

## Understanding Glycemic Index and How it Affects Blood Sugar Control

**Lane Lipetzky, RDN—Valley Senior Services**

Controlling your blood sugar is important for healthy aging. Insulin sensitivity, which is the ability for body cells to respond to insulin and use glucose, tends to decrease with age, making blood sugar control more difficult. Having high levels increases your risk for developing type II diabetes. Lifestyle factors like sleep, stress, exercise and certain medications can affect your blood sugar. However, the foods we eat may have the biggest impact. Eating a low glycemic index diet is often recommended to keep those blood sugar levels in check. In this month's article I will explain the terms glycemic index (GI) and glycemic load (GL) as well as discuss how they can be used to help steady your blood sugar.

### Glycemic Index

Glycemic index is a ranking of carbohydrate containing foods according to their effect on blood sugar levels. It is a rating system from 0 to 100 that shows how quickly these foods raise your blood sugar after eating a 50-gram portion. If a food has a high glycemic index rating, this means the food is broken down quickly and raises your blood sugar rapidly. If a food has a low glycemic index, it is broken down more slowly and creates a gradual rise over time.

Healthy foods like fruits, vegetables, whole grains, nuts, seeds, dairy and legumes tend to have a lower GI while carbohydrates that are low in fiber or contain refined sugars tend to have a higher GI. As an example, the GI of white rice is 65 while the GI of brown rice is 50. Both contain the same amount of carbohydrates per serving but the brown rice will not spike your blood sugar as much as the white rice.

Sometimes, a healthy food will have a higher GI rating than a food that is considered unhealthy. Glycemic index is based on eating 50 grams of a carbohydrate containing food. Some processed foods contain 50 grams of carbohydrates in a relatively small portion size while a healthy food may need a much larger portion. For example, watermelon is given a rating of 76 while vanilla ice cream is rated 60. Watermelon contains more fiber and no added sugar; however, a 50-gram portion size of watermelon is much larger than that of ice cream. You would have to eat over 4 cups of watermelon to reach 50 grams of carbohydrates and less than 2 cups of ice cream.

### Glycemic Load

Glycemic load uses the GI rating but it takes portion size into account. Let's use the watermelon and ice cream example again. As mentioned above, you would need to eat over twice as much watermelon as you would ice cream to reach a 50 gram of carbohydrate portion size. Using the equation below, the glycemic load of watermelon is 5 while the glycemic load of ice cream is about 15 per serving. This means that if you ate one serving of watermelon and one serving of ice cream, the ice cream would raise your blood sugar more. Because glycemic load considers portion size, it creates a more accurate picture of how a food will affect blood sugar.

Glycemic Load = (Glycemic Index X grams per serving of carbohydrates)/100

**Valley Senior Services**  
520 3rd Avenue South  
Wahpeton, ND 58075  
(701)642-3033 or (701)642-5746

**Fax:**

**701-642-5009**

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**Rural Program Manager**  
Shelley Tollefson

**County Program Supervisor**  
Amy Laney

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Deanna

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Sandra—Lidgerwood  
Sharron-Wahpeton  
Viola—Wahpeton  
Cathy-Wyndmere

**FILL-IN KITCHEN STAFF**  
Joanne  
Karen  
Dorothy

**TRANSPORTATION**  
Christine  
Dawn

**INVENTORY & TRANSPORTATION**  
Shanel  
Keith  
David

\*\*\*\*\*

**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**

**Paul Grindeland**  
Valley Senior Services  
2801 32nd Avenue South  
Fargo, ND 58103  
701-293-1440

## **Foot Care Clinics For Richland County**

**Foot care will be done by appointment at the following Senior Centers in Richland County:**

**Wahpeton Senior Center**  
**520 3rd Ave South**

11:00 am to 3:00 pm on  
April 2 & 16 and May 7 & 21

**Lidgerwood Senior Center**  
**117 4th Street Southwest**

9:00 am to 1:00 pm on  
April 4 and May 2

**Hankinson Senior Center**  
**111 3rd Street Southwest**

9:00 am to 1:00 pm on  
April 11 and May 9

**Wyndmere Senior Center**  
**466 4th Street**

10:00 am to 1:00 pm on  
April 18 and May 16

**To schedule an appointment call**  
**Richland County Health Department at**  
**642-7735**

**Cost: \$25.00**

**\*For an additional \$5, fingernail care can also be provided at your footcare appointment.**

- \* 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.

### **Richland County Council on Aging Board of Directors**

**Don Krassin**

**Pinky Rubish**

**Robert Wurl**

**Liz Mumm**

**Alisa Mitskog**



## **APRIL IS VOLUNTEER APPRECIATION MONTH!**

Thank you to our dining center, activities, and Meals on Wheels volunteers! Thank you for your commitment to help deliver hot nutritious meals, fold the newsletter, provide activities, and support dining center staff, to benefit the seniors in our community.

This program would not be possible without you! We are grateful for your support in helping seniors maintain their independence and helping provide a welcoming environment.

# **COVID-19 AND RSV VACCINATION CLINIC**

**LOCATION:**  
**Richland County  
Senior  
Centers**



**WHEN: 9:00am--12:30pm**

**Lidgerwood...April 4th**

**Hankinson...April 11th**

**Wahpeton...April 16th**

**Wyndmere...April 18th**

**Covered Insurance:**

**Medicare Part D, Medicaid, Blue Cross Blue Shield, Sanford, Medica, Humana**



**Richland County  
Public Health**

**Prevent. Promote. Protect.**

## Glycemic Response

Glycemic response, glycemic impact and glycemic effect all refer to the change in blood sugar after eating a carbohydrate containing food or meal. Two nutrients that have a great impact on glycemic response are fat and protein. If a food or meal contains fat or protein, digestion will be slower causing a lower glycemic response. This information is very important for blood sugar control! Slower digestion means glucose will be released into your blood stream at a slower pace, giving your body more time to respond to the insulin being released. Examples of ways to lower your glycemic response include:

- Eat fruit with nuts, Greek yogurt or cottage cheese
- Combine a starchy vegetable like potatoes, squash or corn with a protein source like chicken, beef or fish
- Eat a slice of whole grain bread with peanut butter or make a sandwich with meat and cheese

## How can we use this information for blood sugar control?

Choose nutritious carbohydrate sources like fruits, vegetables, whole grains, nuts, seeds, dairy and legumes. Most of these foods will have a low glycemic load because they are high in fiber and low in refined sugars. Limit processed carbohydrates, refined grains and foods with added sugar. These foods will have a high glycemic load and a negative impact on your blood sugar control. Lastly, eat carbohydrate containing foods with a healthy fat or protein source. Doing so will slow digestion and slow the rate at which glucose enters your blood stream.



## Mark Your Calendars!

April 23 is National Take A Chance Day, a day dedicated to breaking out of your comfort zone and embracing new experiences! And what better way to celebrate than by joining us for Community Dining at your local senior center? Invite a friend, partner or neighbor to join you for a delightful lunch experience, filled with good company and great food. Stay a while for some engaging chit-chat, activities or the chance to make new friends. If you're pressed for time, don't worry - we offer convenient to-go meals at all our locations. Check out the menus on pages 6, 7 & 8!

Ready to make it a date? Ensure your spot by signing up for meals! Simply call or drop by to add your name to the meal list by 9am on the day you would like to eat. We believe in fostering a sense of community, and that's why there's no fee for our meals. However, if you'd like to support our meal program, consider making a suggested donation of \$4 per meal. Rest assured, donations are anonymous, and we welcome everyone—no one will ever be turned away due to an inability to donate.

Join us for service with a smile, and we'll even take care of the dishes.

**Let's make National Take A Chance Day a day to remember, filled with new connections, delicious meals, and the joy of trying something different!**

# **SOUTHERN VALLEY AGING EXPO**

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**Thursday, May 9th, 2024**  
**11:00am — 3:00pm**

Wahpeton Community Center  
304 5th Street South  
Wahpeton, ND 58075

**11:00am — 12:30pm Visit Booths**

**Balance and Falls Screening by CHI St. Francis**

**12:00pm — 12:30pm Hot Lunch — Free Will Offering**

**12:30pm — 1:15pm Stroke Recognition & Prevention**

**Molly Murch, MSN, RN-BC, SCRNP —Essentia Health**

**1:15pm — 1:30pm Fit & Strong**

**Ronda Gripenrog—NDSU Extension**

**1:30pm — 1:45pm Break / Door Prizes**

**1:45pm — 2:30pm Laughing Yoga**

**Jennifer Thul**

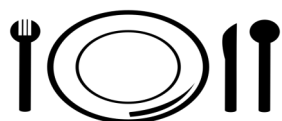
**2:30pm — 3:00pm Door Prizes & Visit Booths**

**Come visit with a variety of area Service Providers to learn more about the services available to you.**

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**Please note: There will be a number of door prizes and other things to sign up for, so you may want to bring address labels**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b> Country Fried Steak / Country Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit Bread x2	<b>2</b> Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin Bread x2	<b>3</b> Beef Taco Salad Tortilla Chips Salsa Fresh Berries / Whipped Topping	<b>4</b> Chicken Monterey Brown Rice Prince Edward Vegetables Apple Bread	<b>5</b> Supreme Pizza Casserole Green Beans Oregano Apricots Breadstick
<b>8</b> Beef Broccoli Stir Fry Brown Rice Vegetable Egg Roll Sweet & Sour Sauce Orange	<b>9</b> Lemon Pepper Fish Whipped Sweet Potato Roasted Brussels Sprouts Applesauce Bread x 2	<b>10</b> Country Ham Scalloped Potatoes Corn Fruit Cocktail Carrot Cake Bread x2	<b>11</b> Hamburger on a Bun Baked Beans Lettuce,Tomato,Onion Strawberries	<b>12</b> Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Tidbits Breadstick
<b>15</b> Turkey a la King Fluffy Rice Mixed Veggies Grapes Biscuit	<b>16</b> Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce Breadstick	<b>17</b> Mexican Meatballs Mashed Potatoes Chuckwagon Corn Deluxe Fruit Cornbread	<b>18</b> Grilled Chicken Breast Potato Salad Winter Blend Veggies Pears Bread x2	<b>19</b> Honey Roasted PorkChop Tuscany Summer Veggies Oranges/Pineapple/ Bananas Hot Spiced Apples Bread x2
<b>22</b> Lasagna House Salad Wax Beans Peaches Parmesan Cheese Breadstick	<b>23</b> Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas Ciabatta Roll	<b>24</b> Beef Pot Roast Brown Gravy Mashed Potatoes Broccoli Plums Bread x2	<b>25</b> Swiss Steak Baby Red Potatoes Lemon Asparagus Fresh Fruit Salad Bread x2	<b>26</b> Baked Cod / Garlic Butter Lemon Dill Orzo Seasoned Zucchini Mandarin Oranges Bread
<b>29</b> Chicken Kiev O'Brien Potatoes Country Blend Veggies Ginger Baked Pears / Topping Bread x2	<b>30</b> Beef Tips Mushrooms / Gravy Baked Potato Green Beans Blueberries Bread x2			



All of our meal sites provide congregate, carry out, and home delivered meals. Please call your meal site by 9am on the day you would like to eat. All meals include 1% milk. If you live in Richland County but do not have a meal site near you, frozen meals are available.

Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age. Under the age of 60 is a charge of \$9.00 per meal.

**April 2024****Abercrombie Senior Center****553-8759**

<b>1</b> Country Fried Steak/Country Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit Bread x2	<b>2</b> Chicken Monterey Brown Rice Prince Edward Vegetables Apple Bread	<b>3</b> Supreme Pizza Casserole Green Beans Oregano Apricots Breadstick
<b>8</b> Lemon Pepper Fish Whipped Sweet Potato Roasted Brussels Sprouts Applesauce Bread x2	<b>9</b> Hamburger on Bun Baked Beans Lettuce, Tomato, Onion Strawberries	<b>10</b> Stuffed Peppers Tomato Sauce Mashed Potatoes Pineapple Tidbits Breadstick
<b>15</b> Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce Breadstick	<b>16</b> Grilled Chicken Breast Potato Salad Winter Blend Vegetables Pears Bread x2	<b>17</b> Honey Roasted Pork Chop Tuscany Summer Vegetables Oranges/Pineapple/Bananas Hot Spiced Apples Bread
<b>22</b> Lasagna House Salad Wax Beans Peaches Parmesan Cheese Breadstick	<b>23</b> Swiss Steak Baby Red Potatoes Lemon Asparagus Fresh Fruit Salad Bread x2	<b>24</b> Baked Cod / Garlic Butter Lemon Dill Orzo Seasoned Zucchini Mandarin Oranges Bread
<b>29</b> Chicken Kiev O'Brien Potatoes Country Blend Veggies Ginger Baked Pears / Topping Bread x2	<b>30</b> Beef Tips/Mushrooms / Gravy Baked Potato Green Beans Blueberries Bread x2	

**April 2024****Hankinson Senior Center****242-7742**

<b>2</b> Country Fried Steak / Country Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit Bread x2	<b>3</b> Supreme Pizza Casserole Grean Beans Oregano Apricots Breadstick	<b>5</b> Chicken Monterey Brown Rice Prince Edward Vegetables Apple Bread
<b>9</b> Stuffed Pepper Tomato Sauce Mashed Potatoes Pineapple Tidbits Breadstick	<b>10</b> Country Ham Scalloped Potatoes Corn Fruit Cocktail Carrot Cake Bread x2	<b>11</b> Hamburger on a Bun Baked Beans Lettuce, Tomato, Onion Strawberries
<b>16</b> Lemon Pepper Fish Whipped Sweet Potato Roasted Brussels Sprouts Applesauce Bread x2	<b>17</b> Mexican Meatballs Mashed Potatoes Chuckwagon Corn Deluxe Fruit Cornbread	<b>19</b> Grilled Chicken Breast Potato Salad Winter Blend Vegetables Pears Bread x2
<b>23</b> Lasagna House Salad Wax Beans Peaches Parmesan Cheese Breadstick	<b>24</b> Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas Ciabatta Roll	<b>25</b> Ham & Bean Soup BLT Cucumber Salad Cantaloupe
<b>30</b> Baked Cod / Garlic Butter Lemon Dill Orzo Seasoned Zucchini Mandarin Oranges Bread		



**April 2024****Lidgerwood Senior Center****538-4602**

<b>1</b> Country Fried Steak / Country Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit Bread x2	<b>2</b> Beef Taco Salad Tortilla Chips Salsa Fresh Berries / Whipped Topping	<b>4</b> Supreme Pizza Casserole Green Beans Oregano Apricots Breadstick
<b>8</b> Beef Broccoli Stir Fry Brown Rice Vegetable Egg Roll Sweet & Sour Sauce Orange	<b>9</b> Lemon Pepper Fish Whipped Sweet Potato Roasted Brussel Sprouts Applesauce Bread x2	<b>11</b> Hamburger on a Bun Baked Beans Lettuce, Tomato, Onion Strawberries
<b>15</b> Honey Roasted Pork Chop Tuscany Summer Vegetables Oranges/Pineapple/Bananas Hot Spiced Apples Bread x2	<b>16</b> Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce Breadstick	<b>18</b> Grilled Chicken Breast Potato Salad Winter Blend Vegetables Pears Bread x2
<b>22</b> Lasagna House Salad Wax Beans Peaches Parmesan Cheese Breadstick	<b>23</b> Baked Cod / Garlic Butter Lemon Dill Orzo Seasoned Zucchini Mandarin Oranges Bread	<b>25</b> Beef Pot Roast / Brown Gravy Mashed Potatoes Broccoli Plums Bread x2
<b>29</b> Chicken Kiev O'Brien Potatoes Country Blend Veggies Ginger Baked Pears / Topping Bread x2	<b>30</b> Beef Tips / Mushrooms / Gravy Baked Potato Green Beans Blueberries	

**April 2024****Wyndmere Senior Center****439-2907**

<b>1</b> Country Fried Steak / Country Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit Bread x2	<b>2</b> Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin Bread x2	<b>4</b> Chicken Monterey Brown Rice Prince Edward Vegetables Apple Bread
<b>8</b> Beef Broccoli Stir Fry Brown Rice Vegetable Egg Roll Sweet & Sour Sauce Orange	<b>9</b> Lemon Pepper Fish Whipped Sweet Potato Roasted Brussel Sprouts Applesauce Bread x2	<b>10</b> Country Ham/Scalloped Potatoes Corn Fruit Cocktail Carrot Cake Bread x2
<b>15</b> Turkey a la King Fluffy Rice Mixed Veggies Grapes Biscuit	<b>16</b> Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce Breadstick	<b>18</b> Grilled Chicken Breast Potato Salad Winter Blend Vegetables Pears Bread x2
<b>22</b> Lasagna House Salad Wax Beans Peaches Parmesan Cheese Breadstick	<b>23</b> Pork Wings Au Gratin Potatoes Seasoned Snow Peas Cinnamon Bananas Ciabatta Roll	<b>25</b> Swiss Steak Baby Red Potatoes Lemon Asparagus Fresh Fruit Salad Bread x2
<b>29</b> Chicken Kiev O'Brien Potatoes Country Blend Veggies Ginger Baked Pears / Topping Bread x2	<b>30</b> Beef Tips / Mushrooms / Gravy Baked Potato Green Beans Blueberries Bread x2	





## ND SMP Scam of the Month April 2024

### Medicare Statement Red Flags

Not sure what you are looking for when you review your Medicare statements (MSNs)? When you get your statements go through the claims listed and look for a few key words. If you see words like diabetic supplies, hospice, blood sugar monitors, braces, catheters, genetic tests, or even COVID-19 tests, these can be scams and may be signs of a problem.

**MEDICARE  
STATEMENT  
RED FLAGS**

Look through claims and  
watch for words like:

- ✗ Diabetic supplies
- ✗ Hospice
- ✗ Glucose monitors
- ✗ Urinary catheters
- ✗ Genetic tests

Report suspicious claims to the SMP.

**SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud  
SUPPORTED BY GRANT # 90WPC0002 FROM ACL

**Call the ND SMP to report these concerns of suspected fraud.**

**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](mailto:ndsmp@minotstateu.edu) or call 1-833-818-0029. 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: SMP Social Media Bulletin (2024 Feb). *Red Flags to Look for on Medicare Statements*. Retrieved from: [SMP Resource Center Infographics - Fraud Prevention - Senior Medicare Patrol](#)

**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](http://www.ndcpd.org/smp)

**Richland County Public Transit Schedules for  
April 2024—June 2024**

**TRANSIT RIDES TO WAHPETON**

Valley 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 2:00pm if possible. The cost for these rides is **\$5.00 per person.**

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

April: 8 & 22      May: 6 & 20      June: 10 & 24

**TRANSIT RIDES TO FARGO**

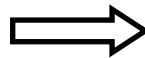
Valley Senior Services provides transportation to Fargo on the 1st, 2nd, 3rd and 4th Tuesdays and Thursdays of each month **To schedule a ride, call 642-5746 at least 2 days in advance.** Hours spent in Fargo will be between 10:00am to 3:00pm unless all riders are done earlier. It is best if you schedule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

**NEW: Beginning June 1st, we will no longer have set routes to Fargo. Anyone in Richland County can ride our transportation on any Fargo date. The dates for June are: June 4, 6, 11, 13, 18, 20, 25, and 27.**

**Fargo North Run**

Wahpeton, Abercrombie,  
Mooreton, Christine,  
Walcott, Galchutt

Will run on  
these dates.

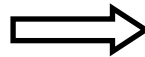


Apr: 2, 4, 9, 25  
May: 2, 7, 14, 23

**Fargo South Run**

Wahpeton, Fairmount,  
Hankinson, Lidgerwood,  
Wyndmere, Colfax

Will run on  
these dates.

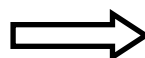


Apr: 11, 16, 23  
May: 21, 28

**Fargo Run**

Wahpeton, Fairmount,  
Hankinson, Lidgerwood,  
Wyndmere, Mooreton,  
Abercrombie, Colfax,  
Christine, Walcott, Galchutt

Will run on  
these dates.



Apr: 18  
May: 16

# Discover Wellness Together

## Join Simply Nutritious Conversations Though Text Messaging

Receive text messages about health, activity and tasty recipes sent straight to your phone from the Simply Nutritious Conversations program.

Join our next conversation, **Enhancing Your Well-Being Through Balanced Nutrition and Healthy Lifestyle Choices** by signing up for the program's text messaging option today!

### Why Join the Conversation?

- Receive information on nutrition topics that are important for older adult health
- Receive tips for maintaining a healthy lifestyle
- Get expert advice from a registered dietitian

### Sign Up Using an Option Below

- Scan the QR code with your phone's camera
- Go to [bit.ly/ND\\_SignUp](https://bit.ly/ND_SignUp)
- Text SIMPLY to (701) 291-4933



### Continue the Conversation

North Dakota Health and Human Services Adult and Aging Services will provide monthly Simply Nutritious Conversations. These conversations are a friendly way to learn from a dietitian at no cost to you.

A variety of general nutrition and wellness topics affecting many older adults will be covered during the conversations.

Every Simply Nutritious Conversation will include a planned topic followed by an open discussion among the group.

For more information about Simply Nutritious Conversations email [ndsupport@dietarysolutions.net](mailto:ndsupport@dietarysolutions.net) or call 1 (888) 960-2180.

**Wahpeton Harmony Senior Citizens Club, Inc**  
**520 3<sup>rd</sup> Avenue South**  
**Wahpeton, ND 58075**

"Return Service Requested"

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