



SOUTH CENTRAL ADULT SERVICES

Foster County

NEWSLETTER

JANUARY & FEBRUARY 2026

ISSUE NO. 1

Nutrition for brain health

By Lane Lipetzky, RD, LD, CGN

In the U.S., the number of people affected by Alzheimer's disease and related dementias is growing rapidly. Currently, around 7 million older adults are living with Alzheimer's, and experts warn that this number is steadily increasing. In fact, estimates suggest that cases have risen by 200,000 in just the past year. While research has shown a connection between healthy eating patterns and improved brain function, more studies are needed to confirm whether diet can play a role in preventing or delaying Alzheimer's disease and age-related cognitive decline.

So, how do our food choices affect brain health? Researchers have proposed several theories to answer



this question. One suggests that a healthy diet can reduce oxidative stress and inflammation, both of

which are linked to a higher risk of Alzheimer's disease. Another theory
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When access to care matters most: How CRNAs keep rural America safe and healthy

(BPT) - In small towns and rural communities across the United States, access to health care can mean the difference between life and death. On National Rural Health Day (Nov. 20), the American Association of Nurse Anesthesiology (AANA) recognizes the dedicated health professionals who serve these regions - and the Certified Registered Nurse Anesthetists (CRNAs) who are often the key to ensuring safe, timely care close to home.

"On average, rural trauma victims must travel twice as far as urban residents to reach the nearest hospital," said Jeff Molter, MBA, MSN, CRNA, president of AANA. "Because of this and other health disparities, nearly 60% of trauma deaths occur in rural America - even though only 20% of Americans live there. CRNAs, also



known as nurse anesthesiologists or nurse anesthetists,

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HAPPY NEW YEAR

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.

Foster County Public Health Upcoming Off-Site Clinics

Wednesdays January & February 2026

Jan. 7 - Grace City Schoolhouse

Jan. 14 - McHenry Senior Center

Jan. 14 - Glenfield Community Center

Feb. 4 - Grace City Schoolhouse

Feb. 11 - McHenry Senior Center

Feb. 11 - Glenfield Community Center

**Appointments required - 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

Public Health
Prevent. Promote. Protect.
Foster County Public Health

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: _____



Grace City Menu for January 2026 (701-674-3128)

All meals include ~ 2 slices of Whole Grain Bread, 1 cup of 1% Milk, Margarine, Coffee and Desert

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Center CLOSED 	2 Cheeseburger on bun Lettuce, tomato, onion Macaroni salad Fruit
5 Chicken noodle soup Grilled cheese sandwich Fruit	6	7 Hot pork sandwich with gravy Mashed potatoes Vegetable Fruit in jello	8	9 Sloppy joe on a bun Peas & carrots Tatot tots Apple crisp
12 Spaghetti with meat sauce Garden salad Garlic toast Ice cream	13	14 Ham & bean soup BLT sandwich Garden salad Fruit	15	16 Tuna noodle hotdish Lettuce salad Peas Pears
19 Knoephla soup Turkey sandwich with cheese Green beans Peaches	20	21 Cabbage roll hotdish Vegetable Fruit Juice	22	23 Hot dog on bun Mashed potatoes Sauerkraut Apples
26 BBQ chicken Potato salad Corn Mandarin oranges	27	28 Salisbury steak & gravy Mashed potatoes California blend vegetables Jello with fruit	29	30 Tator tot hotdish Cheesy green beans Garlic toast Birthday cake

Grace City Menu for February 2026 (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 Brat on a bun Macaroni salad Cucumber salad Rice & raisin pudding	3	4 Taco salad with all the fix- ings Cottage cheese & fruit Juice	5	6 Hot beef sandwich Mashed potatoes & gravy Green beans Fruit
9 Beer cheese soup Meat sandwich Carrots Fruit	10	11 Grandma's hotidish Corn Tossed salad Moon cake	12	13 Popcorn chicken Chef salad with the fixings Peaches Cookie
16 Swedish meatballs w/ gravy Mashed potatoes Peas Fruit	17	18 Pork chop in gravy Mashed potatoes Prince Edward vegetables Fruit	19	20 Fish sandwich Au gratin potatoes Cabbage & carrots Applesauce
23 Potato soup Tuna sandwich Garden salad Pears	24	25 Chicken tenders Baby bakers Green beans Glorified rice with raisins	26	27 Turkey & dressing Mashed potatoes & gravy Cheesy greens Cranberries Birthday cake

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points to specific nutrients that may have protective effects on brain function. Some diets might even help prevent the buildup of beta-amyloid plaques — protein deposits commonly found in the brains of those with Alzheimer's. Additionally, diet can influence other major risk factors such as diabetes, obesity, and heart disease. There is even some new research suggesting our gut microbiome may have an impact. Overall, following a healthy dietary pattern likely supports brain health by addressing many of these factors.

The MIND diet. The MIND diet is a blend of the Mediterranean and DASH diets. It was designed to promote brain health and potentially reduce the risk of Alzheimer's disease and age-related cognitive decline. It emphasizes nutrient-dense foods that are believed to protect the brain, such as leafy green vegetables, berries, nuts, whole grains, beans, fish, poultry, and olive oil. It also encourages limiting foods high in saturated fats and added sugars, like red meat, butter, fried foods, and pastries. Research has shown that even moderate adherence to the MIND diet may offer cognitive benefits, making it a valuable option for those looking to support brain health through nutrition.

If you are interested in following the MIND diet, small, gradual changes can make it easier to adopt. Aim to eat at least one serving of leafy greens, like spinach or kale, each day, and try incorporating berries a few times a week. Swap butter for olive oil in cooking, and choose whole-grain bread or oatmeal over refined grains. Enjoy fish once or twice a week and include



beans in soups or salads. Consider adding nuts or seeds as a snack (nut butter if nuts are difficult to chew) a few times a week. Lastly, limit processed snacks and sugary beverages or desserts. Occasional indulgences are of course ok!

Additional Considerations. While the MIND diet is a healthy eating approach, it's important to consider personalized diet and lifestyle factors as well. For instance, managing

blood sugar levels is especially important for those with type 2 diabetes or insulin resistance, as poor glucose control can negatively affect brain health. Physical activity also plays a key role — research shows that regular exercise can enhance memory, reduce the risk of cognitive decline, and support overall mental well-being by boosting blood flow and encouraging the growth of new brain cells. Just as important as physical activity, is keeping your mind active through cognitive exercises and staying socially engaged. Finally, avoiding smoking and limiting excessive alcohol intake are essential steps for protecting brain health.

As we grow older, taking care of our brain becomes just as important as caring for the rest of our body. While no single food or diet can guarantee prevention for Alzheimer's, growing evidence suggests nutrition plays a role in supporting cognitive function and reducing risk factors associated with cognitive decline. Diets like the MIND diet offer a practical approach to nourishing the brain. Combined with regular physical activity, mental engagement, and healthy lifestyle choices, eating well can help you stay mentally strong and independent for longer. It's never too late to start making choices that support a healthier brain and a better quality of life!



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 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 Schedule

January & February 2026



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. 7 - Grace City Schoolhouse

Wednesday, Jan. 14 - Glenfield Community Center & McHenry Senior Center

Wednesday, Feb. 4 - Grace City Schoolhouse

Wednesday, Feb. 11 - Glenfield Community Center & McHenry Senior 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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play a vital role in ensuring patients receive the anesthesia and pain management care they need when and where they need it most."

What is a CRNA? CRNAs are advanced practice registered nurses (APRNs) who specialize in anesthesia and pain management. They deliver care before, during, and after surgical, therapeutic, diagnostic, and obstetrical procedures.

With more than 150 years of trusted service, CRNAs are highly trained clinicians who provide the full range of anesthesia services in every type of health care setting - from large hospitals to rural critical access facilities.

The Health Care Challenges Facing Rural America. Rural areas face a variety of health care barriers - including hospital closures, workforce shortages, and long travel distances to care.

According to the U.S. Department of Veteran Affairs more than one-third of veterans with service-connected disabilities live in rural areas. The U.S. Department of Agriculture also notes that rural communities have a higher proportion of older adults, many of whom live with chronic conditions such as heart disease, diabetes, hypertension, and heart failure.

Without local CRNAs, many of these patients would have to travel hours for essential surgical or anesthesia care. When emergencies happen, those hours can make all the difference.

CRNAs: The Lifeline of Rural Health Care. CRNAs safely administer more than 58 million anesthetics each year and represent over 80% of anesthesia providers in rural U.S. counties, according to AANA. In many small hospitals and ambulatory surgical centers, CRNAs are the sole anesthesia providers, supporting critical services like obstetrics, surgery, trauma stabilization, and pain management.

Their presence keeps lifesaving care within reach, helping rural hospitals stay open and their communities healthy, resilient, and self-sufficient.

"Working as a CRNA in rural settings shows just how critical our role is in medicine," Molter said. "When we can practice to the full extent of our education and training, we help bridge health care gaps and deliver care to people who need it most. It's why we celebrate and advocate for CRNAs who keep rural America safe and strong."

To learn more about the essential role of CRNAs in rural and other health care settings - or to explore how to become a CRNA - visit AANA.com.



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

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

PATRICIA HANSEN
Director

JODI ELLIOTT
Bookkeeping

ANN VANDEHOVEN
Outreach

