



SOUTH CENTRAL ADULT SERVICES

Foster County

NEWSLETTER

NOVEMBER & DECEMBER 2025

ISSUE NO. 6

Appetite loss and aging

By Lane Lipetzky Swenson, PD, LD, CGN

As we age, it's common to notice changes in how and what we eat. For many older adults, appetite loss becomes a real challenge. Meals that were once enjoyable may become a chore, and portions may shrink without much thought. While it might not seem like a big issue at first, a reduced appetite can lead to unintended weight loss, malnutrition, and a decline in strength and energy. In this article we will discuss reasons why this happens and what can be done to maintain health and independence.

Why Does Appetite Loss Occur? Appetite loss in older adults can stem from several factors, including a slower metabolism, reduced physical activity, changes in taste and smell, medication side effects, dental or digestive problems, and emotional health challenges.



While a slight decrease in appetite is a normal part of aging, consistently eating too little over time can lead to unintentional weight loss and affect overall health. In many cases, it's a combination of these factors

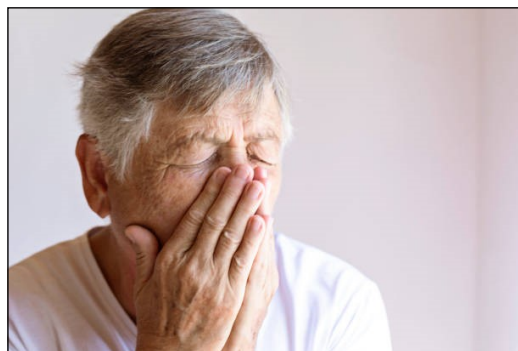
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Asthma and chronic rhinosinusitis: How one condition can worsen the other

(BPT) - If you live with asthma and struggle with chronic sinus problems, the two conditions may be more connected than you think.

Chronic rhinosinusitis is long-term swelling of the nose and sinus passages that lasts for 12 weeks or more. It causes ongoing congestion, facial pain or pressure, postnasal drip and difficulty with sense of smell.

Sometimes chronic rhinosinusitis can cause small growths in the nose called nasal polyps. These are soft, painless, noncancerous lumps.



Globally, about 5-12% of people live with chronic rhinosinusitis, and up to 30% of them also develop nasal polyps. When both conditions are present, it's called chronic

rhinosinusitis with nasal polyps (CRSwNP).

How does CRSwNP affect asthma? Chronic rhinosinusitis with nasal polyps can worsen asthma. The nose, sinuses and lungs are part of a "united airway." Any inflammation in the upper airways can trigger asthma symptoms and flare-ups in the lower airways. Polyps can also disrupt airflow.

Due to the chronic nature of the conditions, people with CRSwNP and asthma tend to struggle with worse quality of life.

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Foster County Public Health
Upcoming Off-Site Clinics




**Wednesdays
Nov. & Dec. 2025**

November 5 - Grace City Schoolhouse
November 12 - McHenry Senior Center
November 12 - Glenfield Community Center

December 3 - Grace City Schoolhouse
December 10 - McHenry Senior Center
December 10 - 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

**FOSTER COUNTY BIRTHDAYS
& ANNIVERSARIES**

GRACE CITY

NOVEMBER

No birthdays
Anniversaries
Gerald & Dorothy Belile: 11/23

DECEMBER

Birthdays
Leona Kulsrud: 12/13
Kathleen McCracken: 12/28
No anniversaries

Please consider us when making your charitable donation. South Central Adult Services is a non-profit corporation which receives support from North Dakota Aging Services and the Department of Transportation. Although they are funding sources, it is not enough to cover all the costs of our corporation. The money received will help provide continued support and assistance to those supported by our programs. We are very appreciative for the support we already receive. If you would please consider a financial contribution to help meet the needs of our patrons, please fill out this form and return it to South Central Adult Services, PO Box 298, Valley City, ND 58072.

ENCLOSED IS MY TAX DEDUCTIBLE DONATION:

I would like my contribution of:

_____ \$ 25	_____ \$200
_____ \$ 50	_____ \$500
_____ \$100	_____ \$Other

For the purpose of:

_____ Transportation	_____ Senior Meals	
_____ Food Pantry	_____ Prescription Assistance	_____ Other _____

In the county of:

_____ Barnes _____ LaMoure _____ Foster _____ Logan _____ McIntosh _____ Griggs _____ Emmons

_____ In memory of: _____

_____ In honor of: _____

_____ Other: _____

May we publish your name? _____ Yes _____ No Your thoughtful gift will be acknowledged to the person/family indicated:

Name: _____

Address: _____ City: _____ State: _____ Zip: _____



Grace City Menu for November 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 Chicken & noodles California blend vegetables Salad	4	5 Hot pork sandwich with gravy Potatoes Vegetables	6	7 Brat Macaroni salad Cucumber salad Rice & raisins Pudding
10 Chicken noodle soup with dumplings Grilled cheese sandwich	11	12 Tator tot hotdish Cheese slice Cheesy green beans Garlic toast Fruit in jello	13	14 Taco salad w/ all the fixings Cottage cheese & fruit Juice
17 Cheeseburger on bun Lettuce, cheese, onion Macaroni salad Fruit	18	19 Swiss steak & tomato gravy Mashed potatoes Carrots Juice	20	21 Turkey Dressing Mashed potatoes & gravy Sweet potatoes Cranberries
24 Spaghetti with meat sauce Garden salad Garlic toast Ice cream	25	26 Salisbury steak & gravy Mashed potatoes California blend vegetables Fruit in jello Birthday cake	27 Center CLOSED 	28 Sloppy joe on bun Peas & carrots Tator tots Apple crisp

Grace City Menu for December 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 Chicken tenders Baby bakers Green beans Fruit Glorified rice	2	3 Cheeseburger on a bun Salad with fixings Fruit	4	5 Pork chop in gravy Mashed potatoes Prince Edward vegetables Fruit
8 Grandma's hotdish Corn Tossed salad Moon cake	9	10 Knoephla soup Tuna sandwich Garden salad Peaches	11	12 Hot pork sandwich Mashed potatoes Brussels sprouts Fruit
15 Hot dog on a bun Macaroni salad California blend vegetables Berry cake	16	17 Chicken & noodles Peas Lettuce salad Fruit	18	19 Christmas Dinner Ham Mashed potatoes & gravy Corn Sweet potatoes Fruit
22 BBQ chicken Potato Lettuce Broccoli Mandarin oranges	23	24 Cabbage roll hotdish Green beans Fruit Cookie	25 Center CLOSED 	26 Swedish meatballs in gravy Mashed potatoes Peas & carrots Fruit
29 Beer cheese soup Grilled cheese sandwich Coleslaw Fruit	30	31 Fish sandwich Augratin potatoes Cabbage & carrots Applesauce Birthday cake	1 Center CLOSED 	

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What causes CRSwNP? The exact cause of CRSwNP is not fully understood, but several factors contribute to its development.

Sinuses and nasal passages are lined with a protective mucosal barrier that blocks germs and irritants. In people with CRSwNP, this barrier is weakened. When microbes and irritants get through, they can trigger long-lasting inflammation in the sinuses. Over time, this constant inflammation can change the structure of sinus tissue, leading to the growth of nasal polyps.

People with both CRSwNP and asthma may also have high levels of immunoglobulin E (IgE) antibodies and/or eosinophils in their body.

- * IgE is a protein in your blood that helps fight germs. In some patients, it can cause allergic reactions.

- * Eosinophils are white blood cells that fight infections. Too many can increase inflammation.

It's important to get an accurate diagnosis. Your healthcare provider will take a detailed history of your symptoms and perform a physical exam. Additional tests may include:

- * Lung function tests. These can help diagnose or reveal the severity of asthma.

- * Blood tests. These can help determine levels of IgE and eosinophils for both asthma and CRSwNP.

- * Sinus CT scan. Images of your sinuses and nasal cavity can reveal the severity of CRSwNP.

- * Nasal endoscopy. This involves a tiny camera inserted into your nasal passages to search for polyps.

- * Allergy tests. These help identify allergies that could be triggering symptoms. (They are also used to diagnose allergic asthma.)

CRSwNP triggers often overlap with asthma triggers. They include allergens such as pollen, mold or pets. Nonallergic triggers include respiratory viruses,

tobacco smoke, air pollution and cold, dry air.

How to treat asthma and CRSwNP together Asthma and CRSwNP require different treatments. Medications are available. Working together with your doctor to manage both conditions gives you the best chance for relief and better breathing.

For asthma, it's essential to keep symptoms under control. Most people use a daily controller inhaler with an inhaled corticosteroid. These medications can help reduce inflammation and keep the airways open. Quick-relief inhalers are also available for sudden asthma symptoms or attacks.

For CRSwNP, corticosteroid nasal sprays are the first-line treatment. They can help reduce swelling and inflammation in the nose. A short course of oral corticosteroids can shrink polyps and improve a stuffy nose, but long-term use can cause serious side effects. If medications aren't working, surgery to remove the polyps may be an option.

Biologic medications can treat asthma and CRSwNP together. Given as injections every 2-4 weeks, they are often a good choice for people with moderate to severe symptoms who haven't found relief with other treatments.

Biologics target the underlying inflammation, not just the symptoms. They help reduce airway swelling, improve breathing and can even shrink nasal polyps. Some biologics are specifically approved for people with high IgE or eosinophil levels. This can help patients maintain control of both asthma and CRSwNP.

Healthcare providers may also recommend lifestyle changes, such as avoiding triggers. This can also help reduce asthma and CRSwNP symptoms and help you feel better.

How to start taking control? If you have asthma with chronic sinus symptoms, it's time to meet with your healthcare provider. Consider seeing a specialist such as a board-certified allergist. Ask about testing for CRSwNP, since sinus problems and nasal polyps may be making your asthma symptoms worse.



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 Schedule

November & December 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, Nov. 5 - Grace City Schoolhouse

Wednesday, Nov. 12 - Glenfield Community Center & McHenry Senior Center

Wednesday, Dec. 3 - Grace City Schoolhouse

Wednesday, Dec. 10 - Glenfield Community Center & McHenry Senior 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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rather than just one. Identifying the underlying causes is key to finding the right solutions and improving appetite.

Solutions to Encourage a Healthy Appetite. Addressing appetite loss doesn't mean forcing large meals. Instead, notice what may be impacting your appetite and create small changes in daily habits, meal preparation, or mindset to help you enjoy your food. Below are tips to increase nutrition and enjoyment of meals:

1. **Eat smaller and more frequent meals.** Instead of focusing on three big meals, aim for five to six smaller meals or snacks throughout the day. Snacks can be nutritious! Think fruit and Greek yogurt, vegetables and dip, whole grain bread with a nut butter, smoothies or tuna or chicken salad on whole grain crackers.

2. **Increase your nutrient intake.** A slowed metabolism is normal with aging, meaning you may not need as many calories as you did at a younger age. Focusing on nutrient dense foods like fruits, vegetables, nuts, legumes, whole grains, meats and dairy can help you meet your vitamin and mineral needs. If eating enough calories is a challenge, add nutritious calories by using olive oil or cheese on vegetables, peanut butter to fruits or flaxseed to your yogurt.

3. **Enhance flavor without salt.** If food seems tasteless, try cooking with herbs and spices like basil, cinnamon, or garlic to add more flavor. Adding an acid like lemon juice or vinegar can also brighten a dish without adding excess salt.

4. **Choose foods you can chew.** Eating with dentures or missing teeth can be challenging. Choose soft, nu-

tritious foods like cooked vegetables, soft fruits (like bananas or applesauce), scrambled eggs, oatmeal, yogurt, and tender meats like fish or ground turkey. Smoothies and soups can also provide nutrition. Limit hard, sticky, or crunchy foods if they are difficult to eat.

5. **Work with a dietitian if you have digestive challenges.** Digestive problems can come in all forms as we age. Whether you struggle with acid reflux, gastroparesis, diarrhea, constipation or you've had previous bowel surgeries or cancers a dietitian can help. Not only can they help you meet your calorie and nutrient needs, they can also find solutions to meal time that you enjoy.

6. **Make meals social.** Consider eating at one of the various meal sites or video call family and friends during meal times. Sharing food and conversation helps stimulate appetite and improves overall well-being!

7. **Stay physically active.** Even light exercise like walking, gardening, or stretching can help stimulate hunger. Activity also supports digestion and improves mood and strength, which are all linked to better eating habits.

When to Seek Help. Sometimes, the above changes are not enough to help you meet your nutritional needs. If you are noticing persistent changes in appetite that are leading to unintentional weight loss, speak to your doctor for next steps. They may adjust medications, check for underlying conditions, or in some cases, recommend nutritional supplements or appetite stimulants. Together you can find a plan to help increase your appetite to preserve quality of life, independence, and the joy that a good meal can bring.

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

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

JODI ELLIOTT
Bookkeeping

ANN VANDEHOVEN
Outreach

