



# *SOUTH CENTRAL ADULT SERVICES*

# *Foster County*

## *NEWSLETTER*

MAY & JUNE 2025

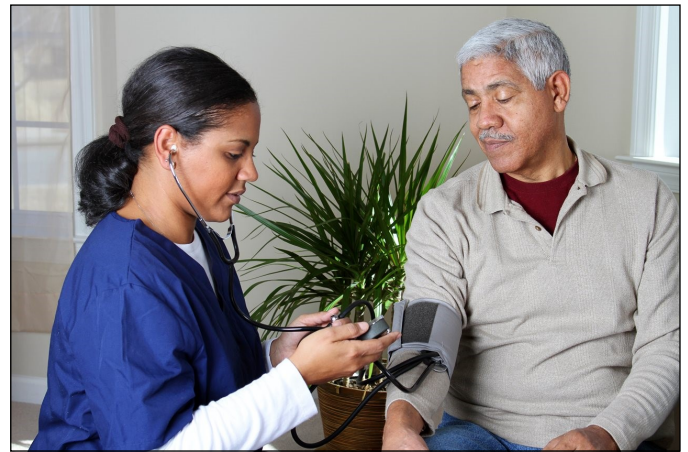
ISSUE NO. 3

## Why self-direction is gaining ground among people with disabilities and aging in place

(BPT) - More people who live with disabilities or age in place are turning to self-direction for the long-term services and supports (LTSS) they need. With self-direction, the person who needs care is in charge of who provides it, when and where. They may also control how to spend a budget authorized by their state Medicaid program, using approved dollars not only to pay people who support them but to access goods and services identified as appropriate for making day-to-day life manageable.

According to AARP, "More than 1.5 million people self-directed the

LTSS they receive, including veterans and Medicaid participants, in 2022 and 2023." The number has grown 18% since 2019, and there is good reason for the uptick. Self-direction gives people autonomy in how they live their lives. It helps people avoid institutional care and remain in familiar home and community settings while receiving the support they need to thrive.



"With self-direction, people who need services are heard. It's about their goals and expectations, and the  
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## The spectrum of healthy eating

Healthy eating is not just ensuring that your plate is loaded with fruits and vegetables (although that does help). Healthy eating has a wide range of components, and each principle can work together to give you an overall feeling of wellness.

**Important Nutrients** — Fruits and vegetables are high in fiber, vitamins, minerals, and antioxidants that the body needs on a regular basis. Aim to have a colorful plate! Consider low-fat calcium-rich food sources for your dairy products. Protein is another vital nutrient and can be found in lean meats, fish high in omega-3's, and even from beans/legumes. Look for



carbohydrates high in whole grain sources. Be mindful of all added sugars and sodium levels.

**Water Intake** — Hydration is key! The body expels water through many means on a daily basis and must be replaced by drinking the recommended amounts of water and/or consuming foods with a high water content. Sodas, sugary drinks, alcohol, and caffeinated beverages are not adequate sources

for hydration, and must be consumed in moderation. Aim for 15.5 cups (3.7 liters) of fluids a day for men, 11.5 cups (2.7 liters) of fluids a day for women.

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focus is on that person's strengths," says Pearl Barnett, COO of GT Independence, a financial management services company that helps people manage the payroll and paperwork associated with self-directed programs.

"Every person should feel they are involved in their life decisions, such as who they let into their home and who provides intimate personal care, like bathing and dressing."

Expansion of federal waiver programs and state plan services has increased access to self-directed services. As the uptake grows, more evidence is coming to light about the many ways self-direction is improving lives.

### Empowering individuals to make choices

People who self-direct can tailor their support and services to their needs. They are involved in planning, starting with who to hire, including family or friends who may already be sacrificing time and financial security to provide unpaid care. They can also weigh in on which tools and equipment to purchase to assist them in everyday activities.

Self-direction empowers individuals by giving them control over their care and promotes independence. As one participant diagnosed with severe autism relays, traditional care options "became a one-size-fits-all deal, and that wasn't good enough. [Self-direction] allows me to choose my path in life."

Studies suggest that self-direction contributes to enhanced quality of life, as self-direction participants report higher levels of satisfaction with services and fewer unmet needs. Overall, their health outcomes are as good or better than those who receive traditional care, and some studies have shown that their families experience less

stress and improved dynamics. As one daughter supporting her aging mother says, "It's helped me to be able to go ride my bike...or take an overnight. I hadn't been anywhere for two years until we got self-direction."

Because the person getting self-directed support knows their needs best, they have flexibility to make adjustments as needs and circumstances change, as long as they remain within their program's guidelines and budget parameters. As cost controls are in place, self-direction programs are generally able to support people at a lower cost than traditional care facilities, while providing more personalized care.

Finding a self-direction program. For individuals and families seeking greater control over long-term care support, a self-direction program may be the answer. Unfortunately, such programs often have limited availability. "Self-direction is life changing, and we're advocating for it to be an option everywhere for everyone," says Barnett. "Check with your state's department that serves older adults and people living with disabilities to see if it's available or get in touch with GT Independence to be pointed to area resources."

More information about self-direction can be found at [Medicaid.gov](https://www.Medicaid.gov) and [gtindependence.com](https://www.gtindependence.com).

## FOSTER COUNTY BIRTHDAYS & ANNIVERSARIES

### GRACE CITY

#### MAY

#### Birthdays

Creeta Luttswager: 5/11

Myron Kulsrud: 5/18

Myron Luttswager: 5/27


#### JUNE

#### Birthdays

Gloria Blumhagen: 6/18

Janice Munsen: 6/24

Patty Gross: 6/26



### Foster County Public Health

Upcoming Off-Site Clinics

## Wednesdays May & June 2025


May 7 - Grace City Schoolhouse  
May 14- McHenry Senior Center  
May 14- Glenfield Community Center

June 4 - Grace City Schoolhouse  
June 11-McHenry Senior Center  
June 11-Glenfield Community Center

\*Appointments required - nurse will not be at off-site locations if no patients are scheduled.

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

[www.fostercountypublichealth.com](https://www.fostercountypublichealth.com)



## Grace City, McHenry & Glenfield Menu for May 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	2 Country fried steak Mashed potatoes & country gravy Peas Fruit
5 Sloppy joe on bun Peas & carrots Glorified rice	6	7 Chicken dumplings Cornbread Pea salad Jello	8	9 Beef roast & gravy Mashed potatoes Scalloped corn Mandarin oranges
12 Spaghetti with meatballs Lettuce salad Garlic toast Scalloped apple	13	14 Pork chop with gravy Mashed potatoes Prince Edward vegetables Fruit	15	16 Cheeseburger on a bun Pea salad Fruit cocktail
19 Vegetable beef soup Ham & cheese sandwich Fruit	20	21 Tator tot hotdish Cheese green beans Tossed salad Garlic toast Fruit salad	22	23 Lasagna Tossed salad Green beans Peaches
26	27 Salisbury steak Mashed potatoes & gravy California blend vegetables Applesauce	28 Swedish meatballs in gravy Mashed potatoes Peas & carrots Apple crisp	29	30 Brat on a bun Diced potatoes Baked beans Pears

# Grace City, McHenry & Glenfield Menu for June 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
2 Fish sandwich Au gratin potatoes Cabbage & carrots Moon cake	3	4 Hot pork sandwich with Mashed potatoes Brussels sprouts Fruit	5	6 Scrambled egg Ham Diced potatoes English muffin Fruit
9 Cabbage roll hotdish Green beans Fruit in jello	10	11 Ham & bean soup BLT sandwich Garden salad Fruit	12	13 Hamburger on bun Sweet potato Corn on the cob Pineapple
16 Tuna noodle hotdish Mixed vegetables Fruit	17	18 Grilled chicken breast Green beans Peas salad Fruit	19	20 Taco salad with fixings Cottage cheese Fruit
23 French toast bake Sausage Hashbrowns Baked apple	24	25 Baked chicken Cheesy hashbrowns California blend vegetables Jello with fruit Birthday cake	26	27 BBQ ribs Baked potato Prince Edward vegetables Pudding with fruit
30 Hot dog on a bun Pasta salad California blend vegetables Fruit				



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**Emotional Eating** — Mental aspects are just as important for healthy eating. Listen to hunger cues. For example: how full are you truly feeling? Are you eating out of boredom or as a social aspect? Are you feeling any other physical symptoms along with hunger? What is your mood in and is that contributing to your desire to eat or not eat?

**Food Labels** — Reading food labels can provide a great roadmap to healthy eating. Information commonly found on food labels includes portion size, vitamins, minerals, protein, carbohydrates, fiber, protein, fats and sodium content. Food labels can help you discern whether specific foods fit your personal criteria for healthy eating.

**Mealtime Habits** — Healthy habits equal healthy eating! Are you distracted by technology during your meals? This has the potential to lead to mindless consumption and overeating. Are you taking your time chewing your food and not rushing? These factors have an impact on healthy eating.



**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.

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vision impairment without invasive interventions."

Another condition to be aware of as you age (especially if you're over 60) is cataracts. A physical sign of cataracts is clouding in the eye that makes it hard to see. However, you may also notice that lamps, sunlight and headlights seem too bright or that colors look faded. If left untreated, cataracts can lead to blindness.

Modern technological advancement has made cataract treatment a minimally invasive out-patient procedure that typically takes 15 to 30 minutes to complete, depending on the severity of the condition. Cataract treatment\* can also improve other eye conditions like nearsightedness, farsightedness and astigmatism.

### References

1. World Health Organization. Increasing eye care interventions to address vision impairment. Available at: [https://www.who.int/publications/m/item/increasing-eye-care-interventions-to-address-vision-impairment#:~:text=Globally%2C%20at%20least%202.2%20billion,%2Dincome%20countries%20\(LMICs\).](https://www.who.int/publications/m/item/increasing-eye-care-interventions-to-address-vision-impairment#:~:text=Globally%2C%20at%20least%202.2%20billion,%2Dincome%20countries%20(LMICs).)
2. American Optometric Association. See the Full Picture of Your Health with an Annual Comprehensive Eye Exam. Available at: <https://www.aoa.org/healthy-eyes/caring-for-your-eyes/full-picture-of-eye-health?sso=y>.
3. Mayo Clinic at: <https://www.mayoclinic.org/diseases-conditions/presbyopia/symptoms-causes/syc-20363328>
4. National Eye Institute. Cataracts. Available at: <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/cataracts>.
5. American Refractive Surgery Council. Cataract Surgery. Available at: <https://americanrefrativesurgerycouncil.org/cataract-surgery/#:~:text=Vision%2DCorrecting%20IOLs?- ,Cataract%20surgery%20removes%20the%20clouded%20natural%20lens%20and%20replaces%20it,nearsightedness%2C%20farsightedness%2C%20and%20astigmatism.>

## 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

### May & June 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, May 7** - Grace City Schoolhouse

**Wednesday, May 14** - McHenry Senior Center & Glenfield Community Center

**Wednesday, June 4** - Grace City Schoolhouse

**Wednesday, June 11** - 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**

# Take care of your vision to invest in your overall health

(BPT) - A new year is a great opportunity to develop better habits and improve your health and wellness. Perhaps that involves re-vamping your workout routine or investing in a skin-care regimen. As you start to think about the new year, make sure to include a comprehensive eye exam at the top of your list.

A normal part of aging. Just like the rest of your body, your eyes change as you age, and you may find it harder to see. You're not alone. According to the World Health Organization (WHO), more than two billion people around the world suffer from visual impairment, a number expected to double by 2030.

While these numbers may be concerning, take heart. Many vision conditions are treatable. A step you can take today to assess and preserve your vision - as well as your health - is to schedule a comprehensive eye exam.

Your eyes are windows into your overall health and wellness. An eye care professional can do much more than assess your vision. Your eyes can actually reveal many details about your overall health and wellness.

A comprehensive eye exam can help detect over 270 different medical conditions, from diabetes to heart disease. Despite its importance, many adults over 40 around the globe tend to prioritize staying active, maintaining a healthy diet or skincare over regular eye exams in their journey to aging well.

"Not only can an eye exam assess



the health of your eye," said Dr. Christi Closson, Associate Director of Professional Education, Vision, Johnson & Johnson, "it can do so much more, such as providing insight into your overall health and well-being as you age. It is critical for everyone to stay on top of their vision and eye health, and make time for an annual comprehensive eye exam."

Presbyopia and cataracts: Common age-related vision conditions. If you're over 40, it's critical that you're aware of common vision conditions and their symptoms.

Presbyopia - another name for age-related farsightedness - describes a person's decreased ability to see nearby objects, especially in low light. For example, you may notice that it's become more difficult to read texts on your phone, so you hold it at arm's length.

"As you age, the lens inside your eye becomes more rigid, making it difficult for your eyes to focus on text or objects that are up close," said Dr. Closson. "However, presbyopia happens to everyone and is easily treatable. In fact, there are multifocal contact lenses designed to help with this

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**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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Bookkeeping**

**ANN VANDEHOVEN  
Outreach**

