



# SOUTH CENTRAL ADULT SERVICES

# McIntosh 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 condi-

tions 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

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# MCINTOSH COUNTY ACTIVITIES

## WISHEK

### Tuesdays & Wednesdays:

1 PM: Quilting. New quilters needed & welcome! Come see what's for sale.

## NOVEMBER

Saturday, Nov. 1: 2:30 PM: Coffee Hour.

Wednesday, Nov. 5: 2:30 PM: Coffee Hour.

Thursday, Nov. 6: 5:30 PM: Evening meal, followed by cards and games.

Saturday, Nov. 8: 2:30 PM: Coffee Hour & caramel rolls.

Wednesday, Nov. 12: 2:30 PM: Coffee Hour.

Thursday, Nov. 13: 5:30 PM: Evening meal, followed by cards and games.

Saturday, Nov. 15: 2:30 PM: Coffee Hour.

Wednesday, Nov. 19: 2:30 PM: Coffee Hour.

Thursday, Nov. 20: 5:30 PM: Evening meal, 7 PM: Wishek regular meeting.

Saturday, Nov. 22: 2:30 PM: Coffee Hour.

Wednesday, Nov. 26: 11 AM: Make up Meal.

Thursday, Nov. 27: 5:30 PM: Evening meal, followed by cards and games.

Saturday, Nov. 29: 2:30 PM: Coffee Hour.

Sunday, Nov. 30: 7 PM: Progressive Pinochle Party.

## DECEMBER

Thursday, Dec. 4: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Dec. 11: 5:30 PM: Evening meal, followed by cards and games.

Thursday, Dec. 18: 5:30 PM: Evening meal, 7 PM: Wishek regular meeting.

Friday, Dec. 26: 5:30 PM: Evening meal, followed by cards and games.

Sunday, Dec. 28: 5:30 PM: Evening make up meal; 7 PM: Progressive Pinochle Party.

*Anyone dining MUST call to reserve a spot by 9 AM for noon meals and 1 PM by for evening meals.*

## ASHLEY

Tuesdays: Bus goes to Aberdeen, SD. Call the Dispatcher for appointments at (701) 731-0072.

Tuesdays: 9 AM: Bone Builders Exercise. Open to the public.

## NOVEMBER

Monday, Nov. 3: 6 PM: Evening meal followed by Bingo and cards.

Monday, Nov. 10: 6 PM: Evening meal followed by Bingo and cards.

Monday, Nov. 17: 6 PM: Evening meal followed by Bingo and cards.

Monday, Nov. 24: 6 PM: Evening meal followed by Bingo and cards.

## DECEMBER

Monday, Dec. 1: 6 PM: Evening meal followed by Bingo and cards.

Monday, Dec. 8: 6 PM: Evening meal followed by Bingo and cards.

Monday, Dec. 15: 6 PM: Evening meal followed by Bingo and cards.

Monday, Dec. 22: 6 PM: Evening meal followed by Bingo and cards.

Monday, Dec. 29: 6 PM: Evening meal followed by Bingo and cards.

*Call to reserve a spot before 10 AM for noon meals & 3 PM for evening meals.*



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**

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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. 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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**Ashley & Zealand 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
<p>3 <u>Evening Meal</u> Cabbage roll Mashed potatoes Buttered peas Apricots</p>	<p>4 Salmon Parsley potatoes Peas &amp; carrots Orange</p>	<p>5 Salmon Parsley potatoes Peas &amp; carrots Orange</p>	<p>6 Scalloped potatoes &amp; ham Tomato spoon salad Fruit</p>	<p>7 Scalloped potatoes &amp; ham Tomato spoon salad Fruit</p>
<p>10 <u>Evening Meal</u> Pork chop Baked potato Creamed cabbage Fruit</p>	<p>11 Tomato soup Meat sandwich Coleslaw Jello</p>	<p>12 Tomato soup Meat sandwich Coleslaw Jello</p>	<p>13 Chicken Kiev O'Brien potatoes 3 bean salad Apple sauce</p>	<p>14 Chicken Kiev O'Brien potatoes 3 bean salad Apple sauce</p>
<p>17 <u>Evening Meal</u> Ham Sweet potato Coleslaw Apple slices</p>	<p>18 Vegetable soup Meat sandwich Peas &amp; cheese salad Mandarin oranges</p>	<p>19 Vegetable soup Meat sandwich Peas &amp; cheese salad Mandarin oranges</p>	<p>20 Chicken strips Potato wedges Fruity coleslaw Peaches</p>	<p>21 Chicken strips Potato wedges Fruity coleslaw Peaches</p>
<p>24 <u>Evening Meal</u> Turkey Dressing Mashed potatoes Green beans Cranberries</p>	<p>25 Fish Potatoes Carrot &amp; raisin salad Pudding Juice</p>	<p>26 Smoked pork loin Potato wedges Buttered beets Pineapple</p>	<p>27 Center CLOSED </p>	<p>28 Substitutions may be necessary due to product availability. Fresh fruit served when available.</p>
			<p><b>Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!</b></p>	

**Ashley & Zeeland 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
<p>1 <u><b>Evening Meal</b></u> Swiss steak Mashed potatoes Broccoli Fruit</p>	<p>2 Vegetable chowder Chicken salad sandwich Apple slices</p>	<p>3 Vegetable chowder Chicken salad sandwich Apple slices</p>	<p>4 Pizza casserole Yellow beans Jello &amp; fruit</p>	<p>5 Pizza casserole Yellow beans Jello &amp; fruit</p>
<p>8 <u><b>Evening Meal</b></u> Pork roast Boiled potatoes Squash bake Pears</p>	<p>9 Chicken cordon bleu Potatoes Buttered peas Fruit</p>	<p>10 Chicken cordon bleu Potatoes Buttered peas Fruit</p>	<p>11 Lasagna Green beans Apricots</p>	<p>12 Lasagna Green beans Apricots</p>
<p>15 <u><b>Evening Meal</b></u> Sausage Sauerkraut Mashed potatoes Peaches</p>	<p>16 Shredded beef on bun Buttered carrots Pineapple</p>	<p>17 Shredded beef on bun Buttered carrots Pineapple</p>	<p>18 Chicken patty Hashbrown bake Beets Fruit</p>	<p>19 Chicken patty Hashbrown bake Beets Fruit</p>
<p>22 <u><b>Evening Meal</b></u> Spaghetti &amp; meat sauce Tossed salad Garlic toast Fruit</p>	<p>23 Bean &amp; ham soup Coleslaw Pears</p>	<p>24 Bean &amp; ham soup Coleslaw Pears</p>	<p>25 <b>Center CLOSED</b> </p>	<p>26</p>
<p>29 <u><b>Evening Meal</b></u> Chicken alfredo Mashed potatoes Carrots Applesauce</p>	<p>30 Hot dog Sauerkraut Mashed potatoes Mandarin oranges</p>	<p>31 Hot dog Sauerkraut Mashed potatoes Mandarin oranges</p>	<p>Substitutions may be necessary due to product availability. Fresh fruit served when available.</p>	<p><b>Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!</b></p>

Wishek & Lehr November 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Substitutions may be necessary due to product availability.						1 <b>2:30 PM: Coffee Hour</b>
2	3 Lasagna soup Broccoli bites Breadstick Peaches	4 Rueben bake Buttered carrots Pears	5 <b>2:30 PM: Coffee Hour</b>	6 <b>Evening Meal</b> Swiss steak w/ mushroom gravy Mashed potatoes Mixed vegetables Fruit cocktail	7	8 <b>2:30 PM: Coffee Hour with caramel rolls</b>
9	10 Chicken noodle soup Bologna sandwich Pineapple	11 Sweet & sour meatballs Fried rice Egg roll Mandarin oranges	12 <b>2:30 PM: Coffee Hour</b>	13 <b>Evening Meal</b> Apple spice pork chop Scalloped potatoes Coleslaw Peach pie	14	15 <b>2:30 PM: Coffee Hour</b>
16	17 Fish sandwich French fries Mixed vegetables Applesauce	18 Chicken drum-mies Baby bakers Baked beans Peaches	19 <b>2:30 PM: Coffee Hour</b>	20 <b>Evening Meal</b> Turkey Cranberries Stuffing Mashed potatoes & gravy Corn Pumpkin pie	21	22 <b>2:30 PM: Coffee Hour</b>
23	24 Chili cheese brat bake Cornbread Tropical fruit	25 Knoephla soup BLT Pears	26 Cabbage roll Mashed potatoes Beets Apricots	27 <b>Center CLOSED</b> 	28	29 <b>2:30 PM: Coffee Hour</b>
30 <b>Progressive Pinochle Party @ 7 PM</b>						

**Wishek & Lehr Menu for December 2025**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Diners MUST call at least 1 day prior to sign up for meals. Call by 9 am for Noon meals, by 1 pm for evening meals. Late sign ups will not be accepted.</b></p>	<p>1 Loaded baked potato with ham Cheesy broccoli Fruit cocktail</p>	<p>2 Chicken sandwich with lettuce Sweet potato fries Mandarin oranges</p>	<p>3</p>	<p>4 <b>Evening Meal</b> Lasagna Green beans Garlic bread Fruit</p>	<p>5</p>
<p>7</p>	<p>8 Pulled pork Macaroni &amp; cheese Baked beans Apricots</p>	<p>9 Tator tot hotdish with green beans Pineapple</p>	<p>10</p>	<p>11 <b>Evening Meal</b> Ham Sweet potato casserole Coleslaw Peach pie</p>	<p>12</p>
<p>14</p>	<p>15 Chili Cornbread Fruit cocktail</p>	<p>16 Hot beef sandwich Mashed potatoes &amp; gravy Mixed vegetables Applesauce</p>	<p>17</p>	<p>18 <b>Evening Meal</b> Turkey Cranberries Mashed potatoes &amp; gravy Stuffing Glazed carrots Cherry pie</p>	<p>19</p>
<p>21</p>	<p>22 Lazy cheese buttons Sausage Beets Apricots</p>	<p>23 Chicken cordon bleu Baby bakers Mixed vegetables Tropical fruit</p>	<p>24</p>	<p>25 <b>Center CLOSED</b> </p>	<p>26</p>
<p>28 <b>Evening Meal</b> Tacos  <b>Progressive Pinochle Party @ 7 PM</b></p>	<p>29 Fish sandwich Tator tots Mixed vegetables Pears</p>	<p>30 Baked potato soup Ham &amp; cheese sandwich Fruit</p>	<p>31</p>	<p>1 <b>Center CLOSED</b> <b>HAPPY NEW YEAR</b></p>	<p><b>Substitutions may be necessary due to product availability</b></p>

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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, 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 nutri-

tion. 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.



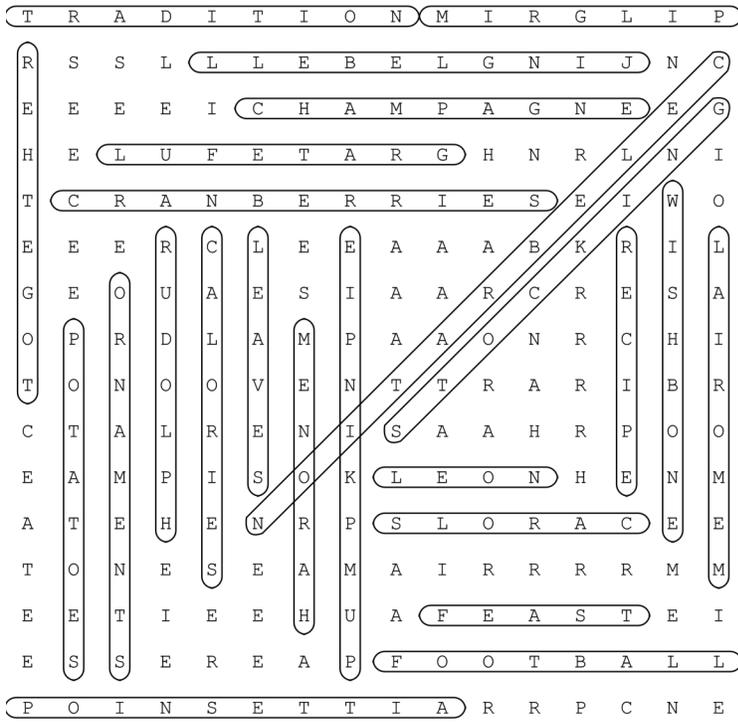
**EBT/SNAP**



**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 Ruby at 731-0170 for more info.**



## **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 5<sup>th</sup> St. NE  
Valley City, ND**



## **McIntosh County Transit**

Buses will go to Bismarck, Jamestown, Fargo or Aberdeen.

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

Everyone is encouraged to use these buses!

**In-city buses will pick up people for the Senior Center Meals for a fee of \$1.00.** Call the Senior Center to schedule a pickup.

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

Ashley	Call Dispatch	731-0072
Zeeland	Call Dispatch	731-0072
Lehr	Call Dispatch	731-0072
Wishek and all sites	Call Dispatch	731-0072

### **Bismarck Trips**

\$15.00

Monday through Friday.....Call Dispatch

### **Jamestown Trips**

\$13.00

Every Thursday.....Call Dispatch

### **Aberdeen Trips**

\$13.00

Every Tuesday.....Call Dispatch

For more information, be sure to visit [www.southcentraltransitnetwork.org](http://www.southcentraltransitnetwork.org)

or find us on Facebook at [facebook.com/southcentraltransitnetwork](https://facebook.com/southcentraltransitnetwork)

## **McIntosh County Outreach**

### **November & December**

Ruby Beck is available at the Senior Centers, or in homes by appointment.

If you are in need of frozen meals, home delivered meals, or other services, please call Ruby.

If you have questions or need to schedule an appointment with Ruby, contact her at:

**701-731-0170**

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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7	1	9	2	6	4	5	3	8
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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 3<sup>rd</sup> 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.

# Happy Holidays

**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: \_\_\_\_\_



Larry Wald (center), McIntosh Transit Driver, accepted the Dispatcher of The Year award in honor of Dan Imdieke at the the annual Bus Rodeo in Jamestown, ND. Pictured with Wald are Kathy Homman (left), Dakota Transit Association board member, and Rod Grafing, South Central Transit Coordinator.

(photo by Pat Hansen)

## Imdieke receives Dispatcher Of The Year award

Dan Imdieke, McIntosh, Emmons, and Logan Counties Transit Driver and Dispatcher, has received the 2025 Dispatcher of the Year award at the Dakota Transit Association Bus Rodeo in Jamestown, ND.

Dan began his journey with South Central as a driver in 2016. In 2019, he took on the critical role of dispatcher for Emmons, McIntosh, and Logan counties. His unwavering dependability and knowledge of transit operations have transformed our service in those counties. Under his guidance, we have seen a significant increase in ridership and operational efficiency.

Dan's professionalism and fairness with drivers fosters a positive work environment, leading to a notable reduction in turnover rates. New drivers are not only hired but also retained, and work culture among drivers has



flourished. Passengers and drivers alike have expressed their satisfaction, a testament to Dan's exceptional customer service and commitment to excellence.

“Dan doesn’t just manage schedules— he builds relationships,” said one colleague. “He listens, he supports, and

he leads by example. That’s why people want to stay and why passengers feels the difference.”

“Dan has truly transformed how we serve our communities,” says Transit Coordinator Rod Grafing. “His fairness, dependability, and passion for helping others makes him an outstanding leader. Drivers enjoy working with him, and passengers consistently share positive feedback. He is truly an incredible asset to our agency, and I can think of no one more deserving of this honor.”

**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**

Wishek Senior Center  
5 S. Centennial Street  
Wishek, ND 58495  
701-452-2472

Ashley Senior Center  
111 Center Avenue N.  
Ashley, ND 58413  
701-288-3540

Lehr Senior Center  
122 Main Street  
Lehr, ND 58460  
701-378-2526

South Central Adult Services  
Main Office  
139 2nd Ave. SE  
PO Box 298  
Valley City, ND 58072  
701-845-4300

PATRICIA HANSEN  
Director

JODI ELLIOTT  
Bookkeeping

RUBY BECK  
Outreach

