



THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

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Social Security Launches New Campaign to Fight Scammers

The Social Security Administration launched a new Public Service Announcement (PSA) campaign to continue warning people about the ongoing nationwide telephone impersonation scheme. The PSAs feature a message from Social Security Commissioner Andrew Saul. Social Security and its Office of the Inspector General (OIG) continue to receive reports about fraudulent phone calls from people falsely claiming to be Social Security employees. The scammers mislead victims into making cash or gift card payments for help with purported identity theft, or to avoid arrest for bogus Social Security number problems.

"I want every American to know that if a suspicious caller states there is a problem with their Social Security number or account, they should hang up and never give the caller money or personal information. People should then go online to oig.ssa.gov to report the scam call to Social Security," said Commissioner Saul.

People should also be on the lookout for a new version of this scam. Fraudsters are now emailing fake documents in attempts to get people to comply with their demands. Victims have received emails with attached letters and reports that appear to be from Social Security or the OIG. The letters may use official letterhead and government jargon to convince victims they are legitimate; they may also contain misspellings and grammar mistakes.

The new PSA addressing the telephone impersonation scheme is available online at www.youtube.com/socialsecurity.

Social Security employees do occasionally contact people--generally those who have ongoing business with the agency--by telephone for business purposes. However, Social Security employees will never threaten a person, or promise a Social Security benefit approval, or increase, in exchange for information or money. In those cases, the call is fraudulent and people should just hang up.

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Social Security Scams

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Generally, the agency mainly calls people who have recently applied for a Social Security benefit, someone who is already receiving payments and requires an update to their record, or a person who has requested a phone call from the agency. If a person is not in one of these situations, they normally would not receive a call from the agency. Social Security will not:

- * Tell you that your Social Security number has been suspended.
- * Contact you to demand an immediate payment.
- * Ask you for credit or debit card numbers over the phone.
- * Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.
- * Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- * Promise a Social Security benefit approval, or increase, in exchange for information or money.

If there is a problem with a person's Social Security number or record, in most cases Social Security will mail a letter. If a person needs to submit payments to Social Security, the agency will send a letter with instructions and payment options. People should never provide information or payment over the phone or Internet unless they are certain of who is receiving it.

PROTECT, DETECT, REPORT

Be aware! There are many scams targeting older adults!

Never give out personal information over the telephone.

If you suspect Medicare fraud, call ND SMP at 800-233-1737 or 701-858-3580.

For non-Medicare fraud issues, contact the North Dakota Attorney General's Office at 800-472-2600.

Saturdays at the Senior Center OPEN 9 am - 1 pm

The Burleigh County Senior Center will be open Saturdays February 1 through April 4. Participants are welcome to come in to play cards, play billiards, use the Fitness Room, or participate in any of our daily activities. Lunch will be served at 11:30 am. We will also have the Senior Center Shuttle available for those needing transportation. Please make your lunch and/or shuttle reservation no later than 2:00 pm the Friday before. You may sign up at the reservation desk or by calling 258-9276.

MENU

Mar 07: Baked Potato Bar
Mar 14: Soup Du Jour/Sandwich
Mar 21: Taco Salad Bar
Mar 28: Soup Du Jour/Sandwich

**March 7: Bunco Tournament - 9:00 am (South Conference Rm)
Route 66 Time Slips with Lisa - 9:30 am (Library)
Lets Dance Performance - 10:30 am (Dining Rm)**

March 14: Music with Colleen Reinhardt - 10:00 am (Dining Rm)

**March 21: Route 66(Parts 5 & 6)- 10:00 am (South Conference Rm)
Bunny Gourds with Alice Berning - 9:15 am
(Arts & Craft Rm, \$5 Suggested Donation)**

March 28: Learning to Make Noodles- 9:00 am (Dining Rm)

Celebrate Your Inner Artist!

ART FROM THE HEART WITH NINA

Join Nina Loeks on Monday, March 9, at 9:30 am, as she leads us in creating a beautiful shamrock 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, so sign up early!



CRAFTY CREATIONS WITH TANA: EASY TABLE RUNNER

Join Tana on Monday, March 16, at 12:30 pm, as she shows us how to make a simple table runner for Easter. Tana will bring all the necessary supplies needed for this project. There is a suggested donation of \$3 that is non-refundable. Please make your donation when you sign up at the Office.

ART WITH NICOLE: DRAWING WITH PENCILS

Nicole Gagner, ND Council of the Arts, will be here Tuesday, March 10 at 10:00 am, to share techniques on drawing with pencils. Drawing with pencil is an art form that you can jump into at any age. It requires very few supplies and isn't hard to learn! You'll be amazed at how easy it is to make your first pencil drawing with Nicole's guidance.

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



BUNNY GOURDS WITH ALICE BERNING

Join Alice on Saturday, March 21, at 9:15 am, as she leads us in making bunny gourds. The suggested donation is \$5 and is non-refundable. Please make your donation when you sign up at the Office.

Lifelong Learning

MEMORIES IN A QUILT WITH BOBBI BROTTON

Not only are quilts beautiful, but many quilts come with a story. Bobbi will be here Wednesday, March 4 at 10:00 am, to share such a story about a quilt. Each piece is made with love. Please feel free to bring a quilt of your own that holds special memories for you.

CELTIC MYTHS & SPLENDORS

The country of Ireland has many stories to tell, and some of them are true! On Tuesday, March 10 at 12:30 pm, we will venture around this amazing island to experience the amazing splendors. We will begin this program as the dawn sun of the winter solstice illuminates. Join us for this interesting program.

LADIES BREAKFAST: SELF DEFENSE WITH OFFICER CATIE HORN

Officer Catie Horn will join us for a Ladies Breakfast Thursday, March 12 at 8:30 am. Catie will share information and tips, and demonstrate self-defense for seniors. Join us and learn how you can strengthen yourself, be more prepared and feel secure. An EggBake, biscuit and fruit will be served. The suggested donation is \$5 and is non-refundable. Please make your donation when you sign up at the Office.

ND FAMILY CAREGIVER SUPPORT PROGRAM

Tiffany Krum from Northland Care Coordination will be here Wednesday, March 11 at 10:00 am, to share information about the ND State Family Caregiver Support program. This program supports family caregivers providing care for individuals age 60 or older; family caregivers providing care for individuals with Alzheimer's disease and related disorders, regardless of age; or grandparents and other relative caregivers (not parents) 55 years of age and older providing care to children under age 18; or grandparents, parents, and other relative caregivers 55 years of age and older providing care to adults ages 18-59, with disabilities, to whom they are related by blood, marriage, or adoption. Come learn about the opportunity for respite through this state funded program.

QUALITY SERVICE PROVIDERS

On Tuesday, March 10 at 10:00 am, ND Department of Human Services staff will be providing information about Qualified Service Providers (QSP). QSP's are family, friends or others who help with provide services for those who qualify for home and community based services.

GREAT IRISH JOURNEYS

Join Martha Kearney on Tuesday, March 17 at 10:00 am, as she follows the footsteps of Irish artist and geologist, George Victor Du Noyer. This series takes the viewer on a comprehensive walk of the island and unlocks the story of Ireland's hidden landscapes. We will see how the country looked during the early 19th Century, a period of huge change (video).

AMERICAN BANK CENTER: FINANCIAL MANAGEMENT

Lyn Moody, Branch Manager of Consumer Banking and Loans, from American Bank Center will present an informative session on banking and financial management on Thursday, March 26 at 10:00 am. Financial management is important for those on a fixed income. Join us for this opportunity to get first hand information from experienced bankers.



CURIOSITY STREAM PROGRAMS

LIGHTS IN THE ABYSS

Monday, March 2 at 12:30 pm

Join Dr. David Attenborough as he takes us deep in the ocean to view the first footage of a live giant squid. We will also see amazing life forms with luminous bodies that have survived the harsh, pitch-dark deep sea environment of the Pacific Ocean.

ROCK THE PARK ALASKA & CRATERS OF THE MOON

Monday, March 30 at 12:30 pm

We will join Jack and Colton on a trip to Denali and Aniakchak in Alaska and then to Craters of the Moon in Idaho. These programs are full of fun and adventure. We will see wildlife and breathtaking scenery.

Become a Techy!

COMPUTER BASICS

Vicki Laraway, from the ND Center for Independent Living, will be here on Thursday, March 19, 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, please sign up early at the Office, or call 255-4648.



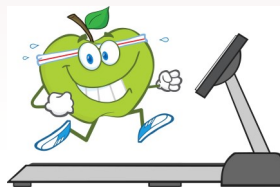
Save the Dates

**Thursday, April 2
Easter Meal/Bake Sale**



**Thursday, April 30
(Evening)
Volunteer Appreciation Celebration**

WE  OUR VOLUNTEERS



**Tuesday, May 5
Health & Learning Day**

Friday's at the Movies!

Mar. 6 - Judy: This film, set in late 1968 and early 1969, shows Judy Garland (Renée Zellweger) hustling in Swinging London after she successfully secures a five week engagement in Talk of the Town. Behind the scenes, she battles her own management and prepares to fight her ex-husband and ex-manager, Sidney Luft (Rufus Sewell), in court for custody of their children. Despite this period of her life being tumultuous, Garland is able to find love once again. This time in the arms of Mickey Deans (Finn Wittrock).



Mar. 13 - Troop Zero (Grandchildren's Day): In rural Georgia in 1977, a group of elementary school misfits, led by spunky outcast Christmas Flint, join forces to infiltrate the high and mighty Birdie Scouts youth group in order to win a talent show. The winning Birdies will earn the right to have their voices included on the Voyager Golden Record, which Christmas believes will be heard by her deceased mother, if they can just win the show (starring Allison Janney and Jim Gaffigan).

Mar. 20 - Second Hand Lions: A boy named Walter is dropped by his mother Mae at his great-uncles' house. Later, Walter will find out his great-uncles' big secret, and rumors say that Hub and Garth (Robert Duvall and Michael Caine), Walter's great-uncles, have stolen a lot of gold and money. Some say they stole it from Al Capone. Did they really steal that money or not?

Mar. 27 - A Beautiful Day in the Neighborhood: Two-time Oscar winner, Tom Hanks, portrays Mister Rogers in *A Beautiful Day in the Neighborhood*, a timely story of kindness triumphing over cynicism. Based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod.

Just for Fun!

FOUR BEARS CASINO TRIP

On Tuesday, March 31, we will leave the Senior Center at 7:30 am sharp! 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 back at the Burleigh County Senior Center by 5:00 pm. Cost is **\$30.00** per person. Payment must be made and the "Day Trip" form must be completed to be registered for this trip. **Please park on the South side of parking lot when you come for this trip.**

MEALS & MELODIES

In the Dining Room at 12:15 pm:

Thursday, March 5 - Jim Geiger

Thursday, March 19 - Darrel Brackel



PIE HAPPY HOUR

Pie Happy Hour will be changing to every other month! The next Pie Happy Hour will be April 27, at 1:30 pm. Fruit of the Forest pie, ice cream and coffee for \$2.00!



ANY CHANGES?

Have you moved? Has your address changed? If so, please let us know, so we can update our records!

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. 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 March 18, at 10:00 am at the Burleigh County Senior Center.

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

March Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Parmesan Crusted Chicken Garlic Mashed Potatoes Corn Fresh Apple Slices with Caramel Sauce	3 Stuffed Pepper Mashed Potatoes Sicilian Blend Veg. Peaches with Blueberries	4 Roast Beef with Gravy Baked Potato with Sour Cream CA Normandy Veg Fresh Orange Assorted Fresh Cookies	5 BBQ Ribs Twice Baked Potato Green Beans Orange Gelatin with Mixed Fruit	6 Manicotti with Marinara Sauce OR Meat Sauce Italian Blend Veg. Marinated Veg. Salad Diced Pears Garlic Toast
9 Cabbage Roll Soup Ham/Cheese Sandwich Carrots and Celery with Ranch Apricot with Cottage Cheese	10 Baked Chicken Creamed Potatoes Garden Blend Veg. Fresh Apple	11 Meatloaf Garlic Mashed Potatoes Winter Mix Veg. Tapioca Pudding with Pineapple	12 Marinated Pork Loin Sweet Potatoes Wax Beans Diced Peaches	13 Baked Cod Cheesy Hashbrown Bake Roasted Beets Dark Sweet Cherries
16 Baked Chicken Leg Baked Potato with Sour Cream Roasted Brussel Sprouts Strawberry Applesauce	17 Shepherd's Pie with Mashed Potatoes, Peas, Carrots, Corn & Green Beans Green Jello Desert with Fruit Cocktail 	18 Sausage with Sauerkraut and Spatzle Dumplings Broccoli Fresh Apple Slices with Caramel Sauce	19 Swedish Meatballs Mashed Potatoes with Gravy Peas with Pearl Onions Fresh Banana Pudding Dessert	20 Pasta Primavera with or without Chicken Rotini Noodles Chef Blend Veg. Side Salad with Assorted Dressing Pear Halves with Cranberry Sauce Garlic Toast
23 Creamy Chicken and Dumplings with Potatoes, Peas, and Carrots Coleslaw Apricots	24 Salisbury Steak Baked Potato with Sour Cream Malibu Blend Veg. Berry Blend with Vanilla Yogurt	25 Pork Roast Mashed Potatoes with Gravy Prince Edward Veg. Fresh Banana Ice Cream Treat 	26 Meat Lasagna Italian Blend Veg. Marinated Veg. Salad Lemon Fruit Salad Garlic Toast	27 Lemon Pepper Tilapia Broccoli and Cheddar Rice Cucumber, Tomato & Onion Salad Fresh Orange
30 Broccoli Cheddar Wild Rice Soup Turkey BLT Sandwich Tomato Slices Fresh Apple	31 Beef Pot Pie Topped with Stuffing Country Style Veg. Tapioca Pudding with Peaches	<div>Menu subject to change without notice.</div> <div> SATURDAYS Mar. 07 - Baked Potato Bar Mar. 14 - Soup & Sandwich Du Jour Mar. 21 - Taco Salad Bar Mar. 28 - Soup & Sandwich Du Jour </div>		

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.

March Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 Stretch Class 12:30 Lights in the Abyss 1:00 Senior Club Meeting 1:00 Pinochle 1:00 Duplicate Bridge 1:00 Senior Center Singers Practice	3 9:00 & 2:45 Bone Builders 9:30 Advisory Committee Meeting 12:30 Wii Bowling 1:00 Bridge	4 9:00,10:30 & 1:15 Bone Builders 10:00 Memories in a Quilt 10:00 Grief Support 1:00 Pinochle 1:00 Bingo 1:00 Whist	5 8:45 & 1:15 Bone Builders 9:15 Annual Volunteer Meeting 10:00 TV From Days Gone By 10:00 Chair Yoga 12:15 Jim Geiger 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco	6 8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing Saturday 7 9:00 Bunco Tournament 9:30 Route 66 Time Slips 10:30 Let's Dance Studio
9 9:00,10:30 & 1:15 Bone Builders 9:30 Art with Nina 9:30 Tick Card Game 1:00 Walking with Leslie Sansone 1:00 Pinochle 1:00 Senior Center Singers Practice 6:00 pm Senior Club Dinner Dance at Eagles Club	10 9:00 & 2:45 Bone Builders 10:00 Quality Service Providers (QSP) 10:00 Art with Nicole 12:30 Wii Bowling 12:30 Celtic Myths & Splendors 1:00 Bridge	11 9:00,10:30 & 1:15 Bone Builders 10:00 ND Family Caregiver Support 10:00 Grief Support 10:00 Poetry Group 11:30 Alzheimer's Caregiver Support 11:30 Senior Medicare 1:00 Pinochle 1:00 Whist 1:00 2x4 Bridge 1:30 Legal Services by Appointment 1:00 Bingo	12 8:30 Ladies Breakfast Self Defense with Officer Catie Horn 8:45 & 1:15 Bone Builders 10:00 Chair Yoga 10:00 TV From Days Gone By 12:45 Hand & Foot 1:00 Bridge Bookmobile	13 8:45 Bone Builders 9:30 Tick Card Game 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing NO Standing Yoga Saturday 14 10:00 Music with Colleen Reinhardt
16 9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 Stretch Class 12:30 Crafty Creations with Tana 1:00 Pinochle 1:00 Duplicate Bridge 1:00 Senior Center Singers Practice	17 9:00 & 2:45 Bone Builders 10:00 Great Irish Journeys 10:30 Hearing Loss Support Group 12:30 Wii Bowling 1:00 Bridge	18 9:00,10:30 & 1:15 Bone Builders 10:00 AARP Chapter Meeting 10:00 Low Vision Resource Group 10:00 Grief Support 1:00 Pinochle 1:00 Whist 1:00 Bingo 1:00 A Visit with Dr. Joel	19 8:45 & 1:15 Bone Builders 10:00 Wellness Challenge 10:00 TV From Days Gone By 10:00 Chair Yoga 10:00 Computer Basics 12:15 Darrel Brackel 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco 1:00 BCCA Meeting	20 8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing Saturday 21 9:15 Bunny Gourd Making 10:00 Route 66-Parts 5 & 6
23 9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 1:00 Walking with Leslie Sansone 1:00 Pinochle 1:00 Senior Center Singers Practice	24 9:00 & 2:45 Bone Builders 10:00 Aging Changes in Our 5 Senses 12:30 Wii Bowling 1:00 Bridge	25 9:00,10:30 & 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	26 8:45 & 1:15 Bone Builders 9:30 Prairie Sea Hearing 10:00 American Bank Center 10:00 Chair Yoga 10:00 TV From Days Gone By 12:45 Hand & Foot 1:00 Bridge 1:00 Renewals & New Beginnings	27 8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing Saturday 28 9:00 Noodle Making
30 9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 12:30 Rock the Park Alaska & Craters of the Moon 1:00 Pinochle 1:00 Senior Center Singers Practice 1:00 Book Club NO Pie Happy Hour	31 7:30 Four Bears Casino Bus Trip 9:00 & 2:45 Bone Builders 12:30 Wii Bowling 1:00 Bridge			

Book Club

The Book Club will be meeting on Monday, March 30, at 1:00 pm, in the Library. The book for discussion is *Hotel on the Corner of Bitter & Sweet* By Jamie Ford (State Library).

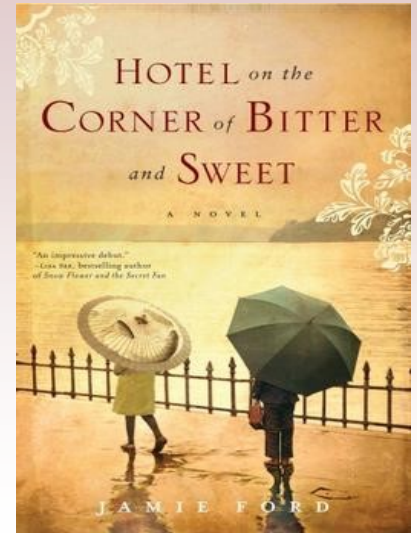
Hotel On The Corner Of Bitter and Sweet is a love and history novel by author Jamie Ford. The story is a diary of the main protagonist Henry Lee, the story consists of two parallel storylines with one following Henry's childhood during the Second World War, and the other showing Henry as a grown man who is married and has a son.

April: *Color Blind* By Tom Dunkel (State Library).

May: *Hilliby Elligy* By JA Vance (Bismarck Public library).

June: *Abercrombie Trail* By Candac Simar (State Library).

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



Health & Wellness

NEW! STRETCH CLASS

Ease your stiff joints and improve flexibility with these simple stretch classes on Monday, March 2 and March 16 at 10:00 am. A more flexible body means you will have a greater range of motion in your joints, which makes it easier to move! This is an easy to follow DVD.

NEW! WALKING WITH LESLIE SANSONE

Leslie Sansone is the foremost authority on fitness walking. She has developed several walking DVD's. We will have walking classes on March 9 and March 23 at 1:00 pm, where we will do the One Mile Walk and the Two Mile walk, right in the fitness room. You can participate in one or both walks! Wear comfortable shoes.

AGING CHANGES IN OUR 5 SENSES

On Tuesday, March 24 at 10:00 am, Physical Therapist Amber Wahl, Occupational Therapist Katie Hagen and Speech & Language Therapist Collette Sundt, from Edgewood, will share ways to keep your quality of life, even with diminished senses. As you age, the way your senses (hearing, vision, taste, smell, touch) give you information about the world changes. Your senses become less sharp, and this can make it harder for you to notice details. Sensory changes can affect your lifestyle. Sensory changes can lead to isolation if you feel you can't hear or see. Your senses receive information from your environment. This information can be in the form of sound, light, smells, tastes, and touch.

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.

Chair Yoga: March 5 & 26 - Marlene
March 12 & 19 - Bonny

Standing Yoga: March 6, 20 & 27 (not 3/13) - Jessica



WELLNESS CHALLENGE

Join us for our monthly Wellness Challenge meeting on Thursday, March 19 at 10:00 am. We will watch a 6 minute video on Improving Balance. Then, Mandy Slag, ND State Injury Prevention Program Director will be here to share information about the Stepping On program. Stepping On is a national program that has been researched and proven to reduce falls in older people. We host this program every other year.

It's not too late to join! Come to our March 19 meeting or stop by the Admin office! Each month we will focus on different aspects of wellness and fitness. This year's Wellness Challenge will provide you the opportunity to set monthly goals to improve your lifestyle. Attend monthly Wellness Challenge meetings for a chance to win the popular 'reserved parking space.' Participate in at least six months of the Wellness Challenge and you will be eligible to be in the grand prize drawing in December.

RENEWALS & NEW BEGINNINGS WITH PASTOR LEEANN SIMMONS

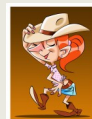
Join First Presbyterian Pastor, Leeann Simmons, on Thursday, March 26 at 1:00 pm, as she discusses how the season of spring can bring forth new beginnings. There is beauty in each new day; new ways to strengthen our spirituality. Pastor Leeann will share an inspiring message to help us on our journey to feeling renewed.

A VISIT WITH DR. JOEL

Dr. Joel will be here on Wednesday, March 18 at 1:00 pm, to share information on improving balance. If you have good balance, you significantly decrease your chances of falling. Dr. Joel will show us some easy exercises that can improve your balance.

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 Rm.



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!

Health & Wellness

FITNESS ROOM I 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

We now have two fitness rooms — Fitness Room I and Fitness Room II.

Fitness Room II is available for all Burleigh County Senior Centers participants. Please feel free to use this room anytime. There are two exercise bikes for your use, as well as exercise videos.

Exercise videos include: Zumba Gold, Chair Yoga, Laughter Yoga, Wii Games, FitDeck Stretch, FitDeck Senior, Tai Chi Chih, ROM Dance, Armchair Gentle Exercises, Stretch Class, Leslie Sansone, Walking One Mile and Two Miles DVD.

Use the Fitness Room II as your starting point for the Walking Track. Walk laps in the hallways around the Dining Room (**20 laps = 1 mile; 10 laps = 1/2 mile; 5 laps = 1/4 mile**).

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 March 4, 11, 18 and 25.

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, March 18 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, March 11, 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, March 17 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, March 26, 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, March 11 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, March 12. Books are checked out and returned there in 25 days. You may 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 March 11 and 25, in the Library.

SENIOR MEDICARE PATROL

Eunice Meidinger from Senior Medicare Patrol, will be available in the Dining Room on Wednesday, March 11 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, March 3 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, March 2

1:00 pm Senior Club Meeting
Burleigh County Senior
Center Library
(All are Welcome)

Reservations for the Dinner Dance must be made IN PERSON at the Burleigh County Senior Center on March 3, ONLY from 8:30 am to 12:00 pm. Please NO phone calls. For cancellations **ONLY**, you may call 255-1694 .

Monday, March 9

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

March 4: Casino Trip (need a minimum of 6).

March 5, 12, 19, 26 and 27 (if a minimum of 6 people riding): Transit Bus to Bismarck for medical appointments and shopping.

March 6, 13, 20 & 27: 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!

March 8: Daylight Savings Time Begins - Don't forget to turn your clocks ahead one hour!

March 9: Health Maintenance Services available, for an appointment call 943-2490.

March 9: Golden Wing Club Meeting at 1:00 pm.

March 17: Happy St. Patrick's Day!

March 19: First day of Spring!

Noon meals are served Monday, Tuesday, Wednesday (Jan. - Mar.), Thursday and Friday. April 1, we will return to Wednesday evening meals at 6:00 pm.

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

March 4: Casino Trip (need a minimum of 6 people).

March 5, 12, 19 & 27: Transit to Bismarck for appointments and shopping.

March 17: Happy St. Patrick's Day!

March 18: Transit to Wing (noon meal).

March 26: Regular Monthly Meeting with noon potluck and/or Senior Meals.

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

March 3: 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!



Judy Kay Gamble

Judy has been volunteering at the Senior Center since December of 2018. Her volunteer duties include tracking activities, helping with caramel rolls, table washing and distributing popcorn during the movie matinee. When Judy is not at the Senior Center, you can find her lounging in her favorite chair with one or more of her three cats and her kindle. Judy worked at the Motor Vehicle Department for 14 years and also took care of her legally blind father. She has three sons and four grandsons. Judy started coming to the Senior Center for foot care, then for meals and to socialize. After her father passed away, she needed to get out of the house and volunteering makes her feel useful again!



Kelly Goebel

Kelly has been delivering meals for the Senior Center since December of 2015. Kelly's grandparents, John and Mary Vetter, enjoyed coming to the Senior Center and volunteering as well. She thought it would be great to donate her time as they did. In her spare time, she enjoys reading, gardening, taking care of the horses, spending time with her husband and two children and being outdoors. Kelly grew up in Bismarck and is the oldest of five children. She and her husband moved out of state for six years while they were in graduate school. When they moved back with their two children 11 years ago, she became a stay at home mom. She could not imagine being anywhere else! She enjoys working with Deb, the HDM Coordinator, and loves delivering meals to all the people on her route. Her favorite time is when her two teenage children join her!

**Home
Delivered
Meals**

Thank you Judy and Kelly, for giving your time and continuing to serve others at the Burleigh County Senior Center!



ANNUAL VOLUNTEER MEETING

All volunteers should attend this annual training on Thursday, March 5 at 9:15 am. We will review BCSAP rules and regulations, as well as our policies. Please plan on attending! Breakfast will be served.

CRAFTY LADIES

The Burleigh County Senior Adults Program would like to extend a "Special Thank You" to Freida Heiser and Betty Moen. These ladies have been hard at work making caps, mittens and scarves; donating their time. The items were distributed to local schools, the Public Library, United Tribes and the Salvation Army. Well done, ladies!

**Freida
Heiser**



**Betty
Moen**

VOLUNTEER OPPORTUNITIES

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

- Home Delivered Meal (HDM) Packers
- HDM Drivers
- Registration Desk
- 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 VOLUNTEERS

Hailey Jose (Bismarck High School student), Reagan Spomer (Century High School student), & Katie Paquette (University of Mary student).

Policy Reminders

BUILDING A VIBRANT CENTER

Thank you to those who are signed up and using Senior Space! Please continue to scan in each time you are at the Senior Center.



If you have not yet signed up, please stop by the Front Lobby Desk to do so.

Your patience and cooperation 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.

POLICY REMINDERS:

- **Personal Hygiene:** All Senior Center participants are required to maintain a clean, well-groomed appearance. Participants whose body or clothing is dirty or has an offensive odor resulting from personal hygiene problems will be asked to leave and not return until the issue is resolved. Please be considerate when wearing cologne, perfume, and strongly perfumed lotions as many people have allergies to them.
- **Behavior:** All participants are expected to behave in a manner that is considered reasonable and does not infringe on the enjoyment of others. Please treat one another with courtesy and respect. This includes: refraining from using insulting, abusive, and/or derogatory language; treating property and equipment with respect; and dressing appropriately, including footwear. Harassment (bullying) toward any person will not be tolerated.
- For more information on the policies of the Burleigh County Senior Center and meal sites, please see the Admin office.

Thank You to Our Donors...

**We sincerely thank the following
individuals and/or businesses for their generous donations:
(Listed donations were received between Jan. 1, 2020 and Jan. 31, 2020.)**

- STEVE & LAVON DELZER
- LINDA ENGELMAN & FAMILY (In Memory of Larry Engelman).
- DENNIS & CHARLENE PRINDIVILLE (In Memory of Larry Engelman).
- DELLA KOSKI (In Memory of Jim Zoller).
- JERRY & ANN BUCHOLZ



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, March 5

Foot Care Clinic at St. Gabriel's

Monday, March 9

Health Maintenance Clinic, Wing, ND

Thursday, March 26

8:30 - 10:30 am Blood Pressure
Fasting Blood Sugar Screenings
(No appointment necessary.)

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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Bismarck, ND 58501

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Please make checks payable to BCSAP.

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