

"Is Dark Chocolate Good for My Heart?"

Jenny Marhula, LRD, CDEValley Senior Services Dietitian

You see news headlines all the time practically touting dark chocolate as a health food. But news headlines tend to sensationalize single studies. So, is it true? Should you enjoy a box of dark chocolates this Valentine's Day or is this all just a chocolate lover's fantasy?

Dark chocolate is derived from the cacao plant and is a rich source of antioxidants called flavonoids. Dark chocolate containing a higher percentage of cocoa will give you more of these healthy antioxidants. *Some* studies, report *small* portions of dark chocolate can help reduce blood pressure, protect the blood vessels and reduce platelet aggregation (platelet stickiness) through the antioxidant activities of the flavonoids.

The American Dietetic Association's Evidence Analysis Library recently analyzed all of the research available on the relationship between dark chocolate and blood pressure. It concludes that a *limited* amount of data suggests positive effects of cocoa or chocolate on blood pressure when consumed for more than 2 weeks. It states that more research is needed to determine the effects of chocolate or cocoa on people with high blood pressure. The analysis report states, "consumption of cocoa or chocolate may or may not be beneficial for the reduction of blood pressure since the current evidence is inconclusive regarding its effects on blood pressure."

We know that dark chocolate is no health food. It is dense in calories and high in saturated fat, two things Americans already consume way too much of. Obviously, adding too much dark chocolate into your diet will increase calorie consumption and lead to weight gain and weight gain can increase blood pressure.

The bottom line is that we still don't know if dark chocolate can significantly improve blood pressure or heart health. It seems that *very small* amounts of dark chocolate may be beneficial and will probably not be harmful, but moderation is still the key. Eating a box of dark chocolates on Valentine's Day would be far from a "heart healthy" choice. However, eating a couple bites of dark chocolate (like the amount in one or two Hershey's dark chocolate kisses) every day is okay if you can afford the extra calories. Just don't replace your blood pressure medication with chocolate therapy!

**S.E. SENIOR SERVICES
WAHPETON SENIOR CENTER
520 3rd Ave. S.**

**Wahpeton, ND 58075
(701)642-5746 or 642-3033**

Fax:

701-642-5009

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Terry Olsen

Kally Glander

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:

Shelley Tollefson

Southeast Senior Services

520 3rd Avenue South

Wahpeton, ND 58075

(701) 642-3033

Health Clinics For Richland County

Hankinson— February 14

Foot Clinic 9:00 to 11:30

For Appointment Call: 242-7742

Done by: St Catherine's

Cost: \$12.00

March 13

Blood Pressure/Wellness Check 10:45-11:45

Done by: St Catherine's

Wyndmere— February 16

Blood Pressure/Wellness Check 10:30-11:30

Done by: St Catherine's

March 15

Foot Clinic 8:30 to 11:30

For Appointment Call: 439-2907

Done by: St Catherine's **Cost: \$12.00**

Abercrombie— February 15 & March 21

Blood Pressure/Wellness Check 11:00 - 12:00

Done by: St Catherine's

Wahpeton—February 8 & March

Blood Pressure/Wellness Check 10:30-11:30

Done by: St Catherine's

February 14 & 21 — March 13 & 20

Foot Clinic 12:30 to 3:00

For Appointment call 642-7735

Done by: Richland County Public

Cost: \$20.00

Southeast Senior Services Board of Directors

Don Krassin

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WAHPETON
642-5746

SOUTHEAST SENIOR SERVICES
February 2012 MENU

ALL MEALS SERVED WITH
1% MILK & BREAD

MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		OVEN BAKED CHICKEN AUGRATIN POTATO SQUASH CHOCOLATE PUDDING BREAD-2	HAMB RICE CASSEROLE GREEN BEANS LETTUCE SALAD APRICOTS BREAD-1	STEAK/MUSHROOMS BOILED POTATO CALIFORNIA BLEND MANDARIN ORANGES BREAD-2
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
BBQ RIBS BAKED POTATO MALIBU BLEND VEGT PEARS BREAD-2	FISH PARSLIED POTATOES CARRIBEAN BLEND VEGT PINEAPPLE BREAD-2	BIRTHDAY DINNER COUNTRY FRIED STEAK MASHED POTATOES PEAS & CARROTS DESSERT BREAD-2	SPAGHETTI/MEATSAUCE PRINCE EDWARD VEGT 7 LAYER SALAD APRICOTS BREAD STIX-1	PORK ROAST MASHED POTATOES PEAS JELLO/PEACHES/TOPPING BREAD-2
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
CHICKEN BREASt/RICE CARROTS BROCCOLI SALAD TROPICAL FRUIT BREAD-1	PORK CHOP SCALLOPED POTATOES GARDEN BLEND VEGES CINNAMOM APPLES BREAD-2	MEATBALLS/GRAVY MASHED POTATO CREAMED PEAS BANANA CAKE BREAD-2	LASAGNA GREEN BEANS LETTUCE SALAD PEACHES GARLIC TOAST-1 THURSDAY 23	SWISS STEAK BAKED POTATO BROCCOLI PEARS BREAD-2 FRIDAY 24
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
COUNTRY SAUSAGE MASHED POTATO SAUERKRAUT GR BEANS PLUMS BREAD-2	BAKED CHICKEN BAKED POTATO MALIBU BLEND FRUIT COCKTAIL BREAD-2	STEAK/ONIONS PARSLIED POTATO BABY CARROTS LEMON BAR BREAD-2	HAMB MAC TOMATO HOTDISH CREAMY COLESLAW CORN JELLO/BANANA/TOPPING BREAD-1	SWEDISH MEATBALLS MASHED POTATO SQUASH PEACH DESSERT BREAD-2
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY MAR 1	FRIDAY MAR 2
BEEF TIPS/GRAVY MASHED POTATO PEAS * CARROTS TROPICAL FRUIT BREAD-2	CHICKEN NOODLE CASSEROLE CARROTS TANGY COLESLAW STRAWBERRY FRUIT SALAD BREAD-1	MEATLOAF PARSLIED POTATO BROCCOLI FRUITCOCKTAIL CAKE BREAD-2	CHICKEN PATTIE/BUN HASHBROWN BAKE BAKED BEANS APPLESAUCE BREAD -0	STEAK/MUSHROOMS SCALLOPED POTATO SPINACH PEAS TAPIOCA PUDDING BREAD-2

WAHPETON SENIOR CITIZENS CENTER FEBRUARY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		H/F 12:15 PINOCHLE 1:00	FARGO NORTH VAN	H/F 12:15 WHIST 1:00
		OVEN BAKED CHICKEN	HAMB RICE CASSEROLE	STEAK/MUSHROOMS
6	7	8	9	10
BRIDGE 12:30 ROOK 1:00	BINGO 1:00	H/F 12:15 PINOCHLE 1:00	FARGO SOUTH VAN	H/F 12:15 WHIST 1:00
BBQ RIBS	FISH	BIRTHDAY DINNER COUNTRY FRIED STEAK	SPAGHETTI	PORK ROAST
13	14	15	16	17
BRIDGE 12:30 ROOK 1:00	BINGO 1:00	H/F 12:15 PINOCHLE 1:00	FERGUS FALLS VAN	H/F 12:15 WHIST 1:00
CHICKEN BREAST/RICE	FOOT CLINIC 12:30 –3:00 CALL 642-7735 PORK CHOP	MEATBALLS/GRAVY	LASAGNA	SWISS STEAK
20	21	22	23	24
BRIDGE 12:30 ROOK 1:00	BINGO 1:00	H/F 12:15 PINOCHLE 1:00	HAMB MAC TOMATO HOTDISH	H/F 12:15 WHIST 1:00
COUNTRY SAUSAGE	FOOT CLINIC 12:30 –3:00 CALL 642-7735 BAKED CHICKEN	STEAK/ONIONS	SWEDISH MEATBALLS	
27	28	29	MARCH 1	MARCH 2
BRIDGE 12:30 ROOK 1:00	BINGO 1:00	H/F 12:15 PINOCHLE 1:00	CHICKEN PATIE/BUN	H/F 12:15 WHIST 1:00
BEEF TIPS/GRAVY	CHICKEN NOODLE CASSEROLE	MEATLOAF	STEAK/MUSHROOMS	

Meals for February 2012 in county sites. All meals include beverage & bread.

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		1	Swedish Meatballs/Gravy Mashed Potato Wax Beans
6	Fish Parslied Potato Carribbean Blend Veges	7	BBQ Ribs Baked Potato Malibu Blend Veges
13	Lasagna Green Beans Lettuce Salad	14	Chicken Breast/Rice Carrots Broccoli Salad
20	Country Sausage Parslied Potato Green Beans	21	Hamb Mac Tomato Hotdish Creamy Coleslaw Corn
27	Chicken Noodle Casserole Carrots Tangy Coleslaw	28	Meatloaf Parslied Potato Broccoli
		29	Chicken Pattie/Bun Hashbrown Bake Baked Beans

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		1	Turkey Tettrazzinni Chuckwagon Corn Coleslaw
6	BBQ Ribs Baked Potato 7 Layer Salad	8	Fish Parslied Potato Mixed Veges
13	Meatballs/Gravy Mashed Potato Creamed Peas	15	Lasagna Green Beans Lettuce Salad
20	Baked Chicken Baked Potato Malibu Blend	22	Country Sausage Mashed Potato Green Beans
27	Steak/Mushrooms Scalloped Potato Creamed Peas	29	Chicken Pattie/Bun Hashbrown Bake Baked Beans
		3	Swedish Meatballs/Gravy Mashed Potato Wax Beans
		10	Hot Beef on Bun Chuckwagon Corn Carrot Raisin Salad
		17	Pork Chop Scalloped Potato Garden Blend Veges
		24	Steak/Onions Parslied Potato Baby Carrots
		Mar 2	Meatloaf Parslied Potato Broccoli

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		1	Oven Baked Chicken Augratin Potato Squash
7	Roast Beef Sandwich Mashed Potato Prince Edward Veges	8	Spaghetti/Meatsauce Sliced Carrots 7 Layer Salad
14	Pork Chop Scalloped Potato Garden Blend Veges	15	Meatballs/Gravy Mashed Potato Creamed Peas
21	Baked Chicken Baked Potato Baby Carrots	22	Hamb Mac Tomato Hotdish Creamy Coleslaw Corn
28	Beef Tips/Gravy Mashed Potatoes Peas & Carrots	29	Meatloaf Parslied Potato Green Beans
		3	Hamb Rice Casserole Green Beans Lettuce Salad
		10	Pork Roast Mashed Potato Peas
		17	Swiss Steak/Gravy Mashed Potato Broccoli
		24	Meatballs Mashed Potato Beets
		Mar 2	Steak/Mushrooms Scalloped Potato Spinach Peas

Meals for February 2012 in county sites. All meals include beverage & bread.

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	1 Oven Baked Chicken Au gratin Potato California Blend	3 Hmb Rice Casserole Green Beans Lettuce Salad
7 BBQ Ribs Baked Potato Malibu Blend Veges	8 Pork Roast Mashed Potato Peas	10 Spaghetti/Meatsauce Prince Edward Veges 7 Layer Salad
14 Pork Chop Scalloped Potato Garden Blend Veges	15 Meatballs/Gravy Mashed Potato Creamed Peas	17 Lasagna Green Beans Lettuce Salad
21 Steak/Onions Parslied Potato Baby Carrots	22 Hamb Mac Hotdish Corn Lettuce Salad	24 Swedish Meatballs Mashed Potato Squash
28 Chicken Noodle Casserole Carrots Tangy Coleslaw	29 Meatloaf Parslied Potato Broccoli	

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	1 Hmb Rice Casserole Green Beans Lettuce Salad	2 Steak/Gravy Boiled Potato Calif Blend Veges
6 BBQ Ribs Baked Potato Malibu Blend Veges	8 Fish Parslied Potatoes Carribbean Blend Veges	9 Spaghetti/Meatsauce Prince Edward Veges 7 Layer Salad
13 Chicken Breast/Rice Carrots Broccoli Salad	15 Ham Scalloped Potato Carrots	16 Pork Chop Mashed Potato Garden Blend Veges
20 Country Sausage Mashed Potato Green Beans	22 Swedish Meatballs Mashed Potato Squash	23 Hamb Mac Hotdish Corn Creamy Coleslaw
27 Chicken Pattie/Bun Hashbrown Bake Baked Beans	29 Beef Tips/Gravy Mashed Potato Peas & Carrots	Mar 1 Meatloaf Parslied Potato Broccoli

All of our meal sites provide congregate and home delivered meals in their towns. Meals are available for a suggested donation of \$3.50. All donations are used to help us keep up with the growing demand for these services.

Please call ahead to sign up for dinner!

Abercrombie	Serves	M,T,W	553-8759
Fairmount	Serves	M,W,F	474-5723
Hankinson	Serves	T, W,F	242-7742
Lidgerwood	Serves	T,W,F	538-4602
Wyndmere	Serves	M,W,TH	439-2907

FREE TAX HELP

Starting February 7th 2012 and each Tuesday and Wednesday through April 11th, AARP will once again have Tax Aide Counselors here to assist you with free tax help and e-filing. This is available for taxpayers with middle and low income, with special attention to those age 60 or older. Tax Aides will be available for appointments from 9 a.m. to 3 p.m.

If you would like to make an appointment to visit with them call 642-5746.

Please bring the following info with you:

Copy of last years return

W-2 forms

Unemployment statements

SSA-1099 forms

All 1099 forms: 1099-misc & 1099-R

All forms indicating federal income tax paid

Dependent care provider info

Receipts or cancelled checks if itemizing deductions

Social Security numbers for all dependents.

Sponsored by the AARP Foundation/Tax-Aide.

Rent Refunds and Property Tax Credits Available

If you are 65 years old, or totally and permanently disabled, you may be eligible for a rent refund or property tax credit.

Rent Refunds

You may be eligible to receive a rent refund if 20% of your annual rent exceeds 4% of your annual income. Your income cannot exceed \$26,000 for the year 2010. A refund cannot exceed \$400. For a husband and wife living together, only one can apply for the refund. Only the spouse applying for the refund needs to be 65 years of age. For more information, or if you are interested in applying, please call our office. The applications must be filed with the State Tax Commissioner by May 31st, 2012.

Property Tax Credit

The property tax credit will reduce the homeowner's taxable value according to your income. In order to qualify for a property tax credit, your income must not exceed \$26,000 and your assets may not exceed \$75,000. You may exclude the market value of your homestead up to \$100,000. If you believe you are eligible for a property tax credit, you can file an application with your local assessor by February 1 in the year your property is assessed and for which you request a property tax credit. When considering income for both rent refunds and property tax credits, all sources must be considered including but not limited to Social Security benefits, pensions, salaries, unemployment benefits, dividends, interest, profits, etc. Life insurance proceeds paid to a surviving spouse or dependent are not included in this act. Medical expenses are deductible from income if not compensated by insurance or other forms of compensation.

For additional information on rent refunds or property tax credits, please call our office at 701-642-3033, or the State Tax Commissioner at 1-877 328-7088 ext. 6.

**Wahpeton Senior Center will be having their Easter meal on April 4th
Space is limited so please sign up in the office or by phone, by
March 23rd.**

642-5746

"Is Dark Chocolate Good for My Heart?"

Jenny Marhula, LRD, CDE, Valley Senior Services Dietitian

(Continued from page 1)

Here is a healthier chocolate cookie that my family enjoys. I hope you like it too!

Low Fat Double Chocolate Chip Cookies

¾ cup packed brown sugar

½ cup + 1 T. sugar

1/3 cup canola oil

½ cup applesauce

2 egg whites

2 tsp. vanilla

2 2/3 cup flour

1/3 cup cocoa powder

1 tsp. baking soda

1/3 cup mini chocolate chips

Preheat oven to 300°. Blend brown sugar, sugar, and oil with mixer. Beat in applesauce, egg whites and vanilla. Mix in flour, cocoa powder, baking soda and chocolate chips by hand. Refrigerate dough until firm, about 1 ½ to 2 hours. Roll into 1-inch balls, then roll in powdered sugar. Place on a lightly-sprayed cookie sheet and bake for 15-18 minutes.

Do not overbake. Makes about 2 dozen cookies.

(Taken from: Mercy Hospital Auxiliary Cookbook, Valley City, North Dakota. April 2001)



Volunteer's Needed

**Do you have some time to spare?
Would you like to make a difference
in someone's life?**

**We are looking for people to help
with the delivery of Home Delivered
Meals in the Wahpeton and
Hankinson area.**

**We are also looking for volunteers
to drive the Med Van from
Wahpeton to Fargo. The Med Van
transports people of any age to
Fargo for radiation treatments.**

**If you are willing to donate some of
your time to either one of these
services please call us at
642-3033.**

Thanks!!

--- Thank You For The Donations Given To Our Agency ---

Dolores Berg
Ruth Lies

Roman Berg
Norma Nosek
Gale Tollefson

Florence Bohn
Ione O'Hear
Mary Lynn Vertin

Ed Klein
George Paur
Fran Werre

Phyllis Kost
Dorothy Piechowski

We have received many donations from several people in the form of money, equipment, cards, time, talents and many other forms of support and they are very much appreciated! If you donated and your name did not get in our newsletter, please let us know.

Thank you to each and every one of you!

Richland County Transit Schedules for January 2012—March 2012

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 9:30 a.m. to 2:30 p.m. unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10 a.m. and 1 p.m. if possible. The cost for these rides is **\$4.00 per person.**

Barney/Mooreton/Mantador/Great Bend

January 6
February 3
March 2

Fairmount

January 17
February 21
March 20

Hankinson/Lidgerwood/Wyndmere

January 9
January 23
February 13
February 27
March 12
March 26

Colfax/Abercrombie/Galchutt/Dwight

January 27
February 24
March 23

Pick Up Times for Richland County Transit

Abercrombie	8:15	Fairmount	9:00	Lidgerwood	8:50
Barney	9:00	Galchutt	8:30	Mantador	9:30
Colfax	8:00	Great Bend	9:45	Mooreton	9:15
Dwight	8:45	Hankinson	8:30	Wyndmere	9:15

Fargo Transportation Info

Southeast Senior Services provides transportation to Fargo twice every month on the 1st and 2nd Thursdays. Hours spent in Fargo will be between 10:00 a.m. to 3:00 p.m. unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10:00 and 2:00. Cost for these rides is **\$6.00 per person** if they pick you up at the Senior Center in your town or **\$7.00 per person** if they pick you up at your home. The routes will be as follows:

1st Thursday of Each Month

Wahpeton Abercrombie,
Mooreton, Christine,
Walcott, Galchutt

2nd Thursday of Each Month

Wahpeton Fairmount
Hankinson, Lidgerwood
Wyndmere, Colfax

Fergus Transportation Info

Southeast Senior Services provides transportation to Fergus Falls from Wahpeton every month on the 3rd Thursday. Hours spent in Fergus will be between 9:00 a.m. to 2:00 p.m. unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10:00 and 1:00. Cost for this ride is **\$5.00 per person** if they pick you up at the Senior Center in Wahpeton or **\$6.00 per person** if they pick you up at your home in Wahpeton.

**To schedule a ride to Fergus or Fargo and to check on pick up times
please call 642-5746 at least 2 days in advance.**

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"

Donations and bequests of all amounts are welcome and will help to perpetuate the Southeast Senior Services/Wahpeton Harmony Senior Citizens Center. Donations and gifts can be in cash, real estate, stocks, bonds, IRA, Keogh, 401(k), 403(b), or other qualified pension plans; or even signing over an insurance policy.

Donors may obtain significant estate and income tax savings by designating the Southeast Senior Services/Wahpeton Harmony Senior Citizens Center as a beneficiary. Please talk to your accountant or lawyer for more detail. The most useful types of gifts are unrestricted, although restricted donations for our building, programming, transportation and outreach are also very welcome.

Donations and bequests intended for the use of the Southeast Senior Services/Wahpeton Harmony Senior Citizens Center should be stipulated in ones will and the following language may be used for an unrestricted gift:

"I give _____ dollars or _____ percent of the residue of my estate to the Southeast Senior Services/Wahpeton Harmony Senior Citizens Center, an IRS approved charitable donation, for its general purposes."

Please Contact Shelley Tollefson at the Wahpeton Harmony Senior Citizens Center for more information. You can reach her by calling 642-5746 or stop by the Center at 520 3rd Avenue South in Wahpeton.