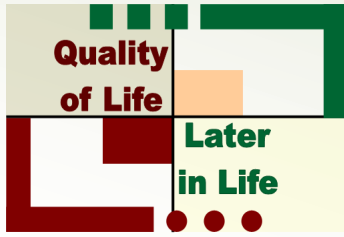


THE

SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 6 June 2019

To celebrate Men's Health Month, the Burleigh County Senior Adults Program, along with the Men's Health Network, the Congressional Men's Health Caucus, and hundreds of other local and national organizations will launch an awareness campaign.

The goal: To educate the public about the many preventable health problems that affect men and boys, and empower them and their loved ones to move towards a healthier, happier life.

Men die five years younger than women, on average, and die at higher rates for nine of the top 10 causes of death. Men are the majority of workplace injuries, less likely to be insured, and far less likely to see a doctor for preventive care. All of this impacts their ability to be an involved father/grandfather, supportive husband and engaged member of their community.

The Burleigh County Senior Adults Program will be offering a variety of educational activities to help men live healthier. These include:

- Men's Breakfast: Simple Cooking Tips (June 13)
- How to Stay Healthy & Fit for Men (June 18)
- Grocery Store Tour with Leo (June 20)

We will also be featuring Aleisha Frohlich from Dakota Natural Health at our monthly Wellness Gathering on June 17. Aleisha will be discussing the "10 Steps to a Healthier You," a presentation that will be beneficial to both men and women. Please explore the pages of this newsletter for more information on these and other activities happening at the Burleigh County Senior Center this month.

You can find more information on men's health issues at the Men's Health Resource Center: www.MensHealthResourceCenter.com.

*Renee Kipp,
Executive Director*

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Special Events & Activities

MEN'S BREAKFAST: SIMPLE COOKING TIPS

Men, would you like to learn some easy recipes to cook? On Thursday, June 13, at 8:30 am, Leo will be sharing a couple of easy recipes to make. Whether you are single, married, or widowed, you can cook! This class will show you some tips to making healthy & delicious foods without too much work. We will tour Cashwise Foods and Kirkwood Ace Hardware on Thursday June 20th as a follow up to this class.



HOW TO STAY HEALTHY & FIT FOR MEN

June is National Men's Health month. Join Nick Henkelman from Touchmark, on Tuesday, June 18, at 10:00 am, for a talk about men's health and the importance of taking care of yourself. Nick will share fitness tips and other ways we can stay healthy. Women are also welcome to attend this class!



NDSU: WATCH YOUR BACKSIDE!

Katie Johnke, from Bismarck Burleigh Public Health, will be here on Thursday, June 20, at 10:00 am, to discuss colon health. Colorectal cancer (cancer of the colon or rectum) is the third most common cancer in the United States and the second leading cause of death from cancers that affect both men and women. Colorectal cancer affects people in all racial and ethnic groups and is most common in people age 50 and older. Please join us for information on how healthy choices can reduce

HOOKED ON FOOD (CURIOSITY STREAM)

On Thursday, June 6, at 10:00 am, Remi, a French American reporter, will answer questions we all have about fast food. Why do we consume so much processed food and why are we so hooked on it? How does it mold our tastes, influence our cravings and feed our addictions?

HUMMINGBIRDS (CURIOSITY STREAM)

Join David Attenborough on Monday, June 10, at 10:00 am, as he takes us into the remarkable lives of hummingbirds via stunning slow motion photography. Everything about these tiny birds is superb and extreme. They have the highest metabolism, fastest heart beat and most rapid wing beat in the avian world. Join us for this insight into the tiny, beautiful hummingbirds we all love to see.

GROCERY STORE TOUR WITH LEO

As a follow up to the Men's Breakfast: Simple Cooking Tips, Cashwise foods will give us a personal tour of the store on Thursday, June 20, at 12:45 pm. Leo will also share his tips for finding the best deals when purchasing nutritious foods. After this we will go to Kirkwood Ace Hardware to check out different tools, and spices, that can be used to make your meals taste delicious. Please sign up in the office for this tour. The fee for the bus ride is \$5 and can be paid when signing up at the office. Please join us for this fun afternoon!



REQUEST FOR SMALLER BILLS

Just a reminder that the Senior Center does not have cash on hand to change out larger bills. Please bring in bills \$20 or less, on Caramel Rolls days, Pie Happy Hour, and for Congregate Meals. We have had to send staff to the bank for more change on many occasions, which is not always feasible. Thank you for your assistance with this. It will be appreciated more than you know!



PIE HAPPY HOUR

Join us Monday, June 24, from 2:00 to 3:30 pm (or until sold out) for Apple pie, ice cream and coffee. All for \$2.00!



BOOK CLUB

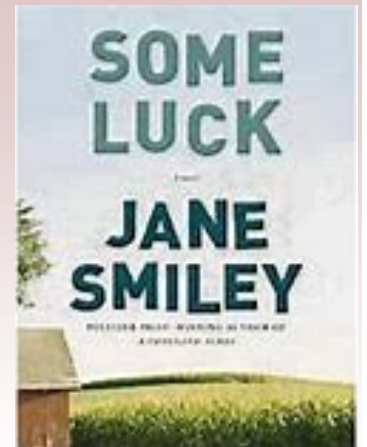
The Book Club will be meeting on Monday, June 24, at 1:00 pm, in the Library. The book for discussion is *Some Luck* By Jane Smiley (Public Library).

This is the first novel in a trilogy about the Langdon family of Iowa. It encompasses the years 1920 through 1953, with each chapter covering one year in the family's life. The chapters are short and the novel is more like a log than an in-depth character study.

August: *The Women in the Castle* By Jessica Shattuck (State Library).

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

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



Special Events & Activities

MOVIE MATINEES EVERY FRIDAY AT 12:45 PM

JUNE 7 - INSTANT FAMILY: Idealistic couple Ellie (Rose Byrne) and Pete (Mark Wahlberg) find themselves overwhelmed when they open up their home to foster teenager Lizzy (Isabela Moner) and her two younger siblings, Juan (Gustavo Quiroz) and Lita (Julianna Gamiz). With the help of fellow foster parents and agency workers (Octavia Spencer and Tig Notaro), they learn to navigate the joys and pitfalls of parenting to become a modern family.



JUNE 14 - THREE IDENTICAL STRANGERS: Identical triplets become separated at birth and adopted by three different families. Years later, their amazing reunion becomes a global sensation but also unearths an unimaginable secret that has radical repercussions (starring Edward Galland, David Kellman and Robert Shafran).

JUNE 21 - AMERICAN GRAFFITI: Set in Modesto, California, in 1962, this film is a study of the cruising and rock 'n' roll cultures popular among the post World War II baby boom generation. Through a series of vignettes, the film tells the story of a group of teenagers and their adventures over the course of a single night (starring Richard Dreyfuss, Ron Howard, Paul Le Mat, Harrison Ford, Charles Martin Smith, Cindy Williams, Candy Clark, Mackenzie Phillips, Bo Hopkins, Wolfman Jack, Suzanne Somers and Joe Spano).

JUNE 28 - MARY POPPINS RETURNS: In Depression era London, a now grown Jane and Michael Banks, along with Michael's three children, are visited by the enigmatic Mary Poppins following a personal loss. Through her unique magical skills, and with the aid of her friend Jack, she helps the family rediscover the joy and wonder missing in their lives (starring Emily Blunt and Dick Van Dyke).

CUSTER'S LAST STAND: AMERICAN EXPERIENCE

It has been 143 years since of the Battle of the Little Big Horn. Join us on Tuesday, June 25, at 12:30 pm, as we watch the Emmy award winning American Experience, "Custer's Last Stand". Follow General George Armstrong Custer from his memorable, wild charge at Gettysburg to his lonely, untimely death on the windswept Plains of the West. On June 26, 1876, Custer, a reputation for fearless and often reckless courage, ordered his soldiers to drive back a large army of Lakota and Cheyenne warriors. By day's end, Custer and nearly a third of his army were dead.



BURLEIGH COUNTY BOOKMOBILE

On Thursday, June 20, the Burleigh County Bookmobile will be bringing 30 large print books that will be available for checkout. We will receive a variety of titles. The books will be on a 25 day loan and will need to be checked out at Lisa's desk. You may also put in a request for any book. The Bookmobile will do their best to get it for you.



RITA MURPHY 2nd GRADE CLASS END OF YEAR VISIT

Thursday, May 9



Special Events & Activities

ART WITH NICOLE: PAINTING WITH ACRYLICS

On Tuesday, June 11, at 10:00 am, Nicole Gagner, ND Council of the Arts, will lead us in painting a summer watercolor. The suggested donation is \$5 and is non-refundable. Please make your donation when you sign up at the Office.



COMPUTER BASICS

Do you have technology questions? Bring your computer/cell devices, on Thursday, June 20, 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!



ART FROM THE HEART WITH NINA

Join Nina Loeks on Monday, June 10, 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.



MEALS & MELODIES

In the Dining Room at 12:15 pm:

Thursday, June 20

Diane & Harvey Schilling



Wellness Challenge

“BE AN ACTIVE AGER” 2019 WELLNESS CHALLENGE



June Focus: Physical Wellness

June 17: Wellness Challenge Monthly Gathering, 10:00 am
“10 Steps to a Healthier You”
Aleisha Frohlich, Dakota Natural Health Coach

SPECIAL CLASSES:

June 11: Catching ZZ’s - What is a Sleep Disorder?, 10:00 am
June 18: How to Stay Healthy & Fit (for Men), 10:00 am

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	1:00 pm Line Dancing (in South Conference Room)
	2:45 pm Bone Builders-5			

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. As of January 15, 2019, Bone Builders Class numbers 3, 4, 5, and 6 have openings.

The Fitness Room is here 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.

WELLNESS MONTHLY GATHERING:

Join Aleisha Frohlich, Dakota Natural Health Coach, on Monday, June 17, at 10:00 am, as she discusses the “10 Steps to a Healthier You”. Aleisha is a Certified Pharmacy Technician and an Integrative Nutrition Health and Wellness Coach. She will share information about simple steps to become healthier at any age! We will have our monthly drawing for the Wellness Program.

CATCHING ZZZ’s: WHAT IS A SLEEP DISORDER?

Tara Vander Laan, BS, RRT, Lead Sleep Technologist for St. A’s Sleep Center, will be here on Tuesday, June 11, at 10:00 am, to provide information on getting a good night sleep. Tara will discuss what can cause sleep disorders and share ways you can improve your sleep.



June Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Chicken Breast Topped w/Sage Dressing Parmesan Potatoes Peas w/Pearl Onions OR *Mandarin Chicken Salad Pineapple</p>	<p>4 Meatloaf Baked Potato with Sour Cream Corn OR *Mandarin Chicken Salad Apricots Jello Cake</p>	<p>5 Roasted Turkey Whipped Potatoes with Gravy Country Blend Veg. Pear with Cranberry Sauce</p>	<p>6 Cabbage Roll Garlic Mashed Potatoes Wax Beans OR *Mandarin Chicken Salad Apple</p>	<p>7 Spaghetti with Meat Sauce Italian Mixed Veg. Broiled Tomato Garlic Toast OR *Mandarin Chicken Salad Peaches</p>
<p>10 Turkey Club Sandwich Pasta Veggie Salad Hashbrown Bake OR *SW Chicken Caesar Salad Orange</p>	<p>11 Pork Loin Baked Sweet Potato Green Beans OR *SW Chicken Caesar Salad Lemon Fruit Salad Cookie</p>	<p>12 Chicken Fried Chicken OR Chicken Fried Steak Whipped Potato with Country Style Gravy Glazed Carrots Fresh Strawberries & Blueberries</p>	<p>13 Beef Stroganoff Egg Noodles Malibu Blend Veg. Sliced Tomatoes OR *SW Chicken Caesar Salad Banana</p>	<p>14 Lemon Pepper Tilapia Dilled Potatoes Wax Beans OR *SW Chicken Caesar Salad Fruit Cocktail</p>
<p>17 Open Faced Hot Hamburger Whipped Potatoes with Gravy Prince Edward Veg. OR *Chef Salad Ambrosia Cup</p>	<p>18 Ham with Pineapple Sauce Creamed Potatoes Peas and Carrots OR *Chef Salad Apricots Assorted Bars</p>	<p>19 BBQ Ribs OR Chicken Kiev AuGratin Potatoes Baked Beans Corn Muffin Peaches</p>	<p>20 Beef & Broccoli Over Rice Egg Roll OR *Chef Salad Strawberry Applesauce Fortune Cookie</p>	<p>21 Parmesan Chicken Breast Potato Wedges Broccoli OR *Chef Salad Lime Gelatin w/Pears</p>
<p>24 Salmon w/Dill Sauce Hashbrown Bake Asparagus Sliced Cucumbers OR *Beef Taco Salad Mandarin Orange Pudding</p>	<p>25 Beef Tips with Gravy Egg Noodles Capri Blend Veg. Coleslaw OR *Beef Taco Salad Fresh Grapes</p>	<p>26 Baked Chicken Baby Roasted Potato Cheesy Green Beans Pears Ice Cream Treat </p>	<p>27 Porcupine Meatballs Whipped Potatoes with Gravy Brussel Sprouts OR *Beef Taco Salad Banana</p>	<p>28 Bacon Chicken Ranch Wrap Sweet Potato Fries Marinated Veggie Salad OR *Beef Taco Salad Orange or Apple</p>

Wing, Sterling & Crescent Manor

- 6/7 - Mandarin Chicken Salad
- 6/14 - SW Chicken Caesar Salad
- 6/21 - Chef Salad
- 6/28 - Beef Taco Salad

Items in red are available at the
Burleigh County Senior Center only!
***Special Sign up**

Menu subject to change without notice.

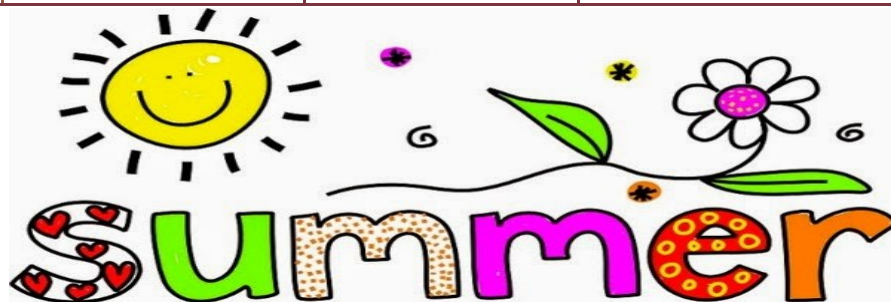
Please be sure to call us by 3:30 the day before to make your meal reservation. Also, please call us if you need to cancel your reservation too!

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.

June Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 12:30 Crafty Creations 1:00 Senior Club Mtg. 1:00 Pinochle 1:00 Duplicate Bridge</p>	<p>4</p> <p>9:00,10:30 & 2:45 Bone Builders 12:30 Wii Bowling 12:45 Grief Support 1:00 Bridge 3:00 ALS Support Group</p>	<p>5</p> <p>9:00,10:30 & 1:15 Bone Builders 10:00 Grief Support 1:00 Pinochle 1:00 Bingo 1:00 Whist</p>	<p>6</p> <p>8:45 & 1:15 Bone Builders 10:00 Chair Yoga 10:00 Hooked on Food 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco</p> <p>5:00 -7:00 Bus to Edgewood for Patio Party</p>	<p>7</p> <p>8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing</p>
<p>10</p> <p>9:00,10:30 & 1:15 Bone Builders 9:30 Art with Nina 9:30 Tick Card Game 10:00 Hummingbirds 1:00 Pinochle</p> <p>6:00 pm Senior Club Dinner Dance at Eagles Club</p>	<p>11</p> <p>8:00 Four Bears Casino 9:00,10:30 & 2:45 Bone Builders 10:00 Art with Nicole 10:00 Catching ZZ's 12:30 Wii Bowling 12:45 Grief Support 1:00 Bridge</p>	<p>12</p> <p>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</p>	<p>13</p> <p>8:30 Men's Breakfast 8:45 & 1:15 Bone Builders 10:00 Chair Yoga 12:45 Hand & Foot 1:00 Bridge</p>	<p>14</p> <p>8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing</p>
<p>17</p> <p>9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 Wellness Gathering 12:30 Crafty Creations 1:00 Pinochle 1:00 Duplicate Bridge</p>	<p>18</p> <p>9:00,10:30 & 2:45 Bone Builders 10:00 How to Stay Healthy & Fit for Men 10:30 Hearing Loss Support Group 12:30 Wii Bowling 12:45 Grief Support 1:00 Bridge</p>	<p>19</p> <p>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</p>	<p>20</p> <p>8:45 & 1:15 Bone Builders 10:00 Computer Basics 10:00 NDSU: Watch Your Backside 10:00 Chair Yoga 12:15 Harvey & Diane Schilling 12:45 Hand & Foot 12:45 Grocery Store Tour 1:00 Bridge 1:00 Bunco 1:00 BCCA Meeting</p> <p>Bookmobile</p>	<p>21</p> <p>8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing</p>
<p>24</p> <p>9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 1:00 Pinochle 1:00 Book Club 2:00 Pie Happy Hour</p>	<p>25</p> <p>8:00 Four Bears Casino 9:00,10:30 & 2:45 Bone Builders 12:30 Custer's Last Stand 12:45 Grief Support 1:00 Bridge 12:30 Wii Bowling</p>	<p>26</p> <p>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</p>	<p>27</p> <p>8:00 Bus Trip to Linton, Hague & Strasburg 8:45 & 1:15 Bone Builders 9:00 Prairie Sea Hearing 10:00 Chair Yoga 12:45 Hand & Foot 1:00 Bridge</p>	<p>28</p> <p>8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing</p>



Health Maintenance

BURLEIGH COUNTY SENIOR ADULTS PROGRAM

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.

JUNE SCHEDULE

Thursday, June 6

Foot Care Clinic at St. Gabriel's

NO Health Maintenance Clinic in Wing, ND

Thursday, June 27

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 are also 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.



Support Groups/Services

GRIEF SUPPORT AND SHARE GROUPS

The Grief Support and Share Group, led by Kathleen Meckler, meets every Wednesday from 10:00 to 11:30, in the Dakota Room at the Burleigh County Senior Center.

Hospice will be co-leading this group on June 5 and June 12, to provide further guidance to you in your journey after facing profound loss.

A second Grief Support Group, led by Kathleen, will be held every Tuesday from 12:45 - 2:00 pm in the Library.

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 worked as a Youth Counselor and therapist prior to retirement, and is now donating her time and expertise to offer this Group at the Senior Center.

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!

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.



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.



ALZHEIMER'S CAREGIVER SUPPORT GROUP

The Alzheimer's Caregiver Group will be meeting on Wednesday, June 12 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.



PRAIRIE SEA HEARING CENTER

Jessica McLindsay, from Prairie Sea Hearing Center, will be here Thursday, June 27, from 9:30 -11:00 am, for hearing screenings and hearing aid cleanings.



HEARING LOSS SUPPORT GROUP

The Hearing Loss Support Group will meet on Tuesday, June 18 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.

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, June 19, at 10:00 am in the Library.



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, June 12, at 1:30 pm. You must have an appointment to meet with them. Please call 877-258-5263 Ext. 303, to schedule an appointment.



ALS SUPPORT GROUP

The ALS Association, MN/ND/SD Chapter will be hosting a family support group on Tuesday, June 4 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.

Day Trips

FOUR BEARS CASINO

We will be taking two trips to the Casino this month. The first one is Tuesday, June 11 and the second will be on Tuesday, June 25. Both trips will leave the Senior Center at 8:00 am, so please be on time. 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.



DAY TRIP TO HAGUE, STRASBURG & LINTON

Join us on Thursday, June 27, at 8:00 am, as we take West River Transit down to Strasburg to tour the Lawrence Welk Homestead. We will then travel to the Hague Café for lunch and tour The Hague Church after eating. From there we will travel to Linton and visit Touch of Honey and then on to tour Emmons County Museum. You will be responsible for the \$4 fee for the Welk Homestead and for your lunch at the Hague Café. The fee for the bus ride is \$21. Payment is due at time of registration and is non-refundable.

PARTY ON THE PATIO AT EDGEWOOD

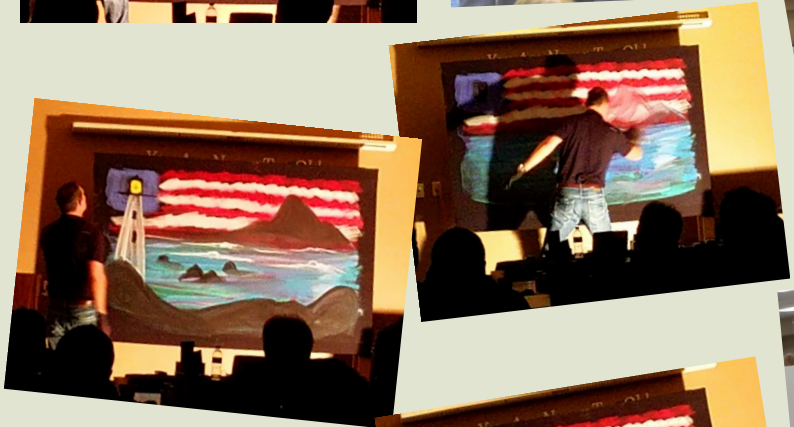
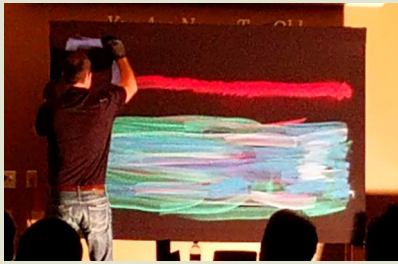
Join us on Thursday, June 6, from 5:00 -7:00 pm, as we take West River Transit to Edgewood for some appetizers and drinks. The fee for the bus ride is \$2 and can be made at time of registration in the office.



Region VII Health & Learning Day

Bob Upgren
"The Gift"

May 7, 2019



A DAY IN HEAVEN

BURLEIGH COUNTY SENIOR CENTER
BISMARCK, NORTH DAKOTA

Run by a Child of God – **Renee**
How she brings Staff and Volunteers together
To enrich lives in their Golden Years
Truly a Oasis of paradise for so many

Gate Keeper on this day was **Nanc**
So full of energy she engages with you
Generous Smile that makes you feel good
Words of LOVE flow so freely ---gives you directions

Just down the Hall of Fame and turn left
So many Faces bloom who served our country
There you will find the **Healing Room**
Nurse Liz who everyone loves ---is here this day
Waiting-- I hear how pleased they are with their care
Now it's my time
Generous smile Liz greets-- like we've been friends for ever
Now it is my turn to enjoy this divine moment
Getting my toe nails trimmed -- SOULS massaged and oiled
Oh the Blessings one receives for being in her chair
She is a Florence Nightingale at the Senior Center
For coming you receive much kindness here
It is **the wholeness** of the service given
Your Mind – Body and Spirit get lifted up
You know you've been some place special
It's only ½ hour and you receive so much
To tell someone you had your toes clipped
Most would say – what's the big deal
Well at the **Burleigh County Senior Center** it is
You experience an enrichment of life – so giving it is
Going away your a new person
Waiting to tell friends about new health

I am like a new flower again
I am blooming – Spring is here
New Life – JOY is the word
One would say – best time ever

Thanks to the Senior Center and all it provides
One who has been blessed – often
Scribe and Senior too - - Don W

Senior Club News

Burleigh Senior Club, Bismarck

Monday, June 3
1:00 pm Senior Club Meeting
Burleigh County Senior
Center Library

Monday, June 10
6:00 pm Dinner Dance
Eagles Club

\$10.50/ticket
(non-refundable)

Reservations for the Dinner Dance must be made IN PERSON at the Burleigh County Senior Center on June 4, ONLY from 8:30 am to 12:00 pm. Please NO phone calls. For cancellations **ONLY**, you may call 255-1694 .

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

June 5: Casino Trip

June 7 & 8: Wing Community Days - Sandwiches, Bars, Soda and Coffee will be available from 11:00 am to 4:00 pm at the Senior Center on Saturday June 8. Bingo will be held at 2:00 pm.

June 10: Golden Wing Club Meeting at 1:00 pm.

June 12 & 26: Transit Bus to Bismarck for medical appointments and shopping.

June 14, 21& 28: 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!

June 16 : Happy Father's Day!

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. 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!

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

June 4: 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.

SE Burleigh Golden Age Club, Sterling

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

June 5: Casino Day

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

June 16: Happy Father's Day!

June 19: Transit to Wing
(Evening Meal)

June 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.

Special Events & Activities

CRAFTY CREATIONS

BALLOON PAINTING

Join us Monday, June 17, at 12:30 pm, for this fun painting project! You will pour paint colors onto a canvas and use a balloon to make beautiful patterns. Use red, white and blue for the upcoming 4th of July holiday, or any color combination you like. There is a \$5 suggested fee for this class and you must register in the office. Limit of 10 people.



CLOTHESPIN CROSS

Join Alice on Monday, June 3, at 12:30 pm, as she teaches this class on making this 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!.



Volunteer News

FEATURED VOLUNTEERS



Vi Repnow

Vi has been volunteering at the Burleigh County Senior Center for five years. She volunteers serving coffee and at the Gift Shop. She enjoys reading and playing bingo and cards. Vi grew up in Velva, ND and traveled with her husband, building power and telephone lines. After eight years they came back to Velva to settle down. She was an Avon Representative for 35 years, volunteered at Aid, Inc. for several years and at the Norsk Hostfest for 27 years. Vi was married to Delano for 43 years, has six children, six grandchildren and three great grandsons. She started coming to the Senior Center to socialize and meet new people. She has made many new friends and enjoys coming to the Senior Center and will continue to come as long as she can!

Home Delivered Meals



Midcontinent Communications

Midcontinent Communications has been delivering meals since February of 2012. They wanted to provide a service to the community, as a company, and they chose us! The Midcontinent office staff, sales staff and technicians rotate delivering Route 12. They are always cheerful and excited to help with delivering meals to those in need. We are very grateful to have them!

Thank you Vi and Midcontinent Communications for giving your time and continuing to serve others!

WELCOME NEW VOLUNTEERS

Michelle Vanderlaan and Jeffrey Haas.



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.



Special Events & Activities

GAME ON!

- Pinochle - 1:00 pm on Mondays, Wednesdays & Fridays.
- Bridge - 1:00 pm on Tuesdays & Thursdays
Duplicate Bridge - 1:00 pm on the 1st & 3rd Mondays
2X4 Bridge - 2nd & 4th Wednesdays.
- Hand & Foot - 12:45 pm every Thursday.
- Bunco - 1:00 pm on 1st & 3rd Thursdays.
- Whist - 1:00 pm on Wednesdays
- Tick - 9:30 am on Mondays & Fridays.
- Wii Bowling - 1:00 pm every Tuesday (except July and August).
- Line Dancing - 1:00 pm on Fridays.

To play Bridge, Hand & Foot, or Bunco, sign up with the Office at 255-4648.



DAN'S SUPERMARKET RECEIPTS

We have almost reached our goal!

As of May 1, we have recorded \$149,358. When we reach \$150,000 in receipts, we will receive \$1,000.

Please note, we need the entire receipt. If any portion of the receipt is missing, we can not use it.

Thank you to all that have given us Dan's Supermarket receipts!



Thank You to Our Donors

We sincerely thank the following individuals for their generous donations:
(Donations listed below were received between April 1, 2019 and April 30, 2019.)

- TAMIE SCHMIDT AGENCY
- SAM'S CLUB
- JOE & ADELINE THOMAS



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!

Volunteer Appreciation Party

April 25, 2019



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

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Please make checks payable to BCSAP.

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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.