



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 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.

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.

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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 **701-754-2791** for more info.

				2		8	
	7						
	6			9		7	5
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	2			5			
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LOGAN COUNTY ACTIVITIES

NAPOLEON

NOVEMBER

Tuesday, Nov. 4 5:30 PM: Evening meal, followed by card games.

Tuesday, Nov. 11: 5:30 PM: Evening meal, followed by card games.

Tuesday, Nov. 18: 5:30 PM: Evening meal, followed by card games.

Tuesday, Nov. 25: 5:30 PM: Evening meal, followed by Monthly Meeting.

DECEMBER

Tuesday, Dec. 2: 5:30 PM: Evening meal, followed by card games.

Tuesday, Dec. 9: 5:30 PM: Evening meal, followed by entertainment by The 5th Dementia.

Tuesday, Dec. 16: 5:30 PM: Evening meal, followed by card games.

Tuesday, Dec. 23: 5:30 PM: Evening meal.

Tuesday, Dec. 30: 5:30 PM: Evening meal, followed by card games.

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: _____



FREE IN-HOME SERVICES FOR SENIORS

Provided by Lutheran Social Services

SENIOR COMPANIONS

- Enabling seniors to continue living independently
- Helping relieve loneliness and encouraging activity
- Providing respite care for family caregivers

1-800-450-1510

Frozen Meals Available

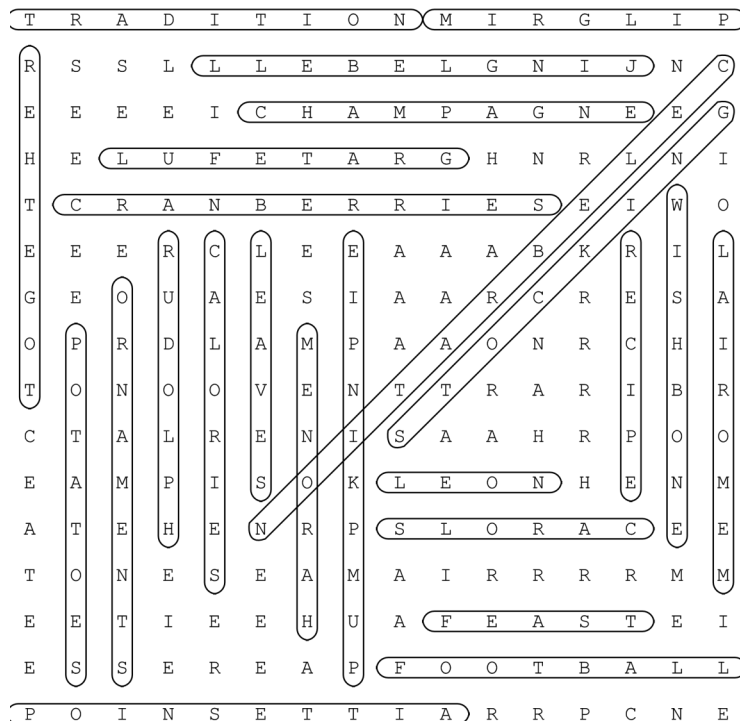
Frozen meals are available to elderly people who are unable to shop and prepare meals, and where hot home-delivered meals are not available every day. The meals are labeled with instructions for heating. A serving of bread, butter, milk, and dessert is included for each meal. Contact your Senior Center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

5	9	1	4	7	2	6	8	3
4	7	8	6	3	5	1	9	2
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Napoleon's Menu November 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 <u>Evening Meal</u> Chicken & rice Carrots Fruit in jello	5 Stuffed peppers Mashed potatoes Carrots Fruit	6 Turkey bacon croissant Broccoli cheese soup Applesauce	7
10	11 <u>Evening Meal</u> Beef tips over egg noodles Green beans Pears	12 Goulash Corn Peaches	13 Soft shell taco Mexican rice Refried beans Fruit cocktail	14
17	18 <u>Evening Meal</u> Salisbury steak Au gratin potatoes Creamed corn	19 Weiner wraps Onion petals Coleslaw Tropical fruit	20 Spaghetti with meat sauce Green beans Garlic bread Banana	21
24 <u>Make Up Meal</u> Knoephla & sauerkraut Sausage Beets Mandarin oranges	25 <u>Thanksgiving Meal</u> Turkey Mashed potatoes Stuffing Corn Cranberries Pumpkin pie	26 Chicken burger Tator tots Peas Fruit	27 <u>Center CLOSED</u> 	28
			Substitutions may be necessary due to product availability.	Meal pick up times Tues: 5 - 5:30 pm Wed & Thurs: 11:30 am - 12 pm


Napoleon's Menu for December 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 <u>Evening meal</u> Swedish meatballs over egg noodles Corn Cherries	3 Cabbage roll Mashed potatoes Pickled beets Apricots	4 Chicken cordon bleu Pasta salad Broccoli Applesauce	5
8	9 <u>Evening meal</u> Roast beef Mashed potatoes Peas & carrots Fruit salad	10 Knoephla soup Ham sandwich Beets Peaches	11 Sweet & sour chicken Fried rice Egg roll Pineapple	12
15 Make Up Meal Chicken strips Macaroni & cheese Green beans Pears	16 <u>Evening Meal</u> Pork chop Au gratin potatoes Cabbage & carrots Pineapple	17 Hot dog Chili Green beans Fruit	18 Chicken alfredo Breadstick Peas Fruit cocktail	19
22 Make Up Meal Beef enchilada Mexican rice Refried beans Pineapple	23 <u>Evening Meal</u> Ham Baked rice Creamed corn Peaches	24 Center CLOSED 	25 Center CLOSED 	26
29	30 <u>Evening meal</u> Country fried steak Mashed potatoes Green beans Mandarin oranges	31 French dip Tator tots Carrots Tropical fruit	1 Center CLOSED 	Substitutions may be necessary due to product availability.

Gackle Menu for November 2025

All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1% 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	7
10 Hamburger steak Baked potatoes Peas Fruit	11 Country fried steak Mashed potatoes Carrots Fruit	12 BBQ ribs Baked potato Corn Fruit	13	14
17 Spaghetti Meat sauce Tossed salad Fruit	18 Chicken lasagna Green beans Garlic toast Fruit	19 Strudels Carrots Pork roast Fruit	20	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.

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 	5
8 Ham Scalloped potatoes Peas & carrots Fruit	9 BBQ chicken Sweet potatoes Corn Fruit	10 Strudels Beef roast Carrots Potatoes Fruit	11 	12
15 Chicken fried steak Mashed potatoes Green beans Fruit	16 Spaghetti Meat sauce Tossed salad Fruit	17 Meatloaf Sweet potatoes Vegetables Fruit	18 	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.	



T	R	A	D	I	T	I	O	N	M	I	R	G	L	I	P
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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

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.

Logan County Transit

All persons in Logan County may ride the buses regardless of age or income, if space is available. Medical appointments take priority over shopping.

City buses will pick up people for the Senior Center Meals for a fee of \$1.00.

Call the Senior Center or the driver to schedule a pickup.

City buses will transport people within the area. Please contact your city driver in advance. Ride charges are \$5.00 within the county, \$8.00 to adjoining counties and \$1.00 within city limits.

Napoleon	Danny	731-0190
Regional	Dispatch	731-0072
Fredonia	Dispatch	731-0072

Bismarck Trips

Logan County west \$10.00,

Logan County east \$13.00

All Bismarck Trips (Mon-Fri)Call Dispatch

Jamestown Trips

Logan County west \$13.00,

Logan County east \$10.00

Will stop in Streeter if needed

Every Monday.....Call Dispatch

Wishek & Linton Trips

Tuesdays & Thursdays upon request

\$8.00.....Call Dispatch

Aberdeen Trips

Upon request \$10.00Call Dispatch

For more information, be sure to visit
www.southcentraltransitnetwork.org
or find us on Facebook at [facebook.com/southcentraltransitnetwork](https://www.facebook.com/southcentraltransitnetwork)

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 holiday 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
Becky Telin at 701-389-2293.

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**



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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, McIntosh & Griggs

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

Check out our website:
www.southcentralseniors.org

Golden Age Club
619 Main Street W.
Napoleon, ND 58561
701-754-2791

Gackle Senior Center
316 Main Street
Gackle, ND 58442
701-485-3721

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