



SOUTH CENTRAL ADULT SERVICES

Foster County

NEWSLETTER

MARCH & APRIL 2025

ISSUE NO. 2

How Type 2 Inflammation contributes to asthma, COPD, and allergic conditions

(BPT) - Do you live with persistent, moderate-to-severe asthma, COPD, allergies, eczema or hives? Inflammation is often a major factor in the severity of your symptoms. It could also be a factor if your condition is hard to treat. When inflammation is severe and causes difficult-to-control symptoms, it's called Type 2 inflammation.

Type 2 inflammation could be the underlying cause of your condition. It could also be the reason you have more than one condition.

What is Type 2 inflammation? Type 2 inflammation is an overactive immune response that causes excess inflammation in the body. It plays a key role in many allergic, respiratory and skin diseases.

Type 2 inflammation is believed to be caused by genetic and environmental factors. It can be triggered by allergens (pollen, mold, dust mites, or pet dander) and irritants (pollutants). It can also arise from viruses and bacteria, weather changes, stress or exercise.



Sometimes inflammation may occur without an apparent trigger.

Health conditions that may be affected by Type 2
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Resolving to stay scam free in 2025

Many people's New Year's resolutions have come and gone by now but the Better Business Bureau recommends adding some resolutions to help make this year fraud-free:

I resolve to be caution with email. Be wary of unsolicited emails from a person or company. Scammers can make emails look like they are from a legitimate business, government agency or reputable organization. Never click on links or open attachments in unsolicited emails.

I resolve never to send money



to strangers. If you haven't met a person face-to-face, don't send them money, especially if the person asks you to transfer funds using a pre-paid debit card, gift card, or CashApp. Money sent this way is

untraceable, and once it is sent, there's no getting it back. Scammers will try to trick you into panicking - so before making a move, think the situation through.

I resolve to do research before making online payments and purchases. Research the retailer before entering payment information.

Ask: Is this a person or business I know and trust? Do they have a working customer service number? Where is the company located? Are payments made through a secure

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inflammation include:

- * Moderate to severe asthma
- * Eosinophilic asthma
- * COPD
- * Aspirin-Exacerbated Respiratory Disease (AERD)
- * Allergic rhinitis
 - Severe chronic rhinosinusitis with nasal polyps (CRSwNP)
- * Chronic urticaria (chronic hives)
- * Moderate to severe atopic dermatitis (eczema)
- * Food allergies
- * Eosinophilic esophagitis (EoE)
- * Sleep apnea

Symptoms involving Type 2 inflammation vary depending on your condition. Chronic inflammation can lead to long-term symptoms and tissue damage if it is not well managed.

What is the science behind Type 2 inflammation? Type 2 inflammation can be driven by high levels of antibodies called immunoglobulin E (IgE). It can also be driven by high levels of eosinophils, a type of white blood cell.

IgE is designed to help the body fight off allergens, certain irritants, and parasitic infections. It binds to immune cells such as mast cells and basophils that trigger the release of histamine and proteins called cytokines. This can cause Type 2 inflammation that is severe and chronic, especially in allergic conditions.

Other key cytokines (called IL-4, IL-5 and IL-13) recruit and activate the eosinophils. When there are too many eosinophils in the blood, they can contribute to severe or ongoing Type 2 inflammation.

How do you know if you have Type 2 inflammation? If you think your condition is affected by Type 2 inflammation, talk with a doctor, preferably a specialist such as an allergist. Doctors can diagnose Type 2 inflammation through blood tests that measure IgE and eosinophil levels. High levels indicate that Type 2 inflammation is present.

If you have asthma or COPD, a breathing test for your lungs called fractional exhaled nitric oxide (FeNO) can also indicate Type 2 inflammation.

What treatments are recommended for Type 2 inflammation? Medications are available for people with diseases caused or worsened by Type 2 inflammation. Biologics are increasingly prescribed to help treat these conditions. They are used when standard treatments like corticosteroids or antihistamines are not effective. Biologics work at the cellular level, with the goal of stopping symptoms before they can start. They aim to reduce the levels of IgE and/or eosinophils that cause inflammation in the body.

It's important to work together with your doctor to decide what course of treatment is best for you. Consider the severity of your symptoms and discuss what previous medications or treatments you have tried. Your healthcare provider can help you find out if Type 2 inflammation is connected to your medical condition.

Learn more at Type2Inflammation.org.

FOSTER COUNTY BIRTHDAYS & ANNIVERSARIES

GRACE CITY

MARCH

Birthdays

Dana Wright: 3/8

Norma Matt: 3/13

APRIL

Birthdays

Vickie Linderman: 4/28

Foster County Public Health Upcoming Off-Site Clinics

Wednesdays March & April 2025

March 5 - Grace City Schoolhouse

March 12 - McHenry Senior Center

March 12 - Glenfield Community Center

April 2 - Grace City Schoolhouse

April 9 - McHenry Senior Center

April 9 - Glenfield Community Center

**Appointments preferred - nurse may not be at off-site locations if no patients are scheduled.*

Call for more info or for appointments 701-652-3087

www.fostercountypublichealth.com



Grace City, McHenry & Glenfield Menu for March 2025 (701-674-3128)

All meals include ~ 2 slices of Whole Grain Bread, 1 cup of 1% Milk, Margarine, Coffee and Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
3 Grandma's hotdish Corn Tossed salad Fruit	4	5 Spaghetti with meat sauce Prince Edward vegetables Garlic toast Apple crisp	6	7 Tator tot hotdish Cheese beans Tossed salad Garlic toast Fruit salad
10 Tomato soup Grilled cheese sandwich Tossed salad Caribbean vegetables Peaches	11	12 Barbeque meatballs Roasted potatoes Green beans Pears Cookie	13	14 French toast bake Sausage links Cheesy hashbrowns Baked apples
17 Lasagna Tossed salad Green beans Peaches	18	19 Hot beef sandwich with gravy Mashed potatoes Corn Fruit	20	21 Creamed chicken over bun Prince Edward vegetables Tossed salad Fruit Moon cake
24 Taco salad with all the fixings Cottage cheese Fruit	25	26 Ham Baked potatoes Stewed tomatoes Pudding with bananas Birthday cake	27	28 Bratwurst Potato Brussels sprouts Fruit salad
31 Potato soup Tuna sandwich Tossed salad Fruit Juice				

Grace City, McHenry & Glenfield Menu for April 2025 (674--3128)

All meals include ~ 2 slices of Whole Grain Bread, 1 cup of 1% Milk, Margarine, Coffee and Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Salisbury steak Mashed potatoes California blend vegetables Applesauce	3	4 Meatloaf Baked potato Creamed corn Fruit
7 Hamburger on a bun Potato wedges Carrots Fruit	8	9 Pork roast Mashed potatoes Brussels sprouts Fruit	10	11 Fish sandwich Au gratin potatoes Cabbage & carrots Applesauce
14 Beer cheese soup Grilled cheese sandwich Coleslaw Fruit	15	16 Ham Baked potato Sweet potato Cranberries Fruit	17	18 Barbeque chicken Baked potato Broccoli Mandarin oranges
21 Beef stew Peas & carrots Garden salad Pears	22	23 Popcorn chicken with all the fixings Salad Peaches	24	25 Cabbage roll hotdish Green beans Fruit Jello
28 Ham & bean soup BLT sandwich Garden salad Fruit	29	30 Grilled chicken breast Green beans Potato salad Fruit Birthday cake		

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server (<https://...com>)? Have I checked to see if others have complained?

I resolve to use my best judgement when sharing my personal information. Sharing sensitive personal information with scammers opens the door to identity theft. Never share financial information, birthdate, address, Social Security/Social Insurance number, or Medicare number with an unsolicited caller.

I resolve to create strong, unique, passwords for each account. Using strong, varied passwords across accounts makes it harder for fraudsters to access multiple accounts if one is compromised.

I resolve to enable two-factor authentication. Adding this layer of security to accounts, specially those involving finances or personal data, greatly reduces the risk of unauthorized access.

I resolve to be social media smart. Use privacy

settings on social media and only connect with people you know. Be careful about including personal information in your profile, and never reveal your address and other sensitive information. Scammers may use this information to make themselves pass as friends or relatives and earn your trust. Also, be careful when buying products you see on social media. The BBB has received thousands of complaints about misleading Facebook and Instagram ads.

I resolve to regularly check my financial statements. Committing to review bank and credit card statements can catch unauthorized transactions early.

I resolve to educate myself about the latest scams. Staying informed on emerging scams helps you recognize and avoid new fraud tactics.

ND SMP ADVISES ON HOW TO AVOID MEDICARE SCAMS

- Stay alert for requests for personal information like your Medicare or Social Security number
- Avoid sharing sensitive information over the phone or online
- Carefully review Medicare Summary Notices and Explanation of Benefits to make sure all charges are accurate
- Use a calendar or journal to track your medical appointments for reference
- If something seems suspicious, speak up! Start by contacting your healthcare provider to confirm if it's a billing error

Report Medicare Scams - such as unauthorized use of your Medicare number or suspicious billing - by contacting the ND Senior Medicare Patrol at 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General at 1-800-472-2600.

(Information provided in part by bbb.org and ND SMP Scam of the Month - January 2025)

Gift Certificates now available!

Looking for a gift for the person who has everything? Let us help you out with a gift certificate for South Central Adult Services congregate meals.

Call
701-652-3257



EBT/SNAP



We accept EBT/SNAP (Food Stamps) contributions.

We would like to remind all meal recipients (congregate, frozen, home-delivered meals and liquid supplements) that EBT cards may be used for your contributions.

Please call Ann VandeHoven,
652-3257 for more info.

Frozen Meals Available

Frozen meals are available to elderly people who are unable to shop and prepare meals, and where hot home-delivered meals are not available every day. The meals are labeled with instructions for heating. A serving of bread, butter, milk, and dessert is included for each meal.

Contact your outreach worker or your Senior Center for more information.

Would you like to help a senior in need?

Do you like to visit, play games, do hobbies and make people smile? Do you have 5 hours a week to spare?

If so, come be a Volunteer Companion to seniors in the Foster County area. Volunteers receive mileage reimbursement for their travels.

Call 652-3257 for more information.

South Central Adult Services Council, Inc.

makes available all services without regard to race, color, national origin, or handicap, and is subject to Title VI of the Civil Rights Act of 1964, Title V Section 504 of the Rehabilitation Act of 1973, and all related laws and regulations. The South Central Adult Services Council, Inc., is an Equal Opportunity Employer.

South Central Adult Services Council, Inc. holds quarterly board meetings on the 3rd Monday of February, May, August & November.

All meetings are open to the public at
139 2nd Ave SE in Valley City, ND.

Call in advance to reserve a meal at 1-800-472-0031.

Free In-Home Services for Seniors

Senior Companions

Home visits for lonely homebound seniors, provided by senior volunteers.

- Bringing smiles & laughter
- Helping to relieve loneliness & encourage activity
- Empowering seniors to remain living independently
- Providing respite for family caregivers

If you are homebound, lonely, isolated, frail or disabled and would like more info about this **FREE** service, contact Ann VandeHoven at
652-3257

Provided by Lutheran Social Services of Minnesota

Foster County Outreach & Public Health Off-Site Clinic Schedule

March & April 2025

Ann VandeHoven, Foster County Outreach Worker, will be available in the rural areas on the following schedule. You may contact her at the Carrington office to schedule an appointment at 701-652-3257.

Wednesday, March 5 - Grace City Schoolhouse

Wednesday, March 12 - McHenry Senior Center & Glenfield Community Center

Wednesday, April 2 - Grace City Schoolhouse

Wednesday, April 9 - McHenry Senior Center & Glenfield Community Center

Foster County Transit

Transportation is open to the public!!

Local Transportation

Monday—Friday
8 AM until 4 PM

A ride to the Senior Center
for a meal
\$0.50 one way.

A ride anywhere else in town:
\$1 one way or per stop.

Out-of-Town Transportation

2nd Wednesday & 1st, 3rd & 4th Fridays:
Rural Foster County into Carrington - \$5.00

1st, 2nd & 4th Tuesdays, 4th Wednesday &
every Thursday: **Jamestown** Trip - \$8.00

Mondays (upon request): **New Rockford** - \$5.00

1st Wednesday & 3rd Tuesday:
Fargo Trip - \$15.00 Round Trip

3rd Wednesday:
Bismarck Trip - \$15.00 Round Trip

**If at all possible, out-of-town medical
appointments should be scheduled
between 10:00 AM and 2:00 PM**

Shopping trips to Bismarck and Fargo are
limited to 4 hours! The bus will leave
Carrington at 8:00 AM and will be back
in Carrington no later than 5:00 PM

**It is necessary to sign up in advance,
if at all possible, by calling 701-652-3257**

For more information go to
www.southcentraltransitnetwork.org
or find us on Facebook at
facebook.com/southcentraltransitnetwork

Bridgeview Estates

Assisted Living

Call 701-845-8061

1 & 2 Bedroom Units Available

Services Included In the Rent/Care Package:

- ❖ 2 Meals Per Day in central Dining room
- ❖ Housekeeping
- ❖ 24 Hour on-site personnel
- ❖ Bathing Assistance
- ❖ 24 Hour Urgency Response (Lifeline)
- ❖ RN on call 24/7
- ❖ Medication Set-up, Medication Assistance and Medication Reminders
- ❖ Open clinic Monday – Friday 10:30-11:30 AM
- ❖ Activity Programming and group outings
- ❖ Transportation Services

**1120 5th St. NE
Valley City, ND**



Home & Community Based Services

Help for those who want to live at home

When should you call?

If you or someone you know could use
services or help with activities including:

- Bathing, dressing, transferring and personal needs
- Meal preparation, housework, laundry and shopping
- Medication Assistance
- Non-Medical Transportation
- Adult Family Foster Care
- Emergency Response Services (Lifeline)
- Family Home Care
- Case Management
- Chore Service
- Respite Care for Caregivers
- Other services are also available

**Contact your local County Social
Service Agency: 701-652-2221**

Renter Refunds and Property Tax Credit options available

PRIMARY RESIDENCE CREDIT

The Primary Residence Credit (PRC) provides all North Dakota homeowners with the option to apply for a state property tax credit through the North Dakota Office of State Tax Commissioner. Homeowners with an approved application may receive up to a \$500 credit against their property tax obligation.

To be eligible for the credit:

- * You must own a home (house, mobile home, town home, duplex, or condo) in North Dakota, and reside in it as your primary residence.

- * There are no age restrictions or income limitations for this credit.

- * Only one Primary Residence Credit is available per household.

Apply online by March 31, 2025 at tax.nd.gov/prc or contact Ann Vandehoven at 652-3257.

Those applying for the credit may be eligible to apply for more than one type of property tax credit, including the Homestead Property Tax Credit and the Disabled Veterans Property Tax Credit.

HOMESTEAD PROPERTY TAX CREDIT

The Homestead Property Tax Credit property tax credits available to eligible North Dakotans. The credit reduces the homeowner's taxable value depending on the homeowner's income. The maximum reduction may vary from \$4,500 to \$9,000.

Homeowners must be 65 years of age or older or be permanently disabled. To be eligible for this program, you (the homeowner) must:

- Live at and be invested in the property
- Not have income that exceeds \$70,000, including the income of your spouse and any dependents, for the calendar year preceding the assessment date.

The homeowner does not qualify to receive the credit if the homestead is rented while the owner is temporarily absent, or the homestead is a farm structure. The Homestead Property Tax Credit reduces the homeowner's taxable value according to the following:

<u>If your income is:</u>	<u>\$0 - \$40,000</u>	<u>\$40,001 - \$70,000</u>
Taxable value is reduced by:	100%	50%
Maximum reduction of taxable value:	\$9,000	\$4,500
Maximum reduction of true & full value:	\$200,000	\$100,000

Interested in applying? Contact the Foster County Tax Equalization Office or your city assessor's office. Homeowners must apply for a property tax credit by March 31.

Do you need more information or assistance applying? South Central Adult Services can help. Call Ann at 652-3257 to set up an appointment today.

RENTERS REFUND

The Renter's Refund program provides a partial refund on rent for a renter's place of residence or a mobile home lot. Refunds can be up to \$400. To be eligible for this program, you (the renter) must:

- Be 65 or older (or have a permanent disability)
- Have income of \$70,000 or less, including the income of your spouse and any dependents, for the calendar year preceding the assessment date.
- Have annual rent payments that are a certain percentage of your income. If 20% of your annual rent exceeds 4% of your annual income, you will receive a refund for the over payment. Refunds can be up to \$400.

For more information or to get an application, go to www.tax.nd.gov/renter. You may also call the State Tax Commissioner at 1-877-328-7088 option 5. If you need assistance with Rent Refunds, call Ann at 652-3252. Renters must apply for by May 31, 2025.

South Central Adult Services

serves the counties of
Barnes, LaMoure, Foster,
Logan,

McIntosh & Griggs

701- 845-4300 or
1-800-472-0031

Check out our website:
www.southcentralseniors.org

Carrington Senior
Citizen Center
36 10th Avenue S.
Carrington, ND 58421
701-652-3257

McHenry Senior
Citizens Center
451 Johnston Street
McHenry, ND 58464
701-785-2221

Schoolhouse Café (meals only)
309 City Street
Grace City, ND 58445
701-674-3128

South Central Adult Services
Main Office
139 2nd Ave. SE
PO Box 298
Valley City, ND 58072
701-845-4300

PATRICIA HANSEN
Director

JODI ELLIOTT
Bookkeeping

ANN VANDEHOVEN
Outreach

