



# THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

Vol. 7 July, 2020

## IMPORTANT NEWS!!!

### REOPENING PLANS

We know you are all anxiously awaiting for the Senior Center and Meal Sites to reopen. We are as well!

Tentatively, we plan to reopen for congregate meals on Tuesday, September 8, 2020. Although there aren't a lot of details yet, we do know that activities will not fully resume on this date. Instead they will be re-introduced in phases as the "ND Smart Restart" Guidelines allow.

*Drive Thru Meals, Home Delivered Meals, and Frozen Meals will continue to be available through the summer and possibly beyond.*

Please continue to practice social distancing and good hygiene, wear a mask when necessary, and take care of yourself. If there is anything we can do to be of assistance to you, please don't hesitate to call us at 255-4648. Our goal is to help you protect your health and well-being during this uncertain time.

(Guidelines for reopening will be in the September 2020 Issue of *The Senior Sentinel*.)

### U.S. CENSUS

*Have you completed your 2020 Census?*

If not, the Burleigh County Senior Center is available to assist you! A volunteer is available on Mondays, Wednesdays and Thursdays from 11:30 am to 3:00 pm to help you complete your Census.

Avoid having a Census Worker come to your door — Call 255-4648 and schedule a time to complete it online!

### PARKING LOT MAINTENANCE

The Burleigh County Senior Center has parking lot maintenance scheduled for the week of July 27th. During this time, our Drive Thru Meal Service will be modified. Please see page 8 for more information.

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## *Just for Fun!*

### **CONCERT IN THE PARKING LOT! Tuesday, July 7th, 10—10:45 am**

We are excited to have music outside in the parking lot!

Join us for a fun morning of music with Jim Geiger. Please stay in your car, or set up a lawn chair by your car. We will uphold social distancing guidelines, so please keep a six foot distance from others. A face mask is also recommended.

Sign up for our Drive Thru lunch after the concert (call 258-9276 for reservations).



### **Burleigh County Bookmobile Lending Library**

Every month, the Burleigh County Bookmobile brings 30 large print books in a variety of titles, to the Burleigh County Senior Center. They are on a 25 day loan.

If you would like to check out a book, please call Lisa at 255-4648. Let Lisa know what author(s) and/or types of books you like to read (Western, romance, mystery etc.), and she will help you choose from the titles we receive.

Please allow Lisa at least one day's notice to choose books for you. They will be handed out in the meal Drive Thru from 11:30 am to 12:15 pm.

### **MAY BINGO WINNERS!**

Congratulations to LaDonna Schock, Judy Froseth and Cecelia Roehrich for each receiving 6 Bingos from our May newsletter Bingo game. Sheila Specht and Diane Lennertz for each receiving 4 Bingos, and Mavis Schell with 3 Bingos!

Congratulations—if you haven't received your prize, please call us at 255-4648.  
Thanks for playing!



There will be no meal service on **Friday, July 3** for the 4th of July Holiday.

Frozen meals for the Holiday weekend are available. Call 258-4648 for information.

**The Burleigh County Senior Club Dinner Dance  
is cancelled until for further notice.**

# The Lighter Side

## Ticket Collection

Jasper was speeding along the highway when he was pulled over by a state trooper. The officer wrote out the ticket.

"What am I supposed to do with this?" grumbled Jasper, as the policeman handed him the ticket.

"Pay it and keep it," said the officer. "When you collect four of them, you get a bicycle."

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## Sympathetic Visitor

A big, burly man visited the pastor's home and asked to see the minister's wife, a woman well known for her charitable impulses.

"Madam," he said in a broken voice, "I wish to draw your attention to the terrible plight of a poor family in this district. The father is dead, the mother is too ill to work, and the nine children are starving. They are about to be turned into the cold, empty streets unless someone pays their rent, which amounts to \$400."

"How terrible!" exclaimed the preacher's wife. "May I ask who you are?"

The sympathetic visitor applied his handkerchief to his eyes. "I'm the landlord," he sobbed

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Burleigh County Senior Adults Program, Bismarck, ND

A 4C 05-0634



# Crossword Puzzle

## ACROSS

- 1 Vehicle compartment
- 4 Bad (pref.)
- 8 Legal weight of a rupee
- 12 Certified Public Accountant (abbr.)
- 13 Chin. dynasty
- 14 Olive genus
- 15 Mulberry of India
- 16 Hing
- 18 Jutlander
- 20 Mother of Pollux
- 21 Dadaist
- 23 Carriage
- 25 Syphilis
- 26 Oaf
- 27 Palestine Liberation Organ. (abbr.)
- 30 Lady's title
- 31 Civet
- 32 Limb
- 33 Adjective-

forming (suf.)

- 34 Thought
- 35 Bull (pref.)
- 36 Maple genus
- 37 Hop
- 38 Treatment
- 40 Stag
- 41 Acacia (2 words)
- 44 Edible seed
- 47 Viking
- 48 Adriatic seaport
- 49 Sphere
- 50 Concert halls
- 51 Fertilizer ingredient
- 52 Drop

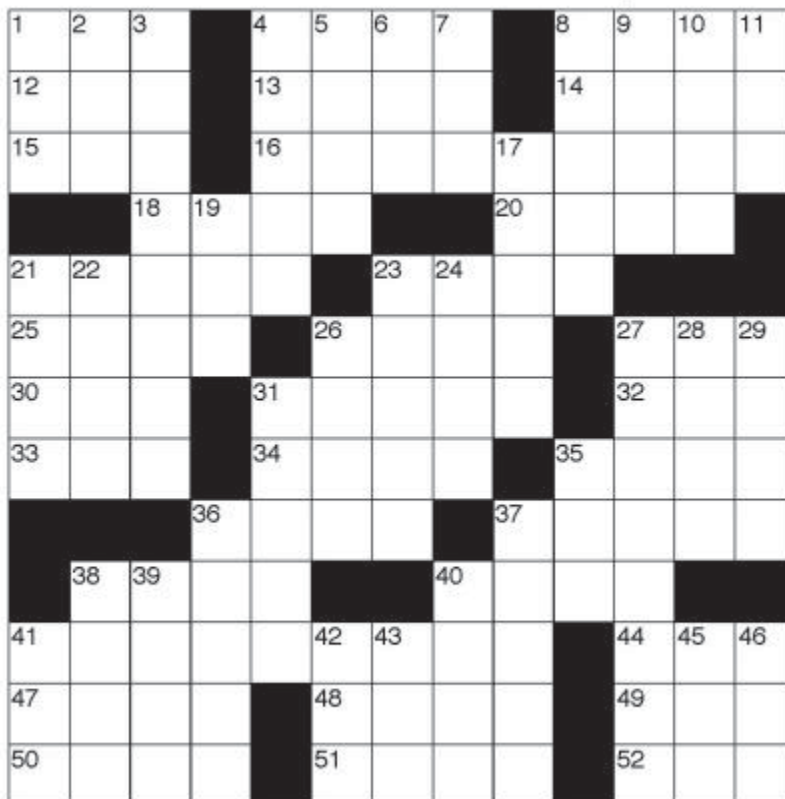
Answers on Page 15.

## DOWN

- 1 Circuit Court of Appeals (abbr.)
- 2 Amazon tributary
- 3 Alopecia
- 4 Sing

- 5 S. Afr. fox
- 6 Central Intelligence Agency (abbr.)
- 7 Dolt
- 8 Tribe symbol
- 9 Foul-smelling
- 10 Maiden loved by Zeus

- 11 Wider than AAAA
- 17 Overjoy
- 19 Donkey
- 21 Borden calf
- 22 N.Z. bird
- 23 Hard question
- 24 Sambar deer
- 26 Millrace
- 27 Boll (2 words)
- 28 Weakly colored (pref.)
- 29 Monster
- 31 Kitchen tool
- 35 Pitch
- 36 Braz. timber tree
- 37 Rom. province
- 38 Coagulated milk
- 39 Female friend (Fr.)
- 40 Employ
- 41 Man's name: abbr.
- 42 Father: Arabic
- 43 Exclude
- 45 Age
- 46 Warp yarn



## 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](http://www.legalassist.org). They are not scheduling office meetings, but can arrange communication via phone, email and other means of technology.

## The Lighter Side

### The Extraction

One day, a man walked into a dentist's office and asked how much it would cost to extract wisdom teeth.

"Eighty dollars," the dentist said. "That's a ridiculous amount," the man said. "Isn't there a cheaper way?" "Well," the dentist replied, "if you don't use an anesthetic, I can knock it down to \$60." "That's still too expensive," the man said.

"Okay," stated the dentist. "If I save on anesthesia and simply rip the teeth out with a pair of pliers, I could get away with charging \$20."

"Nope," moaned the man, "it's still too much." "Hmm," said the dentist, scratching his head. "If I let one of my students do it for the experience, I suppose I could charge you just \$10."

"Marvelous," said the man, "book my wife for next Tuesday!"  
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**EASTGATE**  
FUNERAL & CREMATION SERVICE  
2302 E. Divide Ave - Bismarck, ND 58501  
(701) 223-7322 - [www.EastgateFuneral.com](http://www.EastgateFuneral.com)

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Burleigh County Senior Adults Program, Bismarck, ND

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# Word Search

## How Does Your Garden Grow?

E	I	G	R	W	A	D	G	S	T	T	S	E	V	O	L	G	S	G
F	E	N	E	O	T	P	O	P	R	R	R	P	I	T	C	H	I	O
L	L	I	L	R	N	I	E	A	O	I	O	A	S	E	R	W	F	G
O	V	T	A	R	L	T	R	D	W	D	K	O	K	U	E	O	N	O
W	E	N	X	A	H	C	U	E	E	E	P	X	B	E	R	I	W	H
E	G	A	I	B	S	A	T	B	L	M	V	S	D	K	T	A	D	S
R	E	L	N	L	L	N	L	P	O	L	L	I	N	A	T	I	O	N
S	T	P	G	E	O	N	U	C	Y	R	N	S	V	E	L	E	I	T
P	A	E	R	E	R	U	C	E	W	G	D	I	R	G	A	A	N	N
E	B	D	I	H	G	A	I	N	R	E	T	Z	R	J	I	E	R	H
R	L	N	I	W	A	L	T	F	E	L	L	E	D	R	N	G	S	T
E	E	B	R	G	N	S	R	S	U	E	E	I	E	I	N	A	U	L
N	S	R	I	N	I	M	O	C	E	N	G	N	H	N	E	L	O	N
N	H	V	O	O	C	T	H	H	H	G	E	S	I	Q	I	R	I	C
I	E	O	L	M	C	T	W	O	I	D	N	A	R	P	B	R	O	U
A	A	F	E	E	U	N	U	N	R	U	R	A	S	E	E	S	O	H
L	G	E	S	S	I	S	G	A	S	U	N	L	E	V	O	H	S	D
O	A	H	O	P	E	H	G	L	K	E	G	A	I	L	O	F	S	P
F	E	R	T	I	L	I	Z	E	R	A	Z	G	R	O	W	O	K	M

### Word List:

ANNUALS	BIENNIAL	COMPOST	CULTIVATING
DIGGING	DIRT	FERTILIZER	FLOWERS
FOLIAGE	GARDENER	GLOVES	GNOME
GREENHOUSE	GROW	HOES	HORTICULTURE
HOSE	ORGANIC	PERENNIAL	PINWHEEL
PITCH	FORK	PLANTING	POLLINATION
RAIN	RAKE	RELAXING	ROWS
SEEDS	SHOVEL	SHRUBS	SOIL
SPADE	SUNSHINE	TROWEL	TULIPS
VEGETABLES	WATER	WEEDING	WHEELBARROW

Answers on Page 15.



# July Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MENU SUBJECT TO CHANGE!</b> <b>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!</b>		<b>1</b> Ham Scalloped Potatoes Carrots Peaches Fresh Assorted Cookies	<b>2</b> Chicken Salad on Croissant Potato Wedges/Tots Coleslaw Watermelon	<b>3</b> <b>CLOSED</b>  Assorted frozen meals will be provided on July 2.
<b>6</b> Cheese Manicotti with Meat Sauce Italian Blend Vegetables Cheesy Pea Salad Pineapple Chunks	<b>7</b> Roasted Turkey Mashed Potatoes with Gravy Corn Pears with Cranberry Sauce Fresh Bun	<b>8</b> Roast Beef Roasted Baby Red Potatoes CA Normandy Veggie Blend Watermelon	<b>9</b> Pork Chop with Apple Cranberry Chutney Baked Potato with Sour Cream Green Beans Chunky Fruit	<b>10</b> Chicken Cordon Bleu Creamy Parslied Potatoes Cauliflower Florets Apricots
<b>13</b> Chef Salad With Ranch Dressing  Tropical Fruit	<b>14</b> Chicken Pasta Primavera (w/veggies) Fresh Berries Brownie	<b>15</b> BBQ Ribs Augratin Potatoes Baked Beans Applesauce Corn Muffin	<b>16</b> Meatloaf Mashed Potatoes with Gravy Brussel Sprouts Diced Pears	<b>17</b> Lemon Pepper Tilipia Rice Pilaf Broccoli Watermelon
<b>20</b> Meat Lasagna Italian Veggie Blend Coleslaw Dark Sweet Cherries Garlic Toast	<b>21</b> Baked Chicken Creamy Dilled Potatoes Country Style Veggie Blend Peaches	<b>22</b> Swedish Meatballs Baked Potato with Sour Cream Prince Edward Veggie Blend Fresh Apple	<b>23</b> Beef Taco Salad With Tortilla Chips, Salsa & Sour Cream Mandarin Oranges Banana Bread	<b>24</b> Open Face Hot Turkey Sandwich Mashed Potatoes with Gravy Corn Pears
<b>27</b> Salmon with Orange Glaze Cheesy Hashbrown Casserole Peas with Pearl Onions Apricots	<b>28</b> Marinated Pork Loin Baked Sweet Potato Beets Fresh Orange	<b>29</b> Beef Tips With Egg Noodles Beets Mandarin Oranges Cake Donut	<b>30</b> Chicken Chow Mein With White Rice & Crunchy Noodles Egg Roll Pineapple Chunks Fortune Cookie	<b>31</b> Swiss Steak Mashed Potatoes with Gravy Green Beans Chunky Fruit

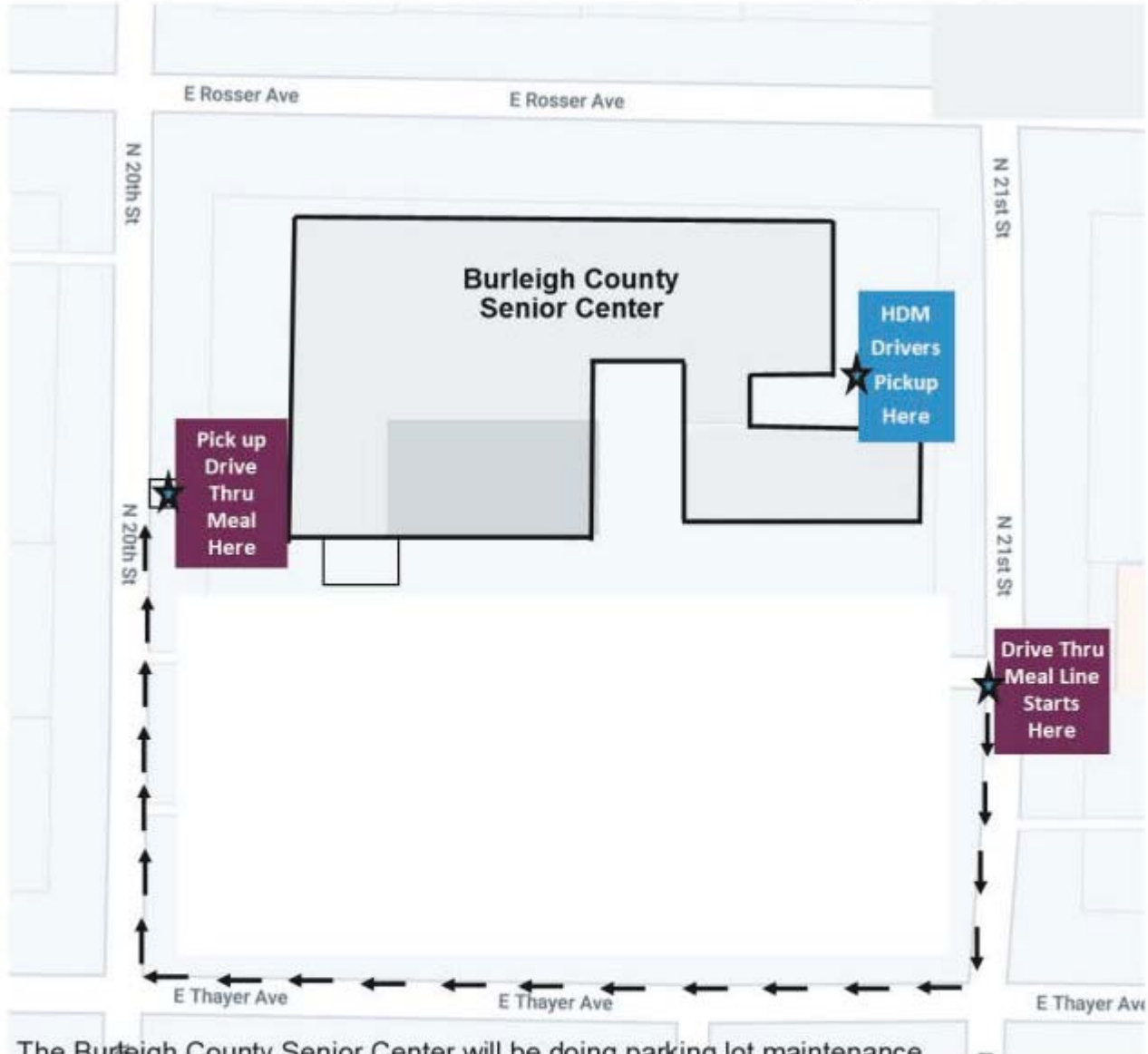
**Drive Through Meals at the Burleigh County Senior Center is from 11:30 am—12:15 pm. Meals are delivered to Crescent Manor at approximately 11:30 am. Drive Through Meals at the Wing Senior Center and Sterling Meal Site is at approximately 12:00 noon.**

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. If you plan to make a donation, it is helpful if you have exact change. You may make your donation daily, weekly or monthly.

**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.

# *Parking Lot Maintenance*

## **BURLEIGH COUNTY SENIOR CENTER DRIVE THRU MEAL SERVICE FOR THE WEEK OF JULY 27-31, 2020**



The Burleigh County Senior Center will be doing parking lot maintenance the week of July 27-31. Please follow the map above for Drive-Thru Meal Service.

It is best if you turn south onto 21st Street from Rosser Avenue, and then get in line. From 21st Street, you will turn onto Thayer Avenue, and then onto 20th Street. There will be orange traffic cones on the street to create a drive thru lane.

Please use caution and follow directions of staff when picking up your meal. Drive Thru Meal Service is from 11:30 am to 12:15 pm. Please do not arrive before 11:30 am.

**THIS SCHEDULE IS SUBJECT TO CHANGE  
DUE TO WEATHER OR OTHER UNFORESEEN CIRCUMSTANCES.**

If a change is made, you will be notified in the Drive Thru Meal Service Line.



# Celebrate Your Inner Artist!

## Art from the Heart



Join Nina on Monday, July 13, at 9:30 a.m. on the west lawn at the Burleigh County Senior Center to create this beautiful flower creation.

You must pre-register with the office by calling 255-4648. There is a suggested donation of \$5 for this class.

This class will be held weather permitting. In case of bad weather, the class will be held on Monday, July 20.

## Art with Nicole

Join Nicole on Tuesday, July 14 at 10:00 am on the west lawn at the Burleigh County Senior Center to create a beautiful watercolor. No experience necessary!

You must pre-register with the office by calling 255-4648. There is a suggested donation of \$5 for this class.

This class will be held weather permitting. In case of bad weather, the class will be held on Tuesday, July 21.

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**STACY HERTHER WOLDIE**  
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## Hold a hand. Give a hug. Touch a heart.

Join our volunteer team in the Bismarck/Mandan area for a rewarding opportunity helping patients find comfort and peace. A hospice volunteer is a loving and caring person who can offer emotional support, comfort and assistance to hospice patients and their families.

We are looking for volunteers to provide companionship, short-term respite care and veteran-to-veteran support. We also need volunteers to help with flower delivery, office work, fundraising and special events.

**To sign up, contact Volunteer Coordinator Donette Peterson at (701) 323-8400 or [donette.peterson@sanfordhealth.org](mailto:donette.peterson@sanfordhealth.org).**

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059034-00062 2/20



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Burleigh County Senior Adults Program, Bismarck, ND

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# 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 (July 2, 9, 16, 23 and 30) from 9:30 am to 10:15 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 east 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 mornings (July 10, 17 & 31) from 9:30 to 10:15 am with Jessica.

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](http://www.ourseniorcenter.com) to receive our monthly newsletter right to your inbox.

## Flower Pots

The Burleigh County Senior Adults Program would like to extend a special thank you to Boy Scout Troop #123 for building planters for participants. We would also like to thank NDSU Extension for donating the seeds for the planters!



To those that received a planter, if you would like to send a thank you note, please send to the addresses below.

Boy Scout Troop 123  
Faith Lutheran Church  
1402 E Avenue E  
Bismarck, ND 58501

NDSU Extension Office  
3715 E Bismarck Expressway  
Bismarck, ND 58501



**ENJOY YOUR PLANTS!!!**

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**Call today for a  
FREE Hearing test!**



**222-2484**

**FREE**

2331 TYLER PARKWAY, BISMARCK 45-DAY TRIAL!

An advertisement for Valley View Heights Assisted Living. It features a photograph of an elderly man with glasses sitting at a table, smiling. A sign on the table reads: "We're here for you when living alone is no longer an option and a nursing home is not the answer." The Valley View Heights logo is in the bottom right corner.

701-221-3018 • [www.ValleyViewHeights.com](http://www.ValleyViewHeights.com)  
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## Cataracts?

**Dakota Eye Institute will  
help you set your sights  
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Burleigh County Senior Adults Program, Bismarck, ND

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# *Art for Life “Where I’m From...”*

## **I’m From the Depression Years Irene Walter**

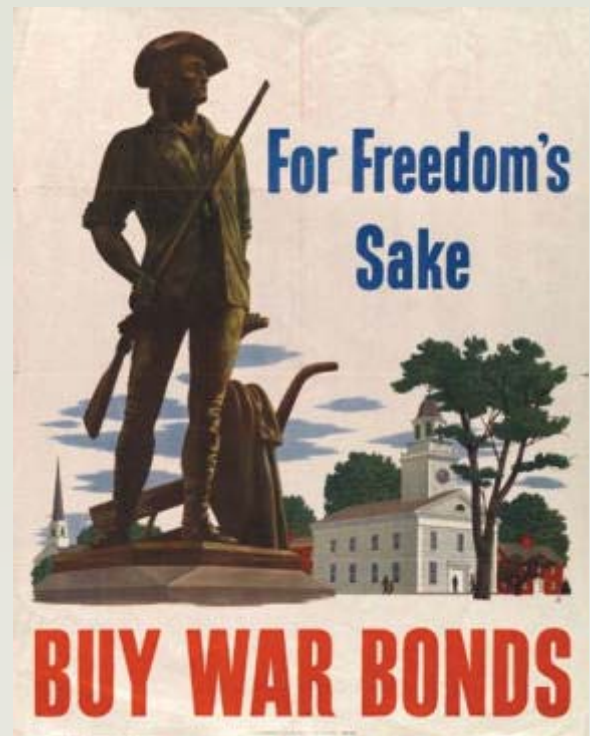
I’m from my mother’s rocking chair where she rocked and sang to the babies,  
From where we sat at her knees and listened to her stories of growing up,  
I’m from many houses we lived in and one that was haunted,  
From the fragrance of lilacs and fresh baked bread.  
I’m from Dad’s gardens and us kids weeding them and picking potato bugs off the plants,  
The old gnarled oak tree, climbing way up and swinging upside down from the branches.

I’m from the family singing together, my mother’s beautiful voice,  
From harmonizing to the old songs accompanied by Dad on the harmonica,  
I’m from “*Two Little Children*” and “*Old Black Joe*”,  
I’m from Babe, Sonnie, Rene, and “*Crooked Neck*”,  
From “*If you cry when its cold your face will freeze like that*”,  
I’m from the radio shows, “*Fibber Magee and Molly*” and “*Saturday Night Barndance*”,  
From joining friends on the street corner after supper to play games,

I’m from following the ice wagon, and the sound of plopping hooves,  
From picking up ice chips to suck on,  
I’m from carefree summer days, swimming lessons at Elks pool,  
From getting sunburned, peeling and burning again,  
I’m from playing at Kiwanis Park,  
From swinging so high we could touch the treetops with our feet,  
I’m from wrestling with my older brother and beating him.  
From my Dad laughing so hard he choked.

I’m from a little log cabin on River Road and English Royalty,  
From simple pasta dishes and Mom’s baked beans,  
I’m from going barefoot all summer to save our shoes for school,  
From my grandmother’s one-hundred-year old buffet,  
I’m from the bundles of love letters from the war years,  
From my old cedar chest where they are tucked away.

I’m from the depression years and World War II,  
From Bond Rallies, rationing, air raid warnings and blackouts,  
I’m from saving scrap metals, writing to soldiers, knitting quilt squares,  
From the news reels at the movies informing us of the war front,  
I’m from a patriotic time,  
From respect for our families, for our God and our Country.



# Word Search

## Birds of a Feather

W W E E D A K C I H C D R I B W O C S W  
O E O S T A R L I N G J U N C O P N R A  
O E K R U A L B A T R O S S U U O E J A  
D G W G R E A T B L U E H E R O N Z Q T  
T O A R K A F A L C O N C P L Y E B U R  
H L H U E R P N T N A A L G B N A F O H  
R D B H Y W O S S C R E R E A L T B E S  
U F A C V O B O I D M E V R T E I I G R  
S I L T U R U L I A K O C I D N R N R E  
H N D A L C E N R C D G M T H W D D O H  
R C E H T P A T E G N O I U F R V I S C  
E H A T U L I P N I R T M B I R X G B T  
P R G U R N D I P E M M L B B G I O E A  
I E L N E O N O O O I A G L K R L B A C  
P L E I O R O R U N C N U U I A L U K Y  
D B V W U H I S G K I E P E L C U N E L  
N R A O W O E B B K J O O B D K G T E F  
A A M I L U I I C A L U M I E L A I L R  
S W C E N R R O Y S C D H R E E E N R W  
L A R D D D M P I G E O N D R K S G R K

### Word List:

ALBATROSS  
BLUEBIRD  
COWBIRD  
GOLDFINCH  
HAWK  
KILDEER  
NUTHATCH  
ROBIN  
STARLING  
WHOOPIINGCRANE

BALDEAGLE  
BLUEJAY  
CROW  
GRACKLE  
HUMMINGBIRD  
LOONS  
PELICAN  
SANDPIPER  
TUFTEDTITMOUSE  
WOODPECKER

BALTIMOREORIOLE  
CARDINAL  
FALCON  
GREATBLUEHERON  
INDIGOBUNTING  
MOCKINGBIRD  
PIGEON  
SEAGULL  
TURKEYVULTURE  
WOODTHRUSH

BLACKBIRD  
CHICKADEE  
FLYCATCHERS  
GROSBEAK  
JUNCO  
MOURNINGDOVE  
PURPLEMARTIN  
SPARROW  
WARBLER  
WREN

Answers on  
Page 17.

# Word Search

## Independence Day

B R I T A I N O I F C S R A T S B D  
 E Y S E P I R T S Z E E R O O E A E  
 S C T P H I L A D E L P H I A V R T  
 H I N R C O H S K T E Y R R T A B I  
 I C T E E F G R V I B A E E R R E N  
 E R N A D B B Y S H R D I E E B C U  
 R I T D C N I R X W A I I R M E U M  
 E C S P M I E L R E T L D F M H E O  
 S I I N S L R P L R E O E E U T S D  
 S K Y T K E F E E A J H C H S F E E  
 A A R R O I I V M D S E L T O O D E  
 A B A O O I O N G A N A A F H E A R  
 C P L M W L R U O A O I R O T M R F  
 S O R U U E G T S L L A A D R O A C  
 R W L T E H R D A A O F T N U H P J  
 S C I N C I P I L P I C I A O R S U  
 R O C E I E A W F O Q C O L F N L L  
 N O U O B U M A S E L C N U H S Y Y

### Word List:

AMERICA  
 CELEBRATE  
 FLAG  
 HOME OF THE BRAVE  
 LIBERTY  
 PHILADELPHIA  
 SPARKLERS  
 UNCLE SAM

BARBECUES  
 COLONIES  
 FOURTH  
 INDEPENDENCE  
 OLD GLORY  
 PICNICS  
 STARS  
 UNITED

BLUE  
 DECLARATION  
 FREEDOM  
 JULY  
 PARADE  
 RED  
 STRIPES  
 USA

BRITAIN  
 FIREWORKS  
 HOLIDAY  
 LAND OF THE FREE  
 PATRIOTIC  
 REVOLUTION  
 SUMMER  
 WHITE

Answers on  
 Page 16.



C	A	B		C	A	C	O		T	O	L	A
C	P	A		H	S	I	A		O	L	E	A
A	A	L		A	S	A	F	E	T	I	D	A
		D	A	N	E			L	E	D	A	
E	R	N	S	T		P	R	A	M			
L	U	E	S		L	O	U	T		P	L	O
M	R	S		R	A	S	S	E		L	E	G
O	U	S		I	D	E	A		T	A	U	R
			A	C	E	R		D	A	N	C	E
	C	A	R	E			H	A	R	T		
G	U	M	A	R	A	B	I	C		P	E	A
E	R	I	C		B	A	R	I		O	R	B
O	D	E	A		U	R	E	A		D	A	B



## *The Lighter Side*

## UND GERIATRIC TELEHEALTH

The University of North Dakota is looking for senior volunteers to assist them with a Geriatric Telehealth Service they are developing.

If you would be interested in receiving Geriatric Assessment and Management Services, and in return willing to give feedback to UND on the service, please call Lisa at 255-4648. She will forward your contact information to them.



## The Wrong Way

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Highway 401. Please be careful!"

“Ruth,” said Herman in disbelief. “It’s not just one car. It’s hundreds of them!”

## The End Is Near

Farmers Fred and Sam were fishing on the side of the road. As each car passed by, they held up a sign that read, “The End is Near! Turn yourself around now before it's too late!”

Car after car stopped suddenly and turned around. But one driver didn't appreciate the sign and sped past shouting, "Leave me alone, you religious nuts!"

All of a sudden, Fred and Sam heard a loud splash.

Fred asked Sam sheepishly, “Do you think we should have had the sign read 'Bridge Out Ahead' instead?”

**“By the time you’re 80 years old,  
you’ve learned everything.  
You only have to remember it.”**

-- George Burns

## Secret of a Long Life

Grandpa Jones was celebrating his 100th birthday, and everybody complimented him on how athletic and well-preserved he appeared.

“I’ll tell you the secret of my success,” he cackled. “I have been in the open air day after day for some 75 years now.”

The celebrants were impressed and asked how he managed to keep up his rigorous fitness regime.

“Well, you see my wife and I were married 75 years ago. On our wedding night, we made a solemn pledge. Whenever we had a fight, the one who was proved wrong would go outside and take a long walk.”

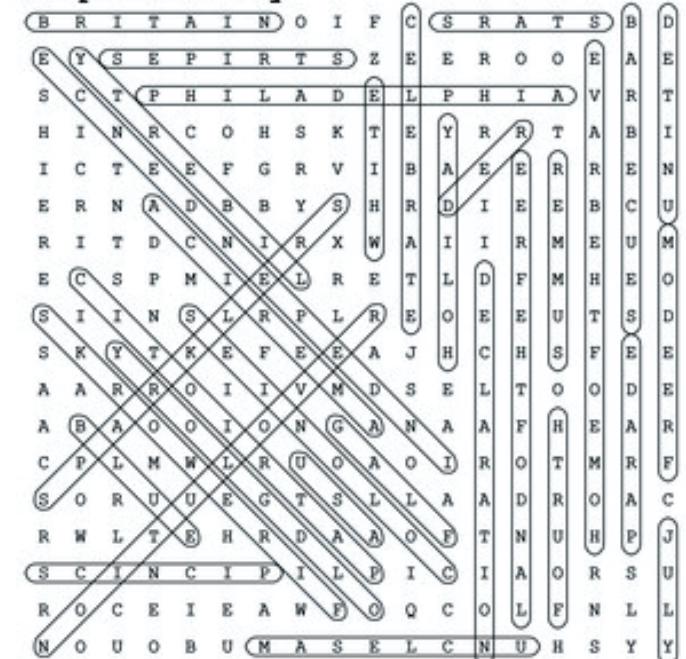
## Getting Even

A man had six children. Because he was very proud of this achievement, he started calling his wife “Mother of Six” in spite of her objections.

One night they went to a party. When the man was ready to go home, he shouted to his wife across the room, "Shall we go home, Mother of Six?"

His wife, irritated by her husband's lack of discretion shouted back, "Anytime you're ready, Father of Four!

## Independence Day





## *Health Maintenance*

To Those I've Served,

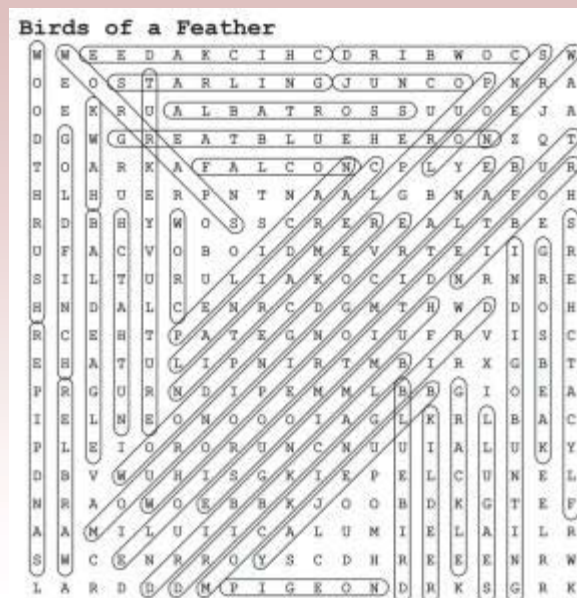
Please welcome back Denise Kerner, RN! Yes, it's time for me to pass the nail clippers to a younger beautiful nurse and to spend time with my children and grandchildren.

Thank you for allowing me to be of service to you at the Senior Center over the past 16 years. Thank you for the special relationships that have developed as I sat at your feet every 2 months or so trimming your nails, listening and sharing in the journey of life.

Many of you have been a great inspiration to me and I thank you for that. Your wisdom and life experience are a great gift that is meant to be shared. Be safe, Be well, Be happy and remember how special you are.

Blessing and love to you,  
Liz Braus, RN

(Note: Liz retired May 20, 2020)



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We sincerely thank the following  
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(Listed donations were received between May 12, 2020 and June 12, 2020.)

- Meals on Wheels America
- North Dakota Community Foundation
- Bismarck-Mandan Community Foundation
- Clarence & Nancy Mertz (In Memory of Don Almer)
- Doris Eiseman (In Memory of Elmer Eiseman)
- Virginia Beggs

## 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)

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*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.

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