

THE

SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 6 June 2020

Frauds Related to COVID-19 (from Senior Medicare Patrol)

Following are a few of the current frauds related to the COVID-19:

COVID-19 Prevention Pill and Cure: This scam solicits investments in a company that pushes pills and cures, claiming they can cure patients within two to three days. A scammer posted a video on an Instagram account showing himself taking the pill and then walking into an area with COVID-infected individuals stating that he would not get the virus.

Coronavirus Medical Kit: Operators of a fraud scheme, as published on their website, offered consumers access to World Health Organization (WHO) vaccine kits in exchange for a shipping charge of \$4.95, which consumers paid by entering credit card information on the website. Understandably, Americans are desperate to find solutions to keep their families safe and healthy. Fraudsters are seeking to profit from fear and uncertainty by defrauding consumers and committing identity theft.

Virus Pesticide: A company claimed that it could reduce the risk of COVID-19 infections in public spaces with the new generation of fungicide which reduces transmissions by 90%. Upon investigation, it was found that the fungicide was being imported from Japan and was illegal to distribute in the U.S.

Covid19/Genetic Testing: A company marketing medically unnecessary genetic testing schemes saw the pandemic as an opportunity to expand on the existing scam, capitalizing on people's fears and using the national emergency for financial gain. The tests were bundled with expensive respiratory pathogen panels with the company receiving kickbacks on a per-test basis. The company marketed the hard to obtain COVID-19 tests, conspiring to bilk citizens of a valuable resource that was in high demand by the medical community.

Reporting Medicare Fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-800-233-1737 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

What's Happening

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Crossword Puzzle

ACROSS

- 1 Ruler of Tunis
- 4 Today (Ital.)
- 8 Part of QED
- 12 Soft drink
- 13 Stir up
- 14 Geophagy
- 15 Nat'l
Endowment for
the Arts (abbr.)
- 16 Togs
- 17 Org. or
Petroleum
Exporting
Countries
(abbr.)
- 18 Net
- 20 Genetic letters
- 21 Like (suf.)
- 22 Turk. inn
- 25 Friend of
Pythias
- 28 Hebrew letter
- 29 I (Ger.)
- 30 Frenzied
- 31 Wolframite
- 32 Jackfruit
- 33 Illness

- 34 Grab
- 35 Germanic gods
- 36 Goal
- 38 Old-Eng.
jurisdiction
- 39 Beak
- 40 Ram
- 44 Cushitic lang.
- 46 Breathe rapidly
- 47 Proportional
shoe width
- 48 Danube
tributary
- 49 Pueblo Indian
- 50 Possessed
- 51 Dutch painter
- 52 Afghan title
- 53 Environmental
Protection
Agency (abbr.)

DOWN

- 1 Nemesis
- 2 Earthly paradise
- 3 Votes
- 4 Decree

- 5 Squash
- 6 Fr. author
- 7 Fr. pronoun
- 8 Goddess of
horses
- 9 Growing by a
riverbank
- 10 Unit
- 11 Tactical Air

Answers on Page 16.

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19					20				
			21				22				23	24
25	26	27				28				29		
30					31				32			
33				34				35				
36			37				38					
		39				40				41	42	43
44	45				46					47		
48					49					50		
51					52					53		

- 5 Command
(abbr.)
- 6 Fr. author
- 7 Fr. pronoun
- 8 Goddess of
horses
- 9 Growing by a
riverbank
- 10 Unit
- 11 Tactical Air
- 19 Cozy retreat
- 20 Dept. of Motor
Vehicles
(abbr.)
- 22 Adjective-
forming (suf.)
- 23 Geological
epoch
- 24 Asian desert
- 25 Foolish
- 26 E. Indian
tanning tree
- 27 Sad
- 28 Flap
- 31 Grimalkin
- 32 Male person
- 34 Pen point
- 35 Physician
- 37 Scand. people
- 38 Branch of
Muslim
- 40 Heddles of a
loom
- 41 US dam
- 42 Eucalyptus
secretion
- 43 French art
group
- 44 Kilometers per
hour (abbr.)
- 45 Military macaw
- 46 School
organization
(abbr.)

The Lighter Side

Wake-Up Call

Bernard, who is noted for his gracious manners, was awakened one morning at 4:40 a.m. by his ringing telephone.

“Your dog’s barking, and it’s keeping me awake!” yelled an angry voice. Bernard thanked the caller and politely asked his name and number before hanging up.

The next morning at precisely 4:40 a.m., Bernard called his neighbor back and said, “Good morning, Mr. Williams. I just called to say that I don’t have a dog.”

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A Nickle or a Dime

There was a little fellow named Junior who hung out at the local grocery store. Some other boys who also frequented the store like to tease Junior who they thought was a little dense.

To prove it, sometimes the boys offered Junior his choice between a nickel and a dime. Without fail, he always took the nickel.

One day after Junior grabbed the nickel, the store manager took him off to one side and said, “Junior, those boys are making fun of you. They think you don’t know the dime is worth more than the nickel. Are you grabbing the nickel because it’s bigger, or what?”



Junior said, “No, sir. You see, if I took the dime, they’d quit doing it!”

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TV Cop Quiz

1. The TV series *Peter Gunn* debuted in 1958. Craig Stevens played Peter Gunn, “the guy who was tough enough to win over the mob, the cops, and the critics.” Who played the role of Edie Hart, the sultry blonde Peter could not resist?
2. Dum da Dum, dum. *Dragnet!* “This is the City!” What was Sergeant Joe Friday’s badge number?
3. *Cagney and Lacey* led the way into women in law enforcement. What were the first names of these wonderfully complex detectives?
4. *Starsky and Hutch* were two of the coolest undercover cops in town. They joined forces to solve the toughest cases, battling the hard-nosed Captain Doherty to fight crime in their own unconventional way. With the assistance of the irrepressibly hip Huggy Bear, they got the bad guys, every time. What were the names of the actors in this fast-paced series?
5. *Mannix* was a popular TV show that aired from 1967 to 1973. Who was the show’s star and who played Mannix’s secretary, a policeman’s widow, fondly known as “The Queen of the Background Check?”
6. *Baretta*, a show about an undercover cop, aired in the 1970’s. The star was Robert Blake, who is still making news today. What was the name of Baretta’s bird?
7. Can you name three actors who have played Detective Andy Sipowicz’s partner on the long-running show *NYPD Blue*?
8. The *Rockford Files* ran from September 1974 to July 1980. Can you name three of the show’s stars?
9. Robert Wagner starred in three TV series. One of them co-starred Stephanie Powers. Can you name the series, in which Wagner and Powers played husband and wife sleuths?
10. In the series *Remington Steele*, who played Remington, and who played Laura Holt?

If you scored:

8-10 correctly: You are ready to help Cagney and Lacey solve their next homicide case.

6-8 correctly: Huggy Bear will loan you a hat.

4-6 correctly: Peter Gunn is investigating.

1-3 correctly: You will never, ever be called upon to wear a badge.

0 correctly: Bad cop. No donut.

- Answers:
1. Lola Allbright played the brassy blonde with a heart of gold and a soft spot for Peter Gunn.
 2. Joe Friday, underplayed by Jack Webb, wore badge number 714. “Just the facts, Ma’am.”
 3. Christine Cagney (happily single) was portrayed by several actresses, but most memorable was Sharon Gless. Tyne Daly’s portrayal of Mary Beth Lacey (married with children) was unforgettable. Cagney & Lacey was the first TV crime show in which the two central characters were female.
 4. Streetwise Dave Starsky, played by volatile Paul Michael Glaser with David Soul in the role of soft-spoken Ken Hutchinson put this TV crime/adventure show at the top of the ratings. Bernie Hamilton was Captain Harold Doherty and Antonio Fargas was the irrepressible Huggy Bear. Many fans watched the show just to see what Huggy Bear would wear next.
 5. Darkly handsome Mike Connors starred as Mannix with Gail Fisher as his secretary, Peggy Fair. Without Peggy, Mannix would have never solved all those crimes.
 6. FRED!!!
 7. First was David Caruso (Det. John Kelly). Caruso left the show for bigger and better things only he could see. (He now stars as Horatio Kane in the CSI spin-off CSI-Miami.) Then came Jimmy Smits (Det. Bobby Simone). Bobby journeyed to the big precinct in the sky after a heart transplant. Rick Schroder (Det. Danny Sorenson) was murdered during an undercover operation at a strip club. Mark-Paul Gosselaar is at the present, Sopowitz’s partner. Through thick and thin, these two have managed to stay together. But you never know...
 8. Jim Rockford: James Garner; Joseph “Rocky” Rockford: Noah Beery, Jr.; Det. Dennis Becker: Joe Santos; Evelyn “Angel” Martin: Stuart Margolin.
 9. The series was *Hart to Hart*.
 10. Remington Steele: Pierce Bronson; Laura Holt: Stephanie Zimbalist.

Legal Services



Legal Services of North Dakota is available to help during these difficult times. Their office continues to assist North Dakota Residents with their legal needs.

If you, or someone you know, is needing assistance with a legal matter, please contact their Central Intake office.

Call 1-866-621-9886 (Monday—Thursday from 8:00 am to 5:00 pm and Friday from 8:00 am to 2:00 pm), or visit their website and/or apply online at www.legalassist.org. They are not scheduling office meetings, but can arrange communication via phone, email and other means of technology.

Trivia

Name the President:

1. “Speak softly, and carry a big stick.”
2. Five-star general
3. War of 1812
4. Two non-consecutive terms in office
5. Great Depression
6. 33rd governor of California
7. 40th & 42nd governor of Arkansas
8. No prior elected office
9. Commanding general of the Union Army
10. First Vice President of the United States

Answers on Page 16.

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Art for Life-Weatherlore of the Northern Great Plains

Goose Bone:

To read the coming winter of any year, take the breast bone of a goose hatched during the previous spring. The bone is translucent and will be colored and spotted. If the bone is dark in color and full of heavy spots, a cold winter is to be expected. If the spots are light in shade and transparent, wet weather, rain, or snow may be looked for. Also, there's a jingle about the goose bone:

If the November goose bone be thick,
So will the winter weather be.
If the November goose bone be thin,
So the winter weather be.

-Parshall ND (1986)

Mouse Fur:

To see how cold the winter will be, check how long the fur is on a mouse's back. The longer the fur, the colder the winter.

-Bottineau ND (2005)

The Hoarfrost:

Dad and Mom would say that after a heavy winter frost, called a hoarfrost, within 90 days there would be precipitation of some kind. This is the kind of frost that clings to the trees and is quite beautiful. I've never checked it, but I've seen them (Mom and Dad) write it on their calendar.

-Argusville, ND (2004)

Stiff Knees:

You know it is going to rain when your knees get stiff and crack.

-Fargo, ND (1997)

The Crescent Moon:

If an Indian can hang his powder horn on the moon, there won't be any dew or moisture the next day. -Horace, ND (1989)

The Cow's Tail:

A cow with its tail to the west,
Means the weather will be at its best.

A cow with its tail to the east,
Means the weather will be the least.

-Baldwin, ND (1986)

Kloberdanz, Timothy k; Geist, Troyd A

Sundogs and Sunflowers: Folklore and Folk Art of the Northern Great Plains.

Caterpillars:

The Caterpillar's Coat: If the caterpillar has a thick, furry coat in the fall, it is going to be a cold winter.

-Portland, ND (1987)

Black Caterpillars: The blacker the caterpillars are, the harder the winter will be.

-Fargo ND (1989)

Wooly Caterpillars: Wooly caterpillars are a good way to determine what the winter is going to be like. The more black there is on the caterpillar, the harder the winter is going to be. Also, look at how wide the black band is-the wider it is, the longer the winter will be. The fall of 1996 is a good example. That year the wooly caterpillars were all black-no orange or brown, depending on what color you think it looks like, on them. Not that the winter was exceptionally cold, but we had more snow that winter. The next spring (1997) was when all the flooding happened-there was just so much snow and moisture and nowhere for it to go. The wooly caterpillars predicted a bad winter.

-Lake Park, MN (2004)

Corn Husks:

If the husks on the corn open up and you can see the ear, it will be a mild winter. If it is encasing the ear tightly, it will be a hard winter.

-Borup, MN (1997)

Sundogs and Double Dogs:

If you see sundogs in the winter, you are going to be in the icebox for another couple of days. If you see double dogs, you better hibernate!

-West Fargo, ND (2001)

"Horsetails":

My dad has always been one to watch the weather. He's got little ways of telling what will happen in the next few days or weeks. One belief, which I've grown up with, goes like this: When there are "horsetails" (his term for long, thin clouds with wisps at the end that somewhat resemble the tail of a horse) in the sky, whichever way the ends are pointing, is the direction from which the next storm will come. My dad said that his father used to say the same thing about "horsetails".

-Fargo, ND (1996)

June Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Lemon Pepper Tilapia Wild Rice Pilaf Peas with Pearl Onions Apricots	2 Marinated Pork Loin Baked Potato with Sour Cream CA Normandy Blend Vegetable Applesauce	3 Spaghetti with Meat Sauce Garden Salad with Ranch Dressing Pears Garlic Toast	4 Chicken & Dumplings (Diced Chicken, Potatoes, Peas, Carrots, Celery) Fresh Berries Chocolate Cake	5 Open Faced Hot Hamburger Sandwich Mashed Potatoes with Gravy Corn Mandarin Orange Pudding
8 French Dip Sandwich with Aus Jus Oven Baked Diced Potatoes Raw Veggie Cup Dark Sweet Cherries	9 Chicken Fried Chicken Mashed Potatoes with Country Style Gravy Prince Edward Vegetable Blend Fruit Cocktail	10 Cabbage Rolls Dilled Potatoes Broccoli Peaches	11 Pork Chop with Celery Sauce Twice Baked Cheddar Potato Wax Beans Plums	12 Lasagna Italian Blend Vegetable Side Salad with Ranch Dressing Chunky Fruit Garlic Toast
15 Mandarin Orange Chicken Salad Bun Assorted Cookie	16 BBQ Ribs Baked Sweet Potato Baked Beans Strawberry Applesauce	17 Meatloaf Mashed Potatoes with Gravy Corn Peaches with Blueberries	18 Parmesan Crusted Chicken Breast Macaroni & Cheese Capri Blend Vegetable Banana	19 Cheesy Potato Crusted Cod Fillet Rice Pilaf with Peas Side Salad with Ranch Dressing Apricots
22 Cheeseburger Deluxe with Lettuce, Tomato and Onion Steak Fries Coleslaw Apple Vanilla Pudding Cup	23 Oriental Pepper Steak over White Rice Egg Roll Mandarin Oranges Fortune Cookie	24 Baked Chicken Baked Baby Red Potatoes Chuckwagon Corn Tapioca Fruit Salad	25 Bratwurst with Sauerkraut Spaetzle Potato Salad Watermelon (Brat Bun on the Side)	26 Chicken Alfredo Green Beans Pineapple Chunks Marinated Veggie Salad Bread Stick
29 Salisbury Steak Mashed Potatoes with Gravy Carrots Applesauce	30 Porcupine Meatballs Cheesy Hashbrown Casserole Brussel Sprouts Fresh Orange	<p style="margin: 0;">MENU SUBJECT TO CHANGE!</p> <p style="margin: 0;">Due to Covid-19, we are experiencing difficulty receiving some food items. We will do our best to keep the menu as written, but please understand that it may not be possible. Thank you!</p>		

OAA federal regulations require individuals age 60 and older to register to participate in the Congregate Meals Program, or annually to participate in the Home-Delivered Meals Program. Individuals are notified when their registration needs to be updated. Suggested donation is \$4.50/meal. SNAP accepted.

MEAL RESERVATIONS: Call the following locations at least one day in advance: Burleigh County Senior Center and Crescent Manor, **258-9276** from 8:00 am to 2:30 pm; Wing Senior Center or Sterling United Methodist Church, **943-2490** from 8:30 am to 2:30 pm; or Home-Delivered Meal inquiries, please call **255-4648**. The meal price for those under 60 is \$9.00.

Puzzles

Sudoku #1

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	4		9			2		8
		2						5
3	8			7	5			1
4		3					1	7
		1						
						4		
8	7			5				9
			8					
	1		4	9			7	3

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DIFFICULTY: ★★★★★

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "G" = "U"

"EMJ VJBLPJI DYYV ZLXEJO MXO
PYPOJPOJ XP WJEEJL VBPTGBTJ
EMBP EMJ GJVJBLPJI, WGE OEXVV
'EXO PYPOJPOJ.'" - WJPHBQXP DLBPFVXP

#1

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E020

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "L" = "Y"

"BSBJLNKTU PNCJNP CP
PGXBGVLP VCLVJBCX."

#2

- HCJL ITSBI

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E026

Sudoku #2

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

8		9						2
	2				9		3	
					8		5	
								1
7			9	8		2		
	4	2		1				7
		7				4		
			1			5	2	
	3			5			1	

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DIFFICULTY: ★★☆☆☆

Answers on Page 16.

No Returns

A fellow bought a new Mercedes and was out on an interstate road for a nice evening drive. The top was down, the breeze was blowing through his hair, and he decided to open her up. As the needle jumped up to 80 m.p.h., he suddenly saw a flashing red and blue light behind him.

"There ain't no way they can catch a Mercedes," he thought to himself and opened her up further. The needle hit 90, 100 110, and finally 120 with the lights still behind him.

"What am I doing?" he thought. Coming to his senses, he pulled over.

The cop came up to him, took his license without a word, and examined it and the car. "I've had a tough shift, and this is my last pullover. I don't feel like more paperwork, so if you can give me an excuse for your driving that I haven't heard before, you can go."

The man thought for a while and finally said, "Last week my wife ran off with a cop, and I was afraid you were trying to give her back!"

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Art for Life

Thank you to those who have participated in the *Where I am From* poetry writing. I invite you to read the poems that are published in the May and June issues of *The Senior Sentinel* as they are a wonderful tribute to each person's past. We would love for more Seniors to participate in this enjoyable opportunity. The project takes about 1-1.5 hours to complete. If you would be interested in participating, please call Lisa at 255-4648.

New Project: We are excited to work with local musician Chuck Suchy to create a song that commemorates the time we have all spent in quarantine. If you would like to participate in adding inspiration to Mr. Suchy as he writes this song, ***just for us***, please let me know. It would be a phone visit, so no need to worry about a face to face meeting. With your permission, I will

give your phone number to Mr. Suchy and he will call you. When we are all back together, we will have Chuck come perform the song and others for us, here at the Senior Center!

We are hoping to keep you engaged and busy. These activities will help cut into the boredom of being at home. I hope that you will reach out and join in these fun activities. If you use the internet, please take advantage of the virtual tours of museums, National Parks and even Senior-centered exercise programs. We miss you all and hope that this finds you well. Please feel free to call, 255-4648, with any questions, or just to say hi!

Thanks!
Lisa

Health & Wellness

WELLNESS CHALLENGE



We will continue with our Wellness Challenge meetings when we are able to re-open the Senior Center for activities. In the mean time, please continue to complete your monthly achievement worksheets. We will collect them when we can meet again. Please try to continue getting some physical activity in and find things that keep your mind occupied as well. The information in this newsletter should give you a start. If you need some help figuring out what you can do at home, please let us know! We will give you some tips!



Chair Yoga

Join us for Outdoor Chair Yoga classes with Bonnie and Marlene on Thursday mornings (June 4, 11, 18, and 25) at 9:30 am.

If you are interested, call 255-4648 to reserve your spot. Classes will be limited to 8 people so that we may maintain social distancing.

Classes will be held on the south lawn in front of the Burleigh County Senior Center. When you arrive, please park in the front row (closest to the building) at the east end of the parking lot

The Senior Center is closed, so please be sure to bring water, towel and any other items you may need. We will be providing the chairs! Remember to dress for the weather!

Standing Yoga

Join us for Outdoor Standing Yoga classes on Friday June 5 and Friday June 12 at 9:30 am.

If you are interested, call 255-4648 to reserve your spot. Classes will be limited to 8 people so that we may maintain social distancing.

Classes will be held on the south lawn in front of the Burleigh County Senior Center. When you arrive, please park in the front row (closest to the building) at the east end of the parking lot

The Senior Center is closed, so please be sure to bring water, towel and any other items you may need.

YOU WILL NEED TO BRING YOUR OWN MAT! Remember to dress for the weather!

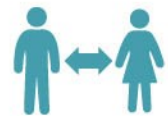
3 EASY STEPS TO KEEPING YOURSELF & OTHERS HEALTHY!



**WASH YOUR
HANDS**



**DON'T TOUCH
YOUR FACE**



**KEEP YOUR
DISTANCE**

Stay Connected While You're Away.



Go to www.ourseniorcenter.com to receive our monthly newsletter right to your inbox.

Health & Wellness

Feeling isolated and lonely?!? Check out some great online resources to help you stay active while at home. You can also search Arts, Libraries, Continuing Education, Virtual Tours, Museum Exhibits, etc. to find more online resources to keep your mind and body active!

Google Arts & Culture: artsandculture.google.com

Smithsonian Open Access: si.edu/openaccess

Free Cultural & Educational Media: openculture.com

Ted Talks: www.ted.com/talks

Library of Congress: LOC.gov

The Louvre, Paris-Virtual Tour: louvre.fr/en/visites-en-ligne

Vatican Museums-Virtual Tours: museivaticani.va

National Parks Virtual Tours: nps.gov

Smithsonian Learning Lab: learninglab.si.edu

Denver Art Museum: denverartmuseum.org

Music: open.spotify.com or www.iheart.com/playlist



Search *Free Live Stream Workouts* for online exercise classes!

Art for Life “Where I’m From...”

I’m From the Depression and Saturday Night Barn Dances

Irene Walter

I am from my mother’s rocking chair,
From Cod Liver oil and liquid Bluing.

I am from many houses including one that was haunted,
The fragrance of lilacs and fresh baked bread.

I am from Dad’s big garden, us kids collecting potato bugs in a coffee can of kerosene,
The big knarled oak tree and it’s swing.
We would climb as high as we could and hang upside down on the branches.

I’m from singing together and Mom’s beautiful voice,
From *Babe, Sonnie, Rene, and Crooked Neck.*

I’m from Dad playing the Jew harp and Sunday drives in a borrowed car,
And from rolling down the hill on the old museum lawn.

I’m from “*If you cry in the cold, your face will freeze that way.*”,
And *Two Little Children* and *Letter Edged in Black.*

I’m from listening to the radio shows *Fibber McGee* and *Molly.*

I’m from a little log cabin along River Road in Bismarck and English Royalty,
Pasta dishes and simple foods.

From a brother smoking a “dead” firecracker on the Fourth of July,
Blowing up and tearing his mouth open wide open.

Grandma’s one-hundred-year-old buffet,
Letter’s from the war safely tucked away in my cedar chest.

News reels at movie theaters informing us of the war front.

Simple Pleasures

By Connie Skarpohl

Thirst quenched by a drink of cold water on a hot summer day
A stroll through a secluded tree lined meadow
Clean laundry flapping in the breeze
The smell of freshly baked bread with butter oozing over a cut slice
Enjoyment of watermelon with juice running down one’s chin
The flavor filled taste of garden fresh tomato or cucumber
Sipping hot chocolate on a cold, wintery day
The peal of ringing church bells on a Sunday morning
Life has many simple pleasures if we would take time to notice.

Art for Life “Where I’m From...”

“I Am From My Grandmother’s Clock”

By Doris Schell

I am from my grandmother’s clock,
from buns and rolls and baked goods.

I am from a 1903 homestead, with a 2 bedroom house, in very poor shape,
but it smelled of mother’s baking bread.

I am from the lilacs that surrounded the house, with the fragrance
of heaven every spring,

I am from the prairie rose, which I dug up and moved to the window.

I am from the bullberry tree right in front of the house,
which was prickly and had thorns,
and we used its very tart red berries to make jelly.

I am from clam chowder and fruitcake on Christmas Eve, and from super hardworking and honest parents,
Adolph (farmer) and Vivian (teacher), and Tommy and Teddy (brothers).

I’m from going to mass and to school,
and from three meals a day.

I am from “Take a good look at your future father-in-law” (my Father) and from “A bad penny always
returns” (Grandmother Mary),

I am from living on a high hill close to the Missouri river, where we would have picnics, and fishing (Father’s
love).

I am from being born in Mercy Hospital at Valley City ND, and from Italian, Norwegian, Pennsylvania-Dutch,
and Scots-Irish ancestry,

I am from pancakes and fried perch, and Italian bean soup.

I am from walking a mile on my first day of school with my father’s big silver factory lunchbox,

I am from my Uncle Harold putting us on a saddled horse,
which immediately threw us into a ditch,

I am from my parents laughing and my walking to school,
(and Uncle Harold never mentioned it again).

I am from Grandmother Rosa’s glass pedestal cake stand, with impressions of
silver dollars, which is in my china cabinet,
and her big black griddle, that held about 10 pancakes,
which is on display on a cabinet in my garage.

I am from father’s 9 siblings and mother’s 9 siblings and numerous in-laws and cousins.

Who all called the farm home.

I am from parents who welcomed them all with open arms and food.

I am from God’s gifts, Jesus’ love and my eternal thankfulness.

Art for Life “Where I’m From...”

I’m From Brown Paper Bags of Treats

Nanc Skaret

I am from doing dishes by hand and milking cows,
From Bon Ami Soap and Cod Liver Oil. I’d rather eat
burnt potatoes!

I am from a Centennial Farm with parquet floors and
no running water,
The smell of Grandmother’s Norwegian cooking.

I am from Coleus and Geraniums in the south window
for the winter,
The beauty of many-colored Peonies in the yard.
A Willow tree, south of the barn, our “jungle gym”.

I’m from Christmas Eve oyster stew and a banana and
hard-working folks,
From Tootie, Porky and Buckwheat.

I’m from Easter Sunday photos of new hats,
snowbanks in the background,
And from going to church every Sunday, getting a call
from a parishioner if we did not.

I’m from “Uffdah” and “You betcha”,
And *Three Little Fishies* and *The Old Rugged Cross*.

I’m from country church Christmas programs and
brown paper bags filled with peanuts, ribbon hard
candy, and an apple or orange.

I’m from Mankato, Minnesota and Norwegian, English,
German and Irish,
Home grown beef, pork, and chicken, a back-burner
kettle of *Rømmegrøt*.

From Sunday drives in the summer, dad would fish
while we kids played in lake,
Visiting Minneopa Park and being treated to a little
glass of pop for five cents.

Hand carved oval, marble table of our Great Great
Grandparents,
A welcome site in our sunroom.

I am a Daughter of the American Revolution.

I’m From Bottle Lambs in Spring

Bonnie Kubler

I am from a piano with mandatory lessons and
practice,
From bobby pins and Grandma’s carrot salve for
burns.

I am from the house built with friends and neighbors,
The smell of burning wood filling the air.

I am from the slews in the pasture and indoor potted
plants,
The tall old Cotton Wood trees,
Under which we built forts to hide in.

I’m from two hundred baby chicks every spring and
Mediterranean Latins,
From *Jay Bird* and *Beverly*.

I’m from church every Sunday and no work for the
day,
And from Mom serving Dad first, the kids, and women
to follow.

I’m from “*Well there is always cereal.*” and “*I’m going
to get the fliegenklasche!*”,
And Sunday School Songs dear.

I’m from Church Programs on Christmas Eve and
paper bags of treats.

I’m from Streeter, North Dakota and Germans from
Russia,
Mom’s good chicken and meat and potatoes or
noodles.

From my mischievous brother missing for hours,
The neighbors all searching only to find him laying on
a bed in the basement.

My Grandmother’s treadmill Singer Sewing machine,
Perhaps worse for ware but cherished every day.

An all-day affair of *Kuchen* making with fresh eggs
and cream, a taste like to other!

Trivia

Whose Quote?

1. "A penny saved is a penny earned."
2. "I may be drunk, Miss, but in the morning I will be sober, and you will still be ugly."
3. "In the future, everyone will be famous for 15 minutes."
4. "What we think, we become."
5. "Success is getting what you want. Happiness is wanting what you get."
6. "Old soldiers never die; they just fade away."
7. "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."
8. "Winning isn't everything. The will to win is everything."
9. "If you want something said, ask a man; if you want something done, ask a woman."
10. "Some men see things as they are, and ask why. I dream of things that never were, and ask why not."

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A Monthly Publication for Activity
Professionals.**

9. Margaret Thatcher
6. Douglas MacArthur
3. Andy Warhol

8. Vince Lombardi
5. Dale Carnegie
2. Winston Churchill

Answers:
1. Benjamin Franklin
4. Buddha
7. Martin Luther King, Jr.
10. Robert F. Kennedy

Our Volunteers Make the Difference!

Thank you to ALL of our amazing volunteers for your commitment to the Burleigh County Senior Adults Program.

If you logged volunteer hours from April, 2019 through March, 2020, and have not received your appreciation gift, please call Lisa at 255.4648. We will make arrangements to get it to you.

WE  OUR VOLUNTEERS

©LPi

Page 2 Puzzle

BEY		OGGI		ERAT
ADE		ROIL		PICA
NEA		DUDS		OPEC
ENS	NARE		DNA	
	OID		IMARET	
DAMON		TAV		ICH
AMOK		CAL		JACA
FLU		NAB		DONAR
TARGET		SOC		
	NEB		CUCKOLD	
KAFAPANT				AAA
PRUT		TANO		HAD
HALS		AMIR		EPA

Answers, Name the Presidents, Page 5

1. Theodore Roosevelt
2. Dwight D. Eisenhower
3. James Madison
4. Grover Cleveland
5. Herbert Hoover
6. Ronald Reagan
7. Bill Clinton
8. Ulysses S. Grant
9. John Adams

CRYPTOGRAM SOLUTIONS, Page 8

#1 PREVIOUS SOLUTION: "The learned fool writes his nonsense in better language than the unlearned, but still 'tis nonsense." — Benjamin Franklin

#2 PREVIOUS SOLUTION: "Everything starts as somebody's daydream." — Larry Niven

Answer to Sudoku #1, Page 8

5	4	7	9	1	6	2	3	8
1	9	2	3	4	8	7	6	5
3	8	6	2	7	5	9	4	1
4	2	3	6	8	9	5	1	7
9	5	1	7	2	4	3	8	6
7	6	8	5	3	1	4	9	2
8	7	4	1	5	3	6	2	9
2	3	9	8	6	7	1	5	4
6	1	5	4	9	2	8	7	3

Answer to Sudoku #2, Page 8

8	5	9	4	3	1	6	7	2
4	2	6	5	7	9	1	3	8
1	7	3	2	6	8	9	5	4
9	8	5	7	2	4	3	6	1
7	6	1	9	8	3	2	4	5
3	4	2	6	1	5	8	9	7
5	1	7	3	9	2	4	8	6
6	9	8	1	4	7	5	2	3
2	3	4	8	5	6	7	1	9

Mental Health Tips

The National Institute of Mental Health has some great suggestions for taking care of yourself during this stressful time. Things you can do to support yourself...

- **Take breaks from the news.** Set aside periods of time each day during which you close your news and social media feeds and turn off the TV. Give yourself some time and space to think about and focus on other things.
- **Take care of your body.** Take deep breaths, stretch or meditate. Try to eat regular, well-balanced meals; get some physical activity every day; give yourself time to get a full night's sleep; and avoid alcohol and drugs.
- **Make time to unwind.** Try to engage in activities and hobbies you enjoy. Engaging in these activities offers an important outlet for pleasure, fun, and creativity.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling. Digital tools can help keep you stay connected with friends, family, and neighbors when you aren't able to see them in person.
- **Set goals and priorities.** Decide what must get done today and what can wait. Priorities may shift to reflect changes in schedules and routines and that is okay. Recognize what you have accomplished at the end of the day.
- **Focus on the facts.** Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.

Contact your healthcare provider if stress gets in the way of your daily activities for several day in a row!

Thank You to Our Donors...

We sincerely thank the following individuals and/or businesses for their generous donations:
(Listed donations were received between April 1, 2020 and May 11, 2020.)

- Laurie Reinisch (In Memory of Mary Bateman)
- Jerry & Ann Buchholz (In Memory of Rodger Buchholz)
- Marilyn O'Leary Lips (In Memory of Senator Evan E. Lips)
- Louie Ding, Jr. (In Memory of Sandy, Blake & Blaine Ding)
- North Dakota Community Foundation
- Wilbur Lippert
- Karin Stave
- Marvin Richards
- Betty Dockrey
- Norbert Mayer
- Anonymous

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
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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.

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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.



Effective May 18, 2020, Health Maintenance Services will resume at the Burleigh County Senior Center only. If you had a foot care appointment that was cancelled, we will be contacting you to reschedule. At this time, we will only be rescheduling cancelled appointments.

When you arrive for your appointment, park on 20th Street beside the Senior Center. Wait in your vehicle until the nurse comes out to get you. You will enter through the door on the southwest side of the building. When you enter, you must have a face mask on and you must sanitize your hands. We will take your temperature and do a health screening. You will then be escorted to the Health Maintenance office. If you are ill, or have a temperature, you will not be able to have foot care. If you have any questions please call us at 255-4648.

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

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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.