



SOUTH CENTRAL ADULT SERVICES

Griggs County

NEWSLETTER

JANUARY & FEBRUARY 2026

ISSUE NO. I

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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Griggs County Birthdays & Anniversaries

COOPERSTOWN

JANUARY

Birthdays

Russ Fiebiger: 1/10

DeVon Larson: 1/11

No anniversaries

FEBRUARY

Birthdays

Bennett Michaelis: 2/25

Zane Rud: 2/25

Joann Rhone: 2/26

Anniversaries

Bebe & Curtis McCardle: 2/22



SUTTON

JANUARY

Birthdays

Wayne King: 1/12

Gary Delfs: 1/15

No anniversaries

FEBRUARY

No birthdays

No anniversaries



HANNAFORD

JANUARY

No birthdays

No anniversaries

FEBRUARY

Birthdays

Mary Olson: 2/5

No anniversaries



BINFORD

JANUARY

Birthdays

Cynthia Thompson: 1/15

No anniversaries

FEBRUARY

Birthdays

Imogene McGee: 2/7

No 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.**

FOOT CARE CLINIC JANUARY & FEBRUARY

Just For You foot care clinics are January 6 and Feb. 3 & 17. 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, January 2 - 12:30 pm
Meeting, Bingo and lunch follows.
Friday, February 6 - 12:30 pm
Meeting, Bingo and lunch follows.

BINFORD SENIOR CENTER

Tuesday, January 20 - 2:00 pm
Meeting, lunch follows
Tuesday, February 17 - 2:00 pm
Meeting, Lunch follows

SUTTON SENIOR CENTER

At Rahlf Farm

Thursday, January 15 - 12 pm
Meal, meeting follows
Thursday, February 12 - 12 pm
Meal, meeting 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 respice care for family Caregivers

**Contact Becky Telin at
701-389-2293 for more info.**

CREATIVE COOKING



Vasilopita - Greek New Year's Cake

Prep: 30 mins Cook: 1 hour

INGREDIENTS

- 2 cups white sugar
- 1 cup butter
- 3 cups all-purpose flour
- 6 large eggs
- 2 teaspoons baking powder
- 1 cup warm milk (110 degrees F)
- ½ teaspoon baking soda
- 1 tablespoon fresh lemon juice
- ¼ cup blanched slivered almonds
- 2 tablespoons white sugar

DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C). Generously grease a 10-inch round cake pan.
2. Beat sugar and butter together in a medium bowl until lighter in color; stir in flour and mix until the mixture is mealy. Add eggs one at a time, mixing well after each addition. Combine baking powder and milk; add to egg mixture, mix well. Combine lemon juice and baking soda; stir into the batter. Pour into the prepared cake pan.
3. Bake in the preheated oven for 20 minutes. Remove and sprinkle the nuts and sugar over the cake, then return it to the oven until cake springs back to the touch, about 20 to 30 additional minutes. Gently cut a small hole in the cake and place a quarter in the hole. Try to cover the hole with sugar. Cool cake on a rack for 10 minutes before inverting onto a plate.
4. Serve cake warm.

NUTRITIONAL INFORMATION

Servings: 12; Calories 447; Total Fat 20g; Saturated Fat 11g; Sodium 287mg; Protein 8g; Total Carbohydrate 61g; Sugars 37g; Dietary Fiber 1g; Cholesterol 135mg.



Slow Cooker Texas Pulled Pork

Prep: 20 mins Cook: 45 minutes

INGREDIENTS

- 1 tsp vegetable oil
- 1 (4 pound) pork shoulder roast
- 1 cup barbeque sauce
- ½ cup apple cider vinegar
- ½ cup chicken broth
- ¼ cup light brown sugar
- 1 tbsp prepared yellow mustard
- 1 tbsp Worcestershire sauce
- 1 tbsp chili powder
- 1 extra large onion, chopped
- 2 large cloves garlic, crushed
- 1 ½ teaspoons dried thyme
- 8 hamburger buns, split
- 2 tbsps butter, or as needed

DIRECTIONS

1. Pour vegetable oil into the bottom of a slow cooker. Place pork roast into the slow cooker; pour in barbeque sauce, vinegar, and chicken broth. Stir in brown sugar, yellow mustard, Worcestershire sauce, chili powder, onion, garlic, and thyme. Cover and cook on Low for 10 to 12 hours or High for 5 to 6 hours until pork shreds easily with a fork.
2. Remove pork from the slow cooker, and shred the meat using two forks. Return shredded pork to the slow cooker, and stir to combine with juices.
3. Spread the inside of both halves of hamburger buns with butter. Toast buns, butter-side down, in a skillet over medium heat until golden brown. Spoon pulled pork into toasted buns.
4. Serve and enjoy!

NUTRITIONAL INFORMATION

Servings: 8; Calories 528; Total Fat 23g; Saturated Fat 9g; Sodium 803mg; Protein 32g; Total Carbohydrate 46g; Sugars 17g; Dietary Fiber 3g; Cholesterol 98mg.

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

Pie Day

Heart

Resolution

Presidents Day

Snow Flake

Groundhog

Hot Chocolate

Valentine

Sweater

Love Letter

Thermometer

Roses

Frostbite

Cupid

Igloo

Washington

Coat

Flowers

Snow Shoes

Shadow

Celebration

Chinese New Year

Mittens

Lincoln

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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 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**



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

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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.

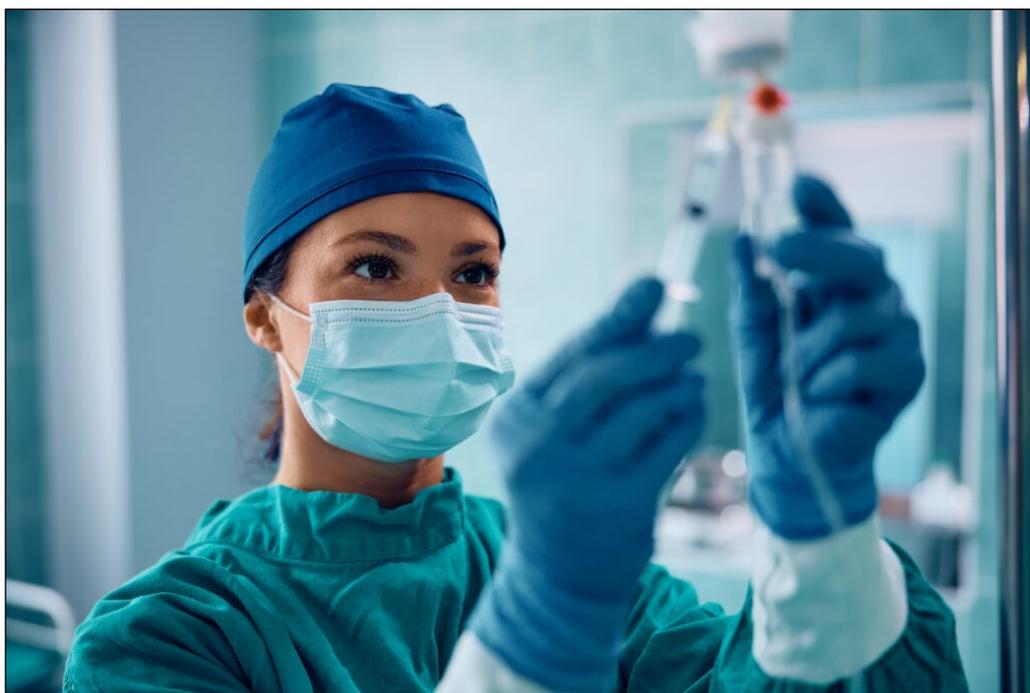
Without local CRNAs, many of these patients would have to travel hours for essential surgical or anesthesia care. When emergencies happen, those hours can make all the difference.

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**

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

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Director

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Outreach/Transit

