



SOUTH CENTRAL ADULT SERVICES

Foster County

NEWSLETTER

SEPTEMBER & OCTOBER 2025

ISSUE NO. 5

5 expert ways to prepare for a longer fall allergy season

(BPT) - If you think it's too early to prepare for fall allergy season, think again. Thanks to changing weather patterns, allergy season is starting earlier and lasting longer than ever before. For the 31.8% of adults and 27.2% of children in the U.S. who have been diagnosed with seasonal allergies, their symptoms may persist long after kids are back in school.

According to the U.S. Environmental Protection Agency, the American frost-free season - the period between the final 32°F reading of the year in the spring and the first 32°F reading in the fall - has increased by more than two weeks on average across the country. "The prolonged warm weather means that plants bloom earlier,



stay around longer and produce more pollen, causing sneezing, coughing, itchy and watery eyes and runny noses and triggering

asthma attacks and hay fever," says allergist James Tracy, DO, president of the American College of

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Tips for better blood sugar management

By Lane Lipetzky Swenson, RD, LD, CGN

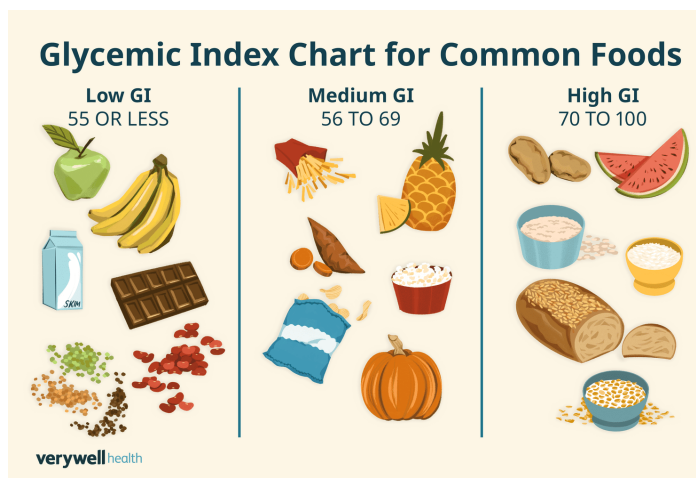
As we grow older, our bodies naturally go through many changes, and one common change is a decrease in how well our cells respond to insulin—a condition called insulin resistance. This happens for several reasons: our muscle mass tends to decrease with age, and muscle plays a big role in using blood sugar efficiently. At the same time, we may become less physically active and gain more body fat, especially around the abdomen, which further reduces insulin sen-

sitivity. Hormonal shifts and increased inflammation in the body over time can also interfere with how insulin works. Fortunately, making changes to your diet and

physical activity routine can help improve insulin sensitivity and either reverse pre-diabetes or better manage type 2 diabetes.

You can manage your blood sugar levels by paying attention to portion sizes of carbohydrate-containing foods, choosing high-quality carbs, pairing them with protein and healthy fats, and staying physically

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McHenry Meal Site Closing September 1st

The McHenry meal site will be closing on September 1, 2025. Participation at the site has been extremely low for the last year and the Foster County Council voted at their July meeting to close the site. Frozen meals are available to anyone over 60 years of age in the McHenry/Glenfield area. To order the frozen meals contact Ann at 701-652-3257. Frozen meals may be picked up in Carrington or delivered directly to your home.

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



FOSTER COUNTY BIRTHDAYS & ANNIVERSARIES

GRACE CITY

SEPTEMBER

No birthdays or anniversaries

OCTOBER

Birthdays

Gerald Belile: 10/7

Collen Greger: 10/25

No anniversaries



Foster County Public Health
Upcoming Off-Site Clinics

**Wednesdays
Sept & Oct 2025**

Sept. 3 - Grace City Schoolhouse

Sept. 10 - Glenfield Community Center

Oct. 1 - Grace City Schoolhouse
Oct. 2 - Carrington Senior Center

Oct. 8 - Glenfield Community Center

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

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

www.fostercountypublichealth.com



Public Health
Prevent. Promote. Protect.
Foster County Public Health

Grace City & Glenfield Menu for September 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 |
|--------------------------------------------------------------------------------------|---------|-------------------------------------------------------------------------------------------|----------|----------------------------------------------------------------------------------------------|
| 1 Center CLOSED | 2 | 3 Cabbage roll hotdish Mashed potatoes Cheesy broccoli Pineapple delight | 4 | 5 Meatballs in gravy Mashed potatoes Carrots Apple crisp |
| 8 Vegetable beef soup with dumplings Ham & cheese sandwich Fruit | 9 | 10 Hot beef sandwich with mashed potatoes & gravy Prince Edward vegetables Fruit | 11 | 12 Hot dog on bun Macaroni salad California blend vegetables Berry dumpling cake |
| 15 Lasagna Tossed salad Green beans Peach cake | 16 | 17 Pork chop with gravy Mashed potatoes Prince Edward vegetables Fruit | 18 | 19 Tator tot hotdish Corn Fruit salad |
| 22 Chicken tenders Baby bakers Cheesy green beans Fruit | 23 | 24 Ham & gravy Mashed potatoes Stewed tomatoes Pudding Birthday cake | 25 | 26 Scrambled eggs Ham English muffin Fried potatoes Fruit |
| 29 Sloppy joe on bun Peas & carrots Tator tots Rice pudding with raisins | 30 | | | |

Grace City & Glenfield Menu for October 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 Pork chop with gravy Mashed potatoes Prince Edward vegetables Fruit | 2 | 3 Spaghetti with meat sauce Garden salad Garlic toast Pears |
| 6 Cheeseburger on a bun Pea salad Fruit cocktail Moon cake | 7 | 8 Stuffed shells Zucchini Tossed salad Fruit | 9 | 10 Brat Macaroni salad Cucumber salad Fruit salad |
| 13 Swiss steak in tomato gravy Mashed potatoes Carrot Rhubarb crisp | 14 | 15 Meatloaf Baked potato Prince Edward vegetables Fruit | 16 | 17 French toast bake Sausage Hashbrowns Baked apple |
| 20 Grandma's hotdish Corn Tossed salad Fruit | 21 | 22 Hot beef sandwich with mashed potatoes & gravy Corn Fruit | 23 | 24 Polish sausage Sauerkraut Mashed potatoes Prince Edward vegetables Fruit Ice cream |
| 27 BBQ meatballs Roasted potatoes Green beans Pears Cookie | 28 | 29 Beer cheese soup Grilled cheese sandwich Coleslaw Fruit | 30 | 31 BBQ ribs Baked potato Prince Edward vegetables Pudding Birthday cake |

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active. But what do these steps really look like in daily life, and how can you begin making these changes?

Carbohydrate Portions. Carbohydrates have received a lot of negative attention in the media when it comes to health, but they can actually be an important and nutritious part of a balanced diet. Many carbohydrate-rich foods such as whole grains, fruits, vegetables, legumes, and dairy products like milk or yogurt are excellent sources of essential vitamins, minerals, fiber, and antioxidants. However, carbohydrates are also found in less nutritious options like sugary desserts, soft drinks, and processed snack foods such as chips and pretzels. The key to managing blood sugar is choosing healthier sources of carbohydrates and paying attention to portion sizes. A helpful guideline is to fill about one-quarter of your plate with a starchy food like brown rice or sweet potato, one quarter with a lean protein source and about half your plate with non-starchy vegetables like leafy greens, broccoli, or carrots. I also recommend to watch sugary beverage intake. These beverages can cause large spikes in blood sugar without adding nutrition to the diet.

Quality of Carbohydrates. The type of carbohydrates you eat plays an important role in both blood sugar control and overall nutrition. The glycemic index (GI) is a helpful guide that shows how quickly carbohydrate-containing foods raise your blood sugar. Foods are scored from 0 to 100, with higher numbers meaning they cause a faster and higher increase in blood sugar. Choosing lower-GI foods whole grains, legumes, non-starchy vegetables, certain starchy vegetables, and most fruit help maintain steadier blood sugar throughout the day. For instance, white rice higher GI than brown rice, meaning that when eaten in the same portion, white

rice raises your blood sugar more quickly than rice.

Proteins and Fats. Combining carbohydrate-rich foods source of protein or healthy fat can help slow down digestion, reduce blood sugar spikes, and keep you feeling fuller for longer. While this is commonly done at mealtimes, it's often overlooked when it comes to snacks. Some balanced snack ideas that pair carbs with protein or fat include: fruit with nuts, Greek yogurt with berries and nuts, whole grain bread with peanut butter, vegetables with hummus, hard-boiled eggs with fruit or toast, cheese with veggies or fruit, and tuna salad on whole wheat crackers or bread.

Physical activity. Lastly, regular physical activity plays a key role in managing blood sugar levels, especially for older adults. When you engage in movement such as walking, swimming, or light strength training, your muscles use glucose for energy, which helps lower blood sugar levels. Physical activity also improves the body's sensitivity to insulin, making it easier to keep blood sugar within a healthy range. Even modest, consistent movement can make a meaningful difference in blood sugar control and overall well-being. Aim for at least 30 minutes of physical activity 5 days a week.

In conclusion, managing blood sugar as we age doesn't require drastic changes, just consistent, mindful habits that support how the body naturally functions over time. By focusing on balanced portions, choosing high-quality carbohydrates, pairing carbohydrate-containing foods with protein and fats, and staying physically active, you can take meaningful steps toward improving insulin sensitivity and overall health. These changes not only help manage or prevent conditions like prediabetes and type 2 diabetes, but they also support better energy levels, mood, and quality of life. Start small, stay consistent, and remember that every positive step you take makes a difference.



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

September & October 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, Sept. 3 - Grace City Schoolhouse

Wednesday, Sept. 10 - Glenfield Community Center

Wednesday, Oct. 1 - Grace City Schoolhouse

Thursday, Oct. 2 - Carrington Senior Center

Wednesday, Oct. 8 - 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

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Allergy, Asthma and Immunology.

One allergy-causing plant that thrives in the increasingly warm climate is ragweed, one of the most common environmental allergens according to the Environmental Protection Agency. Traditionally, ragweed blooms in late summer and early fall, usually ending a couple of weeks after the first frost. However, summerlike weather is lingering longer and longer, causing ragweed season to lengthen.

While you can't control the weather, you can take steps to manage your allergy symptoms. If you want to get ahead of fall allergies so you and your family can breathe easier, check the following five tips from the American College of Allergy, Asthma, and Immunology (ACAAI).

1. Avoid allergy triggers. During the fall, try to avoid allergy triggers. Keep an eye on daily pollen counts and stay inside as much as possible during high pollen count days. Also, try to avoid going out in the morning, when ragweed pollen is at its highest during the fall. Keep doors and windows closed so pollen doesn't get indoors.

2. Change clothing. To ensure you're not tracking pollen into your home, change out of clothing you've worn outdoors. As soon as you get home, remove your shoes at the door, put your clothing in the washer and take a shower, paying special attention to your hair where pollen can linger.

Pro tip: Wear a hat and sunglasses to prevent pollen from getting in your eyes and wear a NIOSH-rated 95 filter mask when mowing the lawn or doing other chores outdoors. Make sure to remove these items as well when you come indoors.

3. Start taking allergy medication

now. Don't wait until fall arrives to start taking your allergy medication. Whether you're taking over-the-counter or prescription medications to treat your allergy symptoms, start taking them two weeks or so before your symptoms usually begin.

Continue your medication for two weeks after the first hard frost. Both nasal and eye symptoms associated with ragweed allergies can linger after pollen is no longer in the air.

4. Consider immunotherapy. For long-term treatment of severe or chronic allergies, consider immunotherapy with either shots or tablets. Immunotherapy is extremely effective for treating pollen allergies and can help with asthma. Unlike medications that treat allergy symptoms, immunotherapy works similarly to vaccines, desensitizing your immune system to allergens over time.

5. Visit your allergist. Make an appointment to see your board-certified allergist. This is especially important if the intensity of your symptoms has changed or if you've developed new ones since your last visit. Ask your allergist about getting tested for asthma if you're coughing or wheezing more than in the past.

If you've never seen an allergist, it may be time to schedule a visit. Board-certified allergists are uniquely qualified to diagnose and treat your allergies and asthma. They can offer you options for treatment you may not have considered (like immunotherapy) and work with you to create an individual action plan. To find an allergist near you, visit ACAAI.org/Find-An-Allergist.

Don't let fall allergies catch you unaware. Using these five tips, you can get ahead of ragweed and other fall allergens so you can enjoy the season with minimal sneezing and wheezing.

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

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Director

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ANN VANDEHOVEN
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