SOUTH CENTRAL ADULT SERVICES

Griggs County

Nutrition for Older Adults: Why Eating Well Matters as You Age

Age-related physical changes and personal circumstances can impact healthy eating



Health conversations around older adults tend to revolve around things like memory loss, safety and managing chronic conditions. What's often overlooked? Senior nutrition. The reality is that aging can come with changes to your health and your life that make eating a healthy diet harder to do. But older adults are particularly prone to shifts in weight. And keeping up a healthy diet that takes into consideration your changing nutritional needs and the challenges you face is important to aging in a healthy way. "I often see aging people in my practice who experienced nutrition insufficiencies and weight changes for both medical and circumstantial reasons," says geriatric specialist, Dr. Hall, DO. Medical conditions and medication can make it hard to get proper nutrition as you age. They can affect your ability to exercise to maintain your muscle strength and your appetite. And if you have any mobility issues or can no longer drive, shopping for nutritious foods can be a big obstacle. We get it. But we also know that eating well is important to keeping frailty at bay. It's important for keeping your brain active. And it's important for your mental and emotional health as well. We talked with Dr. Hall about the nutritional needs for people over the age of 65 and advice for keeping up a healthy diet as you get older.

Why diet matters for older adults

Maintaining a healthy diet is important for your health no matter your age. A healthy diet that focuses on lean protein, plenty of fruits and vegetables, and limiting added sugar is good advice all around. But as you get older, particularly after the age of 65 or so, eating healthy can become more challenging. Medical conditions that tend to afflict adults later in life can cause dramatic (and unhealthy) weight loss. This includes issues like malnutrition, osteoporosis, and iron and vitamin deficiencies. Age-related changes to your metabolism or digestion can lead to unintentional weight fluctuations, too. And as you age, your circumstances and lifestyle can lead to neglecting healthy eating habits. "For example, the unfortunate death of a spouse can lead to loneliness and depression, which can result in a lack of interest in taking care of ourselves," Dr. Hall illustrates. "Not to mention the added challenge of adjusting cooking habits for only one person instead of two. "Additionally, any loss in independence can also make it harder to shop for healthy foods and cook them properly. This can leave older adults more reliant on packaged and prepared foods or meals that aren't nutritionally complete. Even though nutrition may be harder to maintain as you age, it may be even more important than when you were younger. "As you age, your body can have a harder time with certain functions, like maintaining your heart health, kidney function, bone regeneration and more," Dr. Hall explains. "But getting proper nutrition — like enough protein and the proper amount of vitamins and other nutrients — is an important part of helping to keep those systems and others strong and functioning at their best."

She adds that a healthy diet can play a big role in your overall health, including your:

- Brain and memory function.
- Heart health.
- Bone strength.
- Muscle tone.
- Immunity.
- Gastrointestinal functioning.
- Mental health and well-being.

Continued on Page 5

Griggs County Birthdays & Anniversaries

Binford

November

No Birthdays &
No anniversaries

December

No Birthdays &
No Anniversaries

Griggs County Monthly Meetings

Cooperstown Senior Center

Friday, Nov. 6- 12:30 pm
Meeting, Bingo and lunch follows.

Friday, Dec. 4- 12:30 pm
Meeting, Bingo and lunch follows.

Binford Senior Center

Tuesday, Nov. 17- 2:00 pm
Meeting, lunch follows

Tuesday, Dec. 15- 2:00 pm
Meeting, Lunch follows

Cooperstown

November

Birthdays

Bebe McCardle 11/12
Isabelle Hovel 11/14
Orville Pittenger 11/17
Allen Grumen 11/19
William Steffen 11/22

No Anniversaries



December

Birthdays

Robert Brooks 12/1
Annella Pfeifer 12/13
Arlene Heise 12/15
Jerry Rahlf 12/22
Dave Larson 12/22
Dwight Faul 12/29
Dale Steffen 12/31

No Anniversaries

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**

DONATE TODAY

For the purpose of:
_____Transportation _____Senior Meals
_____Food Pantry _____Prescription Assistance _____Other _____

Congregate Meals Home Delivered Meals Outreach Prescription Assistance Transportation

Prescription Assistance Program

In the county of:
_____Barnes _____LaMoure _____Foster _____Logan _____McIntosh _____Griggs _____Emmons

SOUTH CENTRAL TRANSIT NETWORK

_____ 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: _____

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1. GOODWILL
2. JOYEUX NOEL
3. ANTLER
4. KRIS KRINGLE
5. MINCE PIE
6. GARLAND
7. ADORN
8. CONFECTIONS
9. EBENEZER
10. KRAMPUS
11. MANTLE
12. ORNAMENTAL
13. COMET
14. ADORATION
15. HUMBUG
16. LUMINARIA
17. JUBILANCE
18. MELE KALIKIMAKA
19. PARTRIDGE
20. SWADDLING CLOTHES

Low Income Home Energy Assistance Program (LIHEAP)

Weather Any Weather/Year Round Home Energy Assistance

LIHEAP assistance is now available all year. LIHEAP applications are accepted year-round.

WHAT IS LIHEAP?
The Low Income Home Energy Assistance Program (LIHEAP) helps eligible families with home heating and weatherization costs. The program partially pays the cost of natural gas, electricity, propane, fuel oil, coal, wood, or other fuel sources.
The program also covers:

Weatherization services (insulation, weather stripping around doors and windows, etc.)
Furnace cleaning, repair, and replacement
Chimney cleaning and inspection
Emergency assistance
Help with the cost of a cooling device or repair

What's changing:

- Heating benefits will now be issued year-round.
- LIHEAP benefits are no longer tied to the traditional heating season of Oct.1-May 31.
- Instead of benefits ending on May 31, assistance will continue until the household's review date at which time continued eligibility will be re-determined.

Reminder to Households:

- Each household will receive an annual review packet based on their application approval date. This review will determine continued eligibility for benefits.
- Households will be notified when it is time to complete their annual review. Review packets will be sent the month before their due date.
- Reviews must be returned timely to prevent a lapse or delay in benefits. Benefits will end on the last day of your eligibility period if you do not complete your review.

For help applying, questions about eligibility, or your existing case, contact the Customer Support Center at 1-866-614-6005 or 701-328-1000; 711 (TTY)

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 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, 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.

HAPPY Thanksgiving

Secret Message

DIRECTIONS: Here is a quote about Thanksgiving. Each distinct letter in the original phrase has been substituted with another letter from the alphabet. We've given you one of the letters to help get you started.

H H H H
FWLO EWL ODTWE FDOYI

H H H H
FWDIECL EWZSNTW EWL EZLLI

H H
ROY UCSF EWL XZDIV UZSFO

CLRJLI R-XZRXMCDOT YSFO,

H H
FWLO EWL RNENBO BSSO DI

UDT ROY QLCCSF-SZROTL ROY

ZSNOY,

H
FWLO SCY GRXM HZSIE DI

H
IVRZMCDOT SO EWL TZSNOY,

H !
DE'I EWROMITDJDOT EDBL!

– Langston Hughes





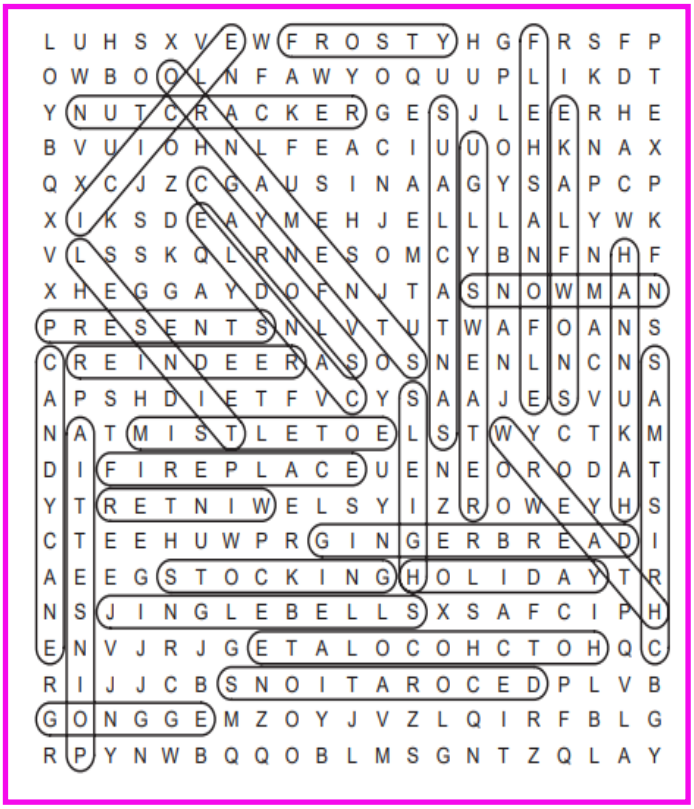
1. GDIOOWLL
2. YXEJOU ELON
3. ENLATR
4. IKRS KELNGIR
5. NICEM IEP
6. GNADRAL
7. ARODN
8. CFNCNIOESOT
9. EEERZEBN
10. URKPMAS
11. ETMLAN
12. TRNMEONAAL
13. OTCEM
14. IATOODARN
15. GMBUHU
16. MUAIIRLNA
17. CENALIBJU
18. MEEL KIILAKAKAM
19. APRTGEDIR
20. LDIGDNWAS LTHOCSE

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.



Tips for eating well as you age
So, how can you be sure you're getting the proper nutrition and prioritizing a healthy diet? Dr. Hall suggests these tips:

Maintain a regular eating schedule
Some older adults may need to make a focused effort to eat regularly. But having a specific mealtime to look forward to enjoying every day can be good for both your physical and mental well-being.

Don't skip meals. If you need a reminder, Dr. Hall recommends adding mealtimes and snacks to your calendar or setting an alarm on your watch, computer or phone app to remind you when to eat.

Eat with others
Mealtimes can be a great time to gather with friends and loved ones.

"Friends, family and gathering socially with our community makes mealtime more enjoyable and is just as important for our mental health as what we eat is for our bodies," Dr. Hall notes. "Invite others to join you, share stories and connect while you eat." A shared meal can be especially uplifting if you're experiencing depression, loneliness or lack of interest in other activities.

Practice food safety habits
The U.S. Department of Health & Human Services says people over the age of 65 can be more at risk for foodborne illnesses, like *Listeria* and *Salmonella*. In part, that can be because your immune system can weaken as you age. And aging can decrease how well your kidneys and liver filter and rid toxins from your body.

Dr. Hall recommends these food safety tips:

- Pay close attention to expiration dates and other signs your food has "turned."
- Take special care to wash your hands and surfaces often.
- Cook foods like meat and eggs thoroughly.
- Refrigerate leftovers promptly.
- Limit or avoid soft cheeses, raw or undercooked meat, seafood and unpasteurized milk products.

What should an older adult's diet look like?
Older adults can make sure they're eating for their maximum health benefit by focusing on a few key diet needs like:

Getting your fiber: Add fiber to meals with foods like whole grains, and raw fruits and vegetables.

Eating healthy fats: Reduce your cholesterol and fat intake and make smarter choices by enjoying or preparing foods with healthy fats, which include olive oil, avocados, salmon and walnuts.

Reducing your salt consumption: Season dishes with garlic, herbs and other spices. Choose foods that are low in sodium or have no added salt.

Limiting "white foods": That includes things like white bread, rice and potatoes, which don't provide much in terms of long-term nutritional value.

Staying hydrated: Aging can put you at an increased risk for dehydration. Drink six 8-ounce glasses of water or other beverages daily (if you're not on a fluid-restricted diet). Limit drinks that contain caffeine and alcohol.

Maximizing your vitamin D intake: Increase your exposure to sunlight (always wearing sunscreen, of course!) and eat foods high in vitamin D — such as fatty fish, canned tuna, egg yolks, fortified milk and cereal or supplements (per approval from your healthcare provider).

Talk with your provider for specific advice
Aging can come with health conditions that can be best managed with personalized care and healthy-eating advice. When in doubt, ask. "Be sure to talk with your doctor about how to eat right for your best health," Dr. Hall advises. "Your doctor may make other recommendations based on your unique medical history and overall personal health profile. For example, an older adult whose blood pressure drops when they stand up may need a diet slightly higher in salt. Your care team will tell you the best way forward for you. "It's important that older adults who experience changes in appetite and weight see a doctor before making any dietary changes," Dr. Hall emphasizes. "Take good care of yourself, and address your nutrition concerns head-on so a proper plan can be put in place for you to get back on track to being your best you."



December

CANDLE
CANDY CANE
CAROLS
CHRISTMAS
DECORATIONS
EGGNOG
ELF ON A SHELF
FIREPLACE
FROSTY
GINGERBREAD
HANNUKAH
HOLIDAY
HOT CHOCOLATE
ICICLE
JINGLE BELLS
MISTLETOE
NUTCRACKER
ORNAMENTS
POINSETTIA
PRESENTS
REINDEER
SANTA CLAUS
SLEIGH
SNOWFLAKE
SNOWMAN
STOCKING
TINSEL
UGLY SWEATER
WINTER
WREATH

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

L	U	H	S	X	V	E	W	F	R	O	S	T	Y	H	G	F	R	S	F	P
O	W	B	O	O	L	N	F	A	W	Y	O	Q	U	U	P	L	I	K	D	T
Y	N	U	T	C	R	A	C	K	E	R	G	E	S	J	L	E	E	R	H	E
B	V	U	I	O	H	N	L	F	E	A	C	I	U	U	O	H	K	N	A	X
Q	X	C	J	Z	C	G	A	U	S	I	N	A	A	G	Y	S	A	P	C	P
X	I	K	S	D	E	A	Y	M	E	H	J	E	L	L	L	A	L	Y	W	K
V	L	S	S	K	Q	L	R	N	E	S	O	M	C	Y	B	N	F	N	H	F
X	H	E	G	G	A	Y	D	O	F	N	J	T	A	S	N	O	W	M	A	N
P	R	E	S	E	N	T	S	N	L	V	T	U	T	W	A	F	O	A	N	S
C	R	E	I	N	D	E	E	R	A	S	O	S	N	E	N	L	N	C	N	S
A	P	S	H	D	I	E	T	F	V	C	Y	S	A	A	J	E	S	V	U	A
N	A	T	M	I	S	T	L	E	T	O	E	L	S	T	W	Y	C	T	K	M
D	I	F	I	R	E	P	L	A	C	E	U	E	N	E	O	R	O	D	A	T
Y	T	R	E	T	N	I	W	E	L	S	Y	I	Z	R	O	W	E	Y	H	S
C	T	E	E	H	U	W	P	R	G	I	N	G	E	R	B	R	E	A	D	I
A	E	E	G	S	T	O	C	K	I	N	G	H	O	L	I	D	A	Y	T	R
N	S	J	I	N	G	L	E	B	E	L	L	S	X	S	A	F	C	I	P	H
E	N	V	J	R	J	G	E	T	A	L	O	C	O	H	C	T	O	H	Q	C
R	I	J	J	C	B	S	N	O	I	T	A	R	O	C	E	D	P	L	V	B
G	O	N	G	G	E	M	Z	O	Y	J	V	Z	L	Q	I	R	F	B	L	G
R	P	Y	N	W	B	Q	Q	O	B	L	M	S	G	N	T	Z	Q	L	A	Y

Secret Message

WHEN THE NIGHT WINDS
FWLO EWL ODTWE FDOYI

WHISTLE THROUGH THE TREES
FWDIECL EWZSNTW EWL EZLLI

AND BLOW THE CRISP BROWN
ROY UCSF EWL XZDIV UZSFO

LEAVES A-CRACKLING DOWN,
CLRJLI R-XZRXMCDOT YSFO,

WHEN THE AUTUMN MOON IS
FWLO EWL RNENBO BSSO DI

BIG AND YELLOW-ORANGE AND
UDT ROY QLCCSF-SZROTL ROY

ROUND,
ZSNOY,

WHEN OLD JACK FROST IS
FWLO SCY GRXM HZSIE DI

SPARKLING ON THE GROUND,
IVRZMCDOT SO EWL TZSNOY,

IT'S THANKSGIVING TIME!
DE'I EWROMITDJDOT EDBL!

FOOT CARE

Just For You
foot care clinic will be
November 10 &
December 22.

Cost is $35.00

If you would like an
appointment, call Jill Kent
at 218-242-1379.

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 musts 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



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



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
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: _____
SAMPLE

Holiday Berry Parfait with Pistachio & Pomegranate



For the Pistachio Crust

- ½ cup shortbread cookie crumbs (from approximately 7-8 shortbread cookies)
- ¾ cup shelled lightly salted pistachios
- 1 ½ tablespoons melted butter
- 1 tablespoon honey
- ½ teaspoon lemon juice
- ½ teaspoon finely grated orange zest
- ⅛ teaspoon ground cardamom
- Pinch of kosher salt

For the Cream Layer

- 8 ounces cream cheese, softened
- ¾ cup powdered sugar
- ¾ teaspoon vanilla extract
- ¾ cup whipped cream or whipped topping

For the Fruit Topping

- 3 cups fresh raspberries
- 6 tablespoons pomegranate arils

Instructions

1. Make the shortbread cookie crumbs: In a food processor, pulse the shortbread cookies into ½ cup of crumbs. Empty from the food processor and set aside.

2. Make the crust: In the food processor, pulse pistachios until finely chopped. Add back in the shortbread crumbs, plus the melted butter, honey, lemon juice, orange zest, cardamom and salt. Pulse until the mixture clumps when pressed together.

3. Spoon the crust into parfait cups: Divide about 2-3 tablespoons of the crust mixture into 6 clear parfait/dessert cups. Press gently. Chill 10-15 minutes while preparing the cream layer.

4. Prepare the cream layer: Beat softened cream cheese, powdered sugar and vanilla until smooth and creamy. Gently fold in the whipped cream until light and fluffy. Spoon or pipe about 3 tablespoons of filling into each glass over the crust and smooth the surface.

5. Chill: Chill the crust and cream layers for at least 30 minutes (or up to 24 hours in advance).

6. Add the fruit topping: Top each parfait cup with ½ cup raspberries and 1 tablespoon pomegranate arils.

Serve cold.



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

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

