



SOUTH CENTRAL ADULT SERVICES

Griggs 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

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Griggs County Birthdays & Anniversaries

Cooperstown

May

Birthdays

Don Savre 5/5
Arnold Saxberg 5/7
Avis Pittenger 5/15
Audrey Faul 5/20
Lois Johnson 5/26
Perry Rickford 5/30

No Anniversaries

June



Birthdays

Robert Schlotman 6/12
Jerome McCallson 6/13
Dean Johnson 6/26

Anniversaries

Loren & Nellie Pfeifer 6/2

Sutton

May

Birthdays

Lowell Thompson 5/5
Roger Leininger 5/12

No Anniversaries

June



Birthdays

Nancy Morris 6/12

Anniversaries

Lowell & Cynthia Thompson 6/4

Hannaford

May

No Birthdays

No anniversaries



June

Birthdays

Jerald Hanson 6/22

No Anniversaries

Binford

May

Birthdays

No Birthdays

No anniversaries

June

Birthdays

Debbra Behm 6/12

No Anniversaries



FOOT CARE CLINIC

Every 6 weeks

Just For You foot care clinic will be May 12 & June 23
Cost is \$35.00



If you would like an appointment, call Jill Kent

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, May 1- 12:30 pm
Meeting, Bingo and lunch follows.

Friday, June 5- 12:30 pm
Meeting, Bingo and lunch follows.

Binford Senior Center

Tuesday, May 19 - 2:00 pm
Meeting, lunch follows

Tuesday, June 16- 2:00 pm
Meeting, Lunch follows

Sutton Senior Center at Rahlf Farm

Thursday, May 14 – 12 pm
Meeting, Lunch follows

Thursday, June 11 - 12 pm
Meeting, Lunch 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 respite care for family Caregivers

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

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 701-789-7155 or the Senior Center, 701-797-3330, for more information.

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

Cinco De Mayo	E	M	N	S	F	M	O	T	H	E	R	S	D	A	Y	N
Tulips	D	A	O	O	T	Y	L	T	F	S	P	I	L	U	T	A
Butterfly	D	A	O	O	T	Y	L	T	F	S	P	I	L	U	T	A
Sunshine	I	R	I	Y	B	L	L	E	L	E	H	W	H	L	X	C
Grilling	I	R	I	Y	B	L	L	E	L	E	H	W	H	L	X	C
Buds	L	G	T	A	G	F	C	S	O	U	B	B	E	Y	N	G
Sombrero	L	G	T	A	G	F	C	S	O	U	B	B	E	Y	N	G
Father's Day	S	A	A	M	N	R	U	G	W	Q	U	O	I	W	R	N
Swing Set	S	A	A	M	N	R	U	G	W	Q	U	O	I	W	R	N
Bumble Bee	R	R	C	E	I	E	Y	N	E	E	M	R	R	K	E	I
Sprinkler	R	R	C	E	I	E	Y	N	E	E	M	R	R	K	E	I
Watering Can	E	I	A	D	L	T	A	I	R	B	B	E	L	B	L	R
Vacation	E	I	A	D	L	T	A	I	R	B	B	E	L	B	L	R
Bunnies	T	T	V	O	L	T	D	W	S	R	L	R	O	U	K	E
Mother's Day	T	T	V	O	L	T	D	W	S	R	L	R	O	U	K	E
Sprout	A	A	R	C	I	U	S	S	H	A	E	B	O	N	N	T
Fiesta	A	A	R	C	I	U	S	S	H	A	E	B	O	N	N	T
Heirloom Tomato	W	H	R	N	R	B	R	S	O	B	B	M	M	N	I	A
Waterslide	W	H	R	N	R	B	R	S	O	B	B	M	M	N	I	A
May Day	M	E	T	I	G	M	E	Y	P	P	E	O	T	I	R	W
Baby pool	M	E	T	I	G	M	E	Y	P	P	E	O	T	I	R	W
Margarita	E	A	I	C	N	S	H	D	I	R	E	S	O	E	P	H
Flower Shop	E	A	I	C	N	S	H	D	I	R	E	S	O	E	P	H
Barbeque	Y	A	D	Y	A	M	T	N	L	M	O	F	M	S	S	Z
Answers on page 6	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
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	I	A	O	O	U	M	F	I	E	S	T	A	T	A	F	Q
	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

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 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."



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. 23rd. St A, Fargo, ND 58103
701-239-7380 or
dawn.sauvageau@k12.nd.us

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."

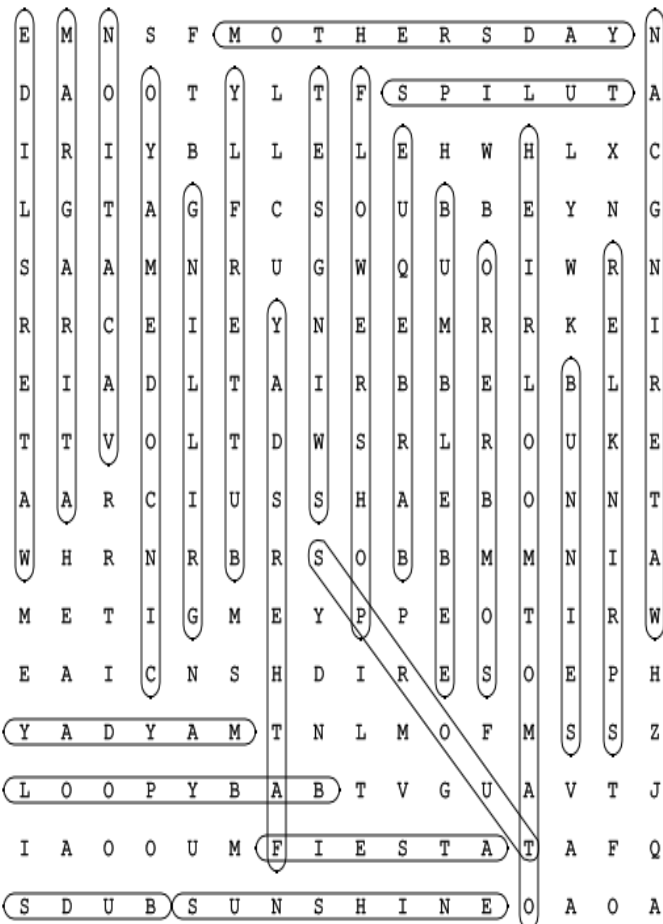
Mildly irritated, he reached across, gave her a peck on the cheek, and settled down to sleep.

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!"



Cooperstown, founded in 1882 by Bonanza farmers, is the Griggs County seat, famously having its early records stolen at gunpoint by residents of rival town Hope during a dispute over the county seat designation. The town is also a Cold War hub, featuring nearby missile sites.

Here are a few more fun facts about Griggs County, ND:

The Oldest Courthouse: The [Griggs County Courthouse](#) in Cooperstown, built in 1884, is one of the oldest in the state still used for its original purpose.

A "True" Ghost Town: [Mose, North Dakota](#), located in the county, was renamed on Halloween 1904, had a peak population of only 25, and is considered a ghost town.

The Chandelier: A beautiful chandelier from the 1897 Ringsaker Church now hangs in the new Griggs County Courthouse.

Inventor Founder: [Edwin Reiten](#), who founded a well-known plow manufacturing firm, established his business in Cooperstown in 1937.

Historical Trail: Parts of Griggs County were once served by a supply trail used by the Army from 1867 to 1872, with remnants of a dugout shelter remaining.

Transportation Services Griggs County

Transportation is available to citizens of all ages, and for all purposes, on the following days each month:

Within Cooperstown:

Monday - Friday (\$1.00 Round trip)

To Fargo:

Monday - Friday (\$10.00 + \$1.00 each additional stop)

Riders must be schedule by 4pm the previous day

To Jamestown:

Monday, Wednesday, Friday (\$8.00 + \$1.00 each additional stop)

Riders must be scheduled by 4pm the previous day and appointments should be between Noon and 3pm.

To Valley City:

Tuesday & Thursday (\$ 8.00 + \$ 1.00 each additional stop)

Riders must be scheduled by 4pm the previous day and appointment should be between 9am and 3pm.

Carrington and Rural Transit:

Transit services to Carrington, surrounding towns and rural residences provided as needed and when available.

Dispatch Hours:

8am to 4pm Monday through Friday

For information or to reserve a ride call
Deb: 701-789-7155

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



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.

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**



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

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.



South Central Adult Services
serves the counties of Barnes,
LaMoore, 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

PATRICIA HANSEN
Director

JODI ELLIOTT
Bookkeeping

DEB ANDREASEN
Outreach/Transit

