

# THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

Vol.10 October, 2020

## It's Time for Medicare Part D Open Enrollment!

If you are on Medicare, you already may be on a prescription drug plan, a.k.a. Medicare Part D. These prescription drug benefit plans are offered by private insurance companies approved by Medicare.

Even if you have an insurance plan and think you are set for the coming year, you should consider having your Medicare Part D plan reviewed. People who re-examined their plan last year saved an average of \$600/year.

The annual open enrollment period for Medicare is October 15—December 7. This window of time is when you may make changes to your policies. The available plans and what they cover change from year to year. So if your plan was the best option last year, it might not be the best option for the coming year!

To assist you with this process, Irene Rankin, a volunteer at the Burleigh County Senior Center, will be accepting appointments to review your policy and show you new options that may be available to you.

**Appointments will begin on October 15 and go through December 7. To schedule your appointment, please call us at 255-4648.**

Please bring the following documents with you to your appointment:  
—A list of your medications, including dosages and frequency;  
—Your Medicare card;  
—Your Medicare Part D prescription drug plan card and your 'yellow' ID card (if you have one).

**Masks are required inside the Burleigh County Senior Center.**

If you have any questions regarding your Medicare policies, please contact the ND State Health Insurance Counseling Program at 701-328-2440.

## What's Happening

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## *This 'n That*

### **YOUR VOTE COUNTS!** HOW TO VOTE IN THE 2020 GENERAL ELECTION

#### **VOTE ABSENTEE**

You can request an absentee ballot for the General Election now! Go to [www.vote.nd.gov](http://www.vote.nd.gov) and Click "Vote by Mail/Absentee" to get your application. Or, call 701-222-6718 and the Burleigh County Auditor's office will mail you an application.

#### **VOTE EARLY**

Voting early is convenient and simple. Go to [www.burleighco.com/elections/early](http://www.burleighco.com/elections/early) to find more information about voting early!

#### **VOTE ON ELECTION DAY**

Find your polling location for Election Day. Your location may be changed from previous years. Go to [www.vote.nd.gov](http://www.vote.nd.gov) and Click "Where Do I vote?" to find your Election Day polling location!

#### **BE AN ELECTION WORKER!**

If you like to get paid to serve your community...  
If you enjoy spending time with your neighbors and meeting new people...  
If you like helping people...

***Sign up to be an Election Worker!***

Call the Burleigh County Auditor's Office at 701-222-6718 if you have any questions!



### **FLU SHOTS**

**Tuesday, October 6**

**9 am to 12 pm**

**Crescent Manor**

**Thursday, October 8**

**9 am to 2 pm**

**Burleigh Co. Senior Center**

Flu shots at Crescent Manor and Burleigh Co Senior Center are being provided by Gateway Pharmacy.

**Monday, October 19**

**10 am to 12 pm**

**Wing Senior Center**

**Tuesday, October 20**

**9 am to 11 am**

**United Methodist Church, Sterling**

Flu shots at Wing and Sterling are being provided by Bismarck-Burleigh Public Health.

#### **Senior Center Exercise Room**

The Burleigh County Senior Center Exercise Room will be open to individuals, by appointment only, beginning October 1.

Individuals may schedule time to use the stationary bicycles, DVD's, and weights.

No group exercise classes are available at this time. Call 255-4648 to schedule your time.

#### **Dalmalning (Swedish Rosemaling) at BAGA**

The Bismarck Arts & Galleries Association is hosting a Dalmalning Class (Swedish rosemaling) with nationally recognized artist Diane Edwards on November 21, 2020 from 9 am to 5 pm.

This class will be limited to 6 people and has a fee of \$60.00. Please Call BAGA at 223-5986 to sign up.

**The Burleigh County Senior Club has cancelled ALL ACTIVITIES until further notice (including Dinner Dances).**

# Art for Life

## “Not Paint by Number” with Nicole Gagner

Enjoy a fun and easy way to be creative! No previous experience is needed!

Call 255-4648 to register for a “Not Paint By Number Kit.” Each kit contains a Nicole Gagner original drawing, watercolor paints, a brush and a sheet of follow up questions. At your leisure, using your own creativity, complete the painting.



Kits can be picked up in the Drive Thru Lunch Line or by calling Lisa at 255-4648 to make arrangements to receive a kit. Please answer the follow up questions and return them to Lisa in the envelope provided in your kit. This is part of our Art for Life Program and we would love feedback from you on your experience.

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# Scavenger Hunt at Home

**Do you like a challenge and want to win some fun prizes?**

We are having a Virtual Scavenger Hunt! Follow the checklist and see if you can find the items on this list around your home or yard.

Write where you found the item beside it below. Please send in or drop off (during Drive Thru meals) your completed Scavenger Hunt List by October 30th. We will draw from the completed lists for prizes. If you don't find all the items, you can still turn in your list! We will have a secondary drawing for those who did not find them all!

**NAME:**

---

## FALL SCAVENGER HUNT

- ◇ A leaf
- ◇ A spatula
- ◇ A photo of someone special
- ◇ Something that plays music
- ◇ A map
- ◇ A red pen
- ◇ Black socks
- ◇ A Seashell
- ◇ A cookie cutter
- ◇ 3 things that are yellow
- ◇ A book with numbers
- ◇ An item you bake with
- ◇ A Nickel
- ◇ Something from a vacation

## 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.

## Book Mobile

### 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.



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**EASTGATE**  
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2302 E. Divide Ave - Bismarck, ND 58501  
(701) 223-7322 - [www.EastgateFuneral.com](http://www.EastgateFuneral.com)

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<b>Sunrise Location</b> 3103 Yorktown Dr. Bismarck <b>701-425-0789</b>	<b>Mandan Location</b> 500 Burlington St. SE Mandan <b>701-224-9521</b>

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**Enroll in our Medication Packaging program:**

- ✓ A convenient alternative to filling pill boxes each day or week
- ✓ Easy to use, meds are grouped by dose and time of day
- ✓ Eliminate missed and double doses
- ✓ One monthly trip to the pharmacy

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# Health & Wellness

## 5 Minute Wake-Up Workout

### Overhead Stretch

Lying on your back, extend your arms over your head, feeling your body stretch from your toes to your fingertips. Take 3-4 deep, relaxing breaths.

### Knee to Chest Stretch

Lying on your back, bring one knee to your chest, keeping the other leg bent. Do not raise your head or tense your neck. Take 3-4 deep, relaxing breaths, feeling the stretch in your buttocks and lower back. Repeat with the opposite knee.

### Hamstring Stretch

Lying on your back, grasp one leg and pull it towards you, then straighten it as far as comfortable. Keep the other leg flat or bent on the bed. Take 3-4 deep relaxing breaths, feeling your hamstring lengthen. Repeat with opposite leg.

### Knees to Chest Stretch

Lying on your back, bring both knees to your chest and gently grasp your legs. Do not raise your head or tense your neck. Take 3-4 deep, relaxing breaths.

### Knee Rolls

Lying on your back, slowly roll your knees to one side, keeping them together and ensuring both shoulders remain in contact with the bed at all times. Take 3-4 deep, relaxing breaths, feeling the stretch in your lower back. Repeat on the opposite side.

### Trunk Rotation

Sit up on edge of bed. With your feet parallel and shoulders back and down, rotate your upper body to one side as far as comfortable without moving your hips. Repeat 6 to 8 times on both sides, taking a deep, relaxing breath on each side to release stiffness in your lower back.

### Chest Stretch

While sitting on edge of bed, sit up with your feet parallel on the ground. Push shoulders back and down and hands on hips, push your chest up and out. Take 3 to 4 deep, relaxing breaths, feeling your chest muscles lengthen.

### Upper Back Stretch

While sitting on edge of bed, clasp both hands and extend your arms out in front of you at shoulder level. Look down and slightly round your back. Take 3 to 4 deep breaths, feeling the stretch between the shoulders.

### Seated Hamstring Stretch

Sitting upright with both legs straight and hip-width apart or closer, bend from the hips, bringing your chest towards your thighs keeping a straight back. Take 3 to 4 deep, relaxing breaths, feeling your hamstrings lengthen.

### On-the-Spot Power Walking

Walk on the spot for about 30 seconds, raising your heels to your buttocks while bending and unbending both elbows together, keeping them by your sides.

### Squats

Standing with your back to your bed, feet parallel and shoulder-width apart, lower yourself as far as comfortable or until your thighs are parallel to the floor. Do not let your knees lean over your toes. As soon as you touch the bed, come up and repeat. Perform 8 to 10 slow and controlled squats.

### Side Stretch

Standing with hands on hips, cross your right leg in front of your left leg. Raise your left arm and reach towards the right side. Hold for 3 to 4 deep, relaxing breaths, feeling a stretch across your side. Repeat on the opposite side.

### Forward Bend

Standing with feet parallel and hip-width apart, bent from the waist, bringing your chest towards your thighs, keeping your legs and back straight. Hold for 3 to 4 deep, relaxing breaths, feeling the stretch in your hamstrings.





# October 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> Chicken Alfredo with Noodles CA Veggie Blend Veggie Cup Pineapple Breadstick	<b>2</b> BBQ Riblet Sandwich Baked Beans Potato Salad Vanilla Yogurt with Berries
<b>5</b> Cabbage Rolls Loaded Mashed Potatoes Green Beans Applesauce	<b>6</b> Parmesan Crusted Fish Vegetable Fried Rice Peas Pears	<b>7</b> Roast Beef Au Gratin Potatoes Glazed Carrots Fresh Chunky Fruit	<b>8</b> Bruschetta Chicken Breast Roasted Potatoes Broccoli Peaches Garlic Toast	<b>9</b> Kielbasa Steamed Cabbage Irish Potatoes Banana Pudding Cup
<b>12</b> Chicken Kiev Baby Roasted Potatoes Italian Blend Vegetable Apricots	<b>13</b> Cranberry Glazed Pork Roast Scalloped Potatoes Mixed Vegetables Mandarin Oranges	<b>14</b> Monterey Chicken Hash Brown Bake Peas & Carrots Tropical Fruit	<b>15</b> Roasted Turkey Mashed Potatoes with Gravy Corn Fresh Apple Peanut Butter Rice Krispy Bar	<b>16</b> Beef & Broccoli White Rice Egg Roll Fortune Cookie Fruit Cocktail
<b>19</b> Tatertot Hotdish Scandinavian Vegetables Strawberry Applesauce Croissant	<b>20</b> Dilled Salmon Rice Pilaf with Vegetables Broiled Tomato Pineapple	<b>21</b> Baked Chicken Pasta Salad Pacific Blend Vegetables Cottage Cheese with Peaches Fresh Cookie	<b>22</b> Meatloaf Parslied Potatoes Country Blend Vegetables Ambrosia Fruit Salad	<b>23</b> Lasagna Cauliflower Side Salad with Ranch Dressing Banana Garlic Toast
<b>26</b> Hot Beef Sandwich Mashed Potatoes with Gravy Corn Orange	<b>27</b> BBQ Ribs Macaroni & Cheese Green Beans Fresh Chunky Fruit Dinner Roll	<b>28</b> Chicken Fried Chicken Mashed Potatoes with Country Style Gravy Monaco Blend Veggies Dark Sweet Cherries	<b>29</b> Pork Stroganoff With Egg Noodles Spring Mix Veggie Blend Peas Mandarin Oranges	<b>30</b> HAPPY HALLOWEEN Monster Meatballs Swamp Pesto Primavera with Vampire Veggies Candy Corn Gelatin Special Treat

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

**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.**

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.

# *Timeslips™—Creative Storytelling*

Study this image.  
Think about your life  
and experiences.  
What does this image  
say to you?

Use the questions  
below to guide your  
answers. Answer the  
questions. When  
done please drop this  
page off in the lunch  
drive thru or mail to  
Attn: Lisa, Burleigh  
Co. Senior Center,  
315 N 20th Street,  
Bismarck, ND 58501.



Where should we say this takes place?  
When?

Who else is there?

Why are they gathered?

What else is happening at this party?

What should we name them?

What sounds do you hear?

How do they know each other?

What happens next?

How do they get along?

What are they serving? How does it taste?

*We will anonymously share your stories in upcoming issues of the Senior Sentinel.  
(Please use an additional sheet of paper if necessary.) You may provide your name if you wish.*



# Volunteers Needed!!!

## NEEDED: HOME DELIVERED MEAL DRIVERS & MEAL PACKING ASSISTANCE

**Home Delivered Meal Drivers:** Deliver meals to home bound seniors in the community. Most routes are 1 to 1-1/2 hours long (typically from 10:15 am to 11:30 am).

**Meal Packing Assistance:** Assist kitchen staff with packing food each morning for home delivered and drive-thru meals. Assistance is needed on Mondays, Tuesdays, Wednesdays and Fridays from 8:30 am to 11:30 am. A monthly schedule is prepared. We are also in need of people to fill in as substitutes.

Please call Lisa at 255-4648 if you are interested in volunteering for one of these positions. COVID-19 safety precautions are being taken, including facial coverings, temperature and health screenings prior to admittance into the Senior Center. Drivers are supplied with hand sanitizer and gloves.



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STACY HERTHER WOLDIE  
*Close to Home...*  
701-390-7618  
hertherwoldie@gmail.com  
701-222-2217  
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059033-00112 3/19

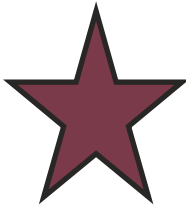


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# ***BINGO***

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Eat an Apple.	Surprise a friend or family member with a phone call.	Go for a walk to see how many different types and colors of leaves you can find.	Do at least 5 stretches before you get out of bed.  (See page 6).	List 3 things you miss/love about your Senior Center.  Post them the Senior Center's Facebook page.
Tune in to Polka Spotlight at 10:30 am on Channel 12 (612 on cable).	List 3 things that you are grateful for today!	Celebrate You! Give yourself a hug and eat your favorite breakfast.	Share an easy recipe on the Senior Center's Facebook page.	Make a list of all 50 state capitols (no cheating!).
Drink 64 oz. of water in one day!	Find your favorite photo of loved ones. Put them on your refrigerator.		Enjoy a cup of tea or hot cocoa.	Tune-in to a radio station you have never listened to before.
Make some pasta in recognition of National Pasta Day!	Decorate a pumpkin for Halloween.	How many words can you come up with in two minutes using the letters from: Happy October	Send a grand-child or special young friend a note telling them how wonderful they are!	Put away summer clothing and take out your cold weather clothes.
Write down a favorite Fall memory from your childhood and share with a family member or friend.	Write down a piece of advice you would give to younger generations.	Complete: 20 arm curls 20 knee lifts 20 ankle rolls	Eat a donut or Enjoy a glass of apple cider.	Make a Pumpkin Latte  (See recipe on page 14.)

## **How to Play:**

Complete all of the activities in a row vertically, horizontally or diagonally. Let us know when you have achieved a BINGO and you will receive one ticket into a raffle for prizes. Complete a blackout and receive 6 tickets into a raffle for prizes!

How to let us know: Contact Lisa at 255-4648 or [lisab@burleighsenioradults.org](mailto:lisab@burleighsenioradults.org). Give your name and how many bingos you have (i.e., 1 bingo, 2 bingos, blackout, etc.). Drawing for prizes will be held on Monday, November 2, 2020. Good Luck!

## Where I'm From Poetry Project



We are seeking 15 people who would like to participate in Round 2 of the "Where I'm From" Art for Life Project. Participants from Phase I thoroughly enjoyed this project.

Maureen McDonald-Hins and Matthew Musacchia are the writers. A time would be arranged for you to visit with them over the telephone.

They will ask you questions about what your life was like growing up. Based on this information, Maureen and Matthew create a poem for you. It's fun to reminisce and you don't have to be a poet to participate!

**There is still room for people to join this fun project!** Please call Lisa at 255-4648 no later than October 15th if you are interested in participating in this amazing experience.

This project is funded through our Art for Life Grant with the ND Council on the Arts.

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help you set your sights  
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### Common symptoms include:

- Hazy or blurry vision
- Seeing rings or halos around lights
- Poor color vision
- Double vision

**Make your cataract exam  
appointment today!  
Call (701) 222-3937**

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## Scam of the Month



### Senior Medicare Patrol Warns of COVID-19 Fraud

The Senior Medicare Patrol (SMP) has been receiving complaints of unsolicited callers using the fear and uncertainty from the COVID-19 pandemic to prey on Medicare beneficiaries. SMPs, who operate in every state, help beneficiaries prevent, detect, and report Medicare fraud, errors, and abuse.

#### How to spot a scam or fraud:

Be wary if you receive an unsolicited phone call that offers:

—To send you COVID-19 testing kits, vaccines, prescriptions, supplies such as masks, creams, and hand sanitizer, or even a COVID-19 treatment package. Beneficiaries who give out their information sometimes get back or orthotic braces in the mail instead.

—COVID-19 testing being offered by people going door-to-door at senior housing units.

—A new Medicare card and COVID supplies in exchange for a Medicare number. **Medicare will not call you to offer a new card** or request information in order to issue a new card.

—More Medicare insurance coverage. Insurance companies who do not have a relationship with a beneficiary **CANNOT** initiate a call.

#### How to protect yourself:

—Contact your own doctor if you are experiencing potential symptoms of COVID-19.

—**DO NOT** give out your Medicare number, Social Security number, or any personal information in response to unsolicited calls, texts, emails or home visits.

—Be suspicious of **ANYONE** going door-to-door offering any kind of free testing, supplies or treatments.

—Carefully review your Medicare Summary Notice (MSN) or Explanation of benefits (EOB), looking for errors or claims for services or products not received.

#### 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](mailto: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.

We don't  
stop playing  
because we  
grow old.  
We grow old  
because we  
stop playing.

—GEORGE BERNARD SHAW



**REMINDER: TURN IN  
YOUR STEP-TEMBER  
WALKING LOG BY  
OCTOBER 5TH.**



# Word Search



## I LOVE LUCY WORD SEARCH



### WORD LIST

- ARNAZ
- BANDEADER
- COMEDY
- CUBAN
- ETHEL
- FRED
- FRIEND



- HOUSEWIFE
- HUSBAND
- LAUGHING
- LUCY
- NEIGHBOR
- REDHEAD
- RICKY

Answers on Page 15.

# National “I Love Lucy” Day, October 15

**Who was Diane Belmont?** That was one of the stage names for Lucille Desiree Ball who was born on August 6, 1911 in Jamestown, NY.

After leaving high school at the age of 15, she worked as a waitress, and then her first career was as a model. She began performing in chorus lines on Broadway and starred in many TV shows that honored her name.

She died on April 26, 1989 and is buried in Lake View Cemetery in Jamestown. Her daughter established the Lucille Ball-Desi Arnaz Center in Jamestown, and it includes a museum dedicated to the “First Couple of Comedy,” as well as the Desilu Playhouse that displays some of the *I Love Lucy* sets. Take a virtual trip to Jamestown to visit the Lucy Desi Museum at [www.lucy-desi.com](http://www.lucy-desi.com).

## **“You’ve Got some ‘splainin’ to do!”**

The *I Love Lucy* show premiered on CBS on October 15, 1951. This day is known as National I Love Lucy Day. The TV show was created as a result of Lucille Ball’s popular radio show called *My Favorite Husband*.

## **I Love Lucy Trivia**

—Lucille’s husband, Desi Arnaz, toured with his rhumba band around the country.

—Lucy and Desi were considered to be the first interracial couple on TV.

—Philip Morris was the sponsor of *I Love Lucy*. This led to the characters doing a lot of smoking on the show. Lucille Ball preferred Chesterfield cigarettes, so she had the staff put Chesterfield cigarettes into the Philip Morris packs.

—In a popular episode shown in May 1952, Lucy found a way onto Ricky’s special as the show’s pitch girl. She advertised a medicine called “Vitameatavegamin.”

Believing it contained vitamins, minerals, meat, and vegetables, Lucy did not know that it was 23% alcohol.

—Lucille Ball found out she was pregnant in season two. The word pregnant was not allowed on television, so they had to use *expecting*. To make sure the topic was approved, Desi Arnaz hired a minister, rabbi, and catholic priest to watch the shows being filmed.

—It is estimated 71% of the nation watched the episode “Lucy Goes to the Hospital,” in 1953.

—Famous people who appeared on *I Love Lucy* were Danny Thomas, Red Skelton, and Eve Arden.



## **Lucille Ball True or False Quiz**

1. Lucille Ball became the first-ever female CEO of a production Company.
  2. Lucille Ball won Emmy, Tony and Golden Globe awards.
  3. Lucille Ball had a fear of birds.
  4. Lucille Ball was a natural redhead.
  5. Desi Arnaz was six years older than Lucille.
  6. Lucille Ball was the first pregnant woman to play a pregnant woman on TV.
  7. Lucille Ball had a hand in the original TV series, *Star Trek*.
  8. Lucille Ball was in the Chesterfield Cigarettes ad campaign as a Cigarette Girl.
  9. Lucille Ball’s idol was Carole Lombard.
  10. Lucille Ball’s favorite games was checkers.
- Answers on Page 15.

## **Easy Pumpkin Spice Latte**

2 TBSP Half-and-Half

2 tsp white sugar (or to taste)

1/4 tsp pumpkin pie spice

1 cup coffee

1 TBSP whipped cream topping (or to taste)

Directions: Mix half-and-half, sugar, and pumpkin pie spice together in coffee mug. Pour coffee into mug; stir to blend.

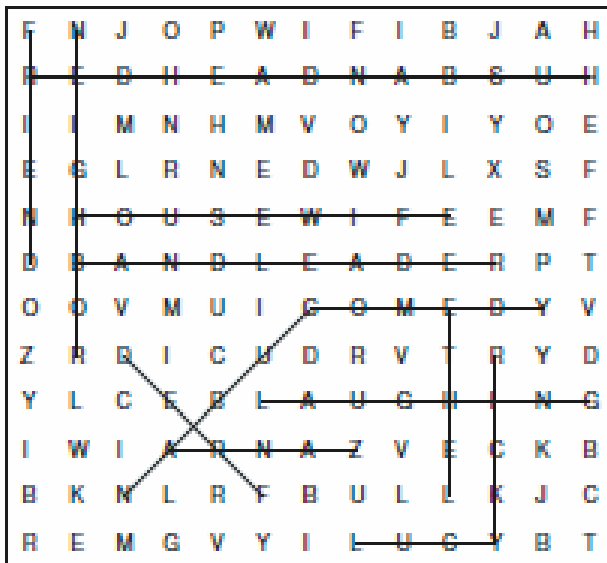
Heat in microwave until hot, about 15 seconds. Top with whipped cream.

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# I Love Lucy Puzzle Answers

## Answers to I LOVE LUCY WORD SEARCH (from page 44)



## True/False Quiz

1. TRUE. She called her company Lucille Ball Productions that she financed with the sale of her shares of Desilu.
2. FALSE. She only won four Emmys, although she was nominated for 13 Emmys and six Golden Globe awards. In 1979, she won the honorary Cecil B. DeMille Award.
3. TRUE. According to the book, *Ball of Fire: The Tumultuous Life and Comic Art of Lucille Ball*, she related her father's passing of typhoid fever with her memory of a bird flying through the window the day he passed away. She was four years old.
4. FALSE. Lucille was a brunette.
5. FALSE. Lucille was six years older than Desi.
6. TRUE.
7. TRUE. She financed the original series.
8. TRUE (in 1933).
9. TRUE.
10. FALSE. Her favorite game was backgammon.

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# Trivia

## ANIMALS

1. This marine mammal is home in the north Pacific Ocean and is the heaviest member of the weasel family.  
\_\_\_\_\_
2. The great white shark's only natural predator is the \_\_\_\_\_ or killer \_\_\_\_\_.
3. This ground dwelling bird routinely runs down its favorite meal, rattlesnake.  
\_\_\_\_\_
4. Its spiral horn (or tusk) is actually a tooth.  
\_\_\_\_\_
5. Many bird lovers (or bug haters) in the eastern part of North America build large, multi-level "apartments" for these insect-eating birds.  
\_\_\_\_\_
6. This giant weasel is known for its vicious tenacity and musky odor.  
\_\_\_\_\_
7. Besides man, which animal is susceptible to leprosy?  
\_\_\_\_\_
8. Morocco leather is traditionally harvested from this animal  
\_\_\_\_\_
9. A mandrill is what type of animal?  
\_\_\_\_\_
10. This is the only animal that cannot jump.  
\_\_\_\_\_

**Animals Trivia Answers**  
5. Purple martins  
6. Wolverine  
7. Armadillo  
8. Goat  
9. Primate  
10. Elephant  
1. Sea Otter  
2. Orca, whale  
3. Roadrunner  
4. Narwal

## HAPPY HALLOWEEN

1. Is the pumpkin a fruit or vegetable?  
\_\_\_\_\_
2. He is the main character in Washington Irving's *The Legend of Sleepy Hollow*.  
\_\_\_\_\_
3. This mythical creature transforms during a full moon.  
\_\_\_\_\_
4. Halloween is thought to have its roots in this European country.  
\_\_\_\_\_
5. What is the English translation of *Dia de los Muertos*?  
\_\_\_\_\_
6. Who is the only member of the "Peanuts" gang to believe in the Great Pumpkin?  
\_\_\_\_\_
7. This fruit is dipped in a sugar candy coating or caramel. A stout wooden stick acts as the handle.  
\_\_\_\_\_
8. Casper is a friendly \_\_\_\_\_.  
\_\_\_\_\_
9. What was the first penny candy that was individually wrapped?  
\_\_\_\_\_
10. What is Samhainophobia?  
\_\_\_\_\_

**Happy Halloween Trivia Answers**  
1. Fruit  
2. Ichabod Crane  
3. Werewolf  
4. Ireland  
5. Day of the Dead  
6. Linus  
7. Apple  
8. Ghost  
9. Tootsie Rolls  
10. Morbid Fear of Halloween

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# 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.**



## Foot Care Services are available by appointment only.

—For an appointment at the Burleigh County Senior Center, please call 255-4648.

—For an appointment at Crescent Manor, please call 355-7617.

—A foot care clinic in Wing is scheduled on October 12, please call 943-2490 to sign up.

## Face masks and a health screening will be required when you arrive for your appointment.



**At The Senior Center:** When you arrive, park on 20th Street beside the Senior Center. Wait in your vehicle for the nurse to escort you in. After your health screening, you will be escorted to the Health office for services. If you are ill, or have a temp, you will not be allowed into the facility.

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**Loren Haugen  
Jerry Lydeen  
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## 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:

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Burleigh County Council on Aging  
 Burleigh County Senior Adults Program  
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 Bismarck, ND 58501

The Senior Sentinel is published monthly by the Burleigh County Senior Adults Program.  
 315 North 20th Street • Bismarck, ND 58501 • 255-4648  
[www.BismarckSeniorCenter.org](http://www.BismarckSeniorCenter.org)  
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