



SOUTH CENTRAL ADULT SERVICES

Logan 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

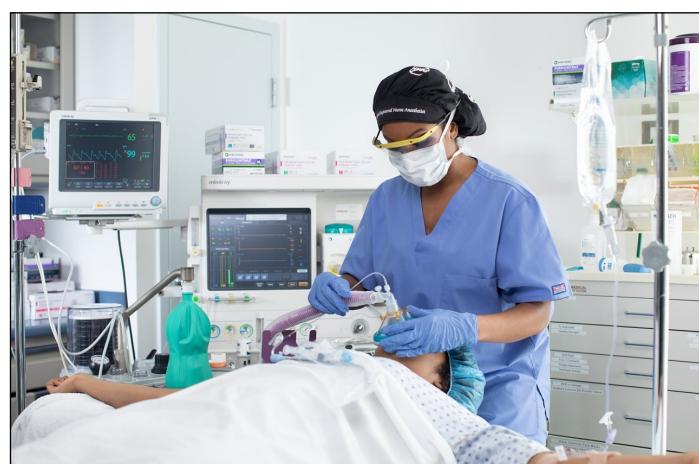
stress and inflammation, both of which are linked to a higher risk of

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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

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Alzheimer's disease. Another theory 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 sug-



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 **701-754-2791** for more info.

ary 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!

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8	5	6		4

LOGAN COUNTY ACTIVITIES

NAPOLEON

JANUARY

Tuesday, Jan. 6: 5:30 PM: Evening meal, followed by card games.

Tuesday, Jan. 13: 5:30 PM: Evening meal, followed by card games.

Tuesday, Jan. 20: 5:30 PM: Evening meal, followed by card games.

Tuesday, Jan. 27: 5:30 PM: Evening meal, followed by Monthly Meeting.

FEBRUARY

Tuesday, Feb. 3: 5:30 PM: Evening meal, followed by card games.

Tuesday, Feb. 10: 5:30 PM: Evening meal, followed by card games.

Tuesday, Feb. 17: 5:30 PM: Evening meal, followed by card games.

Tuesday, Feb. 24: 5:30 PM: Evening meal, followed by Monthly Meeting.



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: _____

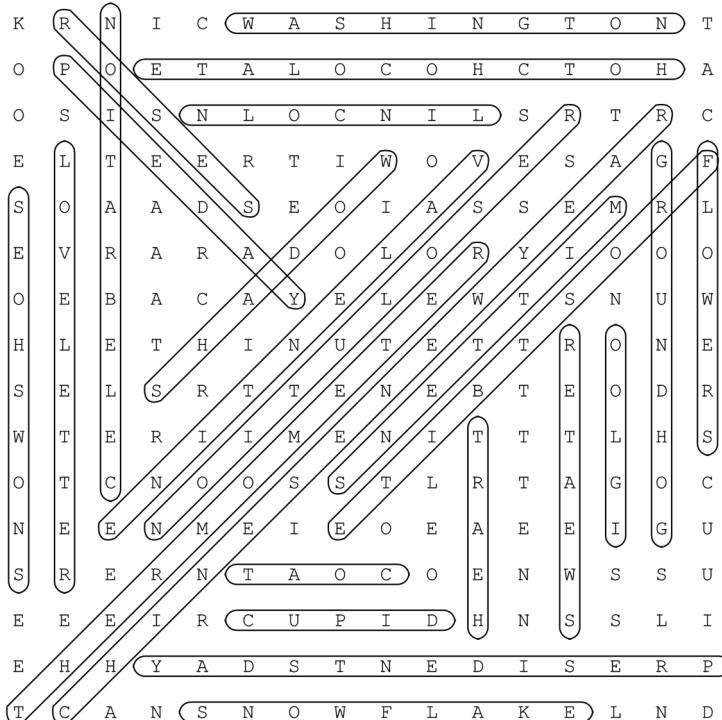


South Central Adult Services Council, Inc.

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.



PREVENT | PROMOTE | PROTECT



CVHD

Central Valley Health District

Nursing Services

**EVERY TUESDAY
10:00AM - 1:00PM**

LOGAN COUNTY COURTHOUSE
Appointments required.

AVAILABLE SERVICES

We offer a range of public health nursing services in the office or in the home:

> IMMUNIZATIONS

We provide immunization services for all ages, from newborns to adults, to protect against vaccine-preventable diseases.

> FOOT CARES

Available to support mobility, prevent complications, and promote overall foot health, especially for older adults and those with chronic conditions.

> MEDICATION MANAGEMENT

Available to ensure safe, effective use of medications through education, monitoring, and personalized support.

> BLOOD PRESSURE CHECKS

Monitoring heart health and support early detection of hypertension. Available for free. No appointment needed. Walk in!

> HOME VISITS

Delivering personalized public health services and support including the services listed above in the comfort of your home.

CENTRAL VALLEY HEALTH DISTRICT
(701)252-8130 | centralvalleyhealth.org

Napoleon's Menu January 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions may be necessary due to product availability.	Meal pick up times Tues: 5 - 5:30 pm Wed & Thurs: 11:30 am - 12 pm			
5 Make Up Meal Chicken alfredo Garlic toast Peas Fruit cocktail	6 Evening Meal Pork chop Mashed potatoes Cabbage & carrots Fruit salad	7 BBQ ribs Baked potato Coleslaw Fruit	8 Lazy cheese buttons Sausage Sauerkraut Apricots	9
	12	13 Evening Meal Meatloaf Scalloped potatoes Corn Jello & fruit	14 Chicken fajitas Mexican rice Pineapple	15 California burger Tator tots Pasta salad Peaches
	19	20 Evening Meal Beef tips & egg noodles Green beans Pears	21 Chicken cordon bleu Potato salad Broccoli Fruit cocktail	22 Egg salad sandwich Knoephla soup Pickled beets Applesauce
	26	27 Evening Meal Ham Baked rice Creamed corn Peaches	28 French dip Onion petals Carrots Tropical fruit	29 Cheese raviolis with meat sauce Garlic toast Green beans Fruit
				30



Napoleon's Menu for February 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 <u>Evening meal</u> Country fried steak Mashed potatoes Peas Mandarin oranges	4 Grilled ham & cheese Tomato soup	5 Softshell taco Mexican rice Refried beans Topical fruit	6
9	10 <u>Evening meal</u> Salisbury steak Augratin potatoes Carrots Pears	11 Chicken drummies Tator tots Green beans Fruit cocktail	12 Lasagna Garlic bread Corn Applesauce	13
16	17 <u>Evening Meal</u> Cabbage roll Mashed potatoes Creamed corn Pineapple	18 Hot dog Mashed potatoes Sauerkraut Cherries	19 Chicken burger Onion petals Coleslaw Peaches	20
23	24 <u>Evening Meal</u> Sausage Dumplings Vegetables Fruit	25 Sweet & sour chicken Fried rice Egg roll Pineapple	26 Beef stroganoff over noo- dles Peas Mandarin oranges	27
				Substitutions may be necessary due to product avail- ability.

Gackle Menu for January 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions may be necessary due to product availability.				
		1	2	
5 Cabbage roll Scalloped potatoes Corn Fruit	6 Salisbury steak Mashed potatoes Peas & carrots Fruit	7 Chicken strips Cauliflower blend & rice Fruit	8	9
	KULM: Potluck supper			
12 Chicken cordon bleu Potatoes Corn Fruit	13 Meatloaf Sweet potatoes Green beans Fruit	14 Pork roast Strudels Carrots & potatoes Fruit	15	16
19 Ham Augratin potatoes Green beans Fruit	20 Stuffed peppers Potatoes Corn Fruit	21 Turkey Mashed potatoes Dressing Peas & carrots Fruit	22	23
26 Turkey ala king over biscuit Peas & carrots Fruit	27 BBQ ribs Potatoes Corn Fruit	28 Tilapia Potatoes Coleslaw Breadstick Fruit	29	30

Gackle Menu for February 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Brat Sauerkraut Macaroni salad Fruit	3 Spaghetti & meat sauce Tossed salad Breadstick Fruit	4 Pork chop Mashed potatoes Corn Fruit	5	6
9 Chicken enchilada Spanish rice Green beans Breadstick Fruit	10 Sloppy joe Macaroni salad Celery sticks Fruit	11 Fish sandwich Potatoes Coleslaw Fruit	12	13
16 Chicken noodle Peas Tossed salad Fruit	17 Meatballs Mashed potatoes Corn Fruit	18 Knoephla Sauerkraut Ham Fruit	19	20
23 Chicken lasagna Green beans Breadsticks Fruit	24 Meatloaf Baked potato Beans & tomatoes Fruit	25 Strudels Beef roast Potatoes & carrots Fruit	26	27
				Substitutions may be necessary due to product availability. Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.

K	R	N	I	C	W	A	S	H	I	N	G	T	O	N	T
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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

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)
- $\frac{1}{2}$ teaspoon baking soda
- 1 tablespoon fresh lemon juice
- $\frac{1}{4}$ 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 barbecue sauce
- $\frac{1}{2}$ cup apple cider vinegar
- $\frac{1}{2}$ cup chicken broth
- $\frac{1}{4}$ 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
- $1\frac{1}{2}$ 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 barbecue 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.

Logan County Transit

All persons in Logan County may ride the buses regardless of age or income, if space is available. Medical appointments take priority over shopping.

City buses will pick up people for the Senior Center Meals for a fee of \$1.00.

Call the Senior Center or the driver to schedule a pickup.

City buses will transport people within the area. Please contact your city driver in advance. Ride charges are \$5.00 within the county, \$8.00 to adjoining counties and \$1.00 within city limits.

Napoleon	Danny	731-0190
Regional	Dispatch	731-0072
Fredonia	Dispatch	731-0072

Bismarck Trips

Logan County west \$10.00,

Logan County east \$13.00

All Bismarck Trips (Mon-Fri)Call Dispatch

Jamestown Trips

Logan County west \$13.00,

Logan County east \$10.00

Will stop in Streeter if needed

Every Monday.....Call Dispatch

Wishek & Linton Trips

Tuesdays & Thursdays upon request

\$8.00.....Call Dispatch

Aberdeen Trips

Upon request \$10.00Call Dispatch

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

Senior Companions

An opportunity to volunteer and earn a tax-free stipend!

The purpose of the Senior Companion Program is “to engage persons 60 and older, particularly those with limited incomes, into volunteer service to provide supportive, individualized service to help elderly adults with special needs maintain their dignity and independence.”

Income eligible Senior Companions earn a tax-free stipend, paid training, vacation, sick and holiday time. Senior Companions also receive monthly in-service training, recognition at special events and the satisfaction of helping other elderly adults.

For more information, please contact
Becky Telin at 701-389-2293.

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**



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there. CRNAs, also known as nurse anesthesiologists or nurse anesthetists, 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

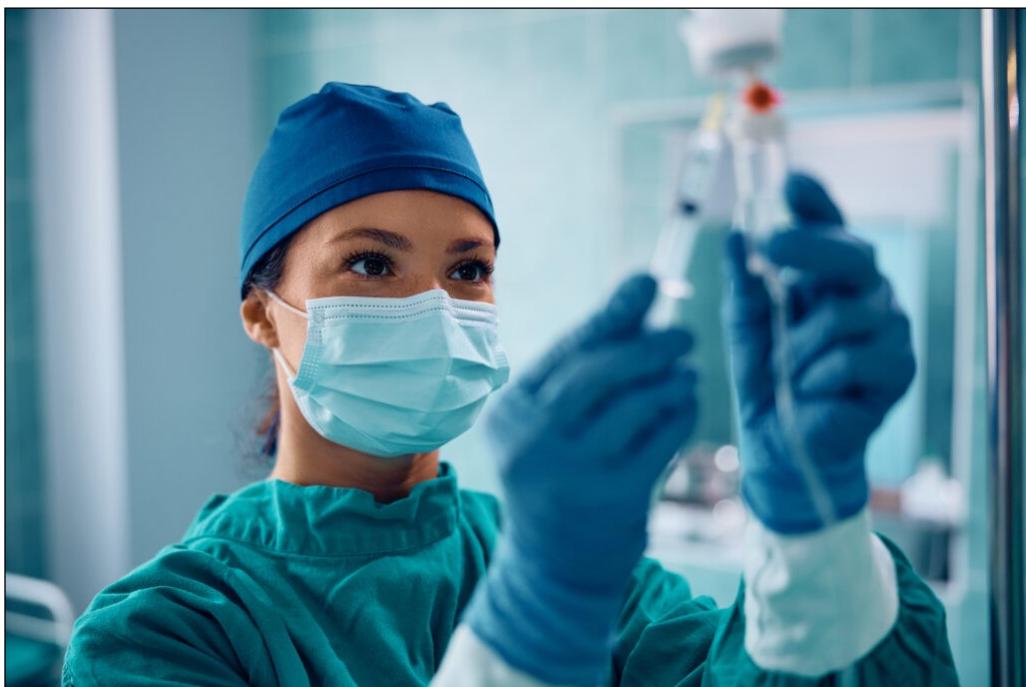
these patients would have to travel hours for essential surgical or anesthesia care. When emergencies happen, those hours can make all the difference.

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**

Golden Age Club
619 Main Street W.
Napoleon, ND 58561
701-754-2791

Gackle Senior Center
316 Main Street
Gackle, ND 58442
701-485-3721

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

JODI ELLIOTT
Bookkeeping

PEGGY WELDER
Outreach Assistant

DAN IMDIEKE
Transit Coordinator

DANNY SCHMIDT
Driver

