



SOUTH CENTRAL ADULT SERVICES

Griggs 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 rather than just one. Identifying the underlying causes is key to finding the right solutions and improving appetite.

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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 asth-

ma? 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.

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

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Griggs County Birthdays & Anniversaries

COOPERSTOWN

NOVEMBER

Birthdays

Bebe McCardle: 11/12

Isabel Hovel: 11/14

Orville Pittenger: 11/17

Allen Gruman: 11/19

No anniversaries



DECEMBER

Birthdays

Robert Brooks: 12/3

Nellie Pfeifer: 12/13

Arlene Heise: 12/15

David Larson: 12/22

Jerry Rahlf: 12/22

Dwight Faul: 12/29

Deb Andreasen: 12/30

No anniversaries

SUTTON

NOVEMBER

No birthdays

No anniversaries

DECEMBER

No birthdays

No anniversaries



HANNAFORD

NOVEMBER

No birthdays

No anniversaries



DECEMBER

No birthdays

No anniversaries

BINFORD

NOVEMBER

No birthdays

No anniversaries



DECEMBER

No birthdays

No anniversaries



EBT/SNAP

(Food Stamps)



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

**Please call Deb Andreasen,
797-3330 for more info.**

FOOT CARE CLINIC NOVEMBER & DECEMBER

Just For You foot care clinics are Nov. 4 & 18 and Dec. 16. If you would like an appointment, call Jill Kent at 218-242-1379. The cost is \$35.



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 701-797-3330 today!



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.

GRIGGS COUNTY MONTHLY MEETINGS

COOPERSTOWN SENIOR CENTER

Friday, Nov. 7 - 12:30 pm Meeting, Bingo and lunch follows.
Friday, Dec. 5 - 12:30 pm Meeting, Bingo and lunch follows.

BINFORD SENIOR CENTER

Tuesday, Nov. 18 - 2:00 pm Meeting, Coffee follows
Tuesday, Dec. 16 - 2:00 pm Meeting, Lunch follows

SUTTON SENIOR CENTER

At Rahlf Farm

Thursday, Nov. 13 - 2:00 pm Meeting, Lunch follows
Thursday, Dec. 11 - 2:00 pm Meeting, Lunch follows

FREE IN-HOME SERVICES FOR AREA SENIORS

Provided by Lutheran Social Services Senior Companions

- Bringing smiles & laughter
- Empowering seniors to remain living independently
- Helping relieve loneliness and encouraging activity
- Providing respice care for family Caregivers

**Contact Becky Telin at
701-389-2293 for more info.**

CREATIVE COOKING



No Bake Pecan Pie Dip

Prep: 5 mins Cook: 5 minutes

INGREDIENTS

- 8 oz cream cheese, softened
- 4 oz whipped topping, thawed
- 1 cup powdered sugar
- 1/2 cup brown sugar
- 3 tablespoons cold butter, cut into small pieces
- 1/3 cup light corn syrup
- 1 cup chopped pecans
- 1 large egg
- 1 1/2 teaspoons vanilla extract
- 1/4 teaspoon kosher salt
- apple slices, pretzel crisps, or graham crackers for serving

DIRECTIONS

1. Combine cream cheese, whipped topping, and powdered sugar in a mixing bowl; beat with an electric mixer until smooth.
2. Spread mixture along the bottom of a 9-inch pie plate and refrigerate while you prepare the topping.
3. To make the topping: Combine brown sugar, cold butter, corn syrup, pecans, vanilla extract, egg, and salt in a saucepan. Bring mixture to a gentle boil over medium-high heat, stirring constantly. Cook for 1 minute, stirring constantly, and remove from heat.
4. Allow topping to cool for 10 minutes before stirring and pouring evenly over the cream cheese layer. Serve immediately or refrigerate until ready to serve.
5. Serve with apple slices, pretzel crisps or graham crackers.

NUTRITIONAL INFORMATION

Servings: 10; Calories 340; Total Fat 22g; Saturated Fat 10g; Sodium 150mg; Protein 3g; Total Carbohydrate 34g; Sugars 32g; Dietary Fiber 1g; Cholesterol 51mg.



Leftover Turkey and Stuffing Casserole

Prep: 20 mins Cook: 45 minutes

INGREDIENTS

- 1 (14 oz) package seasoned dry stuffing mix or 2 cups leftover
- 1 teaspoon ground sage
- 1 cup chopped celery
- 1/2 cup chicken broth
- 1 (10.75 oz) can condensed cream of celery soup
- 1 (10.75 oz) can condensed cream of chicken soup
- 2 boneless, skinless turkey breasts - cooked and shredded or leftovers
- 1/4 cup melted butter

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. In a large bowl, combine the stuffing crumbs, sage, celery and chicken broth, and then set aside. Place the celery soup and the chicken soup into two separate bowls and add 1/2 of a soup can of water to each. Stir these well and set aside.
3. Sprinkle 1/3 of the stuffing crumb mixture into the bottom of a lightly greased 9x13-inch baking dish. Then layer with 1/2 of the shredded turkey meat and pour the celery soup mixture over this. Sprinkle another 1/3 of the crumb mixture over this, followed by the remaining turkey. Pour the chicken soup mixture over this and top off with the remaining stuffing mixture. Drizzle the melted butter over all and press the entire mixture down into the dish until firmly packed.
4. Bake at 425 degrees F (220 degrees C) for 20 to 30 minutes.

NUTRITIONAL INFORMATION

Servings: 5; Calories 807; Total Fat 20g; Saturated Fat 9g; Sodium 2523mg; Protein 86g; Total Carbohydrate 67g; Sugars 4g; Dietary Fiber 4g; Cholesterol 239mg.

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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.

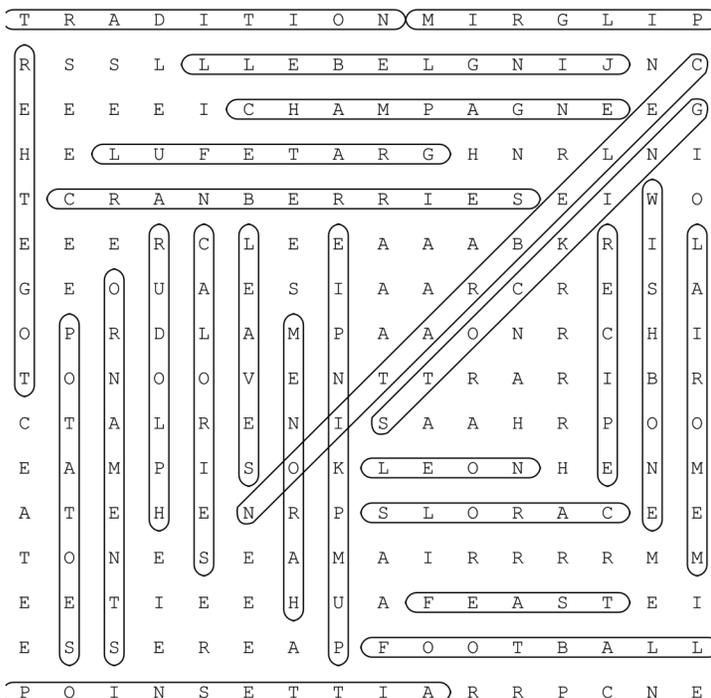
For CRSwNP, corticosteroid nasal sprays are the first-line treatment. They can help reduce swelling and inflammation in the nose. A short course of oral corticosteroids can shrink polyps and improve a stuffy nose, but long-term use can cause serious side effects. If medications aren't working, surgery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



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Grateful
Feast
Memorial
Tradition
Cranberries
Together
Calories
Wishbone

Recipe
Leaves
Pumpkin pie
Potatoes
Football
Pilgrim
Poinsettia
Carols

Menorah
Celebration
Rudolph
Stocking
Champagne
Noel
Ornaments
Jingle bell

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Transportation Services Griggs County

Transportation is available to citizens of all ages, and for all purposes, on the following days each month:

Cooperstown:

Monday—Friday (\$1.00 round trip)

Hannaford, Binford, Sutton:

Upon request (\$3.00 + \$1.00 each additional stop)

To Jamestown:

Monday, Wednesday, Friday (\$8.00)

Can stop in Glenfield if requested

To Fargo:

Monday—Friday (\$10.00 + \$1.00 for each additional stop)

To Grand Forks:

Upon request (\$10.00 + \$1.00 for each additional stop)

To Valley City:

Upon request (\$8.00)

The bus may go to Mayville, Hillsboro, or other locations upon request, if available. (\$10.00)

For information, or to reserve a ride call Deb : 701-789-7155

Or the senior center: 701-797-3330

For more information, be sure to visit www.southcentraltransitnetwork.org or find us on Facebook at facebook.com/southcentraltransitnetwork

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. A wide variety of entrees are available. Contact Deb at 789-7155 or the Senior Center, 797-3330, for more information.

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**



5	9	1	4	7	2	6	8	3
4	7	8	6	3	5	1	9	2
2	6	3	8	9	1	7	4	5
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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, nutritious 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, McClintock & Griggs

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

Check out our website:
www.southcentralseniors.org

Cooperstown Senior
Citizens Center
911 Burrel Avenue SE
Cooperstown, ND 58425
701-797-3330

Binford Senior Citizens Center
306 Whinery Street
Binford, ND 58416
701-676-2323

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Valley City, ND 58072
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