

# Senior Society

Volume 28 Number 11

Valley Senior Services

November 2018

**Have a nutritious noon meal while visiting with your neighbors at a Valley Senior Services meal site near you....**

**Hillsboro Senior Center**

205 North Main (Monday – Friday)

**Mayville Senior Center**

39 1<sup>st</sup> Ave NE (Monday, Wednesday, Friday)

**Portland Senior Center**

710 Parke Ave (Tuesday, Thursday)

**Buxton Senior Center**

315 Broadway (Monday, Wednesday, Friday)

**Finley Senior Center**

301 Central Ave (Monday, Wednesday, Friday)

Would you like to reserve a meal at one of our meal sites? Would you like to learn more about our meal sites or other services we offer?

Please call our office at 701 636-5953 or Toll Free 1 800 845-1715 - Our staff is ready to answer your questions.

**2018**

## *Fund Drive*

Loretta Wendlick  
Mr. & Mrs. Richard Pickar  
Dale & Marleen Houkom  
John Olstad  
Dana & Mary Frojen  
Truman & Connie Hanson  
Blanche Moore  
Harvey & Dorla Hanson  
Mavis Hattervig  
DeVonne Wright  
Mr. & Mrs. Larry Lovas  
Audrey Knudson  
Lois Smith  
James & Alvia Flaten  
Wayne & Pam Koering  
Gillette & Diane Munter  
Gregory Tastad  
Donna Nelson  
Jack & Sylvia Hansen  
Bernice Werness  
Ella Mae Karlstad  
Ethel Coffin  
Rosina Kerlin  
Earl Nelson, Jr. &  
Wilma Nelson  
Ray & Sharon Schlichtmann

**Bethany Ness - Resource Specialist,  
Traill and Steele Counties  
1-800-845-1715 or 788-3453**

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: Brian Arett, Valley Senior Services, P.O. Box 2217, Fargo, ND 58108. (701) 293-1440.

# Trail/Steele Ride Service Schedule

All vehicles available in both counties.

Rides Open to the Public

## Bus Schedule

(wheelchair lift equipped):

Mondays, Wednesdays,  
& Fridays--call for an appointment

## Van Schedule:

Tuesdays, Wednesdays &  
Thursdays--  
call for an appointment

**Please Note: Please call 1-800-845-1715 (Hillsboro 636-5953) for a ride reservation, even if you have already called the driver.**

## Steele/Trail Bus Schedule

Please call 1-800-845-1715 from 8:30 am to 3:30 pm  
for a ride reservation.

### Tuesday, November 6 - Grand Forks

Cooper - 8:15 (call)      Finley - 8:30 (call)      Sharon - 8:40 (call)  
Aneta - 8:55 (call)      Northwood - 9:40 (call)

### Wednesday, November 7 - Fargo

Finley - 8:15 (call)      Sharon - 8:30 (call)      Hatton - 8:50 (call)  
Portland - 9:15 (call)      Mayville - 9:25 (call)      Hillsboro - 9:50 (call)

### Monday, November 12 - Fargo

Aneta - 8:15 (call)      Sharon - 8:30 (call)      Finley - 8:45 (call)  
Hope - 9:10 (call)      Page- 9:30 (call)      Galesburg - 9:40 (call)

### Tuesday, November 13 - Fargo

Finley - 8:15 (call)      Northwood - 8:45 (call)      Hatton - 9:15 (call)  
Portland - 9:30 (call)      Mayville - 9:35 (call)      Hillsboro - 10:00 (call)

### Monday, November 19 - Grand Forks

Hatton - 8:45 (call)      Portland - 9:15 (call)      Mayville - 9:25 (call)  
Hillsboro - 9:55 (call)      Buxton - 10:25 (call)      Reynolds - 10:35 (call)

### Tuesday, November 20 - Grand Forks

Hope - 8:10 (call)      Finley - 8:30 (call)      Sharon - 8:45 (call)  
Aneta - 9:00 (call)      Northwood - 9:30 (call)      GF County (call)

### Wednesday, November 21 - Fargo

Northwood - 8:45 (call)      Hatton - 9:15 (call)      Portland - 9:30 (call)  
Mayville - 9:35 (call)      Hillsboro - 10:00 (call)

### Friday, November 23 - Fargo

Cooper - 8:10 (call)      Luverne - 8:40 (call)      Hope - 9:00 (call)  
Page - 9:30 (call)      Galesburg - 9:40 (call)

### Tuesday, November 27 - Fargo

Northwood - 8:45 (call)      Hatton - 9:15 (call)      Portland - 9:30 (call)  
Mayville - 9:35 (call)      Hillsboro - 9:55 (call)

### Wednesday, November 28 - Fargo

Sharon - 8:30 (call)      Finley - 8:45 (call)      Portland - 9:15 (call)  
Mayville - 9:25 (call)      Hillsboro - 10:00 (call)

### Thursday, November 29 - Grand Forks

Finley - 8:30 (call)      Sharon - 8:45 (call)      Hatton - 9:15 (call)  
GF County (call)

# Nov/Dec Foot Care

## Hillsboro

Nov. 6 - 7:00 until done  
Nov. 7 - 7:00 until done  
Dec. 3 - 7:00-noon;  
    Kiwianis #1 - 1:00 until  
    done  
Dec. 4 - 7:00 until done

## Mayville

Nov. 5- 7:00 until done

## Galesburg

Nov. 27 - 8:00 until done  
(Community Center)

## Hatton

Nov. 30 - 7:00 until done  
(Hatton Medical Building)

## Reynolds

Nov. 23 - 8:00 until done  
(KT Hall back door)

## Buxton

Nov. 23 - 10:30 until done

## Hope

Nov. 15- 7:00 until done

## Page

Nov. 15 - 11:00 until  
done

## Finley

Nov. 20 - 7:00 until done

*Foot care located at local  
senior centers unless  
otherwise noted*



# 4 Types of Foods to Help Boost Your Memory

By Marisa Moore, MBA, RDN, LD

Published November 15, 2017

If you are feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health.

The best menu for boosting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. Research found the Mediterranean Diet helps keep aging brains sharp, and a growing body of evidence links foods such as those on the Mediterranean diet with better cognitive function, memory and alertness.

## Strengthen Recall by Adding These Foods to the Rotation

**Eat your veggies.** You are not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry also is an excellent option for lunch or dinner.

**Be sweet on berries and cherries.** Berries — especially dark ones such as blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

**Get adequate omega-3 fatty acids.** Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid, or DHA, in particular, may help improve memory in healthy young adults. Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and nutrition. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you do not eat fish, discuss other food options and supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

**Work in walnuts.** Well known for a positive impact on heart health, walnuts also may improve cognitive function. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or a salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there is no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

*Reviewed November 2017* Marisa Moore, MBA, RDN, LD, is an Atlanta-based registered dietitian nutritionist. Retrieved by Vanessa Berg, MS LRD, CDE, October 5, 2018 at <https://www.eatright.org/health/wellness/healthy-aging/memory-boosting-foods>

**Valley Senior Services, Inc.**  
**P.O. Box 2217**  
**Fargo, ND 58108**

**Non-Profit Org.**  
**U.S. Postage Paid**  
**Fargo, ND 58102**  
**Permit No. 1123**

## **Reminder:**

### **Medicare Part D Annual Enrollment continues through December 7**

#### **Reasons you should participate in this annual event include:**

- The prescription drug plans approved by Medicare are approved for one calendar year. The private companies offering these plans must apply to Medicare to be approved each year, so plans change from year to year.
- You can select the best plan that is available for you, with a goal of finding one that is the least expensive. These plans are very different for each individual based on your current medications and which pharmacies you use.
- You may determine that based on your income and assets you qualify for Extra Help from Social Security that could result in lower premiums and prescription costs.

#### **Options for enrollment assistance:**

- North Dakota Insurance Department at 1-888-575-6611
- Call 211 through November 16
- 1-800-MEDICARE (1-800-633-4227) or go to the Medicare Plan Finder at [www.medicare.gov](http://www.medicare.gov)