



SOUTH CENTRAL ADULT SERVICES

Logan 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 2

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."

LOGAN COUNTY ACTIVITIES

Napoleon

May

- Tuesday, May 5** 5:30 PM: Evening meal, followed by card games.
- Tuesday, May 12:** 5:30 PM: Evening meal, followed by card games.
- Tuesday, May 19:** 5:30 PM: Evening meal, **followed by monthly meeting.**
- Tuesday, May 26:** 5:30 PM: Evening meal, followed by card games.

June

- Tuesday, June 2:** 5:30 PM: Evening meal, followed by card games.
- Tuesday, June 9:** 5:30 PM: Evening meal, followed by card games.
- Tuesday, June 16:** 5:30 PM: Evening meal, **followed by Monthly Meeting.**
- Tuesday, June 23:** 5:30 PM: Evening meal, followed by card games
- Tuesday, June 30:** 5:30 PM: Evening meal, followed by card games.



EBT/SNAP

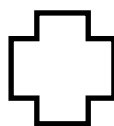
We accept EBT/SNAP (Food Stamps) contributions.



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 **701-754-2791** for more info.

Where do beef burgers go dancing?



Answer on Page 9

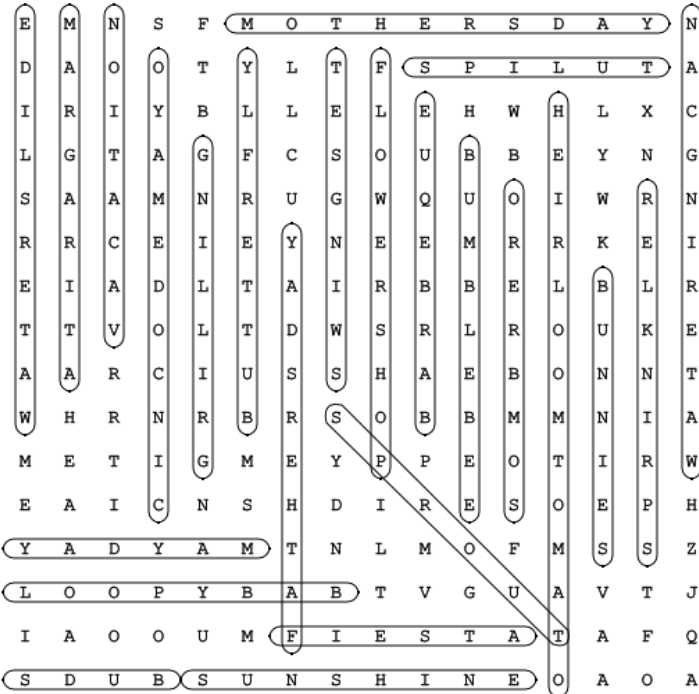
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South Central Adult Services Council, Inc.

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.



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

PREVENT | PROMOTE | PROTECT



CVHD
Central Valley Health District

Nursing Services

**EVERY TUESDAY
10:00AM - 1:00PM**

LOGAN COUNTY COURTHOUSE
Appointments required.

AVAILABLE SERVICES

We offer a range of public health nursing services in the office or in the home:

> IMMUNIZATIONS

We provide immunization services for all ages, from newborns to adults, to protect against vaccine-preventable diseases.

> FOOT CARES

Available to support mobility, prevent complications, and promote overall foot health, especially for older adults and those with chronic conditions.

> MEDICATION MANAGEMENT

Available to ensure safe, effective use of medications through education, monitoring, and personalized support.

> BLOOD PRESSURE CHECKS

Monitoring heart health and support early detection of hypertension. Available for free. No appointment needed. Walk in!

> HOME VISITS

Delivering personalized public health services and support including the services listed above in the comfort of your home.

CENTRAL VALLEY HEALTH DISTRICT
(701)252-8130 | centralvalleyhealth.org

Puzzle Solution © OnlineCrosswords.net

P	A	P	A		S	C	A	B	S		S	H	I	M	
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Napoleon's Menu May 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
4	5 Evening Meal Roast Beef over Noodles Mixed Veggies Fruit Salad	6 Soft Shell Taco Mexican Rice Refried Beans Pineapple	7 Chicken Alfredo Garlic Bread Pears Fruit	8
11	12 Evening Meal Ham Baked Rice Cream Corn Peaches	13 BBQ Ribs Baked Potatoes Baked Beans Fruit	14 Chicken Drummies Onion Petals Pasta Salad Fruit	15
18	19 Evening Meal Chicken Parmesan over Noodles Garlic Bread Peas & Carrots Pears	20 Knoephla Soup Ham Sandwich Pickled Beets Apricots	21 Stuffed Peppers Mashed Potatoes Carrots Applesauce	22
25	26 Evening Meal Country Fried Steak Mashed Potatoes Corn Fruit and Jell-O	27 Pizza Casserole w/ Veg- gies Garlic Bread Fruit Cocktail	28 Chicken Strips Mac & Cheese Green Beans Pineapple	29
			Meal pick up times Tues: 5 - 5:30 pm Wed & Thurs: 11:30 am - 12 pm	Substitutions may be necessary due to prod- uct availability.

Napoleon's Menu for June 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 <u>Evening Meal</u> Sausage & Dumplings Mixed Veggies Pears	3 California Burger Tator Tots Cucumber Salad Baked Beans Fruit	4 Cabbage Rolls Mashed Potatoes Carrots Peaches	5
8	9 <u>Evening Meal</u> Pork Chops Au gratin Potatoes Cabbage & Carrots Fruit	10 Cheese Raviolis w/ Meat Sauce Garlic Bread Corn Pears	11 Chicken Burger Garlic Noodles Peas Peaches	12
15	16 <u>Evening Meal</u> Roast Beef Mashed Potatoes Creamed Corn Fruit Cocktail	17 Sweet & Sour Chicken Fried Rice Egg Roll Pineapple	18 Chili Dog Tator Tots Carrots Applesauce	19
22	23 <u>Evening Meal</u> Ham Baked Rice Corn Peaches	24 Chicken Cordon Bleu Cheesy Rice Broccoli Tropical Fruit	25 Turkey Croissant w/ Let- tuce, Tomato, & Cheese Pasta Salad Fruit	26
29	30 <u>Evening Meal</u> Cranberry Meatballs Au gratin Potatoes Carrots Mandarin Oranges			Substitutions may be necessary due to product availability.

Meal pick up times
Tues: 5 - 5:30 pm
**Wed & Thurs: 11:30
am - 12 pm**

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	8
11 Brat Potatoes Vegetables Fruit	12 Turkey Dressing Mashed Potatoes Beans Fruit	13 Tator Tot Hotdish Peas & Carrots Fruit	14	15
18 Chicken Fried Steak Mashed Potatoes Corn Fruit	19 Chicken & Noodles Peas & Carrots Fruit	20 Pork Chops Dressing Mashed Potatoes Fruit	21	22
25 CLOSED	26 Chicken Lasagna Green Beans Garlic toast Fruit	27 Ham Scalloped Potatoes Green Beans & Tomatoes Fruit	28	29
				Substitutions may be necessary due to product availability.

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	5
8 Hamburger Steak Potatoes Tossed Salad Fruit	9 Baked Chicken Potatoes Corn Fruit	10 Salisbury Steak Mashed Potatoes Green Beans Fruit	11	12
15 Stuffed Green Peppers Scalloped Potatoes Vegetables Fruit	16 Meatloaf Sweet Potatoes Vegetables Fruit	17 Fish Sandwich Macaroni Salad Celery Sticks Fruit	18	19
22 Hamburger Hotdish Green Beans Fruit	23 Tilapia Potatoes Coleslaw Fruit	24 Beef Roast Strudels Potatoes Carrots Fruit	25	26
29 Spaghetti & Meat sauce Tossed Salad Fruit	30 Swiss Steak Mashed Potatoes Green Beans Fruit	Substitutions may be necessary due to product availability.		Jud & Gackle meals are served Mon—Wed. Kulim meals are served Mon—Thur.

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																

The meatball.



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.

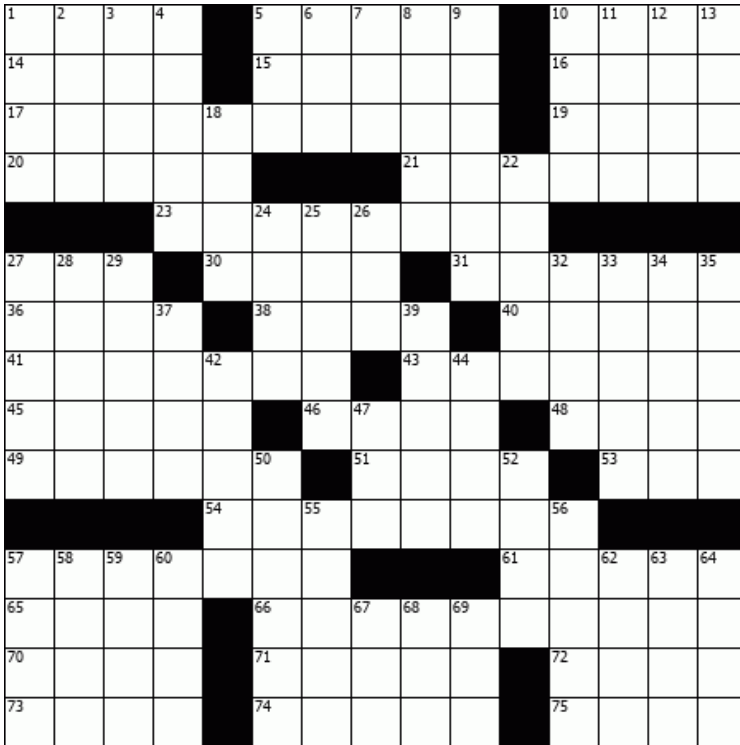
Do you struggle to hear others?
 Is it difficult to communicate by telephone?
 Is watching television difficult?
 Are you avoiding activities because you cannot hear?



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

Crossword



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
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 ____
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
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



Logan County Transit

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

City buses will pick up people for the Senior Center Meals for a fee of \$1.00. Call the Senior Center or the driver to schedule a pickup.

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

Napoleon	Danny	731-0190
Regional	Dispatch	731-0072
Fredonia	Dispatch	731-0072

Bismarck Trips

Logan County west \$10.00,
Logan County east \$13.00

All Bismarck Trips (Mon-Fri)Call Dispatch

Jamestown Trips

Logan County west \$13.00,
Logan County east \$10.00

Will stop in Streeter if needed
Every Monday.....Call Dispatch

Wishek & Linton Trips

Tuesdays & Thursdays upon request
\$8.00.....Call Dispatch

Aberdeen Trips

Upon request \$10.00Call Dispatch

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

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 Becky Telin at 701-389-2293.

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



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,
LaMoure, Foster, Logan,
McIntosh & Griggs

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

Check out our website:
www.southcentralseniors.org

Golden Age Club
619 Main Street W.
Napoleon, ND 58561
701-754-2791

Gackle Senior Center
316 Main Street
Gackle, ND 58442
701-485-3721

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

PEGGY WELDER
Outreach Assistant

DAN IMDIEKE
Transit Coordinator

DANNY SCHMIDT
Driver



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!"