

# REGION II AGING SERVICES

MariDon Sorum, Regional Aging Services Program Administrator



## Fall 2010



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### Veterans Day


Veterans Day is always observed in the U.S. on November 11<sup>th</sup>. The holiday began as Armistice Day on November 11, 1919, the first anniversary of the end of World War I.

In 1918, on the eleventh hour of the eleventh day in the eleventh month, the world rejoiced and celebrated. After four years of bitter war, an armistice was signed. The "war to end all wars" was over.

November 11, 1919 was set aside as Armistice Day in the United States to remember the sacrifices that men and women made during World War I in order to ensure a lasting peace. On Armistice Day, soldiers who survived the war marched in a parade through

their hometowns. Politicians and veteran officers gave speeches and held ceremonies of thanks for the peace they had won.



Region VII Newsletter compiled by WCHSC – Aging Services Unit  
Layout & design by  Peggy Krein, WCHSC



Congress voted Armistice Day a federal holiday in 1938, 20 years after the war ended. But Americans realized that the previous war would not be the last one. World War II began the following year. After the Second World War, Armistice Day continued to be observed on November 11<sup>th</sup>.

In 1953, townspeople in Emporia, Kansas called the holiday Veterans Day in gratitude to the veterans in their town. Soon after, Congress passed a bill introduced by a Kansas congressman renaming the federal holiday to Veterans Day.

Americans still give thanks for peace on Veterans Day. There are ceremonies and speeches and at 11:00 in the morning, many Americans observe a moment of silence, remembering those who fought for peace.

A Veterans Day ceremony will be held Thursday, November 11<sup>th</sup> at 10:00 a.m. at the Russell Reid Auditorium at the North Dakota Heritage Center on the State Capitol grounds.

The ceremony will conclude in time for guests to observe the sun shine through the opening in the All Veterans Memorial on the Capitol grounds to illuminate the state of North Dakota on the globe in the center of the memorial at 11 a.m.

### **Aging Services has a New Director**

It is my pleasure to announce that **Jan Engan**, who was born and raised in Minnesota, has accepted the position. Jan currently works for an Area Agency on Aging (AAA) in Arizona as director of independent living services and has also been involved in the Senior Community Service Employment Program.

She has served as director and as chief operating officer of Area Agencies on Aging in Arizona. Prior professional experience also includes serving as the executive director of the Older Alaskans Program in Anchorage. In the 1980s, Jan worked with older adult programming for Lutheran Social Services of North Dakota. Jan will assume her new responsibilities in mid to late October.

Jan has a clear understanding of issues facing older adults including those in rural areas, and she has provided oversight and coordination of intake, case management, and non-medical home and community-based services. Jan has a keen interest in preventive health services – especially the role of nutrition services as a key component of maintaining health.

Join me in welcoming Jan back to North Dakota!



## Flu Prevention Strategies

Looking for some flu prevention strategies? There's no denying that a bad case of flu can wipe you with symptoms of fever, congestion, fatigue, and body aches. And, according to the CDC, from 5% to 20% of the U.S. population gets the flu each year. More than 200,000 people are hospitalized each year as a result of flu complications, and about 36,000 people actually die from the flu.

### How Is the Flu Spread?

A virus that infects the nose, throat, and lungs causes flu. Just like a cold virus, flu is usually spread from one person to the next when the infected person coughs or sneezes. The invincible flu virus is passed from the lungs, throat, or nose of one person through the air to the next unsuspecting person. In addition, when people touch a surface -- or person -- that's contaminated with flu germs and then touch their eyes, nose, or mouth, they infect themselves with the flu virus.

### What's the Best Way to Prevent the Flu?

To prevent flu, make sure you and your family members get a flu shot -- the essential key to flu prevention. You need it because there's no cure for the flu -- and flu complications can be really serious in some people, especially infants and young children, elderly adults, and people with heart disease, diabetes, lung disease, and other chronic medical problems.

Talk to your doctor to confirm if the flu shot is right for you. In addition, make sure those around you are immunized against flu so this viral infection does not become a "family affair" at your home.

The CDC recommends flu shots for children age 6 months to 18 years and all adults age 50 and older. It also recommends flu shots for anyone with certain chronic medical conditions, pregnant women, people living in nursing homes or other long-term care facilities, health care workers, anyone who has daily household contact with people in those risk groups, and household contacts and caregivers of children less than 6 months old.

### Does the Flu Shot Have Side Effects?

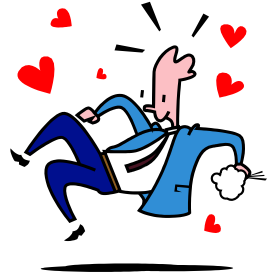
If you're worried about flu shot side effects, don't be. Most of the time, there are no side effects from the flu shot. After all, the flu shot is made from dead viruses -- not live ones.

Still, some people may experience some mild vaccine side effects such as a low-grade fever, achiness, or a slight runny nose after getting a flu shot. A few people have experienced a rare severe allergic reaction from a flu shot. Talk to your doctor to see if you might be at risk for this rare problem.

**(webmd.com)**

## First Day Of Fall: Think Fall Prevention

The first day of fall brings thoughts of football, cooler temperatures, and colorful foliage. But the Brain Injury Association of Vermont (BIAVT) is asking the public to consider an important safety issue on the first day of fall: preventing older adults from falling.



- Every year, one in three Americans aged 65+ falls — and that risk rises with age. Falls can lead to injury, hospitalization, loss of independence, and even death. (National Council on Aging)
- Falls are the leading cause of traumatic brain injuries (TBI); 35.2 percent of all TBIs according to the latest Center for Disease Control and Prevention (CDC) report.
- Falls are costly — to quality of life and to our health care system. Each year, we spend \$19 billion on medical care related to falls. And that's not counting family caregiving, home care, loss of productivity, and remodeling to make a senior's home safer. (NCOA)
- There has been an increase in fall-related TBI among adults aged 65 and older.(CDC)

The



good news is that most falls are preventable. The four things YOU can do to prevent falls:

1. Begin a regular exercise program.
2. Have your health care provider review your medicines.
3. Have your vision checked.
4. Make your home safer.

“Older adults are the fastest growing segment of population, both nationally and in Vermont, and it is important to raise awareness of this growing public health issue,” said Trevor Squirrell, Executive Director of the BIAVT. “We also hope to create awareness of the undiagnosed brain injuries due to falls. A concussion, which is a TBI, may occur at the time of the fall but may be overlooked by more immediate injuries, such as fractured or broken bones. Signs of concussion often are subtle so it is important to learn the signs and symptoms of TBI and to be alert if you or your loved one experiences the symptoms so medical attention can be sought right away.” Family members and other caregivers of older adults can help protect their loved ones’ health and independence by:

- Reducing their risk for falls
- Recognizing signs of TBI after a fall occurs; and
- Taking appropriate steps when signs of TBI are observed.

For more information on signs of mild TBI/concussion or more moderate or severe TBI please visit the BIAVT website at [www.biavt.org](http://www.biavt.org) or call the toll-free HelpLine 877-856-1772. (Brain Injury Association of Vermont – PO Box 482 – Waterbury, VT 05676) For free brochures, posters and booklets, including “A Home Fall Prevention Checklist for Older Adults” please visit the CDC website at [www.cdc.gov/BrainInjuryInSeniors](http://www.cdc.gov/BrainInjuryInSeniors).

## LIHEAP Fuel Assistance Applications Accepted October 1<sup>st</sup>

With rising fuels costs and extreme cold temperatures common in our area, some individuals worry about how they will cover their heating expenses each winter. The purpose of the Low Income Home Energy Assistance Program (LIHEAP) is to provide home energy assistance to eligible low-income households. The North Dakota Department of Human Services and the County Social Service Boards Administer the LIHEAP program.



Applications for this assistance program are accepted October 1- May 31 of each heating season, or until program funds are used up. You must apply each season. You may get an application from your local County Social Service Board, Community Action Agency or other agencies. Applications are submitted to the County Social Service Office and a financial assessment will be conducted.

If income eligible, services include:

- heating assistance
- making your home energy efficient
- furnace and chimney cleaning
- emergency assistance
- furnace replacements
- minor repairs, and
- energy cost reduction devices

For more information on The Low Income Home Energy Assistance Program (LIHEAP), contact your County Social Service Office or visit:

[www.nd.gov/dhs/services/financialhelp/energyassist.html](http://www.nd.gov/dhs/services/financialhelp/energyassist.html)

## DHS Aging Services Director Retires

**Linda Wright** spent the past 36 years working to better the lives of older adults in ND. She began her “Aging Services” career delivering Older American Act (OAA) Title III services in Devils Lake. She then moved to the Human Service Center in Devils Lake as a Regional Aging Services Coordinator serving the 6 counties in the catchment area including the Spirit Lake and Turtle Mountain Indian Reservations. Her work with the Tribal providers encouraging the delivery of OAA services on the reservations is most noteworthy.

Linda came to the State office in 1992 to assume leadership of the Division of Aging Services. In this capacity, along with her many duties, she worked to develop a response system for reporting vulnerable adult abuse, neglect and exploitation, VAPS, and the ND Family Caregiver Support Program. She was, and is, an enthusiastic supporter of the Aging and Disability Resource Center grant and subsequent pilot effort in Region

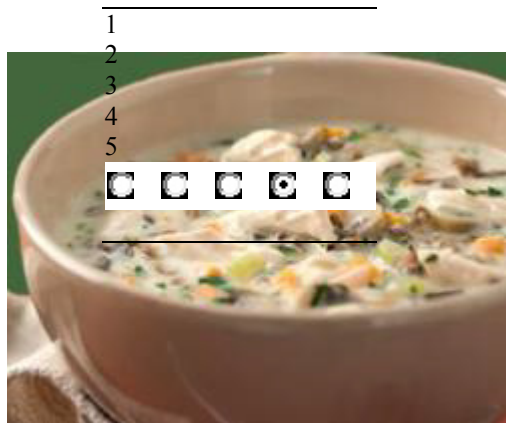


VII. She provided both history and direction to the grant application process and to the plan to transition to ADRC/Options Counseling statewide in the next three years.

Linda reports she is looking forward to spending time

with her family, most especially the newest member her baby grandson born in August. We in "Aging Services" will miss Linda and

thank her for her devotion and commitment to serving the citizens of ND; **we wish her the best!**



Watch Video

The convenience of our supermarket rotisserie

### Ingredients

- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 cup shredded carrots
- 5 cups water
- 1 (6.2-ounce) package fast-cooking long-grain and [wild rice](#) mix, seasoning packet reserved
- 1 (10-ounce) package frozen chopped broccoli
- 2 cups chopped cooked rotisserie chicken
- 1 (8-ounce) loaf pasteurized prepared [cheese](#) product, cubed
- 1 (10-3/4-ounce) can cream of [chicken soup](#), undiluted

### Instructions

1. Heat oil in a soup pot over medium heat. Add onion and carrots, and sauté 5 minutes.
2. Add [water](#), seasoning packet from the rice, plus the broccoli, and chicken. Bring to a boil then stir in rice; reduce heat, cover, and cook 5 minutes.
3. Add cheese and soup; cook, stirring constantly, 5 minutes, or until cheese melts. Serve immediately.

## Good Christmas Shopping Practices

The tough economic times we face today are even more difficult during the holidays. While we usually have good intentions about saving money each month for our Christmas shopping, we don't always follow through with the plan. Now, more than ever, it is important to be "smart shoppers" when we hit the stores for our holiday shopping. Of course, the best plan is to shop early, but that is not always possible. Here are some things to consider before hitting the mall or the Internet to do your Christmas shopping.



- Set a budget before beginning the shopping process.
- Make a list before leaving home. Do research on brands, features of the product, and rebates that may be available and general product information.
- Don't limit your choices. Have a back-up plan in case you are not able to find the exact item you are seeking.
- Advertised items are not always the cheapest. Before making your final selection, check out other brands of similar products.
- If an item you wish to purchase is sold out, ask for a "rain check" or if the business is substituting another item in its place. Make sure the product will arrive in time for the holidays if you are given a "rain check."
- Watch store ads and look for unadvertised specials while in the store. Most items will go on sale at some point during the holiday season.
- Save your receipts for at least 90 days after your purchase. This will allow you or the recipient of the gift to return a product that doesn't fit, is broken or is a duplicate.
- Be sure to check each store's refund and exchange policy. If you have to return an item to a store, you have only limited rights. In North Dakota, no laws regulate store return policies. A store may set its own policy, which may include a cash refund, a store credit, an exchange, or no refund at all. Others may limit the amount of time in which a return may be made, such as 30 days from the date of purchase. It is best to ask about refund policies before buying anything.
- Don't wait until the last minute. It will help avoid frustration if you are unable to find that perfect gift. Allow time for an alternate plan.
- Shop during off peak hours. Early morning hours and evening hours during the week are usually the busiest.

Gift cards have become very popular in the past several years. These cards allow the recipient to "get what he or she really wants." Universal or "general use prepaid" gift cards are the most frequently purchased gift cards and allow the recipient to go just about anywhere they want to make their purchase including retailers and restaurants.

Examples include mall gift cards contained on a plastic card or other electronic payment device and redeemable at the unaffiliated stores throughout the mall. While gift cards can be the easy gift to buy for someone who has everything, they are not without problems. If a company goes out of business, or files for Chapter 11 bankruptcy, what will be the status of the outstanding gift cards? In many cases, the holders of the gift cards will not receive anything and the giver will be out the money. The gift card will hold no value. If you do give or receive a gift card this year, it should be spent within a reasonable period of time.

In North Dakota, there is a law that addresses gift certificates/cards. This law states that the recipient may not be charged additional monthly or annual service or maintenance fees on gift certificate/cards. The time for redemption on the gift certificate/card may not be limited to a date before six years after the date of purchase. The gift certificate/card may not contain any statement suggesting that any different expiration date or redemption date apply to the gift certificate/card. "General use prepaid cards" are not subject to these restrictions.

Most U.S. adults believe it is better to give, than to receive, the perfect gift. For those on the quest for the perfect gift, there are many options. If all your gifts arrive on time and everyone likes them, and if you like all of your gifts and don't have to return any of them, your Christmas will indeed be Merry! The holidays can be the start of many consumer headaches, but with a little preparation you can avoid the stress.

**A Column on Consumer Issues by Attorney General Wayne Stenehjem - Consumer Protection and Antitrust Division** - The Attorney General's Consumer Protection Division investigates allegations of fraud in the marketplace. Investigators also mediate individual complaints against businesses. If you have a consumer problem or question, call the Consumer Protection Division at 328-3404, toll-free at 1-800-472-2600, or 1-800-366-6888 (w/TTY). This article and other consumer information is located on our website at [www.nd.ag.gov](http://www.nd.ag.gov).



## September is Preparedness Month

~ Prepare. Plan. Stay informed. ~

Bismarck, ND - Governor John Hoeven has proclaimed September as Preparedness Month in North Dakota to raise awareness on the importance of being prepared in the event of emergencies and disasters.

Preparing for emergencies includes:

- Assembling an emergency supply kit.
- Preparing a family emergency plan.
- Staying informed about potential emergencies and their appropriate responses.

For more information about getting prepared, visit the "Get Ready, Get Set, Get Safe" section of the NDDDES website at [www.nd.gov/des/get/](http://www.nd.gov/des/get/) and use the links on the left-hand side of the page. For more information about Preparedness Month, please visit [www.ready.gov](http://www.ready.gov).

### AGING SERVICES NEWSLETTER

Please share this newsletter with a friend, co-worker, at your Senior Center, post on a bulletin board, etc. If you wish not to be on the mailing list for the newsletter, please contact MariDon Sorum at 701-857-8500. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. **North Central Human Service Center** makes available all services and assistance without regard to race, color, national origin, religion, age, sex, or handicap, and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1975 as amended. **North Central Human Service Center** is an equal opportunity employer.

# ND Family Caregiver Support Program

## Common Causes of Dementia

Alzheimer's disease is the best-known cause of dementia — but there are a slew of other causes, too. Do you know what they are?

*By Madeline Vann, MPH*

*Medically reviewed by Pat F. Bass III, MD, MPH*

Dementia is really a big umbrella term that covers a number of different conditions that cause dementia symptoms. Of these, Alzheimer's disease is the most common and perhaps best known — but it's not the only one.

"There are many different types of dementia," says Ross Andel, PhD, associate professor at the School of Aging Studies at the University of South Florida in Tampa. "The most common types of dementia are Alzheimer's disease, vascular dementia, Lewy body dementia, and Parkinson's disease. All types of dementia are characterized by abnormal neurodegeneration, that is, brain cells dying off in high numbers daily. In most cases, this leads to cognitive and behavioral deficits or, in Parkinson's disease, to deficits in motor skills."

One of the ways in which types of dementia are categorized is by where the damage to these cells is occurring in the brain.

Broadly speaking, types of dementia are grouped as cortical or subcortical. Cortical refers to dementias that originate in damage to the cortex — the outer, gray, wrinkled layer of brain tissue with which people may be most familiar. Subcortical dementia has its roots in structures below the cortex, inside the brain. The dementia symptoms vary based on whether the dementia is cortical or subcortical. Despite this distinction, dementias of all kinds often involve multiple parts of the brain, and there is ongoing debate as to whether this is a meaningful way to categorize dementia symptoms.

### Cortical Dementia

Cortical dementia is likely to result in dementia symptoms such as loss of memory, loss of the ability to recognize people, and difficulty recalling the right words for things or concepts. Cortical dementias include:

- **Alzheimer's disease.** Alzheimer's disease causes a loss of memory and ability to think clearly. It is a progressive disease, eventually leading to a loss of ability to complete tasks of daily living.
- **Creutzfeldt-Jakob disease.** Also sometimes called mad cow disease, Creutzfeldt-Jacob occurs when naturally occurring brain proteins called prions start to change shape. This leads to cognitive impairments such as loss of memory, changes in thought processes, and changes in behavior.
- **Frontotemporal dementia.** This type of dementia results from degeneration of cells in the frontal lobe; it's characterized by behavioral and language deficits at a relatively young age — as young as 40.

- **Wernicke-Korsakoff syndrome.** This type of dementia is due to a deficiency in thiamine (vitamin B1) but is also often related to a history of heavy alcohol consumption or to having AIDS, or acquired immunodeficiency syndrome. Memory is affected, and people with this dementia often tell untrue stories that they fully believe to be true. Physically, this dementia can interfere with a person's ability to move smoothly.

### Subcortical Dementia

Dementia symptoms associated with subcortical dementias include loss of motor skills and the ability to learn processes, resulting in a general sense of slowing down. These types of dementia include:

- **Huntington's disease.** A rare, inherited cause of dementia, Huntington's disease leads to problems with motion such as twitches and lack of balance or coordination and may also lead to changes in mood, personality, and behavior.
- **Parkinson's disease.** Parkinson's disease is characterized by the gradual loss of motor skills, or shakiness and tremors while in motion. People with Parkinson's disease may eventually experience other dementia symptoms, such as loss of memory.
- **Vascular dementia.** Vascular dementia occurs as the result of loss of oxygenated blood to parts of the brain. This can be the result of a single stroke or many small strokes, in which case it is called multi-infarct dementia. Evidence shows that subcortical vascular dementia also has effects in the cortex, leading to cortical dementia symptoms.

Some types of dementia appear to affect both cortical and subcortical areas of the brain. Dementia with Lewy bodies falls in this group. This type of dementia occurs because clusters of a certain type of protein called alpha-synuclein form in the neurons in various areas of the brain, leading to impaired memory, motor skills, and mood. Dementia with Lewy bodies can resemble both Alzheimer's disease and Parkinson's disease — and Lewy bodies are often found in patients with other types of dementia.

These are only a few of the many possible causes of dementia — and it's important to understand the cause of your dementia because it will affect treatment decisions.

### Credits

*Common Causes of Dementia is republished with permission from [www.EverydayHealth.com](http://www.EverydayHealth.com)*

*By [Madeline Vann, MPH](#) - Medically reviewed by [Pat F. Bass III, MD, MPH](#)*

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*For more information regarding the North Dakota Family Caregiver Support Program call Theresa Flagstad at 701-857-8500. This program can provide for the cost of respite care services on an intermittent and occasional basis for relief of the primary caregiver. Services are provided in the following counties: Burke, Mountrail, McHenry, Bottineau, Renville, Pierce, and Ward.*



**Remember to get your flu shot!!**



## CHAIR EXERCISES

These are exercises and stretches suitable for people of all ages. They are designed to be done sitting on a sturdy straight chair placed on a carpet. Hold each position six seconds by counting 1001, 1002, etc. Then relax. Repeat each exercise four or five times. While you are stretching, you must remember to continue to breathe.

**Note: Before beginning this or any exercise regime, be sure to check with your medical doctor for consent to begin.**

**Neck Muscles:** Sit straight. Turn head to left as far as it will go and hold six seconds. Turn head to right as far as it will go, and hold six seconds. Repeat sequence four times.

Sit straight and lower ear to left shoulder without lifting shoulder. Hold six seconds, then relax and repeat on right side. Repeat sequence four times.

**Back of Neck and Shoulder Muscles:** Sit straight. Tuck chin in and down to chest. Keep chin down and try to pull head back. Hold six seconds, then relax and repeat on right side. Repeat sequence four times.

**Back Muscles:** Sit straight in chair. With knees together, bend forward and stretch toward the floor (or toes). Hold. Return to original position. Avoid this and other bending-over exercises if they make you dizzy.

**Shoulders:** Lean out over the side of your chair. Allow the right arm to dangle straight down to the floor and keep it totally relaxed, even the fingertips. Begin circling the arm from the shoulder. Just start the arm moving and let it circle on its own. Don't try to make a perfect circle. Count to 8 and then reverse the circle. Repeat the exercise with the left shoulder and arm.

Roll right shoulder forward-up-back-down. Do exercise with the left shoulder. Repeat 4 times on each shoulder. Then roll both shoulders at the same time. Repeat 4 times.

**Legs and Back Muscles:** Straighten legs out in front, level with chair seat. Reach toward toes. Hold, relax repeat.

**Buttock and Stomach Muscles:** Alternate between tightening buttocks and pulling stomach in. Hold each six seconds. Relax. Do five times total.

**Ankles:** Circle the ankle by drawing an imaginary circle with the toes, 4 times to the right, then 4 times to the left repeat exercise with left foot.

**Upper Body:** Look straight ahead and lift both arms from side of body up toward ceiling and then back down toward floor. Repeat one time. Reach up with one arm at a time. Repeat 4 times.

Every morning you are handed 24 golden hours. They are one of the few things in this world that you get free of charge. If you had all the money in the world, you couldn't buy an extra hour. What will you do with this priceless treasure? Remember, you must use it, as it is given only once. Once wasted you cannot get it back. *Anonymous*

# Telephone Numbers to Know

## Regional Aging Services Program Administrators

<b>Region I:</b>	Karen Quick	1-800-231-7724
<b>Region II:</b>	MariDon Sorum	1-888-470-6968
<b>Region III:</b>	Donna Olson	1-888-607-8610
<b>Region IV:</b>	Patricia Soli	1-888-256-6742
<b>Region V:</b>	Sandy Arends	1-888-342-4900
<b>Region VI:</b>	CarrieThompson-Widmer	1-800-260-1310
<b>Region VII:</b>	Cherry Schmidt	1-888-328-2662 (local: 328-8787)
<b>Region VIII:</b>	Mark Jesser	1-888-227-7525

## Aging & Disability Resource Center (ADRC)

<b>Region VII Pilot:</b>	LynetteHinckley	328-8605
	Options Counseling: Katie Halloran	328-8606

## ND Family Caregiver Coordinators

<b>Region I:</b>	Karen Quick	1-800-231-7724
<b>Region II:</b>	Theresa Flagstad	1-888-470-6968
<b>Region III:</b>	Kim Helten	1-888-607-8610
<b>Region IV:</b>	Raeann Johnson	1-888-256-6742
<b>Region V:</b>	Laura Fischer	1-888-342-4900
<b>Region VI:</b>	Susan Galloway	1-800-260-1310
<b>Region VII:</b>	Tammie Johnson	1-888-328-2662 (local: 328-8776)
<b>Region VIII:</b>	Rene Schmidt	1-888-227-7525

## Long-Term Care Ombudsman Services

<b>State Ombudsman:</b>	Joan Ehrhardt	1-800-451-8693
<b>Region I &amp; II:</b>	Deb Kraft	1-888-470-6968
<b>Region III &amp; IV:</b>	Kim Helten or Donna Olson	(701-665-2200) OR 1-888-607-8610
<b>Region V &amp; VI:</b>	Bryan Fredrickson	1-888-342-4900
<b>Region VII:</b>	Joan Ehrhardt	1-800-451-8693
<b>Region VIII:</b>	Mark Jesser	1-888-227-7525

## Vulnerable Adult Protective Services

<b>Region I &amp; II:</b>	Deb Kraft	1-888-470-6968
<b>Region III:</b>	Kim Helten, Donna Olson, Tabitha Welk	1-888-607-8610 or 1-701-665-2200
<b>Region IV:</b>	Patricia Soli	1-888-256-6742
	Direct referral to GFCSS VAPS:	1-701-787-8540
	Raeann Johnson (VAT):	1-888-256-6742
<b>Region V:</b>	Sandy Arends	1-888-342-4900
	Direct referral may be made to Cass County Adult Protective Services unit:	1-701-241-5747
<b>Region VI:</b>	Carrie Thompson-Widmer & Donna Lindberg	1-701-253-6395 & 1-701-253-6401
<b>Region VII:</b>	Cherry Schmidt or Karla Backman	1-888-328-2662 or 1-701-328-8888 (local: 328-8787 or 328-8868)
<b>Region VIII:</b>	Rene Schmidt	1-888-227-7525

## Other

Aging Services Division and "Resource Link":	
<a href="http://www.carechoice.nd.gov">www.carechoice.nd.gov</a>	1-800-451-8693
AARP:	1-866-554-5383
Mental Health America of ND Help-Line:	211 or 1-800-472-2911
IPAT (Assistive Technology):	1-800-265-4728
Legal Services of North Dakota:	1-800-634-5263
or (age 60+):	1-866-621-9886
Attorney General's Office of Consumer Protection:	1-701-328-3404 1-800-472-2600
Social Security Administration:	1-800-772-1213
Medicare:	1-800-633-4227
State Health Insurance Counseling (SHIC)	
ND Insurance Department:	1-701-328-2440 1-888-575-6611
Prescription Connection:	1-888-575-6611
Alzheimer's Association:	1-701-258-4933 1-800-272-3900

**MariDon Sorum**  
**Regional Aging Services Program Administrator**  
**North Central Human Service Center**  
**1015 S. Broadway, Ste. 18**  
**Minot, ND 58703**

Phone: 1-701-857-8500  
Toll Free: 1-888-470-6968



**To:**

### **Upcoming Events**

- September is Preparedness Month.....September 2010
- Change Your Clocks - - Fall Back.....November 7, 2010
- Veterans Day.....November 11, 2010
- Thanksgiving Day.....November 25, 2010
- November is Caregivers Month, Alzheimer’s Month & Diabetes Month...November 2010

### **MISSION STATEMENT**

*In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.*