

## Tips for getting better sleep

Difficulty sleeping is a common concern we hear about in primary care. Many of us will have trouble sleeping on occasion, but when that is a persistent pattern causing distress or functional impairment, we call it insomnia. Insomnia can mean difficulty falling asleep, difficulty maintaining sleep, or waking early unable to fall back asleep.

First and foremost, is the difficulty sleeping causing problems? If it is not resulting in problems with daily functioning, we may need to manage expectations around sleep. Not every person needs 8 hours per night, and if your imperfect sleep is perfectly tolerable, it is probably best to leave it alone. As we age, we need less hours of nighttime sleep; again, as long as you feel well during the day, that is just fine.

For those whose poor sleep is resulting in intolerable drowsiness or difficulty functioning at work or home, I have more questions. Is an acute illness or stressor contributing? Might there be another sleep disorder like sleep apnea or restless leg syndrome? Is pain, an urge to urinate, or some other physical symptom causing your awakenings? Is there underlying depression, anxiety, or other mental health concerns? Are you taking any medications or substances that might cause sleep disruption? Addressing any of these may significantly improve sleep. Alcohol is a common culprit; often assumed to help people fall asleep, alcohol actually yields poor quality rest.

Most patients with insomnia can be helped with behavior changes alone, or "sleep hygiene." There are a few basic tenets, some more intuitive than others. First, optimize the sleep environment; ideally this means a dark, cool, quiet bedroom.

Second, a consistent bedtime and wake time are very important, even on the weekends. This is particularly difficult for our patients who have jobs requiring rotating shifts. Next, find a bedtime routine which helps your brain wind down; think less screen time, and more reading, meditating, or listening to calming music. Finally, and less intuitive to most, if you do find yourself lying in bed for 20 minutes without falling asleep,



By Kelly Evans Hullinger, MD, FACP

get out of bed, try a calming routine over again, then get back into bed. More time spent not sleeping in your bed is more time your brain spends learning the bed is a place to be awake. Furthermore, it fuels anxiousness when we lie awake yearning for sleep, so it is best to break that cycle.

I see a lot of people tracking sleep with their smartwatch or other wearable device, and my advice is to be aware of potential pitfalls. We don't have good evidence that the information all devices provide on sleep is accurate, and for most people tracking those statistics actually tends to increase anxiety around sleep which may worsen the problem.

Have you followed all the above advice but still suffer from insomnia? The gold standard treatment is cognitive behavioral therapy for insomnia (CBT-I) provided by a mental health professional. Beyond that we do have pharmacologic options, but medications for sleep can be fraught with potential problems, especially for our patients over age 65. Even some over-the-counter sleep medications can have significant risks in older patients, so please use caution and talk to your primary care provider.

Dr. Kelly Evans Hullinger practices internal medicine at Avera Medical Group in Brookings, SD. She serves as one of the Prairie Doc Volunteer Hosts during its 24th Season providing Health Education Based on Science, Built on Trust. Follow The Prairie Doc® at www.prairedoc.org, Facebook, Instagram, YouTube, and Tik Tok. Prairie Doc Programming includes On Call with the Prairie Doc®, a medical Q&A show (most Thursdays at 7pm, YouTube and streaming on Facebook), 2 podcasts, and a Radio program (on SDPB, Sundays at 6am and 1pm).

## What Medicare won't pay for in 2026

Dear Savvy Senior, To avoid any future health care surprises, can you tell me what original Medicare doesn't cover in 2026?

New Beneficiary



By Jim Miller

**If you need or want certain services that aren't covered, you'll have to pay for them yourself unless you have other insurance, or you enroll in a Medicare Advantage health plan, which may provide some additional benefits.**

Dear Beneficiary, It's a great question. While original Medicare (Part A and B) covers a wide array of health care services after you turn 65, it doesn't cover everything.

If you need or want certain services that aren't covered, you'll have to pay for them yourself unless you have other insurance, or you enroll in a Medicare Advantage health plan, which may provide some additional benefits.

Here's a look at some commonly needed medical services that original Medicare doesn't pick up the tab for.

**Most dental care:** Routine dental care including checkups, cleanings, x-rays, fillings, root canals, tooth extractions and dentures are not covered by original Medicare.

**Routine vision care:** Medicare does not cover routine eye exams, eyeglasses and contact lenses (except following cataract surgery), but tests, treatments and surgeries for medical eye diseases like cataracts, glaucoma and macular degeneration are covered.

**Hearing aids:** Original Medicare will not pay for hearing exams or hearing aids but may cover a hearing and balance exam if your doctor determines it's necessary.

**Prescription drugs:** Medicare (Part A and B) doesn't provide coverage for outpatient prescription drugs, but you can buy a separate Part D prescription-drug policy that does.

**Alternative medicine:** Acupuncture (except to treat low back pain), chiropractic services (except to correct a vertebral subluxation of the spine), and other types of alternative or complementary care are not covered by Medicare.

**Cosmetic surgery:** Most cos-

metic procedures are not covered, however, if the surgery is due to an injury or deformity, it might pay. For example, Medicare will cover a breast prosthesis for breast cancer survivors.

**Foot care:** Medicare does not cover most routine foot care, like the cutting or removing of corns, calluses and toenails. But they do cover medically necessary podiatrist services for foot problems like hammer toes, bunions and heel spurs, along with exams, treatments and therapeutic shoes or inserts if you have diabetic foot problems.

**Long-term care:** Nursing home care and assisted living facilities are not covered by Medicare. But Medicare will help pay up to 100 days of skilled nursing or rehabilitation care immediately following a hospital stay of three or more days.

**Personal home care:** If you need

**Medicare**

(Continued on Page 3)

# Death Notice

## Tessie Kae Swenson

Tessie Kae Swenson, 72, of Rolla, ND passed away on Sunday, February 1, 2026 at the Altru Hospital in Grand Forks, ND. Arrangements are pending.

Online guestbook is available at www.dunnigandix.com  
Dunnigan-Dix Funeral Home of Cando, ND is in charge of arrangements.



**Uffda Fund for Animals**

In Memory of: Edie Dix  
By: Carole Halone

**Towner County Medical Center Auxiliary**

In Memory of: Edie Dix  
By: Edair Teubner  
In Memory of: Judy Hoffman

By: Dave & Marie Wolsky  
In Memory of: Dr. Greg Culver  
By: Dave & Marie Wolsky  
In Memory of: Dr. Greg Culver  
By: Katherine Tostad

**American Legion Auxiliary Hal Parker Post #79**

In Memory of: Gladys Freund  
By: Reginald Urness



**Saturday, February 7, 2026**

Mite Hockey Jamboree @ Mayville

**Sunday, February 8, 2026**

Mini Hockey game 9am in Northwood

**Sunday, February 8, 2026**

11am Masonic Lodge Pizza n Visit with Alex Balazs.

**Wednesday, February 18, 2026**

11:15 am, Red Hats will have noon lunch at The Chocolate Shop, Bisbee, weather permitting. Please call Gloria @ 968-3490 if you want a ride.

## School activities

**Saturday, February 7, 2026**

Speech @ Langdon  
First Lego League State Championship @UND

**Monday, February 9, 2026**

Dance Halftime Varsity Game  
BBB vs Nelson County (A,B,JH)

**Tuesday, February 10, 2026**

4:30 pm BBB at Warwick (A,B,JH)  
4:30 GBB at Midway-Minto (A,B,JH)

7:30 pm BHKY vs MayPort Area

**Thursday, February 12, 2026**

3 pm Parent-Teacher Conference

**Friday, February 13, 2026**

TBD GBB District at Maddock  
7 pm GHKY at Mandan

**Saturday, February 14, 2026**

TBD GBB District at Maddock  
Speech at Rolette  
9am Elementary BB (Gym)  
1 pm GHKYat Bismarck Century

## Senior meals for week of Feb. 9

Cando Senior Meals are delivered on Mondays, Tuesdays, and Fridays. Call Espresso Yourself Café at 968-3809 by 9 a.m. for reservation. Menu subject to change upon availability. LS = low sodium

Monday, February 9: Bread, porcupine meatballs, cauliflower and cheese sauce, garlic mashed potatoes, fruit with sauce.

Tuesday, February 10: Garlic bread, seafood fettuccine alfredo, corn, house salad with dressing, fruit with sauce.

Friday, February 13: Croissant, egg salad sandwich with lettuce, tater tots, coleslaw, fruit with salad.

Monday, February 16: Breadstick, chicken cacciatore, angel hair pasta with marinara, italian vegetable blend, fruit with sauce.

## Moments in Time

**Monday, February 9, 1894**

Hershey's Chocolate Company was founded by M.S Hershey, One of the largest chocolate manufacturers in the world.

**Tuesday, February 10, 1954**

President Eisenhower stepped into warn the US not to intervene in Vietnam.

**Wednesday, February 11, 1809**

A steamboat patent was granted to the American engineer and inventor Robert Fulton.

**Thursday, February 12, 1950**

Albert Einstein warned against hydrogen bomb on the "Today with Mrs. Roosevelt" Weekly TV show.

**Friday, February 13, 1542**

Catherine Howard, the fifth wife of Henry VIII of England, was executed for adultery.

**E-subscriptions available!**

Don't forget to take the Record Herald with you when you go south for the winter! Inquire at the office or call (701) 968-3223.

## Memorial Donation Contacts

All Nations Lutheran Cemetery  
Arndt Cemetery  
Mt. View Cemetery  
6617 89th St NE  
Rocklake, ND 58365  
American Legion Hal Parker Post #79  
PO Box 863  
Cando, ND 58324

American Legion Auxiliary  
PO Box 853  
Cando, ND 58324  
Audi Theater  
PO Box 515  
Cando, ND 58324  
Bisbee Fire Protection District  
PO Box 262  
Bisbee, ND 58317

Bisbee Lutheran Cemetery  
PO Box 172  
Bisbee, ND 58317  
Bisbee Lutheran Church  
405 Washington Street  
Bisbee, ND 58317  
Bisbee Senior Citizens  
PO Box 24  
Bisbee, ND 58317

Cando Area Food Pantry  
PO Box 576  
Cando, ND 58324  
Cando Arts Council  
PO Box 368  
Cando, ND 58324  
Cando Baseball Association  
Jesse Vote  
865 6th St.  
Cando, ND 58324

Cando Campground  
PO Box 396  
Cando, ND 58324  
Cando Community Library  
PO Box 798  
Cando, ND 58324  
Cando Golf Course  
Melanie Wahl  
1310 3rd Ave.  
Cando, ND 58324

Cando Hockey Boosters  
PO Box 882  
Cando, ND 58324  
Cando Park Board  
PO Box 900  
Cando, ND 58324  
Cando Volunteer Fire Dept.  
PO Box 834  
Cando, ND 58324

Cando Senior Citizens/Towner County Public Transit  
PO Box 64  
Cando, ND 58324  
Cando Shade Tree Committee  
PO Box 396  
Cando, ND 58324  
Egeland Senior Citizens  
Todd Wright PO Box 158, Egeland, ND 58331

Sharon Nelson 8555 72nd Ave NE, Egeland, ND 58331  
Egeland Union Cemetery  
c/o Jamie Jackson  
7360 85th St. NE  
Egeland, ND 58331  
Egeland Volunteer Fire Dept.  
PO Box 137  
Egeland, ND 58331

Ellison Cemetery  
PO Box 429  
Cando, ND 58324  
Holy Rosary Cemetery  
PO Box 155  
Bisbee, ND 58317  
Holy Rosary Church  
PO Box 155  
Bisbee, ND 58317

Hunter Safety Class-Cando  
Vic Risovi  
PO Box 164  
Cando, ND 58324  
Impact Cando Connection Fund  
2701 12th St. S #14  
Fargo, ND 58103  
I.O.O.F. Cemetery Endowment Fund  
PO Box 396  
Cando, ND 58324

Lil Cat Program  
PO Box 51  
Cando ND 58324  
North Star Football Program  
PO Box 489  
Cando, ND 58324  
North Star Scholarship Fund  
PO Box 489  
Cando, ND 58324

The Pavilion  
For tax deductible donations:  
Attn: Advisory Board Member  
Impact-Cando Connection Fund  
2701 12th Street South #14  
Fargo, ND 58103  
Other donations:  
The Pavilion  
c/o Melanie Wahl  
1310 3rd Ave  
Cando, ND 58324

Perth Cemetery Association, Inc  
c/o Sheri Langer  
201 2nd Street  
Perth, ND 58363  
Pioneer Foundation Museum  
PO Box 142  
Cando, ND 58324

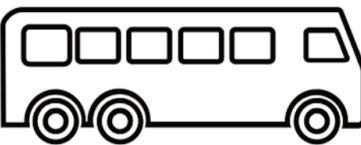
Rock Lake Boosters  
PO Box 146  
Rock Lake, ND 58365  
Sacred Heart Cemetery Fund  
PO Box 399  
Cando, ND 58324  
Senior Meals and Services Cando  
202 4th Avenue NE  
Devils Lake, ND 58301

Towner County 4-H Program  
PO Box 547  
Cando, ND 58324  
Towner County Ambulance Service  
PO Box 812  
Cando, ND 58324  
Towner County Historical Society  
Anita Barrett  
108 4th Ave.  
Munich, ND 58352

Towner County Medical Center  
PO Box 688  
Cando, ND 58324  
Towner County Medical Center Auxiliary  
PO Box 322  
Cando, ND 58324

Towner County Shooting Sports  
PO Box 547  
Cando, ND 58324  
Uffda Fund for Animals  
PO Box 454  
Cando, ND 58324  
Wayne Freund Vocal Scholarship  
C/O North Star School  
PO Box 489  
Cando, ND 58324

Please call the Towner County Record Herald at 701-969-3223 to have your organization and contact added to this list or if there are any corrections to be made.



**TOWNER COUNTY PUBLIC TRANSIT**

Call for an appointment:

In town: 701-303-0061 Out-of-town: 701-230-4176

\*The transit bus will take you to East Grand Forks & Moorhead for medical appointments only\*

Bisbee, Egeland, Calio, Hampden, Munich, Rocklake, Starkweather .....\$5  
Devils Lake, Fort Totten .....\$7  
Rolla, Belcourt, Langdon, New Rockford, Rolette, Rugby.....\$10  
Bottineau .....\$12  
Harvey.....\$15  
Grafton, Grand Forks, Jamestown, Minot, Walhalla..\$22  
Minot Air Force Base, Valley City.....\$25  
Fargo, Bismarck.....\$30

\*An additional \$10 flat fee will be added to all rides occurring on Saturdays and Sundays.

**Rules for Out-of-Town Medical Appointments**

• Appointments are to be made for NO LATER than 2:30 p.m.  
• Appointments must be completed within 5 hours or rescheduled for another day. You are only allowed 5 hours at your destination.

# TOWNER COUNTY RECORD HERALD

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