

Other Services, continued...

The Senior Sentinel is the official monthly newsletter of the Burleigh County Senior Adults Program. Copies are available for pick up or by subscription. It can also be found on our website.

Transportation to and from the Burleigh County Senior Center is easy. The Burleigh County Senior Adults Program provides shuttle service for participants. Ample parking is also available.

Hours of Operation

The Burleigh County Senior Adults Program, housed at the Bismarck Senior Center, is open Monday through Friday, 8:00 am to 4:30 pm. **PLEASE JOIN US!**

Donations are Welcome!

The Burleigh County Senior Adults Program, a 501(c)3 nonprofit organization, accepts donations and memorials for its programs. Donations can be made to:

- Nutrition
- Health Maintenance
- Outreach Services
- Life Enrichment Activities
- Or, be designated to where it is most needed.

All donations/memorials will be recognized in *The Senior Sentinel*. Donations/memorials over \$50 will be recognized on our Giving Wall at the Burleigh County Senior Center.

Volunteer Opportunities

Home Delivered Meals Drivers:

Deliver meals to homebound seniors.

Home Delivered Meal Assembly:

Assist Home Delivered Meal Coordinator in packaging meals for home delivery.

Dining Room Assistants:

Help assemble Home Delivered Meals, carry trays for those who are not able to, monitor coffee station.

Gift Shop Sales:

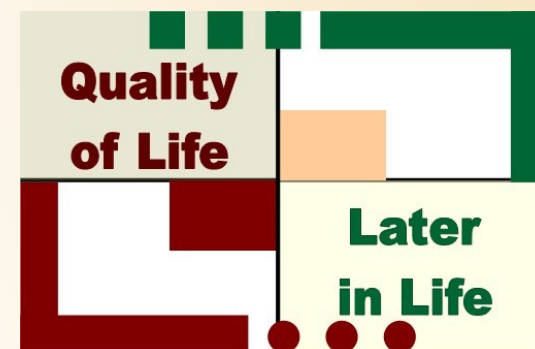
Sell arts, crafts, quilts, and cards made at the Senior Center.

The Burleigh County Senior Adults Program, the Burleigh County Senior Center, Wing Senior Center, the Sterling Meal Site, and its governing board, the Burleigh County Council on Aging, assure 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 they have been denied service for reason of race, color, or national origin, should contact the Director at:

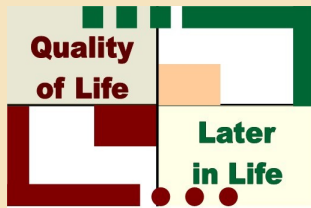
Burleigh County Senior Adults Program

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Burleigh County Senior Adults Program

The Burleigh County Senior Adults Program is a 501(c)3 nonprofit organization designed to provide for the needs of the older adult residing in Burleigh County, ND.

Our mission is to enhance the lives of adults, age 60+, through nutrition, health maintenance, and outreach services as well as life enrichment activities. The program is committed to helping older adults remain healthy and independent through its services.

Programs are funded by the Older Americans Act Title III, the State of North Dakota, Burleigh County, United Way, local foundations and organizations, and individual donations and memorials.

Outreach Services

The Burleigh County Senior Adults Program Outreach Services provides seniors, age 60+, and their family members with information, support and assistance in assessing needs and accessing senior services. Services are provided through home and office visits and telephone contacts.

Nutrition Service

Senior Dining, in a social, congregate setting at the Burleigh County Senior Center, Crescent Manor, Wing Senior Center, and the United Methodist Church in Sterling, provides hot, nutritious meals and an opportunity for fellowship with others.

Frozen Meals are a great, nutritious option. Participants may purchase frozen meals prepared right at the Burleigh County Senior Center to have available at home on weekends and holidays.

Home Delivered Meals provided to homebound seniors ensure their nutritional needs are met.

Health Maintenance Service

Health Maintenance Services, are provided by two licensed nurses and include foot care (nail trimming and a foot assessment), home visits, blood pressure screenings, and blood sugar screenings. Health Maintenance Services coordinates an Annual Flu Shot Clinic, a Senior Health and Learning Day, and provides healthy aging education on a one-on-one and group basis.

Assistive Medical Equipment is available to participants on a 'loan' basis. Many times, participants have had surgery or an injury and need equipment for a short period of time. This program allows them to borrow the equipment, without having the expense of purchasing.

Life Enrichment Activities

Life Enrichment Activities provide for all aspects of a full and happy life! The Senior Centers in Burleigh County are social gathering places where participants can enjoy a variety of activities, including:

Holiday and Special Events

Guest Speakers	Billiards
Wii Games	Bingo & Bunco
Line Dancing	Bridge & Pinochle
Arts & Crafts	Puzzles & Games
Strength Finders	Movies
Classic TV Shows	Computer Stations
Book Club	Pie Happy Hour
Senior Club	Choir
Day Trips	Fitness Room
Entertainment	Yoga
Caramel Roll Wednesdays	
Morning Socializing at the Coffee Bar or in the Sun Room, and more!	

Other Services

The Burleigh County Senior Center also provides space to organizations to conduct their activities. AARP Tax Preparation, Senior Medicare Patrol, Legal Services of North Dakota, and other organizations utilize space at the Bismarck Senior Center.

The Burleigh County Senior Center Lobby Gift Shop is open Monday through Friday from 9 am to 1 pm. The Gift Shop offers a variety of items hand crafted by volunteers, as well as affordable gift items and cards.