SOUTH CENTRAL ADULT SERVICES

Foster County

Nutrition for Older Adults: Why Eating Well Matters as You Age

Age-related physical changes and personal circumstances can impact healthy eating



Health conversations around older adults tend to revolve around things like memory loss, safety and managing chronic conditions. What's often overlooked? Senior nutrition. The reality is that aging can come with changes to your health and your life that make eating a healthy diet harder to do. But older adults are particularly prone to shifts in weight. And keeping up a healthy diet that takes into consideration your changing nutritional needs and the challenges you face is important to aging in a healthy way. "I often see aging people in my practice who experienced nutrition insufficiencies and weight changes for both medical and circumstantial reasons," says geriatric specialist, Dr. Hall, DO. Medical conditions and medication can make it hard to get proper nutrition as you age. They can affect your ability to exercise to maintain your muscle strength and your appetite. And if you have any mobility issues or can no longer drive, shopping for nutritious foods can be a big obstacle. We get it. But we also know that eating well is important to keeping frailty at bay. It's important for keeping your brain active. And it's important for your mental and emotional health as well. We talked with Dr. Hall about the nutritional needs for people over the age of 65 and advice for keeping up a healthy diet as you get older.

Why diet matters for older adults

Maintaining a healthy diet is important for your health no matter your age. A healthy diet that focuses on lean protein, plenty of fruits and vegetables, and limiting added sugar is good advice all around. But as you get older, particularly after the age of 65 or so, eating healthy can become more challenging. Medical conditions that tend to afflict adults later in life can cause dramatic (and unhealthy) weight loss. This includes issues like malnutrition, osteoporosis, and iron and vitamin deficiencies. Age-related changes to your metabolism or digestion can lead to unintentional weight fluctuations, too. And as you age, your circumstances and lifestyle can lead to neglecting healthy eating habits. "For example, the unfortunate death of a spouse can lead to loneliness and depression, which can result in a lack of interest in taking care of ourselves," Dr. Hall illustrates. "Not to mention the added challenge of adjusting cooking habits for only one person instead of two. "Additionally, any loss in independence can also make it harder to shop for healthy foods and cook them properly. This can leave older adults more reliant on packaged and prepared foods or meals that aren't nutritionally complete. Even though nutrition may be harder to maintain as you age, it may be even more important than when you were younger. "As you age, your body can have a harder time with certain functions, like maintaining your heart health, kidney function, bone regeneration and more," Dr. Hall explains. "But getting proper nutrition — like enough protein and the proper amount of vitamins and other nutrients — is an important part of helping to keep those systems and others strong and functioning at their best."

She adds that a healthy diet can play a big role in your overall health, including your:

- Brain and memory function.
- Heart health.
- Bone strength.
- Muscle tone.
- Immunity.
- Gastrointestinal functioning.

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FOSTER COUNTY PUBLIC HEALTH

UPCOMING OFFSITE CLINICS

Wednesdays
November & December 2026

Nov. 4 - Grace City Schoolhouse from 11:00-1:00
Nov. 11 - McHenry Senior Center from 11:00-11:45
Nov. 11 - Glenfield Community Center from 12:45-1:30

Dec. 2 - Grace City Schoolhouse from 11:00-1:00
Dec. 9 - McHenry Senior Center from 11:00-11:45
Dec. 9 - Glenfield Community Center from 12:45-1:30



Call our office to schedule an appointment or to request more information (701) 652-3087.

Vaccine Consent Forms can be found on our website www.fostercountypublichealth.com.

*Appointments preferred - nurse may not be at off-site locations if no patients are scheduled.

Public Health
Prevent. Promote. Protect.
Foster County Public Health

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

DONATE TODAY

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:

Congregate Meals Home Delivered Meals Transportation Outreach Prescription Assistance

Prescription Assistance Program

SOUTH CENTRAL TRANSIT NETWORK

Foster County Outreach Schedule

November & December 2026
Ann VandeHoven, Foster County Outreach Worker. You may contact her at the Carrington office to schedule an appointment at 701-652-3257.

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

Jean House: 12/31

No anniversaries



Why did the piece of toast go to the doctor?



+



Because it was feeling Crumby



Grace City Menu for November 2026 (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
2 Sloppy Joe on a Bun Coleslaw Fresh Fruit	3	4 Chicken Strips Potatoes Macaroni Salad Jello with Fruit	5	6 Ham & Scalloped Potatoes Baked Beans Peach Cobbler
9 Hamburger, Macaroni & Tomato Hotdish Lettuce Cheese slice Moon Cake	10	11 Swedish Meatballs with Gravy Mashed Potatoes Corn Apple Salad	12	13 Cabbage Roll Hotdish Green Bean Fruit Juice
16 Potato Soup Meat Sandwich Fruit Ice ream	17	18 Knoephla Hotdish Corn Garlic Toast Fruit	19	20 Turkey Dressing Gravy Mashed Potatoes Cranberries Sweet Potatoes
23 Sweet & Sour Chicken Egg Roll Fried Rice Ice Cream	24	25 Tator Tot Hotdish Cheese Slice Carrots & Cabbage Fruit	26 	27 Sausage Mashed Potatoes Sauerkraut Peas Ice Cream Birthday cake
30 Chicken Fillet on a Bun Macaroni Salad Coleslaw Pudding				

Grace City Menu for December 2026 (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	2 Salisbury Steak Mashed Potatoes Corn Pudding	3	4 Spaghetti with Meat Sauce Lettuce Salad Garlic Toast Fruit
7 Hamburger, Macaroni & Tomato Hotdish Cheese Slice Fruit in Jello	8	9 Pork Chops with Gravy Mashed Potatoes Prince Edward Veggies Ice Cream	10	11 Hot Dog on a Bun Calico Beans Macaroni Salad Cake
14 Bean & Ham Soup Meat & Cheese Sandwich Coleslaw Apple Cobbler	15	16 Chili Crackers Lettuce Salad Fruit in Jello Juice	17	18 CHRISTMAS DINNER BBQ Ribs Baked Potato Cranberries Calico Beans
21 Meatloaf Baked Potato Creamed Corn Apple Salad	22 French Toast Bake Sausage Hash Browns Apple Dessert	23 Knoephla Soup Ham Salad on Croissant Mandarin Oranges	24	25 
28 Hot Pork with Gravy Mashed Potatoes Peas Fruit	29	30 BBQ on a Bun Pickles Coleslaw Fruit Juice Birthday Cake	31 	

- Mental health and well-being.

Tips for eating well as you age
So, how can you be sure you're getting the proper nutrition and prioritizing a healthy diet? Dr. Hall suggests these tips:

Maintain a regular eating schedule
Some older adults may need to make a focused effort to eat regularly. But having a specific mealtime to look forward to enjoying every day can be good for both your physical and mental well-being.

Don't skip meals. If you need a reminder, Dr. Hall recommends adding mealtimes and snacks to your calendar or setting an alarm on your watch, computer or phone app to remind you when to eat.

Eat with others
Mealtimes can be a great time to gather with friends and loved ones.

"Friends, family and gathering socially with our community makes mealtime more enjoyable and is just as important for our mental health as what we eat is for our bodies," Dr. Hall notes. "Invite others to join you, share stories and connect while you eat." A shared meal can be especially uplifting if you're experiencing depression, loneliness or lack of interest in other activities.

Practice food safety habits
The U.S. Department of Health & Human Services says people over the age of 65 can be more at risk for foodborne illnesses, like *Listeria* and *Salmonella*. In part, that can be because your immune system can weaken as you age. And aging can decrease how well your kidneys and liver filter and rid toxins from your body.

Dr. Hall recommends these food safety tips:

- Pay close attention to expiration dates and other signs your food has "turned."
- Take special care to wash your hands and surfaces often.
- Cook foods like meat and eggs thoroughly.
- Refrigerate leftovers promptly.
- Limit or avoid soft cheeses, raw or undercooked meat, seafood and unpasteurized milk products.

What should an older adult's diet look like?
Older adults can make sure they're eating for their maximum health benefit by focusing on a few key diet needs like:

Getting your fiber: Add fiber to meals with foods like whole grains, and raw fruits and vegetables.

Eating healthy fats: Reduce your cholesterol and fat intake and make smarter choices by enjoying or preparing foods with healthy fats, which include olive oil, avocados, salmon and walnuts.

Reducing your salt consumption: Season dishes with garlic, herbs and other spices. Choose foods that are low in sodium or have no added salt.

Limiting "white foods": That includes things like white bread, rice and potatoes, which don't provide much in terms of long-term nutritional value.

Staying hydrated: Aging can put you at an increased risk for dehydration. Drink six 8-ounce glasses of water or other beverages daily (if you're not on a fluid-restricted diet). Limit drinks that contain caffeine and alcohol.

Maximizing your vitamin D intake: Increase your exposure to sunlight (always wearing sunscreen, of course!) and eat foods high in vitamin D — such as fatty fish, canned tuna, egg yolks, fortified milk and cereal or supplements (per approval from your healthcare provider).



Talk with your provider for specific advice
Aging can come with health conditions that can be best managed with personalized care and healthy-eating advice. When in doubt, ask. "Be sure to talk with your doctor about how to eat right for your best health," Dr. Hall advises. "Your doctor may make other recommendations based on your unique medical history and overall personal health profile. For example, an older adult whose blood pressure drops when they stand up may need a diet slightly higher in salt. Your care team will tell you the best way forward for you. "It's important that older adults who experience changes in appetite and weight see a doctor before making any dietary changes," Dr. Hall emphasizes. "Take good care of

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, & 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.

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.

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

Bridgeview Estates Assisted Living

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 10:30-11L30 AM
- Activity programming and group outings
- Transportation services



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 to 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



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.

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

Holiday Berry Parfait with Pistachio & Pomegranate



For the Pistachio Crust

- ½ cup shortbread cookie crumbs (from approximately 7-8 shortbread cookies)
- ¾ cup shelled lightly salted pistachios
- 1 ½ tablespoons melted butter
- 1 tablespoon honey
- ½ teaspoon lemon juice
- ½ teaspoon finely grated orange zest
- ⅛ teaspoon ground cardamom
- Pinch of kosher salt

For the Cream Layer

- 8 ounces cream cheese, softened
- ¾ cup powdered sugar
- ¾ teaspoon vanilla extract
- ¾ cup whipped cream or whipped topping

For the Fruit Topping

- 3 cups fresh raspberries
- 6 tablespoons pomegranate arils

Instructions

1. Make the shortbread cookie crumbs: In a food processor, pulse the shortbread cookies into ½ cup of crumbs. Empty from the food processor and set aside.

2. Make the crust: In the food processor, pulse pistachios until finely chopped. Add back in the shortbread crumbs, plus the melted butter, honey, lemon juice, orange zest, cardamom and salt. Pulse until the mixture clumps when pressed together.

3. Spoon the crust into parfait cups: Divide about 2-3 tablespoons of the crust mixture into 6 clear parfait/dessert cups. Press gently. Chill 10-15 minutes while preparing the cream layer.

4. Prepare the cream layer: Beat softened cream cheese, powdered sugar and vanilla until smooth and creamy. Gently fold in the whipped cream until light and fluffy. Spoon or pipe about 3 tablespoons of filling into each glass over the crust and smooth the surface.

5. Chill: Chill the crust and cream layers for at least 30 minutes (or up to 24 hours in advance).

6. Add the fruit topping: Top each parfait cup with ½ cup raspberries and 1 tablespoon pomegranate arils.

Serve cold.

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
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