 2025**

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 to schedule an appointment at 701-652-3257.

Wednesday, Jan. 8 - McHenry Senior Center & Glenfield Community Center

Wednesday, Feb. 5 - Grace City Schoolhouse

Wednesday, Feb. 12 - 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
or find us on Facebook at
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 5th 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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minorities.

"Anyone caring for vulnerable older adults must be knowledgeable about the health effects of climate change events," said Dr. Ann Kriebel-Gasparro, a Walden University nursing faculty member and president of the Gerontological Advanced Practice Nurses Association.

Heat waves and droughts

Heat waves, heat domes and droughts can lead to poor air quality that worsens lung conditions in elderly patients with asthma, chronic obstructive pulmonary disease (COPD) and allergies. Also, hotter climates increase the risk of dehydration, stressing the cardiovascular and renal systems and leading to kidney failure.

Older people tend to have decreased thirst perception and may take medications that put them at risk for dehydration and heat-related illnesses on normal temperature days. During high-heat days, they may experience a medical emergency like heat stroke, characterized by a temperature of 104° F, nausea/vomiting, dizziness, confusion, blurry vision and falling.

Wildfires

Wildfires pose another significant threat to older adults, particularly those in low-income areas with limited resources to evacuate or relocate to new housing. If they have to stay in an area with an active wildfire, the smoke can contribute to respiratory challenges. In the aftermath, ash that contains hydrocarbons and heavy metals pollutes the water and land, making the area practically unlivable.

Mold

Longer rainy seasons and increased flooding foster the growth of indoor and outdoor molds and fungi. Mold doesn't just smell unpleasant. It can exacerbate allergies, asthma, emphysema and COPD, increasing the need for emergency services and hospitalizations.

Improving care through education

No one on their own can stop climate change. However, practical steps

can be taken to assess and tend to older adults in the face of health threats during extreme weather.

Anyone caring for an elderly person should review medications for ones that can worsen the impact of extreme temperatures and take time to evaluate their living conditions. Older adults on fixed incomes may experience food insecurity and can't stock up on provisions in case of a disaster. Additionally, their homes may be unprepared for a climate change event.

During a serious weather event, healthcare providers can evaluate older adults via telehealth services. Doing so allows patients to receive care without enduring environmental factors to get to appointments.

Finally, it's important to educate older adults about steps they can take to mitigate their risks during extreme weather events. For example, they should be reminded of the importance of drinking water even if they're not thirsty. Not only does this help them avoid dehydration during a typical day, but it can help reduce the risk of urinary tract infections, renal damage and heat stroke during high temperatures.

Raising awareness among healthcare professionals

Because traditional nursing curricula include little content about the health impacts of climate change on older people, Dr. Kriebel-Gasparro and her nursing colleagues at Walden University are weaving these topics into their course materials. She says, "It is essential that healthcare providers have the knowledge to evaluate this age group for presentations of heat stress, heat stroke, dehydration, acute kidney injury, and cardiorespiratory illness brought on by extreme temperatures."

By equipping nursing students with the knowledge and skills needed to care for older adults during environmental crises, the university is creating a new generation of healthcare providers that can make a significant difference during these unprecedented times.

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**

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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