

THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

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MEDICARE PART D OPEN ENROLLMENT: OCTOBER 15 – DECEMBER 7

If you are on Medicare, you already may be on a prescription drug plan, also known as Medicare Part D. Medicare Part D is a prescription drug benefit offered by private companies that are approved by Medicare.

Even if you have a plan and think you are set for the coming year, you need to consider your health and health-care spending now because of the Medicare open enrollment. People who re-examined their plan last year at this time saved an average of \$600, for a total of \$1.4 million in North Dakota

Medicare open enrollment is an annual period each year (October 15 – December 7) when current Medicare users can make changes to their prescription drug coverage for the following year to better meet their needs. **The available plans and what they cover changes from one year to the next**, so if your plan was the best option when you shopped last year, it might not be the best available option for the coming year.

For help comparing plans, Irene Rankin, a volunteer at the Burleigh County Senior Center, will be offering appointments every Tuesday, Thursday and Friday, from 1:30 p.m. to 4:00 p.m. beginning on October 15 and concluding December 6. To make an appointment to review your plan options, please call us at 701-255-4648, or stop by the Admin office.

You may also attend the free Part D Open Enrollment Event sponsored by the ND Insurance Department on Friday, October 25, 2019 between the hours of 8:00 am and 6:00 pm at the Quality Inn, 1030 E Interstate Avenue, Bismarck, ND, or call 2-1-1 from anywhere in North Dakota.

Whichever option you choose to compare plans, please bring the following information:

- A list of your medications, including dosages and frequency;
- Your Medicare card; and
- Your Medicare Part D prescription drug plan card and your "yellow" ID card (if you have one).

If you have any questions regarding your Medicare policies, please contact the ND State Health Insurance Counseling Program at 701-328-2440.

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Special Events

AN EVENING WITH CLIFF NAYLOR

Join us on Thursday, October 3 at 5:00 pm, for a fun, story filled evening with Cliff Naylor. Cliff will be sharing stories from the books Dakota Day Trips, and More Dakota Day Trips, that he coauthored with his wife Monica Hannan. Cliff also loves to travel across the state to find unique and interesting stories for his "Off the Beaten Path" series. Please sign up for the meal by calling (258-9276) or stopping by the Reservation Desk.



Menu

Baby Mixed Greens with Walnuts,
Dried Cranberries, Feta Cheese
and Lemon Vinaigrette Dressing
Creamy Herb Chicken Thigh
with Wild Rice Pilaf
Broiled Tomato
Apple Turnover

FIRST STEPS TRICK OR TREATERS

We will have two groups from First Steps Learning Center coming to Trick or Treat on Thursday, October 31. The first group will be at 9:30 am and the second at 10:15 am.

HALLOWEEN DINNER DANCE

Join us Wednesday, October 30, from 5:00 - 7:30, for a **Spooktacular** evening with Steve Harmon and Classic Rhythm band. **Frighteningly** good food, a costume contest, pumpkin decorating contest and **no tricks, just treats!** You will have so much fun you will **SCREAM!** Please sign up for the meal by calling (258-9276) or stopping by the Reservation Desk.

Menu

Porcupine Meatballs with Gravy
Garlic Mashed Potatoes
Garden Blend Veg.
Mandarin Oranges
Fresh Bun
Halloween Cake

Lifelong Learning

ND ASSISTIVE: WHAT'S NEW IN ASSISTIVE TECHNOLOGY?

North Dakota Assistive (formerly IPAT) is a non-profit organization that strives to bring devices and services into the lives of North Dakotans of all ages who need it. On Tuesday, October 22 at 10:00 am, Tami Ternes will be bringing devices that can assist you with independent living, vision and hearing, memory and organization. The goal for ND Assistive is to help bridge the gap between ability and disability using assistive technology. You will learn about some wonderful gadgets that will make your life easier!

RED PANDAS: WORLD'S CUTEST ANIMAL (Curiosity Stream)

Join us on Monday, October 14 at 12:30 pm, as we spend a year with a Red Panda named Tashi and experience her life in the Himalayas. We will see other rare birds, insects and a leopard in the lush area of Northern India. Even cuter is Tashi's cub. This program is 52 minutes long.

NORTHLAND HEALTH

Linda Ehli, from Northland Health, will be in the Dining Room Tuesday, October 15 at 12:30 pm, to share information on this non profit health center.

WHO KILLED CRAZY HORSE?

The young, mystical Sioux leader Crazy Horse (Tasunka Witko) personifies Native American resistance to white advancement westward. His leadership in the 1876 defeat of Custer's 7th Cavalry at Little Big Horn made him the most famous Indian warrior in America. We know that he died on September 5, 1877, while resisting arrest; but the manner of his death, and just who was responsible for it, remains a hotly debated topic. Join us on Tuesday, October 29 at 12:30 pm, for this hour long documentary by the History Channel.

MEMBERS NEEDED!

The Burleigh County Council on Aging is seeking candidates to serve a three-year term beginning January 1, 2020. Interested candidates should contact Renee Kipp, Executive Director, at 701-255-4648 or stop by the Admin Office.

Celebrate Your Inner Artist!

ART FROM THE HEART WITH NINA

Join Nina Loeks on Monday, October 14, 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.



ART WITH NICOLE

On Tuesday, October 15, at 10:00 am, Nicole Gagner, ND Council of the Arts, will teach us how to blend and use watercolors to create a beautiful masterpiece. No experience necessary!

The suggested donation is \$5 and is non-refundable. Please make your donation when you sign up at the Office.



Craft Room

Drop in to the Craft Room to meet fellow crafters and make anything from cards to crocheted items and beyond!

Our craft group is informal with no instructors. Bring your own project or check out our free supplies to make your own creations.

(Please Note: Items made in the Craft Room are meant to be sold in the Senior Center Gift Shop.)

Friday's at the Movies!

Oct. 4 - The Stray: The story of how a stray dog, Pluto, comes out of nowhere and impacts the Davis family, who are struggling in many ways. In just a short time, Pluto the Wonder-dog, manages to save a toddler, bring comfort and companionship to a hurting 9-year old boy, help restore a marriage, and repair a broken father and son relationship. Pluto is not only a guard dog but a guardian angel (starring Michael Cassidy & Sarah Lancaster).

Oct. 11 - Hidden Figures: The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program (starring Kevin Costner & Kirsten Dunst).



Oct. 18 - Toy Story 4 (Kid's Day): Woody, Buzz Lightyear and the rest of the gang embark on a road trip with Bonnie and a new toy named Forky. The adventurous journey turns into an unexpected reunion as Woody's slight detour leads him to his long-lost friend Bo Peep. As Woody and Bo discuss the old days, they soon start to realize that they're two worlds apart when it comes to what they want from life as a toy.



Oct. 25 - Abbott & Costello Meet Frankenstein: The world of freight handlers Wilbur Grey and Chick Young is turned upside down when the remains of Frankenstein's monster and Dracula arrive from Europe to be used in a house of horrors.

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

KARMIN'S KITCHEN: COOKING WITH OLIVE OIL

Karmin Billadeau, owner of Karmin's Kitchen, will be here on Tuesday, October 8 at 10:00 am, sharing tips and recipes for cooking with olive oil. Olive oil is a "Super Food" that is unlike the solid, artery clogging fats in butter. Olive oil is packed with healthy monounsaturated fats that may actually lower your risk of heart disease. Healthy fats can actually promote good cholesterol and help to regulate your blood sugar. Karmin will also share uses for Balsamic Vinegars.

TEA & TALK: FALL MEMORIES

Join us on Monday, October 21 at 1:00 pm, as we visit about our fall memories and make a simple apple bake to share. Feel free to bring your favorite fall recipes. Please sign up in the office.

PIE HAPPY HOUR

Peach pie, ice cream, and coffee for \$2.00 on Monday, October 28, from 1:30 to 3:00 pm (or sell out!).



Just for Fun!

WALK WITH A SENIOR DAY: RITA MURPHY ELEMENTARY 2ND GRADERS

Come spend some quality time with second graders from Rita Murphy Elementary School on Thursday, October 3 at 1:15 pm. We will walk East on Rosser Ave to meet the children that will be walking from Rita Murphy Elementary. We will walk back to the Senior Center to enjoy cookies and punch. The children are learning communication skills and will partner with a senior to visit. This is a special way to touch the lives of our younger generation. You can make a child feel special by spending some time with them!

MEALS & MELODIES

In the Dining Room at 12:15 pm:

Thursday, October 10: Diane & Harvey Schilling
Thursday, October 24: Kris Kitko



Become a Techy!

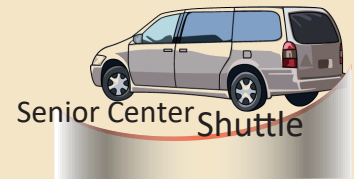
COMPUTER BASICS

Vicki Laraway, from the ND Center for Independent Living, will be here on Thursday, October 17, at 10:00 am.

Please bring your laptop, tablet or cell device to receive individual assistance and learn how to get the most out of your technology!



These classes are limited to five people, so please sign up early at the Office, or call 255-4648.



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

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!

VALLEY CITY BRIDGES & FORT RANSOM TOUR

Join us on Thursday, October 3 at 8:00 am as we ride to Valley City and take the Bridges Tour throughout the Valley. We will eat lunch at the original Pizza Corner Restaurant where they have \$5 lunch specials. After lunch we will take the Scenic byway to Fort Ransom and take a walk around the Sod House Farmstead. The cost for the bus trip is \$18 per person and does **NOT** include food and any other purchases. Please sign up at the office. The trip is limited to 18 people and payment is due at registration.

FOUR BEARS CASINO (weather permitting)

The last trip of the year to Four Bears Casino will be Tuesday, October 29. The bus will leave the Senior Center at 7:30 am sharp! **(Please note time change and arrive 10 minutes before departure)**. Lunch will be served between 11:00 am and 2:00 pm. The bus 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 when you sign up at the office. NO exceptions!



HAUNTED DOWNTOWN TOUR - STACY STURM

On Thursday, October 24 at 1:00 pm we will be touring downtown Bismarck to see which buildings are said to be haunted. Stacy Sturm will lead this 45 minute walk. Cost is \$15 per person and if you want to use West River Transit, there is an additional \$2 fee for transportation. Payment is due when signing up at the office. (Please note that this tour includes a substantial amount of walking and you must have the ability to complete the route.)

PAPA'S PUMPKIN PATCH

We will take West River Transit out to Papa's Pumpkin Patch on Tuesday, October 8 at 12:30 pm. Come enjoy the fall season at the Pumpkin Patch. Enjoy lots of free activities including bale mazes, a corn maze, log jam, a nature trail and ride the Pumpkin Patch Express train around the beautiful grounds. Cost is **\$6.00** per person and must be paid when you sign up at the office (you will get a pumpkin to take home).

DAKOTA CONNECTS: A VISIT TO LAUGHING SUN

On Thursday, October 17 at 5:15 pm, we will be joining with Dakota Connects for an intergenerational meal with young professionals of Bismarck/Mandan. Carron Day has a tour scheduled with lead Brewmaster Mike, and we will have a pulled pork sandwich, coleslaw, plus a choice of beverage. If you need to take the shuttle the cost will be \$2 for the ride. Please sign up in the office for this fun evening of food and the opportunity to get to know some of the younger generation that live in Bismarck. Limited to 10 people.

When coming to the Senior Center for a day trip, please park on the south side of the Senior Center parking lot. This leaves the spots closer to the door available for those coming for lunch and other activities.

AARP Offerings

AARP SMART DRIVER

On Monday, October 7, and Friday, October 18, at 10:00 am, AARP will be hosting a course that will teach us valuable defensive driving skills and also give us a refresher on the rules of the road. The cost for this course is \$15.00 for members and \$20.00 for non-members. Pre-registration is required. Please call 223-4090 to sign up.



AARP CHAPTER MEETINGS

The Bismarck Mandan AARP Chapter invites you to attend their meetings on the 3rd Wednesday in January, March, May, September & November. The next meeting will be on November 20, at 10:00 am at the Burleigh County Senior Center.

If you would like more information, call Fred Browning at 595-2176.

October Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.	1 Beef with Broccoli Over White Rice Egg Roll Broccoli Applesauce Fortune cookie	2 Pork Loin with Mustard Sauce Baked Potato with Sour Cream Green Beans Pineapple Chunks	3 Stuffed Green Pepper Whipped Potatoes Peas w/Pearl Onions Orange *Evening Meal (See page 2)	4 Baked Cod Wild Rice Pilaf Side Salad with Assorted Dressing Sliced Tomatoes Peaches
7 Chicken Tenderloins Sweet Potato Fries Country Style Veg. Tropical Fruit	8 Cabbage Roll Whipped Potatoes Broccoli Lime Gelatin w/Pears	9 Meatloaf Twice Baked Cheddar Potato Chuckwagon Corn Mandarin Oranges	10 Baked Chicken Whipped Potatoes with Gravy CA Normandy Veg. Apple with Caramel Sauce	11 Tatertot Hotdish Capri Blend Veg. Dark Sweet Cherries
14 Meat Lasagna Side Salad with Assorted Dressing Italian Blend Veg. Garlic Toast Lemon Fruit Salad	15 Salmon w/Dill Sauce Brown Rice & Quinoa with Diced Carrots Malibu Blend Veg. Plums Banana	16 Roast Beef Baked Potato with Sour Cream Brussel Sprouts Apricots Fresh Cookie	17 Chicken Fried Chicken Whipped Potatoes with Country Style Gravy 5 Way Veg. Blend Peaches with Blueberries	18 Cheeseburger Deluxe w/Lettuce, Tomato & Onion Waffle Fries Carrots & Celery Sticks with Ranch Strawberry Applesauce
21 Parmesan Crusted Chicken Breast Whipped Potatoes with Gravy Beets Cinnamon Apple Sauce	22 Beef Tips Over Egg Noodles Carrots Side Salad with Assorted Dressing Orange	23 BBQ Ribs Baked Sweet Potato Baked Beans Fruit Cocktail Chocolate Pudding with Whipped Topping	24 Spaghetti With Meat Sauce Marinated Veg. Salad Peas Garlic Toast Ambrosia Cup	25 Open Faced Hot Turkey Whipped Potatoes with Gravy Wax Beans Peach Gelatin with Peaches
28 French Dip Sandwich Potato Wedges Scandinavian Veg. Pineapple Chunks	29 Pork Roast Whipped Potatoes with Gravy Prince Edward Veg. Vanilla Yogurt with Berries	30 Lemon Pepper Tilapia Baby Roasted Potatoes Winter Mix Veg. Apple Ice Cream Treat  *Evening Meal (See page 2)	31 Chicken Drumsticks Creamed Potatoes Sicilian Blend Veg. Pears with Cranberry Sauce	Beginning 10-1-19, a Soup/Salad Bar will be available as a daily option at the Burleigh County Senior Center only! Please let the Reservation Desk know, at least one day in advance, if you would like the Soup/Salad Bar.

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.

October Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Walking Club 9:00 & 2:45 Bone Builders 9:30 Advisory Committee Meeting 12:30 Wii Bowling 1:00 Bridge	2 9:00 Flu Shots 9:00,10:30 & 1:15 Bone Builders 10:00 Grief Support 1:00 Pinochle 1:00 Bingo 1:00 Whist	3 8:00 Valley City Bridges & Fort Ransom Bus Trip 8:45 & 1:15 Bone Builders 9:00 Flu Shots 9:00 Walking Club 9:15 Volunteer Meeting 10:00 Chair Yoga 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco 1:15 Walk with a Senior Day 5:00 An Evening With Cliff	4 8:45 Bone Builders 9:00 Walking Club 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing
7 9:00 Walking Club 9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 AARP Safe Driver 1:00 Senior Club Meeting 1:00 Pinochle 1:00 Duplicate Bridge 1:00 Senior Center Singers Practice	8 9:00 Walking Club 9:00 & 2:45 Bone Builders 10:00 Karmin's Kitchen 12:30 Wii Bowling 12:30 Papa's Pumpkin Patch Bus Trip 1:00 Bridge	9 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 1:00 Whist 1:00 Pinochle 1:00 Bingo 1:00 2x4 Bridge 1:30 Legal Services by Appointment	10 8:45 & 1:15 Bone Builders 9:00 Walking Club 10:00 Chair Yoga 12:15 Diane & Harvey Schilling 12:45 Hand & Foot 1:00 Bridge Bookmobile	11 8:45 Bone Builders 9:00 Walking Club 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing
14 9:00 Walking Club 9:00,10:30 & 1:15 Bone Builders 9:30 Art with Nina 9:30 Tick Card Game 10:00 Take Care of Your Feet 12:30 Red Panda's 1:00 Pinochle 1:00 Senior Center Singers Practice 6:00 pm Senior Club Dinner Dance at Eagles Club	15 9:00 Walking Club 9:00 & 2:45 Bone Builders 10:00 Art with Nicole 10:30 Hearing Loss Support Group 12:30 Wii Bowling 12:30 Northland Health 1:00 Bridge	16 9:00,10:30 & 1:15 Bone Builders 10:00 Grief Support 10:00 Low Vision Resource Group 1:00 Pinochle 1:00 Bingo 1:00 Whist 1:00 Dr. Joel Roloff Not So Flexible	17 8:45 & 1:15 Bone Builders 9:00 Walking Club 10:00 Computer Basics 10:00 Chair Yoga 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco 1:00 BCCA Meeting 5:15 Dakota Connects - A Visit to Laughing Sun	18 8:45 Bone Builders 9:00 Walking Club 9:30 Tick Card Game 10:00 AARP Safe Driver 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing
21 9:00 Walking Club 9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 Wellness Gathering 1:00 Duplicate Bridge 1:00 Pinochle 1:00 Senior Center Singers Practice 1:00 Tea & Talk	22 9:00 Walking Club 9:00 & 2:45 Bone Builders 10:00 ND Assistive 12:30 Wii Bowling 1:00 Bridge	23 9:00,10:30 & 1:15 Bone Builders 10:00 Poetry Group 10:00 Grief Support 1:00 Pinochle 1:00 Bingo 1:00 Whist 1:00 2x4 Bridge	24 8:45 & 1:15 Bone Builders 9:00 Walking Club 9:30 Prairie Sea Hearing 10:00 Chair Yoga 12:15 Kris Kitko 12:45 Hand & Foot 1:00 Bridge 1:00 Haunted Downtown Tour	25 8:45 Bone Builders 9:00 Walking Club 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing
28 9:00 Walking Club 9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 1:00 Pinochle 1:00 Book Club 1:00 Senior Center Singers Practice 1:30 Pie Happy Hour	29 7:30 Four Bears Casino 9:00 Walking Club 9:00 & 2:45 Bone Builders 12:30 Wii Bowling 12:30 Who Killed Crazy Horse? 1:00 Bridge	30 9:00,10:30 & 1:15 Bone Builders 10:00 Grief Support 1:00 Pinochle 1:00 Bingo 1:00 Whist 5:00 Halloween Party	31 8:45 & 1:15 Bone Builders 9:00 Walking Club 9:30 & 10:15 Trick or Treaters 10:00 Chair Yoga 12:45 Hand & Foot 1:00 Bridge 	

Book Club

The Book Club will meet Monday, October 28, at 1:00 pm, in the Library. The book for discussion this month is *Be Frank with Me* By Julia Claiborne Johnson (State Library).

Reclusive literary legend M. M. "Mimi" Banning has been holed up in her Bel Air mansion for years, but now she's writing her first book in decades. To ensure timely completion, her publisher sends an assistant to monitor her progress. Mimi reluctantly complies, but there are a few stipulations. No Ivy Leaguers or English majors, must drive, cook, clean, be a computer whiz, good with kids, quiet, discreet and sane.

November: *A History of the World in Six Glasses* By Tom Standage (State Library).

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



Health & Wellness

"BE AN ACTIVE AGER" 2019 WELLNESS CHALLENGE

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 August 15th, Wellness Challenge participants have walked 545.80 miles and biked 413 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!

YOGA

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



BONE BUILDERS

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

LINE DANCING

Love to Dance? Join in on our weekly Line Dancing session every Friday at 1:00 pm in the South Conference Room.



October Focus: Physical Wellness

Monday, October 21, 10:00 am: The History of You Wellness Challenge Monthly Gathering

Did you know that something as simple as recalling past experiences is good for your health? Bobbi Brotton will help us to remember those memories and experiences that have shaped us into who we are today. Come enjoy an hour of good storytelling and thoughts of days gone by. In addition, we will find out how far we have walked and biked. We also will draw for prizes and the parking spot.

SPECIAL CLASSES:

Monday, October 14, 10:00 am: Take Care of Your Feet!

We are happy to have Dr. Francisco Tello return to share information on taking care of your feet. With over 20 years of experience in providing quality foot and ankle care, Dr. Tello is an expert in diabetic wound care. He believes that with effective care and treatment you can overcome foot pain. Dr. Tello will leave time for questions.

Wednesday, October 16, 10:00 am: Not So Flexible - Keep Moving!

Do you have difficulties with stairs or getting up from a chair? Do your hips bother you? Dr. Joel Roloff is back to teach us easy stretches and exercises that help you with your range of motion. Flexibility makes you less prone to injury and improves your posture, circulation and balance.

WALKING CLUB

Meet us in the lobby every Monday, Tuesday, Thursday and Friday at 9 am for an outdoor walk around the Senior Center. Enjoy the beautiful Fall weather, get fresh air and visit with other walkers. Walking may be the best form of physical exercise for seniors. Packed with health benefits, walking has all of the hallmarks of senior friendly physical exercise. It can be performed at low or moderate intensity, it's easy on joints and it has a low risk of injury.

Programming sponsored in part by: **AARP**
Real Possibilities

FLU SHOTS

Gateway Healthmart Pharmacy will be providing flu shots for us! Bring your Medicare or insurance card. If you have Medicare, there is no cost. All insurances will be accepted and filed for you. The co-pay billing will be sent to you later. The full cost without insurance or Medicare is \$30.00 (with a coupon that will be provided).

Crescent Manor - October 1: 9:00 am - 12:00 pm

Burleigh County Senior Center - October 2 & 3: 9:00 am - 2:00 pm



Health & Wellness

FITNESS ROOM SCHEDULE

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

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 & Free Resources

GRIEF SUPPORT AND SHARE GROUP

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 a Grief Support and Share Group at the Senior Center. This Grief Support and Share Group provides emotional support in a safe environment for you to explore how to cope.

This Group meets every Wednesday from 10:00 am to 11:15 am. October sessions scheduled for Wednesday, October 2, 9, 16, 23 and 30.

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, October 16 at 10:00 am in the Library.



FOR YOUR USE!

Library, including
Computers with
Internet Access

Television
Free WiFi
Billiards
Craft Room
Puzzles & Games

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, October 9, at 1:30 pm. You must have an appointment to meet with them. Please call 877-258-5263 Ext. 303, to schedule an appointment.



HEARING LOSS SUPPORT GROUP

The Hearing Loss Support Group will meet on Tuesday, October 15 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.



PRAIRIE SEA HEARING CENTER

Jessica McLindsay, from Prairie Sea Hearing Center, will be here Thursday, October 24, from 9:30 -11:00 am, for hearing screenings and hearing aid cleanings.

ALZHEIMER'S CAREGIVER SUPPORT GROUP

The Alzheimer's Caregiver Support Group will meet on Wednesday, October 9 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.

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

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: 12:30 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.

Photographs

While at the Burleigh County Senior Center, or on a Senior Center sponsored trip, you may be videotaped or photographed. Your presence at the Senior Center constitutes your permission for us to use your likeness.

BURLEIGH COUNTY BOOKMOBILE



New books will be delivered to Lisa's desk on Thursday, October 10. Books are checked out and returned there in 25 days.

Request books and they will do their best to get it to you. Stop by to see what new titles we receive!

Did You Know...?

- There is a secure container in the Rec Room entrance for personal documents in need of shredding.
- The Admin Office has Bis-Man Transit tickets and stamps available for purchase.
- You may drop your MDU payment at the Admin Office. Payments are mailed twice weekly.
- The Senior Center Library has books available for checkout, as well as two computers for your use.
- Free WiFi is available!

BILLIARDS

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

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, Oct. 9 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, October 1 at 9:30 am in the Library.

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.



Wednesday is Caramel Roll Day!

Join us Wednesday mornings for fresh, hot out of the oven, Caramel Rolls! Just \$1 Each!

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, October 7

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 October 8, ONLY from 8:30 am to 12:00 pm. Please NO phone calls. For cancellations **ONLY**, you may call 255-1694 .

Monday, October 14

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

We wish to extend a special thank you to all those who brought desserts for the End of Summer Celebration on August 22nd.

Golden Wing Club, Wing

October 2: Casino Trip

October 6: Wing Community Day Harvest Fest
(Bingo will be played).

October 4, 11, 18 & 25: 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!

NO Health Maintenance Services this month.

October 13: Bethlehem Lutheran Church Harvest
Festival Dinner

October 9 & 23: Transit Bus to Bismarck for
medical appointments and shopping.

October 31: Happy Halloween

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!

SE Burleigh Golden Age Club, Sterling

October 2: Casino Day

October 3, 10, 17, 24 and Nov. 1: Transit to
Bismarck for appointments and shopping.

October 16: Transit to Wing (Evening Meal)

October 31: Regular Monthly Meeting
(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

October 1: 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!



Karen Jorgensen

Karen has been volunteering with Pinochle and pouring coffee for the past seven years. When she is not volunteering, she enjoys playing cards, games, traveling and shopping. Karen grew up in Tioga ND and moved to Williston ND after college. She started her career working as a secretary with Federal Crop Insurance, a telephone operator with NW Bell, a custodian with the Williston Schools and a caregiver for her parents. Karen was married to Laurence for 40 years and after he passed away nine years ago, she moved to Bismarck. Karen has one daughter, one son, five grandsons and three granddaughters. She started coming to the Senior Center to meet new friends. Karen is a 13 year cancer survivor and also a liver transplant recipient. Thank you Karen, for donating your precious time to the Burleigh County Senior Center!

Home Delivered Meals



Kristi Johnson

Kristi has been delivering meals since November of 2014. She remembers delivering meals with her mom 40 years ago and with her children 20 years ago. She started her career as a 6th grade teacher and then took some time off when her son and daughter were born. She returned to teaching as a substitute teacher for many years after that. When she once again had extra time, she knew she wanted to come back to the Senior Center and deliver meals. In her spare time she enjoys playing volleyball two nights a week, gardening in the summer months and traveling the United States. Kristi grew up in Bismarck and later attended Moorhead State where she met her husband of 30 years. Her children are now 28 and 26 and both live in Bismarck. Kristi enjoys volunteering at the Burleigh County Senior Center because people are relaxed and friendly and it is a "feel good" place to spend some time. Thank you, Kristi, for giving your time and serving 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, October 3, at 9:15 am, in the Rec Room. A light breakfast will be served. Please plan on attending!

WELCOME NEW VOLUNTEER

Thomas Cellura

There are two ways of spreading light. To be the candle or the mirror that reflects it.

- Edith Wharton

Congregate Emergency Meals

The Burleigh County Senior Center prepares flash frozen meals that are a great alternative to those found in the grocery store. These meals are low in sodium and fat, may be oven baked or microwaved, and come with heating instructions.

The Center is offering eligible congregate meal participants the opportunity to receive two (2) emergency meals to have at home in case of inclement weather and the Senior Center is unable to open during the winter season.

Each meal will include: frozen entrée with vegetable, sealed mixed fruit cup, hot chocolate packet, 2 packets of saltine crackers and a Rice Krispy bar.

***Each eligible adult may receive two (2) meals.** To reserve your meals, please stop by the Admin Office and complete an order form.

Please order your meals no later than October 15, 2019. Meals ordered by this date will be available for pick up on October 21, 2019. Meals ordered after October 15th, will be available on the Thursday of the week following your order (i.e., order Tuesday, October 29, pick up on Thursday, November 7).

*Each meal is a suggested donation of \$4.00. SNAP Benefits may be used. No one will be denied meals due to an inability or unwillingness to make a donation.

Thank You to Our Donors...

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

- VIVIAN KETTERLING (In Memory of Roland Ketterling)
- MDU RESOURCES (from employee Vicki Kunz)
- STACY WOLDIE
- NORMA THOMPSON
- BURLEIGH COUNTY SENIOR CLUB
- ANONYMOUS



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 toward the cost of services.



NO Foot Care Clinic at St. Gabriel's

NO Health Maintenance Clinic, Wing, ND

Thursday, Oct. 31

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

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

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

Please make checks payable to BCSAP.

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Judy Kay Gamble
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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.

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Senior Adults Program Staff**

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