

# Region VII Health & Learning Day

## Tuesday, May 7, 2019



WITH FRIENDS, FAMILY, AND SERVICES  
THAT SUPPORT PARTICIPATION.



THROUGH ACTIVITIES THAT PROMOTE HEALTH  
AND PERSONAL ENRICHMENT.



TIME, TALENT, AND LIFE  
EXPERIENCE TO BENEFIT OTHERS.

*Sponsored by the Burleigh County Senior Adults Program  
and Sam's Club, Bismarck, ND*



Burleigh County Senior Center  
315 N 20th Street, Bismarck, ND 58501  
701-255-4648, [www.BismarckSeniorCenter.org](http://www.BismarckSeniorCenter.org)



**REGION VII HEALTH & LEARNING DAY**  
**TUESDAY, MAY 7, 2019**  
**BURLEIGH COUNTY SENIOR CENTER**  
(Schedule is Subject to Change)

**HEALTH SCREENINGS (8:00 am – 12:00 pm)**

**Drug Take Back – Dining Room**

Bismarck-Burleigh Public Health and the Bismarck Police Department will be providing a safe, convenient, and responsible means for disposing of old prescription drugs. Bring old prescriptions you no longer need and drop off at their table. They will also be providing education about the potential for abuse of medications.

**Old Prescription Drug Disposal                      FREE**

**Bridging the Dental Gap –  
Health Maintenance Office**

Bridging the Dental Gap is a non-profit community dental clinic with a mission to improve access to dental care for Medicaid, uninsured, under-insured, and low income members of the community. In addition to oral health screenings, they will be providing oral health education and referrals.

**Oral Health Screening                                      FREE**

**Burleigh County Senior Adults Program –  
Dining Room**

The Burleigh County Senior Adults Program provides nutrition, health maintenance, outreach services and life enrichment activities in Burleigh County, ND.

**Blood Pressure Screening                              FREE**

**Gateway Health Mart Pharmacy – Fitness Room**

For over 20 years, Gateway Health Mart Pharmacy has been serving the citizens of Bismarck, Mandan and surrounding communities, leading the way at providing exceptional and friendly service and value to their customers. Stop by the Fitness Room for the following services:

**CHOLESTEROL SCREENING**

**Total Lipid Panel (Fast for 8-10 hours)                      \$20**

**Total Cholesterol & HDL (Non-fasting)                      \$15**

**Blood Sugar Screening                                      FREE**

**Bone Density Screening                                      FREE**

**Optimum Therapies of North Dakota –  
Missouri Room**

Optimum Therapies of North Dakota is an independent private practice provider with direct access. As a direct access provider (no referral necessary) Optimum Therapies is dedicated to helping people and employers restore and improve movement and function.

**Balance/Fall Prevention Screening                      FREE**

**Prairie Sea Hearing Center – Dakota Room**

The staff at Prairie Sea Hearing Center truly believes that better hearing leads to a better life! Their patient-centered approach allows them to focus on satisfying your hearing care needs, whatever they may be.

**Hearing Screening                                              FREE**

**Walmart South Vision Center – Dining Room**

Walmart offers vision services including eye exams, eye glasses, contact lenses and more.

**Eyeglass Cleaning & Adjustment                      FREE**

**Vision Screening                                              FREE**

**Thank You!**



A special thank you to Sam's Club for their financial contribution to make this day possible!



Thank you to Edgewood for their sponsorship of the Edgewood Shuttle, and to West River Transit for providing the bus.

Thank you to Bob Upgren and all those who are conducting a class, and/or providing a health screening or exhibit.

Without your contributions, this day would not be possible! Thank you!

**COFFEE BAR**

**Open 8 am to 2 pm**

**There is no charge for coffee, however, a free-will donation is appreciated. Assorted soft drinks and snacks are available for a nominal fee.**

## PRESENTATIONS

**9:00 am – 11:00 am**

### **Tech Support for your Smart Phone or Tablet - Library**

Do you have questions on how to use your smart phone or tablet? 15-minute sessions will be available for you to get one-on-one tech support. Bring your device with you! Sign up when you arrive at the Health & Learning Day. *Vicki Otto Laraway & Darla Roggenbuck*

**9:00 am – 11:00 am**

### **The Art of Container Gardening – Sun Room (or outside if weather cooperates!)**

Container gardening is something that gardeners of all ages, from grandchildren to grandmothers and everyone in between, can carry out easily. Stop by to visit with Beth and get tips to creating your own container garden. You will also be able to pot a few seeds to take with you to get you started! *Beth Burdolski*

**9:00 am – 9:45 am**

### **The ND Dementia Care Services Program Presents: 10 Warning Signs of Alzheimer's – South Conference Room**

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

*Nikki Wegner*

### **11:45 am – 12:30 pm Lunch – Dining Room**

You may pick up your box lunch and eat at your leisure any time from 11:45 am to 12:30 pm. Reservations for lunch are required. Please check in and pick up your lunch ticket from the Site Manager prior to going through the lunch line. The cost is \$8.00 for those under 60. If you are 60+, the suggested donation for lunch is \$4.00.

**12:30 pm**

### **“The Gift” Leaving a Legacy That Outlives Your Life – Dining Room**

#### **Featured Speaker: Bob Upgren**

Bob Upgren is one of the most in-demand speakers on creativity, innovation and business. He has spoken and consulted for many of the most prominent brands in the world; including Disney, Coke, Microsoft, Coldwell Banker, Scotts, Humana Health and Cisco to mention a few. He has also become one of the most trusted voices in the educational world, working with hundreds of thousands of educators from the top school districts in the United States and Canada, as well as the largest youth associations in North America.

Over the past two decades, his organizations have also worked side by side with professional athletes, Hollywood stars, government officials and at one point, even a former mafia boss.

What drives Bob Upgren, however, has little to do with the interesting people, places or projects he's been fortunate enough to experience. “What drives me is the opportunity to witness how my work holds the potential of enriching the lives of students, educators, government officials, families, and the business leaders I am blessed to work with.”

As one of the best chalk artists in the world, Upgren credits this unique medium for giving him a different way of looking at life. Using a rare combination of art and wisdom, he is able to bring his fresh perspectives of paradigm shifting thoughts to center stage. Over one million people have witnessed this presentation live, and his client list now reads like a who's who of organizational excellence.

**Wrap Up/Door Prizes (Must be present to win.)**

**9:30 am – 10:30 am**

### **Simple Salads for Summer – Dining Room**

There is nothing like a fresh salad on a hot summer day! Attend this class to learn how to mix and match ingredients to make a healthy salad, complete with homemade dressings. There may even be samples! *Rachel Iverson*

**10:00 am – 10:45 am**

### **When Is It Time to Move? – South Conference Room**

The decision to move out of your current home into assisted living is a complex one – both emotionally and practically. Above all, your safety and health are top priority. How can you feel more confident when circumstances suggest you should no longer be living in your current home? Although every situation is different, Reva will give you valuable information to help you make the decision. *Reva Kautz*

**11:00 am - 11:45 am**

### **Downsizing & Decluttering – South Conference Room**

Looking to simplify your life by decluttering and downsizing the amount of ‘stuff’ in your home? Attend this class to learn the fine art of decluttering, especially if you are thinking of moving! Also, get the latest information on how to sell your biggest asset, your home! Time for Q&A. *Brenda Foster & Mary DuBord*



## **EXHIBITS (8:00 am – 12:00 pm, Recreation Room)**

### **AARP North Dakota**

AARP will share resources and information to help you reach your Real Possibilities!

Doreen Riedman  
AARP North Dakota  
107 W Main Avenue, Suite 125  
Bismarck, ND 58501  
701-355-3643

### **Abused Adult Resource Center**

Learn about the signs of Elder Abuse and what to do if you suspect someone is being abused.

Cindy Anhorn and Renee Stromme  
Abused Adult Resource Center  
218 W. Broadway Avenue  
Bismarck, ND 58501  
701-222-8370

### **Baptist Health Care Center**

Located in Bismarck, ND, Baptist Health Care Center has been the senior adult community of choice for many families for over 80 years.

Shelle Aberle  
Baptist Health Care Center  
3400 Nebraska Drive  
Bismarck, ND 58503  
701-223-3040

### **Bis-Man Transit**

Learn the many benefits of using public transportation in the Bismarck-Mandan area.

Deidre Hughes  
Bis-Man Transit  
3750 E Rosser Avenue  
Bismarck, ND 58501  
701-258-6817

### **Bismarck Burleigh Public Health**

Bismarck Burleigh Public Health promotes and protects the health of people and communities where they live, learn, work and play.

Katie Johnke  
Bismarck Burleigh Public Health  
500 East Front Avenue  
Bismarck, ND 58504  
701-355-1555

### **Bismarck Cancer Center**

The Bismarck Cancer Center allows patients in our area to receive world-class cancer treatment and caring support while staying close to home and loved ones.

**Stop by for a free Colorectal (take home) Kit!**

Linn Zander  
Bismarck Cancer Center  
500 North 8th Street  
Bismarck, ND 58501  
701-222-6172

### **Bismarck Parkinson Support Group**

This support group meets monthly on the 2<sup>nd</sup> Thursday, and has several other gatherings throughout the year. Stop by for more information!

Linda Wagner  
Bismarck Parkinson Support Group  
1837 N Valley Loop #10  
Bismarck, ND 58503  
701-663-2177

### **Bismarck Parks & Recreation District**

The mission of Bismarck Parks & Recreation is to work with the community to provide residents and visitors the highest quality parks, programs, facility and event experience. Stop by to find out what's happening this Summer!

Paula Redmann  
Bismarck Parks & Recreation District  
400 East Front Avenue  
Bismarck, ND 58504  
701-222-6455

### **Burleigh Co. Housing Authority/The Terrace**

The Burleigh County Housing Authority works to provide affordable, safe housing for those 55 and over with priority given to those with special needs.

Sasha Wiese  
Burleigh County Housing Authority/The Terrace  
410 S 2nd Street  
Bismarck, ND 58504  
701-255-2540

### **CHI St. Alexius Health**

Recognizing Stroke symptoms - FAST.

JuLann Wiseman  
CHI St. Alexius Health  
900 E Broadway Avenue  
Bismarck, ND 58501  
701-530-6640

### **CHI St. Alexius Health**

Stop by for more information on CHI St. Alexius Health supportive care.

Shawn Morlock  
CHI St. Alexius Health  
900 E Broadway Avenue  
Bismarck, ND 58501  
701-530-7733

### **Community Options**

Community Options is a service agency that supports people to live independently and remain active. They serve those with and without disabilities and assist with the Low Income Home Energy Assistance Program (LIHEAP) application process.

Cindy Cooper  
Community Options  
4909 Shelburne Street  
Bismarck, ND 58504  
701-223-2417 ext 158

### **Dakota Center for Independent Living**

This non-profit agency assists people with disabilities to live independently in their community. Stop by for hands-on demonstrations of assistive technology to help you maintain independence in your own home.

Mary Robinson  
Dakota Center for Independent Living  
3111 East Broadway Avenue  
Bismarck, ND 58501  
701-222-3636

### **Dakota Home Care**

Dakota Homecare provides HHA services to include activities of daily living such as cooking, housekeeping, transportation and courier services.

Charlene Seifert, RN  
Dakota Home Care  
1200 North Collins Avenue  
Mandan, ND 58554  
701-663-5373

### **Edgewood**

Edgewood offers independent living, assisted living and memory care apartment options between three locations: Edgswood Mandan, and Edgewood Dominion and Edgewood Village, Bismarck.

Reva Kautz  
Edgewood  
3124 Colorado Lane  
Bismarck, ND 58503  
701-751-5304

### **Good Samaritan Society Home Care**

The Good Samaritan Society believes in creating an environment where family is valued and care is given with love and understanding. Visit their booth for information on the services they offer.

Claire Henke  
Good Samaritan Society Home Care  
600 S 2nd Street, Suite 101  
Bismarck, ND 58504  
701-255-7575

### **Guardian & Protective Services**

Guardian and Protective Services, Inc. (GaPS) is a non-profit corporation established to provide needed protective services to vulnerable adults. They assist with daily living needs, ensure access to sufficient medical services, oversee financial affairs, and ensure the individual the best quality life possible.

Audrey Uhrich  
Guardian & Protective Services  
3801 Lockport Street, Suite 4  
Bismarck, ND 58503  
701-222-6600

### **Home Helpers**

Home Helpers provides non-medical home care to keep people in their own homes.

Kaitlyn Erdman  
Home Helpers  
817 Main Street  
Williston, ND 58801  
701-570-4253

### **Humana**

Information on Medicare and Humana options will be provided.

Jim Simmers  
Humana  
PO Box 353  
Steele, ND 58482  
701-850-7981

### **Legal Services of ND**

LSND's mission is to provide high quality legal advice, education and representation to low-income North Dakotans as well as disadvantaged elderly in areas of civil law.

Jamie Orstad  
Legal Services of ND  
418 East Broadway, Suite 25  
Bismarck, ND 58501  
877-258-5263 x 303

### **LSS Senior & Volunteer Companions**

Lutheran Social Services Senior/Volunteer Companions is seniors helping seniors live independently, providing reassurance to seniors, their families and friends. The program helps older adults maintain their independence and continue living in their own homes through the help of volunteers.

Sonja Mickelson  
LSS Senior Companions & Volunteer Companions  
1905 2nd Street SE, Suite 1B  
Minot, ND 58701  
701-838-7800

### **Maple View Memory Care**

With Maple View Memory Care's highly specialized staff and Montessori-based programming, they have created an environment that nurtures independence, self-assurance and positivity in seniors and memory-impaired individuals.

Tina Thompson  
Maple View Memory Care  
4217 Montreal Street  
Bismarck, ND 58503  
701-223-4133

### **Marillac Manor/Prospera**

Marillac Manor provides senior living apartments.

Angie Greer  
Marillac Manor/Prospera  
1016 N 28th Street  
Bismarck, ND 58501  
701-323-1871

### **Missouri Valley YMCA**

The YMCA will be featuring health and wellness information, including free activities and program opportunities especially for seniors.

Jennifer Bandy  
Missouri Valley YMCA  
3608 North Washington Street  
Bismarck, ND 58501  
701-255-1525

### **Morton County Council on Aging**

Stop by and learn about the services and activities available through the Morton County Council on Aging.

Kayla Benz and Billie Yantzer  
Morton County Council on Aging  
301 15th Street NW  
Mandan, ND 58554  
701-663-6528

### **ND Aging Services**

Visit the booth to learn about the services available to older adults through ND DHS Aging Services.

Katie Schafer  
ND Aging Services  
1237 West Divide Avenue, Suite 6  
Bismarck, ND 58501  
701-328-8787

### **ND Insurance Department SHIC**

Investigators from the ND Insurance Department SHIC division will be on hand to provide information relating to Medicare. Stop by with your questions!

Karri Volk  
ND Insurance Department SHIC  
600 East Boulevard Avenue  
Bismarck, ND 58505  
701-328-9611

### **ND Senior Medicare Patrol**

The ND Senior Medicare Patrol works to prevent Medicare and Medicaid fraud and errors through volunteering, outreach and education.

Brenda Munson  
ND Senior Medicare Patrol  
500 University Avenue West  
Minot, ND 58707  
701-858-4477

### **NDSD - Adult Hearing Outreach**

The ND School for the Deaf will provide information about hearing loss and communication, as well as assistive devices for you to try.

Kathy Frelich  
NDSD - Adult Hearing Outreach  
1401 College Drive North  
Devils Lake, ND 58301  
701-665-4416

### **Northland Care Coordination Home Care**

Northland Care Coordination is an at home healthcare program that helps seniors live healthier, safer, and more independently. They provide medical and nonmedical in-home care.

Tiffany Krumm  
Northland Care Coordination Home Care  
2223 East Rosser Avenue  
Bismarck, ND 58501  
701-204-0418

## Northland PACE

Northland PACE Senior Care Services coordinates all necessary services for seniors to continue living in their own homes. PACE is an alternative to assisted living and skilled nursing communities and may be less than other long term care options.

Aleja Laura Larson  
Northland PACE  
2223 East Rosser Avenue  
Bismarck, ND 58501  
701-751-3050

## Professional Hearing Services & Primrose Retirement Communities

These organizations will be showcasing their partnership – Stop by to learn more!

Ginger Dahl  
Professional Hearing Services  
Tonie Lagodinski  
Primrose Retirement Communities  
1144 College Drive  
Bismarck, ND 58501  
701-222-8183 or 751-6232

## Professional Insurance Services

Get information on Humana Medicare Products.

Jon Seefeld and Jason Smith  
Professional Insurance Services  
1155 Burlington Drive  
Bismarck, ND 58504  
701-224-9945

## Prospera Communities

Prospera provides a whole-person approach to wellness, fostering the highest quality care to help people thrive. Stop by to learn about their communities.

Tina Kellar and Brenda Holm  
Prospera Communities  
301 Lorrain Avenue  
Bismarck, ND 58503  
701-323-1330

## Retired Senior Volunteer Program (RSVP)

RSVP engages adults 55 and over in a meaningful volunteer service.

Mary Siverson  
Retired Senior Volunteer Program (RSVP)  
1616 Capitol Way  
Bismarck, ND 58501  
701-258-6815



## Sam's Club

Stop by for information on how you can save on your budget with a Sam's Club membership.

Kathy Wamsley  
Sam's Club  
2821 Rock Island Place  
Bismarck, ND 58504  
701-222-1101

## Sanford Health Plan

Sanford Health Plan will be providing medicare supplement insurance options for North Dakotans.

Mary Ann Jaeger  
Sanford Health Plan  
PO Box 137 or 210 South Main  
Rugby, ND 58368  
701-776-5848

## Sanford Health Physical Therapy

Stop by Sanford's booth for information on the LSVT Big & Loud Program and the physical therapy services available for older adults.

**Receive a FREE Fall Risk Screening!**

Michelle Keller  
Sanford Health Physical Therapy  
225 North 7th Street  
Bismarck, ND 58501  
701-323-6837

## Sanford Home Care

At Sanford Home Care they believe the best care is sometimes delivered right within the walls of someone's home. They believe healing can happen faster when the surroundings are comfortable and familiar. They want patients to enjoy their highest quality of life possible.

**FREE Grip & Pinch Strength Testing!**

Cathy Anhalt  
Sanford Home Care  
PO Box 580  
Bismarck, ND 58502-0580  
701-323-8405

## Social Security Administration

Get assistance on using their on-line registration; including My Social Security Account, address changes, medical cards, SSN cards and benefit verifications. Please bring your phone or iPad!

Patty Hoffman  
Social Security Administration  
4207 Boulder Ridge Road  
Bismarck, ND 58503  
877-319-6044 ext 21708

### **St. Gabriel's Community**

St. Gabriel's provides high-quality senior care services in Bismarck/Mandan - including skilled nursing care, short-stay rehab services, assisted living and basic care.

**Stop by for FREE balance testing!**

Andrea Engle  
St. Gabriel's Community  
4580 Coleman Street  
Bismarck, ND 58503  
701-751-5223

### **Support Systems, Inc.**

Support Systems provides in home support services.

Cody Kurtz  
Support Systems, Inc.  
1929 North Washington Street, Suite A  
Bismarck, ND 58503  
701-255-6503

### **The Banquet**

The Banquet is a non-denominational meal outreach Program serving free meals every Tuesday and Thursday evening, and Saturday afternoons.

Karla Eisenbeisz  
The Banquet  
502 N 4th Street  
Bismarck, ND 58501  
701-202-4749

### **Touchmark**

Touchmark on West Century is Bismarck's premiere full-service retirement community for adults ages 55+. Touchmark's Health & Fitness Club caters to active adults (50 and older) to encourage lifelong health and wellness through a variety of land and water classes and therapy.

Christine Nelson  
Touchmark  
1000 West Century Avenue  
Bismarck, ND 58503  
701-323-7000

### **UND Center for Family Medicine**

Staffed by a team of board-certified faculty physicians and skilled resident physicians, UND Center for Family Medicine attracts top-notch medical school graduates who complete their residency education as well-trained, caring family doctors. UND Center for Family Medicine has supplied over 85 percent of board-certified family physicians to the Bismarck-Mandan area, providing a continual stream of new doctors to ensure that your health needs are taken care of now and in the future.

Christine Wiese  
UND Center for Family Medicine  
701 East Rosser Avenue  
Bismarck, ND 58501  
701-751-6750

### **Vibra Hospital of the Central Dakotas**

Vibra is a specialty acute care hospital in the Bismarck-Mandan, ND community. They are unique in their ability to care for critically ill patients who require specialized, aggressive, goal directed care over an extended recovery period.

Michelle Grunefelder  
Vibra Hospital of the Central Dakotas  
1000 18th Street NW  
Mandan, ND 58554  
701-667-2000

### **Visiting Angels**

Visiting Angels is a network of non-medical, private duty home care agencies providing senior care, personal care, respite care and companion care to help the elderly and adults continue to live in their homes.

Renae Schenatzki  
Visiting Angels  
1102 South Washington Street #311  
Bismarck, ND 58504  
701-250-1800

### **West River Transit**

West River Transit is a public transportation system providing origin to destination bus service for all people in the rural area around Bismarck-Mandan. Their goal is to enhance the mobility and accessibility of all residents in the rural communities that West River Transit serves.

Carol Anderson  
West River Transit  
3750 East Rosser Avenue  
Bismarck, ND 58501  
701-224-1876

**Thank you for joining us!  
See you next year ~  
Tuesday, May 5, 2020!**