

## BURLEIGH COUNTY SENIOR ADULTS PROGRAM

The Burleigh County Senior Adults Program is a 501(c)3 non-profit organization designed to provide for the needs of older adults residing in Burleigh County.

Our mission is to enhance the lives of older adults through nutrition, health maintenance, outreach services and life enrichment activities. The program is committed to helping those we serve remain independent and in their own homes.

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.

The Burleigh County Senior Adults Program, Burleigh County Senior Center, Wing Senior Center, 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 Executive Director at the email address listed below.

### The Senior Sentinel

The Senior Sentinel is the official monthly newsletter of the Burleigh County Senior Adults Program.

Copies are available for pick-up or by subscription. Subscriptions are \$5.00 per year. It can also be found on our website!



### DONATIONS WELCOME!

The Burleigh County Senior Adults Program accepts donations, honorariums and memorials for its programs. Donations can be made for any of the following services:

- \* Nutrition \* Health Maintenance
- \* Life Enrichment Activities
- \* Outreach \* Where it is most needed

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

The Burleigh County Senior Adults Program also provides space to organizations to conduct their activities during regular business hours.

AARP Tax Preparation, Legal Services of North Dakota, and other organizations utilize the Burleigh County Senior Center to provide free services to seniors in our community.

#### HOURS OF OPERATION:

Monday—Friday  
8:00 am—4:30 pm

Executive Director:  
Renee Kipp  
reneek@burleighsenioradults.org

Assistant Director:  
Spring Renton  
springr@burleighsenioradults.org

Home Delivery Meal Coordinator  
Andrea Dvorak  
andread@burleighsenioradults.org

Outreach Coordinator:  
Ashly Norris  
ashlyn@burleighsenioradults.org

Site Manager—Wing/Sterling:  
Hannah Anderson  
701.943.2490  
hannah@burleighsenioradults.org

### Coffee Bar

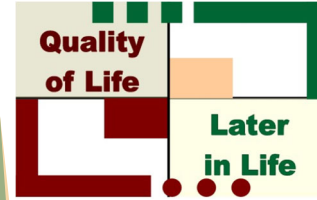
Open Daily 8am—11:30am

### Caramel Rolls

Every Wednesday at 8:30 am

\$1.00 each!

First Come, First Serve  
Sorry, No Take Outs



# Burleigh County Senior Adults Program



315 N 20th Street, Bismarck, ND 58501 \* 701.255.4648 \* [www.BismarckSeniorCenter.org](http://www.BismarckSeniorCenter.org)

NUTRITION  
HEALTH MAINTENANCE

OUTREACH SERVICES

LIFE ENRICHMENT ACTIVITIES

## 60+ and Fabulous





# Nutrition

## GOOD NUTRITION IS A HEALTHY PART OF AGING

The Burleigh County Senior Adults Program works to reduce hunger and food insecurity, promote socialization, health and well-being, and delay adverse health conditions among older adults.

Our meals are a terrific option for older adults as they provide at least one-third of the minimum daily requirements for older adults. Each meal includes an entrée, potatoes, noodles or rice, vegetable, fruit, bread and milk. (We are unable to provide meals for special dietary needs.) Coffee and water are also offered at meal sites.

Meals, paired with other services and activities, provide older adults an opportunity for an active and healthy lifestyle.

### HOME DELIVERED MEALS

Home Delivered Meals provides nutritious meals to older adults who are Homebound. The meals assist in maintaining and/or improving the health of a recipient, and in many cases, prevent premature and unnecessary institutionalization.

Along with other needed in-home services, these meals assist an older person in remaining independent and in their own home. Nutritious noon meals are delivered daily Monday through Friday. Frozen meals for evenings, weekends, and holidays are available.

**Volunteers delivering the meals also provide a daily wellness check of a recipient.** As health and mobility improves, a recipient may then be inclined to enjoy a meal and companionship at their local Senior Center.

**Call for eligibility information — 701-255-4648.**

### COST OF MEALS

The Burleigh County Senior Adults Program is supported by federal, state and local funds. There are no fees for meals for adults age 60 and over. Participants may make a contribution toward the cost of meals they receive. The suggested contribution per meal is \$4.50. No one is denied meals due to an inability or unwillingness to contribute. Cash, check, credit card and SNAP/EBT are accepted. **The meal price for those under 60 is \$10.00.**

## Mealtime is More Enjoyable When You are with Friends!

### VOLUNTEER OPPORTUNITIES

The Burleigh County Senior Adults Program has many volunteer opportunities available! As a volunteer you may assist with packing or delivering meals, leading exercise classes, assisting in the dining room during meal time, teaching an art class and much more! If you are interested in making a difference in the community, enjoy working with older adults and would like to volunteer, please contact Spring at 701.255.4648.



# Other Services

### HEALTH MAINTENANCE

Our health maintenance staff provides foot care, blood pressure checks and fasting blood sugar screenings for adults, age 60 and over. Services are provided at the Burleigh County Senior Center, Crescent Manor, Wing Senior Center, and United Methodist Church in Sterling. Services are also available for home-bound clients. There is no cost for services. Recipients may, but are not required, to contribute to the cost of the services they receive. No participant will be denied services due to an inability or unwillingness to contribute. Suggested Donations for Health Maintenance Services are as follows:

**\* Foot Care: \$25.00 \* Blood Pressure: \$3.00 \* Blood Sugar: \$5.00 \* Home Visit: \$40.00**

### OUTREACH SERVICES

Our Outreach Services staff provide older adults, age 60 and over, and their family members with information, support and assistance in assessing needs and accessing senior services available in our community. Services are provided through home and/or office visits and telephone contacts.

### ASSISTIVE MEDICAL EQUIPMENT

Assistive Medical Equipment is available on a 'loan' basis for up to 90 days. Items include walkers, commodes, toilet risers, shower benches, transfer benches, and more. Wheelchairs and knee scooters are available on a limited basis for no more than 7 days and require a deposit of \$100 that is returned upon return of the equipment.

The suggested donation for all other assistive medical equipment is \$5.00 per item.

No participant will be denied due to an inability or unwillingness to contribute.

### SENIOR CENTER SHUTTLE

Transportation to and from the Burleigh County Senior Center is easy with our Senior Center Shuttle!

Transportation is provided Monday through Friday from 8 am to 4 pm. To be eligible, you must be a Bismarck or Lincoln resident, age 60+, and complete a one-page registration form. Our shuttle allows patrons of the Burleigh County Senior Center to enjoy meals, receive health maintenance services, participate in activities and socialize with friends in the community. The suggested donation is \$2.50/one way trip. No participant will be denied services due to an inability or unwillingness to contribute.

### RURAL SENIOR SERVICES

The Burleigh County Senior Adults Program offers its services at the Wing Senior Center in Wing, ND and the United Methodist Church in Sterling, ND. Meals are served at both locations Mondays, Tuesdays, Thursdays and Fridays. The Wing Senior Center also serves a meal on Wednesdays.

For those unable to travel to a meal site and live within city limits of either Wing or Sterling, **Home Delivered Meals** (hot and/or frozen) are available if eligible. **Frozen Meals** are available for pick-up at either meal site for those who do not live within city limits.

**Health Maintenance Services** are provided in Wing and Sterling. This service includes foot care, home visits, blood pressure checks and fasting blood sugar screenings.

**Outreach Services** provides information, support and assistance in assessing your needs and accessing services in our rural communities as well.

### 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:

- \* Guest Speakers
- \* Live Entertainment
- \* Educational Programs
- \* Exercise Classes
- \* Computer Stations, Classes + Free WiFi
- \* Movies, Puzzles and Games
- \* Cards and Billiards
- \* A community place to socialize and so much more!

