



# SILVER QUILL

## RANSOM SARGENT SENIOR SERVICES

### NOVEMBER - 2009



Office located in the Lisbon Senior Center  
Our address:  
RSSS  
Box 387  
Lisbon, ND 58054  
Office phone - 683-3131 – Center 683-4295  
Toll free 1-877-857-3743

\*Executive Director:  
Brian Arett  
 Fargo Senior Commission 701-293-1440

\*Project Director & Outreach:  
Jean Thielman – 683-3131  
For Outreach Services:  
Ransom County – 683-3131  
Sargent County – 724-3928

Toll Free – 1-877-857-3743  
Karleen Wyum or Jean Thiemann

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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:

**Lisbon Area Health Services Home Care**  
**417 Main St**  
**Lisbon, ND 58054**  
**Phone – 701-683-3095**

Wellness Wednesday – There will be a nurse in the office each Wednesday from 9:00 AM – 4:00 PM to provide the following services:

- \*\*Foot care
- \*\*Blood pressure checks
- \*\*Blood sugar checks
- \*\*Diabetic teaching
- \*\*Medication set-up



No cost to you if you come to our offices on Wednesdays!

We also continue to offer Home Health Services to patients in their homes. If you or a family member has had a recent illness, hospitalization or surgery, you may qualify for skilled nursing, therapy or home health aide services. Call our office with any questions or to request an evaluation visit.

**SARGENT CO. PUBLIC HEALTH**  
**SC District Health Unit**  
**316 Main St - Forman, ND 58032**  
**Phone: 701-724-3725**

**\*\*Foot Care:**

**NOVEMBER:**

Monday, Nov 16<sup>th</sup> - Gwinner

Tuesday, Nov 17<sup>th</sup> - Forman

**DECEMBER:**

Wed, Dec 9<sup>th</sup> - Rutland

Friday, Dec 18<sup>th</sup> - Milnor

\*\*\*Cholesterol screening, blood sugar, BP, hemoglobin available by appointments.

**RANSOM CO. PUBLIC HEALTH**  
**404 Main St – Lisbon, ND**  
**Phone 701-683-6140**

**Health day/Foot Care: (AM)**

**NOVEMBER**

Wednesday, Nov 4<sup>th</sup> – Fort Ransom AM

Wednesday, Nov 11<sup>th</sup> - Office closed Veterans Day

Wednesday, Nov 18<sup>th</sup> – Sheldon AM

Please bring a towel and appointment letters will be mailed.

Thursday, Nov 26<sup>th</sup> & Friday Nov 27<sup>th</sup> office closed  
Thanksgiving Holiday

**\*\*Cholesterol Screening:**

**Next screening - Thursday, November 5<sup>th</sup>**

8:30 – 9:30 AM Nurses office in Lisbon

Cost is \$20 – Fasting after midnight is required, same day results

\*\*A nurse is available for Blood Pressure checks in the office on Thursday's

8:00 AM-12 noon & 1-4:00PM. (B/P, hemoglobin, B12, B/S, med. set ups) (No appointments needed)

**COMING EVENTS**

\*Thursday, Nov 12<sup>th</sup> – Sargent Co Council in Forman 2PM

\*Tuesday, Nov 17<sup>th</sup> – Memory Screening at Lisbon Senior Center 9 – 11 AM

\*Friday, Nov 20<sup>th</sup> – Meritcare Homecare display and presenter Lisbon Senior Center 11 AM – 1 PM

\*Tuesday, Jan 12<sup>th</sup>, 2010 - Ransom Co Council  
Lisbon @ 2PM

# SENIOR CENTER HIGHLIGHTS

## **SARGENT COUNTY**

### **COGSWELL CENTER**

724-3024

Meals: Mon, Tues, Wed, Thurs

### **FORMAN**

724-3928

Meals: Mon, Tues, Wed, Thurs.

### **GWINNER**

678-3911 or 678-3928  
or 683-4295

Meals: Mon, Wed, Fri  
Dinner served at 12:00 Noon

Club meets 3<sup>rd</sup> Wed. month  
Dinner 12:00 Noon

### **MILNOR CENTER**

427-9327

Meals: Tues, Wed, Thur, Fri  
Cards after Lunch

Club Meets: 3<sup>rd</sup> Monday – 2:00 PM

### **RUTLAND CENTER**

724-4074

Meals: Mon, Tues, Wed, & Thurs.  
Daily – cards, puzzles

Club meets 2<sup>nd</sup> Tuesday – 1:00 PM

## **RANSOM COUNTY**

### **ENDERLIN CENTER**

437-2669

Meals: Monday - Friday  
Regular meetings every other month

Mon. – 1PM Pinochle

Tues. – 1 PM Whist

Fri. – 1 PM Bingo

### **FORT RANSOM –**

Thors Bar & Grill

973-9161

Mon, Wed, & Fri

\*Every Wednesday van to Lisbon  
1-877-857-3743 OR 683-4295

### **LISBON CENTER**

683-4295

Meals: Monday - Friday  
*November Activities*

2<sup>nd</sup> – Board Meeting

4<sup>th</sup> – Golden Rule Day

9<sup>th</sup> – Potluck Day

12<sup>th</sup> - Beltone Man 2-4 PM

21<sup>st</sup> Nativity Display  
open 2-5 PM

26<sup>th</sup> – Happy Thanksgiving

### **CENTER ACTIVITIES**

\*Every Monday Penny Bingo  
1 PM

\*Tues. -Hand & foot 1:30 PM

\*Fri. – 65 cent Rummy \*1:30  
PM

(\*Every Fri. – 7 PM Bingo  
(Open to the public)

\*\**Exercises*

Mon & Thurs - 10:45AM

## **RANSOM COUNTY TRANSPORTATION**

**Call 683-4295**

**1-877-857-3743**

**Open to the public**

### **BUS:**

Lyle Milbrandt

Larry Fischer sub

Bus to Fargo

- 2<sup>nd</sup> Tuesday

- Every Thursday Bus

**Call to Reserve a ride by  
4 PM Wednesday**

**(Leave from Lisbon at 8 AM  
Leaves from Fargo at 4 PM)**



### **RC VAN:**

Fritz Rotenburger

### **Subs**

Lyle Milbrandt, Charlie Orn, Judy  
Milbrandt

### **RC Schedule:**

- **Monday** Lisbon
- **Tuesday** Lisbon/ McLeod
- **Wednesday.** Ft. Ransom– &  
Lisbon
- **Thursday** as needed
- **Friday** Lisbon

Please call center to reserve a  
ride. Cost of rides posted in  
vehicles

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## **SARGENT COUNTY TRANSPORTATION**

call **1-877-857-3743**

**or 683-3131**

**please leave a  
message and we will  
return your call  
Open to the public**

### **Sargent Co. Bus:**

\*\*Cyril Kudelka

Fargo

Cost of ride \$7.00

- 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month
- Handicap van on request &  
availability of drivers.

### **VAN**

Tuesday, Wednesday & Thursday by  
appointment

Cost varies according to destination.

Drivers:

Marlene Hogness, Cyril Kudelka,  
Harley Fink

# “Understanding Diabetes: Separating Fact from Fiction”

Jenny Marhula, LRD, CDE  
Fargo Senior Services Dietitian

November is American Diabetes Month and a good time to gain new insights on diabetes, a chronic and progressive disease that can lead to life threatening complications including heart disease, stroke, kidney disease, blindness and amputation. Currently, 24 million adults and children in the US live with diabetes. 57 million Americans have pre-diabetes and are at risk for type 2 diabetes. And if the trend continues, 1 out of every 3 children born in the US today will get diabetes.

In honor of American Diabetes Month and in support of people living with diabetes, let's take a look at some common myths regarding diabetes and diabetes self-management.

## **Myth #1: Eating too much sugar causes diabetes.**

No. Diabetes is caused by a combination of genetic and lifestyle factors. However, being overweight does increase your risk for developing type 2 diabetes. Some other common risk factors include:

- a family history of diabetes
- race or ethnicity (Hispanics, blacks, Native Americans and Asians have an increased risk)
- over age 45 years
- low physical activity level
- high blood pressure
- unhealthy cholesterol levels
- a history of metabolic syndrome or polycystic ovarian syndrome
- for women, having a history of diabetes in pregnancy (gestational diabetes) or delivering a baby weighing greater than 9 pounds.

## **Myth #2: People with diabetes should not eat any sugary foods or desserts.**

If eaten as part of a healthy meal plan, desserts can be eaten by people with diabetes. Sugar and sugary foods are not the only foods that affect a person's blood sugar level. Any food with carbohydrate breaks down into sugar and will raise the blood sugar level. Carbohydrates are in many healthy foods including milk, yogurt, grains, fruits and some starchy vegetables. People with diabetes should not avoid foods with carbohydrate. Rather, they can work with their registered dietitian to develop an individualized, healthy meal plan with the right amount of carbohydrate foods.

## **Myth #3: People with diabetes need to eat special “diabetic foods.”**

A healthy meal plan for people with diabetes is the same as that for everyone – low in fat (especially saturated and trans fat), moderate in salt and sugar, with meals based on whole grain foods, vegetables and fruit. “Diabetic” and sugar free foods often still contain carbohydrates and raise blood glucose levels. Plus, they are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

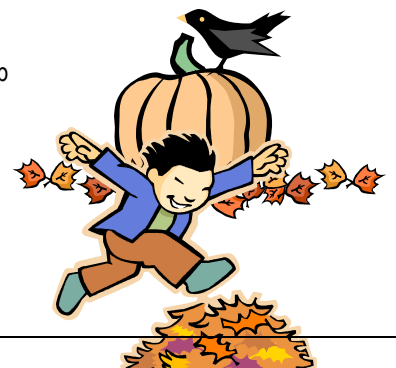
## **Myth #4: People who take insulin have worse diabetes.**

People who manage their diabetes with insulin do not have a more severe form of diabetes. Insulin is used for various reasons. It is used in type 1 diabetes because the pancreas no longer can make insulin. Insulin is used in type 2 diabetes because the body is either not making enough insulin and/or because a person has insulin resistance and therefore needs more insulin. Insulin is just one treatment method that is sometimes needed to get healthy blood sugar control.

## **Myth #5: A person with diabetes is a “diabetic.”**

No. Diabetes does not define a person. Rather than labeling a person by their diabetes (diabetic), recognize them as a person first (person with diabetes).

Resource: American Diabetes Association website, Diabetes Myths, <http://www.diabetes.org/diabetes-myths.jsp>



**ANOTHER RSSS TRIVIA PUZZEL -**

Test your memory by matching memorable auto makes with their one-familiar slogans.

1. Ask the Man Who Owns One
2. Just a Real Good Car
3. No Clutch to Slip, No Gears to Strip
4. Nothing to Watch But the Road
5. When Better Cars Are Built,(name) Will Build Them
6. A Hill-Climber Built in the Hills
7. Put a (name) in Your Future
8. Easily the Best-Built Car in America
9. Standard of the World
10. Look for the White Triangle

- A. Buick    B. Ford    C. Cadillac    D. Glide    E. Packard    F. Locomobile  
G. Hudson    H. Durant    I. Oldsmobile    J. Metz

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## **Are You Eligible for Fuel Assistance?**

The Low Income Energy Assistance Program (LIHEAP) helps eligible individuals and families pay part of their home heating costs. Applications will be accepted until May 31, 2010.

LIHEAP can help pay for the fuel you use to heat the home you live in from October through May if you buy your heating fuel from a fuel dealer or a utility company (fuel oil, propane, natural gas, electricity, wood, coal or kerosene), or if your rent payments include heat and you do not receive a rent subsidy. The amount of benefits you may be eligible for depends on your income, the type and size of your home and the type of fuel used to heat your home.

To be eligible, the total income of all persons living in your household must be counted. Total income must be below these limits:

1 person household: \$1747 per month

2 person household: \$2284 per month

Total assets of all persons living in your household cannot be more than \$10,000. Any household member over age 60 is allowed an extra \$5000 in assets. Assets include cash, savings or checking accounts, stocks, bonds, CD's and other personal property or real estate which you could borrow against or sell for cash. Types of property not counted include the home you live in, clothing, personal effects and household goods, any real estate property which is producing reasonable income and one vehicle.

Written proof or verification of your income, your heating bill and medical expenses that can be deducted from your income is needed to be sure your eligibility and benefits are calculated correctly.

You can get an application from Cass County Social Services or our office. If you have questions regarding Fuel Assistance, please call the Fuel Assistance Office at 241-5761 or one of our outreach workers at 293-1440 or toll-free at 1-877-827-1916.

**TRIVIA ANSWERS:**

1-E, 2-H,3-J,4-I, 5-A,6-D,7-B, 8-F,9-C,10-G

## Medicare Part D News

Open enrollment for Medicare Part D Prescription Drug Plans 2010 will be November 15 through December 31, 2009.

It is very important to check you Medicare D plan to be sure it is still the best plan for you.

You can do this by calling 2-1-1 for a plan comparison. Call SHIC at 1-888-575-6611 for questions related to Medicare or Part D plans

MEDICARE PART D HELP WILL ALSO BE AVAILABLE AT THE LISBON SENIOR CENTER,  
CALL 701-683-3131 or 1-877-857-3743 FOR AN APPOINTMENT

Enderlin Senior Center call 437-2877

**THE LISBON SENIOR CENTER  
WILL BE HOSTING  
A NATIVITY SET DISPLAY  
BAKE SALE &  
SERVING PIE AND COFFEE  
SATURDAY, NOVEMBER 21<sup>ST</sup>  
2:00 – 5:00 PM**



**If you have a Nativity set you would like to display, we will be displaying them at the Lisbon Senior Center on Saturday, November 21st**

**If you have something special at you centers please let me know so we can put it in the Silver Quill.**

**Call Jean at 683-3131 or 1-877-857-3743**

***STORM POLICY – NO SCHOOL IN YOUR COMMUNITY DUE TO BAD WEATHER, NO MEALS AT***

# SARGENT CO FUNDRAISER:

THANK YOU TO EVERYONE THAT DONATED DOOR PRIZES FOR OUR OCTOBER 13<sup>TH</sup>  
Sargent County Senior Service 2009 Fundraiser!

Quilt Winners: Milnor Merry Makers- Barb Stockstad  
Young at Heart/Gwinner Club- Dean Stabnow  
Golden Years/Cogswell –Sophie Furhman  
Rutland Club--Rose Griggs  
Forman Club--Dale Haugen

## Donation

## Winner

Waswick Chiropractic -Bio Freeze	-Dennis Olson
Hanson Lumber -scissor	-Florence McMahon
Hanson Lumber -beverage container	-Doris Anderson
Russell & Gwen Anderson- door hanging	-Earl Kubista
Russell & Gwen Anderson-snowman décor	-Barb Weller
Dakota Prairie Wool/Jan Brash-snowman	-Edna Carlblom
Kick Bac Bar/Cogswell—12pk Ice Tea	-Ruth Glarum
Irene's Flowers- bear knick knacks	-Astrid Sebens
Avon by Joni Peterson/Gwinner-gift	-Mary Mohberg
Overtime Bar- 6 pack squirt	-Mona Bartl
First National Bank/Milnor- foldable chair	-Wally Skog
J&M Printing- Book Series	-Kenny Bartl, Janice Totenhagen,
J&M Printing-Book Series-	Allison Halmrast, Delores Johnson
J& M Printing-Book Series	-Joyce Christianson
Teals Market- gift cert	-Leona Adermann & Audrey Bruns
One Stop –gift cert-	Karen Eusher & Rosamond Hogness
AARP gifts-	Marvin Meyer, Shelia Elijah, Barb Anderson, Carolyn Klemetson, Betty Nelson, Ardell Johnson, Donna Olson Albertson Repair-\$10.00- ---
First National Bank/Milnor- water jug	- Betty Johnson
Milnor Jack & Jill- 7-up 6 pack	- May Bopp
RSSS- cookbook	-Gloria Peterson
RSSS- hanging snowman-	-Iris Meyer,
RSSS- scarecrow	- Margaret Budeau
RSSS- heart coasters	-Darlene Coleman
RSSS- Pot holders	- Sonja Olson
Young At Heart gift	- Jean Stahl
Milnor Merry Makers gift	-Harold Waswick
Cogswell Club gift	- Lois Nelson

Thank you to the Red Hatters & to U-TECH for the entertainment.  
Thank you to all who volunteered to make the day extra special.



## WHAT IS RANSOM/SARGENT SENIOR SERVICE ALL ABOUT?

### RANSOM SARGENT SENIOR SERVICE

LISBON, ND 58054

### OUTREACH ASSISTANCE

PHONE 701-683-3131 OR 1-877-857-857-3743

Outreach workers visit senior citizens in their homes to assist the needs of that person and inform them of the availability of services in their community. They link the person to the appropriate agency and assist the senior in obtaining the needed services.

If you would be interested in receiving information on any of the following services, please feel free to contact an Outreach Worker at Ransom Sargent Senior Services.

#### SERVICES AVAILABLE

- >Home Delivered Meals
- >Congregate Meals
- > Frozen Meals/Ensure
- >Transportation
- >Food Stamps
- >Homemaker Services
- >Grocery Delivery
- >Home Health Aid
- >Vision & Hearing
- > Legal Assistance
- >Respite Care
- >Donated Dental
- >Addiction Service
- >Employment Services
- > Assistive Living & Nursing Homes
- >State Health Insurance Counsel
- > Home Repair & Weatherization
- >Senior Companion Program
- > Supplemental Security Income
- > Social Security
- >Medicare Savings Programs
- >Medical Assistance
- > Fuel & Rental Assistance
- >Prescription Drug Assistance
- >Commodity Food Program
- Telephone Distribution Program

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### CONGRATULATIONS TO LYLE MILBRANDT RANSOM COUNTY BUS AND VAN DRIVER

Ransom County Bus & Van Driver Lyle Milbrandt has taken second place in the Dakota Transit Association Bus Rodeo competition that was held in Fargo on September 19<sup>th</sup>.

The competition consisted of a written test, a wheelchair lift competency drill and a road course where Lyle demonstrated backing, parking and turning skills, all timed with judges scoring each maneuver. This was only the second time Lyle has participated in this type of competition so his second place finish is all the more impressive.

Congratulations Lyle and thank you for your service to our agency.



# November