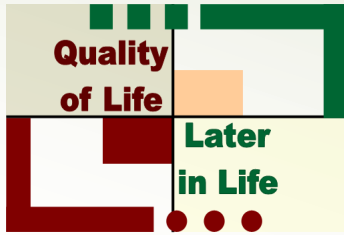


THE

# SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 7 July 2019

## PHONE SCAMS

(Information from the Federal Trade Commission, [www.consumer.ftc.gov](http://www.consumer.ftc.gov))

Every year, thousands of people lose money to telephone scams -- from a few dollars to their life savings. Scammers will say anything to cheat people out of money. Some seem very friendly -- calling you by your first name, making small talk, and asking about your family. They may claim to work for a company you trust, or they may send mail or place ads to convince you to call them.

If you get a call from someone you don't know who is trying to sell you something you hadn't planned to buy, say "No Thanks." And, if they pressure you about giving them personal information -- like your credit card or social security number—it's likely a scam. Hang up and report it to the Federal Trade Commission (FTC) at [www.ftccomplaintassistant.gov](http://www.ftccomplaintassistant.gov).

### Signs of a Scam

Often, scammers who operate by phone don't want to give you time to think about their pitch. They just want you to say "yes." But some are so cunning that, even if you ask for more information, they seem happy to comply. They may direct you to a website or otherwise send information featuring 'satisfied customers.' These customers, known as shells, are likely as fake as their praise for the company.

Here are a few red flags to help you spot telemarketing scams. If you hear a line that sounds like this, say "no, thank you," hang up, and file a complaint with the FTC.

- You've been specially selected (for this offer).
- You'll get a free bonus if you buy our project.
- You've won one of five valuable prizes.
- You've won big money in a foreign lottery.
- You have to make up your mind right away.
- You trust me, right?
- You don't need to check our company with anyone.
- We'll just put the shipping and handling charges on your credit card.

### How They Hook You

Scammers use exaggerated, or even fake prizes, products or services as bait. Some may call you, but others will use mail, texts, or ads to get you to call them for more details.

### Why They're Calling You

Everyone's a potential target. Fraud isn't limited to race, ethnic background, gender, age, education, or income. That said, some scams seem to concentrate on certain groups. For example, older people may be targeted because the caller assumes they may live alone, have a nest egg, or may be more polite toward strangers.

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# Lifelong Learning

## **PRESIDENT GEORGE WASHINGTON**

Join us on Tuesday, July 9, at 10:00 am, for the biography of America's first President. George Washington (February 22, 1732 – December 14, 1799) was an American statesman and soldier who served as the first President of the United States from 1789 to 1797 and was one of the Founding Fathers of the United States. He also served as Commander-in-Chief of the Continental Army during the American Revolutionary War and later presided over the 1787 convention that drafted the United States Constitution. He is considered the driving force behind the nation's establishment and came to be known as the "Father of the Country," both during his lifetime and to this day.

## **THE SECRET OF HAPPINESS**

(Curiosity Stream, rescheduled from May)  
What makes a person happy? Is there a science to this? Does money buy happiness? We will have these questions answered on Monday, July 15, at 10:00 am, when we watch several short films on the Secrets of Happiness from Curiosity Stream.

## **NDSU: MINDFUL EATING**

This month, NDSU Extension's Nutrition and Health Office will focus on feeding our cravings. How can something as easy as eating be so complicated? Katie Johnke RD and Shaundra Ziemann-Bolinkse will be here Thursday, July 18, at 10:00 am, to discuss how to feed your cravings with smart food choices that are healthier for you and can lead to a longer, healthier life.



## **BURLEIGH COUNTY BOOKMOBILE**

New books will be delivered to Lisa's desk on Thursday, July 11. Books can be checked out there and returned to her desk in 25 days. You may also request books and they will do their best to get it to you. Stop by to see what new titles we receive!

## *Phone Scams, Continued from Page 1...*

### **How to Handle an Unexpected Sales Call**

Questions to ask: When you get a call from a telemarketer, ask yourself:

--**Who's calling...and why?** The law says telemarketers must tell you it's a sales call, the name of the seller and what they're selling before they make their pitch. If you don't hear this information, say "no thanks," and get off the phone.

--**What's the hurry?** Fast talkers who use high pressure tactics could be hiding something. Take your time. Most legitimate businesses will give you time and written information about an offer before asking you to commit to a purchase.

--**If it's free, why are they asking me to pay?** Question fees you need to pay to redeem a prize or gift. Free is free. If you have to pay, it's a purchase – not a prize or a gift.

--**Why am I 'confirming' my account information – or giving it out?** Some callers have your billing information before they call you. They're trying to get you to say "okay" so they can claim you approved a charge.

--**What time is it?** The law allows telemarketers to call ONLY between 8 am and 9 pm. A seller calling earlier or later is ignoring the law.

--**Do I want more calls like this one?** If you don't want a business to call you again, say so and register your phone number on the National Do Not Call Registry - [www.ftc.gov/donotcall](http://www.ftc.gov/donotcall). If they call back, they're breaking the law.

### **What To Do About Pre-Recorded Calls**

If you answer the phone and hear a recorded message instead of a live person, it's a robocall. Recorded messages that are trying to sell you something are generally illegal unless you have given the company written permission to call you. If you get a robocall, hang up the phone. Don't press 1 to speak to a live operator or any other key to take your number off the list. If you respond by pressing any number, it will probably just lead to more robocalls.

As a rule of thumb, if something sounds too good to be true, it is most likely a scam and proceed with caution. If you are in doubt whether something is legitimate or not, take down information and investigate before you commit to anything or give out any personal information. Ask for assistance from a family member, friend, a senior center staff person, or check with local/state authorities.

# *Celebrate Your Inner Artist!*

## **ART WITH NICOLE**

On Tuesday, July 9, at 10:00 am, Nicole Gagner, ND Council of the Arts, will teach how to blend and use watercolors to create a beautiful masterpiece. The suggested donation is \$5 and is non-refundable. Please make your donation when you sign up at the Office.



## **CRAFTY CREATIONS :** **CLOTHESPIN CROSS**

Due to popular demand, Alice is coming back on Monday, July 15, at 12:30 pm, to teach another class on making a beautiful cross out of clothespins. There is a \$5 suggested fee that must be paid at the time of sign up at the office. There is a limit of 10, so sign up early!



## **ART FROM THE HEART WITH NINA**

Join Nina Loeks on Monday, July 8, at 9:30 am, as she leads us in creating this beautiful picture! The suggested donation is \$5 and is non-refundable. Please make your donation when you sign up at the Office. Space is limited to 10 people.



# Friday's at the Movies!



**July 5 - The Fighting Sullivan's:** The lives of a close-knit group of brothers growing up in Iowa during the days of the Great Depression and World War II and their

eventual deaths in action in the Pacific theater are chronicled in this film based on a true story (starring Anne Baxter and Thomas Mitchell).



**July 12 - Always:** Pete Sandich and buddy Al Yackey are daredevil aerial forest-fire fighters. Pete finds True Love with Dorinda but won't give up the job. When he takes one risk too many, Dorinda faces deep grief and cannot easily put her life back together (starring Richard Dreyfuss).

**July 19 - God Bless the Broken Road:** This film tells the story of a young mother who loses her husband in Afghanistan and struggles to raise their young daughter in his absence. The film combines elements of faith, country music, and stock car racing while paying tribute to those who serve in the United States Military (starring Kim Delaney and Robin Givens).

**July 26 - Hook (Grandkids Day):** The unimaginable has happened, Peter Pan has grown up and has forgotten who he is. He's now a selfish workaholic who largely ignores his children. Now his old adversary, Captain Hook, has kidnapped his kids to entice Peter back to Neverland for one final battle. It's now up to his trusty fairy sidekick, Tinkerbell, and the Lost Boys to jog his memory and make him remember who he really is (starring Robin Williams, Dustin Hoffman and Julia Roberts).

## Spills Can Be Dangerous!

"Safety First" is our motto at the Burleigh County Senior Center! Please be careful when carrying coffee, water, or any drink. Spills happen, and it's okay! If you do happen to spill, please wipe it up, or if you are unable, let a staff person know. We will be glad to assist to prevent accidents!

## Culinary Delights

### COOKING WITH RACHEL: HOW TO MAKE THE MOST OF SUMMER PRODUCE

Rachel Iverson, Registered Dietician with Sanford Health will be here on Thursday, July 11, at 10:00 am, to share recipes and ideas on using the produce that you grow in your gardens or purchase from the Farmers Market. Rachel will also discuss the importance of eating a well-balanced diet. Please sign up in the office for this class. A suggested \$3 donation can be paid when you sign up.

### PIE HAPPY HOUR: NOTE TIME CHANGE



Fruit of the Forest pie, ice cream, and coffee for \$2.00 on Monday, July 29, from 1:30 to 3:00 pm (or until sold out!).

### FROZEN MEALS

The Senior Center offers frozen meals for you to purchase for weekends and holidays.

The cost of each meal is \$3.50.



Stop by the Admin Office or call 255-4648 for more information. If you are in need of meals and cannot afford them, please see Renee or Rhonda.

# *Become a Techy!*

## **COMPUTER BASICS**

Do you have technology questions? Bring your computer/cell devices, on Thursday, July 18, at 10:00 am, to receive individual help. Vicki Laraway, from the North Dakota Center for Independent Living, will provide assistance and information to each participant. These classes are limited to five people so please sign up early!



***Shared Transportation from your home to the Burleigh County Senior Center and back!***



Senior Center Shuttle

For residents of Bismarck and Lincoln, ND who are age 60+ and utilize the services of the Burleigh County Senior Center.

There is no cost to participants. A donation of \$2.50 / one way trip is suggested. No participant will be denied service due to an inability or unwillingness to contribute.

For more information, or to sign up for the Shuttle, please stop by the Admin Office, or call 255-4648.

# Take a Day Trip!

## FOUR BEARS CASINO

Join us for a fun filled trip to Four Bears Casino on Tuesday, July 30! We will leave the Senior Center at 8:00 am sharp. Please be 10 minutes early. Lunch will be served between 11:00 am & 2:00 pm. We will depart Four Bears Casino at 3:00 pm and arrive at the Burleigh County Senior Center by 5:00 pm. Cost is **\$30.00** per person and must be paid at time of registration. NO exceptions! Please park on the south side of the Senior Center parking lot.



## DAKOTA SUN GARDENS TOUR

On Thursday, July 18 at 8:00 am, we will take the bus to Dakota Gardens, just outside Carrington, ND. We will have a light snack at the Gardens around 11:00 am, take a guided tour of the gardens and then drive back to Jamestown to eat at the Pizza Ranch. There will be wine tasting available (\$10 per person) and four beautiful gardens to tour. Cost of this bus trip is \$22 per person and must be paid at time of registration at the office. You are responsible to pay for your lunch and the wine tasting. There is a limit of 18, so please sign up early!



## TR HEART & SOUL: A VISIT TO THE RANCH

On Monday, July 29, at 12:30 pm, we will do a follow up with Katie Oakland, owner and therapist for TR Heart & Soul. We will be taking a bus out to the ranch (8023 93rd St SE, Bismarck, ND) to meet the horses and see how therapy helps those in need. There is a \$5 bus fee that can be paid at the time of registration at the Office.

# Just for Fun!

## MEALS & MELODIES

In the Dining Room at 12:15 pm:

Thursday, July 25  
Darrel Brackel



## INDEPENDENCE DAY CELEBRATION

Wear your red, white and blue on Tuesday, July 2, as we celebrate Independence Day! We will be playing outside games (Croquet, Bean Bag Toss, super sized Connect 4, and Ladder Golf) starting at 10:00am. A picnic lunch will be served inside at 11:45 am with music from the Fuller Family Gospel following. Come join us as we celebrate our country's birthday!



## HOLIDAY HOURS

The Burleigh County Senior Center will be closed at 2:30 pm on July 3 and all day July 4, in observance of Independence Day. Have a safe holiday!

GAMES


MUSIC



# HAPPY INDEPENDENCE DAY

COVERNTIMELINE.COM

# July Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Turkey Sandwich Whipped Potatoes with Gravy Green Beans Peaches	2 <b>INDEPENDENCE DAY CELEBRATION</b> Cheeseburger Deluxe <b>OR Bratwurst w/Kraut</b> Potato Salad Baked Beans Watermelon Assorted Ice Cream Bar	3 Pork Roast Creamed Potatoes Peas with Pearl Onions Dark Sweet Cherries  <b>CLOSE at 2:30 PM</b>	4 <b>CLOSED</b> 	5 French Dip Sandwich with Aus Jus Steak Fries Coleslaw Fresh Orange
8 Oriental Pepper Steak Over Rice Egg Roll <b>OR</b> <b>*Berry Burst Chicken Salad</b> Pineapple Fortune Cookie	9 Smothered Chicken Breast with Cheese Roasted Baby Potatoes Cauliflower <b>OR</b> <b>*Berry Burst Chicken Salad</b> Strawberry Applesauce	10 Roast Beef Whipped Potatoes with Gravy Glazed Carrots Pears	11 Cabbage Roll Parslied Potatoes Garden Veg. Blend <b>OR</b> <b>*Berry Burst Chicken Salad</b> Fresh Apple	12 Baked Cod with Mango Salsa Rice Pilaf Capri Blend Veg. Cucumber Salad <b>OR</b> <b>*Berry Burst Chicken Salad</b> Mandarin Oranges
15 Chicken Pasta Primavera with Alfredo Sauce Broiled Tomato Mini Garlic Toast <b>OR</b> <b>*Chef Salad</b> Plums	16 Meatloaf Baked Potato with Sour Cream Corn <b>OR</b> <b>*Chef Salad</b> Fresh Berry Blend	17 Knoephla, Sausage & Kraut Whipped Potatoes Wax Beans Assorted Bars	18 Parmesan Crusted Chicken Breast Dilled Potatoes Peas & Carrots <b>OR</b> <b>*Chef Salad</b> Watermelon	19 Shredded Pork & Brisket Sandwich with Marinated Onions Sweet Potato Fries Baked Beans <b>OR</b> <b>*Chef Salad</b> Lime Gelatin w/Pears
22 Reuben Sandwich Waffle Fries Fresh Veggie Cup <b>OR</b> <b>*Mandarin Chicken Salad</b> Mandarin Orange Pudding	23 Stuffed Green Pepper Scalloped Potatoes 5 Way Veg. Blend <b>OR</b> <b>*Mandarin Chicken Salad</b> Apricots Rhubarb Crisp	24 Baked Chicken Cheesy Hashbrown Casserole Broccoli Lemon Fruit Salad	25 Chicken Fried Pork Chop with Country Style Gravy Whipped Potatoes Prince Edward Veg. <b>OR</b> <b>*Mandarin Chicken Salad</b> Fresh Banana	26 Beef Philly Steak with Pepper & Onions on Pita Bread Potato Wedges Side Salad with Assorted Dressing <b>OR</b> <b>*Mandarin Chicken Salad</b> Applesauce
29 Potato Crusted Cod Rice Pilaf Coleslaw Tomato Slices <b>OR</b> <b>*Beef Taco Salad</b> Ambrosia Cup	30 Chicken Drumsticks Baked Potato with Sour Cream Chuckwagon Corn <b>OR</b> <b>*Beef Taco Salad</b> Fresh Melon Blend	31 Swedish Meatballs Whipped Potatoes with Gravy CA Normandy Veg. Fruit Cocktail Ice Cream Treat 	<b>Wing, Sterling &amp; Crescent Manor</b> 7/12 - Berry Burst Chicken Salad 7/19 - Chef Salad 7/26 - Mandarin Chicken Salad  <b>Items in red are available at the Burleigh County Senior Center only! *Special Sign up</b>	

Menu  
subject to  
change  
without  
notice.

OAA federal regulations require individuals age 60 and older to register annually to participate in the Congregate Meals Program, or semi-annually to participate in the Home-Delivered Meals Program. Individuals are notified when their registration needs to be updated. Suggested donation is \$4.00/meal. SNAP accepted.

**MEAL RESERVATIONS:** Call the following locations at least one day in advance: Burleigh County Senior Center, **258-9276** from 8:30 am to 3:30 pm; Crescent Manor, **258-6646** from 10:00 am to 2:30 pm; Wing Senior Center or Sterling United Methodist Church, **943-2490** from 8:30 am to 3:30 pm; or Home-Delivered Meal inquiries, please call **255-4648**. The meal price for those under 60 is \$8.00.

# July Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> <b>CLOSED</b>	<b>5</b>
9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 1:00 Senior Club Meeting 1:00 Pinochle 1:00 Duplicate Bridge	9:00,10:30 & 2:45 Bone Builders 12:45 Grief Support 1:00 Bridge 3:00 ALS Support Group  <b>INDEPENDENCE DAY CELEBRATION</b> 10:00 Lawn Games 12:15 Fuller Family Gospel	9:00,10:30 & 1:15 Bone Builders 10:00 Grief Support  <b>CLOSE at 2:30 PM</b> <b>All afternoon Activities Cancelled</b>		8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
9:00,10:30 & 1:15 Bone Builders 9:30 Art With Nina 9:30 Tick Card Game 1:00 Pinochle  <b>6:00 pm Senior Club Dinner Dance at Eagles Club</b>	9:00,10:30 & 2:45 Bone Builders 9:30 Advisory Committee Meeting 10:00 Art With Nicole 10:00 Biography of George Washington 12:45 Grief Support 1:00 Bridge	9:00,10:30 & 1:15 Bone Builders 10:00 Grief Support 10:00 Poetry Group 11:30 Alzheimer's Caregiver Support 11:30 Senior Medicare Patrol 1:00 Pinochle 1:00 Bingo 1:00 Whist 1:00 2x4 Bridge 1:30 Legal Services by Appointment	8:45 & 1:15 Bone Builders 9:15 Volunteer Meeting 10:00 Chair Yoga 10:00 Cooking With Rachel 12:45 Hand & Foot 1:00 Bridge  <b>Bookmobile</b>	8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 Secret of Happiness 12:30 Crafty Creations (Clothespin Cross) 1:00 Pinochle 1:00 Duplicate Bridge	9:00,10:30 & 2:45 Bone Builders 12:45 Grief Support 1:00 Bridge	9:00,10:30 & 1:15 Bone Builders 10:00 Low Vision Resource Group 10:00 Grief Support 1:00 Whist 1:00 Pinochle 1:00 Bingo	8:00 Dakota Sun Gardens Bus Trip 8:45 & 1:15 Bone Builders 10:00 Computer Basics 10:00 NDSU: Mindful Eating 10:00 Chair Yoga 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco 1:00 BCCA Meeting	8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 Wellness Gathering 1:00 Pinochle	9:00,10:30 & 2:45 Bone Builders 10:30 Hearing Loss Support Group 12:45 Grief Support 1:00 Bridge	9:00,10:30 & 1:15 Bone Builders 10:00 Grief Support 10:00 Poetry Group 1:00 Pinochle 1:00 Bingo 1:00 Whist 1:00 2x4 Bridge	8:45 & 1:15 Bone Builders 9:00 Prairie Sea Hearing 10:00 Chair Yoga 10:00 Keeping Your Spirits Up 12:15 Darrel Brackett 12:45 Hand & Foot 1:00 Bridge	8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing
<b>29</b>	<b>30</b>	<b>31</b>		
9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 12:30 TR Heart & Soul Bus Trip 1:00 Pinochle 1:30 Pie Happy Hour	8:00 Four Bears Casino 9:00,10:30 & 2:45 Bone Builders 12:45 Grief Support 1:00 Bridge	9:00,10:30 & 1:15 Bone Builders 10:00 Grief Support 1:00 Pinochle 1:00 Bingo 1:00 Whist		



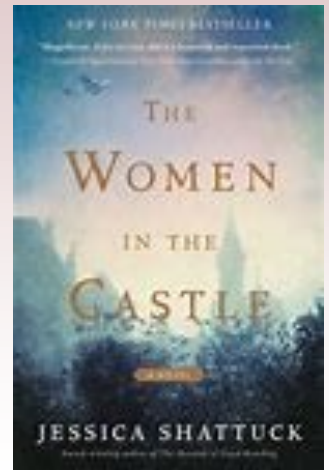
## *Book Club*

The Book Club will meet Monday, August 26, at 1:00 pm, in the Library.  
The book for discussion is *The Women in the Castle* By Jessica Shattuck (State Library).

*The Women in the Castle* is a vivid, beautifully written novel about the sacrifices and consequences of war and the brave survival of those left behind. With extraordinary skill, knowledge and insight, Jessica Shattuck transports us to Germany in the aftermath of World War II and into the lives of three powerfully drawn and memorable women.

**September:** *The Life Changing Art of Tidying Up* By Marie Kondo  
(State Library).

**Note:** Book Club does not meet in **July** or **December**.



# Health & Wellness

## “BE AN ACTIVE AGER” 2019 WELLNESS CHALLENGE



July Focus: Spiritual Wellness

Monday, July 22: **Wellness Challenge Monthly Gathering**, 10:00 am  
*Ted Talks: The Benefits of Journaling and How it Can Bring Happiness to You*, South Conference Room

### SPECIAL CLASS:

Thursday, July 25: **Keeping Your Spirits Up**, 10:00 am  
South Conference Room

Pastor Randy Upgren will be here to share insights on our spiritual wellbeing. It is important to keep a positive outlook in life, even when challenges are present. Pastor Randy will also update us on the renovation of Saxvik Elementary School to become the new home for Inspire Family Fellowship.

***No Matter What Your Age, Size or Fitness Level,  
It's Never too Late to Start Exercising!***

### Join the Wellness Challenge!

Stop by the Admin Office to sign up to be eligible for prizes, including the coveted reserved parking spot!

As of May 15th, Wellness Challenge participants have walked 390.6 miles and biked 360 miles!

You can watch the progress of our walking and bicycling on the map outside the Fitness Room.

20 laps around the Dining Room or 10 minutes on a stationary bicycle equals approximately one mile!

## JOIN THE FUN!!!

### YOGA

Yoga is a great way to maintain a positive attitude and relieve stress. Yoga also provides movement without strain, increased flexibility, promotes good bone health and helps you maintain a sharp mind. There are two yoga sessions offered at the Senior Center: Chair Yoga on Thursdays at 10:00 am and Standing Yoga on Fridays at 10:00 am. Both classes are in the Fitness Room.



### LINE DANCING

Love to Dance? Then join in on our weekly Line Dancing session! This group meets at 1:00 pm every Friday in the South Conference Room.



### BONE BUILDERS

**BONE BUILDERS** is a program of RSVP. If you are interested in joining Bone Builders, or have other questions/concerns, please contact Mary at RSVP (258-6815), or speak with a class leader.

# Health & Wellness

## FITNESS ROOM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am Bone Builders-1	9:00 am Bone Builders-4	9:00 am Bone Builders-1	8:45 am Bone Builders-6	8:45 am Bone Builders-4
10:30 am Bone Builders-2	10:30 am Bone Builders-6	10:30 am Bone Builders-2	10 am Chair Yoga	10:00 am Standing Yoga
1:15 pm Bone Builders-3	12:30 pm Wii Bowling	1:15 pm Bone Builders-3	1:15 pm Bone Builders-5	
	2:45 pm Bone Builders-5			

The Fitness Room is for all Burleigh County Senior Center Participants. Please feel free to use this room on your own when classes are not in session. If you need assistance, please see a staff member. Exercise videos include: Zumba Gold, Chair Yoga, Laughter Yoga, Wii Games, FitDeck Stretch, FitDeck Senior, Tai Chi Chih, ROM Dance, Armchair Gentle Exercises. There are two stationary bicycles for your use. Use this room as your starting point for the Walking Track. Walk laps in the hallways around the Dining Room.

# Support Groups

## **GRIEF SUPPORT AND SHARE GROUPS**

There are many different ways to grieve and many different things we can grieve over. You can grieve over the death of a loved one, a pet, a disagreement with a family member, the loss of a job and even moving from your home.

Kathleen Meckler worked as a Youth Counselor and therapist prior to retirement, and is now donating her time and expertise to offer Grief Support & Share Groups at the Senior Center.

Groups will meet on Tuesdays from 12:45 - 2:00 pm and Wednesdays from 10:00 - 11:15 am.

### **July Sessions:**

Tues.: July 2, 9, 16, 23 & 30 (12:45 - 2:00 pm)

Wed.: July 3, 10, 17, 24 & 31 (10:00 - 11:15 am)

The Grief Support and Share Groups provide emotional support in a safe environment for you to explore how to cope.

*We welcome you to these groups!*

## **LOW VISION RESOURCE GROUP**

This group shares information to help visually impaired individuals remain in their homes and stay independent. The group will meet on Wednesday, July 17 at 10:00 am in the Library.



## **HEARING LOSS SUPPORT GROUP**

The Hearing Loss Support Group will meet on Tuesday, July 23 at 10:30 am in the Library. The focus of this support group is to help those with hearing problems live successful lives in spite of their hearing loss.



## **ALZHEIMER'S CAREGIVER SUPPORT GROUP**

The Alzheimer's Caregiver Group will be meeting on Wednesday, July 10 at 11:30 am. This support group provides a safe place for caregivers, family and friends of persons with Dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs, and concerns.
- Learn about community resources.



## **ALS SUPPORT GROUP**

The ALS Association, MN/ND/SD Chapter will be hosting a family support group on Tuesday, July 2, from 3:00-4:30 pm, in the South Conference Room. This will be done via Skype from the Minneapolis area with Anne Supplee, Care Services Coordinator. We will meet face to face with other area support groups.

# Free Resources

## **PRAIRIE SEA HEARING CENTER**

Jessica McLindsay, from Prairie Sea Hearing Center, will be here Thursday, July 25, from 9:30 -11:00 am, for hearing screenings and hearing aid cleanings.

## **LEGAL SERVICES OF ND**

Legal Services of ND is a non-profit organization providing legal help to disadvantaged elderly and low income North Dakotans.



LSND will be at the Senior Center on Wednesday, July 10, at 1:30 pm. You must have an appointment to meet with them. Please call 877-258-5263 Ext. 303, to schedule an appointment.

## **ASSISTIVE MEDICAL EQUIPMENT**

The Burleigh County Senior Center has medical equipment available to you on a 'loan' basis.



Equipment that can be loaned out for up to 90 days include transfer/shower benches, walkers, canes, commodes, toilet risers, and other smaller items. We suggest a donation of \$5.00 for each piece of equipment borrowed.

Wheelchairs are available on a limited basis for seven days only. A \$100.00 deposit check is required for wheelchairs. The check is returned to you upon the timely return of the wheelchair.

# Ongoing Events & Activities

## NEWCOMERS CAMPAIGN

Join in on the 4th Annual Newcomers Campaign!

Bring a friend or family member who is new to our Nutrition Program and get your name in a drawing for one of two \$50 bills!

A "Newcomer" is someone who is 60+ years old and has never participated in the Congregate meal program, or hasn't participated for two or more years.

Remember to sign your "Newcomer" up for lunch at least the day before. For convenience, you may pick up the Meal Registration Form in advance.



This Campaign will run from July 1 through July 31, and the drawing for prizes will be held on August 1.

**MEALTIME IS MORE ENJOYABLE  
WHEN YOU ARE WITH FRIENDS!**

## FOR YOUR USE!

Library, including  
Computers with  
Internet Access

Television  
Free WiFi  
Billiards  
Craft Room  
Puzzles & Games

## BILLIARDS

The Senior Center has four billiards tables for your use. There is a suggested donation of \$1 per day to play.

## GAME ON!



- **Pinochle:** 1:00 pm, Monday, Wednesday & Friday
- **Bridge:** 1:00 pm, Tuesday & Thursday
- **Duplicate Bridge:** 1:00 pm, 1st & 3rd Monday
- **2X4 Bridge:** 1 pm, 2nd & 4th Wednesday
- **Hand & Foot:** 12:45 pm, Thursday
- **Bunco:** 1:00 pm, 1st & 3rd Thursday
- **Whist:** 1:00 pm, Wednesday
- **Tick:** 9:30 am, Monday & Friday
- **Wii Bowling Teams:** 1:00 pm, Tuesday (except July)
- **Line Dancing:** 1:00 pm, Friday
- **Bingo:** 1:00 pm, Wednesday

Stop by or call the Admin Office (255-4648) to sign up for Bridge, Hand & Foot, or Bunco.

## CARDS & BOARD GAMES

The Rec Room is available for cards and board games every morning. You can find a variety of games in the Sun Room cabinet, including Skipbo, Phase 10, Scrabble, Yahtzee, Uno, and Backgammon. Please return games to the cabinet when you are finished.

## POETRY ENTHUSIASTS

Do you have an interest in reading or writing poetry? Join a group of poetry enthusiasts at 10:00 am on the 2nd and 4th Wednesday of each month in the Library.

## SENIOR MEDICARE PATROL

Eunice Meidinger from Senior Medicare Patrol, will be available in the Dining Room on Wednesday, July 10 at 11:30 am to answer your questions regarding Medicare fraud and scams.

## ADVISORY COMMITTEE

The Burleigh County Senior Center Advisory Committee will meet on Tuesday, July 9 at 9:45 am in the Library.

## Wii BOWLING



The Wii Bowling Teams will not be meeting in July, so this is a great opportunity for new people to give Wii Bowling a try!

The Fitness Room will be open to those interested in trying Wii Bowling on Tuesdays from 12:45 - 2:00 pm. Let the Site Manager know you want to give it a try and she will assist you in getting started!

## PLEASE NOTE:

**The Burleigh County Senior Center maintains its room temperature at 72 degrees. Please dress accordingly. If you tend to be chilly, please wear a sweater!**

# News from Area Senior Clubs

## Burleigh Senior Club, Bismarck

### Monday, July 1

1:00 pm Senior Club Meeting  
Burleigh County Senior  
Center Library

Reservations for the Dinner Dance must be made IN PERSON at the Burleigh County Senior Center on July 2, ONLY from 8:30 am to 12:00 pm. Please NO phone calls. For cancellations **ONLY**, you may call 255-1694 .

### Monday, July 8

6:00 pm Dinner Dance  
Eagles Club

**\$10.50/ticket**  
**(non-refundable)**

### SENIOR CLUB OFFICERS

CHAIR– Quirina Schmidt

VICE CHAIR– Keith Cleveland

TREASURER– Herb Ritz

SECRETARY– Elaine Beyl

DIRECTORS– Cecelia Roehrich, Jane Anderson, and Mary Volk

## Golden Wing Club, Wing

July 3: Casino Trip

July 4: Independence Day - CLOSED

July 5, 12, 19 & 26: Pinochle at 7:00 pm with Potluck Lunch. Cost is \$5.25 per person to play with an 81% payback in prizes. Please call 943-2446 or 943-2490 for more information. All ages are welcome!

July 8: Golden Wing Club Meeting at 1:00 pm.

July 10 & 24: Transit Bus to Bismarck for medical appointments and shopping.

July 16: Happy Father's Day!

July 17: Foot Nurse - Call 943-2490 to schedule an appointment.

Morning coffee is served Monday - Friday and caramel rolls every Wednesday morning at the Wing Senior Center.

Donuts available daily (individually or by dozen).

Noon meals are served Monday, Tuesday, Thursday and Friday. Wednesday meals are served at 6:00 pm.

For more information, contact 943-2490 or email [gwc@bektel.com](mailto:gwc@bektel.com). Suggested donation is \$4.00/meal. SNAP accepted.

The meal price for those under 60 is \$8.00 and \$5.00 for children age 12 and under. Everyone is welcome!

## SE Burleigh Golden Age Club, Sterling

July 6, 13, 20 & 28: Transit to Bismarck for appointments and shopping.

July 5: Casino Day

July 12: Activity Day (Bismarck Zoo, etc.)

July 16: Happy Father's Day!

July 19: Transit to Wing (Evening Meal)

July 27 : Regular Monthly Mtg.  
(noon meal in Sterling)

Health Maintenance Services available.

Congregate meals are served at 12 noon on Mondays, Tuesdays, Thursdays and Fridays.

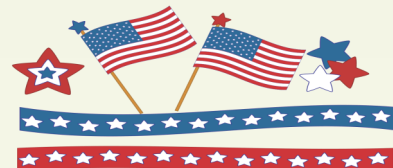
Health Services: 255-4648

Meal Reservations: 943-2490

Club Info: 387-4749 or 387-4581

West River Transit : 224-1876.

All activities are held at Sterling UM Church and are open to those 60+ years of age.



# *News from Area Senior Clubs*

## **Wilton Pioneer Senior Center, Wilton**

Mondays: Hand & Foot 12:30 pm; Pinochle 7:30 pm

Wednesdays: Hand & Foot 12:30 pm; Pool 7:00 pm

Food Pantry: 3rd Thursday 4:00-6:00 pm

July 2: Monthly Meeting 1:00 pm with social activities after.

Noon meals are served Monday - Friday. Please call 734-6426 before 8:00 am the day of the meal to make a reservation. Washburn meals are delivered by Washburn church members, starting around 10:45 am. Wilton home deliveries start around 11:00am.

Morning coffee is served at 9:00 am Monday - Friday at the Wilton Senior Center. Medical supplies (available for free will offering) are: hospital beds (one electric), canes, wheelchairs, lifts, commodes and risers, bed pans, and walkers. For more information, call 734-6426.

# Our Volunteers Make the Difference!



**Adeline Thomas**

Adeline has been volunteering at the Burleigh County Senior Center for four years. She embroiders dish towels for our Gift Shop. Adeline likes crocheting, sewing, knitting, reading, dancing, play cards, doing word searches, and spending time with grandkids and friends. Adeline grew up on a farm south of Glen Ullin and has been married to Joe (the Candy Man) for 63 years. She worked at McDonald's for 33 years and at Kirkwood Mall for 19 years. Joe and Adeline have three children, seven grandchildren and four great grandchildren. They started coming to the Senior Center to meet new people. She likes that everyone is so friendly and the food is wonderful!

## Home Delivered Meals



**Sandi Axt**

Sandi has been delivering meals for four years. She enjoys gardening, crafts, movies, dancing, reading, spending time with friends and family, and with her dog, Katy. Sandi was born and raised in Bismarck and worked in the family meat business for 30 years. She also worked at the Bank of North Dakota for ten years and was a Volunteer Caregiver Exchange for ten years. She started coming to the Senior Center to meet people and stay active after her retirement. She has one daughter, one son and two grandsons. When she is not working, she spends many hours driving to, and watching, the sporting events of her children and grandchildren. She enjoys visiting with the people she delivers meals to and when she comes to the Senior Center the staff are always smiling and helpful.

**Thank you Adeline and Sandi for giving your time and continuing to serve others!**

## **VOLUNTEERS NEEDED!**

The Burleigh County Senior Center is in need of the following:

- Home Delivered Meal (HDM) packers
- HDM drivers
- Office phones
- Registration desk
- Morning table washers



If you would like to help, please contact Site Manager Lisa Bennett or HDM Coordinator Deb Hausauer at 701 255-4648.

## **VOLUNTEER MEETING**

There will be a volunteer meeting on Thursday, July 11, at 9:15 am, in the South Conference Room. A light breakfast will be served. Please plan on attending!

## **WELCOME NEW VOLUNTEERS**

Michael Benedict, Bernie Fischer, Helen Deibert, Shauna Charbonneau, Lisa Curry, Marlys Kraft, Susan Hoefs and Ting Liang.

**Volunteers do not necessarily have the time; they just have the heart. - Elizabeth Andrew**



## *Around the Center!*



**Thank you for your patience during our recent renovations.**

**We think the floor and new tables and chairs look great!**

# Thank You to Our Donors...

We sincerely thank the following individuals and/or businesses for their generous donations:  
(Listed donations were received between May 1, 2019 and May 31, 2019.)

- WALLWORK TRUCK CENTER
- THIRD HOUSE PARTY (DWIGHT ECKART)
- BISMARCK EAGLES AUXILIARY #2237
- JERRY & ANN BUCHHOLZ (IN MEMORY OF DON HRUBY)
- DOROTHEA GRAFF (IN MEMORY OF ORIS (SMILEY) EUGENE GRAFF)



## Burleigh County Senior Adults Program Giving Opportunities

The Burleigh County Senior Adults Program, a 501(c)3 nonprofit organization, accepts donations for its programs.

Donations can be made to:

- \*Nutrition
- \*Health Maintenance
- \*Outreach Services
- \*Life Enrichment Activities

If you would like to make a donation, please send it, along with this completed form, to:

### BCSAP

315 North 20th Street  
Bismarck, ND 58501



Enclosed is my gift of \$ \_\_\_\_\_ to the Burleigh County Senior Adults Program.

Please designate my gift to: \_\_\_ Nutrition \_\_\_ Health Maintenance  
\_\_\_ Outreach Services \_\_\_ Life Enrichment Activities  
\_\_\_ Where it is most needed

My gift is In Honor / Memory of: \_\_\_\_\_  
(Name of person honored or memorialized)

Please send acknowledgement of my memorial/honorarium to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

### GIVING LEVELS

Platinum: \$1,000 and up  
Gold: \$500—\$999  
Silver: \$200—\$499  
Bronze: \$100—\$199  
Friend: \$50—\$99

Your name will be placed on our giving wall with your donation, honorarium or memorial of \$50 or more.

### DONOR CONTACT INFORMATION:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

**Thank you for your support!**

# Health Maintenance

## SUGGESTED CONTRIBUTIONS

(Effective March 1, 2018)

### In Office Services

Foot Care: \$25.00

(Full Cost \$71.61)

Blood Pressure: \$3.00

(Full Cost \$10.23)

Fasting Blood Sugar: \$5.00

(Full Cost \$10.23)

Home Visit: \$40.00

(Full Cost \$143.22)

(Includes any combination of above services)

**Clients may, but are NOT required, to contribute.**

Thursday, July 11	Foot Care Clinic at St. Gabriel's
Monday, July 17	2:00 pm Health Maintenance Clinic, Wing, ND
Thursday, July 25	8:30 - 10:30 am Blood Pressure Fasting Blood Sugar Screenings (No appointment necessary.) 12:00 pm Health Maintenance Clinic in Sterling, ND, at United Methodist Church.

**FOOT CARE SERVICES** are available at the Burleigh County Senior Center throughout the month by appointment only. Call 255-4648 to schedule your appointment. Health Services available at Crescent Manor for residents. Appointments at Crescent Manor can be made by calling 355-7617.

**ONE-ON-ONE VISITS** for home-bound seniors are available. To inquire if you are eligible for a home visit, or to schedule an appointment, call 255-4648.

Burleigh County Council on Aging  
 Burleigh County Senior Adults Program  
 315 North 20th Street  
 Bismarck, ND 58501

The Senior Sentinel is published monthly by the Burleigh County Senior Adults Program.  
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 www.BismarckSeniorCenter.org  
 Monday - Friday, 8:00 am to 4:30 pm

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**Burleigh County Senior Adults Program**  
**315 North 20<sup>th</sup> Street**  
**Bismarck, ND 58501**

Name:	
Address:	
City, State, Zip:	
Telephone:	

*Please make checks payable to BCSAP.*

**Burleigh County Council on Aging**

Oscar Blaskowski  
 Bernard Falkenstein  
 Barbara Fischer  
 Tim Fischer  
 Judy Froseth  
 Marcella Knight  
 Barbara Knutson  
 Arlene Olson  
 Dick Weber

**Burleigh County Senior Center Advisory Committee**

Christine Emter  
 Tim Kilber  
 Wayne G. Sanstead  
 LuGale Schirber  
 Quirina Schmidt  
 Verlee Snyder  
 Mary Volk

The Burleigh County Senior Adults Program and its governing board, the Burleigh County Council on Aging, assure that they will comply with Title VI of the Civil Rights Act of 1964, (P.L.88-352): If otherwise eligible, no person shall be denied or excluded from participation or benefits or be otherwise subjected to discrimination due to race, color or national origin. Any person, otherwise eligible who feels he or she has been denied service from participation for reason of race, color or national origin should contact the BCSAP Director at 701.255.4648.

**Burleigh County Senior Adults Program Staff**

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 FINANCE/HR DIRECTOR  
 Darla Roggenbuck  
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