



# SOUTH CENTRAL ADULT SERVICES

## Barnes County

### Can the MIND Diet Prevent Cognitive Decline and Dementia?



***Advances in Nutrition: An International Review Journal* article finds MIND diet may be effective in North American populations, though evidence for other populations is less conclusive.**

Brain function gradually declines with age, which, in turn, can lead to dementia, including Alzheimer's disease, the most common form of dementia, representing 60-70% of dementia cases globally. The [World Health Organization](#) (WHO) estimates that the number of individuals with dementia worldwide is 55 million. This number is expected to reach some 78 million by 2030 and 139 million by 2050. Moreover, the global financial burden of dementia is expected to rise to \$2.8 trillion by 2030.

It is not possible to stop the brain from aging. Moreover, despite pharmaceutical advances in delaying the onset and slowing the progression of dementia, there is no known cure. As a result, there is increasing interest in the relationship between modifiable lifestyle factors and optimal

Continued on page 5

# 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 845-4300 for more info.**



**My parents have always loved to garden, but now they have some mobility issues and arthritis. What can I do to help?**

Gardening is an excellent form of exercise, but it can be challenging if you have health issues that restrict your movement. Fortunately, many tools are available to help.

- Joint-friendly tools have easy-to-grip handles and/or long handles. Tools with handle extensions are another option.
- Kneeling pads can reduce stress on your knees.
- Scooter-like benches allow you to sit while weeding and can greatly reduce the amount of bending and stooping.
- Raised beds allow you to stand or sit on a stool next to the gardening box instead of bending.

Work with an occupational therapist for detailed recommendations. Be sure to take breaks to relax, drink plenty of water to hydrate and wear sunscreen.

For more information, view the Field to Fork webinar: [Gardening with Arthritis and Pain](#) by Esther McGinnis, NDSU Extension horticulture specialist, available on the Field to Fork website ([www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork)).

Puzzle Solution © OnlineCrosswords.net

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

## Legal Services of ND

**Call 1-866-621-9886 - Age 60+**

Monday—Thursday, 9 AM to 3 PM

**Call 1-800-634-5263 - Under age 60**

Monday—Thursday, 9 AM to 3 PM

## Bone Builders

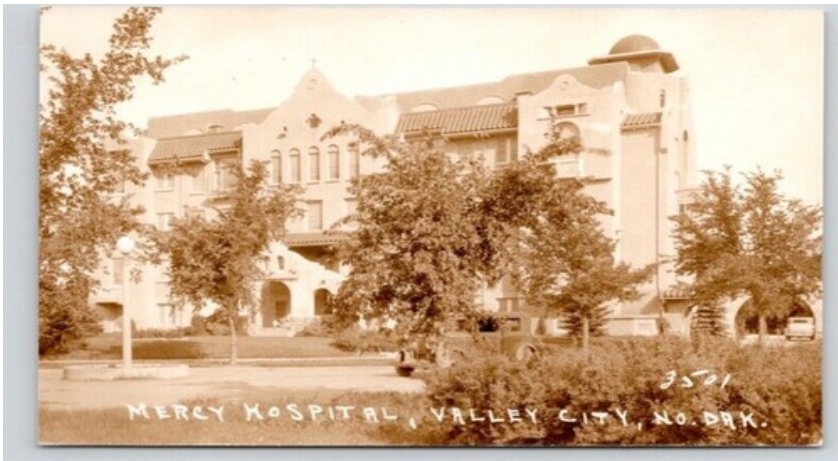
Bone Builders exercise class meets Wednesdays & Fridays at 9:30 AM at the Barnes County Senior Center.

**Everyone is welcome!**

Call 845-4300 with any questions.

**Take the South Central Bus to  
Thursday Supper at the Senior Center  
Free of Charge!**

- ◆ We will pick you up at your house or apartment and drop you off at the front door of the Senior Center.
- ◆ You don't have to worry about parking, weather conditions or walking in the dark.
- ◆ It's a good meal at an inexpensive price (suggested donation of \$3.50 for those over 60).
- ◆ Musical entertainment along with meal on selected Thursdays.



**Question: What was the name of the hospital which stood where the Eagles now stands?**

**Answer on Page 10**

**Game Players Wanted!**

The Senior Center in Valley City is looking for anyone interested in playing cards or games on Mondays and Thursdays.

If you'd like to sign up or make a suggestion, please call the senior center at 845-4300.

**Barnes County  
Outreach**

**Candace will be  
in the office  
Monday - Thursday**

If you have needs regarding healthcare, prescription drug coverage, turning 65 and eligibility for Medicare and Social Security or other needs, you may schedule an appointment with Candace for assistance, either at the office or an in-home call.

**We have frozen meals for those who live in areas where Meals On Wheels are not served.**

**Please call Candace Johnson at 490-3142 or 1-800-472-0031 to schedule an office or home visit.**



**LWV** LEAGUE OF WOMEN VOTERS

**BARNES COUNTY/  
VALLEY CITY  
PRIMARY  
ELECTION FORUM**

**WHEN**

**SATURDAY, MAY 30, 9:30AM**

**WHERE**

**VCBS HAC**

**CORNER OF 4TH ST NW/2ND AVE. NW**

**WHO/WHAT**

**CONTESTED RACES FOR:**

**BARNES COUNTY COMMISSION DIST. 4**

**BARNES COUNTY AUDITOR**

**VALLEY CITY SCHOOL BOARD**

**VALLEY CITY COMMISSION PRESIDENT**

**VALLEY CITY COMMISSIONER**

**VALLEY CITY PARK BOARD**

**COFFEE AND COOKIES  
PROVIDED BY**





## ARE YOU STRUGGLING WITH HEARING LOSS?

ND School for the Deaf/Resource Center is a State Agency that provides free Services and Resources for adults who are deaf or hard of hearing.

- Do you struggle to hear others?
- Is it difficult to communicate by telephone?
- Is watching television difficult?
- Are you avoiding activities because you cannot hear?

**Schedule an appointment to learn more about our services.**

**For more information contact:**  
**Dawn Sauvageau, Adult Outreach Hearing Specialist**  
**1321 S. 23<sup>rd</sup>. St A, Fargo, ND 58103**  
**701-239-7380 or dawn.sauvageau@k12.nd.us**

## 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, & 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.

**Did you know the Senior Center has greeting cards for 50¢!**  
**Stop by and check out the selection!**



**Barnes County Senior Center**  
**139 2nd Ave SE, Valley City, ND**

### Where do beef burgers go dancing?



Answer on page 10



brain aging. Nutrition, in particular, is considered a key modifiable lifestyle factor that may play a pivotal role in preventing and managing dementia.

Recently, nutrition researchers have been shifting away from studying the relationship between individual nutrients or foods and brain aging towards studying the relationship between overall dietary patterns and brain aging. Studying dietary patterns is thought to be a more effective strategy as it can capture the synergistic benefits of individual nutrients and foods.

The Mediterranean-Dietary Approaches to Systolic Hypertension Diet Intervention for Neurodegenerative Delay, also known as the MIND diet, was designed to preserve good brain function as we age. As the name suggests, the MIND diet is a hybrid of the Mediterranean diet and the Dietary Approaches to Stop Hypertension (DASH) diet, emphasizing the consumption of food groups with neuroprotective properties, including berries and leafy green vegetables.

The question is *does the MIND diet work?* In response, the authors of [The MIND Diet for the Ageing Brain: A Systematic Review](#), published in *Advances in Nutrition*, conducted a systematic scientific review of the evidence. To conduct their research, the authors analyzed the results of 40 studies. Only two of these studies were randomized controlled trials, often considered the gold standard for research studies, in which researchers randomly assign participants into an experimental group and a control group. The other 38 studies were observational studies, in which researchers observed individuals without manipulation or intervention.

Specifically, the authors sought to determine the relationship between the MIND diet and cognitive functioning, cognitive decline, and dementia risk. Moreover, the authors also examined how the MIND diet affected the incidence of age-related neurodegenerative diseases such as Parkinson's disease.

According to the authors' findings, "the majority of studies indicated that the MIND diet reduces the risk of all-cause dementia and Alzheimer's disease." The authors cautioned that "our findings, however, do not conclusively prove the benefits of the MIND diet for brain aging." In particular, "the only randomized controlled trial with good quality did not show protective effects."

Addressing the mixed results of their systematic review, the authors noted that "many of the cohorts demonstrating protective associations were of North American origin, raising the question of whether the most favorable diet for healthy brain aging is population dependent." The authors further noted that "some of the studies originating outside North America showing beneficial associations had adapted the MIND diet to their local eating habits." As a result, "further research is required to discover if traditional eating habits with components of the MIND diet are more protective of brain aging than the original MIND diet."

## RIDES AVAILABLE

A bus will be available every day to pick up passengers to bring them to the Senior Center for lunch.

**The cost is 50¢ for round trip when participating in the meals program.**

The bus will begin picking people up at 11 AM and will leave the site after the meal between 12:30 & 1 PM.

**If you would like to have a ride to the Senior Center for lunch, you must call a day in advance.**

Contact the dispatcher at 845-4300.

**Cost for rides to the center for activities is \$2.**



## Reminder to Home Delivered Meal Clients

I would like to remind everyone who receives home delivered meals from the Valley City kitchen, that the staff **needs to be notified before 9 AM** of **any** changes in the meal route. It is very difficult for the cooks to add or remove meals from the routes after that time. Each meal is individually packaged and we serve between 60 to 80 meals every day.

We greatly appreciate your consideration.  
**Please call 701-845-4300 for any changes.**

Come sign up to play **PINOCHLE** on Tuesdays at 1pm, with a sweet treat at the end.

Test your luck with **BINGO** on Fridays at 1pm, with a sweet treat at the end.



## Bridgeview Estates Assisted Living

### 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



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

# DONATIONS

## Food Pantry

Kathryn, Nome, Fingal Parish  
Litchville Homemakers  
Diana Vagle in Memory of Doc  
Thompson  
Arlene Flatlie in Memory of  
Margaret Heise  
Lenore & Terry Lebahn  
Marian Hoffarth  
Tasha Glasman  
Robert Eggert in Memory of  
Shirley Hoffmeyer  
Faith Luthern Church  
Heidi Kellogg  
Elaine Meidema in Memory of  
Toby Larson  
Rhonda & Kim Knodle  
Our Saviors Lutheran Church  
Rebecca Sorby in Memory of  
Donna Hass

Judy Solheim in Memory of  
Donna Hass  
Cynthia Metcalf  
Epworth Church  
Sons of the Norway  
Myron & Jennice Sommerfeld  
Faith Lutheran Church  
Ron Pommerer  
Valley City Public Schools  
JoAnn Jewett  
Arlys Netland  
Marian Hoffarth  
Rodney & Paulette Johnson  
JoAnn Nathan  
Our Saviors Lutheran Church  
Paul & Mary Dahlberg  
Dennis Reisenhauer  
St. Kates Church  
Barnes Co. Housing Authority

John & Kathie Kopp in  
Memory of Ralph Metcalf

## Transit

Kathy Lindemann  
Myron & Jennice Sommerfeld  
Warren Ostby  
Patricia Triebold  
Norma Voldal in Memory  
of Ralph Metcalf  
Pamela Burchill in  
Memory of Ralph Metcalf

## Senior Center Respite

Doris Blume

### ROMANCE, SENIOR-STYLE

An older couple were lying in bed one night. The husband was falling asleep but the wife was in a romantic mood and wanted to talk.

She said: "You use to hold my hand when we were courting."

Wearily he reached across, held her hand for a second, and tried to get back to sleep.

A few moments later she said: "Then you use to kiss me."

Mildly irritated, he reached across, gave her a peck on the cheek, and settled down to sleep.

Thirty seconds later she said: "Then you use to bite my neck"

Angrily, he threw back the bedclothes and got out of bed.

"Where are you going?" she asked.

"To get my teeth!"



Gift Certificates for Meals Available  
Contract your senior center  
for more information.



South Central Adult Services

Gift Certificate

Presented to: \_\_\_\_\_

From: \_\_\_\_\_

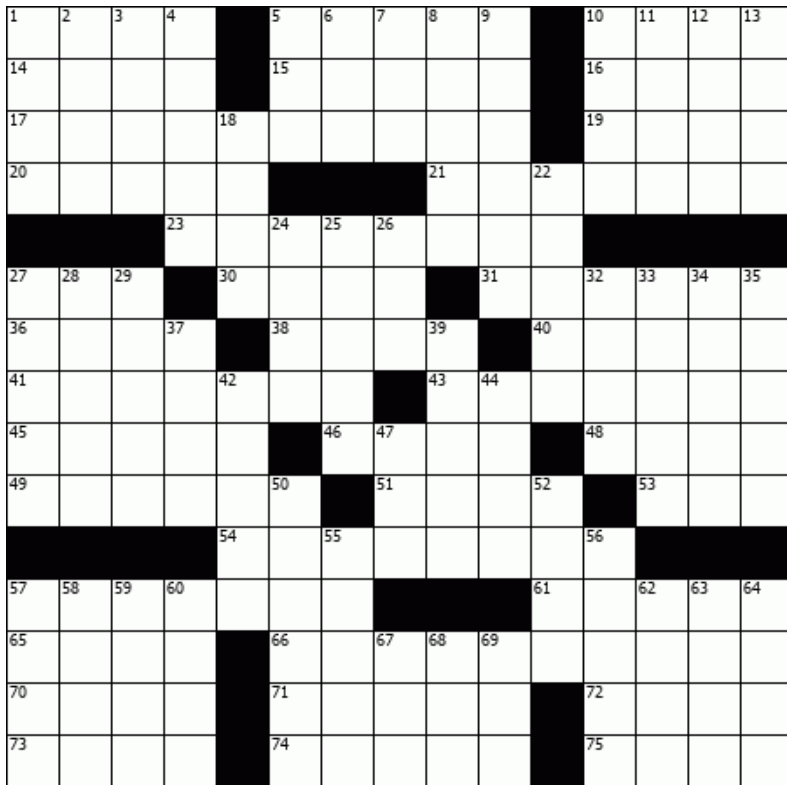
This gift certificate entitles the bearer to

1 2 3 4 5 6 7 8 9 10

congregate, frozen, or home delivered meals. Bearer may use this certificate at any South Central Adult Services meal site.

Date: \_\_\_\_\_ Authorized by: \_\_\_\_\_

# Crossword



- 50. Certain vitamin
- 52. Assist
- 55. Humming sound
- 56. Flower feature
- 57. Not nearby
- 58. Traditional knowledge
- 59. Cut of meat
- 60. Bed board
- 62. Gaming cubes
- 63. Exits
- 64. Abolishes
- 67. Compass pt.
- 68. Middling grade
- 69. Make mistakes
- 41. President \_\_\_\_\_ Lincoln
- 43. Voter
- 45. San \_\_\_\_\_ Padres
- 46. New Haven school
- 48. Present!
- 49. Stress
- 51. Aspiration
- 53. Apple color
- 54. Evade
- 57. Sports VIP (hyph.)
- 61. Window sill
- 65. Trick
- 66. Immaculate \_\_\_\_\_

## Across

- 1. Mama's husband
- 5. Nature's bandages
- 10. Thin wedge
- 14. Singer \_\_\_\_\_ Clapton
- 15. Consumed
- 16. Crazy
- 17. Get better
- 19. Prayer ending
- 20. A sense
- 21. Type of paint
- 23. And so forth (2 wds.)
- 27. Burglarize
- 30. Sensible
- 31. Butter or jam
- 36. God of love
- 38. Plant's beginning
- 40. Actress \_\_\_\_\_ Blair
- 70. Pavarotti solo
- 71. \_\_\_\_\_ tube
- 72. Served perfectly
- 73. Tenant's payment
- 74. More modern
- 75. Minus

## Down

- 1. Cheeky
- 2. Locale
- 3. Photos, for short
- 4. Severe
- 5. Comprehend
- 6. Auto
- 7. \_\_\_ glance (2 wds.)
- 8. Actress \_\_\_\_\_ Davis
- 9. Scoffs
- 10. Wallop
- 11. Dwelling place
- 12. Bakery worker
- 13. Leonardo's " \_\_\_\_\_ Lisa"
- 18. Favorites
- 22. Syrup tree
- 24. House (Sp.)
- 25. Adversary
- 26. Casual shirt
- 27. Peruses
- 28. Moon's path
- 29. Termite, e.g.
- 32. Affluent
- 33. Go in
- 34. Love to pieces
- 35. Risked
- 37. Norse tale
- 39. Sandwich shops
- 42. Lift
- 44. For fear that
- 47. Dazzle

Answers on Page 2

Cinco De Mayo	E	M	N	S	F	M	O	T	H	E	R	S	D	A	Y	N
Tulips																
Butterfly	D	A	O	O	T	Y	L	T	F	S	P	I	L	U	T	A
Sunshine																
Grilling	I	R	I	Y	B	L	L	E	L	E	H	W	H	L	X	C
Buds																
Sombrero	L	G	T	A	G	F	C	S	O	U	B	B	E	Y	N	G
Father's Day																
Swing Set	S	A	A	M	N	R	U	G	W	Q	U	O	I	W	R	N
Bumble Bee																
Sprinkler	R	R	C	E	I	E	Y	N	E	E	M	R	R	K	E	I
Watering Can																
Vacation	E	I	A	D	L	T	A	I	R	B	B	E	L	B	L	R
Bunnies																
Mother's Day	T	T	V	O	L	T	D	W	S	R	L	R	O	U	K	E
Sprout																
Fiesta	A	A	R	C	I	U	S	S	H	A	E	B	O	N	N	T
Heirloom Tomato																
Waterslide	W	H	R	N	R	B	R	S	O	B	B	M	M	N	I	A
May Day																
Baby pool	M	E	T	I	G	M	E	Y	P	P	E	O	T	I	R	W
Margarita																
Flower Shop	E	A	I	C	N	S	H	D	I	R	E	S	O	E	P	H
Barbeque																
Answers on page 10	Y	A	D	Y	A	M	T	N	L	M	O	F	M	S	S	Z
	L	O	O	P	Y	B	A	B	T	V	G	U	A	V	T	J
	I	A	O	O	U	M	F	I	E	S	T	A	T	A	F	Q
	S	D	U	B	S	U	N	S	H	I	N	E	O	A	O	A

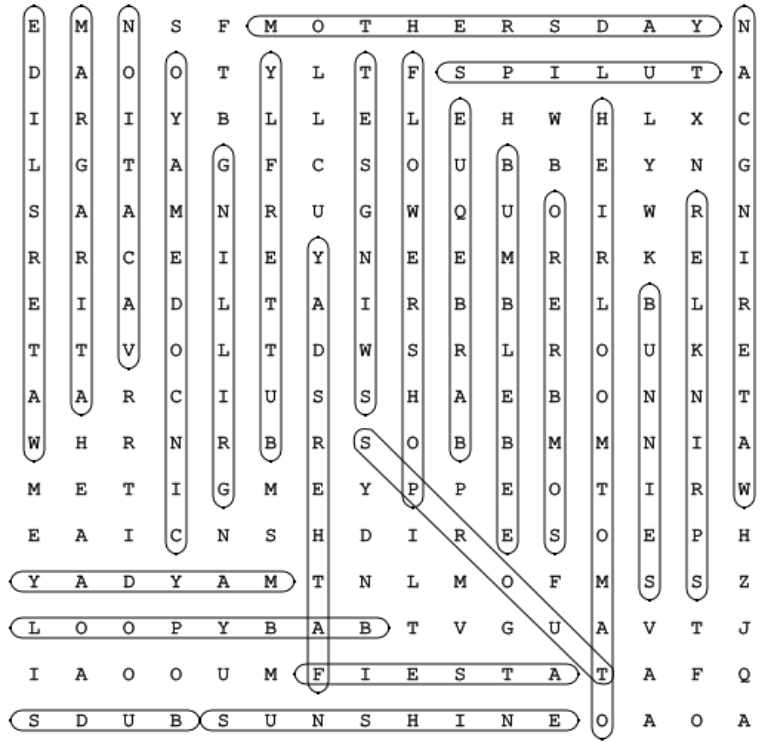


## HISTORY OF CANCER FROM THE SUN MONTH

Squamous Cell Carcinoma (S.C.C.) is among the most common types of skin cancer. It usually affects body regions that suffer damage from the sun's U.V. rays and tanning beds. Affected regions could include the neck, upper back, head, ears, hands, legs, lips, and ears. This type of cancer progresses slowly. It can affect other parts of the body such as the bones, tissues, and lymph nodes, which is much more difficult to treat. Early detection significantly aids treatment. If you are a cancer survivor or happen to fall in the high-risk category, get familiar with the symptoms of skin cancer. Ensure you perform monthly skin examinations. Use a mirror to check your scalp, arms, neck, ears, nose, and genital area. Your body inspection should cover every inch of your skin. Give special attention to moles, lumps, and previously affected areas. Report any strange findings to your dermatologist immediately. The World Health Organization lists cancer as one of the leading causes of death worldwide. There is a membership-based organization based in Geneva that is dedicated to the global fight against cancer and the advancement of medical research.

Continued on page 12

Answer: Riverside Hospital or the Barnes County Hospital and Poor House. It was built in 1909. Later it became the Lutheran Home for the Aged. It was closed in 1962. In 1965 the Eagles bought the property and the fire department burned the building down as a “fire school”.



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

## The Meatball



On April 13th a group of seniors enjoyed a trip to Hastings, ND. They enjoyed a tour of the Hotel and coffee and goodies. Pictured back row: Jeanie Hedland, Doreen Larson, Doris Aas, Anne Thilmomy, Gloria Wetzel, Bob Gaasland. Front: Elaine Miedema, Audrey Smith, Carol Szalay, driver Nick. They had a wonderful time and learned a lot about the history of the Hotel.

## **PUBLIC TRANSIT**

*Please try to schedule your ride a day in advance call 701-845-4300*

### Monday through Friday

8:00 am until 4:45 pm

### Saturday & Sunday

8:00 am until 1:45 pm

**\*\* Rides cost \$2.00 \*\***

## RURAL TRANSPORTATION

### Monday through Friday:

All rides to Fargo cost \$10.00 plus \$2.00 every additional stop

### Mondays, Wednesdays & Fridays:

All rides to Jamestown cost \$5.00 plus \$2.00 every additional stop

### Upon Request:

Sanborn, Rogers, Wimbledon, Dazey, Leal & Sibley to Valley City cost \$5.00 plus \$2.00 every additional stop

### Upon Request:

Kathryn, Nome, Fingal, Oriska, Litchville & Hastings to Valley City cost \$5.00 plus \$2.00 every additional stop

For more information, be sure to visit [www.southcentraltransitnetwork.org](http://www.southcentraltransitnetwork.org) or find us on Facebook at [facebook.com/southcentraltransitnetwork](https://www.facebook.com/southcentraltransitnetwork)

## *Gifts & More*



*Stop in and check out the Gift Shop at the Valley City Senior Center. Great gift ideas for those special people in your life.*

## **Congregate Meals**

Hot, delicious meals are served at the Valley City Senior Center seven days per week, with the exception of legal holidays. Meals are served at 11:30 a.m. Monday through Friday, noon on Saturday and 12:30 p.m. on Sunday. Anyone age 60 or over is welcome to participate.

People are asked to call and reserve meals at least one day in advance. The suggested contribution is posted at each meal site. The suggested meal donation in Barnes County is \$3.50 for participants 60 years and older. The cost of meals for persons under 60 years of age is \$9.00.

Food Stamps are an accepted method of contribution for congregate meals.

**To make reservations call  
701-845-4300.**

## **Volunteers Needed for Home Delivered Meals**

**Volunteers are needed to deliver Home Delivered Meals. Meals are served 7 days a week over the lunch hour.**

**Routes take approximately 30 minutes to deliver and are divided by area of town.**

**Call the center at 845-4300 for more information or to volunteer.**

## Hawaiian Pork Chop

4 boneless pork loin chops (3/4 inch thick and 4 ounces each)

1/4 teaspoon salt

1/4 teaspoon pepper

3 teaspoons canola oil, divided

1/3 cup chopped green pepper

1/3 cup thinly sliced onion

1 can (14-1/2 ounces) reduced-sodium beef broth

1 can (8 ounces) unsweetened pineapple chunks, undrained

1/4 cup ketchup

2 tablespoons brown sugar

1 tablespoon cider vinegar

2 tablespoons cornstarch

3 tablespoons cold water

Hot cooked rice, optional



Sprinkle pork chops with salt and pepper. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Cook pork chops until lightly browned, 3-4 minutes on each side. Remove and keep warm.

In the same skillet, sauté green pepper and onion in remaining 1 teaspoon oil until almost tender, about 2 minutes. Stir in broth, pineapple, ketchup, brown sugar and vinegar. Bring to a boil. Return pork to the pan. Reduce heat; cover and simmer until a thermometer inserted in pork reads 145°, 5-7 minutes. Remove and keep warm.

Combine cornstarch and water until smooth; stir into skillet. Bring to a boil; cook and stir until thickened, 1-2 minutes. Serve with pork and, if desired, rice.

Continued from page 9

Under its auspices, the first International Cancer Day was held in Geneva, Switzerland. Many well-known organizations, cancer societies, and treatment centers also supported this initiative.

Since there are numerous types of cancer, various colors and symbols are used to identify and promote the fight against them. For example, the orange ribbon is used to raise awareness about cancer in children, whereas the pink ribbon is globally associated with breast cancer.

1804—Melanoma is discovered - Rene Theophile Hyacinthe Laennec, a French physician, distinguishes ‘melanoma’ as a stand-alone disease.

1956-The U.V. Radiation Connection - Australian researcher Henry Lancaster, identifies the link between melanoma and latitude, particularly in Australia and New Zealand.

2009-Tanning Beds get a Bad Rep –U.V. tanning beds are classified as carcinogenic to humans by the World Health Organization.

2019-Prevention Measures Evolve –A study at Massachusetts General Hospital discovers that combining an immune system-stimulating compound with topical chemotherapy reduces the risk of suffering SCC.

**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)**

Barnes County Senior Center  
& Food Pantry  
139 2nd Ave. SE  
PO Box 298  
Valley City, ND 58072  
701-845-4300

Bridgeview Estates  
1120 5th St. NE  
Valley City, ND 58072  
701-845-8061

PATRICIA HANSEN  
Director

JODI ELLIOTT  
Bookkeeping

CANDACE JOHNSON  
Outreach

ROD GRAFING  
Transit Coordinator

NISSA CRANDALL  
Reception

DENISE GUILBAULT  
Transit Billing

JOANN KORF  
Site Manager

ALECIA GIESLER  
HDM/Rosters/Office Assistant

TAMBARA PRESTON  
Transit Dispatch

JENN MIKLAS  
Children Transportation