

Nutrition to Reduce the Risk of Osteoporosis
Lane Lipetzky Swenson, RD, LD, CGN—Valley Senior Services

Did you know, approximately 10 million Americans over the age of 50 have osteoporosis? Another 44 million have low bone density (osteopenia), increasing their risk of developing the disease. Osteoporosis is a disease where your bones become weak and more likely to break. In fact, 1 in 2 women and about 1 out of every 4 men will fracture a bone due to osteoporosis. In this month’s article we will look at how nutrition and lifestyle affect bone health.

Nutrition for Bone Health

According to the Bone Health and Osteoporosis Foundation (BHOFF), nutrition and lifestyle are key to preventing and managing osteoporosis. The two nutrients most associated with bone health are calcium and vitamin D. As you will see in the table below, calcium needs actually increase with age.

Recommended calcium intake:

Women under the age of 50	1,000 mg calcium per day
Women over the age of 50	1,200 mg calcium per day
Men under the age of 71	1,000 mg calcium per day
Men over the age of 71	1,200 mg calcium per day

How do you know if you are eating or drinking enough calcium? The table below can help you calculate the amount you’re consuming in your diet. First, determine the amount of dairy you eat daily and multiply the servings by 300 mg. Then, if you eat or drink any calcium fortified products, read the label for calcium per serving. Multiply the amount of calcium by the number of servings you have daily. Lastly, add 250 mg to your total to account for the various sources of calcium coming from your balanced diet. If you are falling short of your calcium needs you can choose to eat more calcium containing foods or talk to your dietitian about calcium supplementation.

Example: You drink 3 servings of milk daily and eat a variety of fruits and vegetables

$$3 \times 300 \text{ mg} + 250 \text{ mg} = 1,150 \text{ mg of daily calcium intake}$$

Food	Serving Size	Amount of Calcium
Milk	8 oz cup	300 mg
Yogurt	6 oz serving	300 mg
Cheese	1.5 oz	300 mg
Fortified juices, soy milk, almond milk and cereals	Check the food label	Calcium amounts vary, read the food label
Fruits, Vegetables, soy, bone in fish and other Calcium Sources	Most people eat about 250 mg of calcium a day through various sources	250 mg

**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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Shelley Tollefson**

**County Program Supervisor
Amy Laney**

**RESOURCE SPECIALIST
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**OFFICE ASSISTANT
Deanna**

**COUNTY ASSISTANT
Sharilynne**

**KITCHEN STAFF
Carol-Abercrombie
Sarah—Hankinson
Sandra—Lidgerwood
Sharron-Wahpeton
Tanya—Wahpeton
Cathy-Wyndmere**

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

**TRANSPORTATION
Christine
Dawn
Uri**

**INVENTORY & TRANSPORTATION
Shanel
Keith**

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**

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**

11:00am to 3:00pm on November 5 & 19 and December 3 & 17
9:00am to 12:00pm November 7 and December 5

**Lidgerwood Senior Center
117 4th Street Southwest
November 7 and December 5**

**Hankinson Senior Center
111 3rd Street Southwest
9:00am to 1:00pm on
November 14 and December 12**

**Wyndmere Senior Center
466 4th Street
10:00am to 1:00pm on
November 21 and December 19**

**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	Rich Hills



We invite you to join CHI Health at Home for an informative session dedicated to understanding the importance of Medication safety.

Lidgerwood Senior Center

117 4th St SW

November 7th @ 10:00am

Hankinson Senior Center

111 3rd St SW

November 7th @ 12:00pm

Wahpeton Senior Center

520 3rd Ave S

November 7th @ 10:00am

Abercrombie Senior Center

516 Broadway

November 12th @ 12:30pm

Wyndmere Senior Center

466 4th St

November 7th @ 11:00am

Understanding medication safety involves recognizing the importance of proper medication management, adherence to prescribed regimens, and awareness of potential side effects and interaction. Here are some key points to consider:

- Medication Management
- Adherence to Prescriptions
- Awareness of Side Effects
- Preventing Medication Errors

Medication safety in home is a shared responsibility between patients, caregivers, and healthcare providers. By maintaining open communication with healthcare professionals, patients can significantly reduce the risk of medication errors and enhance their overall health and well-being.

CHI Health at Home-Breckenridge
P: 218.643.2275

Continued from page 1

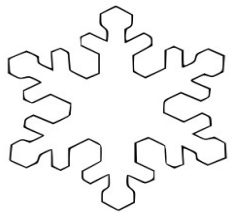
To absorb calcium, your body needs vitamin D. Adults over the age of 50 need around 800-1000 IUs every day. Several lifestyle factors can increase your needs such as being home bound, if you are older than 60, spending little time outside, living in a northern altitude, if you have very dark skin, are obese or if you have a medical condition that affects your vitamin D levels. Sun exposure can help your body make vitamin D, however, too much sun has its own risks. Additionally, there are several food sources that contain the vitamin in small amounts like egg yolks, fortified dairy, fatty fish and mushrooms, but it likely will not be enough to meet your needs. Be sure to talk to your dietitian or doctor about vitamin D supplements.

In addition to calcium and vitamin D, other nutrients such as protein, potassium, magnesium, vitamin K as well as vitamin C can help strengthen bones. Limiting excess intake of sodium can also be beneficial. To help support your bone health, eat 1.5 cups of fruit and 2 cups of vegetables daily. You can also try to limit your daily sodium intake to 2,300 mg or less. Because of their recommended high intake fruits and vegetables while limiting sodium, both the DASH diet and Mediterranean diet can decrease your risk for osteoporosis.

Lifestyle Factors Contributing to Bone Health

Lifestyle factors like participating in weight bearing physical activity can help improve your bone health. Other lifestyle factors like drinking alcohol, excess caffeine intake and smoking can damage your bones and contribute to bone loss. Lifestyle tips to improve your bone health include:

- Participate in weight bearing exercise like walking, dancing, pickleball, hiking or gardening at least 3 times a week.
- Try strength training exercises, stretching and balance exercises several times a week.
- Limit alcohol consumption to no more than 2-3 drinks a day.
- Stop smoking.
- If you drink caffeine, drink it in moderation. Studies show having more than 3 cups of coffee a day can interfere with calcium absorption. High intake of soft drinks is also associated with bone loss.



Weather Related Closures for Abercrombie, Hankinson, Lidgerwood, Wahpeton & Wyndmere Meal Sites

Weather related closures will be announced on the following media outlets:

Valley News Live

Facebook

When we are closed, there will be no Carry Out, Congregate, Home Delivered Meals, Transportation or Activities that day.

Balance & Falls Screening Events

- Individual balance assessments performed by therapists
- Personalized recommendations based on assessment findings
 - Safe home exercises
 - Referral sources
- Mobility device adjustments/recommendations
- Education related to home safety and falls prevention

Free events hosted by CHI St. Francis Physical Therapy and Occupational Therapy Department

Abercrombie Comm. Center	October 29th 12:30-2:30pm
Wahpeton Senior Center	November 1st 10:30am-12:30pm
Hankinson Senior Center	November 12th 12:00-2:00pm
Wyndmere Senior Center	November 14th 10:00am-12:00pm
Lidgerwood Senior Center	December 17th 12:00-2:00pm

No appointment necessary

Monday

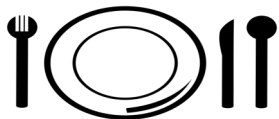
Tuesday

Wednesday

Thursday

Friday

				1
				Parmesan Baked Cod Roasted Red Potatoes Asparagus Almondine Apricots Dinner Roll
4	5	6	7	8
Cheesy Baked Ziti Sicilian Blend Veggies Mixed Berries Breadstick	Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fruit Cocktail Bread x2	Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	Beef Stew Seasoned Peas House Salad Pears WG Biscuit	Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/ Raspberries Bread x1
11	12	13	14	15
CLOSED If you would like to receive a frozen meal along with your hot meal on Friday, please call the office at 642-3033.	Beef Soft Tacos (2) Spanish Rice Black Beans Salsa Guacamole Banana	BIRTHDAY DINNER Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Mandarin Orange Cheesecake	Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries Bread x2	Mushroom Swiss Burger/Bun Tuscan Potato Salad Baked Beans Tangerine
18	19	20	21	22
Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2	Beef Tips/Mushroom Gravy Onion Mashed Potatoes Corn Strawberry Applesauce Bread x2	Spaghetti & Meat Sauce Brussels Sprouts Parmesan Cheese Apple Garlic Bread	THANKSGIVING DINNER Roast Turkey/Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll	French Dip Sandwich Red Potatoes/Garlic Sweet & Sour Beets Blueberries
25	26	27	28	29
Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce Lemon Wedge Ciabatta Roll	Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp Bread x2	Manhattan Meatballs Brown Rice House Salad Carrots Pineapple Bread x2	CLOSED If you would like to receive a frozen meal along with your hot meal on Wednesday, please call the office at 642-3033.	CLOSED If you would like to receive a frozen meal along with your hot meal on Wednesday, please call the office at 642-3033.



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 \$11.75 per meal.

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

Cheesy Baked Ziti Sicilian Blend Veggies Mixed Berries Breadstick	Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	Beef Stew Seasoned Peas House Salad Pears WG Biscuit
Beef Soft Tacos (2) Spanish Rice Black Beans Salsa Guacamole Banana	Swiss Steak Cinnamon Sweet Potato Romaine & Onion Salad Strawberries Bread x2	Mushroom Swiss Burger/Bun Tuscan Potato Salad Baked Beans Tangerine
Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2	Beef Tips in Mushroom Gravy Onion Mashed Potatoes Corn Strawberry Applesauce Bread x2	THANKSGIVING DINNER Roast Turkey/ Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll
Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce Lemon Wedge Ciabatta Roll	Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp Bread x2	Manhattan Meatballs Brown Rice House Salad Carrots Pineapple Bread x2

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

		Parmesan Baked Cod Roasted Red Potatoes Asparagus Almondine Apricots Dinner Roll
Cheesy Baked Ziti Sicilian Blend Veggies Mixed Berries Breadstick	Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/ Raspberries Bread x1	Beef Stew Seasoned Peas House Salad Pears WG Biscuit
Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Mandarin Orange	Swiss Steak Cinnamon Sweet Potatoes Romaine & Onion Salad Strawberries Bread x2	Mushroom Swiss Burger/Bun Tuscan Potato Salad Baked Beans Tangerine
Spaghetti & Meat Sauce Brussels Sprouts Parmesan Cheese Apple Garlic Bread	THANKSGIVING DINNER Roast Turkey/ Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll	French Dip Sandwich Red Potatoes/Garlic Sweet & Sour Beets Blueberries
Fish & Chips/Tartar Sauce Coleslaw Tropical Fruit Cup Lemon Wedge Ciabatta Roll	Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2	CLOSED Meals on Wheels recipients will receive 2 hot meals on the 26th. If congregate or carry out participants would like 2 hot meals as well, or a frozen meal, please let Sarah know by November 20th.

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

Stuffed Cabbage Roll Mashed Potatoes Seasoned Zucchini Raspberry Gelatin w/Raspberries Bread x1	4	Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fruit Cocktail Bread x2	5	Honey Roast Pork Chop Squash Fresh Fruit Salad Hot Spiced Apples Dinner Roll	7
Beef Soft Tacos (2) Spanish Rice Black Beans Salsa Guacamole Banana	12	Swiss Steak Cinnamon Sweet Potatoes Romaine & Onion Salad Strawberries Bread x2	13	Mushroom Swiss Burger/Bun Tuscan Potato Salad Baked Beans Tangerine	14
Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2	18	Beef Tips in Mushroom Gravy Onion Mashed Potatoes Corn Strawberry Applesauce Bread x2	19	THANKSGIVING DINNER Roast Turkey/ Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll	21
Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce Lemon Wedge Ciabatta Roll	25	Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp Bread x2	26	Manhattan Meatballs Brown Rice House Salad Carrots Pineapple Bread x2	27

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

Cheesy Baked Ziti Sicilian Blend Veggies Mixed Berries Breadstick	4	Caprese Chicken Lemon Dill Orzo Green & Gold Beans Fruit Cocktail Bread x2	5	Beef Stew Seasoned Peas House Salad Pears WG Biscuit	7
Beef Soft Tacos (2) Spanish Rice Black Beans Salsa Guacamole Banana	12	Sweet & Sour Chicken Brown Rice Seasoned Broccoli Florets Vegetable Potstickers Mandarin Orange	13	Swiss Steak Cinnamon Sweet Potatoes Romaine & Onion Salad Strawberries Bread x2	14
Chicken Kiev O'Brien Potatoes Capri Blend Veggies Ginger Baked Pears Bread x2	18	Beef Tips in Mushroom Gravy Onion Mashed Potatoes Corn Strawberry Applesauce Bread x2	19	THANKSGIVING DINNER Roast Turkey/Gravy Mashed Potatoes Cranberry Sauce Sage Bread Dressing Green Bean Casserole Hot Fruit Compote Pumpkin Pie Dinner Roll	21
Fish & Chips Coleslaw Tropical Fruit Cup Tartar Sauce Lemon Wedge Ciabatta Roll	25	Cornflake Chicken Company Potatoes Prince Edward Veggies Peach Crisp Bread x2	26	Manhattan Meatballs Brown Rice House Salad Carrots Pineapple Bread x2	27



ND SMP Scam of the Month – November 2024

Medicare Open Enrollment Period is October 15-December 7

The Medicare Open Enrollment Period (OEP) is the time when Medicare beneficiaries can review their Medicare plan and make changes to their current coverage, enroll, or unenroll from Part D or Part C plans. Plans affected during OEP are prescription drug plans also known as Part D, and Medicare Advantage Plans also known as Part C. Changes in coverage begin January 1st. Even if you are happy with your current coverage, plans change each year, so it is a good idea to review your plan for the upcoming year. This is also the time of the year to be on the lookout for uninvited callers that try to switch you to plans that may not be the best fit to meet your needs.

Beware of Medicare Open Enrollment Scams

Even though Medicare fraud is a year-round concern, scammers use the open enrollment time to step up their game. Medicare beneficiaries should be on fraud alert during open enrollment. Avoid being a victim of identity theft or Medicare fraud by guarding your Medicare number and other personal information.

Tips to avoid being scammed:

- Shop and compare plans to ensure you are getting the plan that best meets your needs.
- Don't fall for high-pressure sales pitches.
- Never give your Medicare number or other personal information to callers.
- Be suspicious of calls claiming to be from Medicare.
- Medicare will never call to ask you to verify your Medicare number.
- Don't trust caller ID. Scammers use technology that spoofs the telephone number to look like a call coming from the government.
- If anyone claims to be an "official Medicare agent" and tries to sell you Medicare insurance, this is a scam.
- There are NO Medicare representatives.
- Don't take calls from anyone saying you MUST join their prescription plan, or you will lose your Medicare coverage. Prescription plan coverage is voluntary.
- Be aware of advertisements that look like they are from the government but are really from private companies selling plans.

If you need help with Medicare Advantage or Part D prescription plans during open enrollment, contact Medicare at 800-633-4227 or ND SHIP at 1-888-575-6611. To report Medicare fraud, contact ND SMP at 1-833-818-0029.

The information provided is intended to be a general summary only. Source of information: Michigan Dept of Attorney General. Retrieved (10/9/2023) from <https://www.michigan.gov/ag/consumer-protection/consumer-alerts/consumer-alerts/scams/medicare-open-enrollment>.

North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

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Like us on Facebook: North Dakota Senior Medicare Patrol

Richland County Public Transit Schedules

November 2024—January 2025

Valley Senior Services Richland County Public Transportation can accommodate medical, dental and eye appointments, shopping, visiting and other personal needs on a first-call, first-serve basis. Please call us at 701-642-5746 at least 2 days in advance to ensure your ride reservation. Vehicles are equipped to accommodate accessibility needs. Our transportation is open to the public and is available to anyone of any age. We look forward to your call.

TRANSIT RIDES WITHIN WAHPETON/BRECKENRIDGE

We provide transportation in the Wahpeton/Breckenridge area Monday through Friday. The first ride is given at 8:15am and the last ride is given at 3:45pm. The cost for these rides is **\$1 per one way ride**. We ask that you limit your shopping bags to 6 or less, and you should be able to carry your own bags.

TRANSIT RIDES TO WAHPETON

We offer rides from surrounding towns in Richland County 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

November: 4 & 18

December 9 & 23

January 13 & 27

TRANSIT RIDES TO FARGO

We provide transportation to Fargo on Tuesdays and Thursdays. **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**.

Please note: we will no longer have set routes to Fargo. Anyone in Richland County can ride our transportation on any Fargo date.

November: 5, 7, 12, 14, 19, 21, & 26

December: 3, 5, 10, 12, 17, 19, 26, & 31

January: 2, 7, 9, 14, 16, 21, 23, 28, & 30

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
from 8am-10am

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 **Dice** **Mexican Train**

Wii Games **Yahtzee** **Phase 10**

**“Roll” into the weekend with us at the
Wahpeton Senior Center! Give us a call at
642-5746 before noon on Thursday and let us
know that you will be joining us for rolls
on Friday.**

**This ensures we will have
enough rolls for everyone! Then join us on
Friday between 8:30am—9:30am for a roll
and all you can drink coffee!
Suggested \$1.00 donation!**

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"

Partners Pinochle Tournament

**Saturday, November 23rd at 9am
Wahpeton Senior Center—520 3rd Avenue South**

**\$60 per team
16 rounds**

Lunch available for purchase.

If you would like to register, please call Ella at 218-671-0964 or Sonja at 701-899-1463.