



THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

Vol. 11 November, 2022



VETERANS DAY

WE HONOR YOUR SACRIFICE

To honor our veterans, the Burleigh County Senior Center has partnered with **Missouri River Quilts of Valor** for a special Veterans Day Program to be held on Friday, November 11, in the Dining Room. Everyone is invited to join us for this special day!

Program Agenda

11:30 am Special Music from Colleen Reinhardt

12:00 pm Post Colors, DAV Honor Guard
National Anthem, Colleen Reinhardt
Pledge of Allegiance
Invocation, Deacon Jerry Volk, St. Anne's Church

Noon Meal

Beef Pot Roast, Mashed Butternut Squash and Potatoes, Fresh Green Beans, Mint Fruit Salad, Tiramisu

12:30 pm Quilts of Valor Presentations
Immediately following the program, our annual Veteran's Day group photo will be taken in the Rec Room.

IMPORTANT INFORMATION: Space is limited for this program/ congregate meal, and there will be a special sign up!

If you want to attend this program and have a meal inside the Senior Center, you must make a reservation! A reservation can be made with Lori by either stopping by her desk or by calling her at 255-4648. Lori will provide you with a special ticket, which will be your admission to the program/congregate meal.

If you are on the 'everyday list' and you **DO NOT** make a reservation to attend this program, your meal will be provided in the Drive-Thru.

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Missouri State Areawide United Way



Lifelong Learning

COOKING FOR ONE

Inez Rose is back for another *Cooking for One* class! Join Inez on Tuesday, November 1 at 10 am as she walks you through making Creamed Vegetable Soup and Fried Apple Dessert. Inez will also give you creative ideas on 'cooking for one' and you will get samples and can take home the recipes!

A PURPOSE TO REPURPOSE

Join Carolyn Geston on Monday, November 7 at 10:00 am as she shows you how to repurpose ties! She will have a display and will demonstrate on the purpose to repurpose. You will be amazed at all of her ideas!



SOCIAL MEDIA BASICS

Have you ever had questions about Facebook, Twitter or Instagram? Senior Center staffer, Darla Roggenbuck will be on hand to answer your questions! Join Darla on Monday, November 14 at 9:30 am, as she addresses these topics for you. If you have specific questions, give them to Lori by November 10, and Darla will address them at the presentation.

UMARY RESEARCH PROJECT

Are you willing to help out UMary students with a research project on the impact Covid has had on your health and wellness? Joscelyn Varland, UMary Professor and three of her students will be here on Wednesday, November 9 at 9:00 am (during caramel rolls) to conduct a survey. This survey will take 5 to 10 minutes to complete. Your assistance would be greatly appreciated!

EFFECTIVE COMMUNICATION STRATEGIES

Join Nikki Wegner on Tuesday, November 15 at 10:00 am to learn effective communications strategies when someone you love has Alzheimer's disease or other dementia.

Communication is more than just talking and listening, it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

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 are being scheduled through December 7.

To schedule your appointment, please call 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).

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.

Special Programming

Remembering Those We Have Lost During the Holidays



The Holidays are a tough time to grieve! It is easy to drift into activities that increase our pain.

Knowing that some days will be tough does not make them any easier, but it may help us understand and accept our reactions and tap into the things we can do to help ourselves cope. We do have choices.

Join us on Tuesday, November 8 at 10:00 am while we learn what activities we want to participate in, who we want to be with, and other suggestions to make the holidays less stressful.

Kathleen Meckler, our Grief/Loss and Caregiver Support Group leader and a special guest speaker will present the program.

A morning snack will be served.
Please RSVP by calling 255-4648 or stopping by the Administration office.



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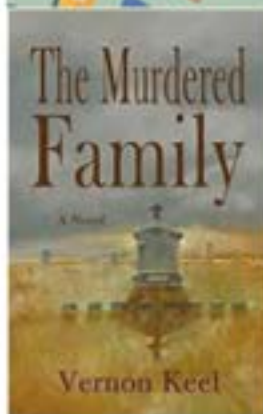
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Join Us for Activities!

BOOK CLUB



AT THE MOVIES!



The Book Club will meet in the Senior Center Library on Monday, November 28 at 1:00 pm to discuss the book, *The Murdered Family*, written by Vernon Keel. 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 October 31.

Book Synopsis: A wave of fear sweeps across the barren prairies of central North Dakota in April of 1920 with the tragic news that seven members of a farm family and their hired boy have been brutally murdered at their home just north of Turtle Lake in McLean County. A massive search for the killers begins immediately in the midst of an intense statewide election campaign. Three weeks later, eager investigators encouraged by nervous politicians get a signed confession from one of the prime suspects in the case. He is sentenced that same day to life in the state penitentiary. From the beginning, the man denies his guilt and says his confession was obtained under duress, intimidation and fear. In November, his lawyers file a motion in district court asking that his plea of guilty be withdrawn and for a trial upon the merits. Their motion is strengthened when some new evidence is discovered on the Wolf family farm only days before the motion is filed. Some ninety years later, people in the area still recall the words the convicted man was supposed to have said: "My eyes have seen but my hands are clean!"

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

November 4: *D-Day at Pointe-Du-Hoc*

2019 Documentary

D-Day at Pointe-Du-Hoc tells the remarkable story of the U.S. Army's 2nd Ranger battalion and their June 6, 1944 mission to destroy six German cannons situated halfway between Omaha and Utah Beaches in Normandy. The film weaves together first-hand accounts, striking drone footage of the English Channel approach and Pointe cliffs, and archival footage of the Rangers preparing for action.

November 11: *No movie due to Veteran's Day Program*

November 18: *Top Gun: Maverick*

After 30 years, Maverick (Tom Cruise) is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

November 25: *Closed for Thanksgiving*

**HAPPY
Thanksgiving**

FOR YOUR USE!

Library

Computers with Internet Access

Television * Free WiFi

Craft Room * Puzzles & Games

Celebrate Your Inner Artist!

WATERCOLOR CLASS

ART WITH NICOLE

Join artist Nicole Gagner on Tuesday, November 8, at 10:00 am as she leads a class in creating watercolor Holiday cards. 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, November 14 at 9:30 am as she leads us in painting pumpkins. 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.

Join us for Caramel Roll Wednesday!

Caramel rolls (\$1 each) are served on Wednesdays from 8:30 am until sold out! Sorry, no take-outs!



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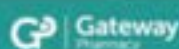
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Lifelong Learning

AARP SMART DRIVER



On Tuesday, November 15, 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.

MARK YOUR CALENDARS!!!

2022

November 23	Close at 2:00 pm
November 24-25	Closed for Thanksgiving Holiday
December 15	Christmas Noon Meal
December 23	Close at 2:00 pm
December 26	Closed for Christmas Holiday
December 30	Close at 2:00 pm

2023

January 2	Closed for New Year's Day
January 16	Closed for Martin Luther King Day
February 20	Closed for Presidents' Day

Frozen meals for holiday closures will be available. Please watch for an order form a few weeks prior to each holiday. You may also call 255-4648 or stop by the Administration office for more information.

INCLEMENT WEATHER

Bad weather may force the Burleigh County Senior Center and other meal sites to close for meals and 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 page 14).

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

PLEASE NOTE:

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



CURIOSITY STREAM

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

November 3: *Royals Keeping the Crown*

World war II might be over, but it still casts a long shadow over royal families, particularly those with links to fascism. In Britain, King George VI works to keep his brother's closeness to the Nazis away from the British people.

November 10: *Supersonic Women: A Duel in the Sky*

This is the story of Jacqueline Auriol, French aviatrix and Jacqueline Cochran, American aviatrix and their shared passion to become the world's fastest flyer. Their extraordinary supersonic duel lasted 15 years through the 1950's and 1960's and saw both Jacqueline's write their names in aviation history.

November 17: *Traitor/Patriot*

Arguably the greatest spy for the West during the Cold War, Dimitriy Polyakov was a Russian Military Intelligence General who turned on Russia. He was run by the CIA and FBI and betrayed by both Ames and Hanssen.

November 24: No program Closed for Thanksgiving

HAPPY
Thanksgiving



November Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE!	1 BBQ Chicken Sandwich Mac & Cheese Power Slaw Fruit Cocktail	2 Baked Ham Au gratin Potatoes Peas & Carrots Lemon Berry Mousse	3 Hot Hamburger Mashed Potatoes with Gravy Shane's Vegetable Blend Fresh Banana	4 Lemon Pepper Tilapia Wild Rice Pilaf Asparagus Pears
7 Chicken Stroganoff Egg Noodles Glazed Carrots Peach & Berry Salad	8 Honey Glazed Pork Roast Mashed Sweet Potatoes CA Normandy Blend Fresh Apple	9 Cranberry Meatballs Pineapple Rice Stir Fry Vegetables Tropical Fruit	10 Stuffed Pepper Parsley Buttered Potatoes Roasted Root Vegetables Melon Blend	11 VETERANS DAY* Beef Pot Roast Mashed Butternut Squash & Potatoes Fresh Green Beans Mint Fruit Salad Tiramisu
14 Pork Teriyaki Bowl Fried Rice Egg Roll Mandarin Oranges Fortune Cookie	15 BBQ Ribs Baked Beans Coleslaw Corn Bread Muffin Spiced Apples	16 Cabbage Rolls Roasted Potato Medley Connie Vegetable Blend Fresh Orange	17 THANKSGIVING MEAL Roast Turkey Mashed Potatoes with Gravy Bread Stuffing Green Bean Casserole Cranberry Relish Pecan Pie	18 Poached Cod Parmesan Orzo Roasted Brussel Sprouts Dark Sweet Cherries
21 Spinach & Artichoke Chicken Cavatappi Pasta Roasted Zucchini & Tomatoes Pineapple	22 Pork Carnitas with Tortillas Black Beans Mexicali Corn Chunky Fruit	23 Cheeseburger Salad Dinner Roll Peaches Marshmallow Bar	24 CLOSED	25 CLOSED
28 Chicken Kiev Rosemary Roasted Potatoes Italian Vegetable Blend Asst. Fruit Cup	29 Creamed Chicken over Biscuit Marinated Vegetable Salad Apricots	30 Smothered Pork Chop Garlic Mashed Potatoes Country Style Vegetable Blend Fall Fruit Salad	 <p>Gobble 'til You Wobble</p> <p>*Special Sign Up Required for Veterans Day</p>	

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 & Sterling Meal Sites:

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 and Drive-Thru 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.

November Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Strength Finders 9:15 Advisory Committee 10:00 Cooking for One 12:30 Whist 1:00 Bridge 1:00 Trivia 1:00 Line Dancing	2 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 Bingo 1:30 Caregiver Group	3 9:00 Strength Finders 9:30 Royals Keeping the Crown 10:00 Strength Finders 1:00 Bridge 1:00 Hand & Foot 1:00 BUNCO	4 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
7 10:00 Strength Finders 10:00 A Purpose to Repurpose 12:30 5 Crowns 12:45 Strength Finders 1:00 Pinochle	8 9:00 Strength Finders 10:00 Art with Nicole 10:00 Remembering Those Lost 11:30 Dementia Services 12:30 Whist 1:00 Bridge 1:00 Board Games 1:00 Line Dancing 1:00 Quilting Group	9 8:30 Caramel Rolls 9:00 UMary Research 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 1:30 Caregiver Group 1:30 Legal Services of ND	10 9:00 Strength Finders 9:30 SupersonicWomen 9:30 Yoga Talk 10:00 Strength Finders 10:00 Computer Basics 11:00 Prairie Sea Hearing 1:00 Bridge 1:00 Hand & Foot BOOKMOBILE	11 9:30 Chair Yoga 10:45 Strength Finders VETERANS DAY PROGRAM SEE PAGE 1 No Cards No Movie
14 9:30 Art from the Heart 9:30 Social Media Basics 10:00 Strength Finders 12:30 5 Crowns 12:45 Strength Finders 1:00 Pinochle	15 9:00 Strength Finders 10:00 Alzheimers Effective Communication 10:00 AARP Smart Driver Class 10:30 Hearing Loss Support Group 12:30 Whist 1:00 Bridge 1:00 Trivia 1:00 Line Dancing	16 8:30 Caramel Rolls w/cop 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 1:30 Caregiver Group 2:00 Aging Gracefully	17 9:00 Strength Finders 9:30 Traitor/Patriot 10:00 Strength Finders 1:00 Bridge 1:00 Hand & Foot 1:00 BUNCO 1:00 BCCA Meeting	18 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
21 12:30 5 Crowns 1:00 Pinochle	22 12:30 Whist 1:00 Bridge 1:00 Board Games 1:00 Quilting Group	23 8:30 Caramel Rolls 10:00 Grief Group CLOSE AT 2:00 PM No Bingo, No Cards No Caregiver Support Group	24 CLOSED	25 CLOSED
No Fitness Classes				
28 10:00 Strength Finders 12:30 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club	29 9:00 Strength Finders 12:30 Whist 1:00 Bridge 1:00 Line Dancing	30 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 Bingo 1:30 Caregiver Group	DAILY Coffee Bar 8:00 am—11:30 am Sew & Share 9:30 am—11:00 am Billiards 8:30 am—4:00 pm	

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 within Bismarck and Lincoln city limits Monday through Friday from 8 am to 4:00 pm. (The last shuttle run is at 3:15 pm).

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. Riders must be 60+ and complete a one-page registration form. 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

This 8 week session of Fitness Classes runs from November 1—January 14, 2023.

Registration for the next session (January 15—March 4, 2023) will begin at 9:00 am on December 19, and will close on December 30, 2022 or when class is full.

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.)

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.)



Exercise Classes

**will NOT be held the week of
November 21-25.**

Happy Thanksgiving

AGING GRACEFULLY



Join us for Aging Gracefully on Wednesday, November 16 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 can 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 can 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!

Health & Wellness



YOGA TALK WITH BONNY & MARLENE

Chair yoga instructors Bonny and Marlene are going "beyond the mat" to help us learn more about yoga!

Thursday, November 10, 9:30 am:
6th Chakra—Tap Into Your Intuition

Thursday, November 24, 9:30 am:
No Session—Closed for Thanksgiving

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.



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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, November 16 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, November 10, 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, November 8 and Tuesday, November 22 from 1:00 - 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.

TRIVIA

Join us for Trivia on Tuesday, November 1 and Tuesday, November 15, 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, November 8 and Tuesday, November 22, at 1:00 pm to play board games, all the while visiting with friends, old and new!

Bingo!



BINGO is held Wednesdays at 1:00 pm!
(No Bingo on November 23)

Bingo cards are \$1 each, and you may buy as many cards as you like. The purchased card(s) will be used for ALL games played.

The last Wednesday of every month, will be Jackpot Bingo and cards will be \$2 each.

All sessions have 100% payout.

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

4		8	5				2	
6					1			
	1	3		2		5	7	
	3		2				5	
		2	7			8	3	4
		1						7
								3
						7	8	
		6					4	

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DIFFICULTY: ★☆☆☆☆

Answer key on page 16.



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, November 15 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, November 2 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, November 8 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

Shelby Oakley, from the Prairie Sea Hearing Center, will be at the Senior Center on Thursday, November 10, 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, November 9 from 1:30 to 3:30 pm to meet with individuals by appointment. **Call 1-877-258-5263, ext. 303 to schedule your appointment.**

The Senior Center Advisory Committee will meet on Tuesday, November 1, at 9:15 am in the Library.

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 — Grief/Loss Support Group at 10:00 am and Caregiver Support Group at 1:30 pm. **NOTE: Caregiver Support Group will NOT meet on November 23.**

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 include milk, bread and fruit, and 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.

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.

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.



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.**

MEMBERS NEEDED!

The Burleigh County Council on Aging and the Burleigh County Senior Center Advisory Committee are seeking candidates to serve a three-year term beginning January 1, 2023.

Interested candidates should contact Renee Kipp, Executive Director, at 701-255-4648, or stop by the Administration Office.



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.

If you would like to check out a book, please stop by the Dining Room Desk during regular Center hours. They are on a 25 day loan and must be returned to the Senior Center when you are done.

The Senior Center Library also has books available to you. 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. Please stop by the Administrative office if you have questions.

Drive-Thru Meals and Parking

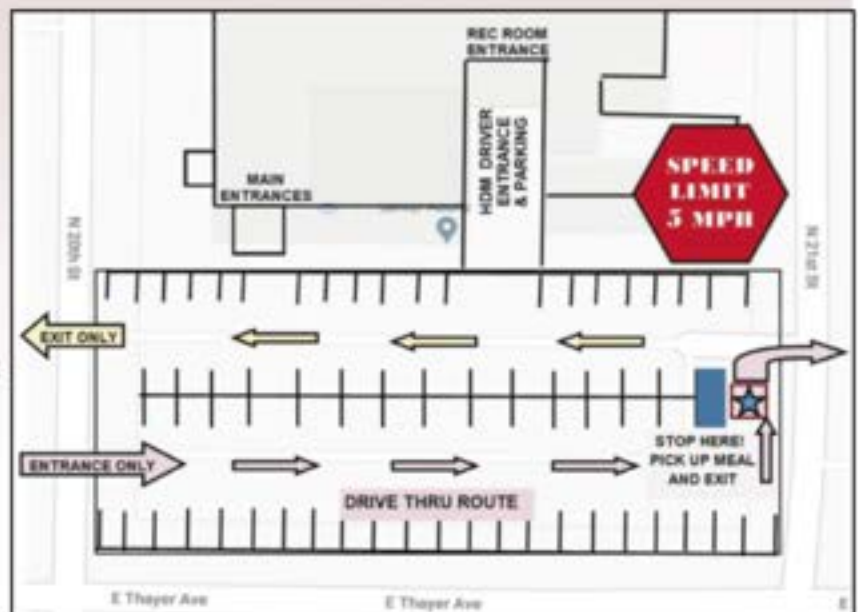
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 Concern!

Patrons may choose between a Congregate meal and a Drive-Thru Meal.

DRIVE-THRU PATRONS: Proceed to the "star" on the map and wait there to pick up your meal. Please do not get in the Drive Thru line until 11:15 am. If you are early, park until 11:15 am. After meal pickup, please exit onto 21st Street (right turn only).

CONGREGATE MEAL/OTHER PATRONS: Patrons coming to the Senior Center for a meal, activities, or other reason, may park where they choose, following the one-way arrows.

Thank you for your cooperation!



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



Volunteer Opportunities!

JOIN OUR VOLUNTEER TEAM!

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

- Home Delivered Meal Drivers
- Nutrition Program Assistants
- Strength Finders Class Leaders
- Coffee Bar
- Senior Center Shuttle Drivers
- 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 Volunteer

Cecilia Roehrich



Cecilia Roehrich has been volunteering at the Senior Center for over 25 years!

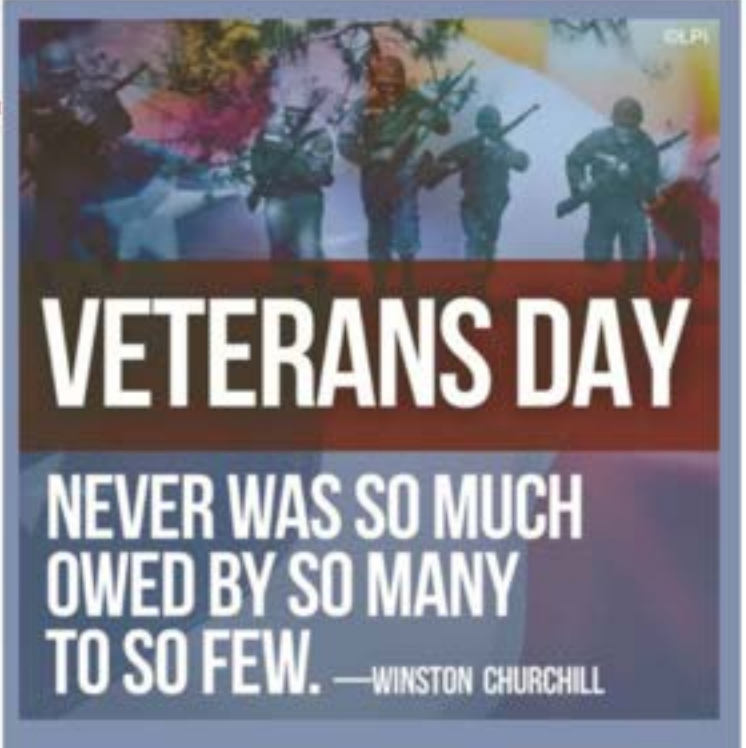
Cecilia works with packing home delivered meals. She also embroiders kitchen towels to sell at the Senior Center.

Cecilia also volunteers at church for funerals and Adoration, and at the Dream Center where she sorts items for the Food Pantry and helps serve meals.

She enjoys Bunco, Bingo, movies, baking, fixing puzzles, playing cards and working in her flower garden.

Cecilia grew up on a farm near Linton, ND. Her husband Leopold Roehrich passed away ten years ago. She has nine children, 18 grand children, 29 great grand children, and one great, great grand child!

Thank you Cecilia for your service!



Answer to Sudoku

4	7	8	5	9	6	3	2	1
6	2	5	3	7	1	4	9	8
9	1	3	8	2	4	5	7	6
7	3	4	2	6	8	1	5	9
5	6	2	7	1	9	8	3	4
8	9	1	4	5	3	2	6	7
2	8	7	9	4	5	6	1	3
1	4	9	6	3	2	7	8	5
3	5	6	1	8	7	9	4	2

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
- November 14: Wing and Sterling Foot Care Clinics*
- January 9: 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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(Listed donations were received between September 1-30, 2022.)

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—Adrene Graf

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—Lori Koth



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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___ Outreach Services ___ Life Enrichment Activities
___ Where it is most needed

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Burleigh County Senior Adults Program, Bismark, ND

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

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