

A Lifetime of Wellness

The best tips, and biggest obstacles, to health at every age

intro to health

Healthy decisions. They start early in life, and help us be better prepared for whatever obstacles we will face as we age. From washing your hands starting at a young age, to getting the appropriate screenings and tests done, a long and healthy life is all about awareness and prevention. And though there are some health tips that apply no matter where you fall on life's spectrum, this section is dedicated to being aware of what risks exist for you and your love ones, and how you can curb them. We hope you enjoy reading "A Lifetime of Wellness." Please support the advertisers who made this section possible, and join us in celebrating healthy choices at every age.

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Get vaccinated for baby

By Jarann Johnson

When babies are born they are loved and most people want to protect them. Most people understand why they should protect their children from smoking, alcohol and other health concerns. But there are some community members who don't understand why they need to get vaccinated for baby.

Jacinta Klindworth, a local doctor Coal Country Community Health, said the most important part of infant care starts with prenatal care and protections. Parents are working to get their babies off to a healthy start but it's best for them to get bigger and stronger for certain vaccines.

"I think one of the biggest things for infant health is prenatal care, making sure our pregnant moms get the right care; appropriate care when they are pregnant, taking their vitamins, taking care of themselves, not smoking, obviously not drinking, seeing their provider," Dr. Klindworth said. "Good prenatal care kind of sets the stage for a healthy baby."

Once the baby comes Dr. Klindworth said the next focus is on making sure the baby is getting nutrition. Dr. Klindworth said breastfeeding and infant formula are both effective nutritional sources.

"Infant formulas are proven safe and effective. Breastfeeding has advantages of passing immune factor to the child. Mom can pass some immunity on to the baby but there's absolutely nothing wrong with the approved formulas. They are studied well

and thoroughly – and they satisfy the nutrition requirements," Dr. Klindworth said.

With the baby protected and nourished the next focus is on tracking growth and development. Typically parents are scheduled to bring their babies in for a few different visits; newborn visit, 2-week visit, 2-month, 4-month, 6-month, 9-month, and 1-year visit.

"Some of the visits are timed around the vaccine schedule. They can come in for their visit and have the baby vaccinated at the same time. But also it allows us to track development and growth. We can make sure everything is on track and identify any concerns early," Dr. Klindworth said.

Dr. Klindworth said the visits are a time where doctors can answer questions and help parents. She said parents shouldn't feel silly if they have any odd questions or concerns during a visit.

"New parents have lots of questions. Sometimes they are embarrassed to ask a silly question. It's like anything else, the only question that's silly is the one you don't ask. I'd much rather parents call with their questions than sit on something and really be worried," Dr. Klindworth said.

Dr. Klindworth said protection is the biggest concern with infants. It ranges from the correct car seat to simply washing hands and many other things. Dr. Klindworth said it's important to be preventative.

"Regular well-child visits are important, protecting our kids

from harm; making sure we are using the right car seats, making sure we are washing our hands, making sure we are trying to prevent exposure to cigarette smoke – which we know can increase the rates of illness," Dr. Klindworth said.

Another big area of concern is vaccines. Dr. Klindworth said vaccines have an important role in overall health and health prevention.

"One of our biggest sources of prevention is preventing disease; vaccine-preventable diseases with immunizations," Dr. Klindworth said. "The World Health Organization says there are very few public health interventions that have been successful in providing substantial and highly cost-effective improvements to human health."


Dr. Klindworth admits vaccines are safe but being negatively portrayed online, which makes it harder for the general public to trust them.

"Vaccines are safe and tested. We give hundreds of thousands of vaccines a year. They're safe," Dr. Klindworth said. "It's tough with social media and some of these things because it's easy to read some of these things and be worried or fearful. Or, doubt the science behind the vaccine programs in the world," Dr. Klindworth said.

Dr. Klindworth feels like some of the vaccine fear is ironic because it's being caused by the

BABY
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Exercise and aging: How to work out safely after 50

In an ideal world, people young and old exercise each day. But as men and women age, finding time to work out is not so easy.

Commitments to work and family often take precedence over daily exercise. As a result, many people 50 and over might not have exercised regularly or at all in many years. But as children grow up or even move out, people facing down their golden years are often compelled to get back in the gym. That's a wise decision that can increase a person's chances of being healthy and happy in retirement. But before beginning a new exercise regimen, men and women over 50 should take heed of the following safety tips to ensure their efforts are not derailed by accident or injury.

• Speak with your physician. The National Institute on Aging notes that even people with chronic conditions such as heart disease, diabetes or arthritis can be physically active. However, anyone with such a condition and even those who don't fall into those categories should

Remember this tips

- Speak to a physician.
- Begin with low-intensity exercises.
- Choose working outdoor.
- Drink plenty of water.

consult with their physicians and receive a full physical before exercising. Such a consultation and checkup can shed light on any unknown issues, and physicians can offer advice on how to safely manage any problems that may arise.

• Begin with low-intensity exercises. Even if you feel great and have maintained a healthy weight, don't push yourself too hard at the start. Your body needs time to adjust to physical activity, so choose low-intensity exercises like walking and light strength training so your muscles, tendons and ligaments can adjust. Initially, exercise every other day so your body has ample time to

recover between workouts.

• Choose the right places to exercise outdoors. Exercising outside provides the best of both worlds for many people, providing a chance to get healthy all while enjoying the great outdoors. When exercising outdoors, choose areas that are not remote and where others can see you and offer help if you suffer an injury or have an accident. Boardwalks, public parks and outdoor gyms are safer places to work out than wooded areas or other places well off the beaten path.

• Stay hydrated. The NIA notes that many people lose their sense of thirst as they age. But just because you aren't thirsty does not mean you don't need water, especially while exercising. Water regulates body temperature and lubricates the joints, thereby decreasing your risk of injury during exercise.

Exercising after 50 can help people live healthy well into retirement. But caution must be exercised when aging men and women return to exercise after a long break.



Explore the benefits of HIIT

Many new programs are available at fitness centers that allow fitness-minded individuals to test their mettle. Recently, one of the more popular fitness regimens is HIIT, and it's probably available at a fitness center near you.

HIIT is an acronym for High Intensity Interval Training. The American College of Sports Medicine says HIIT held steady among the top fitness trends for 2017. The crux of HIIT is sustained, intense exercise followed by active recovery periods. WebMD says that HIIT can be used with any type of cardio workout, including rowing, jumping rope, stair climbing, and more. Many gyms also build programs around HIIT that may include "boot camp" workouts that utilize equipment or body weight exercises to burn calories.

A typical HIIT training sessions lasts about 30 minutes. Workouts are performed at 80 to 90 percent of a person's maximal heart rate, which is the number of times the heart will beat in a minute without overexerting itself. Recovery periods are not entirely rest. They tend to be shorter than active periods, and come in at around 40 to 50 percent of the maximal heart rate. The workout will alternate between the working and recovery periods.

HIIT workouts can be effective at boosting metabolism and helping people burn calories faster. They also help to develop physical endurance. The science

behind the workouts has to do with EPOC, or excess post-exercise oxygen consumption. The fitness lifestyle resource Daily Burn says that HIIT will help burn more fat and calories than regular steady workouts because EPOC is an oxygen shortage in the body that occurs during the intense portions of the HIIT workouts. During recovery, the body will ask for more oxygen, creating an afterburn and a metabolic disturbance. The fitness guide Fitness Blender states that the intense training will result in the body burning calories at a higher rate for up to 48 to 72 hours after exercising.

People may see greater results by doing HIIT workouts three times a week for half of the duration than they would if they were performing more typical workouts more frequently. For those whose schedules are already jam-packed, HIIT can be a more efficient way of exercising.

HIIT requires a strong baseline fitness level, so beginners or those who have been out of the gym for some time are urged to start slowly. Also, since HIIT causes high demand on the heart and respiratory systems, so it's essential to discuss the regimen with a doctor to find out if HIIT is a smart choice depending on your medical history.

Those considering participating in HIIT workouts are urged to discuss the possibilities with a knowledgeable trainer at a neighborhood gym

Exercises to support stronger hips

Surgery is not an inevitable side effect of aging. In fact, men and women over 50 can employ various preventive techniques to strengthen their bones and joints in the hopes of avoiding the surgical wing of their local hospitals.

According to AARP, more than 370,000 men and women undergo hip replacement surgeries in the United States each year. Some may think such surgeries are a final solution to their hip pain, but that might not be the case, as AARP notes than

Workouts for your hips

- Good Morning
- Hip Abduction
- Hip Adduction
- Glute Bridge

one in 10 hip replacement recipients will need a second procedure for any number of reasons, including infection or mechanical failure.

cal failure.

A proactive approach that focuses on strengthening and protecting the hips can help aging men and women reduce their risk of one day needing hip replacement surgery. The following are a handful of exercises, courtesy of the AARP, that can help men and women strengthen their hips.

HIPS
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Healthy day cares vital to young children

By Tyson Smedstad and Jill Denning Gackle

Since many young children are often under someone else's care several hours a day, their providers are focused on helping to raise healthy kids.

Nicolle Kallberg, a 15-year Garrison day care provider said she tries to offer an environment that encourages and supports exploration so the children can fulfill their potential.

Another provider, Lisa Maki, said in her almost nine years, she's tries to stick with a routine that starts each day with a prayer and the Pledge of Allegiance.

"Those two things are very fundamental to my belief and value system," she said. Next Maki leads them in a Bible story and some kind of movement song. Playtime and later nap or quiet time follow.

Jessica Seidler, a 11-year day care provider, said a routine that includes playtime, quiet time, reading and crafts. She also has the children spend time outside, weather permitting.

The four day care providers interviewed in Garrison all stressed the importance of sanitation and healthy eating.

Kallberg said, "Make sure you have yearly doctor's appointments and require a doctor's note to come back to day care. If needed, keep kids home from day care if they are sick."

She said proper hand washing is important.

Heidi Affeldt Smith, a six-year provider, agreed.

"One key to a healthy day care or home is knowing that the cleaning and disinfecting is a never ending story," she said. "You always want to keep the sickness away especially here in the winter months. Hand washing routines are constantly taught and reminded about to all ages."

Affeldt Smith said it's important for the provider and the parent to communicate about any signs or symptoms of sickness.

Many day care providers participate in a government-funding meal program, but they



Jessica Seidler, day care provider in Garrison, makes reading a part of her routine.

What to look for when finding a day care?

- Healthy, happy home.
- Provider is a good communicator.
- Clear rules.
- An environment and structure that fits your family.

each have their own twist on healthy meals.

Maki said, "A big part of kids' health is what they're eating." Maki who says she's struggled with weight issues during her life, said she uses the federal food program and her own experiences to "help build healthy food patterns." She avoids juic-

es, fruits high in sugar and serves vegetables and whole grains.

All the providers said the communication with parents is paramount to healthy kids.

Affeldt Smith said providers need to be straight forward about how they operate. She said it's important for parents to look for a "safe, loving and caring home" when they're finding a day care provider.

She encourages parents to ask her anything and share their expectations.

Seidler said, "A friendly, happy environment where children can play and enjoy each other, learn new things and feel loved" are some of the most important things a day care can provide.

Maki said, "If you don't tell me what you're expecting, I can't achieve it," she said.

She also strives for a great deal of trust since she said, "I'm an extension of your family."



Homemade Peanut Butter

Ingredients

Dry Roasted Peanuts

Directions:

Place peanuts in a food processor. Turn the food processor on and let it run for 4-5 minutes. During this



time, you'll see the peanuts go in stages from crumbs to a dry ball to a smooth and creamy "liquid" peanut butter. Stir in the sugar, honey, or salt, if you want.

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Aging mandatory, retirement optional

By Allan Tinker

Three people, among many others, in the McClusky community have worked far past the official retirement age. Martha Felchle has worked since the age of 61 at the Sheridan Memorial Home, spending 24 years as housekeeper, helping with baths and doing laundry.

A Goodrich native, her late husband Gordon worked into his later years as a paraprofessional at the Goodrich School, and was active on the farm until he was 79 or 80, according to Martha.

"I do the same work as when I started but no meds. I don't take chances, as I don't want to put any lives in jeopardy. I used to do more, but regulations have changed the work.

"I work three days a week, Tuesday, Thursday and Friday. The longest day is Thursday when I work from 8 to 10 hours.

"I am an early riser and I like to spend time with the Lord in the morning. Then I go to work later on, and if someone is sick, they might need more help during the week.

I've read the Bible many times. There is no word retirement in the Bible. I am thankful for what I can do. If we are in good health, we should work. There is satisfaction in working and moving around all day.

"My kids want me to quit but we all need private lives and I like my privacy and quiet time.

"I love the people who live at the home. It is great to sit down with them, say 'Hi, it is a good day'

and that they are doing well.

"When I went to Alaska this winter for Christmas, it was hard to be gone away from the residents."

In Alaska, she visited with daughter Karla and son Ken and their spouses and children in Soldotna. Two other children are Karen in Rugby, North Dakota, and Kimberley in Dilworth, Minnesota. There are 11 grandchildren and 11 great-grandchildren. Karla, Ken and Kimberley are all teachers and Karen is a registered nurse.

Martha says there have been changes in her life and they are not always for the better but she is happy to be living in McClusky for the past three years and not on their farm during the winter.

"I enjoy my co-workers and everyone has been just wonderful to work with and so good to me," she said.

Two other local residents, Sam and Elsie Reiswig, have worked with each other and for the community most of their lives. Sam got out of U.S. Army in 1945 and went to work for Henry Johnson, then Froehlich's Ford Garage for many years.

In 1966, he purchased Harold Hamilton's Cities Service gas station just a block away from Froehlich's. He sold gas, tires, parts and did mechanic work on automobiles.

He worked every day, including weekends, for many years. He never had an employee other than his sons Duane and Randy who helped out while going to school.

Sometime in the 1980s, EPA came out with new regulations on



Martha Felchle



Sam and Elsie Reiswig

underground gas storage units and he quit selling gas, but continued to do mechanic work on automobiles.

Later on, as automobiles needed to be plugged into computers to fix, he graduated to concentrating on small engines, with lawnmowers being his specialty.

His son Duane said, "He never much talked about retiring all those years past 65 when he did draw social security. When he went on vacation, he just hung a sign on the front door: "On vacation, back July 20."

"He loved bowling but when the bowling alley closed, work became his only hobby and passion.

"It wasn't until he turned 93 in October of 2013, when he faced a long cold winter, that he decided to close the station 'just until spring.' He never went back. A sign reads, '47 years at Sam's Service, 1966-2013.' Another sign proclaims, 'Sam Reiswig, Retired at 93.'

"In November of 2018, he entered the Turtle Lake Swing Bed unit at the hospital at age 98,



Sam's Service shop.

where he is today."

Elsie Reiswig worked in the shipyards in California during World War II as a welder. Her sister Rosie worked with her. They were featured in a story of their work and adventures in the McClusky Gazette a few years back.

After the war, she was a schoolteacher for a time in Harris Township in Sheridan County.

After that, she concentrated on being a housewife and raising three children, sons Duane and Randy and daughter Kathy.

Elsie was very active in many local organizations such as the

American Legion Auxiliary. She was the bookkeeper for Sam's Service from the opening of the business in 1966 to closing in 2013: 47 years!

She still lives in McClusky in their house.

Duane adds, "Until last year, she was doing her own yard work, shoveling snow, and taking care of Sam. I think like most housewives, the work retirement is a foreign subject and never retiring from being a housewife is more the norm than the exception for her generation."

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What your pain is telling you – and three things to do about it

Is that pain you feel in your back, neck or shoulders just a momentary twinge from strain you are putting on your body, perhaps with a new exercise regimen?

Or is there something deeper and more serious at work? Either way, you ignore it at your peril.

“Pain is an alert system; it tells us that something is wrong,” says Bradford Butler, a chiropractor and author of *The Blueprint for Back Pain Relief: The Essential Guide to Nonsurgical Solutions* (www.drbradfordbutler.com).

“Chronic pain goes a step further. It is telling you that a whole system in your body isn’t working right.”

For many people and their physicians, the first option for pain, and sometimes the second and third options as well, is to munch on some pain pills – over-the-counter or prescribed – and go on your way.

“That’s fine, except it doesn’t address the fundamental problem,” Butler says. “Too often, with back pain, shoulder pain, neck pain or other chronic pain, many doctors focus on reducing the pain rather than addressing the cause.”

He likens it to waking up with an excruciating toothache, and then visiting a dentist who discovers a huge cavity but, instead of repairing the cavity, just gives you a powerful drug for the pain and sends you home.

“Left untreated, the pain would get more debilitating and the damage to the tooth would worsen,



leading to bigger and more invasive and expensive procedures,” Butler says. “But that’s what happens when it comes to the American healthcare system and treatment for chronic pain.”

Butler offers these words of advice for those whose bodies are trying to warn them that something is amiss:

- **Choose your doctor wisely.** Blind faith in any doctor is not the answer, Butler says. Instead, ask yourself what the particular doctor you plan to visit is trained to do. In the primary care world, for example, doctors are trained

to analyze and to treat symptoms, so they are more likely to address the pain rather than its cause. Surgeons often will recommend surgery, because that’s their specialty. Yet, he says, medicine just masks symptoms and surgery isn’t always successful. “It’s your pain, so ultimately it’s up to you to do the research and find out what works, avoid what doesn’t, and find someone who will really help you with your problem,” Butler says.

- **Don’t let your body re-**

PAINS
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Some of the tell-tale signs a teen may be suffering from depression include removing themselves from their regular activities with their friends and social isolation. "I think a lot of people think, oh, they'll get over it – just give them time. And that's one of the major things I do with teens – I educate them on depression. I tell them they're not alone." Talesa Heger, licensed mental health therapy counselor.

Teen depression, suicide 'above average'

By Suzanne Werre

It's typically a good thing to be above average.

One statistic North Dakota teens rate above average in, however, is not a good thing.

According to a 2017 survey by the U.S. Department of Health, North Dakota teens are more likely to have had suicidal thoughts, and even suicidal attempts, within the previous year before taking the survey than other teens across the nation.

The percentage of high school males reporting they seriously considered attempting suicide the previous 12 months is below the national average, 10 percent compared to 12 percent.

The girls' average, however, exceeds the national average, 24 percent compared to 22 percent. That's nearly one in four high

school girls having contemplated committing suicide.

North Dakota's "above average" statistics for actual suicide attempts is even more staggering, with 13 percent of males admitting they had attempted suicide, compared to the national average of 5 percent.

North Dakota far exceeds the national average in female suicide attempts, with 14 percent of high school students reporting they had attempted suicide one or more times during the previous 12 months, compared to the national average of 9 percent.

A suicide attempt is often a teen's drastic cry for help, often as a result of suffering from depression, which is far more debilitating than a case of "the blues" or the normal ups and downs of being a teen.

North Dakota's statistics regarding teen/adolescent depression is pretty much in line with the national average, even a percentage point or more lower than the national average. The survey showed that an average of 29 percent of North Dakota high school students, grades 9-12, reported they felt sad or hopeless almost every day for two or more weeks in a row so that they stopped doing some of their usual activities. The national average was 21 percent.

North Dakota adolescents, ages 12-17, were also a little below the national average in depressive episodes, with 11 percent reporting they had at least one major depressive episode

DEPRESSION

continued on page 10

Best Teas

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Best tea for cholesterol: **Black Tea**

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If you think motherhood is driving you crazy – you may be right

Even in two-parent families, it appears that the bulk of child-rearing duties still fall to one person.

For all the help dads give, it is moms who take on most of the emotional labor of parenting, according to a recent study by researchers at Arizona State University and Oklahoma State University. Mothers handle grocery lists, doctor's appointments, play-dates, homework help, and other responsibilities.

And sometimes juggling all those duties becomes more than they can bear, creating a strain on their mental health – as mothers themselves can tell you.

"I hit a time in my life when my ability to cope with the normal challenges of every day was weakening," says Fran Pitre, a mother of three sets of twins and author of the book *TwinsX3* (www.franpitre.com), in which she described the joys and stresses of raising six children.

"Looking back, I realize that

I was experiencing mild anxiety attacks, and the situation would grow even worse when my husband was away on business trips. I found myself snapping at the children over the littlest things. Small irritations like a misplaced library book would seem much more serious than they should have."

When other relaxation measures didn't work, a doctor temporarily prescribed to Pitre an anti-anxiety medication to counter the chemical imbalance that the non-stop daily stress had created for her.

She says that medical assistance was critical at that time in her life. But, as the mother of six, she also found that staying organized was also crucial to keeping her family – and her mental health – under control.

Her tips to help other mothers avoid being overwhelmed by the normal stresses and strains of raising children include:

• **Know everyone's plans.**

Children and parents have plenty of activities, and family members can end up going in many different directions. To avoid becoming frazzled, Pitre says it was imperative that she know everyone's plans for the upcoming week. Initially, she tracked this on a calendar, but switched to an erasable white board. "Because each night needs a meal, I would insist that the older kids communicate their evening plans so that I didn't cook for eight people, and have four or 10 show up," she says.

• **Everyone must pitch in.**

At one time Pitre exhausted herself physically and emotionally by trying to keep her children's bedrooms organized and clean. "I gave that up when I began going to school while working outside of our home full time," she says. "Not only did I believe each kid had the ability to take over this task and should, I was just too tired and had too little time."

• **A curfew is a must.** Few

things take more of a toll on a mother's mental health than worrying about where her children are and whether they are safe. Pitre says that's why a curfew is a must, and should be adhered to except on special occasions, such as a prom. "If they realize they are going to be a little bit late, they need to text and let you know what's going on," she says.

• **Remember to take care of yourself.** Mothers can become so focused on caring for others that they fail to care for themselves, Pitre says. "Don't neglect your own needs such as exercise, wellness check-ups, quiet alone time, and regular visits to a salon or spa," she says.

"Our ultimate goal as moms is to raise our children to become self-sufficient, responsible adults," Pitre says. "They're watching you handle the day-to-day challenges, and learning by watching your re-

sponses to the good and the bad. Does that feel like too much pressure? Take a deep breath and relax because you don't have to be perfect. No one can be."

About Fran Pitre

Fran Pitre, author of the book *TwinsX3* (www.franpitre.com) and an aspiring musician, is a proud mother but she refuses to let that role define the rest of her life. Her three sets of twins include twin boys, twin girls, and one twin set that includes a boy and a girl. As the kids were growing up, Pitre did freelance work as a graphic designer, wrote and published a book, and returned to school to become licensed in medical massage therapy. Today she works as part of a physical therapy team. Her first album entitled "You Always Were" consists of 7 full-length original songs and was released in November 2018.

BABY continued from page 3

effectiveness of vaccines. Many people today haven't seen the diseases of the past because of vaccinations, which leads them to avoiding worry about some vaccine-preventable diseases.

"Because the vaccine program has been so successful worldwide, we don't see these diseases anymore. For our parents and grandparents these preventable diseases were a fact of life. Children died from them or had serious consequences," Klindworth said.

"You just need to visit with a polio survivor and witness their struggles. When I was in college my college roommate's younger cousin, I think she was four – got meningitis and is deaf. She got meningitis from *Streptococcus pneumoniae*, which is one of the bacterias we vaccinate against now."

Klindworth said she hasn't seen a single case of Meningitis from *Streptococcus pneumoniae* in her 15 years of practice because of vaccines.

Even though the vaccine-preventable diseases are rarely seen Dr. Klindworth said there are still areas where they have a strong presence. Measles is a vaccine-preventable disease with a presence in underdeveloped countries and a leading cause of death in children in many underdeveloped countries.

"We are decreasing the diseases, so people become more concerned about the risk with the vaccine and less fearful of the diseases. People aren't afraid of these diseases because they aren't around. But there are still places and pockets of the world where you can contract polio if you're not vaccinated," Klindworth said.

Another purpose of the vaccine is to protect the community. Currently, the Measles vaccine is 97 percent effective, which means there will be roughly three people at risk to get the disease out of 100. If the other 97 never get sick it protects the three at risk.

Another reason to get vaccinated is to protect babies. Currently, babies have to be 1-year-

old to get vaccinated for measles.

"If our communities have high vaccination rates then we have something called herd immunity," Dr. Klindworth said. "For example, children under a year of age can't get the measles vaccine. It's not recommended, but they can get it in certain situations."

"Let's say you have a child who has a childhood cancer who has an immunity deficiency or something else going on where the vaccine may not be safe for them. They can't be vaccinated either. But if people around them don't get sick, they won't get sick."

Another example of a vaccine-preventable disease is the flu. The flu vaccine is only available to babies who are six months and older. It's not recommended for newborns.

School is definitely a huge area where vaccines help ensure public safety. Children who aren't vaccinated have to stay out of school when outbreaks are re-

ported. Dr. Klindworth said one important way to ensure public safety is to keep kids home who suffer from diarrhea or fever. She also said vomiting isn't a symptom to trust because it's not always present with flu illnesses.

"If your child is sick especially with a fever or diarrhea, they should probably stay home from school. If they have a high fever and aren't feeling well. They shouldn't go to school or daycare. That can be tricky. Especially when we have outbreaks," Dr. Klindworth said.


Dr. Klindworth has stats backing up her claims about the effectiveness of vaccines.

The American Academy of Pediatrics states, "In the United States 2009 birth cohort, routine childhood immunizations will prevent about 42,000 early deaths and 20 million cases of disease, according to the report, saving \$13.5 billion in direct costs and \$68.8 billion in societal costs."



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DEPRESSION continued from page 8

within the past year. The national average is 13 percent.

It can be difficult to discern a case of the blues from depression, but simply put, symptoms of depression don't ease on their own, and they start interfering with the teen's normal life.

There are many reasons for depression. Brain chemistry – when the brain's neurotransmitters (brain chemicals) are abnormal or impaired – is often the cause. Other causes include hormones, early childhood trauma and/or loss. It may be an inherited trait in some teens, while some teen depression may be linked to learning to feel helpless rather than learning to feel hopeful and accepting of challenges.

Other outside factors – like long-term bullying, academic problems, and just the feeling of not fitting in with their peers – may increase the risk factors of depression. Having been a victim of violence or abuse could also increase the risk.

Family history, like having an immediate blood relative with depression, bipolar disorder or alcohol use problems may increase a teenager's risk of depression. Having a family member that has committed suicide, and having family conflicts or a dysfunctional family may also increase the risk of depression.

These are just a few of the factors that can influence a teenager's risk of depression, and at its worst, suicide.

Talesa Heger, a licensed mental health therapy counselor at the Kids Therapy Center in Bismarck, says there are several signs that may indicate a child is suffering from depression.

The teen no longer enjoys the things he or she used to; they withdraw from their friends; they may be more listless than normal. They may not ever want to go to bed, or conversely they may not want to get out of bed. Often, their school work may start suffering.

The teen probably feels like something is wrong, but they just don't know what.

"It's scary," she said. They know they're not doing the things they used to do – they don't even want to do those things anymore – but they don't really know why.

If someone suspects a teen is depressed, the best thing to do is seek professional help, said Heger, either with a therapist or the teen's regular physician.

The cause of depression may be as simple as a Vitamin B or D deficiency, said Heger. A simple blood test might be enough to get the teen back on the road to recovery. Sometimes it's a thyroid issue, which would also be caught by a blood test.

Sometimes it is more serious than a vitamin deficiency, she said, and often the therapist and physician will work together to come up with the best approach.

In her treatment, Heger focuses a lot on "mindfulness," she said.

"I have lots of teens that have really been enjoying yoga, and we do a lot of relaxation exercises and guided-imagery meditation to help regulate thoughts," said Heger.

"We have a lot of people who come to the clinic who want to try more natural treatment," she added.

And it works. However, she noted, there are definitely times

when medication is warranted.

Her patients are often already on antidepressants, she added, as she sees a lot of teens who are referrals after having shown definite signs of depression, some having attempted suicide.

Depression isn't something that should be taken lightly or dismissed, said Heger.

"I think a lot of people think, oh, they'll get over it – just give them time," she said. "And that's one of the major things I do with teens – I educate them on depression. I tell them they're not alone.

"When they realize there's not something majorly wrong with them, they're just relieved to know that these are common signs of depression," added Heger.

The prevalence of teen depression and suicide has escalated in the past several years, in part, speculates Heger, because of the impact of social media.

"I just think it's extremely stressful for kids to constantly be connected," said Heger. "They can't get away from it. It used to be that if you were being bullied, it happened at school and you could come home and kind of be protected from it, and now it's just constant.

"We're born to be social creatures, we want our kids to be social, but they're not really getting together anymore," she said. Teens are more likely to carry on a conversation via text than they are face-to-face, and that's not a good thing. "Most of their communication is taking place over the phone."

The increase in depression and other mental health issues in North Dakota teens has recently reached the legislature, as Senate Minority Leader Joan Heckaman of New Rockford recently introduced a bill that would require schools provide students grades 7-12 instruction on mental health awareness and suicide prevention.

The Senate Bill 2149 overwhelmingly passed in the Senate 44-3 and was sent to the house, and is awaiting to be brought to the House of Representatives.

According to the Mayo Clinic, these are some of the emotional changes that can be warning signs of depression:

- Feelings of sadness, which can include crying spells for no apparent reason
- Frustration or feelings of anger, even over small matters
- Feeling hopeless or empty
- Irritable or annoyed mood
- Loss of interest or pleasure in usual activities
- Loss of interest in, or conflict with, family and friends
- Low self-esteem
- Feelings of worthlessness or guilt
- Fixation on past failures or exaggerated self-blame or self-criticism
- Extreme sensitivity to rejection or failure, and the need for excessive reassurance
- Trouble thinking, concentrating, making decisions and remembering things
- Ongoing sense that life and the future are grim and bleak
- Frequent thoughts of death, dying or suicide
- Changes to be on the lookout for include:
 - Tiredness and loss of energy
 - Insomnia or sleeping too much
 - Changes in appetite — decreased appetite and weight loss, or increased cravings for food and weight gain
 - Use of alcohol or drugs
 - Agitation or restlessness — for example, pacing, hand-wringing or an inability to sit still
 - Slowed thinking, speaking or body movements
 - Frequent complaints of unexplained body aches and headaches, which may include frequent visits to the school nurse
 - Social isolation
 - Poor school performance or frequent absences from school
 - Less attention to personal hygiene or appearance
 - Angry outbursts, disruptive or risky behavior, or other acting-out behaviors
 - Self-harm — for example, cutting, burning, or excessive piercing or tattooing
 - Making a suicide plan or a suicide attempt

HIPS continued from page 4

Good Morning

Stand with your feet shoulder-width apart and keep your hands at your sides. With your knees slightly bent and your back naturally arched, bend at your hips as if you're bowing out of respect as far as you can go, or until your torso is almost parallel to the floor. Return to the starting position. During the exercise, keep your core braced and don't bow your back.

Hip Abduction

Stand with your feet shoulder-width apart. Loop a resistance band around both ankles, and then raise your right leg out to the side as far as you can. Hold in this position for a moment before slowly returning to the starting position. Switch legs and then repeat the exercise on the other side.

Hip Adduction

Loop one end of a resistance band low around a solid object,

then stand to the left of that object before looping the other end of the band around your right ankle. Place your legs shoulder-width apart, and then pull in your right leg until your ankles touch. Repeat with your left leg, this time moving to the right side of the object.

Glute Bridge

Lie on your back with your knees bent and your feet flat on the floor. Raise your hips to form a straight line from your shoulders to your knees, using some type of support if you need to. Clench your butt at the top of the movement, pause, and lower yourself back down.

Men and women unaccustomed to exercise should consult their physicians before performing any of these exercises. In addition, if necessary, perform the exercises under the supervision of a personal trainer who can advise you on proper form and help you reduce your risk of injury.



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Three strategies for helping distressed young people become more resilient

Is the United States facing an epidemic of lost and distressed youth who struggle to handle the daily challenges of life?

Statistics say yes. The suicide rate for young people is on the rise, and suicide is the second leading cause of death for people ages 15 to 24, according to the Centers for Disease Control.

Despite such troubling statistics, there are ways to better prepare young people so they can bounce back from the trials that life throws at them, says Dr. Kim Metcalfe, a retired professor of early childhood education and psychology, and author of *Let's Build ExtraOrdinary Youth Together* (www.xtraordinaryyouth.com).

"Children need much more than love, food, clothing, shelter and electronic devices," Metcalfe says. "They need to be armed with the ability to be resilient so they can navigate through childhood and into adulthood, dealing with adversity, trauma, tragedy and other significant sources of stress. We know the traits of emotionally resilient people and we know the types of experiences and opportunities that youth need to develop these traits."

Resilient individuals don't see themselves as victims, even though sometimes they are, she says. They refuse to play the blame game, and they know how to intercede on their own best behalf. Resilient individuals view setbacks as challenges that they are capable of addressing successfully. They feel hopeful rather than helpless.

For Metcalfe, helping distressed young people is a mission. Her daughter committed suicide in 2012, so Metcalfe speaks both as a professional and as a mother who has suffered a loss.

Metcalfe offers suggestions for parents and others on ways they can help build resilience in young people so they know they can handle the situation when life becomes difficult:

- **Give them opportunities to self-regulate.** Self-regulation is when you are able to take control of your thinking, your decisions and your behavior. If you

want your children to develop the skill of self-regulation, Metcalfe says, you must provide them opportunities where they are required to stop and think about the consequences of those decisions and behaviors. That means you can't make all their decisions for them.

- **Use missteps, mistakes and disappointments as learning opportunities.** The next time your adolescent does something you aren't thrilled about, Metcalfe says, try asking them questions such as, "What other choice could you have made?" Use follow-up questions, such as: "If you made that choice what do you think might have happened?" "Is there another choice or option you could have considered?"

- **Model the resilience you want to see in them.** One way to build more resilience in a teenager is to make certain you are modeling the behavior you want to see. They notice how you handle challenging situations. "If you have a difficult time bouncing back from setbacks, then it makes sense that your teens will have difficulty, too," Metcalfe says. "Modeling for our youth what we want to develop in them is very powerful. Resilient people are able to

cope with challenges, weather the storms in life, and work successfully through setbacks to reach their goals and make their dreams come true."

"People like to say that kids are resilient," Metcalfe says. "That's not always true. In fact, it's often not true. But they can develop the thinking habits and skills to live through adversity and recover in ways that allow them to live the lives they were born to live and do in life what they were born to do."

About Kim Metcalfe

Dr. Kim Metcalfe, a retired professor of early childhood education and psychology, is the author of *Let's Build ExtraOrdinary Youth Together* (www.xtraordinaryyouth.com). She is a member of the National Association for the Education of Young Children, the California Association for the Education of Young Children, and the American Psychological Association. Dr. Metcalfe has a doctorate degree in Educational Developmental Psychology. To honor her late daughter, Abigail Elise Metcalfe, Dr. Metcalfe founded Abbey's Purple Winged Angels Foundation – a 501(c)(3) non-profit organization.



Balsamic Berry Vinaigrette Winter Salad

Ingredients

1/4 cup balsamic vinegar
2 tablespoons plain fat-free Greek yogurt
1 tablespoon strawberries
1½ teaspoons olive oil
1 teaspoon Dijon-style mustard
1 clove garlic, minced
1/4 teaspoon kosher salt
1/8 teaspoon black pepper
3 cups fresh baby spinach
3 cups torn romaine lettuce
1 small cooking apple, such as Braeburn or Gala, thinly sliced
½ cup crumbled blue, feta, or goat cheese (chèvre) (2 oz.)
½ cup pomegranate seeds ¼ cup chopped walnuts, toasted

Directions:

For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

Credit: Diabetic Living Magazine

Pains continued from page 7

setting its pain level fool you.

What happens when you let the pain go? Your body adapts. "It can't sound the alarm constantly, so it resets," Butler says. "Where once the threshold for pain was X amount of damage, that threshold gets raised. What that means for you is that the pain goes away. You think the problem must be gone, when in reality, your body's pain setting has been raised. Eventually, the only time you're feeling pain is when you're already in dire straits."

- **Think in terms of prevention.** This is something dentistry definitely gets right, Butler says. Dental patients are encouraged to have regular checkups, whether they're in pain or not, so the dentist can head off potential problems. "That's the way it needs to be for neck and back pain," he says. "Being free of symptoms doesn't mean you don't have major problems brewing. It just means that you don't know they're developing."

"We need to listen to our pain and fix whatever is wrong as soon as possible," Butler says. "You won't get better – permanently better – until you find the cause of the problem."

About Bradford Butler

Bradford Butler, a chiropractor and author of *The Blueprint for Back Pain Relief: The Essential Guide to Nonsurgical Solutions* (www.drbradfordbutler.com), is owner and director of Oakland Spine and Physical Therapy,

which has three locations in northern New Jersey. Dr. Butler, a graduate of the New York Chiropractic College, has twice been named one of America's top chiropractors by Consumer Research Council of America and his offices have received the exclusive NJ TopDoc Award for eight consecutive years.

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Dr. Keely Goter, D.D.S.

Keely grew up in Mandan, the youngest in a family of eight. Throughout high school she was active in hockey, softball, and tennis. Keely also enjoys playing the piano and the bassoon. She graduated from Mandan High School in 2008, going on to the University of North Dakota where she graduated in 2012 with a Bachelor of Arts in Spanish. She then attended the University of Minnesota School of Dentistry, graduating in 2016.

Keely is married to Michael and they have identical twin daughters. They also have a pet hamster named Hammy. As a family they enjoy going on walks and spending time together playing with the girls and visiting grandparents, aunts, and uncles.

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A Lifetime of Wellness

Second Section

The best tips, and biggest obstacles, to health at every age

All about prevention

Health screenings vital for middle aged individuals

By Alyssa Meier

When it comes to treating middle-aged patients, nurse practitioner Amy Gotvaslee says it's all about getting ahead of potential problems.

"The goal is prevention," Gotvaslee said.

Gotvaslee, of the CHI Washburn Family Clinic, said that middle age -- roughly between ages 36 and 55 -- is when a lot of health problems can arise, due to changes in the body.

"You start to lose muscle mass and strength in your forties," Gotvaslee said. "There's also chronic inflammation, declining hormones and high fat mass, which can all contribute to heart disease."

Attempting to curb any underlying issues, physicians use regular health screenings to catch problems early on.

Gotvaslee said blood glucose and cholesterol screenings and typically start at age 40, the same

Middle age: What you need to know

Who is classified as being middle aged?

Those 36-55 years old, roughly.

What are the most common problems with this age group?

Heart disease, high blood pressure, diabetes, arthritis, cancer.

What screenings are recommended?

Blood glucose screenings, mammograms, prostate, colon and cholesterol, approximately once per year.

year that women should start having an annual mammogram and men should have their prostates tested. At age 50, colonoscopies are also introduced to the annual regimen.

These tests could start earlier, Gotvaslee said, for anyone with a family history of related health problems.

Providers take the results of health screenings and use them to recommend lifestyle changes to

patients.

"Typically, it's diet and exercise," Gotvaslee said, noting that the recommended amount is 75 minutes of vigorous exercise or 150 minutes of moderate exercise per week. Reducing alcohol and tobacco use is also encouraged, to reduce the risk of lung cancer and liver failure.

Adding a nutritious, low-calorie diet can also help curb one of the most prevalent dangers to

middle-aged men and women.

"Heart disease is the leading cause of death, so that is a concern," Gotvaslee said.

Gotvaslee said middle age is a time for people to check in on their health and make small ad-

justments now so they don't have to make more significant changes later.

"It boils down to having a better lifestyle and quality of life later in life," Gotvaslee said.



PHOTO BY ALYSSA

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What day care can expose your infant to

Hand, foot and mouth disease

By Kate Johnson

A baby at three months of age becomes opened up to the world of germs, disease, and colds.

Up until that point a mother has typically taken every precaution to ensure her baby's health and that no other sick adult or child has infected them.

After 12 weeks a mother returns to work and hands her infant off to someone who could be a complete stranger.

Day care, especially in rural areas, is limited and expensive. Nonetheless, it is an option most families have to move forward with. While your child is in the care of another person, this individual is typically taking care of multiple other children.

Now the germs, colds and viruses are all playing together, sharing toys and getting saliva everywhere.

There are diseases that travel in saliva, snot and feces. One of the most prominent diseases contracted by children in day care settings is hand-foot-and-mouth disease (HFMD).

This is a contagious viral infection common in young children. It can be seen and diagnosed by sores in a baby/child's mouth and a rash on their hands and feet.

The Disease

HFMD is caused by a concoction of viruses that belong to the Enterovirus genus – polioviruses, coxsackieviruses, echoviruses, and other enteroviruses. Coxsackievirus A16 is the most common cause of HFMD, however, there are a number of different strains of the virus. Enterovirus 71 has been associated with outbreaks mostly in children in East and Southeast Asia. Enterovirus 71 has also been associated with encephalitis – a severe disease.

Several types of enteroviruses may be identified in outbreaks but most of the time only one or two are identified.

Transmission

HFMD can be caught a number of ways: air, touch, poor hygiene, etc. Hugging or touching

• **Transmission:** nose and throat secretions (saliva, sputum or nasal mucus), blister fluid, or feces

• **Signs:** fever, ulcers, sores (inside or around the mouth), rash or blisters on palms, soles of feet, legs, and buttocks.

• **Supportive treatment:** It is unpleasant but not serious; steps to ease the symptoms, keep them hydrated, but it has to run its course.

a person who has the disease can cause your baby to contract it. The virus can travel through the air when an infected person coughs or sneezes. A lot of day care facilities have toys and objects that are constantly handled or placed in the mouths of infants/children. The cycle of sharing germs commences. Contact with those contaminated objects and surfaces; and then touching your mouth, eyes, nose can cause infectious disease also.

It is not common but also possible to contract the disease if you swallow pool water (if the water is not properly treated with chlorine).

Spring and summer are the most common times of year that this virus is spread. It is commonly seen in a day care setting.

Signs

Once the disease is contracted the peak contagious time is during the first week. The length of time your child is contagious could be days or weeks. Adults can become infected but not show any symptoms.

The first sign will be a fever and the rash will soon follow one to two days after that. Rash, blisters, and sores primarily will rise on the palms of their hands, soles of their feet and in or around their mouth.

The rash may also continue down their legs and up their arms; around the diaper area and other places. Most children are exposed to it by the time they are 5 years-old.

Concerns

There is no antibiotics that can help or treat HFMD. All children react differently, also since

there are different strains of the disease the severity is different in all situations. Some babies could break their fever in a few days, where others could take weeks. When the sores appear in the infant or child's mouth the concern of them becoming dehydrated is prominent. They may not want to drink anything but it is crucial to be persistent with keeping them hydrated. The blisters on their skin will be sore to touch, whether that's a parent merely trying to change their infant's diaper; or a young toddler attempting to walk on their sore-filled feet.

Healing

Ensure they are staying hydrated, keeping the fever under control and applying different cremes or ointments. Tylenol or Motrin may help some of their discomfort; while calamine or benadryl creams may help their sores. Placke said none of these remedies really help, it just takes time for the virus to pass through the system.

Eventually their blisters will start to crust and the skin will peel. Placke said her 2 year-old son contracted the virus from day care and was one of the worst she had ever seen. The skin off of his hands and feet peeled off and he lost all his toe nails and finger nails.

All nails grew back and there was no scarring.

Prevention

Mothers who are breastfeeding are supplying their child with natural protection against the virus because of the immunity in their milk. Infants who are not breastfed do have a higher



Coal Country Community Health Clinic Doctor Michelle Placke's son who contracted one of the worst cases she had seen of HFMD when he was 2 years-old.

chance of contracting the disease.


Practicing good hygiene would be a number one way to prevent this disease. Washing your hands after handling diapers. Cleaning and disinfecting toys children play with. Frequently washing hands to minimize spreading the virus.

When your baby/child does show signs they are infected, it is important to keep them home. It is important to speak with health care professional to discuss when the right time to

return your children to day care would be.

As a day care provider, it is important to monitor the babies and children for signs of fever and dismiss them to their parents and send them home as soon as possible.

Sending them back too soon could cause the infection to continue to spread through the other children. Placke said it is important for those blisters to be crusted over and have no fever for over 24 hours without Tylenol.



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Battling a silent killer

Diabetes prevention is a full time job

By Jerry W. Kram

Jared Eagle has a big job. He is the director of the Fort Berthold Diabetes Program. His job is to reduce the toll the life threatening disease has on the people of the MHA Nation.

Diabetes is one of the leading causes of death and disability among Native Americans. Nationwide, about one in six Native Americans will be diagnosed with diabetes. That's why the FBDP has an active program to screen people for symptoms of pre-diabetes while the condition can be treated with diet and exercise along with medication.

"Most of those who are identified at risk will identify in to prediabetes status," Eagle said.

The program can then move forward with accurate and defining data to provide one of their most important goals. That is to assist families with education and support by identifying risks and providing healthy lifestyle intervention and practices which allows for preventative actions and life giving lifestyle changes.

The program employs nutritionists who hold food classes and demonstrations around the reservation to show that healthy foods can be fun and delicious. Recent demonstrations have included recipes for lentil tortilla soup, cilantro lime chicken taco salad, and fudgey black bean brownies. Last Thanksgiving, the program put on a traditional foods contest to combine prevention with the MHA Nation's heritage.

Eight people participated in a traditional foods cookoff sponsored by the program. Eagle said the program provided traditional meat in the form of

Diabetes hits Native Americans hardest

Percentage of adults with diagnosed diabetes by ethnicity

- 7.4% of non-Hispanic whites
- 8.0% of Asian Americans
- 12.1% of Hispanics
- 12.7% of non-Hispanic blacks
- 15.1% of American Indians/Alaskan Natives

Source: www.diabetes.org

ground buffalo and also wild rice. After that, it was up to the cooks' creativity.

"Everybody who participated in the cookoff brought something different," Eagle said. "The winner actually made five different traditional dishes."

The winner was Joe White Tail-Eagle. He provided a setting of dried corn and squash soup, chokecherry patties, a blue corn and juneberry mash, herbal tea from native plants, and fresh pemmican.

Second place winner Donna Hall made tacos from bison, but all of the trimmings were from traditional native ingredients. Eagle said the salsa was made from juneberries and was excellent. Third place went to Marva Pretends Eagle made a buffalo soup with wild turnips she picked this summer.

The other event presented by the program was a healthy Thanksgiving Meal tasting. Eagle said one trick was to replace the mashed potatoes with pu-



The Fort Berthold Diabetes Programs holds regular screenings across the Fort Berthold Reservation to spot at-risk individuals before they develop Type II Diabetes. The program hold events to encourage exercise and good tasting proper diets that can help prevent the disease in many cases.

reed cauliflower.

"That's about 20 calories as opposed to a couple of hundred for the mashed potatoes," Eagle said. "There very few carbohy-

drates, plus you don't need any butter or gravy with them."

The program also promotes and active lifestyle. Every summer, the program sponsors a

youth obstacle course at the Earth Lodge Village. When the annual Little Shell Powwow is celebrated, a diabetes walk and screening is now a regular part of the festivities.

Diabetes Alert Day: Are You at Risk?

Whether one chooses to lose weight to feel better, or look better, a weight loss of 5 to 7 percent can decrease the risk of type 2 diabetes by nearly 60 percent! Weight loss can also help prevent complications for those already diagnosed with type 2 diabetes. While there is no magic pill to whittle away and keep off the extra weight, there are two highly effective, proven options for either preventing diabetes for those who are at risk or managing blood glucose for those with diabetes.

First, the National Diabetes

Prevention Program (DPP) can help those at risk for type 2 diabetes lose weight to prevent or delay type 2 diabetes. A lifestyle coach facilitates the classes in a group setting allowing participants to learn from others in similar situations. The lifestyle coach is there to motivate, inform and support participants throughout the year-long journey to a healthier lifestyle.

Second, Diabetes Self-Management Education (DSME) programs help people with diabetes manage their blood glucose to prevent complications and maintain a high quality of life. Diabetes education is a process and team effort, and some of the topics addressed by trained diabetes educators include:

Helping you understand what diabetes is and how it affects your body

Explaining how diabetes medications work

Figuring out foods and meals that fit your life and budget as well as improve glucose levels

Determining the best type of glucose monitoring device for your specific circumstances

Suggesting tools, applications and strategies to help you fine tune your blood glucose control

Offering tips to help you cope with stress and solve problems as they arise

Research shows that "coaching" or having a support system can help a person maintain healthy habits leading to sustainable results, whether that is weight loss or keeping blood glucose in check. However, be cautious when seeking a "coach" or a support group. The DPP lifestyle coaches and DSME educators are trained professionals providing you with sound information.

March 26, 2019, is Diabetes Alert Day, encouraging every-

one to know their risk. Find out if you are at risk for type 2 diabetes by taking the risk test at <http://diabetesnd.org/diabetes-prevention/>. Find out if you are at risk for prediabetes and eligible to participate in a DPP near you by taking the prediabetes risk test at http://www.diabetesnd.org/image/cache/prediabetestest_risk_test_2.pdf.

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Prioritizing health at child care center

By Daniel Arens

Anyone who has one or two young children in their home knows that it is both a necessity and a challenge to build up healthy habits for them.

When that number of kids is multiplied by 20 or so, it becomes even more important.

Over the last couple years, the Energy Capital Cooperative's New Bethel Child Care Center in Hazen has offered much-needed day care services for parents with young children. The need is reflected by the numbers: currently, there are 78 kids enrolled with the center.

Of course, not all 78 children are there on the same day or at the same time of the day. But the numbers make for a busy building, and one in which germs and illnesses can spread quickly.

"We provide meals that are healthy meals, and teaching them healthy eating habits," Dana Santini, New Bethel Child Care Center director, said. Although less healthy foods like cookies or cake may be brought in from outside if a kid is having a birthday or something, they are not something the child care center itself ever provides.

Santini said the lunches are delivered each day from the schools by Ken Miller, Hazen School District superintendent. They are prepared by the school kitchen staff.

For parents with elementary kids, lunch would be had at the school rather than the day care. If these kids are bringing a lunch from home, make sure to pack healthy foods, including fruit and vegetables. Currently, there are 11 elementary-aged kids enrolled with the day care.

In addition to eating healthy is encouraging exercise and activity among the kids.

"We're outside every day," Santini said, adding that even when bad weather forces them to remain inside, they still find a way to make sure kids get exercise through activities like yoga or dancing.

There is also the matter of personal sanitation and hygiene. "Hand washing is huge," Santini said. "We wash our

“We wash our hands before we eat, after we sneeze. We are always teaching them basic things, like we cover our cough.”

**- Dana Santini,
New Bethel Child
Care Center director**

hands before we eat, after we sneeze. We are always teaching them basic things, like we cover our cough."

Santini said there was some respiratory sickness going around the community a few weeks ago, but in general the kids at the facility have remained pretty healthy this winter. She said the best thing is for parents to keep their kids at home if they are coming down with anything.

Besides promoting wellness, the childcare center also strives to create an environment where injuries are minimized.

"We do First Aid and CPR training for all our staff," Santini said, adding that parents are called if anything major happens.

Many of the supplies the child care center uses come from Sakakawea Medical Center and Coal Country Community Health Centers, which are among the original organizations that founded the Energy Capital Cooperative to address the child care need in the area. Santini said they are also available as a resource if needed.

Another key is to make sure that possibilities for falls or tripping are avoided as much as possible, and ensuring that all the staff know how to maintain as safe of an environment as possible.



PHOTO BY DANIEL ARENS

Caitlin Dronen, Dillon Dronen and Hunter Quan wash their hands to keep the germs away at the New Bethel Child Care Center in Hazen.

"We are so structured, so it's really keeping everyone knowing the routine," Santini said.

At the end of March, child care center staff will attend a presentation by Burleigh County Public Health on some additional health and wellness tips for

their day-to-day events.

The cooperative began operating in May 2017, in the former New Bethel Congregational Church building in Hazen. It was formed by a partnership of organizations around the Hazen, Beulah and Center region, after

a community health needs assessment determined child care to be the greatest issue those communities needed to address.

The facility is open from 5:30 a.m. to 6:30 p.m. Mondays through Fridays.



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How to make your favorite foods healthier

After the whirlwind of the holiday season, the season of resolutions takes over. Many people resolve to live healthier, and they may not have to give up their favorite foods to do so.

Research from the National Institutes of Health suggests American adults between the ages of 18 and 49 gain an average of one to two pounds every year. Grazing and overeating tends to increase when the weather cools down. A 2005 study published in the New England Journal of Medicine found that, in the fall, people tend to consume more calories, total fat and saturated fat. In the spring, people seem to prefer more carbohydrates. In addition, less powerful sunshine in winter coupled with people bundling up translates into less vitamin D being absorbed by the body. Some researchers believe there is a link between vitamin D deficiency and weight gain as well.

To ensure that certain foods do not sabotage healthy eating plans, people can employ some easy modifications and make

healthier versions of the foods they like to eat.

- **Choose crunchy foods.**

Those who are prone to snacking can reach for noisy foods. These include crunchy items like apples, carrots and pretzels. Scientists say that when people listen to what they are chewing - called the "crunch effect" - they eat less of that item.

- **Tone down the cream.**

Delicious dishes like fettuccine alfredo typically are made with lots of butter and cream. Replace cream sauces with a healthier base made of low-fat milk thickened with flour. Increase the flavor with favorite spices.

- **Fry with care.** Use healthy oils like olive or coconut sparingly. Many foods that are traditionally fried also can be lightly coated with cooking spray and baked for a crunchy texture.

- **Choose sodium-free seasonings.** The USCA recommends limiting sodium to less than 1 teaspoon of salt per day. Try options like fresh herbs or

lemon juice to add some sodium-free flavor.

- **Increase fiber content.**

Fiber helps one feel fuller longer and can also be helpful for digestion and heart health. Choose the "brown" varieties of rice, pasta and breads.

- **Replace meat with leaner forms of protein.** Lean chicken, turkey and pork can replace red meats in many recipes. Some traditional meat dishes, such as burgers, also can be modified using vegetables or seafood. Lean meats dry out quickly, so keep foods moist by watching cooking times.

- **Stock up on yogurt.** Greek and other varieties of yogurt can replace sour cream and mayonnaise in many dishes.

Resolving to eat healthier can be easy by making some simple swaps when preparing your favorite foods

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Social Security basics

Since the beginning of civilization as we know it, the young were taken care of by their parents and grandparents and the system reversed for the elderly. Retirement becomes a complicated situation for many. Some do not have family support; others are sick or disabled either through life or as they age. Others remain healthy well past the official age of retirement as set by social security standards or by some government standard.

In the mid-1930s, life expectancy at birth was only 58 for men and 62 for women. The retirement age was 65. High infant mortality impacted this skewed view of life expectancy and the program set in place to provide retiree and survivors insurance benefits.

In our communities, we now see many people working well past retirement age. Some do so by choice; some remain employed in a business they developed and want to continue to direct. Others are in debt and must

keep working as long as they can. Others manage on pensions, social security and retirement packages from their employers, or by being thrifty and careful in spending their money.

Percentage of the population surviving from age 21 to 65 in 1990 was 72.3 for males and 83.6 for females. Males who had reached 65 could expect another 15.3 years of life, women 19.6 years.

In 1930, there were 3.9 million Americans 65 years of age or older; in 2000 there was 34.9 million.

Retired men in 1940 drew \$23.26 on average and women \$18.38 under social security. In 2015, men averaged \$1,417 and women, \$1,103. Amounts vary according to the level of wages earned and for which social security was calculated.

Much information can be found at <https://www.ssa.gov/history> on the program and how benefits are calculated and distributed

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Work longer and live healthier

(Compilation of excerpts on retirement and health)

A small, but growing coterie of scholars around the world is reaching the conclusion that, in many cases, work is good for our health as we age.

In *Work Longer, Live Healthier*, Gabriel Sahlgren, director of research at the Centre for the Study of Market Reform of Education in London, makes the case that jobs and health feed off and reinforce each other. Healthier, older people can work longer and working longer maintains their health. "Continuing some form of paid work in old age is one way to ensure a healthier population," Sahlgren wrote.

Older people should consider working until their 70s for the good of their health, the chief medical officer will pronounce today in new advice to today's baby boomers.

Prof Dame Sally Davies will tell those aged 50 to 70 that they are better off staying in work, or else taking up new hobbies to keep physically and mentally active in retirement.

The chief medical officer, who is 67, said she had no plans to retire, as she urged others to

follow suit.

Her annual report on the state of the public's health will urge people not to slow down the pace of life as they hit their 60s.

The report is expected to suggest that people who remain in paid employment past retirement age or involved in community and voluntary work improve their chances of staying healthier for longer.

Dame Sally will say: "People are living longer than ever and so retirement presents a real opportunity for baby boomers to be more active than ever before. For many people it is a chance to take on new challenges, it is certainly not the start of a slower pace of life it once was."

The researchers from Oregon State found that healthy adults who retired at 66 instead of 65 had an 11% lower risk of death even when taking lifestyle, demographic, and health issues into account. Furthermore, even those who described themselves as unhealthy were found to stand a greater chance of living longer if they continued working past 65. These findings are consistent with research from the Institute of Economic Affairs,

which found that retirement can increase the chances of clinical depression by 40%, as well as the likelihood of developing at least one physical disorder by roughly 60%.

For many older Americans, working doesn't just provide a monetary benefit; it provides a social outlet and a chance to maintain their physical and mental strength. Boredom in retirement is a very real concern, especially for those who don't have the money to travel, take classes, or indulge their hobbies. Working gives you a chance to use your brain, and for some people, commuting serves as a vital source of exercise. Finding a similar level of mental and physical stimulation can be challenging in retirement, which is why leaving the workforce as early as possible may not be as healthy a move as you once thought.

Studies have shown that early retirement, when it leads to a busy and active social life, can benefit people who are better off, with larger pensions. But those who do not have enough money in retirement can suffer ill-health related to the stress of their financial insecurity.



Yogurt is a dietary source of probiotics, healthy bacteria and yeasts that may improve overall health.

Feel your best starting with your stomach

Did you know that the key to personal health may begin in the core of the body? Doctors and researchers are learning more and more about how the immune system and other functions of the body are tied to microscopic players housed in the stomach and intestines. Improving this digestive environment can benefit the body in various ways.

Understanding probiotics

Bodily bacteria outnumber body cells by 10 to one, offers the health and wellness resource Healthline. Most of the bacteria in the body are harmless, and many of them in the gut actually are linked to numerous health benefits, such as weight loss, enhanced immune function, reduced risk of disease, and improved digestion. Unfortunately, bad bacteria also vie for space in the gut. If the good bacteria and yeasts, or probiotics, are not in abundance to push out the bad bacteria, like salmonella and E. coli, those bad bugs can proliferate, causing problems. It is essential to keep an abundance of probiotics available to stay healthy and maintain the "good vs. bad" balance in the gut.

Getting probiotics

While the body can be healthy without the addition of probiotics, having more can be beneficial. The Cleveland Clinic says that food and supplements containing probiotics assist the good bacteria already present in your gut. When a course of

antibiotics wipes out both good and bad bacteria, for example, probiotic-rich foods and supplements can more readily replace what's lost.

Dietary sources of probiotics include some yogurts, cheeses, kefir, sauerkraut, miso, kimchi, pickles, and beverages like kombucha, a fermented tea. Getting probiotics from foods is the most natural way to supplement good gut bacteria, as the foods meld with the probiotics in ways that doctors may never understand to deliver the most benefits.

The downside is it's impossible to measure just how many probiotics can be acquired from foods. That is what makes supplementation so handy. Capsules and tablets are loaded with a variety of different active bacteria and yeast cultures to aid the digestive system in measurable ratios. Some tout anywhere from one to 30 billion active colony-forming units (CFUs) per serving.

Side effects

Probiotics are generally healthy for people to consume in amounts found in foods, advises the Mayo Clinic. Most healthy adults can safely add foods or dietary supplements that contain probiotics to their diets. Introducing probiotics may cause temporary and mild flatulence, discomfort and bloating.

Probiotics can be yet another tool to improve overall health at any age, but especially for adults looking to minimize illness risk.

Snack foods that promote better sleep

According to the National Sleep Foundation, changes in sleep patterns are a part of the aging process. Many people experience difficulty falling asleep and then staying asleep as they age, and that difficulty can make men and women over 50 feel more tired during the day.

But even though difficulty sleeping may be a part of aging, that does not mean men and women over 50 cannot take steps to improve their sleeping patterns. For example, certain snack foods may help to improve quality of sleep, especially when these foods replace less healthy snacking options. While men and women over 50 should always consult with their physicians before making any changes to their diets, the AARP notes that the following are a handful of snack foods that promote better sleep.

- **Almonds:** Magnesium is a mineral with muscle-relaxing properties, and almonds contain enough magnesium to help men and women get a better night's sleep. A small amount of almonds before bed might be enough to make falling and staying asleep easier.

- **Bananas:** Much like almonds, bananas provide a substantial amount of magnesium. Bananas also contain the amino acid tryptophan, which many people associate with Thanksgiving turkey. While tryptophan might be most often associated with the sleepiness people feel after eating a holiday meal, it also has been linked to better sleep quality, so a banana shortly before bed might be just what you need to fall and stay asleep.

- **Cheese and crackers:** One more traditional snack may just help you get a better night's sleep. Cheese and crackers contain tryptophan and carbohydrates, which can induce a better night's sleep and help you fall

asleep sooner.

- **Cherries:** Cherries contain the sleep hormone melatonin, and the AARP notes that recent studies indicated that participants who drank tart cherry juice on a daily basis fell asleep more quickly and slept longer and better than participants who did not.

- **Hummus:** The primary ingredient in hummus is chickpeas, which are loaded with tryptophan, folate and vitamin B6. Folate has proven especially beneficial to older men and women who need help regulating their sleep patterns, while vitamin B6 helps the body regulate its clock.

- **Peanut butter:** Peanut butter is another snacking item loaded with tryptophan. Spread some peanut butter on a carbohydrate, whether it's a slice of toast or some crackers, before going to bed, and you may enjoy a better, longer sleep.

- **Walnuts:** Like cherries, walnuts contain melatonin, which can contribute to a longer, more restful night's sleep. Walnuts also can help regulate stress, which is a leading cause of sleeping difficulty.

Many men and women experience difficulty sleeping as they age. But the right foods may just help combat such problems and help men and women get a more adequate night's sleep.



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them waiting
for you!**



Golden Years

/gōldən/ /yirs/
plural noun

1. the late or advanced years in someone's life
2. the time of life when someone is old
3. the years of retirement, normally after age 65

It's easy to see, based on the standard definition of "golden years", why most people aren't excited to admit they've reached theirs, especially when we use words like "old", "advanced" or "elderly" to describe individuals that rarely self-identify as such. Historically, housing and care options for older adults have mirrored the definitions above, tending to focus on the chunk of years when individuals inevitably develop health problems, become more frail and can no longer live independently (their words, not ours).

Golden

/gōldən/
adjective

1. (of a period) very happy and prosperous
2. made or consisting of gold; colored or shining like gold

At Edgewood, we know that the "years" are the inevitable part, yet the "golden" isn't always a given. We choose to focus on the unique advantages our teams provide and how we can enhance our residents' lifestyles, to truly make them "golden". Yes, we're still an organization that provides housing and care for older adults, and sure, the aging process can be difficult, presenting unique challenges for each individual. Yet at Edgewood we choose to focus on the why behind each resident and what his or her personal journey looks like, rather than the simple fact that everyone's getting older; then we utilize our care, services and amenities to help them understand and achieve their why. Everyone has their own why.

The Ultimate

continuum of care for our friends, family & neighbors.

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