

Carbohydrate Counting for the Holidays

Lane Lipetzky, RDN—Valley Senior Services

Carbohydrate counting can be confusing around the holidays but is important for anyone who is prediabetic, diabetic or trying to eat a balanced diet. This month's article will be an overview of how to count carbohydrates and will include a holiday foods carbohydrate counting "cheat sheet."

Carbohydrate Counting

Carbohydrates are found in foods like fruits, vegetables (especially starchy), grains, sugary beverages, sauces and desserts. One carbohydrate choice equals 15 grams of carbohydrates. Someone following a 2,000 calorie diet, who consumes 50% of their calories from carbohydrates, would eat 16 carbohydrate choices a day. When meal planning, it is recommended to spread carbohydrate choices throughout the day instead of consuming large amounts at once. This helps avoid large blood sugar spikes. As an example, someone eating 16 carbohydrate choices might eat 3 choices for breakfast, 2 for a snack, 4 for lunch, 2 for a snack and 5 for supper. To know how many carbohydrate choices are in a food, look at how many grams of carbohydrates the food has per serving and divide by 15. Choosing foods lower in added or simple sugars and high in fiber will also help lower blood sugar spikes.

During the holidays it is important to celebrate and enjoy our favorite foods! Using carbohydrate counting, we can learn to do so in moderation. Below is a list of common holiday foods, their serving sizes and number of carbohydrate choices per serving.

Holiday Carbohydrate Counting Cheat Sheet

Holiday Food	Serving Size	Carbohydrate Choices
Turkey	4oz. (size of deck of cards)	0
Stuffing	1/3 C.	1
Mashed Potatoes	1/2 C.	1
Gravy	1/4 C.	1/4
Green Bean Hotdish	1/2 C.	1/2
Fresh Lettuce Side Salad	1 C.	< 1 choice depending on top-
Dinner Roll	1 medium roll	1
Candied Yams	1/2 C.	2-3
Cranberries	1 Tbsp	1/2
Pumpkin Pie	1/8 Pie	3
Lefse (plain)	1 small sheet	1

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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:

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Southeast Senior Services

520 3rd Avenue South

Wahpeton, ND 58075

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Don't forget to pay your Membership Dues at your local Senior Center for the 2022 year!

If you take part in the activities at your local Senior Center, be sure and pay your membership dues for the upcoming year. For many local Senior Centers the membership dues help to defray the cost of utilities and the cost of the supplies that are needed to be able to provide the activities that they do offer.

For many Senior Clubs, being a member is a requirement in order to take part in the activities that they do offer!

Foot Care Clinics For Richland County

Foot care will be done at the Wahpeton Senior Center from 11:00 am to 3:00 pm on December 7th & 21st or by appointment at the Richland County Health Department.

Done by: Richland County Health Department
For an appointment call: 642-7735

- Cost: \$25.00

* Foot care is provided to clients who are not able to trim their own toenails due to physical limitations.

* Foot care does not include any treatment for ingrown nails, calluses, and/or infection.



Southeast Senior Services Board of Directors

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Carbohydrate Counting for the Holidays

Lane Lipetzky, RDN—Valley Senior Services

Continued from page 1

Tips to Minimize Blood Sugar Spikes this Holiday Season:

- Spread your carbohydrates out during the day. Avoid eating more than 5 carbohydrate choices in one sitting.
- Measure the correct serving size of carbohydrate containing foods.
- Add a little extra turkey and non-starchy vegetables to your plate instead of high carbohydrate foods.
- Limit intake of sugary beverages.
- Cut back on adding sugar to recipes while cooking and baking for the holidays. Try using more spices and herbs for flavor.
- If you have a sweet tooth, try desserts with whole fruits. The extra fiber will help slow the sugar absorption.
- Plan a physical activity with the family. Exercising helps muscle cells take in more glucose, decreasing blood sugar levels.



Storm Closing Policy for the Wahpeton, Abercrombie, Hankinson, Lidgerwood & Wyndmere Meal Sites

There will be no Carry Out, Congregate or Home Delivered Meals on the days that the schools in the above towns are closed due to storm conditions.

The menu for that day may be served the following serving day.

If school is late and then cancelled, meals will be served unless you hear differently.

Weather related announcements on services available can be heard by listening to KBMW 1450 Radio or on KVLV TV.



ND SMP Scam of the Month December 2021 Obituary Scams: Frauds Preying on Grief

Obituary or bereavement scams typically start with information collected from death notices and obituaries in newspapers or posted online. Fraudsters take facts included in obituaries and start to build a profile for identity theft. With a few details, fraudsters can locate and purchase a dead individual's home address, Social Security number and other identifying information to access or create financial accounts. Con artists may also pose as government officials, debt collectors or insurance agents to obtain more personal data about the deceased or to solicit payment for a supposedly unpaid bill or unclaimed benefit.

Obit-scouring fraudsters sometimes pretend to be long-lost friends or relatives of the deceased, or the fraudster might take what they've learned to target a surviving spouse or other family member contacting them out of the blue to reminisce or even ask for money or saying the deceased owed them money.

Don't put too much personal information into the obituary. Leave out details that can be used for identity theft such as the deceased's date of birth, middle name, maiden name and mother's maiden name. Don't include the deceased's home address or date and time of the funeral as this can alert burglars of an empty house during the service.

What you Don't Have to Include in an Obituary:

- Exact date of birth, use age instead
- Mother's maiden name, list parent's first names only
- Address, indicate city/state rather than full address
- Education, only list the graduating high school or college
- Ex-spouses
- Children's full names
- Cause of death
- Date and time of funeral

At a time when one is grieving, it's unfortunate that you also need to watch for those looking to profit off of your grief. Scammers have always targeted those who are most vulnerable. Know the signs of a scam and educate your family on ways to protect against obituary-related scams.

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-800-233-1737 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: Obituary scams: frauds that prey on grief (3 Sept 20). Beyond the Dash retrieved from <https://beyondthedash.com/blog/obituary-writing/obituary-scams-frauds-prey-on-grief/7237>

North Dakota Senior Medicare Patrol Phone: 800-233-1737 or (701) 858-3580

For more information or to locate your SMP, visit www.ndcpd.org/smp

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Beating the Dark Winter Blues

By Dr. Paul D. Nussbaum

While “winter blues” is not a clinical condition, those of us who have lived in regions where there is limited sunlight for several months certainly can relate to the phrase. A more serious condition that is clinical in nature is called Seasonal Affective Disorder (SAD). According to the National Institute of Health, only 1% of Floridians suffer from SAD. However, in northernmost parts of the United States, about 10% of people in Alaska may be affected.

Shorter days that occur with the arrival of fall and winter can disrupt our internal biological clock and circadian rhythm. As we lose exposure to light our brains must adjust by sending signals to keep us alert and awake even though the brain wants to trigger melatonin for rest, as the darkness emerges earlier and earlier.

Such changes in our biological clock can disrupt sleep, cause sadness and irritability, increase hunger and intake of carbohydrates, slow our thinking, and even cause depression.

Some benefit by sitting about 30 minutes a day in front of a light box that simulates the blue waves of the sunlight helping our brains and bodies remain alert and active. Still, others may require a discussion with their physician regarding medication to help with their mood.

Lifestyle tips can also be useful during the 3-5 months of winter:

- Try to develop a routine where you are active and a sleep schedule that you maintain.
- Stay busy and organize activities with family and friends so that you do not isolate.
- Be mindful to eat healthy and try to eat within a particular 8-hour time frame each day (see MIND diet).
- Exercise each day and get some form of aerobic workout in daily.
- Meditate and pray on a daily basis to keep focus and emotional balance.
- Stimulate your brain daily with new learning of some type.
- Get away if you can to a southern region where sunlight exposure is better.
- Maintain a conversation with your primary care provider if you believe you are not coping well with the persistent dark days. Your doctor can talk to you about light boxes and possible medication to assist.
- Maintain a forward-looking sense of hope and plan fun outdoor activities for the spring.
- Try to get outside during the fall and winter months, as you will actually benefit from the fresh air and sun even though you may not see it. Nature can provide significant beauty that inspires and calms during the winter months. Dress warm.

Dr. Paul Nussbaum is president of the Brain Health Center (www.brainhealthctr.com) and adjunct professor of Neurological Surgery at the University of Pittsburg School of Medicine. He will be leading an online 30-minute program for AARP North Dakota on Winter Mental Wellness on December 15. Learn more and register at www.aarp.org/NDEvents.

**Wahpeton
642-5746**

**Southeast Senior Services
December 2021**

**All Meals Served With
1% Milk & Bread**

MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		COUNTRY FRIED STEAK MASHED POTATO CORN BLUEBERRY CRISP/TOPPING BREAD-1	BBQ CHICKEN BREAST SCALLOPED POTATOES WAX BEANS PEARS BREAD-1	TOMATO SOUP EGG SALAD ON A BUN 7 LAYER SALAD APPLE BREAD-0
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
BAKED COD/ALFREDO SAUCE MASHED POTATO CRINKLE CUT CARROTS APPLESAUCE BREAD-1	SPAGHETTI WITH MEAT ALFREDO SAUCE NEW BRUNSWICK VEGGIES ROMAINE LETTUCE SALAD CHERRIES GARLIC BREAD	BIRTHDAY DINNER/CLUB MEETING HERB ROASTED CHICKEN MASHED POTATO/GRAVY PEAS STUFFING PUMPKIN PIE DINNER ROLL	BEEF TIPS WITH GRAVY NOODLES COUNTRY BLEND VEGGIES COLESLAW PINEAPPLE TIDBITS BREAD-1	STUFFED PEPPERS BABY BAKERS GREEN BEANS COTTAGE CHEESE PEACHES BREAD-1
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
LEMON PEPPER TILAPIA WILD RICE BLEND MALIBU BLEND DELUXE FRUIT BREAD-1	HAMBURGER ON A BUN LETTUCE, TOMATO, ONION SEASONED POTATO BAKED BEANS PLUMS BREAD-0	BAKED HAM SCALLOPED POTATO SCALLOPED CORN ORANGE JELLO/ORANGES/TOPPING DINNER ROLL	CABBAGE ROLLS POTATO WEDGES BROCCOLI COTTAGE CHEESE TROPICAL FRUIT BREAD-0	CHICKEN ALFREDO WITH PENNE PASTA CALIFORNIA MEDLEY VEGGIES FRUIT COCKTAIL BREADSTICK
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
BEEF STEW/CARROTS MASHED POTATO MANDARIN ORANGES BISCUIT	PULLED PORK ON A BUN PRINCE EDWARD VEGGIES CALICO BEANS JELLO/TROPICAL FRUIT WITH TOPPING BREAD-0	CHRISTMAS DINNER ROAST BEEF TWICE BAKED POTATOES SQUASH CHERRY BLUSH SALAD LEFSE APPLE PIE DINNER ROLL	BARBECUED RIB PATTIES BAKED POTATO BROCCOLI RAISIN SALAD BANANA BREAD	Closed Merry Christmas!
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
STEAK/MUSHROOM GRAVY MASHED POTATO MIXED VEGGIES APRICOTS BREAD-1	PORK CHOPS/GRAVY AU GRATIN POTATO ASPARAGUS MIXED BERRY CRISP WITH TOPPING BREAD-1	COUNTRY MEATBALLS MASHED POTATO BEETS CINNAMON APPLES DINNER ROLL	CREAMY TURKEY MASHED POTATOES WINTER BLEND VEGGIES GRAPES BREAD-1	Closed Happy New Year!

Richland County Meal Sites Monthly Menu. All Meals Include a Beverage & Bread.

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		1 Tomato Soup Egg Salad on a Bun Seven Layer Salad
6 Baked Cod/Alfredo Sauce Mashed Potato Crinkle Cut Carrots	7 Spaghetti with Meat/Alfredo Sauce New Brunswick Vegetables Romaine Lettuce Salad	8 Herb Roasted Chicken Mashed Potato/Gravy Peas
13 Lemon Pepper Tilapia Wild Rice Blend Cauliflower	14 Hamburger on a Bun Seasoned Potato Baked Beans	15 Baked Ham Scalloped Potatoes Scalloped Corn
20 Beef Stew/Carrots Mashed Potato Biscuit	21 Pulled Pork on a Bun Prince Edward Vegetables Calico Beans	22 Christmas Dinner Roast Beef Twice Baked Potato Squash
27 Steak/Mushroom Gravy Mashed Potato Mixed Vegetables	28 Pork Chops/Gravy Au Gratin Potato Asparagus	29 Country Meatballs Mashed Potato Beets

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Frozen meals are available to the meal participants of Fairmount. If you would like more info please call Southeast Senior Services at 701-642-3033.

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	1 Steak/Mushrooms Mashed Potato Corn	3 Tomato Soup Egg Salad on a Croissant Seven Layer Salad
7 Stuffed Peppers Baby Bakers Green Beans	8 Hamburger Gravy Mashed Potato Country Blend Vegetables	10 Baked Cod/Alfredo Sauce Mashed Potato Crinkle Cut Carrots
14 Cabbage Rolls Potato Wedges Broccoli	15 Baked Ham Scalloped Potatoes Scalloped Corn	17 Hamburger on a Bun Seasoned Potato Baked Beans
20 Barbecue Chicken Twice Baked Potato Carrots	21 Pork Loin on a Bun Prince Edward Vegetables Calico Beans	22 Christmas Dinner Roast Beef Mashed Potato/Gravy Squash
27 Pork Chops/Gravy Mashed Potato Green Beans	28 Meatballs/Gravy Mashed Potato Beets	29 Turkey Mashed Potato/Gravy Creamed Corn

Richland County Meal Sites Monthly Menu. All Meals Include a Beverage & Bread.

LIDGERWOOD

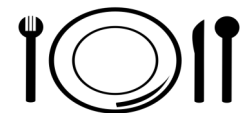
		2 Country Fried Steak Mashed Potato Corn
6 Baked Cod/Alfredo Sauce Mashed Potato Crinkle Cut Carrots	7 Beef Tips with Gravy Noodles Country Blend Vegetables	9 Herb Roasted Chicken Mashed Potato/Gravy Peas
13 Lemon Pepper Tilapia Wild Rice Blend Cauliflower	14 Baked Ham Scalloped Potatoes Scalloped Corn	16 Cabbage Rolls Potato Wedges Broccoli
20 Beef Stew/Carrots Mashed Potato Mandarin Oranges	21 Pulled Pork on a Bun Prince Edward Vegetables Calico Beans	23 Christmas Dinner Roast Beef Twice Baked Potatoes Squash
27 Steak/Mushroom Gravy Mashed Potato Mixed Vegetables	28 Pork Chops/Gravy Au Gratin Potato Asparagus	30 Country Meatballs Mashed Potato Beets

WYNDMERE

		2 Barbecue Chicken Breast Scalloped Potatoes Wax Beans
6 Baked Cod/Alfredo Sauce Mashed Potato Crinkle Cut Carrots	7 Spaghetti with Meat/Alfredo Sauce New Brunswick Vegetables Romaine Lettuce Salad	9 Beef Tips with Gravy Noodles Country Blend Vegetables
13 Lemon Pepper Tilapia Wild Rice Blend Malibu Blend Vegetables	14 Hamburger on a Bun Seasoned Potato Baked Beans	16 Cabbage Rolls Potato Wedges Broccoli
20 Beef Stew/Carrots Mashed Potato Mandarin Oranges	21 Pulled Pork on a Bun Prince Edward Vegetables Calico Beans	22 Christmas Dinner Roast Beef Twice Baked Potato Squash
27 Steak/Mushroom Gravy Mashed Potato Mixed Vegetables	28 Pork Chops/Gravy Au Gratin Potato Asparagus	30 Creamy Turkey Mashed Potatoes Winter Blend Vegetables

All of our meal sites provide congregate and home delivered meals in their towns. Meals are available for a suggested donation of \$4.00. All donations are used to help us keep up with the growing demand for these services.

Abercrombie	Serves	M,T,W	553-8759
Hankinson	Serves	T,W,F	242-7742
Lidgerwood	Serves	M,T,TH	538-4602
Wyndmere	Serves	M,T,TH	439-2907



Please let your Meal Site know if you plan on eating with them!



HOW CAN YOU HELP RIGHT NOW?

Our agency provides the aging population of Richland County with a variety of services that allow them to stay home and age in place!

Help someone.

Our Meals on Wheels program is only one of those services that can be the difference between going into a nursing home or being able to stay at home.

We believe that EVERYone deserves to have access to a healthy nutritious MEAL. Can we COUNT on you to help us ensure that happens?

#EveryMealCounts

Giving Hearts Day is a one day, on-line fundraising event, being held this year on February 10th, 2022, that has the potential to help us feed hundreds with the money that can be generated. But in order for our agency to participate in Giving Hearts Day we need to raise \$3,000 of match money prior to January 24th, 2022.

We need your help in achieving this goal!

Yes, I would love to assist Southeast Senior Services in their fundraising efforts:

Total Donation \$ _____

Cash

Check

Check # _____

Simply fill out this form and mail your donation to: Southeast Senior Services, Attn: Giving Hearts Day, 520 3rd Ave South, Wahpeton, ND 58075 or drop it off in person at the same address.

**Please make checks payable to Southeast Senior Services
(All donations are tax deductible)**

**Richland County Public Transit Schedules for
December 2021– February 2022**

TRANSIT RIDES TO WAHPETON

Southeast Senior Services offers rides from surrounding towns into Wahpeton monthly. **To schedule a ride call 642-5746 at least 2 days in advance.** Hours spent in Wahpeton will be between 10:00am to 3:00pm unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10am and 1:30pm if possible. The cost for these rides is **\$5.00 per person.**

**FAIRMOUNT/HANKINSON/LIDGERWOOD
WYNDMERE/MOORETON**

December 6 & 13 January 24 & 31 February 7 & 28

ESTIMATED PICK UP TIMES FOR RIDES TO WAHPETON

Fairmount	8:40 am	Hankinson	9:00 am	Lidgerwood	9:15 am
Wyndmere	9:30 am			Mooreton	9:45 am

TRANSIT RIDES TO FARGO

Southeast Senior Services provides transportation to Fargo on the 1st, 2nd, 3rd and 4th Tuesdays and Thursdays of most months. **To schedule a ride call 642-5746 at least 2 days in advance.** Hours spent in Fargo will be between 10:00am to 3:00pm unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10:00am and 2:00pm. Cost for these rides is **\$8.00 per person.** The routes will be as follows:

<p align="center">Fargo North Run Wahpeton, Abercrombie, Mooreton, Christine, Walcott, Galchutt</p>	<p>Will run on these dates. →</p>	<p>Dec: 2, 7, 30 Jan: 6, 27 Feb: 1, 3, 8</p>
<p align="center">Fargo South Run Wahpeton, Fairmount, Hankinson, Lidgerwood, Wyndmere, Colfax</p>	<p>Will run on these dates. →</p>	<p>Dec: 9, 14, 28 Jan: 18, 25 Feb: 10, 22</p>
<p align="center">Fargo Run Wahpeton, Fairmount, Hankinson, Lidgerwood, Wyndmere, Mooreton, Abercrombie, Colfax, Christine, Walcott, Galchutt</p>	<p>Will run on these dates. →</p>	<p>Dec: 16 Jan: 20 Feb: 24</p>

Activities

All activities are held at the Senior Center in your community unless otherwise noted.
Coffee & dessert following all activities in Lidgerwood, Wahpeton, and Wyndmere.

Bingo

Wahpeton—Tuesday at 12:30pm

Coffee & Toast Social

Abercrombie—Monday, Tuesday, and Wednesday

Time: 8am-10am at the location listed above

Exercise

Lidgerwood—Exercise equipment available to use
Wahpeton—**Bone Builders**—Tuesday & Thursday at 9am
at the Wahpeton Community Center

Pot Luck

Fairmount—2nd & 4th Wednesday of the month at 12pm

Free For All Fridays!

Grab your friends and come on down to the Wahpeton Senior Center From 12:30pm – 4pm for any or all of the following games:

Cribbage
Wii Games

Dice
Yahtzee

Mexican Train
Phase 10

“Roll” into the weekend with us at the Wahpeton Senior Center! Join us anytime between 8:30am—9:30am for a roll and all you can drink coffee! Suggested \$1.00 Donation!

Everyone is welcome!

Bridge

Wahpeton—Thursday at 12:30pm

Hand and Foot

Abercrombie—Wednesday at 1pm

Lidgerwood—Tuesday at 1pm

Wahpeton—Wednesday at 12:15pm

Hankinson—Tuesday, Wednesday & Friday at 12:00pm

Other Card Games & Dominoes

Wyndmere—Monday—Friday at 3pm

Hankinson—Tuesday, Wednesday & Friday at 12:00pm

Pinochle

Wahpeton—Wednesday at 12:30pm

Wyndmere—Monday at 1pm

Puzzles

Wahpeton—Monday — Friday 9am—3pm

Wyndmere—Monday—Friday 10am—6pm

Hankinson—Tuesday, Wednesday & Friday at 12:00pm

Social Hour

Abercrombie—Monday, Tuesday & Wednesday at 1pm

Wyndmere—Monday—Friday at 3pm

Whist

Wahpeton—Monday at 12:30pm

Wyndmere— Thursday at 1pm

Hankinson—Tuesday, Wednesday & Friday at 12:00pm

Wahpeton Harmony Senior Citizens Club, Inc
520 3rd Avenue South
Wahpeton, ND 58075

NON-PROFIT ORG.
U.S. POSTAGE PAID
WAHPETON, ND 58075
PERMIT NO. 10

"Return Service Requested"

SOUTHEAST SENIOR SERVICES

- Improving Peoples Lives One Resource At A Time -

Community Dining and Meals on Wheels are offered in the towns of Abercrombie, Hankinson, Lidgerwood, Wahpeton and Wyndmere. Don't live in one of these towns? Frozen meals are available to you!

Transportation is provided in Wahpeton, to Fargo and from surrounding towns into Wahpeton. These rides are open to all Richland County residents regardless of age.

Our Resource Services are designed to assist individuals 60+. Resource Specialists help connect you to the services and supports you need today and to plan ahead for the future.

SSS Southeast
Senior Services
Improving people's lives one resource at a time