



# SILVER QUILL



## RANSOM SARGENT SENIOR SERVICES - SEPTEMBER- 2009

Office located in the Lisbon Senior Center  
Our address:  
RSSS  
Box 387  
Lisbon, ND 58054  
Office phone - 683-3131 – Center 683-4295  
Toll free 1-877-857-3743

\*Executive Director:  
 Brian Arett  
 Fargo Senior Commission 701-293-1440

\*Project Director & Outreach:  
 Jean Thielman – 683-3131

For Outreach Services:  
 Ransom County – 683-3131  
 Sargent County – 724-3928  
 Toll Free – 1-877-857-3743  
 Karleen Wyum or Jean Thiemann

\*\*\*\*\*  
 If you are qualified, your rights to receive the services provided by this organization without regard to race, color, religion, sex, national origin, age or handicap are protected by Federal Law. If you believe you have been discriminated against, please contact:

**Lisbon Area Health Services Home Care**  
 417 Main St  
 Lisbon, ND 58054  
 Phone – 701-683-3095

Wellness Wednesday – There will be a nurse in the office each Wednesday from 9:00 AM – 4:00 PM to provide the following services:

- \*\*Foot care
- \*\*Blood pressure checks
- \*\*Blood sugar checks
- \*\*Diabetic teaching
- \*\*Medication set-up

No cost to you if you come to our offices on Wednesdays!

We also continue to offer Home Health Services to patients in their homes. If you or a family member has had a recent illness, hospitalization or surgery, you may qualify for skilled nursing, therapy or home health aide services. Call our office with any questions or to request an evaluation visit.

**SARGENT CO. PUBLIC HEALTH**  
 SC District Health Unit  
 316 Main St  
 Forman, ND 58032  
 Phone: 701-724-3725

**\*\*Foot Care:**

September:

Tuesday Sept 15<sup>th</sup> - Forman  
 Monday, Sept 21<sup>st</sup> - Gwinner

October:

Wednesday, Oct 14<sup>th</sup> – Rutland  
 Friday, Oct 16<sup>th</sup> - Milnor

\*\*\*Cholesterol screening, blood sugar, BP, hemoglobin available by appointments.

**RANSOM CO. PUBLIC HEALTH**  
 404 Main St – Lisbon, ND  
 Phone 701-683-6140

**Health day/Foot Care: (AM)**

September:

Wednesday, September 2<sup>nd</sup> – Fort Ransom  
 Wednesday, September 16<sup>th</sup> – Sheldon

Please bring a towel and appointment letters will be mailed.

Free radon kits are available at our office on any Thursday. Just ask Kathy for a kit.

**\*\*Cholesterol Screening:**

**Next screening - Thursday, September 3<sup>rd</sup>**

8:30 – 9:30 AM Nurses office in Lisbon  
 Cost is \$20 – Fasting after midnight is required, same day results

\*\*A nurse is available for Blood Pressure checks in the office on Thursday's  
 8:00 AM-12 noon & 1-4:00PM. (B/P, hemoglobin, B12, B/S, med. set ups) (No appointments needed)

### COMING EVENTS

\*Tuesday, September 22<sup>nd</sup> - Sargent Co Council in Gwinner - 2:00 PM

Tuesday, October 6 – Ransom Co Council in Fort Ransom – 2 PM

\*Tuesday, October 13<sup>th</sup> – Sargent Co Senior Fundraiser and Fun Day in Gwinner

# SENIOR CENTER HIGHLIGHTS

## SARGENT COUNTY

### COGSWELL CENTER

724-3024

Meals: Mon, Tues, Wed, Thurs

### FORMAN

724-3928

Meals: Mon, Tues, Wed, Thurs.

### GWINNER

678-3911 or 678-3928

or 683-4295

Meals: Mon, Wed, Fri

Dinner served at 12:00 Noon

Club meets 3<sup>rd</sup> Wed. month

Dinner 12:00 Noon

### MILNOR CENTER

427-9327

Meals: Tues, Wed, Thur, Fri

Cards after Lunch

Club Meets: 3<sup>rd</sup> Monday – 2:00 PM

### RUTLAND CENTER

724-4074

Meals: Mon, Tues, Wed, & Thurs.

Daily – cards, puzzles

Club meets 2<sup>nd</sup> Tuesday – 1:00

PM

## RANSOM COUNTY

### ENDERLIN CENTER

437-2669

Meals: Monday - Friday

*Regular meetings every other month*

Mon. – 1PM Pinochle

Tues. – 1 PM Whist

Fri. – 1 PM Bingo

### FORT RANSOM –

Thors Bar & Grill

973-9161

Mon, Wed, & Fri

\*Every Wednesday van to



Lisbon call 701-683-4295 OR  
1-877-857-3743

Lyle Milbrandt, Charlie Orn, Judy  
Milbrandt

### LISBON CENTER

683-4295

Meals: Monday - Friday

September Activities

2<sup>nd</sup> – Golden Rule Day

7<sup>th</sup> –closed for Labor Day

8<sup>th</sup> - Board meeting

10<sup>th</sup> - Beltone Man 2-4 PM

14<sup>th</sup> – Potluck Day

### CENTER ACTIVITIES

\*Every Monday Penny Bingo

1 PM

\*Tues. -Hand & foot 1:30 PM

\*Fri. – 65 cent Rummy \*1:30

PM

(\*Every Fri. – 7 PM Bingo

(Open to the public)

\*\*Exercises

Mon & Thurs - 10:45AM

FLOWER SHOW –

THURSDAY, AUGUST 20TH

## RANSOM COUNTY

## TRANSPORTATION

Call 683-4295

1-877-857-3743

Open to the public

### BUS:

Lyle Milbrandt

Larry Fischer sub

Bus to Fargo

• 2<sup>nd</sup> Tuesday

• Every Thursday Bus

Call to Reserve a ride by

4 PM Wednesday

(Leave from Lisbon at 8 IS -  
Leaves from Fargo at 4 PM)

RC VAN: (all ages)

Fritz Rotenburger

Subs

### RC Schedule:

- Monday Lisbon
- Tuesday Lisbon/ McLeod
- Wednesday. Ft. Ransom- & Lisbon
- Thursday as needed
- Friday Lisbon

**Please call center to reserve a ride. Cost of rides posted in vehicles**

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## SARGENT COUNTY

## TRANSPORTATION

call 1-877-857-3743

or 683-3131

please leave a

message and we

will return your call

Open to the public

### Sargent Co. Bus:

\*\*Cyril Kudelka

Fargo

Cost of ride \$7.00

- 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month
- Handicap van on request & availability of drivers.

### VAN

Tuesday, Wednesday & Thursday

by appointment

Cost varies according to destination.

Drivers:

Marlene Hogness, Cyril

Kudelka, Harley

Fink



“Vegetables: Eat more!”

*Jenny Marhula, LRD, CDE*  
*Fargo Senior Services Dietitian*

We all know that vegetables are good for us. Yet **7 out of 10 Americans do not eat the daily recommendation for vegetables**. So let's take a look at why we should make an effort to include more in our diet and consider easy and delicious ways to incorporate more vegetables into our meals and snacks.

**Why are eating vegetables important?**

Vegetables are an essential part of a healthy diet for many reasons. Numerous research studies show that eating the recommended amount of vegetables help to reduce the risk of cardiovascular disease, diabetes and certain cancers. Research also shows that eating vegetables also helps aid in weight management. Vegetables add bulk, but not a lot of calories so people feel full but eat less. The fiber in vegetables is also important for maintaining digestive health and reducing cholesterol levels.

**What nutrients do vegetables contain?**

Vegetables are low in fat and calories (with the exception of avocados and olives) and are a good source of fiber and many vitamins and minerals including:

- Potassium: This mineral is important for maintaining healthy blood pressure.
- Magnesium: This mineral is necessary for healthy bones, muscles and maintaining a healthy blood pressure.
- Folate: This B vitamin helps the body form healthy red blood cells.
- Vitamin A: This vitamin helps keep eyes and skin healthy and is important for the immune system.
- Vitamin C: This vitamin is plentiful in most vegetables. It helps heal cuts and wounds, helps to absorb iron and keep tissues healthy.
- Phytochemicals (healthy plant chemicals that give vegetables their colors and flavors and have potent disease-fighting properties)

**How much is recommended?**

The recommendation used to be 5-9 servings of fruits and vegetables per day. Now, however, the USDA has changed the recommendation to number of cups per day. According to the USDA 2005 Dietary Guidelines for Americans, **most men should eat 3 cups of vegetables every day. Most women should eat 2 ½ cups of vegetables every.**

**Are some vegetables more nutritious than others?**

No. All vegetables provide an array of different vitamins, minerals, antioxidants and phytochemicals. All vegetables are low in calories and fat (with the exception of avocados and olives). The starchy vegetables (corn, potatoes, squash, peas and starchy beans) have carbohydrate so people with diabetes need to count them as a carbohydrate choice, but these vegetables are still low in fat and a rich source of many important nutrients. All starchy vegetables can be included in a healthy diabetes eating plan.

Don't get stuck in a rut of eating the same vegetables. Eating a wide variety of different colored vegetables provides greater health benefits. Try to incorporate all the colors into your diet:

- Red: Tomatoes, red peppers, radishes, red beans, kidney beans
- Orange: Carrots, squash, sweet potatoes, orange peppers
- Yellow: Summer squash, yellow peppers, corn
- Green: Broccoli, zucchini, asparagus, salad greens, green peppers, cucumbers, green beans, peas
- Purple: Beets, red cabbage, egg plant
- White: Onions, garlic, cauliflower, leeks, potatoes, sprouts, garbanzo beans, parsnips

**What are some easy ways to get more?**

- Add flavor and crunch to a sandwich with your favorite vegetable toppings. Consider adding tomatoes, peppers, onions, sliced olives, spinach leaves, avocados, cucumbers or sprouts.
- Bake a sweet potato. Scrub the potato, poke several times with a knife, wrap in foil and bake as you would a regular baked potato.
- Try a new salad recipe. There are many healthful recipes for 3bean salads, broccoli salad, potato salad, carrot raisin salad, cucumber salad, marinated vegetables cabbage slaw, etc.
- Microwave frozen vegetables and add them to a healthy frozen dinner.
- Top a baked potato with California blend vegetables and cheese.
- Try Morning Star Farms Garden Veggie Patties (find in the frozen foods section). Each patty is equal to 2 vegetable and 1 lean meat serving. Bake or grill and serve it on a bun with your favorite burger toppings.
- Instead of eating chips with your sandwich, nibble on fresh vegetables with light dip. Try sugar snap peas, baby carrots, cucumber slices, grape tomatoes, broccoli and cauliflower florets, sliced green pepper or celery sticks.
- To prevent boredom, try new frozen vegetable blends. There are new and delicious vegetable blends on the market now.
- Add mushrooms, onions, peppers, chopped spinach to a canned spaghetti sauce.
- Try vegetable based dinners when eating out (for example: vegetable lasagna, vegetable fajitas, pasta primavera, vegetable stir fry, main dish salads, etc)
- Drink chilled vegetable or tomato juice at meals or for a snack. Try the low sodium variety.
- Double the vegetables in casserole recipes (for example, double the mixed vegetables in a tater tot hotdish)

- Make veggie omelets or quiche.
- Add extra veggies to your pizza. Try mushroom, peppers, olives, onions, tomatoes, etc.
- Serve meals and luncheons with a relish tray of fresh vegetables.
- When making pasta salad, add more vegetables and less pasta.
- Try new and interesting lettuce salads.
  - Mediterranean variety: romaine lettuce, tomato, cucumber, red onion, kalamata olives, feta cheese and Greek dressing
  - Spinach/fruit variety: Baby spinach, mandarin oranges, dried cranberries, red onions, chopped walnuts, feta cheese and raspberry vinaigrette
  - Mexican variety: Lettuce, tomatoes, onion, corn, black beans, green onions, black olives, salsa
  - Italian variety: crunchy lettuce, garbanzo beans, sliced pickled beets, roma tomato, mozzarella cheese, garlic and vinegar/oil dressing
- Add fresh, frozen or canned vegetables to soups, stews and chili.
  - Try chopped kale or spinach and extra beans in a minestrone soup.
  - Add cabbage, carrots, potatoes, beans, rutabaga, and tomatoes to a vegetable soup.
  - Consider putting extra chopped or crushed tomatoes in a plain tomato soup.
  - Add green pepper, extra beans, corn, onions and garlic to your chili.
  - Try finely chopped carrots and sliced mushrooms in a wild rice soup.
  - Add frozen mixed vegetables to any canned soup.

**To save money...**

- Shop grocery store ads and buy fresh vegetables on sale.
- Buy the store brand frozen and canned vegetables.
- Buy fresh vegetables in season.
- Buy low sodium or no-salt-added canned vegetables in bulk
- Stock up on frozen vegetables when they are on sale.
- Plant a small vegetable garden or potted tomatoes or participate in a community garden.

Here is my grandma's simple 4 bean salad. I like it because it is nutritious, inexpensive, very easy to make, keeps well and works well as a side dish with almost any meal.

Grandma's 4 Bean Salad

- 1 can dark red kidney beans, drained and rinsed
- 1 can garbanzo beans, drained and rinsed
- 1 can green beans, drained and rinsed
- 1 can wax beans, drained and rinsed
- Few onion slices (in rings)
- Can also add chopped celery, green pepper, caraway or celery seeds to taste if you want

- Dressing:
- 1/3 cup canola oil
  - 3/4 cup vinegar
  - 1 cup sugar
  - 1/4 cup water

Add the dressing and marinade in the refrigerator for at least 6-8 hours. Then drain and serve.

Serves 8-10



**REGION V SCHEDULE:**

Friday, September 18<sup>th</sup> – Ed Clapp Park Senior Center Fargo  
 Friday, October 16<sup>th</sup> - Ed Clapp Senior Center Fargo



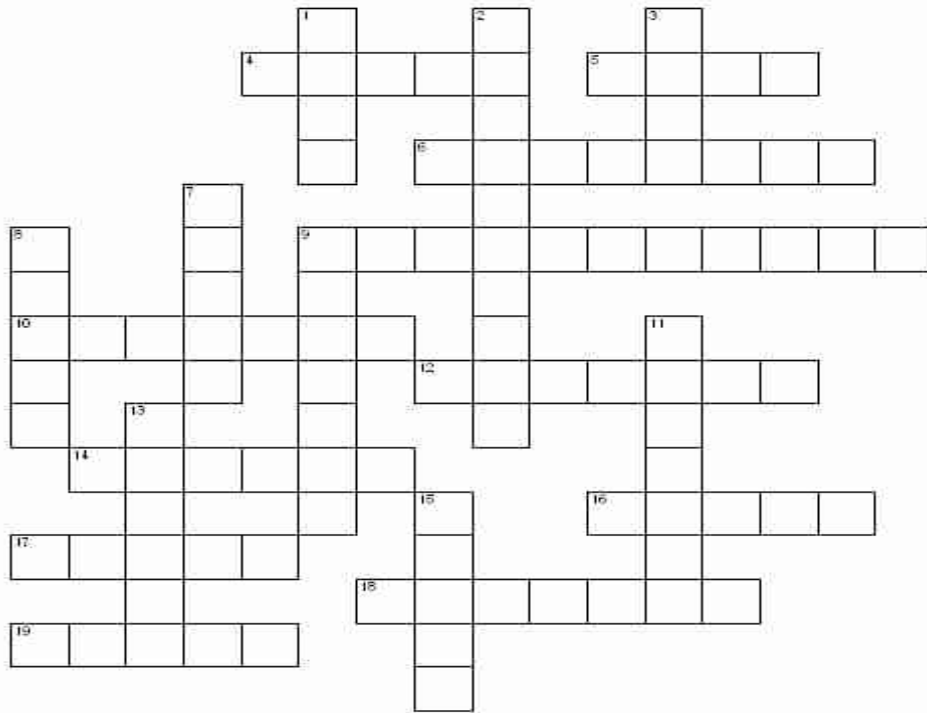
**ANOTHER RSSS TRIVIA PUZZEL**

Across

- 4 A GAME PLAYED AT THE LISBON SITE EVERY FRIDAY NIGHT?
- 5 SOMETHING YOU WILL HEAR DAILY AT EACH SEINOR CENTER?
- 6 SOMETING THAT IS NEVER DUMB
- 9 WHAT MUSEUM WAS TOURED IN ENDERLIN ON A SENIOR TRIP IN JUNE?
- 10 IN WHAT TOWN DOES VI (ENDERLIN SITE COOK) LIVE?
- 12 WHAT KIND OF CART DOES CHERYL RODER (MILNOR COOK) PUSH DOWN THE MILNOR SIDE WALK TO TRANSPORT GROCERIES FROM THE GROCERY STORE ALL THE WAY TO THE CENTER?
- 14 WHAT TOWN IS THOR'S (FORT RANSOM SITE) DAUGHTER A MUSIC TEACHER?
- 16 WHERE DOES RITA PREBLE (COOK SUB) AND CAROL HARRISON (COGSWELL SITE) CLEAN WHEN THEY ARE NOT COOKING IN THE RSSS KITCHENS?
- 17 WHAT SPECIAL TREAT IS MADE YEAR ROUND AT THE RUTLAND SENIOR SITE IN PREPARATION FOR THE ANNUAL UFFDA DAYS?
- 18 WHAT IS NITA'S (KITCHEN SUB) LAST NAME? IT IS A PERFECT NAME THAT SUITS HER JOB AT RSSS.
- 19 WHAT COLOR OF MACHINARY DID JEAN THIELMAN'S HUSBAND CHARLIE WORK ON AS A MECHANIC BEFORE HE RETRIED?

**Down**

- 1 WHAT DID KAREN WOHLER (MILNOR COOK) AND MARLENE HOGNESS (KITCHEN SUB & VAN DRIVER) PRODUCE ON THEIR FAMILY FARM BEFORE THEY STARTED WORK FOR RSSS?
- 2 SOMETHING RSSS IS ALWAYS THANKFUL FOR?
- 3 TYPE OF CARE YOU CAN OBTAIN AT YOUR LOCAL HOME HEALTH DEPARTMENT?
- 7 SOMETHING ON WHEELS
- 8 A NAME OF A SALAD AND THE NAME OF GWEN ANDERSON (COGSWELL SITE) PET DOG?
- 9 CHERYL HARING (GWINNER SITE) WAS BORN IN NEW YORK, BUT RAISED IN WHAT COUNTRY?
- 11 A MAN THAT COMES TO THE LISBON SITE ONCE A MONTH?
- 13 WHAT POT IS ALWAYS ON AT THE EACH SENIOR CENTER?
- 15 SOMETHING FOUND IN EVERY RSSS KITCHEN



## NORTHERN PLAINS CONFERENCE ON AGING AND DISABILITY

The Northern Plains Conference on Aging and Disability will be held at the Ramada Plaza Suites in Fargo on September 22, 23, and 24, 2009. Keynote speakers include: Colin Combs who will speak on "Norman and Pathological Changes in the Aging Brain"; Harry R. Moody with a presentation on "The Journey of the Soul"; Bruce Christopher will help to answer the question, "Why are Women So Strange and Men So Weird?" and Deadra Stanton will close out the conference with her presentation on "Don't Chase Skinny Rabbits." In addition to the keynote speakers, there will be 23 concurrent sessions to choose from over the 2 ½ day conference. The event also showcases optional Senior Living Facility "Tours, and art exhibit, and vendor fair.

If you have not received a brochure and registration form, please call 218-477-5862 and ask to have one mailed to you. The registration form is also available online at [www.mnstate.edu/continue](http://www.mnstate.edu/continue)

REGISTRATION FEES:	Before August 29	After August 29	On-Site
Professional and General Public:	\$95	\$120	\$135
Retired Persons Age 60 and Over	\$40	\$55	\$60
Students with Valid Student ID:	\$40	\$55	\$60

## SEASONAL INFLUENZA VACCINATION RECOMMENDATIONS:

*The North Dakota Department of Health is recommending the health-care providers vaccinate against seasonal influenza as soon as vaccine is available.*

Offering seasonal vaccine as soon as it is available, including in September or earlier, may reduce the overlap of seasonal and novel influenza vaccination efforts. Studies have shown that immunity to influenza vaccine, even in the elderly, lasts for at least one year. There is no concern about waning immunity when giving influenza vaccine prior to October. Vaccination efforts should continue throughout the season because the duration of influenza season varies, and influenza might not appear in certain communities until February or March.

The following people are recommended to be vaccinated each year against influenza:

- All children ages 6 months through 18 years
- All people ages 50 and older
- Women who will be pregnant during the influenza season
- Adults and children who have chronic pulmonary (including asthma) or cardiovascular (except hypertension), renal, hepatic, neurological/neuromuscular, hematologic, or metabolic disorders (including diabetes mellitus)
- Adults and children who have immunosuppression (including immunosuppression caused by medications or by HIV)
- Residents of nursing homes and other long-term care facilities
- Health-care personnel
- Household contacts and caregivers of children younger than 6 months
- Household contacts and caregivers of people at high risk for complications due to influenza
- Anyone who wants to protect themselves from influenza



## QUESTIONS AND ANSWERS

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SOCIAL SECURITY ADMINISTRATION  
Howard I. Kossover, Public Affairs Specialist  
402 DeMers Ave, Suite 300, Grand Forks, ND 58201  
Phone: 701-772-5518 ext 200; Fax: 701-772-8622  
Email: [howard.kossover@ssa.gov](mailto:howard.kossover@ssa.gov)  
Website: [www.socialsecurity.gov](http://www.socialsecurity.gov)  
July 27, 2009

Q: My husband will turn 65 in October but has no plans to retire. Can he start Medicare? How?

A: Medicare and Social Security are separate. People should enroll in Medicare at age 65 even if not retiring. Not all parts of Medicare are mentioned here. A Medicare booklet is at [www.socialsecurity.gov/pubs/10043.html#part7](http://www.socialsecurity.gov/pubs/10043.html#part7). Hospital insurance (Part A) helps with inpatient care, some home health care and hospice care. With rare exception, it does not have a monthly premium. He should enroll in Part A. Medical insurance (Part B) helps pay for doctors' services and some medical services and supplies not covered by hospital insurance. It does have a premium for which the standard 2009 monthly amount is \$96.40 but this can be higher based on income. Depending on your husband's current employment based health insurance, he may or may not want to enroll now for Part B. If 65 or older and covered under a group health plan, either from your own or your spouse's current employment, people have a special enrollment period in which to sign up for Medicare Part B. If applicable, this means he may delay Part B without a surcharge for late enrollment. There is also Prescription Drug (Part D) coverage, which like Part B, he may or may not want at this time. Enrollment for Medicare Parts A and B is through Social Security. Part D coverage is sold by private insurance firms. Your husband should complete his Medicare application before the month of his birthday. He can make an appointment by calling the national SSA toll-free number, 800-772-1213. His appointment can be by telephone or at his local SSA office. People already receiving SSA benefits at age 65 are automatically enrolled in Medicare. Depending on his estimated earnings and other factors your husband might be able to continue employment and still receive some SSA benefits at the same time. He should ask about this. See the retirement section at [www.socialsecurity.gov](http://www.socialsecurity.gov).

Did You Know? On May 5, 1965, President Lyndon B. Johnson presented a Social Security check to the 20-millionth beneficiary. As of December, 2008, more than 50 million beneficiaries were being paid. About sixty-three percent of those beneficiaries were retired workers and 15% were disabled workers. The remaining 23% were survivors or the spouses and children of retired or disabled workers.

