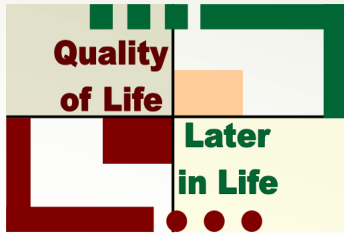


THE SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 11 November 2019

Wishing you the happiness of good friends, the joy of a happy family and the wonder of the holiday season!



Happy Thanksgiving to you and your family!

From Renee Kipp, Executive Director and Staff

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In Honor of Our Veterans

VETERAN'S DAY CELEBRATION Monday, November 11

9:00 am Special Viewing of *They Shall Not Grow Old*

Through the lens of auteur Peter Jackson, anything can become magical. Although the First World War took place a century ago, Jackson's determination has brought it back to life once again. With brilliant cinematic techniques, as well as an appreciation for those who fought these unbelievably difficult battles, Jackson brings this forgotten world into bold relief. His extraordinary talent captures the madness and sheer scale of what was to become one of our great modern tragedies as human beings.

11:15 am Veteran's Day Program and Congregate Meal

Keynote Speaker: Darrell Dorgan, Writer and Production Manager
Annual Veteran Photograph (immediately following program in the Recreation Room)

Veterans: Please RSVP your attendance to the Admin Office for the meal and program by Friday, November 8.

Lifelong Learning

MEDICARE OVERVIEW WITH ND INSURANCE DEPT.

Join Janelle Middlestead, Consumer Assistance Division Director, on Thursday, November 7 at 10:00 am, as she presents a Medicare Overview. Open enrollment is from October 15-December 7. Janell will share information about upcoming changes and why it is important to review your plan each year. There will be time for questions after the presentation.

KX STORM TEAM: DAVE HOLDER

Meteorologist Dave Holder will be here on Wednesday, November 13 at 10:00 am, to share his love of the weather and also give us a forecast about what winter might have in store for us. Dave has chased some of the fiercest storms from the Mexican border to the Canadian prairies. A fear of thunderstorms as a child has turned into a fascination. Believe it or not, snow storms have become one of his favorite weather phenomena!

EFFECTIVE COMMUNICATION

Nikki Wegner, from the Alzheimer's Association, will be here on Wednesday, November 13 at 1:00 pm, to discuss the importance of effective communication. Communication is crucial to building and maintaining relationships because it is how we express needs, concerns, and relate to each other. Nikki will share tips that can help caregivers, friends and family communicate more effectively with those with dementia.

LIGHT ON EARTH (Curiosity Stream)

Wednesday, November 6 at 10:00 am

Why do animals produce light on their own? For centuries we could only marvel at the mystery of these bioluminescent species. Join Sir David Attenborough on Wednesday, November 6 at 10:00 am, as he reveals the amazing truth about these living lights.

JFK FACT & FABLE (Curiosity Stream)

Monday, November 25 at 10:00 am

JFK: Fact and Fable is an exclusive, original Curiosity Stream documentary that explains how television made John Fitzgerald "Jack" Kennedy the ultimate celebrity during his presidency, yet the JFK we remember is actually the one his wife, Jackie, created after his death.

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 Office.

Celebrate Your Inner Artist!

ART FROM THE HEART WITH NINA

Join Nina Loeks on Monday, November 4 at 9:30 am (note date change), as she leads us in creating this beautiful fall painting!



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, November 12, at 10:00 am, Nicole Gagner, ND Council of the Arts, will teach us how to paint a beautiful watercolor painting. No experience necessary!



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

CHRISTMAS COASTERS

Join Tanna Pendergast on Monday, November 25 at 12:45 pm, as she teaches a class on making simple coasters. Tanna will bring sewing machines and lead participants in making a quilted coaster. No experience is needed. Class is limited to 10 people with a suggested \$5 donation that is non-refundable.

SANTA'S BREAKFAST: STAR ORNAMENTS

Come volunteer to help us on Saturday, November 30 at 9:00 am, at the Bismarck Event Center Exhibit Hall A, for the First Capital City Christmas celebration. There will be a Santa breakfast for children and families. We will have a booth and children will receive a star ornament to decorate and take home. We would like 5 volunteers to assist in handing out ornaments from 9:30-11:00 am. Please sign up in the office if you would like to volunteer.

Thanks to the Burleigh County Senior Club for sponsoring the ornaments.

Friday's at the Movies!

Nov. 1 - The Shootest: A dying gunfighter spends his last days looking for a way to die with a minimum of pain and a maximum of dignity (starring John Wayne).

Nov. 8 - Taking Chance: Based on real life events, Lt. Col. Michael Strobl, a volunteer military escort officer, accompanies the body of 19-year-old Marine Chance Phelps back to his hometown of Dubois, Wyoming (starring Kevin Bacon).



Nov. 15 - On the Town: Three sailors on a day of shore leave in New York City look for fun and romance before their twenty-four hours are up (starring Gene Kelly & Frank Sinatra).



Nov. 22 - Pursuit of Happyness: A struggling salesman takes custody of his son as he's poised to begin a life changing professional career (starring Will Smith).

Nov. 29 - CLOSED

Culinary Delights

COOKING WITH RACHEL: SOUPS ON!

Soup is a perfect meal for the colder weather. Join Sanford Dietician, Rachel Iverson, on Tuesday, November 12 at 10:00 am, as she shares recipes for simple soups. Rachel will make a pot of soup for us to sample. The suggested donation is \$3 and is non-refundable. Please make your donation when you sign up at the Office.

PIE HAPPY HOUR

Cherry pie, ice cream, and coffee for \$2.00 on Monday, November 25, from 1:30 to 3:00 pm (or sell out!).



CONGREGATE EMERGENCY MEALS

If you did not order, it is not too late! Stop by the Admin Office for more information.

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.

Just for Fun!

HOLIDAY GIFT IDEAS

Not quite sure what to give someone this holiday season? We have some suggestions!

GIFT SHOP

Our Gift Shop has hand-crafted items such as quilts, embroidered dish towels, & knitted hats, mittens, & scarves. Plus ornaments, figurines, jewelry, frames, & more!



DONATION

What about making a donation to the Burleigh County Senior Center in honor of a loved one, in lieu of a gift? This is a great way to recognize someone with a gift that will benefit many!

For more information, contact the Burleigh County Senior Center at 255-4648.

MEALS & MELODIES

In the Dining Room at 12:15 pm:

Thursday, November 7: Jim Geiger

Thursday, November 21: Leon & Alicia Heick



Become a Techy!

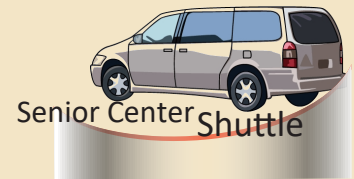
COMPUTER BASICS

Vicki Laraway, from the ND Center for Independent Living, will be here on Thursday, November 21, 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.

Health & Wellness

DIABETES AND THE HOLIDAYS: LORI SMITH, DIABETES EDUCATOR

Christmas brings seasonal joy and the comfort of the family. With a wealth of food available, though, it can also be a trying time. November is National Diabetes month. Join Lori Smith, RD, LRD, CDE; diabetes and nutrition expert at MidDakota Clinic, on Tuesday, November 26 at 10:00 am, to learn more about diabetes. Lori leads Diabetes support groups and will share her ideas on keeping those blood sugars at a healthy level. The Holidays are always a challenge when it comes to sweets. Lori will give you tips on how to resist temptation and stay disciplined during this festive time.

OUR FAMILY CARING FOR YOUR FAMILY: NORTHLAND HEALTH CENTER

Are you struggling to make ends meet? Are your medications too expensive? Is the cost to see your physician too high? If you answer yes to any of these questions, come to this class. Linda Ehli, from Northland Health Center, will be here on Tuesday, November 19 at 12:30 pm, to discuss options available to you.

Northland Health is a non-profit healthcare organization, striving to be the premier healthcare provider in the communities they serve by increasing access to healthcare and providing quality healthcare to all regardless of their ability to pay. They encourage all patients, no matter their financial status, to apply for discounted healthcare services. Linda will share how to apply and answer any questions you may have.

See Page 10 for Additional Health & Wellness Information.

NDSU: DIABETES

Katie Johnke, RDN, LRD, CLC, of Bismarck Public Health will be here on Thursday, November 21 at 10:00 am, to discuss diabetes and prediabetes. Prediabetes is a condition that can lead to Type 2 diabetes and heart disease. You can take steps to prevent or delay Type 2 diabetes and heart disease. Katie will share tips to help reduce your risk of becoming diabetic.

Gifts & Tipping

Many participants at the Burleigh County Senior Center like to give gifts to staff members. Treats will be graciously accepted and shared with ALL staff members. However, the Burleigh County Senior Adults Program Personnel Policy Manual prohibits employees from receiving personal gifts or tips of any kind. If a participant would like to 'tip' a staff member(s) for exceptional service, the staff member will refuse it and suggest that this amount be put in the donation box instead. Thank you for making us feel appreciated!

Falls Policy

The staff and volunteers of the Burleigh County Senior Adults Program are not to lift anyone who has fallen. If the person cannot get up on their own, 9-1-1 will be called. Staff will stay with the person that has fallen and make them as comfortable as possible until Emergency personnel arrive. This policy is in effect for the Burleigh County Senior Center, as well as the meal sites at Crescent Manor, Wing Senior Center and Sterling United Methodist Church.

Take a Day Trip!

NO BUS TRIPS FOR NOVEMBER!

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.

(All trips are non-refundable)

AARP Offerings

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 is 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.

November Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu subject to change without notice.</p>	<p>*Soup/Salad Bar Choice Senior Center only!</p> <p>Soups: 11/1 - Chicken Wild Rice 11/8 - Vegetable Beef Barley 11/18 - Chicken Noodle 11/22 - Chili 11/25 - Chili</p>			<p>1 Swiss Steak Whipped Potatoes with Gravy Green Beans Applesauce OR *Soup/Salad Bar</p>
<p>4 Chicken Wild Rice Soup Chicken Salad on Croissant Fruit Cocktail AND A Trip Through the Salad Bar</p>	<p>5 Parmesan Crusted Chicken Breast Au Gratin Potatoes Broccoli Peaches</p>	<p>6 Cabbage Roll Baked Potato with Sour Cream Prince Edward Veg. Tropical Fruit Cookie</p>	<p>7 Chicken Fried Pork Chop with Country Style Gravy Whipped Potatoes Corn Fresh Apple</p>	<p>8 Stuffed Manicotti with Meat Sauce Italian Blend Veg. Coleslaw Garlic Toast Pineapple Chunks OR *Soup/Salad Bar</p>
<p>11 Roast Beef Whipped Potatoes with Gravy Carrots Cinnamon Applesauce Assorted Bars</p>	<p>12 Cheeseburger Deluxe w/Lettuce, Tomato & Onion Potato Wedges Raw Veggie Cup Pears</p>	<p>13 Baked Chicken Baked Potato with Sour Cream Brussel Sprouts Plums</p>	<p>14 Beef Tips with Gravy Egg Noodles 5 Way Veg. Blend Broiled Tomato Apricots</p>	<p>15 Chicken Cordon Bleu Scalloped Potatoes Country Style Veg. Fresh Banana</p>
<p>18 Lemon Pepper Tilapia Wild Rice Pilaf with Diced Carrots Peas w/Pearl Onions Mandarin Oranges OR *Soup/Salad Bar</p>	<p>19 Meatloaf Twice Baked Cheddar Potato Winter Mix Veg. Vanilla Yogurt with Berries</p>	<p>20 Stuffed Green Pepper Garlic Mashed Potatoes Wax Beans Peaches</p>	<p>21 Roast Turkey Whipped Potatoes with Gravy Stuffing Green Bean Casserole Pears with Cranberry Sauce Bun Pumpkin Pie Thanksgiving Noon Meal</p>	<p>22 Baked Potato Topped with Chili & Cheese Marinated Veg. Salad Tropical Fruit OR *Soup/Salad Bar</p>
<p>25 TaterTot Hotdish Capri Blend Veg. Strawberry Applesauce OR *Soup/Salad Bar</p>	<p>26 Pork Roast Whipped Potatoes with Gravy Brussel Sprouts Fruit Cocktail</p>	<p>27 Baked Cod Stuffed Cheddar Potato Round Sicilian Blend Veg. Pineapple Chunks Ice Cream Treat  Close at 3:30 PM</p>	<p>28 CLOSED 29 CLOSED</p> 	

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.

November Activity Calendar

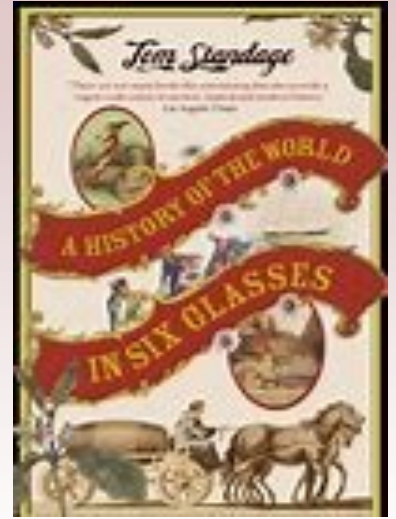
Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing</p>
<p>4</p> <p>9:00, 10:30 & 1:15 Bone Builders 9:30 Art with Nina 9:30 Tick Card Game 1:00 Senior Club Meeting 1:00 Pinochle 1:00 Duplicate Bridge 1:00 Senior Center Singers Practice</p>	<p>5</p> <p>9:00 & 2:45 Bone Builders 9:30 Advisory Committee Meeting 10:00 Aging Gracefully 12:30 Wii Bowling 1:00 Bridge</p>	<p>6</p> <p>9:00, 10:30 & 1:15 Bone Builders 10:00 Grief Support 10:00 Light on Earth 1:00 Pinochle 1:00 Bingo 1:00 Whist</p>	<p>7</p> <p>8:45 & 1:15 Bone Builders 10:00 Medicare Overview 10:00 Chair Yoga 10:00 Throwback Thursday 12:15 Jim Geiger 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco</p>	<p>8</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>11</p> <p>9:00, 10:30 & 1:15 Bone Builders 9:00 They Shall Not Grow Old 9:30 Tick Card Game 1:00 Pinochle 1:00 Senior Center Singers Practice</p> <p>Veterans Day Celebration (see page 2)</p> <p>6:00 pm Senior Club Dinner Dance at Eagles Club</p>	<p>12</p> <p>9:00 & 2:45 Bone Builders 10:00 Art with Nicole 10:00 Cooking with Rachel 10:00 Aging Gracefully 12:30 Wii Bowling 1:00 Bridge</p>	<p>13</p> <p>9:00, 10:30 & 1:15 Bone Builders 10:00 KX Storm Team 10:00 Grief Support 10:00 Poetry Group 11:30 Alzheimer's Caregiver Support 11:30 Senior Medicare 1:00 Effective Communication 1:00 Whist 1:00 Pinochle 1:00 Bingo 1:00 2x4 Bridge 1:30 Legal Services by Appointment</p>	<p>14</p> <p>8:45 & 1:15 Bone Builders 10:00 Chair Yoga 10:00 Throwback Thursday 12:45 Hand & Foot 1:00 Bridge</p> <p>Bookmobile</p>	<p>15</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>18</p> <p>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</p>	<p>19</p> <p>9:00 & 2:45 Bone Builders 10:00 Aging Gracefully 10:30 Hearing Loss Support Group 12:30 Wii Bowling 12:30 Northland Health Center 1:00 Bridge</p>	<p>20</p> <p>9:00, 10:30 & 1:15 Bone Builders 10:00 Grief Support 10:00 Low Vision Resource Group 10:00 AARP Chapter Meeting 1:00 Pinochle 1:00 Bingo 1:00 Whist</p>	<p>21</p> <p>8:45 & 1:15 Bone Builders 9:30 Prairie Sea Hearing 10:00 Computer Basics 10:00 NDSU: Diabetes 10:00 Chair Yoga 10:00 Throwback Thursday 12:30 Leon & Alicia Heick 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco 1:00 BCCA Meeting</p>	<p>22</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>25</p> <p>9:00, 10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 JFK Fact or Fable 1:00 Pinochle 12:45 Christmas Coasters 1:00 Book Club 1:00 Senior Center Singers Practice 1:30 Pie Happy Hour</p>	<p>26</p> <p>9:00 & 2:45 Bone Builders 10:00 Diabetes & the Holidays 12:30 Wii Bowling 1:00 Bridge</p>	<p>27</p> <p>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</p> <p>Close at 3:30 PM</p>	<p>28</p> <p>CLOSED</p> 	<p>29</p> <p>CLOSED</p> <p>30</p> <p>Saturday 9:00 Santa's Breakfast</p>

Book Club

The Book Club will meet Monday, November 25, at 1:00 pm, in the Library. The book for discussion this month is *A History of the World in Six Glasses* By Tom Standage (State Library).

Throughout human history, certain drinks have done much more than just quench thirst. As Tom Standage relates with authority and charm, six of them have had a surprisingly pervasive influence on the course of history, becoming the defining drink during a pivotal historical period. "A History of the World in 6 Glasses" tells the story of humanity from the Stone Age to the 21st century through the lens of beer, wine, spirits, coffee, tea, and cola.

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



LIBRARY RENOVATION

Check out our remodeled library! The Burleigh County Senior Center extends a special thank you to the Burleigh County Senior Club for their financial donation to make this renovation possible.

Health & Wellness

“BE AN ACTIVE AGER” 2019 WELLNESS CHALLENGE

Wellness Challenge!

As of September 15, Wellness Challenge participants have walked 597.25 miles and biked 411.5 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? Then join in on our weekly Line Dancing session! This group meets at 1:00 pm every Friday in the South Conference Room.



November: Wellness Challenge Wrap-Up

Monday, November 18, 10:00 am
South Conference Room

What makes a Good Life?

Our final meeting of the 2019 Wellness Program! We will watch a short TedTalks: What keeps us happy as we go through life? If you think it is fame and money, you are not alone, but according to Robert Waldinger, psychiatrist; you are mistaken. Waldinger conducted a 75 year old study on adult development which he shares three important lessons as well as old-as-the-hill wisdom on how to build a fulfilling long life.

And then, Let's Celebrate! Attend the Wellness Challenge Wrap Up and find out how far we walked and biked. Find out who the Top 3 Walkers and Top 3 Bikers are.

Drawings for prizes will be held for all punch cards collected between October 16 and November 15. Then, we will put all punch cards collected throughout the whole year and put them in a drawing for Grand Prizes.

You don't want to miss this!

AGING GRACEFULLY: NORTHERN PLAINS DANCE

Join us on Tuesdays, November 5, 12 and 19, at 10:00 am, as we experience the joys and benefits of dance while creatively addressing concerns related to balance, cognition, motor skills, and physical confidence. This class integrates movement from modern, ballet, tap, folk and social dancing to engage participants' minds and bodies, and create an enjoyable, social environment for artistic exploration. This class is conducted with Northern Plains Dance. There is a suggested donation of \$10 for the 3 classes or a \$5 donation per class. Class is limited to 10 people. If you have any questions, please see Lisa.

See Page 6 for Additional Classes on Health & Wellness.

Programming sponsored
in part by:



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



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. November sessions scheduled for Wednesday, November 6, 13, 20 and 27.

We welcome you to this group!

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, November 20 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, November 13, at 1:30 pm. You must have an appointment to meet with them. Please call 877-258-5263 Ext. 303, to schedule an appointment.



INCLEMENT WEATHER

Bad weather may force closings and cancellations. To find out if we are open:

Call the Senior Center at (701)255-4648, tune in to KFYZ-AM, KBMR-AM, KFYZ-TV, KXMB-TV or check out bismarckseniorcenter.org or [Facebook.com/BismarckSeniorCenterND](https://www.facebook.com/BismarckSeniorCenterND)

HEARING LOSS SUPPORT GROUP

The Hearing Loss Support Group will meet on Tuesday, November 19 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, November 21, 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, November 13 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, November 14. 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, November 13 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, November 5 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, November 4
1:00 pm Senior Club Meeting
Burleigh County Senior
Center Library

Monday, November 11
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 November 5, 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

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

November 1, 8, 15, 22 & 29: 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!

November 6: Casino Trip

November 11: Health Maintenance Services
Call 943-2490 for an appointment.

November 11: Golden Wing Club Meeting at 1:00 pm.

November 13 & 27: Transit Bus to Bismarck for medical appointments and shopping.

November 20: Thanksgiving Meal served at Wing Senior Center at 6:00 pm. We will have bingo after the meal. Bring a friend!

November 28 & 29: CLOSED - Happy Thanksgiving

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

November 1, 7, 14, 22 and 29: Transit to Bismarck for appointments and shopping.

November 6: Casino Day

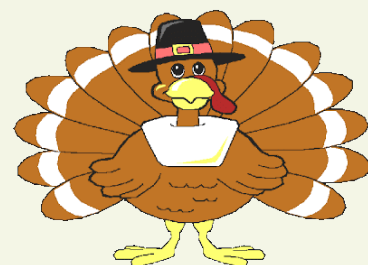
November 20: Transit to Wing (Evening Meal)

November 21: 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

November 5: 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!



Donnie Gosselin

Donnie has been volunteering at the Senior Center for three years. He started delivering meals and then became a tray carrier and occasionally works in the kitchen. When he is not volunteering, he enjoys playing pool, bingo, cooking, making balloon animals, doing magic, traveling and hanging out with his girlfriend of thirteen years, Diane. Donnie grew up in the Olga and Langdon area and drove truck for 20 years. He used to have a business named Silly Goose Odd Jobs where did painting and small repairs. He has one daughter, one son, and four grandchildren. He started coming to the Senior Center to bring smiles and laughter to the seniors. They are so friendly and he enjoys being around people that have so much knowledge.



Terry Sarkilahti

**Home
Delivered
Meals**

Terry has been delivering meals for the Senior Center since February of 2015. He also volunteers at the soup kitchen, RSVP, Medora and the Hostfest. Terry spent 17 summers doing food service at the International Peace Gardens and is still employed part time. Terry was born and raised in Rolla, ND and after graduating from Minot State University, moved back home to take care of his brother after his mother passed away. In Rolla, he spent many years working as the CFO at the local hospital and also ran and owned a restaurant for 20 years. Terry is married and has four children, four grandchildren and three dogs that keep him busy. Terry has always liked helping older people and has made many friends doing a job he enjoys!

Thank you Donnie and Terry 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.



WELCOME NEW VOLUNTEER

Brandi Bonnet (Minot State University student)

UNITED WAY

Please help us support the Missouri Slope Areawide United Way! Stop by the Admin Office if you would like to make a donation to the United Way, and we will include it with our Employee Campaign. 99% of your donation to the United Way stays in our community and supports initiatives and programs that directly help residents in our community – such as the Burleigh County Senior Adults Program. No donation is too small!

MARK YOUR CALENDARS

November 11 - Veterans Day Celebration
November 21 - Thanksgiving Noon Meal
November 28 & 29 CLOSED
December 5 - Christmas Evening Meal
December 19 - Christmas Noon Meal
December 25 - CLOSED
January 1 - CLOSED

Medicare Part D

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 12:30 p.m. to 3:30 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.

Please bring the following information when you attend your scheduled appointment:

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).

Thank You to Our Donors...

We sincerely thank the following individuals and/or businesses for their generous donations:
(Listed donations were received between Sept. 1, 2019 and Sept. 30, 2019.)



- JACK SMITH (In Memory of Dorothy M. Smith)
- WORKFORCE SAFETY & INSURANCE
- BRADY MARTZ & ASSOCIATES



THANK YOU

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.



Thursday, Nov. 7

Foot Care Clinic at St. Gabriel's

Monday, Nov. 11

Health Maintenance Clinic, Wing, ND

Thursday, Nov. 21

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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315 North 20th Street
Bismarck, ND 58501

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Telephone:	

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.

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