

THE

# SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol.1 January 2020

## FROM THE DIRECTOR

### 2020 WELLNESS CHALLENGE

A New Approach to Living...Focus on Positive Behavior Change

Join us in the 2020 Wellness Challenge to live your life in totality! Each month we will focus on an aspect of Healthy Living. Topics may include:

1. Improve Physical Exercise
2. Eat Healthy – Drink Water
3. Sleep and Rest
4. Balance and Fall Prevention
5. Changes in Senses – Vision, Hearing, Smell, and Taste
6. Memory Loss
7. Relaxation and Laughter/Stress Management
8. Avoiding Compassion Fatigue
9. Anger and Worry/Mind Training
10. Anti-Aging Strategies
11. Living with Arthritis
12. Disease Prevention
13. Creativity and Learning
14. Legacy and Purpose
15. Connections and Community
16. Gratitude and Mindfulness
17. Finances and Future Planning

This year, take charge of your life! We will help you set realistic goals to improve your lifestyle and find purpose in this phase of life.

We will kick-off the 2020 Wellness Challenge on Monday, January 20 at 10:00 am in the South Conference Room. Thereafter, we will hold a monthly Wellness Challenge meeting on the third Thursday of each month at 10:00 am in the South Conference Room.

Happy New Year!

*Renee Kipp,  
Executive Director*

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# Lifelong Learning

## **THE ELVIS MOB**

Join us on Wednesday, January 8, at 10:00 am, as we learn more about “The King”. Elvis Presley’s personal and professional friends recount and reminisce about how Elvis made an impact on their lives, before, during, and after he passed on. Elvis’s private entourage was often called “The Memphis Mafia”. Elvis would have turned 85 years old on January 8<sup>th</sup>.

## **INVISIBLE INNOCENCE**

Brandi Jude, an Operations Iraqi Freedom veteran and Founder of Invisible Innocence, will be here on Tuesday, January 28, at 12:30 pm. Invisible Innocence was developed to help victims of human trafficking. Brandi has a passion for helping survivors of human trafficking transition back into society. She feels that when you offer someone who has nothing some hope, you are empowering them and you’re giving them a sense of endearment. When you provide them a home, you’re giving them safety and shelter, and a reason to keep moving forward. Join us as we learn more about this important subject.

## **HOME HELPERS**

Do you sometimes need help with cleaning, laundry or shopping? Home Helpers may be able to assist you. Home Helpers offers a variety of options for assisting you in your home. Althea Oster will be here on Thursday, January 23, at 10:00 am, to share information about the services they offer here in Bismarck.

## **GATEWAY TO SCIENCE: A DISCOVERY CENTER**

Ignite your imagination with Gateway to Science, right here at the Senior Center on Tuesday, January 14, at 10:00 am. Beth Demke, Executive Director, will bring hands on activities for us to experience. Gateway to Science has been igniting a passion for science for over 25 years for children of all ages! Please come prepared to be amazed and have some fun while you learn about science.

## **AMERICAN BANK CENTER: LOOKING AHEAD**

Do you ever wonder if you should have an authorized signer for your checking account? Do you need one? Lyn Moody, Branch Manager, will be here Thursday, January 16, at 10:00 am, to share information about adding an authorized signer. We also will talk about Beneficiaries and planning out your strategy for the future.

## **DEEP OCEAN: THE LOST WORLD OF THE PACIFIC (Curiosity Stream)**

Join us on Wednesday, January 29, at 10:00 am, for a deep sea adventure. David Attenborough takes us to the deep sea cliffs off the coast of New Guinea. Watch as the team encounters true living fossil species one after another.

## **ART FOR LIFE**

The Burleigh County Senior Center has been chosen to participate in the ND Council on the Arts, Art for Life Program. We will work with the Bismarck Arts and Gallery Association to provide creative, engaging, and fun art classes. Art is medicine and there is an ever growing body of evidence revealing how dynamic and beneficial art is for Seniors. We will have many opportunities for you to join in an art class. We will also join with BAGA for a reception at their gallery. Art classes will include outdoor watercolor, making a fish decoy and Warli Art (Indian traditional paintings). We are honored to have been chosen for this amazing opportunity. If you have any questions, please see either Lisa or Cyndi. A special thanks to ND Council on the Arts, Troyd Geist and Bismarck Arts and Gallery Association for their sponsorship.



# Open Saturdays!!!

**9:00 am to 1:00 pm**  
**February 1—April 4, 2020**

Join us for special activities!  
Stayed tuned to the February issue of the  
*Senior Sentinel* for more information!

Lunch will be served each Saturday  
from 11:45 am to 12:15 pm  
(Reservations Required.)

# *Celebrate Your Inner Artist!*

## **BISMARCK ART GALLERY VISIT: WRITING TIME SLIPS**

Please join us Wednesday, January 8, at 12:45 pm, for a trip to the Bismarck Arts and Galleries Association to view the art of Frank Sampson. We will do an activity from the Art for Life program called Time Slips. We will learn about art and help compose a story about our visit. We will take West River Transit over to the gallery at 12:45 pm. Please sign up in the office. There is a limit of 10 for this trip and there is no fee.

## **ART FROM THE HEART WITH NINA: PAINT POUR**

Join Nina Loeks on Monday, January 13 at 9:30 am, as she leads us in a painting this snowman 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.



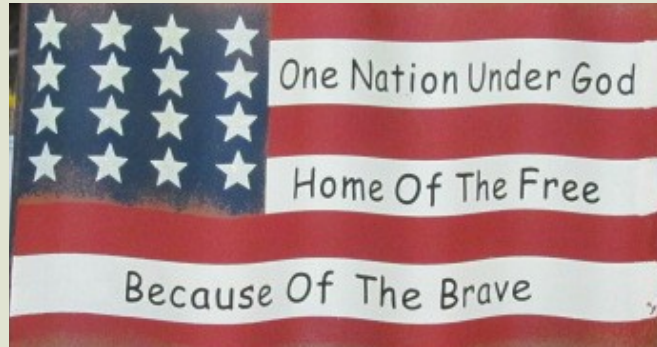
## **ART WITH NICOLE**

Join Nicole Gagner, ND Council of the Arts, on Tuesday, January 14, at 10:00 am, as she guides us through a 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.



# Veteran's Day Celebration



# *Become a Techy!*

## **COMPUTER BASICS**

Vicki Laraway, from the ND Center for Independent Living, will be here on Thursday, January 16, 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.

## *Friday's at the Movies!*

**Jan. 3 - Elvis the King of Entertainment:** A tribute to the king of rock n' roll, Elvis Presley, in a documentary about the performer's life on and off the stage. Includes footage from television appearances (including the Ed Sullivan Show), time spent in the Army, live concerts, his wedding, movies, and more!



**Jan. 10 - Unlikely Angel:** Unlikely Angel Ruby Diamond (Dolly Parton), is a brassy and sassy lounge singer. When she meets an untimely demise, she is denied entrance into heaven by Saint Peter (Roddy McDowall). To earn her wings, she must find a mother for a widowed father and his family, in this endearing movie of hope and love!

**Jan. 17 - Humor Me:** A once acclaimed New York playwright, Nate (Jemaine Clement), is struggling to finish his new play when his wife (Maria Dizzia) leaves him, taking their son. Desolate, broke and unable to pay the rent, Nate begrudgingly moves in with his widowed father, Bob (Elliott Gould), in his New Jersey retirement golf community.

**Jan. 24 - Breakthrough:** When he was 14, Smith drowned in Lake Saint Louis and was dead for nearly an hour. According to reports at the time, CPR was performed 27 minutes to no avail. Then the youth's mother, Joyce Smith, entered the room, praying loudly. Suddenly, there was a pulse, and Smith came around (starring Crissy Metz).

**Jan. 31 - Rocket Man:** An epic musical fantasy about the incredible human story of Elton John's breakthrough years. The film follows the fantastical journey of transformation from shy piano prodigy Reginald Dwight into international superstar Elton John. This inspirational story is set to Elton John's most beloved songs and performed by star Taron Egerton. It tells the universally relatable story of how a small town boy became one of the most iconic figures in pop culture.



## *Just for Fun!*

### **"THE CHOPPING BOARD" COOKING CHALLENGE**

Do you enjoy watching "Chopped" on the Food Network? If so, then you will enjoy this! The Burleigh County Senior Center, along with Rachel Iverson, Sanford Registered Dietician, have created "The Chopping Board" Cooking Challenge.

Join us on Tuesday, January 7 at 1:00 pm in the Dining Room for our first challenge – SALADS! Three competitors will each make a salad from ingredients chosen by Rachel. The salads will be sampled by four judges (one guest judge and three chosen from the audience). The winner will have their salad featured on the February menu.

Our guest judge will be Casey Bettenhausen from the Bis-Man Food Cooperative.

If you are interested in being one of the competing chefs, please visit with Lisa. And, stay tuned for more "The Chopping Board" Cooking Challenges in 2020.

### **MEALS & MELODIES**

In the Dining Room at 12:15 pm:

**Thursday, January 9:  
Freight Train Todd Haugen**



**Thursday, January 23:  
Karaoke with Milt Bradford**

Join Milt and let your inner star shine! Milt will perform for us and invite audience members to sing along. Audience members will sign up to sing during the performance.

### **PIE HAPPY HOUR**

Join us Monday, January 27, at 1:30 pm, for Apple pie, ice cream and coffee.  
All for \$2.00!



# January Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice.		1 <b>CLOSED</b> 	2 Turkey Pot Pie with Vegetables California Blend Veg. Peaches	3 Salisbury Steak Baked Potato Mixed Vegetables Pears
6 Cheeseburger Deluxe with Tomato, Onion & Lettuce Hashbrown Bake Tropical Fruit	7 Tuna Noodle Casserole with Peas California Blend Veg. Fruit Cocktail Assorted Fresh Cookies	8 Cabbage Roll Mashed Potatoes Green Beans Apple	9 Roast Beef Twice Baked Potato Brussel Sprouts with Bacon Plums	10 Parmesan Crusted Chicken Roasted Baby Red Potatoes Corn Pineapple
13 Chicken Cordon Bleu Hashbrown Bake 5 Way Veg. Blend Peaches	14 Beef Tips over Mashed Potatoes Green Beans Applesauce	15 Chicken Fried Pork Chop Country Gravy Roasted Potatoes Carrots Banana	16 Spaghetti with Meat Sauce Italian Blend Veg. Marinated Veg. Salad Garlic Toast Fruit Cocktail	17 Lemon Pepper Tilapia Wild Rice with Broccoli and Cheese Sliced Tomatoes Apple Crisp
20 Chicken Salad on a Croissant Chicken Noodle Soup Carrots/Celery Cup Mandarin Oranges	21 Stuffed Green Pepper Garlic Mashed Potato Prince Edward Veg. Fresh Orange	22 Baked Chicken Creamy Dill Potatoes Peas with Pearl Onions Diced Pears	23 Pork Roast Mashed Potatoes with Gravy Wax Beans Applesauce	24 Baked Cod Roasted Parmesan Potatoes Corn Banana
27 Beef Barley Soup Side Salad with Assorted Dressings Fruit Cocktail Bun	28 French Dip Sandwich with Au Jus Potato Wedges Italian Blend Veg. Mandarin Oranges	29 Chicken Pasta Primavera with Rotini Noodles Broccoli Plums Garlic Toast  Ice Cream Treat 	30 Meatloaf Au Gratin Potatoes Winter Mix Veg. Peach Cobbler	31 Baked Potato Topped with Chili/Cheese Coleslaw Tropical Fruit

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.

# January Activity Calendar

1 Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 <b>CLOSED</b></p> 	<p>2</p> <p>10:00 Throwback Thursday 1:00 Bridge 1:00 Bunco NO Chair Yoga NO Hand &amp; Foot</p>	<p>3</p> <p>8:45 Bone Builders 9:30 Tick Card Game 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing NO Standing Yoga</p>
<p>6</p> <p>9:00, 10:30 &amp; 1:15 Bone Builders 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>7</p> <p>9:00 &amp; 2:45 Bone Builders 9:30 Advisory Committee Meeting 12:30 Wii Bowling 1:00 Bridge 1:00 "Chopped" Competition</p>	<p>8</p> <p>9:00, 10:30 &amp; 1:15 Bone Builders 10:00 The Elvis Mob 10:00 Grief Support 10:00 Poetry Group 11:30 Alzheimer's Caregiver Support 11:30 Senior Medicare Patrol 12:45 Bismarck Art Gallery 1:00 Pinochle 1:00 Whist 1:00 2x4 Bridge 1:30 Legal Services by Appointment <b>NO Bingo</b></p>	<p>9</p> <p>8:45 &amp; 1:15 Bone Builders 9:15 Volunteer Meeting 10:00 Chair Yoga 10:00 Throwback Thursday 12:15 Freight Train Todd Haugen 12:45 Hand &amp; Foot 1:00 Bridge</p>	<p>10</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>
<b>AARP TAX AIDE TRAINING</b>				
<p>13</p> <p>9:00, 10:30 &amp; 1:15 Bone Builders 9:30 Art with Nina 9:30 Tick Card Game 1:00 Pinochle 1:00 Senior Center Singers Practice</p> <p><b>6:00 pm Senior Club Dinner Dance at Eagles Club</b></p>	<p>14</p> <p>9:00 &amp; 2:45 Bone Builders 10:00 Art with Nicole 10:00 Gateway to Science 12:30 Wii Bowling 1:00 Bridge</p>	<p>15</p> <p>9:00, 10:30 &amp; 1:15 Bone Builders 10:00 AARP Chapter Mtg. 10:00 Low Vision Resource Group 10:00 Grief Support 1:00 Pinochle 1:00 Whist <b>NO Bingo</b></p>	<p>16</p> <p>8:45 &amp; 1:15 Bone Builder 10:00 American Bank Center 10:00 Chair Yoga 10:00 Computer Basics 12:45 Hand &amp; Foot 1:00 Bridge 1:00 Bunco NO Throwback Thursday</p> <p style="text-align: center;"><b>Bookmobile</b></p>	<p>17</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>
<b>AARP TAX AIDE TRAINING</b>				
<p>20</p> <p>9:00, 10:30 &amp; 1:15 Bone Builders 9:30 Tick Card Game 1:00 Pinochle 1:00 Duplicate Bridge 1:00 Senior Center Singers Practice</p>	<p>21</p> <p>9:00 &amp; 2:45 Bone Builders 10:30 Hearing Loss Support Group 12:30 Wii Bowling 12:30 AARP Fraud Fighters 1:00 Bridge</p>	<p>22</p> <p>9:00, 10:30 &amp; 1:15 Bone Builders 10:00 Poetry Group 10:00 Grief Support 1:00 Pinochle 1:00 Bingo 1:00 2x4 Bridge 1:00 Whist</p>	<p>23</p> <p>8:45 &amp; 1:15 Bone Builders 9:30 Prairie Sea Hearing 10:00 Home Helpers 10:00 Chair Yoga 10:00 Throwback Thursday 12:15 Karaoke with Milt Bradford 12:45 Hand &amp; Foot 1:00 Bridge 1:00 BCCA Meeting</p>	<p>24</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>27</p> <p>9:00, 10:30 &amp; 1:15 Bone Builders 9:30 Tick Card Game 1:00 Pinochle 1:00 Senior Center Singers Practice 1:00 Book Club 1:30 Pie Happy Hour</p>	<p>28</p> <p>9:00 &amp; 2:45 Bone Builders 12:30 Wii Bowling 12:30 Invisible Innocence 1:00 Bridge</p>	<p>29</p> <p>9:00, 10:30 &amp; 1:15 Bone Builders 10:00 Grief Support 10:00 Deep Ocean 1:00 Pinochle 1:00 Bingo 1:00 Whist</p>	<p>30</p> <p>8:45 &amp; 1:15 Bone Builders 10:00 Chair Yoga 10:00 Throwback Thursday 12:45 Hand &amp; Foot 1:00 Bridge</p>	<p>31</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>



## *Book Club*

The Book Club will be meeting on Monday, January 27, at 1:00 pm, in the Library. The book for discussion is *America's First Daughter* By Stephanie Dray (State Library).

This is a compelling, richly researched novel that draws from thousands of letters and original sources. It tells the fascinating, untold story of Thomas Jefferson's eldest daughter, Martha "Patsy" Jefferson Randolph. A woman who kept the secrets of our most enigmatic founding father and shaped an American legacy.

**February:** *The Curious Incident of the Dog in the Night-time* By Mark Haddon (State Library).

**March:** *Hotel on the Corner of Bitter & Sweet* By Jamie Ford (State Library).

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



# Health & Wellness

## 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.



## LINE DANCING

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



## BONE BUILDERS

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

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

Are you a family member or another adult providing ongoing, unpaid care for an adult or child with a special need?

If you experience an emergency or have a planned/unplanned event or crisis, there may be funding to assist with the cost of



## RESPITE CARE

Lifespan Respite Care Grant Service may offer funding for a short break for family caregivers who are experiencing events such as:

- Caregiver illness (physical, mental, emotional), hospitalization or death
- Illness of a loved one
- Ongoing medical care such as scheduled cancer treatments
- Medical appointments that require time away
- Funeral/wake
- Substance use disorder
- Fire/weather damage to caregiver/care recipient's home
- Caregiver/care recipient conflict
- Abuse/neglect prevention
- Risk of loss of employment



Contact a case manager, agency provider, or a professional who works with you and your loved one for assistance in applying for the respite care funding. They may contact the ADRL at 855-462-5465 to assist you in connecting to this service.

NORTH  
**Dakota** | Human Services  
Be Legendary.™

# AARP Offerings

## AARP TAX AIDE

AARP will be providing assistance with tax preparation at the Burleigh County Senior Center from February 1 through April 15, 2020.

Appointments are required for this service. To make an appointment, please call 701-751-4074 or go to [bismarcktaxes.setmore.com](http://bismarcktaxes.setmore.com). You will need to bring your tax documents, photo ID, social security card(s) and last year's tax return to your appointment.

Please do **NOT** call the Burleigh County Senior Center for appointments or information. We only provide the space for this valuable service.



## 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 January 15, at 10:00 am at the Burleigh County Senior Center.

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

## AARP: FRAUD FIGHTERS

Don't be a victim of a scam! New frauds and scams seem to crop up weekly. Identity theft and other scams rob millions of Americans of their hard earned money. Last year, Americans lost \$18 billion dollars to fraud and scams. In fact, every two seconds, a con artist steals someone's identity. AARP will be here on Tuesday, January 21, at 12:30 pm, to share the latest news and tips to protect yourself.

# 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. Sessions are scheduled for January 8, 15, 22 and 29.

*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, January 15 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, January 8, 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](http://bismarckseniorcenter.org) or [Facebook.com/BismarckSeniorCenterND](https://www.facebook.com/BismarckSeniorCenterND)

## **HEARING LOSS SUPPORT GROUP**

The Hearing Loss Support Group will meet on Tuesday, January 21 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, January 23, 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, January 8 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, January 16. 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, January 8 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, January 7 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, January 6

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 January 7, ONLY from 8:30 am to 12:00 pm. Please NO phone calls. For cancellations **ONLY**, you may call 255-1694 .

### Monday, January 13

6:00 pm Dinner Dance  
Eagles Club

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

### SENIOR CLUB OFFICERS

CHAIR– Quirina Schmidt

VICE CHAIR– Keith Cleveland

TREASURER– Herb Ritz

SECRETARY– Elaine Beyl

DIRECTORS– Cecelia Roehrich, Jane Anderson, and Mary Volk

## Golden Wing Club, Wing

January 1: Happy New Year! Closed (no meal)  
Annual Pinochle Party with potluck Lunch (1:00 - 4:00)

January 2, 9, 16, 23, 30 & 31(must have 6 people):  
Transit Bus to Bismarck for medical appointments and shopping.

January 3, 10, 17, 24 & 31: 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!

January 8: Casino Trip.

January 13: Health Maintenance Services available,  
for an appointment call 943-2490.

January 13: Golden Wing Club Meeting at 1:00 pm.

January 31: Transit Bus to Bismarck (if a minimum of  
6 people riding)

Noon meals are served Monday, Tuesday,  
Wednesday (Jan. - Mar.), Thursday and Friday.

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

Donuts available daily (individually or by dozen).

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

January 2, 9, 16, 23, 30 & 31: Transit to  
Bismarck for appointments and shopping.

January 8: Casino Day

January 15: Transit to Wing (noon meal).

January 30: Regular Monthly Meeting with  
noon potluck and or Senior Meals. 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

January 7: 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!



**Aleks (Aleksandra) Kostic**

It has been three years since Aleksandra started helping pack home delivered meals. She enjoys working with Deb, and her smooth assembly line operation makes it fun, no matter what! Aleksandra has lived in Serbia, Europe, Canada, and has worked for non profit organizations and as a free-lance translator for Academic Works. She and her husband arrived in the U.S. only four years ago. Volunteering at the Senior Center is a way to connect with the community, and at the same time, do some meaningful work. Harsh winters here take some adjusting to, same as the vastness of the green (and often white) prairie and blue skies. Exploring hiking trails around Bismarck helps her work on that adjustment. Her indoor hobbies include reading, watching movies and making polymer clay trinkets, panels and portraits. The Senior Center is a happy place where people socialize and participate in things that help them stay active and feel better. It is a privilege, and a joy, to participate in that!



**Home  
Delivered  
Meals**

**Bob & Arleen Bakken**

Bob and Arleen have been delivering meals for the Senior Center since May of 2015. When they are not volunteering, they enjoy dancing, walking, hiking and playing Dominoes. Bob previously worked for Puklich Chevrolet and Arleen worked in County & Federal offices and then part time in retail before she retired. They have four children and nine grandchildren. Bob and Arleen started coming to the Senior Center to get out and socialize and they enjoy visiting with the home bound people they deliver to.

**Thank you Aleksandra, Bob and Arleen, for serving others and giving your time to the Burleigh County Senior Center!**

## **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**

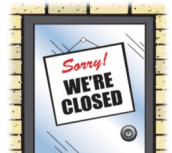
There will be a volunteer meeting on Thursday, January 9, at 9:15 am. We will go over proper glove usage; hand washing and general sickness prevention tips for winter. We will also discuss "Senior Space". A light breakfast will be served. Please plan to attend!

## **WELCOME NEW VOLUNTEERS**

Sharmaine Klein, Sarah Hanson, Eugene Farstad, Tana Pendergast, Mary Brucker, Kay Power, and Kathy Mills.

## **CLOSINGS**

The Burleigh County Senior Center will be closed January 1 for New Years Day.





# *Senior Space*



## ***Building a Vibrant Center***

Beginning January 1, we will be tracking your participation in activities and your volunteer hours on “Senior Space” instead of a paper activity sign in sheet or volunteer log. **Please scan in each time you are at the Senior Center!**

This system is EASY TO USE! Simply scan your key, touch your activity and/or record your volunteer hours and GO! There will be staff and volunteers available to assist you in this process until you are comfortable with it.

**We need your help!** If you have not completed a registration form, please stop by the Front Lobby Desk. When we receive your completed registration, we will issue a barcode key. Keys will be available for pick up a day or two after we receive your registration. We will show you how to use the system when you pick up your key.

Your patience and cooperation with this process is greatly appreciated! This new system will enable us to provide more accurate reports for community stakeholders, assist us with scheduling and tracking volunteer hours. Not to mention saving time by reducing paperwork!

# Thank You to Our Donors...

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

- HOWARD & KATHLEEN KOCH (In Memory of Betty Jo Zachmeier Peet)
- KAREN & JOEL ANDERSON (In Memory of Elverna Schlichenmeyer)
- KEITH CLEVELAND (In Memory of Hazel G. Cleveland)
- SANDI AXT (In Memory of Doris Potter)
- ADOLPH & CHRISTINE EMTER
- JUDITH J. WALKER



## 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, Jan. 9

Foot Care Clinic at St. Gabriel's

Monday, Jan. 13

Health Maintenance Clinic, Wing, ND

Thursday, Jan. 30

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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**315 North 20<sup>th</sup> Street**  
**Bismarck, ND 58501**

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City, State, Zip:	
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.