

Senior Society

Volume 21 Number 8

Valley Senior Services

August 2011

Volunteers Needed!

The North Dakota Department of Human Services is seeking volunteers for the Community Ombudsman Program. Volunteers have always been the backbone of the Long Term Care Ombudsman Programs administered under the Older Americans Act. More than 11,000 volunteers serve long-term care residents through their state's Long-Term Care Ombudsman Program.

More than three-fourths of states use volunteers to support the Long-Term Care Ombudsman Program, ensuring the rights and well-being of residents of nursing facilities, assisted living communities, board and care homes and similar facilities. Last year, more than 8,800 of these volunteers were trained and certified as long-term care ombudsmen, resolving complaints with and on behalf of residents.

Volunteer ombudsmen visit and listen to residents' concerns as well as problem-solve. Many residents of long-term care facilities sometimes have little or no contact with the outside world and some have few visitors. An ombudsman volunteer who visits regularly can make a huge difference in the quality of life of a resident. Long-term care facilities appreciate knowing there is a problem and having the opportunity to resolve the concern.

If you are interested in more information about this volunteer opportunity, you can contact Bryan Fredrickson, Regional Long Term Care Ombudsman, at 701-298-4413.

Mark Your Calendar!

Northern Plains Conference on Aging and Disability presents:
"Caring for Yourself and Others"
October 4, 5 & 6, 2011

More information on this conference in the September newsletter
or at www.northernplainsconference.com.

Gail Berg - Outreach Worker, Traill County 1-800-845-1715 or 788-3453
Dee Lia Baldwin - Outreach Worker, Steele County 1-800-845-1715

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 before 3:00 p.m. for a ride reservation.

Tuesday, August 2 - Grand Forks

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

Wednesday, August 3 - 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, August 8 - 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, August 9 - 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, August 15 - 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)

Thursday, August 18 - 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)

Friday, August 19 - Fargo

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

Monday, August 22 - Valley City/Jamestown

Finley - 8:15 (call) Hope - 8:40 (call) Page - 9:00 (call)
Luverne - 9:30 (call)

Tuesday, August 23 - Fargo

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

Wednesday, August 24 - Fargo

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

Thursday, August 25 - Grand Forks

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

Aug/Sept Foot Care

Hillsboro

August 1 - 7:00 - noon
(Senior Citizens);
Kiwanis #1 1:00 until done
August 2 - 7:00 - noon
(Senior Citizens)
Sept. 6 - 7:00 until done
Sept. 7 - 7:00 until done
(Senior Citizens)

Portland

August 12 - 7:00 until done
(Senior Citizens)

Hatton

August 26 - 7:00 until done
(Hatton Medical building)

Galesburg

August 30 - 8:00 until done

Reynolds

September 2 - 8:00 until done
(Catholic Church basement)

Buxton

September 2 - 11:00 until done

Hope

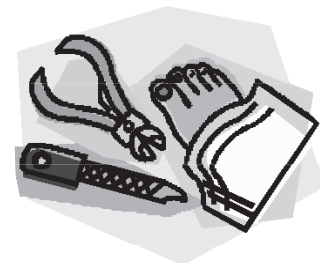
August 11 - 7:30 until done

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August 11 - 11:00 until done

Finley/Sharon @ Finley

August 16 - 6:45 until done



“Sodium: Shake the Habit - Part 2”

Jenny Marhula, LRD, CDE
Valley Senior Services Dietitian

Tips for cutting back on sodium in restaurants

It is very hard to avoid sodium in restaurants so it is best to eat out less often. When you do eat out:

- Ask for your food to be prepared without added salt.
- On the menu, look for words that suggest a food is high in sodium: cured, corned, pickled, smoked, broth, marinated, cheese, sauce (teriyaki, BBQ, soy, garlic, au jus, etc)
- Order plain cuts of meat, chicken or fish instead of breaded or covered in sauce, gravy or cheese.
- Order sauces and dressings to the side and limit how much you use.
- Choose plain meat sandwiches with fresh vegetables for toppings instead of tuna, chicken or egg salad sandwiches.
- Order sandwiches with fresh vegetables to add flavor, color, variety and crunch instead of the high sodium condiments (cheese, pickles, olives, sauces, dressings, etc)
- Choose a fresh green salad with dressing to the side instead of soup.
- Instead of a salty salad dressing, use vinegar/oil for your salads
- Use pepper or lemon juice to enhance flavors. Ask your server if salt-free seasonings are available (such as Mrs. Dash)
- Always taste food before adding any salt or seasoning.

Tips for cutting back on sodium at home

- Read food labels and compare products. The amount of sodium listed is for one serving. Choose foods labeled “no salt added” “sodium free” “low sodium” “very low sodium”. “Light in sodium” means the product has half the sodium of the regular product.
- Buy unprocessed foods. Good choices include:
- Fresh or frozen fruits and vegetables
- Unseasoned whole grains, such as plain brown rice, whole wheat pasta, plain oatmeal or shredded wheat
- Fresh, unseasoned meats, poultry and fish
- Dried (not canned) beans, lentils and peas (or canned with no added salt)
- Use fewer sauces, mixes and “instant” products. Choose “convenience” foods that are lower in sodium. Cut back on frozen dinners, pizza, canned soup, and processed meat.
- Choose healthy frozen dinners with less than 400 mg sodium per serving.
- Choose “no added salt” canned beans, vegetables and soups (look in the health food section)
- For a low sodium, whole grain cracker, try “Triscuits - Hint of Salt”
- Get less sodium from your peanut butter by choosing a natural, lower sodium peanut butter such as “Jif Natural”
- Skip pickled vegetables, relishes, sauerkraut and other foods in brine.
- Experiment with herbs and sodium-free spices or flavorings instead of salt to boost flavors. For example, you could try garlic or fresh chives on potatoes, a dash of nutmeg on cooked carrots, lemon on your fish, curry on your rice, cinnamon in your oatmeal... Keep in mind you’ll get the most flavor if you add herbs and spices to cooked foods within 1 hour of serving.

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Sodium: Shake the Habit

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- Use fresh ingredients (herbs, vegetables, fruits and berries, etc) to add flavor, color and texture.
- Limit the amount of salt used in cooking.
- Cut the salt in your favorite recipes by half, or leave out the salt completely.
- Do not add salt when cooking rice, pasta, potatoes or hot cereal.
- Rinse canned foods to remove some of the sodium.
- If one food in a meal has more sodium, balance the menu with other foods that have less. For example, instead of ham with scalloped potatoes, you could have a reduced sodium ham with a baked potato.
- Combine prepared foods with fresh, such as canned beets in a mixed green salad
- Use onion or garlic powder instead of onion or garlic salt.
- Keep in mind, low fat does not mean low sodium. Vegetable soups, sliced deli turkey, tomato juice – foods you may have considered healthy – often have lots of sodium.
- Don't be fooled. Kosher salt and sea salt have almost the same amount of sodium as regular table salt. Be aware that lower sodium versions of some foods, such as soy sauce, are still very high in sodium. So still use these foods sparingly, or try a different seasoning.
- Give yourself time to adjust. If things seem too bland, gradually shift to a lower sodium diet. Your palate will adjust with time but it may take a few weeks.
- Keep the salt shaker off the table. Instead, replace it with pepper and other salt-free seasonings such as Mrs. Dash.

Source: The American Dietetic Association, 2010