



SOUTH CENTRAL ADULT SERVICES

LaMoure 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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LaMoure County Activities

Wednesdays & Fridays 9:30 am: Bone Builders Exercises
Fridays: 12:30 pm: Games and Crafts

May

Tuesday, May 12 - 12:30 pm
 "Happy Senior Club" meeting

June

Tuesday, June 9 - 12:30 pm
 "Happy Senior Club" meeting
Sunday, June 21 - 12:00 pm
 Dinner— No HDM—Followed by
 Games and Fun

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

Answers on page 4

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



EBT/SNAP



We would like to remind all meal recipients (congregate, frozen, home-delivered meals and Ensure) that EBT/SNAP cards may be used for your meal contributions.

Please call LaMoure at, (701) 883-5088 for more information.

LaMoure County Outreach May & June 2026

If you are in need of frozen meals, home-delivered meals or other services, call: 701-883-5088

Andra Jenkins, Outreach Worker, is available at 701-883-5088 for appointments.

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: _____

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.

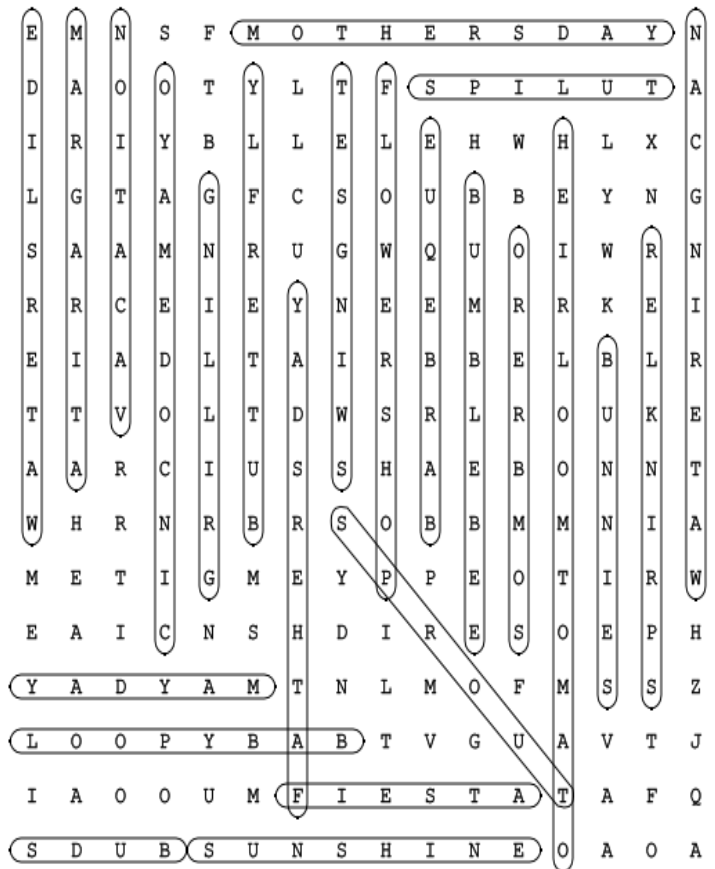


LI-HEAP can help pay for the fuel you use to heat the home you live in from October through May if you buy your heating fuel from a fuel dealer or a utility company (fuel oil, propane, natural gas, electricity, wood coal or kerosene), or if your rent payments include heat and you do not receive a rent 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 or at LaMoure County Human Services LIHEAP, 202 4th Ave. NE, LaMoure, ND 58458; phone: (701) 883-5301.

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



LaMoure / Dickey / Marion & Edgeley's Menu May 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please call by 8 AM the day of to sign up for or to cancel dinner!!</p>					<p>1 BBQ Pulled Pork Sandwich Beets Coleslaw Fruit</p>
3	4	5	6	7	8
	Tator Tot Hotdish Green Beans Fruit	Chili Corn Bread Side Salad Fruit	Turkey & Cheese Sandwich w/ Lettuce & Tomatoes Potato Salad Fruit	BBQ Ribs Potatoes Mixed Vegies Fruit	
10	11	12	13	14	15
	Pancakes Eggs Sausage Links Fruit	Grilled Chicken Sandwich w/ Lettuce & Tomatoes Mac. Salad Fruit	Taco Salad Chips Fruit	Roast Beef Mashed Potatoes & Gravy Carrots Fruit	
17	18	19	20	21	22
	Chicken Cordon Bleu Cheesy Potatoes Peas Fruit	Beef Stroganoff on Noodles Green Beans Breadstick Fruit	Loaded Baked Potato Baked Beans Broccoli Fruit	Rosemary Baked Chicken Baby Bakers Side Salad Fruit	
24	25	26	27	28	29
	Sausage /w Sauerkraut Potatoes Carrots Fruit	Breaded Cod Mac. & Cheese Side Salad Fruit	Crispy Chicken Salad Breadstick Fruit	Salisbury Steak Mashed Potatoes Peas & Carrots Fruit	

LaMoure / Dickey / Marion & Edgeley's Menu for June 2026

All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1% Milk, Margarine and Coffee
 LaMoure Senior Center ~ 701-883-5088 Edgeley Senior Center ~ 701-493-2569

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions may be necessary due to product availability.	1 Fried Chicken Baby Bakers Squash Fruit	2 Meatloaf Mashed Potatoes Mixed Vegies Fruit	3 Sweet & Sour Chicken with Peppers & Onions Rice Veg. Egg Roll Fruit	4 Pork Chop in Gravy Stuffing Green bean Casserole Hot Apple Sauce	5
7	8 Beef Hot Dog on a Bun BBQ Baked Beans Pickled Beets Fruit	9 Ham & Cheesy Potato Hotdish Peas Fruit	10 Chef Salad Breadstick Fruit	11 Meatballs in Gravy Mashed Potatoes String Beans Fruit	12
14	15 Tacos Beans Corn Fruit	16 Sausage w/ Peppers & Onions Potatoes Hot Apples	17 Beef Stew Dinner Roll Fruit	18 BBQ Chicken Sweet Potatoes Coleslaw Fruit	19
21 Ribs Potato Salad Broccoli Salad Strawberry Short Cake NO HDM	22 Spaghetti w/ Meat sauce Garlic Bread Side salad Fruit	23 Creamy Chicken Mashed Potatoes Carrots Fruit	24 Hamburger Cream Corn Pasta Salad Fruit	25 Tilapia Baked Potatoes Asparagus Fruit	26
28	29 Biscuits and Gravy Sausage Eggs Fruit	30	Please call by 8 AM the day of to sign up for or to cancel for dinner!!		

Kulm, Jud & Gackle Menu for May 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
4 Tilapia Potatoes Coleslaw Fruit	5 Meatloaf Sweet Potatoes California Blend Fruit	6 Pork Roast Strudels Potatoes Carrots Fruit	7 Chicken Rice Casserole Peas Fruit	8
11 Bratwurst Potatoes Vegetables Fruit	12 Turkey Dressing Mashed Potatoes Beans Fruit	13 Tator Tot Hotdish Peas & Carrots Fruit	14 Hamburger Steak Baked Potatoes Pea Salad Fruit	15
18 Chicken Fried Steak Mashed Potatoes Corn Fruit	19 Chicken & Noodles Peas & Carrots Fruit	20 Pork Chops Dressing Mashed Potatoes Fruit	21 Cabbage Rolls Scalloped Potatoes Corn Fruit	22
25 CLOSED	26 Chicken Lasagna Green Beans Garlic toast Fruit	27 Ham Scalloped Potatoes Green Beans & Tomatoes Fruit	28 Chicken Sandwich California Blend Macaroni Salad Fruit	29
		Gackle meals are served Mon - Wed. Kulm & Jud meals are served Mon-Thur.	Substitutions may be necessary due to product availability.	

Kulm, Jud & Gackle Menu for June 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken & Rice Peas Fruit	2 BBQ Ribs Sweet Potatoes Green Beans Fruit	3 Taco Salad Lettuce & Hamburger Garlic Toast Fruit	4 Chicken Cordon Bleu Potatoes Corn Fruit	5
8 Hamburger Steak Potatoes Tossed Salad Fruit	9 Baked Chicken Potatoes Corn Fruit	10 Salisbury Steak Mashed Potatoes Green Beans Fruit	11 BBQ Potatoes Salad Pea Salad Fruit	12
15 Stuffed Green Peppers Scalloped Potatoes Vegetables Fruit	16 Meatloaf Sweet Potatoes Vegetables Fruit	17 Fish Sandwich Macaroni Salad Celery Sticks Fruit	18 Chicken Strips Stuffed Shells Green Beans Fruit	19
22 Hamburger Hotdish Green Beans Fruit	23 Tilapia Potatoes Coleslaw Fruit	24 Beef Roast Strudels Potatoes Carrots Fruit	25 Chicken Chili Cheese Sandwich Fruit	26
29 Spaghetti & Meat sauce Tossed Salad Fruit	30 Swiss Steak Mashed Potatoes Green Beans Fruit			Gackle meals are served Mon - Wed. Kulm & Jud meals are served Mon-Thur.
			Substitutions may be necessary due to product availability.	

Free In-Home Services for 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 LSS at 701-389-2293
or Andra at 883-5088 for more info.**

Bridgerview 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



Answer on Page 12

Where do beef burgers go dancing?

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

LAMOURE TRANSIT DONATION:

Carolyn Berry

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!"

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."



LaMoure County Transit

Fargo

Every Thursday - \$18 round trip

Bismarck

Monday thru Friday

\$18 round trip

Jamestown/ Valley City

Monday - Friday - \$10 round trip

Call (701) 883-5088 or

Cell phone: (701) 830-9829

Oakes

Upon request - \$8 round trip

Aberdeen/Ashley/Wishek

Upon request - \$10 round trip

In town rides (LaMoure)

Monday thru Friday - \$2 round trip

Call (701) 883-5088

Kulm area rides call Dispatch at

Cell phone (701) 830-2105

Main Office, at
(701) 883-5088

For more information, be sure to visit

www.southcentraltransitnetwork.org

or find us on Facebook at

[www.facebook.com/](http://www.facebook.com/southcentraltransitnetwork)

southcentraltransitnetwork

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.

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 Justine Irakiza, at
701-205-2690
Justine.irakiza@lssmn.org

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.

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 non-stick 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, LaMoure, Foster, Logan, McIntosh & Griggs

**701- 845-4300 or
1-800-472-0031**

**Check out our website:
www.southcentralseniors.org**

LaMoure Senior
Citizens Center
115 First Avenue E.
LaMoure, ND 58458
701-883-5088

Edgeley Senior Center
604 Main Street
Edgeley, ND 58433
701-493-2569

Kulm Senior Center
3 First Avenue SW
Kulm, ND 58456
701-647-2258

Jud Fire Hall
(meals only)

South Central Adult
Services Main Office
139 2nd Ave. SE
PO Box 298
Valley City, ND 58072
701-845-4300

PATRICIA HANSEN
Director

ANDRA JENKINS
Outreach/Transit

JODI ELLIOTT
Bookkeeping

