Burleigh County Senior Adults Program

The Senior Sentinel

315 North 20th Street • Bismarck, North Dakota 58501

Vol. 10 October, 2021

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 be scheduled between October 15 and 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 or 1-888-575-6611.

EFFECTIVE OCTOBER 4:
DRIVE THRU MEAL SERVICE ROUTE CHANGE.
SEE PAGE 15 FOR DETAILS!

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Special Programs

NATIONAL SENIOR HEALTH & FITNESS DAY

National Senior Health & Fitness Day is the nation's largest older adult health and wellness event, now entering its 28th year. More than 100,000 seniors will participate in local health and wellness events at 1,000+ locations across the country.

Join us in the Dining Room at the Burleigh County Senior Center on Wednesday, October 27, to participate in this special day.

AGENDA

10:30 am **Nourish Your Bones and Joints**
Katie Johnke and Shaundra Ziemann-Bolinske
A healthy diet is essential for good health and nutrition. This session, along with the Shop Savvy Session, will give you the tools you need to start on your healthy journey or will take you on your next level if you have already began this path.

12:00 pm **Congregate Meal**
To register for lunch, please call 258-9276 or stop by the Reservation Desk.

12:30 pm **Shop Savvy** (grocery shopping)
Katie Johnke

1:30 pm **Healthy Snack Time**

2:00 pm **Diabetic Foot Care**
Gayl Schwindt, MSN, RN
Learn about the different types of Diabetes and how it affects your health. The risk factors associated with diabetes will be discussed, as well as signs and symptoms to look for when examining your feet. If time allows, Gayl will assist you in examining your feet for signs of trouble.

Please let us know you plan to attend by calling 255-4648 or by stopping by the Administrative office.

FLU SHOTS

Tuesday, October 5
9 am to 12 pm
Crescent Manor

Wednesday-Thursday, October 6-7
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.

Thursday, October 21
10:00 am
Wing Senior Center

Thursday, October 21
12:30 pm
United Methodist Church, Sterling

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

BRING YOUR MEDICARE OR INSURANCE CARD WITH YOU!

Please call 255-4648 if you have any questions.

Scandinavian Almond Cake

Shared by Nanc Skaret

Spray pan with Pam or Cooking Spray
Beat well: 1¼ cup sugar, 1 egg,
1½ teaspoon pure almond extract,
2/3 cups milk
Add: 1 ¼ cup flour,
½ teaspoon baking powder
Add: 1 stick melted margarine
Mix Well.

Bake at 350 Degrees for 40-50 minutes. Edges must be golden brown. Cool in pan before removing. Cake will break if removed to soon.
Sprinkle with confectionary sugar.

DISCOVER YOUR WORLD!

Join us for a special viewing of *Into the Grand Canyon* on Tuesday, October 5, at 9:30 am.

This film is a meditation on the timeless beauty of one of America's most sacred spaces, and a story of physical hardship that stretches the bonds of friendship. This film follows two colleagues who set out to traverse the Grand Canyon by foot, hoping the 750 mile walk will help them better understand this revered landscape and the commercial developments poised to alter it forever.

HELP DESK

U OF MARY MISSION FOR LIFE DAY OF CARING

Students from the University of Mary will be at the Senior Center on Wednesday, October 6 from 10:00 am—12:00 pm for the U of Mary Mission for Life Day of Caring.

During this time, these students will assist participants with their technology questions.

Bring your cell phone, iPad, tablet or other device to get assistance on its use.
No registration necessary.

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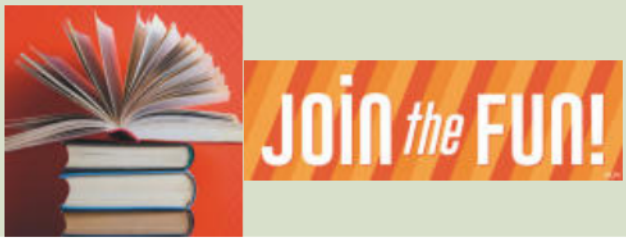
Join us for Activities!

The Book Club will meet in the Senior Center Library on Monday, October 25 at 1:00 pm to discuss the book, ***The Book Woman of Troublesome Creek,*** written by Kim Michele Richardson. Discussion will be led by Dr. Wayne G. Sanstead.

You may also join the conversation by calling 1-844-854-2222 and entering the access code: 6763322#

Pick up a copy of the book at the Senior Center during regular hours or call Denise Fettig-Loftesnes at 255-4648 to make other arrangements. Please return the book no later than October 25.

Book Synopsis: The Book Woman of Troublesome Creek is a 2019 Novel by Kim Michele Richardson. The story is a fictionalized account of two real subjects in the history of eastern Kentucky: Cussy Mary is a "Book Woman" – one of the Packhorse Librarians who delivered books to remote areas of the Appalachian Mountains during the Great Depression, from 1935 to 1943, as part of President Franklin D. Roosevelt's Works Progress Administration (WPA) program. Cussy Mary is also "Blue" – the last of a line of blue-skinned people, whose skin appears the unusual shade due to a rare genetic disorder. As a Book Woman, Cussy Mary is a highly regarded, but as a Blue, she is feared and reviled and experiences racism, discrimination and violence.



Join Us for a Movie–Fridays at 12:45 pm

October 1: ***I'll See you in my Dreams***
2015, PG-13 Romance/Comedy
After realizing how lonely and routine her life has become, a longtime widow begins relationships with two very different men.

October 8: ***Trouble with the Curve***
2012, PG-13 Drama
For decades Gus Lobel has been one of baseball's best scouts -- but now his age is catching up with him. Still, he refuses to be benched even though his bosses are questioning his judgment. Tasked with checking out the country's hottest batting prospect, Gus is forced to accept help from his daughter, Mickey. Though they haven't spent time together in years, father and daughter make new discoveries about their shared past, which could change their future.

October 15: ***War with Grandpa***
2020, PG Comedy
Peter and his grandpa used to be very close, but when Grandpa Jack moves in with the family, Peter is forced to give up his most prized possession: his bedroom. Peter will stop at nothing to get his room back, scheming with friends to devise a series of pranks to drive him out. However, grandpa doesn't give up easily, and it turns into an all-out war between the two.

October 22: ***Still***
2012, PG-13 Drama
A farmer fights back when local authorities hamper his efforts to build a cottage for his dementia-stricken wife.

October 29: ***Monsters, Inc.***
2001, G Fantasy/Adventure
Monsters Incorporated is the largest scare factory in the monster world, and James P. Sullivan is one of its top scarers. Sullivan is a huge, intimidating monster with blue fur, large purple spots and horns. His scare assistant, best friend and roommate is Mike Wazowski, a green, opinionated, feisty little one-eyed monster. Visiting from the human world is Boo, a tiny girl who goes where no human has ever gone before.

Join us for Activities!

TRIVIA FOR SENIORS

Join us for Trivia for Seniors on Tuesday, October 5 and October 19 from 12:30 pm—1:00 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!

(Trivia will be held the first and third Tuesday of each month from 12:30 pm—1:00 pm.)

STOP BEING BORED! COME PLAY BOARD GAMES!

Please join us on Tuesday, October 12 and October 26, from 12:30 pm—1:30 pm to play board games, all the while visiting with friends, old and new!

(Board Games will be held the second and fourth Tuesdays of each month from 12:30 pm—1:30 pm.)

Penny Bingo, normally held on Wednesdays in the South Conference Room, is cancelled for the month of October!

The Senior Center Advisory Committee will meet on Tuesday, October 5, at 9:30 am in the Library.

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Support Groups & Free Resources

PRAIRIE SEA HEARING CENTER

Jessica McLindsay, from the Prairie Sea Hearing Center, will be at the Senior Center on Thursday, October 14, from 9:00-10:30 am in the Library, to provide hearing screenings and hearing aid cleanings. No appointment necessary!

HEARING LOSS SUPPORT GROUP

Kathy Frelich from NDSD/Resource Center for Deaf and Hard of Hearing will be at the Senior Center for our Hearing Loss Support Group on Tuesday, October 19 at 10:30 am. This group meeting will be held in the Library. Pre-registration is required. Stop by the Administrative Office or call 255-4648 to register.

LOW VISION SUPPORT GROUP

Betsy Hermanson, Vision Specialist from ND Voc Rehab will lead the Low Vision Support Group in the Library on Wednesday, October 6 at 10:00 am. Stop by the Administrative Office or call 255-4648 to register. This group will be limited to 8 people.

CAREGIVER SUPPORT GROUP

Join us for our Caregiver Support Group on Thursday, October 28 in the Dakota Room from 10:30 am to 11:30 am. Family caregiving is rewarding but it can also impact your own health and well-being. Learn more about the unique challenges and stressors that family caregivers face and learn how you can stay healthy. Group leader Kathleen Meckler worked as a Youth Counselor and therapist prior to retirement and is now donating her time and expertise to offer this Caregiver Support Group. This group provides emotional support in a safe environment for you to explore how to cope. **Registration is required. If you would like to participate, please call 255-4648.**

GRIEF SUPPORT & SHARE GROUP

There are many different ways to grieve and many different things we can grieve over. You can grieve over the death of a loved one, a pet, a disagreement with a family member, the loss of a job and even moving from your home.

Group Leader Kathleen Meckler worked as a Youth Counselor and therapist prior to retirement, and is now donating her time and expertise to offer this Grief Support and Share Group at the Senior Center. This Group provides emotional support in a safe environment for you to explore how to cope.

The Grief Support and Share Group meets on Wednesdays from 10:00 am to 11:00 am in the Dakota Room. Sessions are scheduled for October 6, 13, 20, and 27.

Registration is required. If you would like to participate, please call 255-4648. Group is limited to 10 people.

Legal Services

Legal Services of North Dakota will be at the Burleigh County Senior Center on Wednesday, October 13 from 1:30—3:30 pm to meet with individuals by appointment.

If you need assistance with a legal matter, please call 1-877-258-5263 ext. 303.

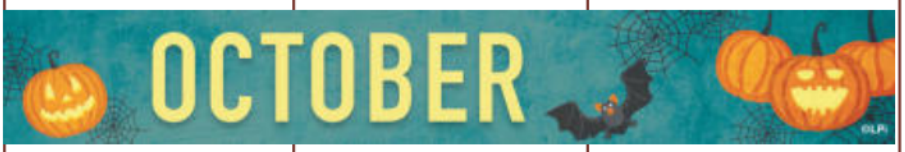
ASSISTIVE MEDICAL EQUIPMENT

The Burleigh County Senior Center has medical equipment available to you on a 'loan' basis.

Equipment that can be loaned out for up to 90 days includes transfer/shower benches, walkers, canes, commodes, toilet risers, and other small items. There is a suggested donation of $5.00 for each piece of equipment borrowed.

Wheelchairs and knee scooters are available on a limited basis for seven days only. A deposit of $100 for wheelchairs and $50 for scooters is required. Deposit is returned when equipment is returned.

October Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE!				1 Ravioli with Meat Sauce Café Vegetable Blend Melon Blend Breadstick
4 Ground Beef with Gravy Mashed Potatoes Mixed Vegetables Peaches	5 Chicken Sandwich Deluxe Potato Salad 3 Bean Salad Fresh Apple	6 Roast Beef Baby Roasted Potatoes Green Beans with Bacon & Onion Pears	7 Ham Baked Sweet Potato CA Normandy Vegetable Blend Mandarin Oranges Strawberry Rhubarb Pie	8 Citrus Glazed Baked Salmon Rice Pilaf Asparagus Pineapple
11 Chicken Kiev Potato Wedges Peas with Pearl Onions Dark Sweet Cherries	12 Country Style Ribs with Sauerkraut Fried Potatoes Baked Apple Beans Fresh Banana	13 Swedish Meatballs Mashed Potatoes with Gravy Beets Apricots	14 Chicken Parmesan Rotini Noodles Squash Vegetable Blend Chunky Fruit	15 Carnitas Taco Bake Spanish Rice Refried Beans Applesauce Cinnamon Mini Donuts
18 Stuffed Green Pepper Parslied Potatoes Scandinavian Vegetable Blend Peaches in Strawberry Gelatin	19 Chicken Fried Chicken Mashed Potatoes with County Style Gravy Cheesy Broccoli Grapes	20 Meatloaf Scalloped Potatoes Candy Corn Vegetable Blend Pears	21 Roasted Turkey Mashed Potatoes with Gravy Corn Mandarin Oranges Cookie	22 Lemon Pepper Tilapia Wild Rice Parmesan Broiled Tomato Cottage Cheese with Peaches
25 Open Faced Hot Hamburger Garlic Mashed Potatoes with Gravy Glazed Carrots Pineapple	26 Asian Chicken & Broccoli White Rice Egg Roll Fresh Orange Fortune Cookie	27 Glazed Pork Roast AuGratin Potatoes Murray Vegetable Blend Apricots	28 Swiss Steak Baked Potato Cauliflower Fruit Cocktail	29 Veal with Mushroom Sauce Egg Noodles Prima Vera Vegetable Blend Apple Slices with Caramel Sauce

Burleigh County Senior Center: Drive-Thru Meal Service from 11:15 am to 11:45 am.
Congregate Meal Service from 12:00 pm to 12:30 pm

Crescent Manor: Congregate Meal Service at 11:45 am; Take-Out Meal Service at 12:15 pm

Wing Senior Center/
Sterling Meal Site: Congregate Meal Service/Take-Out Meal Service at 12:00 noon.

MEAL RESERVATIONS: Call at least one day in advance.
Burleigh County Senior Center 258-9276 (from 8:00 am to 3:30 pm)
Crescent Manor 258-6646 (from 10:00 am to 2:30 pm)
Wing Senior Center/Sterling Meal Site 943-2490 (from 8:00 am to 2:30 pm)
Home-Delivered Meal inquiries, please call 255-4648.

Suggested donation is $4.50/meal. The meal price for those under 60 is $9.00. SNAP accepted.

OAA federal regulations require individuals age 60 and older to register to participate in the Nutrition Program. Home-Delivered meal participants are required to update their registration annually. Individuals are notified when their registration is due for updating.

October Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
DAILY **Sew & Share** **9:30 am—** **11:00 am**				1 8:30 Coffee Bar 9:30 Chair Yoga 12:45 Movie Matinee 1:00 Pinochle
4 8:30 Coffee Bar 9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle	5 8:30 Coffee Bar 9:00 Strength Finders 9:30 Advisory Committee 9:30 Into the Grand Canyon 10:30 Tai Ji Quan 12:30 Trivia 1:00 Bridge **9 am—12 pm Flu Shots at Crescent Manor**	6 8:30 Coffee Bar 9:00 Standing Yoga 10:00 UMary Tech Support 10:00 Grief Support & Share Group 10:00 Low Vision Support Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle **9 am—2 pm, Flu Shots at Senior Center**	7 8:30 Coffee Bar 9:00 Craft Time 9:00 Strength Finders 10:30 Tai Ji Quan 12:45 Travel Talk 1:00 Bridge 1:00 Hand & Foot	8 8:30 Coffee Bar 9:30 Chair Yoga 10:45 Strength Finders 12:45 Movie Matinee 1:00 Pinochle
11 8:30 Coffee Bar 9:30 Wii Bowling 9:30 Art from the Heart 12:45 Strength Finders 1:00 Pinochle 1:30 Art with Andrea	12 8:30 Coffee Bar 9:00 Strength Finders 10:00 Art with Nicole 10:30 Tai Ji Quan 12:30 Board Games 1:00 Bridge 1:00 Quilting Group	13 8:30 Coffee Bar 9:00 Standing Yoga 10:00 Grief Support & Share Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:30 Legal Services of ND (By appt)	14 8:30 Coffee Bar 9:00 Craft Time 9:00 Strength Finders 9:00 Prairie Sea Hearing 9:15 Volunteer Meeting 9:30 Yoga Talk 10:00 Computer Basics 10:30 Tai Ji Quan 1:00 Bridge 1:00 BUNCO 1:00 Hand & Foot **BOOKMOBILE**	15 8:30 Coffee Bar 9:30 Chair Yoga 10:45 Strength Finders 12:45 Movie Matinee 1:00 Pinochle
18 8:30 Coffee Bar 9:30 Wii Bowling 9:30 Art with Rod 12:45 Strength Finders 1:00 Pinochle	19 8:30 Coffee Bar 9:00 Strength Finders 9:30 Art with Rod 10:30 Hearing Loss Support Group 10:30 Tai Ji Quan 12:30 Trivia 1:00 Bridge	20 8:30 Coffee Bar 9:00 Standing Yoga 10:00 Grief Support & Share Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle	21 8:30 Coffee Bar 9:00 Craft Time 9:00 Strength Finders 1:00 Bridge 1:00 Hand & Foot 1:00 BCCA Meeting **Flu Shots** **10 am Wing** **12:30 pm Sterling**	22 8:30 Coffee Bar 9:30 Chair Yoga 10:45 Strength Finders 12:45 Movie Matinee 1:00 Pinochle
25 8:30 Coffee Bar 9:30 Wii Bowling 12:45 Strength Finders 1:00 Book Club 1:00 Pinochle	26 8:30 Coffee Bar 9:00 Strength Finders 1:00 Bridge 12:30 Board Games 1:00 Quilting Group	27 8:30 Coffee Bar 9:00 Standing Yoga 10:00 Grief Support & Share Group 10:30 National Senior Health & Fitness Day (See pg 2) 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle	28 8:30 Coffee Bar 9:00 Strength Finders 9:00 Craft Time 9:30 Yoga Talk 10:30 Caregiver Support Group 1:00 Bridge 1:00 Hand & Foot Sterling Foot Care Clinic	29 8:30 Coffee Bar 9:30 Chair Yoga 10:45 Strength Finders 12:45 Movie Matinee 1:00 Pinochle

Join us for Activities!

SEW & SHARE

Join us for Sew & Share — A group where you can share all your projects, talk sewing jargon, visit with old friends, meet new friends, and have lots of laughs!

Sew & Share will gather Monday through Friday from 9:30 am to 11:00 am in the Dining Room.

TRAVEL TALK

Join us for Travel Talk the first Thursday of each month at 12:45 pm in the Dining Room. Travel Talk features a destination (city, state, country) through a video. Afterward, we will share experiences, ideas and thoughts.

This month's Travel Talk, Thursday, October 7, will feature Theodore Roosevelt National Park and will be presented by John Jacobson.

TIME TO SOCIALIZE!

The Coffee Bar is open each day beginning at 8:30 am. Come in for coffee and fellowship. Assorted pastries are available to purchase.

Caramel Rolls and Pie Happy Hour will not be offered during the month of October.

CRAFT TIME

Do you enjoy crafts? Join other crafters every Thursday from 9:00 am—11:30 am in the Arts & Crafts Room to work on craft projects. Bring a project or find one in the Arts & Craft Room.

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WELLNESS CHALLENGE

For our October Wellness Challenge, try these Walking Workouts. Incorporate the Mental Health Weekly Challenge (found on page 12) into your walking.

Walking Workout 1:
20-minute slow walk. Get moving and focus on breathing, form and clearing your head. Breathe in through your nose and out through your mouth. Pump your arms as you walk. Step one foot in front of the other mindfully, pressing down with your full foot and being cognizant of not walking on your toes or striking too hard with your heel and focus on your breathing.

Walking Workout 2:
20-minute speed-it-up walk. We'll speed things up slowly and mindfully. First, clock yourself at a normal pace for 4 minutes. Then speed up and walk briskly for 4 minutes. Alternate for 20 minutes total. If this starts to get easy, quicken your pace or increase the amount of time you spend walking briskly. Or, if you don't like keeping track of time, keep track by blocks or mileage. After 4 blocks of regular pacing, speed up for 4 blocks.

Keep a log of your walking activity, along with what you learned about shifting your mindset and de-stressing. Please turn in your log by November 5.

Stay tuned for new and upcoming Health & Wellness Activities:

*Fit & Strong (begins in January)
*Aging Gracefully (begins in November)
*Tai Ji Quan (new 12 week session begins in January)

STRENGTH FINDERS

When we have strength, everything we do is so much easier. When you undergo strength training, and do it properly, you will get stronger, regardless of your age. With greater strength comes effortless movement and you will enjoy more out of each and every day!

Strength Finders, is a senior strength training exercise program. By participating in this class, you may improve muscle strength, your balance, along with helping with your energy and general health, which in turn will make each of your days that much better. What are you waiting for? Join *Strength Finders* today!

Strength Finders Classes (60 minutes, 2 times per week) will be offered in the Senior Center Fitness Room.

Group 1: Tuesdays & Thursdays at 9:00 am
Group 2: Mondays & Wednesdays at 12:45 pm
Group 3: Wednesdays & Fridays at 10:45 am

Each group will be limited to 12 people.

To register for *Strength Finders*, please stop by the Administrative Office or call 255-4648 to get a registration form. Your registration, along with your doctor's approval will be required prior to attending a *Strength Finders* class.

The Dining Room Walking Track is available for use!

SENIOR CENTER FITNESS ROOM

The Burleigh County Senior Center Fitness Room is available in between classes for individual use. Individuals may use the stationary bicycles, DVD's, and weights. Stop by the Administrative Office if you have questions, or need assistance.

A NOTE FROM RUTH...

To 'live with purpose' I did my usual twice daily routine of mindfulness meditation while walking outdoors. Mindfulness meditation is an exercise of slowing down one's wandering and racing thoughts. It helps one to be fully aware mentally, emotionally and physically. It releases stress, negativity and anxiety. It calms the mind and body. Mindfulness meditation is life transforming!

Thank you Ruth!

YOGA TALK WITH BONNY & MARLENE

Thursday, October 14, 9:30 am: *Yoga Breathing Essentials*

Thursday, October 28, 9:30 am: *Living Yoga Everyday*

The Senior Center's Chair Yoga instructors, Bonny and Marlene are going *"beyond the mat"* to help us learn more about yoga!

Join this Zoom class at the Senior Center or from your home computer. Please stop by the Administrative office or call 255-4648 to register.

STANDING YOGA

Join us on Wednesdays at 9:00 am for Standing Yoga. This class aims to build strength and gain balance by combining a mix of seated and standing poses. Chairs and props will be available to create a safe environment and no mats are required. This class is appropriate for Seniors that are new to Yoga or the seasoned veterans.

Standing Yoga will meet on Wednesdays, October 6, 13, 20 and 27 in the Fitness Room.

Classes will be limited to 10 people and advance registration is required. Stop by the Administrative Office or call 255-4648 to reserve your spot.

CHAIR YOGA

Join us on Fridays at 9:30 am for Chair Yoga. This gentle form a yoga will give you the full benefits of Yoga using a chair for support. Classes will be taught by Bonny Fetch or Marlene Summers.

Chair Yoga will meet on Fridays, October 1, 8, 15, 22, and 29, in the Fitness Room.

Classes will be limited to 10 people and advance registration is required. Stop by the Administrative Office or call 255-4648 to reserve your spot.

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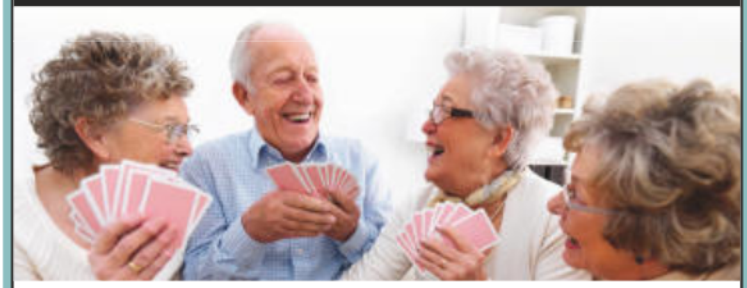
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Health & Wellness

MENTAL HEALTH WEEKLY CHALLENGE

Contrary to popular belief, physical and mental health are not completely separate entities. Moving more can help improve your mood and decrease your risk of depression, according to Harvard Medical School. And you can give this benefit an even bigger boost by purposefully engaging in mental health exercises while you move your body.

Below are some simple ways to shift your mindset and de-stress during your daily walking workouts.

1. Pick a one-word mantra and spend time focusing on it during your walk. It could be something like PEACE, STRENGTH or RELAXATION.
2. Pick a natural element, like the sun, trees or the wind, and whenever your mind starts stressing and wandering, bring yourself back to that element.
3. Listen to a positive podcast while on your walk. This could be about creating a positive mindset or about any topic that makes you happy.
4. Take a break during your walk to take some deep breaths while stretching. Focus on the inhale and exhale, letting any thoughts that come to mind simply pass through.

Let us know the what you did throughout the month to shift your mindset and de-stress. Write a few sentences and turn it in with your walking sheet.

WII BOWLING

Beginning October 4, Wii Bowling will be held on Mondays at 9:30 am.

This 12 week series will go through December 20. We ask that you commit to participating in all sessions.

Wii Bowling is limited to 8 people. If there is enough interest, a second group will be added.

If you are interested is signing up, please stop by the Administrative Office or call us at 255-4648.

CHAIR YOGA

from the
Burleigh County Senior Center on Dakota Media Access: channel 12, or in HD 612. Programs can also be streamed online at freetv.org, Roku or Apple TV.

October 1, 8, 15, 22 & 29
at 10:30 am

We would like to thank our sponsors: AARP of ND, Bismarck-Burleigh Public Health, Dr. Joel Roloff, Adjust Life Chiropractic, and Dakota Media Access.

Celebrate your Inner Artist!

ART WITH ANDREA

Join Andrea Dvorak on Monday, October 11, at 1:30 pm to create a Halloween Candy Jar.
No Experience necessary!

There is a 10 person limit for this class and a suggested $5 donation which can be made when you arrive. Stop by the Administrative Office or call 255-4648 to reserve your spot.

ART FROM THE HEART

Join Nina on Monday, October 11 at 9:30 am as she leads us in creating a unique painting. There is a 10 person limit on this class and a $5 suggested donation which can be paid when you arrive. Stop by the Administrative Office or call 255-4648 to reserve your spot.

ART WITH ROD

Join Rod Barth on Monday, October 18 and Tuesday, October 19 from 9:30—11:00 am for a class on watercolors. No experience necessary!

There is a 10 person limit for this class and a suggested $5 donation which can be made when you arrive. Stop by the Administrative Office or call 255-4648 to reserve your spot.

ART WITH NICOLE

Join ND Council on the Arts artist Nicole Gagner on Tuesday, October 12, at 10:00 am for a class in drawing pumpkins.

There is a 10 person limit for this class and a suggested $5 donation which can be made when you arrive. Stop by the Administrative Office or call 255-4648 to reserve your spot.

Our Volunteers Make the Difference!

VOLUNTEER POSITIONS ARE AVAILABLE!

Home Delivered Meal Drivers: Deliver meals to home bound seniors in the community.

Coffee Bar: Sell food items. Monitor coffee station and make coffee as needed. Assist participants as needed.

Dining Room Assistant: Carry trays for participants that cannot carry their own. Help with coffee. Clear dishes and trays from tables following congregate meal.

Gift Shop: Sell Gift Shop items. Hours: 9:00 am—1:00 pm.

Dining Room Desk 2: Assist with checking people in for the congregate meal. Make change. Answer questions. Provide back-up to the Program and Services Coordinator.

Senior Center Shuttle: Provide rides to/from participant's home to the Senior Center, using the Senior Center Shuttle van.

Are you interested in volunteering for any of these positions? Or, do you have an area of expertise you would like to share with Senior Center patrons? Please call Denise Fettig-Loftesnes at 255-4648.

VOLUNTEER MEETING

Please mark your calendar! A volunteer meeting will be held on Thursday, October 14 at 9:15 am.

Join us for a continental breakfast and receive updates on information pertinent to volunteers!

MEMBERS NEEDED!!!

The Burleigh County Council on Aging is seeking candidates to serve a three-year term beginning January 1, 2022. Interested candidates should contact Renee Kipp, Executive Director, at 701-255-4648 or stop by the Administration Office.

AARP Offerings

AARP will not be offering any in-person driver safety classes until further notice. They are, however, offering their AARP Smart Driver Online Course.

This award-winning course will help you refresh your driving skills and increase your confidence on the road. You will also learn the latest traffic laws and proven safe-driving strategies. Plus, when you complete the course, you could qualify for a multiyear discount on your auto insurance.

To register for this online course, go to: aarpdriversafety.org. Use the promo code: DRIVINGSKILLS for a 25% discount. (Offer valid through December 31, 2021 for the online course only.)

PLEASE NOTE:

The Burleigh County Senior Adults Program is closely watching Covid-19 positive case trends.

While we have planned a full calendar of activities for your enjoyment, if we feel an activity may not be safe due to high positive cases, hospitalizations, or an outbreak at the Senior Center or meal site, it will be cancelled or postponed. Thank you!

Become a Techy!

COMPUTER BASICS

Vicki Laraway, from the ND Center for Independent Living, will be in the Senior Center Library on Thursday, October 14, at 10:00 am.

Please bring your laptop, tablet or cell device to receive individual assistance and learn how to get the most out of your technology!

These sessions are limited to three people, and pre-registration is required. Please stop by the Administrative Office or call 255-4648 to sign up.

This 'n That

"JUST GET IT DONE SOMEDAY" QUILTING GROUP

The "Just Get It Done Someday" Quilting Group will meet in the South Conference Room on October 12 and October 26 from 1:00 pm—4:00 pm. This group welcomes new members! If you are interested, please call Renee at 255-4648. (This group meets monthly on the second and fourth Tuesday.)

INCLEMENT WEATHER

Bad weather may force the Burleigh County Senior Center and other meal sites to close for meals and other activities. Please check to make sure we are offering a meal before venturing out on a snowy winter day, and keep a few of our frozen meals on hand (see below).

To find out if we will be offering meals: Call the Senior Center at 701-255-4648, tune in to KFYR-AM, KBMR-AM, KFYR TV, KXMB TV or check out our FaceBook page, Facebook.com/BismarckSeniorCenterND.

FROZEN MEALS

The Burleigh County Senior Center prepares flash frozen meals that are a great alternative to those found in the grocery store? These meals are low in sodium and fat, and include milk, bread and fruit. They may be oven baked or microwaved, and come with heating instructions.

Meal participants may order these meals for use on evenings and weekends. It is appreciated if you give at least one day's notice with your order.

EMERGENCY FROZEN MEALS

If you aren't interested in regular frozen meals, but would like to have two ***EMERGENCY FROZEN MEALS*** on hand in case of inclement weather, please order them by October 8. The Emergency Frozen Meals will be available for pick up in the Recreation Room on October 19, 20 or 21, between the hours of 11:00 am and 1:00 pm.

If you have any questions, or would like to order meals, please call us at 255-4648.

*Each meal is a suggested donation of $4.50. The price for those under 60 is $9.00. SNAP Benefits may be used. No one will be denied meals due to an inability or unwillingness to make a donation.

Senior Center Shuttle

Shared transportation for
Bismarck & Lincoln Residents, age 60+

From your home to the Burleigh County Senior Center and back!

Transportation will be provided Monday through Friday for patrons of the Burleigh County Senior Center to enjoy meals, receive health maintenance services or participate in activities.

A completed one-page registration form is required to utilize this service.

The suggested donation is $2.50/one way trip. No participant will be denied service due to an inability or unwillingness to contribute.

For more information, or to schedule a ride, please call 255-4648.

TEAM PLAYER

By Connie Skarphol

Are you a team player or do you play by your own rule book?

Isn't it important to be concerned about others and not just ourselves?

We are all in this game together — guarding against an opponent that isn't a respecter of age.

We can play our part by following the guidelines, put in place for our health safety.

So use that hand sanitizer, get vaccinated — put on those masks and smile!

We are going to get through this.

SENIOR SPACE

SENIOR SPACE

Senior Space is back online to check in for activities and/or log your volunteer hours! If you have lost your bar-code key, or are new to the Center and don't have one, please stop by the Administrative Office and let us know.

The Burleigh County Senior Club will not have any activities until further notice.

Drive-Thru Meal Service

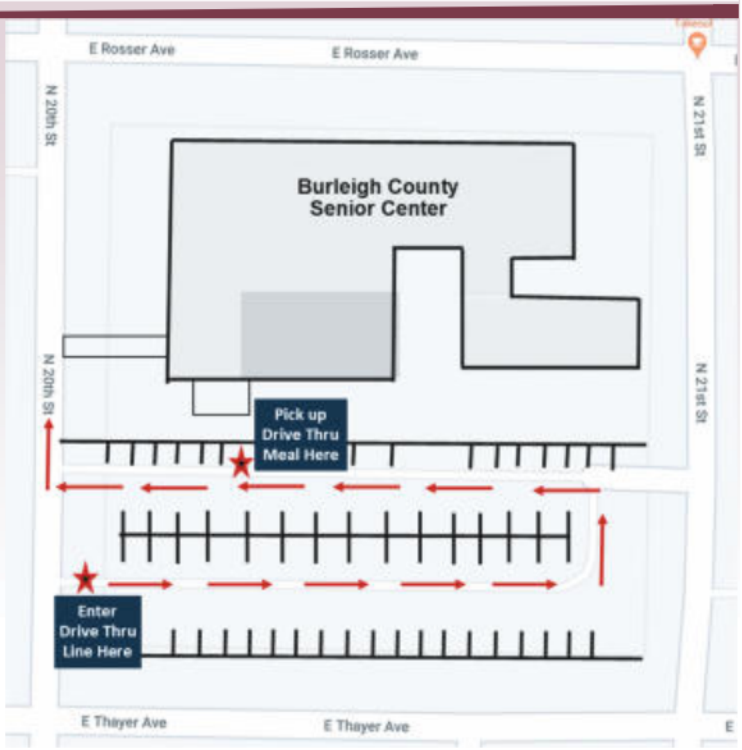
PLEASE BE CAUTIOUS WHEN ENTERING THE SENIOR CENTER PARKING LOT!

Although the Burleigh County Senior Center has resumed Congregate Dining, Drive-Thru meals continue to be available. Please follow the map for Drive-Thru Meal Service. Use caution and follow directions of staff when picking up your meal. **Drive-Thru Meal Service is from 11:15 am to 11:45 am.** Please do not arrive before 11:15 am. If you are unable to pick up your meal during this time, you may come in to the Senior Center from 12:15 to 12:30 pm and pick up your meal.

CONGREGATE MEAL PARTICIPANTS:

Because it is difficult to navigate the parking lot when the Drive Thru is going, if you are dining inside, we recommend you arrive before 11:15 am or after 11:45 am.

If the Senior Center has to discontinue Congregate Dining due to Covid, the Drive-Thru hours will extend to 12:00 pm.



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US 83 Intercity Bus

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Monday-Wednesday-Friday

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See our website for scheduling or contact us at **800-927-8338** or **701-839-7433**

This 'n That

BCSAP FACILITY/ MEAL SITE FACE MASK POLICY

The Burleigh County Senior Adults Program (BCSAP) is doing its very best to provide a safe and clean environment for you to visit to relieve the loneliness and isolation we have all had to endure throughout this pandemic.

Face Masks are required while inside the Burleigh County Senior Center, or at a BCSAP meal site. You are required to wear a mask unless you are actively eating or drinking while seated at a table.

Please be respectful of this policy! If you do not intend to follow it, then please don't come in. If staff/volunteers have to continually ask you to put your mask on, or if you verbally abuse them when the request is made, you will be asked to leave and will not be allowed back until there is no longer a mask requirement.

We have many people using the Senior Center and meal sites with serious health issues making them very vulnerable to this virus. Please be mindful of this when you visit.

If there is a COVID-19 outbreak at the Senior Center or at any meal site, we will close that site for up to 14 days, so that staff may properly disinfect the facility and hopefully stop any further spread. If we have to close, meals will only be available via Drive-Thru at the Senior Center or Grab 'n Go at the meal sites. ALL activities will be cancelled during this time. Home-delivered meals will continue as usual.

PLEASE! If we ALL wear a mask, ALL social distance, ALL wash our hands, and ALL work together we can keep the Senior Center and meal sites open and safe for ALL! Thank you!

FOR YOUR USE!

Library, including
Computers with Internet Access
Television
Free WiFi
Craft Room
Puzzles & Games

ONGOING ACTIVITIES

Pinochle: 1:00 pm, Monday, Wednesday, Friday
Bridge: 1:00 pm, Tuesday, Thursday
Hand & Foot: 1:00 pm, Thursday
Bunco: 1:00 pm, 1st & 3rd Thursday
Bingo: Cancelled for October
Wii Bowling: 9:30 am, Monday

Billiards: Tables are open daily from 8:30 am to 4:00 pm. $1.00 / day suggested donation.

DID YOU KNOW…?

—There is a secure container in the Rec Room entrance for personal documents in need of shredding.

—The Administrative Office has Bis-Man Transit tickets and stamps available for purchase.

Book Mobile / Senior Center Library

On the 2nd Thursday of each 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 and should be returned to the Senior Center when you are done.

If you would like to check out a book, please stop by the Dining Room Desk during regular Center hours or call Denise Fettig-Loftesnes at 255-4648 to make other arrangements.

The Senior Center Library also has a collection of books you may check out. Feel free to visit our library. The honor system is used for checkout. Just add your name and the book you check out to the 'checkout log'. Return the book when you are done or by the due date. Please stop by the Administrative office if you have questions.

PLEASE NOTE:

The Burleigh County Senior Center maintains its room temperature at 72 degrees. Please dress accordingly. If you tend to be chilly, please wear a sweater!

Health Maintenance

SUGGESTED CONTRIBUTIONS

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, call 255-4648.

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

— *Sterling Foot Care Clinic—October 28

— *Wing Foot Care Clinic—November 8

*For Wing/Sterling appointments, please call Gayl Schwindt at 255-4648.

Take the NextBlue Advantage!

We are a Proud Sponsor of the ND Senior Games
Aug. 18 – 21, 2021

Part C, or Medicare Advantage = Medicare Part A, B and D

Medicare Part C, or Medicare Advantage, integrates Medicare Part A and Part B coverage. Many Medicare Advantage plans also include Part D drug benefits. Medicare Advantage plans are only available through private health insurers and, depending on your plan, may provide extra coverage including:

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- Vision services and frame/lens allowance
- Hearing services and hearing aid allowance
- Fitness programs
- Over-the-counter drugs, including vitamins
- Coverage when traveling worldwide
- Personal emergency response system

Visit www.NextBlueND.com to learn more about NextBlue Medicare Advantage.

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Thank You to Our Donors...

We sincerely thank the following individuals and/or businesses for their generous donations. (Listed donations were received between August 1—31, 2021.)

First Presbyterian Church

BCSAP would also like to extend a special thank you to all the volunteers who go above and beyond each and every day to ensure the success of our programs. We could not do it without you! 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

Quality of Life Later in Life

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: _____
(Please Circle) (Name of person honored or memorialized)

Please send acknowledgement of my memorial/honorarium to:

Name: _____

Address: _____

City, State, Zip: _____

GIVING LEVELS
Platinum: $1,000 and up
Gold: $500—$999
Silver: $200—$499
Bronze: $100—$199
Friend: $50—$99

Your name will be placed on our giving wall with your donation, honorarium or memorial of $50 or more.

DONOR CONTACT INFORMATION:

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Telephone: _____

Thank you for your support!

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

The Senior Sentinel is published monthly by the Burleigh County Senior Adults Program.
315 North 20th Street • Bismarck, ND 58501 • 255-4648
www.BismarckSeniorCenter.org
Monday - Friday, 8:00 am to 4:30 pm

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

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City, State, Zip:	
Telephone:	

Please make checks payable to BCSAP.

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