



SOUTH CENTRAL ADULT SERVICES *LaMoure 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.

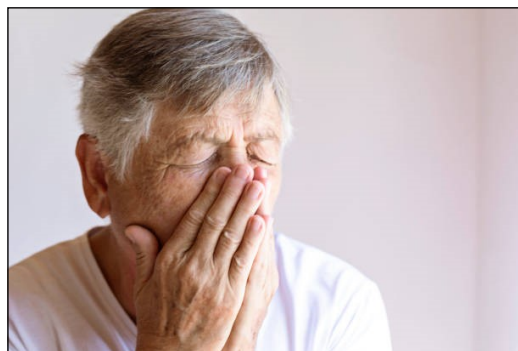
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Asthma and chronic rhinosinusitis: How one condition can worsen the other

(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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LaMoure County Activities

LAMOURE

Wednesdays & Fridays: 9:30 AM: Bone Builders Exercise.

NOVEMBER

Friday, Saturday, Sunday, Nov. 7-9: All day: Craft Retreat.

Tuesday, Nov. 11: 12:30 PM: "Happy Senior Club" monthly meeting.

Wednesday, Nov. 12: 9 AM—1 PM: Edgeley Bookmobile in LaMoure.

Sunday, Nov. 16: Noon: Sunday Dinner. Games & fun to follow.

Friday, Nov. 21: 12:30 PM: Danielle Dinger, Ext. Agent, will do a session on Family & Community Wellness.

Saturday, Nov. 29: Small Business Day Sale. Baked goods, crafts, and basket raffle.

DECEMBER

Tuesday, Dec. 9: 12:30 PM: "Happy Senior Club" monthly meeting.

Wednesday, Dec. 10: 9 AM-1 PM: Edgeley Bookmobile in LaMoure.

Friday, Dec. 19: 12:30 PM: Danielle Dinger, Ext. Agent, will do a session on Family & Community Wellness.

Sunday, Dec. 21: Noon: Sunday Dinner. Games & fun to follow.

Watch The LaMoure Chronicle's Senior Moments for monthly potluck dates and times.

FREE IN-HOME SERVICES FOR SENIORS

Provided by Lutheran Social Services Senior Companions

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

Contact LSS at 701-389-2293 or Andra at 883-5088 for more info.

LaMoure County Outreach November & December 2025

If you are in need of frozen meals, home-delivered meals or other services, call: 701-883-5088

Andra Jenkins, Outreach Worker, is available at 701-883-5088 for appointments.

Support your immune system this flu season with 6 easy tips

(BPT) - As the cold weather approaches, it's time to gear up for flu season. Even though germs are always around, you can take small, daily steps to give your body a better chance to stay healthy. Registered Dietitian and Nutritionist Dawn Jackson Blatner shares six simple, practical tips to keep your immune system strong during the fall and winter months.

1. Add spices to your meals

Certain spices like turmeric, garlic and ginger not only add flavor to your food but also provide natural anti-inflammatory and antimicrobial benefits. Consider adding these spices to your meals for a simple and tasty way to support your immune system.

2. Stay hydrated

Staying hydrated helps your body flush out toxins and defend

against seasonal bugs. Water is essential, but broths and herbal teas are also good options that provide extra warmth and comfort during the colder days.

3. Eat colorful fruits and vegetables

The colors of produce reflect phytochemicals, natural compounds that offer unique health benefits. According to the Mayo Clinic, when eaten, these phytochemicals can provide certain health benefits, including antioxidants that strengthen your immunity. Filling your plate with a variety of colors, such as leafy greens, peppers, carrots and berries, ensures you get a wide range of protective nutrients.

4. Prioritize sleep

Sleep is the time when your body repairs and recharges. Getting seven to nine hours of restful sleep each

night helps your body recover from daily wear and tear, and prepares your immune system to handle seasonal

5. Practice good hygiene

Good hygiene is one of the easiest ways to reduce your chances of getting sick. Washing your hands regularly, avoiding touching your face and keeping frequently used surfaces clean can help reduce the spread of germs. Don't forget your phone and computer keyboard!

6. Eat immune-supporting meals

The meals you choose can help strengthen your body during flu season. As you plan your meals for the week, add immune-supporting options to your list. Cooking meals with wholesome ingredients like chicken broth and veggies such as this Harvest Stracciatella Soup

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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: _____



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 (Italian Egg Soup with Vegetables)
 from Eggland's Best can help you
 stay nourished all season long.

Harvest Stracciatella Soup
(Italian Egg Soup with Vegetables)

Prep time: 15 minutes
 Cook time: 15 minutes
 Yield 4

Ingredients

- * 1 tablespoon extra virgin olive oil
- * 3 cups chicken broth
- * 1 cup coarsely grated sweet potato
- * 1/2 cup onion, finely chopped
- * 1 cup shaved Brussels sprouts
- * 1/4 teaspoon ground nutmeg
- * 1/4 teaspoon Kosher salt
- * 6 cups chicken, cubed
- * 4 eggs, large
- * 2 tablespoons cornstarch
- * 1 cup freshly grated Parmesan cheese
- * 2 cups chopped kale

Directions

- * Heat the oil in a 2-quart soup pot over medium heat.
- * Add the grated sweet potato, chopped onion and shaved Brussels sprouts and sauté for 3-4 minutes until softened.
- * Pour the broth into the pot, over sauteed vegetables and bring to simmer, about 4 minutes.



* While broth is coming to a simmer, put the eggs, cornstarch and half of the cheese (reserve remaining for upcoming step) in a medium bowl and whisk together.

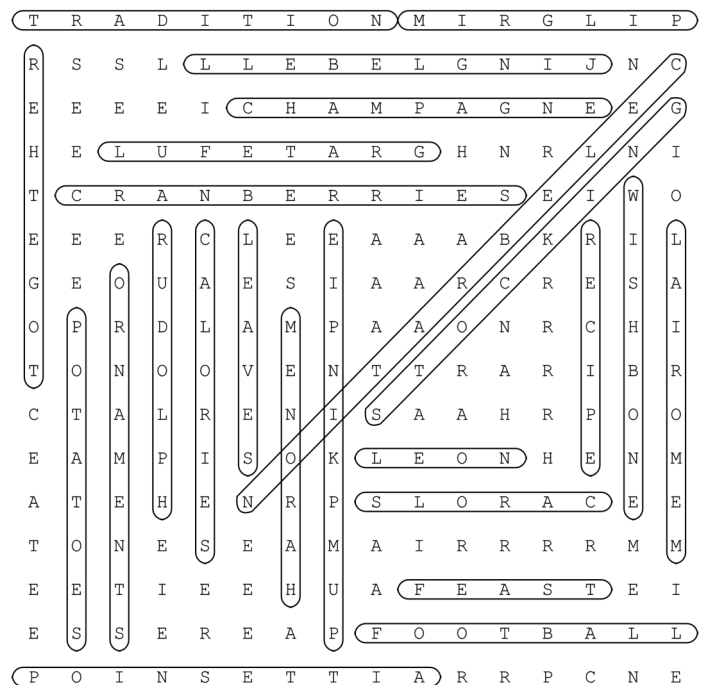
* Scoop out 1 cup of the hot broth from the saucepan and add to the egg bowl, whisking until smooth.

* Slowly add the egg mixture to the soup in the saucepan, whisking constantly. Turn the heat down to low

and continue cooking until the soup thickens, 4-6 minutes.

* Stir in the chopped kale and cook for another 2 minutes until wilted. Season with nutmeg.

* Serve in warm bowls with the additional cheese sprinkled on top.



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8	5	6	3	1	9	2	7	4

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.

LaMoure / Dickey / Marion & Edgeley's Menu November 2025

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

LaMoure Senior Center ~ 701-883-5088

Edgeley Senior Center ~ 701-493-2569


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Center CLOSED	4 Cheesy chicken Dorito casserole Corn Fruit	5 Meatballs in gravy Mashed potatoes Green beans Fruit	6 Goulash Side salad Breadstick Fruit	7 Baked chicken Baby baker potatoes Mixed vegetables Fruit
9	10 Center CLOSED	11 Sweet & sour chicken with peppers Rice Egg roll Fruit	12 Sausage with sauerkraut Mashed potatoes Carrots Fruit	13 Taco salad Bread stick Fruit	14 Cheesy potatoes egg bake with peppers Sausage links Fruit
16 Turkey Mashed potatoes & gravy Cranberries Green bean cas- serole Bun Pumpkin dessert	17 Center CLOSED	18 Pasta with meat sauce Breadstick Green beans Fruit	19 Chicken pot pie stew with a biscuit Fruit	20 Chicken cordon bleu Cheesy potatoes Peas Fruit	21 Meatball sub Coleslaw Chips Fruit
23	24 Salisbury steak Mashed potatoes & gravy Carrots Fruit	25 Chili Corn Cornbread Fruit	26 Ham Sweet potato casserole Green beans Roll Pistachio pudding dessert	27 Center CLOSED 	28 Center CLOSED
30					Please call by 8 AM the day of to sign up for or to cancel for dinner!!

LaMoure / Dickey / Marion & Edgeley's Menu for December 2025

All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1/2 Milk, Margarine and Coffee

LaMoure Senior Center ~ 701-883-5088

Edgeley Senior Center ~ 701-493-2569

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions may be necessary due to product availability.	1 Center CLOSED	2 Creamy chicken Mashed potatoes Carrots Fruit	3 Cabbage roll Rice Mixed vegetables Fruit	4 Sausage Sauerkraut Mashed potatoes Fruit	5 Beef stroganoff pasta Peas Breadstick Fruit
7	8 Center CLOSED	9 Chicken delight casserole Mixed vegetables Breadstick Fruit	10 Chicken cordon bleu Scalloped potatoes Peas Fruit	11 Soup Sandwich Fruit	12 Pork chop in gravy Mashed potatoes Carrots Fruit
14	15 Center CLOSED	16 Hot dog on bun Baked beans Creamed corn Fruit	17 Sweet & sour meatballs Rice Mixed vegetables Fruit	18 Taco salad Breadstick Fruit	19 BBQ chicken Sweet potatoes Green beans Fruit
21 Ham Sweet potato casserole Stuffing Mixed vegetables Roll Apple dessert	22 Center CLOSED	23 Cheesy chicken Dorito casserole Corn Fruit	24 Turkey Mashed potatoes & gravy Green beans Roll Cranberries Surprise dessert	25 Center CLOSED 	26 Biscuits & gravy Eggs Sausage links Fruit
28	29 Center CLOSED	30 Pepperoni pizza Breadstick with dipping sauce Side salad Fruit	31 Slider Baked beans Mexican street corn Fruit	29 Center CLOSED 	Please call by 8 AM the day of to sign up for or to cancel for dinner!!


Kulm, Jud & Gackle Menu for November 2025

All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1/2 Milk, Margarine and Coffee

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cabbage roll Scalloped potatoes Peas & carrots Fruit	4 Roast beef Mashed potatoes Corn Fruit	5 Chicken Stuffed shells Green beans Fruit	6 Meatballs Sweet potatoes Vegetable Fruit	7
10 Hamburger steak Baked potatoes Peas Fruit	11 Country fried steak Mashed potatoes Carrots Fruit	12 BBQ ribs Baked potato Corn Fruit	13 Chicken cordon bleu Potatoes Green beans Fruit	14
17 Spaghetti Meat sauce Tossed salad Fruit	18 Chicken lasagna Green beans Garlic toast Fruit	19 Strudels Carrots Pork roast Fruit	20 Chicken sandwich Macaroni salad Broccoli & cauliflower Fruit	21
24 Stuffed peppers Scalloped potatoes Corn Fruit	25 Turkey Dressing Mashed potatoes Green beans Fruit	26 Tilapia Potatoes Coleslaw Fruit	27 Center CLOSED 	28
			Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.	Substitutions may be necessary due to product availability.

Kulm, Jud & Gackle Menu for December 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken & rice Peas Fruit	2 Hamburger hotdish Green beans Fruit	3 Pork chop Dressing Mashed potatoes Corn Fruit	4 Fish sandwich Macaroni salad Fruit	5
8 Ham Scalloped potatoes Peas & carrots Fruit	9 BBQ chicken Sweet potatoes Corn Fruit	10 Strudels Beef roast Carrots Potatoes Fruit	11 Beef stew Bun Tossed salad Fruit	12
15 Chicken fried steak Mashed potatoes Green beans Fruit	16 Spaghetti Meat sauce Tossed salad Fruit	17 Meatloaf Sweet potatoes Vegetables Fruit	18 Brat Potatoes Vegetable Fruit	19
22 Chicken & noodles Peas & carrots Fruit	23 Tilapia Potatoes Coleslaw Fruit	24 Lasagna Green beans Garlic toast Fruit	25 Center CLOSED 	26
29 Chicken & rice Peas Fruit	30 Chicken Dumplings Carrots & potatoes Fruit	31 Swiss steak Mashed potatoes Green beans Fruit	Substitutions may be necessary due to product availability.	Jud & Gackle meals are served Mon—Wed. Kulm meals are served Mon—Thur.

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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.

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**



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.

T R A D I T I O N M I R G L I P
 R S S L L L E B E L G N I J N C
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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

Answers on Page 4

LaMoure County Transit

Fargo

Every Thursday - \$18 round trip

Bismarck

Monday thru Friday
\$18 round trip

Jamestown/Valley City

Monday - Friday - \$10 round trip
Call (701) 883-5088 or
Cell phone: (701) 830-9829

Oakes

Upon request - \$8 round trip

Aberdeen/Ashley/Wishek

Upon request - \$10 round trip

In town rides (LaMoure)

Monday thru Friday - \$2 round trip
Call (701) 883-5088

Kulm area rides call Dispatch at
Cell phone (701) 830-2105

Main Office, at
(701) 883-5088

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

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Senior Companions

**An opportunity to volunteer and
earn a tax-free stipend!**

The purpose of the Senior Companion Program is
“to engage persons 60 and older, particularly
those with limited incomes, into volunteer service
to provide supportive, individualized service to
help elderly adults with special needs maintain
their dignity and independence.”

Income eligible Senior Companions earn a tax -
free stipend, paid training, vacation, sick and holi-
day time. Senior Companions also receive monthly
in-service training, recognition at special events
and the satisfaction of helping other elderly adults.

For more information,
please contact Justine Irakiza, at
701-205-2690
Justine.irakiza@lssmn.org

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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.

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

LaMoure Senior
Citizens Center
115 First Avenue E.
LaMoure, ND 58458
701-883-5088

Edgeley Senior Center
604 Main Street
Edgeley, ND 58433
701-493-2569

Kulm Senior Center
3 First Avenue SW
Kulm, ND 58456
701-647-2258

Jud Fire Hall
(meals only)

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

ANDRA JENKINS
Outreach/Transit

JODI ELLIOTT
Bookkeeping