



THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

Vol. 9 September, 2022



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Welcome Fall—September 22!



Missouri Slope Areawide United Way



Lifelong Learning



WELLNESS OUTING #2 with Katie Johnke from Bismarck-Burleigh Public Health

Grab your tennis shoes for Round Two of fun things to do!

On Monday, September 19, at 9:00 am, Katie Johnke will lead a wonderful and informative Wellness Outing!

This outing will include a walk to Kiwanis Park to see the fitness equipment. Next stop will be the Orchard (bring a bag!), and then on to Sertoma Park to listen to a speaker and have refreshments.

Participants will return to the Burleigh County Senior Center in time for lunch!

The Senior Center will be providing a bus for this tour at no charge to participants. The bus will leave promptly at 9:00 am from the Senior Center lobby. Please be at least 10 minutes early.

Space is limited. To reserve your spot, please see Lori at the Senior Center, or call her at 255-4648.

NOTE: This tour will require a lot of walking. A bottle of water is recommended.

BIS-MAN FOOD COOPERATIVE TOUR

Join us on Tuesday, September 27 for a trip to the Bis-Man Food Cooperative. The BisMan Community Food Cooperative is committed to providing a grocery shopping experience reflective of our community's commitment to health and wellness! They have three guiding principles:

Real Food: We Are What We Eat
Empowered Community Members, and
Strong Local Economy

The bus will leave at 9:15 am to be at the Food Co-op by 9:30 am. Please arrive at the Senior Center no later than 9:00 am. There is no cost for this tour. Please sign up by stopping by the Administrative Office or calling 255-4648. Space is limited to 20 people.



CURIOSITY STREAM

Join us for these programs
on Thursdays at 9:30 am.

September 1: Storms

How does a hurricane come to be? What impact do these giant whirlwinds make on the global climate? It has only recently been established that over 80 percent of the hurricanes that slam the East Coast of the United States are first formed above the African Savannah.

September 8: Earthquakes

In many countries of the world, people are so used to earthquakes that a little jolt of the ground barely raises an eyebrow. But since the Fukushima nuclear reactor disaster in Japan, at the very latest the issue of seismic security has taken on new urgency.

September 15: Volcanoes

1,900 Volcanoes worldwide are considered active. Many are widely unknown, such as Mount Nyiragongo in the Democratic Republic of the Congo. At an altitude of 3500 meters, a hot lava sea boils and bubbles at 1000 degrees Celsius.

September 22: Cuba—The Blue Island

September 29: Cuba—The Green Island

This double feature will showcase two of the most beautiful islands in Cuba.

Will Cubans be able to safeguard their heritage of pristine nature and preserved ecological treasures under this new era, as they are facing the combined pressure of money and tourism? What policies can be implemented to maintain the island's spectacular wilderness?



Coming in October!

AARP SMART DRIVER

On Monday, October 3, at 10:00 am, AARP will be hosting a course that will teach us valuable defensive driving skills and also give us a refresher on the rules of the road. You may be eligible for a discount on your car insurance by completing this course.

The cost for this course is \$20.00 for AARP members and \$25 for non-members. Space is limited and pre-registration is required. Please call 226-5956 to register.



COMING IN OCTOBER!

Flu Shots

Crescent Manor, October 4
Senior Center, October 5-6
Wing Senior Center, Date Pending
Sterling Meal Site, Date Pending

Medicare Part D Open Enrollment

October 15 through December 7
Irene Rankin will be providing appointments to review your Medicare Part D Plan.

Happy Labor Day

More information will be in the October Issue of the Senior Sentinel.

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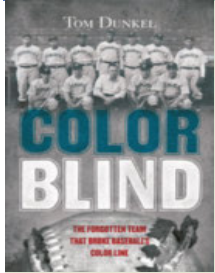


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Burleigh County Senior Adults Program, Bismarck, ND

A 4C 05-0634

Join Us for Activities!



The Book Club will meet in the Senior Center Library on Monday, September 26 at 1:00 pm to discuss the book, *Color Blind* written by Tom Dunkel. Discussion will be led by Dr. Wayne G. Sanstead.

Pick up a copy of the book at the Senior Center during regular hours or call Lori at 255-4648 to make other arrangements. Please return the book no later than September 26.

Book Synopsis: When baseball swept America in the years after the Civil War, independent, semi-pro, and municipal leagues sprouted up everywhere. With civic pride on the line, rivalries were fierce and teams often signed ringers to play alongside the town dentist, insurance salesman, and teen prodigy.

In drought-stricken Bismarck, ND during the Great Depression, one of the most improbable teams in the history of baseball was assembled by one of the sport's most unlikely champions. A decade before Jackie Robinson broke into the Major Leagues, car dealer Neil Churchill signed the best players he could find, regardless of race, and fielded an integrated squad that took on all comers in spectacular fashion.

Color Blind immerses the reader in the wild and wonderful world of early independent baseball, with its tough competition and its novelty. Dunkel traces the rise of the Bismarck squad, focusing on the 1935 season and the first National Semi-pro Tournament.



Join Us for a Movie—Fridays at 1:00 pm

September 2: *Corrina, Corrina*

A heartwarming story about a family devastated by grief and the woman who helps heal the loss. Manny Singer hires African-American Corrina Washington to work as maid and nanny.

September 9: *Come Away Home*

Twelve year old city girl Annie believes her summer is ruined when her parents send her off to visit a grandfather she barely knows, in his dilapidated home far from the New York City.

September 16: *The Secret: Dare to Dream*

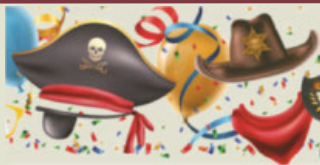
Based on Rhonda Byrne's best-seller, this uplifting story follows a young widow and a mysterious man who helps her and her family transform their lives.

September 23: *Family Camp*

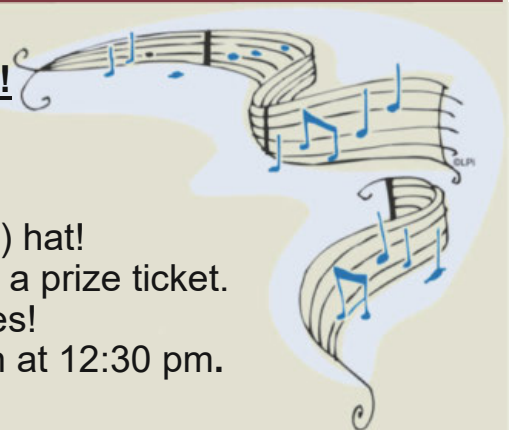
Two polar-opposite families find themselves sharing a cabin for a week away at camp. With the highly coveted camp trophy at stake, dads Tommy and Eddie end up lost in the woods after a comedy of errors and mishaps.

September 30: *The Ultimate Life*

A billionaire with questionable priorities re-examines his life after discovering his grandfather's journal.



ENTERTAINMENT AND HAT DAY AT THE SENIOR CENTER! **Tuesday, September 20**



Have some fun and wear your favorite (or crazy) hat!
If you have a hat on, check in with Lori (before lunch) for a prize ticket.
After the entertainment, we will draw for prizes!
Entertainment from **Harvey & Diane Schilling** will begin at 12:30 pm.

Celebrate Your Inner Artist!

ART WITH NICOLE

Join artist Nicole Gagner on Tuesday, September 13, at 10:00 am as she leads a class in painting sunflowers. 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, September 19 at 9:30 am as she leads us in painting "Fall Leaves." There is a 10 person limit for this class and a \$5 suggested donation which can be made when you arrive. Stop by the Administrative Office or call 255-4648 to reserve your spot.



TIME TO SOCIALIZE!

The Coffee Bar is open each day from 8:00 to 11:30 am.



Come in for coffee and fellowship. Assorted pastries are available to purchase.

Join us for Caramel Roll Wednesday!

Caramel rolls (\$1 each) are served on Wednesdays from 8:30 am until sold out!

FOR YOUR USE!

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Burleigh County Senior Adults Program, Bismarck, ND

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Lifelong Learning / Activities

COOKING FOR ONE

Join Inez Willard on Tuesday, September 6 at 10:00 am for a class on "Cooking for One". Inez will cook a thing or two for all of you to try! You will also get the recipes to keep. Please sign up at the Administrative Office or call 255-4648 so we know how many people to prepare for.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's disease is not a normal part of aging. Join Nikki Wegner on Tuesday, September 27 at 12:30 pm to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources.

DEPRESSION

Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home.

On Wednesday, September 14 at 12:30 pm, Alison Traynor will be at the Senior Center to discuss Depression concerns, including how to spot it and what to do about it. She will provide handouts and answer your questions.

SIMPLE STEPS TO PREVENT FALLS

Falls are a threat to the health of older adults and can reduce their ability to remain independent. However, falls don't have to be inevitable as you age. You can reduce your chance of falling or help a loved one prevent falls. There are proven ways to reduce and prevent falls, even for older adults.

Amy Haugen will be at the Senior Center on Thursday, September 22 at 12:30 pm to provide you with some simple steps to prevent you from falling.

SENIOR FISHING DERBY AT GARRISON DAM

Join the fun on Tuesday, September 13, for a trip to the Garrison Dam National Fish Hatchery to fish! This will be a **CATCH & RE-LEASE** fishing trip. Fishing equipment and bait will be provided.



The West River Transit bus will leave the Senior Center at 8:00 am sharp, and will return by 2:00 pm. (Please arrive 10-15 minutes early to board the bus.)

It is your own responsibility to find transportation to and from the Senior Center. Please park on the southeast side of the parking lot or on the street. Do not park in front of the building or block the drive-thru.

Cost is \$15 per person and includes the bus ride. This fee must be paid when you register at the Administrative office.

A box lunch will be provided by the Senior Center. The \$15 fee does NOT include lunch. If you wish to make a donation for lunch, please do so when you arrive for the trip.

ITEMS TO BRING WITH YOU

Water or other beverages, (coffee will be provided) jacket/sweater, umbrella, etc. Please check the weather for that day and dress appropriately.

Please note: A minimum of 10 people are needed to cover the costs for this trip. There is room for a maximum of 20 people.



September Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE!			1 Beef Taco Salad With Tortilla Chips Salsa and Sour Cream Chunky Fruit	2 Baked Salmon Wild Rice Pilaf Half Broiled Tomato Fresh Banana Asst. Desserts
5 CLOSED HAPPY LABOR DAY	6 Cabbage Rolls Parslied Potatoes Peas with Pearl Onions Asst. Fruit Cups	7 Breaded Chicken Tenders Potato Wedges Cucumber & Tomato Salad Fresh Orange	8 Roast Beef Mashed Potatoes with Gravy Brussel Sprouts Vegetable Blend Pears Chewy Marshmallow Bar	9 Chicken Cordon Bleu Baked Potato with Sour Cream CA Normandy Vegetable Blend Cherry Salad
12 BBQ Chicken Breast AuGratin Potatoes Green Beans Strawberry Applesauce	13 Smoothered Pork Chop Garlic Mashed Potatoes Pacific Vegetable Blend Peaches	14 Turkey Ala King Mashed Potatoes Glazed Carrots Watermelon Birthday Cake Donut Bites	15 Porcupine Meatballs Baby Baker Potatoes Steamed Broccoli Dark Cherries	16 Shrimp & Asparagus Alfredo Penne Pasta Murray Vegetable Blend Red Grapes
19 Open Faced Hot Hamburger Mashed Potatoes Country Style Vegetable Blend Fruit Cocktail	20 Ham Scalloped Potatoes Capri Vegetable Blend Pineapple	21 Mandarin Chicken Salad Dinner Roll Strawberries Cheesecake Supreme	22 Roast Turkey with Gravy Tri Colored Roasted Potatoes Steamed Peas Melon Blend	23 Beef Stir Fry White Rice Egg Roll Fortune Cookie Tropical Fruit
26 Chicken Fried Chicken Mashed Potatoes with Country Style Gravy Corn Mandarin Oranges	27 Beef Tips Egg Noodles Ratatouille Vegetable Blend Ambrosia Salad	28 BBQ Ribs Baked Sweet Potato Baked Beans Corn Muffin Apple Slices	29 Pork Roast with Gravy Rosemary Roasted Potatoes Steamed Cauliflower Apricots	30 Lemon Pepper Cod Wild Rice Pilaf Asparagus Peaches

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 \$10.00.

SNAP/EBT and credit/debit cards are 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. Congregate meal participants registration will be updated every two years. Individuals are notified when their registration is due for updating.

September Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		DAILY Coffee Bar 8:00 am—11:30 am Sew & Share 9:30 am—11:00 am Billiards 8:30 am—4:00 pm	1 9:00 Craft Time 9:00 Strength Finders 9:30 Storms 10:00 Computer Basics 10:00 Strength Finders 1:00 Bridge 1:00 Hand & Foot 1:00 BUNCO 1:00 Wii Bowling	2 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
5 CLOSED HAPPY LABOR DAY	6 9:00 Strength Finders 9:15 Advisory Committee 10:00 Cooking for One 10:00 Strength Finders 12:30 Whist 1:00 Bridge 1:00 Trivia 1:00 Line Dancing	7 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Low Vision Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Penny Bingo 1:30 Caregiver Support Group	8 9:00 Craft Time 9:00 Strength Finders 9:30 Earthquakes 9:30 Yoga Talk 10:00 Strength Finders 10:00 Computer Basics 11:00 Prairie Sea Hear 1:00 Bridge 1:00 Hand & Foot 1:00 Wii Bowling	9 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
12 12:30 5 Crowns 12:45 Strength Finders 1:00 Pinochle Lori's Special Treat Day! Root Beer Floats and '60's Music After Lunch!	13 8:00 Senior Fishing Derby 9:00 Strength Finders 10:00 Art with Nicole 10:00 Strength Finders 11:30 Dementia Care 12:30 Whist 1:00 Bridge 1:00 Board Games 1:00 Line Dancing 1:00 Quilting Group	14 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:30 Depression 12:45 Strength Finders 1:00 Pinochle 1:00 Penny Bingo 1:30 Caregiver Support Group 1:30 Legal Services of ND	15 9:00 Craft Time 9:00 Strength Finders 9:30 Volcanoes 10:00 Strength Finders 1:00 Bridge 1:00 Hand & Foot 1:00 BUNCO 1:00 BCCA Meeting 1:00 Wii Bowling	16 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
19 9:00 Wellness Outing 9:30 Art from the Heart 12:30 5 Crowns 12:45 Strength Finders 1:00 Pinochle	20 9:00 Strength Finders 10:00 Strength Finders 10:30 Hearing Loss Support Group 12:30 Entertainment 12:30 Whist 1:00 Bridge 1:00 Trivia 1:00 Line Dancing SENIOR CENTER HAT DAY!	21 8:30 Caramel Rolls (with a Cop) 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Penny Bingo 1:30 Caregiver Support Group 2:00 Aging Gracefully	22 9:00 Craft Time 9:00 Strength Finders 9:30 The Blue Island 9:30 Yoga Talk 10:00 Strength Finders 12:30 Simple Steps to Prevent Falls 1:00 Bridge 1:00 Hand & Foot 1:00 Wii Bowling	23 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
26 12:30 5 Crowns 12:30 Name that Tune 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club	27 9:00 Strength Finders 9:00 Food Co-op Tour 10:00 Strength Finders 12:30 Whist 12:30 Understanding Alzheimer's and Dementia 1:00 Bridge 1:00 Board Games 1:00 Line Dancing 1:00 Quilting Group	28 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Penny Bingo 1:30 Caregiver Support Group	29 9:00 Craft Time 9:00 Strength Finders 9:30 The Green Island 10:00 Strength Finders 1:00 Bridge 1:00 Hand & Foot 1:00 Wii Bowling	30 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle

Senior Center Shuttle



Senior Center Shuttle

**Shared transportation from
your home to the
Burleigh County Senior Center
and back!**

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.

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Burleigh County Senior Adults Program, Bismarck, ND

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Health & Wellness

FITNESS CLASSES

Beginning September 4, 2022, the following Fitness Classes are now being offered in 8-week sessions. The current session goes from September 4 - October 29, 2022.

Registration for the next session will begin on October 10, 2022, and will go from November 1 –January 14, 2023.

Standing Yoga (Session Fee \$20)

Wednesdays, 9:00 am

This class aims to build strength and 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. (Limited to 10 people/class.)

Chair Yoga (Session Fee \$20)

Fridays, 9:30 am

Chair Yoga will help you increase your strength, flexibility and balance while relieving stress and tension, all while using a chair for balance! (Limited to 12 people/class.)

Wii Bowling, Thursdays, 1:00 pm

Like to bowl? Wii bowling attracts the feeling and effects of being in a real bowling alley, right here at the Senior Center! (Limited to 8 people/class.)

Line Dancing, Tuesdays, 1:00 pm

In this class, you will learn a variety of line dances and western struts. It is a fun and social way to exercise. No partner needed! (Limited to 10 people/class.)

Strength Finders

Group 1—Tuesdays/Thursdays, 9:00 am

Group 2—Mondays/Wednesdays, 12:45 pm

Group 3—Wednesdays/Fridays, 10:45 am

Group 4—Mondays/Thursdays, 10:00 am

Strength Finders is a specific, strength-training program designed to address osteoporosis risks that so often lead to the loss of independent living. The program focuses on controlled movements to improve balance and weight, which are critical factors in reducing the risk for osteoporosis fractures. (Limited to 12 people/class.)

AGING GRACEFULLY



Join us for Aging Gracefully on Wednesday, September 21 at 2:00 pm in the Fitness Room.

Aging Gracefully allows participants to experience the joys and benefits of movement set to music. Attendees engage their minds and bodies in this seated or standing class, using dance to increase balance, cognition, motor skills, and physical confidence.

Instructor Katherine Hardy has been teaching Aging Gracefully in the Bismarck area for over 5 years. Originally from Monte Vista, CO, Katherine loves sharing the joy that dance brings with everyone in the community. Katherine is currently working on her certification in *Dance for PD*, a national program designed by Mark Morris Dance Group and the Brooklyn Parkinson Group.

Registration is limited to 10 participants. Please sign up at the Administrative Office or call 255-4648.

DID YOU KNOW...

You may use the Fitness Room on your own?

The Fitness Room is available between classes for individual use. You may use the stationary bicycles, DVDs and weights.

You may use the Fitness Room as a starting point for walking laps?

Twenty laps around the Dining Room equals one mile! What a great way to get your steps in!

The Senior Center is looking for class leaders?

Please consider donating some time to lead one of our fitness classes!

Please stop by the Administrative Office if you need assistance!

REMEMBER SEPTEMBER 11, 2001
PATRIOT DAY



Health & Wellness



YOGA TALK WITH BONNY & MARLENE

Chair yoga instructors Bonnie and Marlene are going “beyond the mat” to help us learn more about yoga!

Thursday, September 8, 9:30 am:
2nd Chakra—Fuel Your Creativity

Thursday, September 22, 9:30 am:
3rd Chakra—Find Your Inner Fire

Attend these classes in person at the Senior Center or join in via Zoom from your home computer. Please stop by the Administrative Office or call 255-4648 to register.

YOGA ON DAKOTA MEDIA ACCESS

Senior Center Yoga Instructors offer classes on Dakota Media Access (channel 12 / HD 612). These classes are also streamed online at **freetv.org**, Roku or Apple TV.



For a schedule of classes, visit **freetv.org**, click ‘community access,’ and then click ‘watch now.’ There will be a search bar for you to search for yoga classes.



We're Closed Labor Day

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Burleigh County Senior Adults Program, Bismarck, ND

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Join Us for Activities!

COFFEE & CARAMEL ROLLS WITH A COP



Officers Clint Fuller and Caity Horne will be at the Burleigh County Senior Center on Wednesday, September 21 at 8:30 am (while caramel rolls are being served).

Officers Fuller and Horne will visit with you on current scams and issues to be aware of in our community and answer any questions you may have.

COMPUTER BASICS

Royce Schultze, from the ND Center for Independent Living, will be in the Library on Thursday, September 8, 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 five people, and pre-registration is required. Please stop by the Administrative Office or call 255-4648 to sign up.

“JUST GET IT DONE SOMEDAY”

QUILTING GROUP

The “Just Get It Done Someday” Quilting Group will meet in the South Conference Room on Tuesday, September 13 and Tuesday, September 27 from 1:00 to 4:00 pm. This group welcomes new members! If you are interested, please call Lori at 255-4648.

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 to 11:00 am in the Dining Room.

CRAFT TIME

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

Bingo!



PENNY BINGO will be held at 1:00 pm on Wednesday, September 7, 14, 21, and 28. The cost is one penny per card per game. All sessions have 100% payout.

TRIVIA

Join us for Trivia on Tuesday, September 6 and September 20, at 1:00 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!

STOP BEING BORED! **COME PLAY BOARD GAMES!**

Please join us on Tuesday, September 13 and September 27, at 1:00 pm to play board games, all the while visiting with friends, old and new!

Fun with the Young, August 1, 2022



Lori's Special Treat Day!

**Root Beer Floats
and '60's Music
After Lunch!**

**The Senior Center Advisory Committee
will meet on Tuesday, September 6,
at 9:15 am in the Library.**

Support Groups & Free Services

HEARING LOSS SUPPORT GROUP

Kathy Frelich from the ND School for the Deaf/Resource Center for Deaf and Hard of Hearing will be at the Senior Center for our Hearing Loss Support Group on Tuesday, September 20 at 10:30 am. This group meeting will be held in the Library.

Pat Brunelle, Pharmacist from Gateway Pharmacy will be a special speaker at this meeting. He will be discussing medications that can impact your hearing. ALL ARE WELCOME!

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, September 7 at 10:00 am. This group will be limited to 8 people. **Stop by the Administrative Office or call 255-4648 to register.**

DEMENTIA CARE SERVICES

The ND Dementia Care Services Program will provide free dementia care consultations in the library at the Burleigh County Senior Center on Tuesday, September 13 from 11:30 am to 2:30 pm by appointment. **Call 701-258-4933 to schedule an appointment.**

If you need immediate assistance, please call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900.

Please note: ND Dementia Care Services does not perform diagnosis; if you or someone you care for is having memory problems, please see your doctor.

PRAIRIE SEA HEARING CENTER

Jessica McLindsay, from the Prairie Sea Hearing Center, will be at the Senior Center on Thursday, September 8, from 11:00 am to 12:00 pm in the library, to provide hearing screenings and hearing aid cleanings. No appointment necessary!

LEGAL SERVICES

Legal Services of North Dakota will be at the Burleigh County Senior Center on Wednesday, September 14 from 1:30 to 3:30 pm to meet with individuals by appointment. **Call 1-877-258-5263, ext. 303 to schedule your appointment.**

GRIEF/LOSS & CAREGIVER SUPPORT GROUPS

We all experience loss, whether it's through the death of a loved one, loss of mobility, health concerns, or the passing of a beloved pet.

It is helpful to have a safe place to talk about our grief and learn ways to cope with the challenges and changes in our life. Some of us are experiencing burn out, frustration, and uncertainty because we are caregivers for a partner, parent, or one who requires our help with daily tasks.

There are groups that can help and support you during these difficult times.

Being with others who are sharing the same thoughts, feelings, and experiences as you is very helpful to keep you focused, answer questions and learn how to cope on an ongoing basis.

Group leader Kathleen Meckler worked as a counselor and marriage and family therapist prior to retirement and is now donating her expertise to the Grief/Loss Support Group and Caregiver Support Group.

Both groups meet on Wednesdays in the Dakota Room — Grief/Loss Support Group at 10:00 am and Caregiver Support Group at 1:30 pm.

Registration is required. If you would like to participate, please call 255-4648 or Kathleen Meckler at 226-9084. Each group is limited to 10 people.

Like Us on Facebook!

Go to Facebook.com/
BismarckSeniorCenterND
and like our page to view all the
latest updates and
upcoming events going on at the
Burleigh County Senior Center!

This 'n That

MY SENIOR CENTER

Please check in on *My Senior Center* (formerly Senior Space) each time you come to the Senior Center and/or to log your volunteer hours. If you have lost your barcode key, or are new to the Center and don't have one, please stop by the Administrative Office and let us know.

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.

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

*Each meal is a suggested donation of \$4.50. SNAP Benefits may be used. No one 60+ will be denied meals due to an inability or unwillingness to make a donation. The price for those under 60 is \$10.00.

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.



FALLS POLICY

The staff and volunteers of the Burleigh County Senior Adults Program are not to lift anyone who has fallen.

If the person cannot get up on their own, 9-1-1 will be called. Staff will stay with the person and make them as comfortable as possible until emergency personnel arrive.

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:	1:00 pm, Wednesday
Whist:	12:30 pm, Tuesday
5 Crowns:	12:30 pm, Monday

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



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 Lori Koth 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. If you tend to be chilly, please dress accordingly.

Drive-Thru Meal Service

PLEASE USE EXTREME CAUTION WHILE IN THE SENIOR CENTER PARKING LOT!

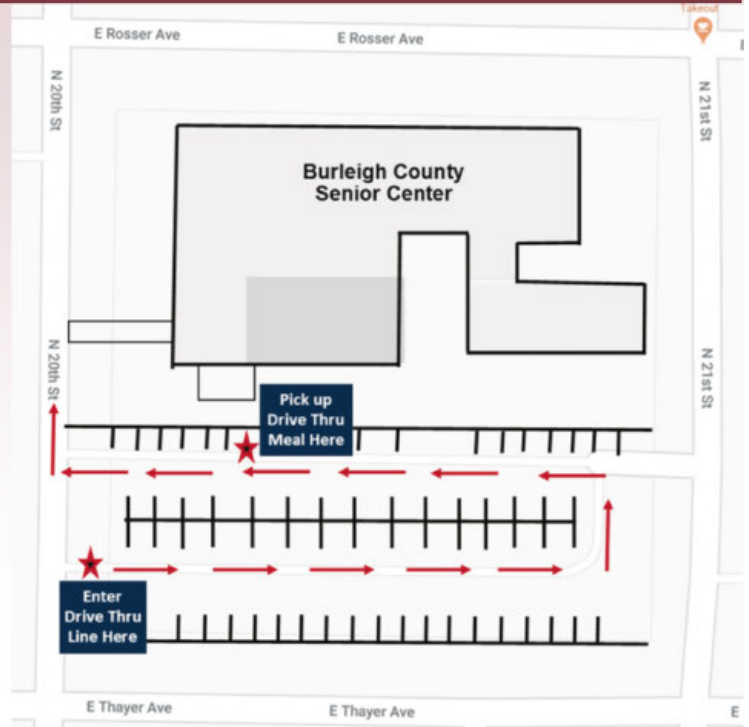
Patrons may choose between congregate meals or drive-thru meals. If you are using our Drive-Thru Meal Service please follow the route shown.

Use extreme caution while in the parking lot and follow directions of staff when picking up your meal or coming into the Senior Center.

Hours for meal service are:

11:15 am – 11:45 am Drive-Thru Meals
12:00 pm – 12:30 pm Congregate/
Take-Out Meals

If you want a take-out meal, and cannot make the Drive-Thru Meal time, you may pick up a meal inside from 12:15 pm – 12:30 pm. There are two parking spots reserved at the main entrance for this purpose.



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Burleigh County Senior Adults Program, Bismarck, ND

E 4C 05-0634

Volunteer Opportunities!

JOIN OUR VOLUNTEER TEAM!

Currently, volunteers are needed in the following areas at the Burleigh County Senior Center:

- Home Delivered Meal Drivers—**URGENT NEED!**
- Nutrition Program Assistants
- Strength Finders Class Leaders
- Coffee Bar
- Senior Center Shuttle Drivers—**URGENT NEED!**
- A variety of jobs requiring a few hours one day per week.

Volunteer as little, or as often as you like—we will work with your schedule! If you are interested in volunteering, or would like more information, please stop by the Administrative Office or call 255-4648.



Featured Volunteers

LAVONNE SAMUEL



LaVonne has been volunteering at the Senior Center for six months, and loving it!

She does filing in the office, which helps out tremendously! LaVonne was impressed by the other volunteers and she felt there was something she could do too.

In her free time, LaVonne likes to read, play bridge, bake, and enjoy her flowers. She LOVES flowers! LaVonne and her husband like to go camping in the Dakotas and spend time with special friends. LaVonne also volunteers at Closet 701.

LaVonne grew up in Drake, ND, and went to college in Minot. She married her husband Leon and they moved to New Salem. They have been married for 52 years! LaVonne worked at Security First Bank of ND in New Salem for 40 years. Her husband Leon worked as the Morton County Tax Director for 36 years. After they both retired they then moved to Mandan. LaVonne has two brothers that still farm in Drake. LaVonne likes the people and the staff at the Senior Center and always feels comfortable here.

We appreciate you, LaVonne!

JIM FETTER



Jim Fetter has been volunteering at the Senior Center for eight months as a home delivered meal driver.

Jim was born in Billings, MT and moved to Bismarck when he was four years old. His parents are from Glen Ullin and Mandan.

After Jim graduated from St. Mary's High School in 1971, he joined the Navy and did three tours in Vietnam. Jim was self employed for 44 years prior to retiring.

Jim always wanted to do some kind of volunteer work and after he saw the Senior Center's commercial, he decided to sign up to be a home delivered meal driver.

Jim delivers meals Monday through Friday, and when the Center is short of drivers, will sometimes deliver two routes! Jim feels very happy when he is finished delivering meals. He enjoys providing this service to those that are in need of a hot, home delivered meal.

Thank you for your service Jim!

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
- September 12: Wing and Sterling Foot Care Clinics
- November 14: Wing and Sterling Foot Care Clinics

*An appointment is required for the Wing and Sterling Foot Care Clinics. To schedule, please call the Burleigh County Senior Center Health Maintenance office at 255-4648.



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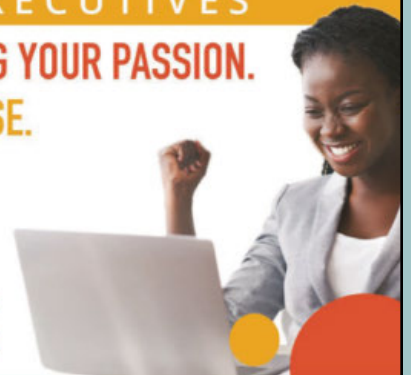
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(Listed donations were received between July 1-31, 2022.)

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Steve & LaVon Delzer
Debbie Fettig



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

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Burleigh County Senior Adults Program, Bismark, ND

G 4C 05-0634

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

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