



# SOUTH CENTRAL ADULT SERVICES

## Foster 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 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.

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# SAVE THE DATE

## Mental Health Fair & Community Picnic



**MAY 13, 2026**  
**5:00 – 8:00**  
**CARRINGTON CITY PARK**

**Inflatables!!!**  
 Including  
 Hamster Balls  
 with Track

*Free Will  
 Meal*

- Door prizes
- Mental Health Resource Booths
- Activities for kids, teens, & adults

# Foster County Public Health

## Upcoming Off-Site Clinics



### Wednesdays

## May & June 2026

- May 6 - Grace City Schoolhouse
- May 13 - McHenry Senior Center
- May 13 - Glenfield Community Center
- June 3 - Grace City Schoolhouse
- June 10 - McHenry Senior Center
- June 10 - Glenfield Community Center

\*Appointments required - nurse will not be at off-site locations if no patients are scheduled.

Call for more info or for appointments 701-652-3087

[www.fostercountypublichealth.com](http://www.fostercountypublichealth.com)



### 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!"

### Foster County Outreach Schedule

#### May & June 2026

Ann VandeHoven, Foster County Outreach Worker. You may contact her at the Carrington office to schedule an appointment at 701-652-3257.

**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	_____ Other _____
_____ Food Pantry	_____ Prescription Assistance	

In the county of:

\_\_\_\_\_ Barnes \_\_\_\_\_ LaMoure \_\_\_\_\_ Foster \_\_\_\_\_ Logan \_\_\_\_\_ McIntosh \_\_\_\_\_ Griggs \_\_\_\_\_ Emmons

In memory of: \_\_\_\_\_

In honor of: \_\_\_\_\_

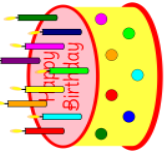
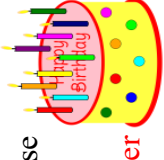
Other: \_\_\_\_\_

May we publish your name? \_\_\_\_\_ Yes \_\_\_\_\_ No      Your thoughtful gift will be acknowledged to the person/family indicated:





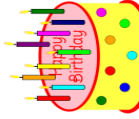
## Grace City Menu for May 2026 (701-674-3128)

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Ham Baked Potatoes Stewed Tomatoes Pudding w/ Bananas
4 Beer Cheese Soup Meat Sandwich Coleslaw Fruit Salad	5	6 Chicken & Dumpling Biscuits Potato Salad Jell-O with Fruit <b>Happy Birthday</b> <b>Les Greger</b>	7 	8 Sloppy Joes on a Bun Peas & Carrots Peach Upside Down Cake
11 Hot Ham & Cheese Sandwich <b>Happy Birthday</b> <b>Creetta Luttschwager</b>	12 	13 French Toast Bake Sausage Hash Browns Baked Apple	14	15 BBQ Ribs Baked potatoes Prince Edward Veggies Pudding
18 Sweet & Sour Chicken Fried Rice Egg Rolls Ice Cream <b>Happy Birthday</b> <b>Myron Kulsrud</b>	19 	20 Tator Tot Hotdish Cheese Beans Tossed Salad Fruit Salad	21	22 Pork Chop & Gravy Mashed Potatoes Prince Ed. Veggies Apple Sauce
25 <b>Closed</b> <b>Memorial Day</b> 	26	27 Spaghetti w/ meat balls Lettuce Salad Garlic Toast Fruit <b>Happy Birthday</b> <b>Myron Luttschwager</b>	28 <b>Make-up Day</b> Vegetable Beef Soup Meat Wrap Peaches Brownies	29 Brat on a Bun Potato Baked Beans Pineapple Sauce Birthday Cake

## Grace City Menu for June 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
1 Chili Crackers Lettuce Salad Juice Cookies	2	3 Hot Pork Sandwich Mashed Potatoes & gravy Sweet Potatoes Fruit	4	5 Tuna Noodle Hot dish Peas Lettuce Salad Apple crisp
8 Salisbury Steak w/ Gravy Mashed Potatoes Calico Beans Fruit Dish	9	10 Lasagna Tossed Salad Green Beans Peach Sauce	11	12 Baked Chicken Cheesy Hash Browns California Blend Jell-O with Fruit
15 Polish Sausage Sauerkraut Mashed Potatoes Corn Glorified Rice	16	17 Meatloaf Baked Potatoes Creamed Corn Fruit	18 Happy Birthday Gloria Bloomhaugen 	19 Popcorn Chicken Salad w/ all the fixings Fruit
22 Spaghetti w/ meat Sauce Garden Salad Garlic Toast Pears	23	24 Bean & Ham Soup Grilled Cheese Sandwich Coleslaw Fruit Ice Cream Happy Birthday Janice Munson 	25	26 BBQ Ribs Baked Potatoes Prince Edward Veg Pudding Birthday Cake Happy Birthday Patty Gross 
29 Taco Salad w/ fixings Cottage Cheese w/ Fruit	30			

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 ageing." 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."



**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)).

## 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, & 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.

## **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.

## 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

## **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 10:30-11L30 AM
- ❖ Activity programming and group outings
- ❖ Transportation services



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



## 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.

## **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**



## 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.



## Fun Facts about Bordulac

1. Bordulac is so small that it has more cows than people—perfect for aspiring cow whisperers!
2. The town's name is derived from a mix of "Bord" and "Lac," which means "lake" in French, but locals joke it should mean "where the cows roam."
3. Bordulac's population is often jokingly referred to as "the elite few" since it has fewer than 20 residents.
4. The local diner serves a "Bordulac Burger," which is just a regular burger but with a side of small-town charm!

**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)**

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  
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