



# SOUTH CENTRAL ADULT SERVICES

# McIntosh 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  
**CONTINUED on page 4**

## 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, play a vital role in ensuring pa-  
**CONTINUED on page 12**

# MCINTOSH COUNTY ACTIVITIES

## WISHEK

### Mondays & Tuesdays:

1 PM: Quilting. New quilters needed & welcome! Come see what's for sale.

### Wednesdays & Saturdays:

2:30 PM: Coffee Hour.  
Please consider hosting!

## JANUARY

Thursday, Jan. 8: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Jan. 15: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Jan. 22: 5:30

PM: Evening meal, 7 PM: Wishek regular meeting.

Sunday, Jan. 25: 7 PM: Progressive Pinochle Party.

Thursday, Jan. 29: 5:30 PM: Evening meal, followed by cards and games.

## FEBRUARY

Thursday, Feb. 5: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Feb. 12: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Feb. 19: 5:30 PM: Evening meal, 7 PM: Wishek regular meeting.

Sunday, Feb. 22: 5:30 PM: Evening make up meal; 7 PM: Progressive Pinochle Party.

Thursday, Feb. 26: 5:30 PM: Evening meal, followed by cards and games.

*Anyone dining MUST call to reserve a spot by 8 AM for noon meals and 11 AM by for evening meals.*



## ASHLEY

Tuesdays: Bus goes to Aberdeen, SD. Call the Dispatcher for appointments at (701) 731-0072.

## JANUARY

Monday, Jan. 5: 6 PM: Evening meal followed by Bingo and cards.

Monday, Jan. 12: 6 PM: Evening meal followed by Bingo and cards.

Monday, Jan. 19: 6 PM: Evening meal followed by

Bingo and cards.

Monday, Jan. 26: 6 PM: Evening meal followed by Bingo and cards.

## FEBRUARY

Monday, Feb. 2: 6 PM: Evening meal followed by Bingo and cards.

Monday, Feb. 9: 6 PM: Evening meal followed by Bingo and cards.

Monday, Feb. 16: 6 PM: Evening meal followed by Bingo and cards.

Monday, Feb. 23: 6 PM: Evening meal followed by Bingo and cards.

*Call to reserve a spot before 10 AM for noon meals & 3 PM for evening meals.*



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  
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 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**

Answers on Page 9

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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

# WHAT'S ON THE MIND DIET?

**AT LEAST THREE SERVINGS OF WHOLE GRAINS EACH DAY**

**AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY**

**BEANS OR LEGUMES AT LEAST EVERY OTHER DAY**

**POULTRY AT LEAST TWICE A WEEK**

**FISH AT LEAST ONCE A WEEK**

*If you don't drink alcohol, purple grape juice provides many of the same benefits.*

**A FIVE-OUNCE GLASS OF RED WINE EACH DAY**

**NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD**

**CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK**

**PASTRIES AND SWEETS LESS THAN FIVE TIMES A WEEK**

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

**Ashley & Zeeland 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
<p><b>Please call at least 1 day prior to sign up for our meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!</b></p>	<p><b>Substitutions may be necessary due to product availability. Fresh fruit served when available.</b></p>		<p>1 Center CLOSED</p> 	<p>2 California burger Baked beans Jello with fruit</p>
<p>5 <u>Evening Meal</u> Chicken alfredo Mashed potatoes 4-way vegetables Fruit</p>	<p>6</p>	<p>7 Lazy Halupsie Tomato spoon salad Fruit</p>	<p>8</p>	<p>9 Fish Potato wedges Corn Fruit cocktail</p>
<p>12 <u>Evening Meal</u> Beef roast Mashed potatoes Glazed carrots Peaches</p>	<p>13</p>	<p>14 Salmon Baked potato Peas &amp; carrots Mandarin oranges</p>	<p>15</p>	<p>16 Chicken kiev O'Brien potatoes Vegetable blend Fruit</p>
<p>19 <u>Evening Meal</u> Spaghetti &amp; meat sauce Broccoli apple salad Pears</p>	<p>20</p>	<p>21 Pulled pork sandwich Hot potato salad Beets Apricots</p>	<p>22</p>	<p>23 Broccoli cheese soup Ham sandwich Carrot raisin salad Fruit</p>
<p>26 <u>Evening Meal</u> Ham Scalloped potatoes Green beans Pineapple</p>	<p>27 Lasagna Buttered peas Apricots</p>	<p>28 Tomato soup Meat sandwich 3 bean salad Applesauce</p>	<p>29</p>	<p>30</p>

Ashley & Zeeland 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
<p>2 <u>Evening Meal</u> BBQ pork chop Baked potato Corn Peaches</p>	<p>3</p>	<p>4 Chicken patty Hashbrown bake Beets Oranges</p>	<p>5</p>	<p>6 Beef hot dog Mashed potatoes Sauerkraut Fruit</p>
<p>9 <u>Evening Meal</u> Sausage Scalloped potatoes Sweet &amp; sour cabbage Pears</p>	<p>10</p>	<p>11 Chicken dressing cas- serole Mixed vegetables Jello</p>	<p>12</p>	<p>13 Beef tips in gravy over noodles Fruity coleslaw Apricots</p>
<p>16 <u>Evening Meal</u> Meatloaf Baked potato Vegetables Fruit</p>	<p>17</p>	<p>18 Tomato soup Cheese sandwich 3 bean salad Fruit</p>	<p>19</p>	<p>20 Fish Tator tots Corn black bean salad Peaches</p>
<p>23 <u>Evening Meal</u> Cabbage roll Baked potato Corn Fruit</p>	<p>24 BBQ beef on a bun Tator tots Carrots Ambrosia fruit salad</p>	<p>25 Chicken strips Potato Carrot raisin salad Apple slices</p>	<p>26</p>	<p>27</p>
				<p><b>Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!</b></p>
		<p><b>Substitutions may be necessary due to product availability. Fresh fruit served when available.</b></p>		

Wishek & Lehr January 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Substitutions may be necessary due to product availability.				1 <b>Center CLOSED</b> 	2	3 2:30 PM: Coffee Hour
4	5 Sausage Corn chowder Biscuit Peaches	6 Sloppy joe French fries Corn nuggets Tropical fruit	7 2:30 PM: Coffee Hour	8 <u>Evening Meal</u> Roast beef Mashed potatoes & gravy Corn Fruit	9	10 2:30 PM: Coffee Hour
11	12 Macaroni cheeseburger soup Onion rings Fruit	13 Loaded baked potato Cheesy broccoli Fruit cocktail	14 2:30 PM: Coffee Hour	15 <u>Evening Meal</u> Chicken drummies Baby bakers Green bean casserole Peaches	16	17 2:30 PM: Coffee Hour
18	19 Egg bake Sausage Grapefruit Tomato juice	20 Sweet & sour chicken Vegetable fried rice Egg roll Mandarin oranges	21 2:30 PM: Coffee Hour	22 <u>Evening Meal</u> Spaghetti & meat sauce Mixed vegetables Breadstick Fruit	23	24 2:30 PM: Coffee Hour
25 Progressive Pinochle Party @ 7 PM	26 Cabbage roll Mashed potatoes Beets Apricot	27 Turkey vegetables Rice soup Biscuit Cherries	28	29 Ham Sweet potato Baked rice with raisins	30	31 2:30 PM: Coffee Hour

**Wishek & Lehr Menu for February 2026**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Country fried steak Mashed potatoes & country gravy Corn Peaches	3 Chicken enchilada soup Tortilla chips Pears	4 <b>2:30 PM: Coffee Hour</b>	5 <u>Evening Meal</u> Beef tips & gravy Mashed potatoes Mixed vegetables Fruit	6	7 <b>2:30 PM: Coffee Hour</b>
8	9 Walleye sandwich Potato wedges Fruit	10 Beef stew Biscuit Apricots	11 <b>2:30 PM: Coffee Hour</b>	12 <u>Evening Meal</u> Baked chicken Carrots Rice pilaf Fruit	13	14 <b>2:30 PM: Coffee Hour</b>
15	16 Chow mein hotdish Peas & carrots Mandarin oranges	17 Knoephla soup Roast beef & cheddar sandwich Fruit	18 <b>2:30 PM: Coffee Hour</b>	19 <u>Evening Meal</u> Pork roast & gravy Mashed potatoes Root vegetable blend Fruit	20	21 <b>2:30 PM: Coffee Hour</b>
22	23 Chili with cheese Brat Applesauce	24 Chicken sandwich Sweet potato fries Mixed vegetables Peaches	25 <b>2:30 PM: Coffee Hour</b>	26 Lasagna Caesar salad Breadstick Cherries	27	28 <b>2:30 PM: Coffee Hour</b>
<b>Substitutions may be necessary due to product availability</b>	<b>Diners MUST call at least 1 day prior to sign up for meals. Call by 8 am for Noon meals, by 11 am for evening meals.</b>		<b>Late sign ups will not be accepted.</b>			

# Applications for low income heating assistance accepted until May 31

The Low Income Energy Assistance Program (LIHEAP) helps eligible individuals and families pay part of their heating costs. Applications will be accepted until May 31, 2026.



LI-HEAP can help pay for the fuel you use to heat the home you live in from October through May if you buy your heating fuel from a fuel dealer or a utility company (fuel oil, propane, natural gas, electricity, wood coal or kerosene), or if your rent payments include heat and you do not receive a rent subsidy. The amount of benefits you may be eligible for depends on the type and size of your home and the type of fuel used to heat your home. The program also covers:

- Weatherization Services (insulation, weather stripping, etc)
- Furnace cleaning, repair and re-placement
- Chimney cleaning and inspection
- Emergency assistance

Written proof or verification of your income, your heating bill, and medical expenses that can be deducted from your income is needed to be sure your eligibility and benefits are calculated correctly. You can apply online by going to [hhs.nd.gov/applyforhelp/liheap](http://hhs.nd.gov/applyforhelp/liheap) or at McIntosh County Human Services LIHEAP, 112 NE 1st Street, Ashley, ND 58413; phone: (701) 288-5170.

## Frozen Meals Available

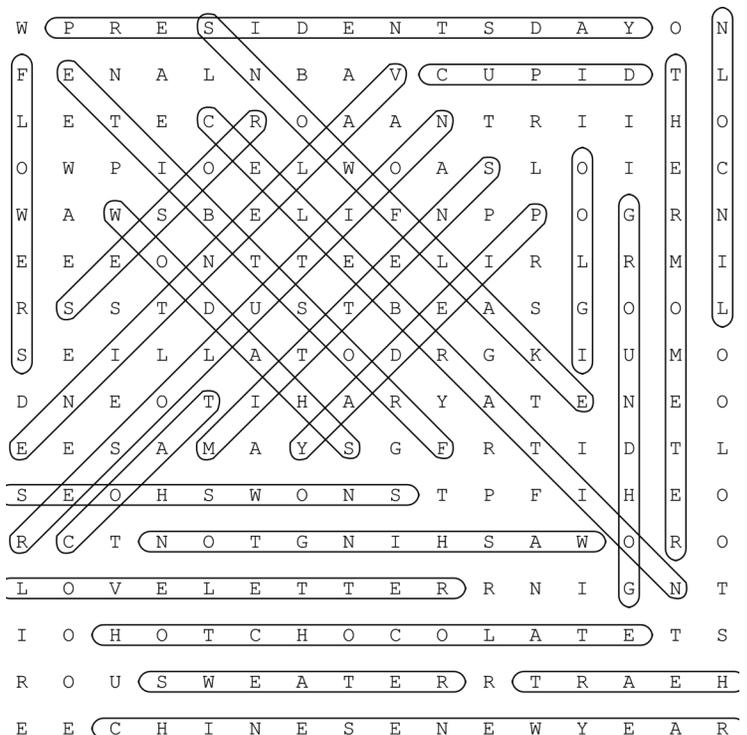
Frozen meals are available to elderly people who are unable to shop and prepare meals, and where hot home-delivered meals are not available every day. The meals are labeled with instructions for heating. A serving of bread, butter, milk, and dessert is included for each meal. Contact the outreach worker or your Senior Center for more information.



**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 Ruby at 731-0170 for more info.**



## 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



## McIntosh County Transit

Buses will go to Bismarck, Jamestown, Fargo or Aberdeen.

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

Everyone is encouraged to use these buses!

**In-city buses will pick up people for the Senior Center Meals for a fee of \$1.00.** Call the Senior Center to schedule a pickup.

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

Ashley	Call Dispatch	731-0072
Zeeland	Call Dispatch	731-0072
Lehr	Call Dispatch	731-0072
Wishek and all sites	Call Dispatch	731-0072

### Bismarck Trips

\$15.00

Monday through Friday.....Call Dispatch

### Jamestown Trips

\$13.00

Every Thursday.....Call Dispatch

### Aberdeen Trips

\$13.00

Every Tuesday.....Call Dispatch

For more information, be sure to visit [www.southcentraltransitnetwork.org](http://www.southcentraltransitnetwork.org)

or find us on Facebook at [facebook.com/southcentraltransitnetwork](https://facebook.com/southcentraltransitnetwork)

## McIntosh County Outreach

### January & February

Ruby Beck is available at the Senior Centers, or in homes by appointment.

If you are in need of frozen meals, home delivered meals, or other services, please call Ruby.

If you have questions or need to schedule an appointment with Ruby, contact her at:

**701-731-0170**

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

## 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.

**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: \_\_\_\_\_



**CONTINUED from page 1**

tients 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](http://www.southcentralseniors.org)

Wishek Senior Center  
5 S. Centennial Street  
Wishek, ND 58495  
701-452-2472

Ashley Senior Center  
111 Center Avenue N.  
Ashley, ND 58413  
701-288-3540

Lehr Senior Center  
122 Main Street  
Lehr, ND 58460  
701-378-2526

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

RUBY BECK  
Outreach

