



THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

Vol. 12 December, 2022

MERRY CHRISTMAS

*As we look back upon the past year,
we would like to thank you for being
an important part of our lives.*

*We value the opportunity to serve
you and look forward to doing so in
the coming year.*

*Wishing you and yours a
joyous Holiday Season!*

**From the
Burleigh County Senior Adults Program Staff
and the Burleigh County Council on Aging**



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Lifelong Learning

GRANDCHILDREN ON THE GO

Do you care for your grandchildren? If you do, this session is for you!

Katie Johnke from Bismarck Burleigh Public Health and Shaundra Ziemann-Bolinski from NSDU Extension-Burleigh County are teaming up on Monday, December 5 at 10:00 am to provide health and safety tips for when grandparents take care of grandchildren.

BEING MORTAL

Judy Daniels will lead this session on Tuesday, December 6 at 10:00 am. Participants in this session will watch portions of the Emmy-nominated FRONTLINE documentary based on Dr. Atul Gawande's best-selling book, "Being Mortal."

This film explores the hopes of patients and families facing terminal illness and their relationships with the doctors, nurses and family members who care for them. Judy will then lead a conversation on how to take concrete steps to identify and communicate wishes about end-of-life goals and preferences.

EVERYTHING YOU WANT TO KNOW ABOUT YOUR EYES & MORE

The Five Senses: How do your eyes really work? What are the three major vision conditions/defects of the human eye? Know anyone who is colorblind? What does a single M & M candy have to do with Cataracts? Do you remember your last vision exam for glasses and the Optometrist asked the confusing question "Which is clearer #1 or #2 and it was hard to discern? Attend this session by retired Optometrist Richard Privatsky on Wednesday, December 7 at 10:00 am and find out the answer to these questions and more!

STORIES OF PEOPLE IMPACTED BY DEMENTIA

On Monday, December 19 at 12:30 pm, Melanie Gaebe will be speaking on how important it is for people with Alzheimer's and dementia and their caregivers to share their personal stories to impact policy change.

STRETCH YOUR GROCERY DOLLAR

Many people think eating healthy costs a fortune, but that's not true. There are many ways to save on food and eat well without breaking the bank. On Monday, December 12 at 12:30 pm, Amy Haugen will be here to discuss five tips to stretch your food dollars—plan ahead and make a list, be a savvy shopper, consider all of your shopping options, waste not, want not and stay healthy away from home.

REBUILDING TOGETHER GREATER BISMARCK/MANDAN AREA

Rebuilding Together is a United Way Agency that provides assistance to people who own their homes, but because of physical or income limitations are not able to carry out home repairs. Special consideration is given to homeowners who are elderly, aging veterans and those with disabilities.

Join representatives from this agency on Wednesday, December 14 at 9:30 am to learn how you may be able to access their services.

CHRISTMAS MEMORIES

On Tuesday, December 13 at 10:30 am, students from Innovation School will be here to interview nine seniors about their favorite Christmas memory. They will then write an article about this memory. If you would like to be a part of this fun project, please contact Lori at 255-4648, or stop by her desk at the Senior Center.



Christmas Noon Meal

- Wear Your Ugly Christmas Sweater!
- Get a Treat from Santa!
- Door Prizes!
- Christmas Cheer & Fellowship!
- Christmas Music from Ron Callen!

Space is limited!
Call 255-4648 to make a reservation!



MENU

Chicken Oscar
Twice Baked Potato
Roasted Asparagus
Winter Fruit Salad

**Join us on Wednesday, December 21, 12:00 Noon
at the Burleigh County Senior Center
for our Christmas Noon Meal and Celebration!**

Join Us for Activities!

Peppermint Cheesecake Brownies

Recipe courtesy of Sarah Bates of "The Chef Next Door" on behalf of Milk Means More

Prep time: 10 minutes, Cook time: 30 minutes

Servings: 16

Cheesecake Batter:

- 8 ounces low-fat cream cheese, at room temperature
- 1/3 cup granulated sugar
- 1/2 teaspoon peppermint extract
- 2 eggs
- 1 tablespoon all-purpose flour

Brownie Batter:

- 1 cup all-purpose flour
- 1/2 cup cocoa powder
- 1/2 teaspoon salt
- 1 cup granulated sugar
- 1/4 cup vegetable oil
- 1/4 cup milk
- 2 eggs
- 1 teaspoon pure vanilla extract



Topping:

- 1/2 cup peppermint baking pieces

Preheat oven to 350° F. Coat 8-inch square baking pan with nonstick cooking spray; set aside.

To make cheesecake batter: Place cream cheese in bowl of stand mixer. Beat on medium speed until smooth and creamy. Add sugar and peppermint extract; beat well. Add eggs, one at a time, beating well after each addition. Add flour and beat mixture until blended.

To make brownie batter: In medium bowl, whisk flour, cocoa powder and salt until combined. In separate bowl, whisk sugar, oil, milk, eggs and vanilla until well combined. Add wet ingredients to dry ingredients and mix until blended.

Pour brownie batter evenly into prepared pan. Carefully pour cheesecake batter over top, spreading evenly. Carefully swirl layers together using knife tip. Bake 20 minutes.

Sprinkle top of brownies with peppermint baking pieces and bake 10 minutes until brownies are set. Cool brownies completely in pan on wire rack before cutting into 16 squares.



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

December 2: *Elvis*

This film explores the life and music of Elvis Presley, as seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker.

A special treat will be served during this movie. Please RSVP your attendance by stopping by the reservation desk, or by calling 255-4648.

December 9: *Rock & Roll Christmas*

Former mother/daughter singing duo Ashlyn and Bonnie Rose have a rocky relationship.

December 16: No Movie

December 23: No movie

December 30: No movie

SPECIAL MOVIE VIEWING
Thursday, December 22 at 1:00 PM

A Dog Named Christmas

A developmentally-challenged young man is determined to prove to his family that he can care for a dog on his own. In his triumph, he inspires his father to love the new member of the family.



The Senior Center Book Club does not meet in December. Their next meeting will be held on Monday, January 30 at 1:00 pm.

FOR YOUR USE!

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

Celebrate Your Inner Artist!

ART WITH NICOLE

Join artist Nicole Gagner on Tuesday, December 13, at 10:00 am as she leads a class in painting a wood tree ornament. 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, December 12 at 9:30 am as she leads us in painting a snow globe. 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!



Lifelong Learning

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 KFYZ-AM, KBMR-AM, KFYZ 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.



MARK YOUR CALENDARS!!!

2022

December 16	Close at 1:30 pm for Staff Christmas Party
December 21	*Christmas Noon Meal <i>Note Date Change!</i>
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.



CURIOSITY STREAM

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

December 1: *Planetary Defense*

At first glance, it appears unlikely that we are under threat from extraterrestrial objects. Yet, at any moment, the sky could fall on our heads. Our solar system contains millions of objects known as asteroids.

December 8: *Think NASA is Only for the Stars?*

Think NASA's only for the stars? Think again. The space race has played a colossal part in our daily lives. From online dating to the freshness of the food we consume. The quest for the stars has created tech so woven into our everyday existence, without it, the world would simply be unimaginable.

December 15: *Bucket List Africa*

Africa, one of the most iconic and diverse continents, from mountains to marshland, deserts to coastlines and grasslands to jungles, packed with some of the most loved, impressive, and dramatic wildlife on the planet – where would you begin your bucket list adventure?

December 22: *Frozen Secrets*

This is a fascinating journey through time to unearth some icy treasures. The glaciers of the Alps are melting down due to climate change, releasing invaluable treasures – artifacts, human beings, and other testimonies of the past preserved in the ice.

December 29: *The Dishwasher*

It's responsible for nightly fights around the world; to pre-rinse or not? Whose turn to load? Knives up or down? But the dishwasher also saves you about 230 hours a year, is kinder on your wallet and on the environment. So why is it one of the most under-appreciated kitchen appliances?

December Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE!			1 French Onion Chicken Baked Potato with Sour Cream Ratatouille Vegetable Blend Fresh Banana	2 Gravy Smothered Meatballs Egg Noodles Buttered Corn Strawberry Applesauce Asst. Cookies
5 Chicken Florentine Lasagna Roll Up Capri Vegetable Blend Garlic Breadstick Fruit Cocktail	6 BBQ Ribs Potato Salad Collard Greens with Bacon Corn Bread Muffin Spiced Apples	7 Mongolian Pork Fried Rice Egg Roll Fortune Cookie Fresh Orange	8 Roast Beef Mashed Potatoes and Gravy Glazed Carrots Pears Pudding Cup	9 Tropical Baked Cod Roasted Vegetables with Quinoa Steamed Broccoli Cherry Salad
12 Creamy Chicken Garlic Mashed Potatoes Peas and Carrots Mixed Fruit	13 Apple Cider Glazed Pork Loin Sweet Potato Hash Green Beans Dark Cherries	14 Stuffed Peppers Parsley Buttered Potatoes Roasted Root Vegetables Tropical Fruit Marshmallow Bar	15 Open Face Hot Turkey Mashed Potatoes and Gravy Shane's Vegetable Blend Fresh Apple	16 Citrus Glazed Ham Augratin Potatoes Harvard Beets Apple Sauce
19 Beef Stroganoff Parsley Egg Noodles Country Vegetable Blend Pineapple	20 Holiday Chicken Salad Fresh Roll Mandarin Oranges	21 CHRISTMAS MEAL Chicken Oscar Twice Baked Potato Roasted Asparagus Winter Fruit Salad Christmas Fudge	22 Chili Frito Pie over Cornbread Tater Tots Mixed Green Salad Apricots	23 Shrimp Scampi Garlic and Herb Noodles CA Normandy Vegetable Blend Melon Blend
26 CLOSED Merry Christmas	27 Chicken Fried Chicken Mashed Potatoes with County Gravy Mixed Vegetables Asst Fruit Cup	28 Eggs Benedict Casserole Hashbrown Casserole Maple Roasted Vegetables Chunky Fruit	29 Smothered Pork Chop Garlic Mashed Potatoes Candy Corn Vegetable Blend Whipped Fruit Salad	30 Glazed Meatloaf Tri Colored Fingerling Potatoes Balsamic Roasted Vegetables Peaches Apple Crisp

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. Individuals are notified when their registration is due for updating.

December 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 Strength Finders 9:30 Planetary Defense 10:00 Strength Finders 12:45 Hand & Foot 1:00 Bridge 1:00 BUNCO	2 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
5 10:00 Strength Finders 10:00 Grandchildren on the Go 12:30 5 Crowns 12:45 Strength Finders 1:00 Pinochle	6 9:00 Strength Finders 9:15 Advisory Committee 10:00 Being Mortal 12:30 Whist 1:00 Bridge 1:00 Trivia 1:00 Line Dancing 1:00 Quilting Group	7 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Everything...Eyes 10:00 Low Vision Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 1:30 Caregiver Group	8 9:00 Strength Finders 9:30 Think NASA is Only for the Stars? 9:30 Yoga Talk 10:00 Strength Finders 10:00 Computer Basics 11:00 Prairie Sea Hearing 12:45 Hand & Foot 1:00 Bridge BOOKMOBILE	9 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
12 9:30 Art from the Heart 10:00 Strength Finders 12:30 5 Crowns 12:30 Stretch Grocery Dollars 12:45 Strength Finders 1:00 Pinochle	13 9:00 Strength Finders 10:00 Art with Nicole 10:30 Christmas Memories 11:30 Dementia Services 12:30 Whist 1:00 Bridge 1:00 Board Games 1:00 Line Dancing	14 8:30 Caramel Rolls 9:00 Standing Yoga 9:30 Rebuilding Together 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	15 9:00 Strength Finders 9:30 Bucket List Africa 10:00 Strength Finders 12:45 Hand & Foot 1:00 Bridge 1:00 BUNCO 1:00 BCCA Meeting	16 9:30 Chair Yoga 10:45 Strength Finders CLOSE AT 1:30 PM No Cards, No Movie
19 9:00 Fitness Class Registration 10:00 Strength Finders 12:30 Stories... Dementia 12:30 5 Crowns 12:45 Strength Finders 1:00 Pinochle	20 9:00 Strength Finders 10:30 Hearing Loss Support Group 12:30 Whist 1:00 Bridge 1:00 Trivia 1:00 Quilting Group 1:00 Line Dancing	21 8:30 Caramel Rolls w/cop 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:00 Christmas Celebration 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 1:30 Caregiver Group	22 9:00 Strength Finders 9:30 Frozen Secrets 10:00 Strength Finders 12:45 Hand & Foot 1:00 Movie Matinee 1:00 Bridge	23 9:30 Chair Yoga 10:45 Strength Finders CLOSE AT 2:00 PM No Cards, No Movie
26 CLOSED Merry Christmas	27 12:30 Whist 1:00 Bridge 1:00 Board Games	28 8:30 Caramel Rolls 10:00 Grief Group 1:00 Pinochle 1:00 Bingo 1:30 Caregiver Group	29 9:30 The Dishwasher 12:45 Hand & Foot 1:00 Bridge	30 CLOSE AT 2:00 PM No Cards, No Movie
No Fitness Classes				



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.

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 11, 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.)

AGING GRACEFULLY



Aging Gracefully will not be offered in December, but will return in January, 2023.

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!



**will NOT be held from
December 25—January 7.**

**Congratulations to our United Way Quilt Raffle Winners
—Lisa Bennett, Sue Bitterman and Pauline Baker!
\$383.00 was raised for the Missouri Slope Areawide United Way!
Thank you to all who participated.**

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, December 8, 9:30 am:
7th Chakra—Expanding Your Knowledge

Thursday, December 22, 9:30 am:
No Session—Due to Holidays

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.

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, December 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, December 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, December 6 and Tuesday, December 20 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, December 6 and Tuesday, December 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, December 13 and Tuesday, December 27, 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!

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.

NOT FEELING WELL?!?

It is expected that we will have a severe cold, flu and COVID season this winter.

For that reason, we ask that if you are not feeling well that you stay home.



If you are at the Senior Center or one of our meal sites, and staff sees that you are under the weather, we will ask you to leave.

Our goal is to keep staff and patrons healthy, so please follow this request.

FREE at-home Covid test kits for your use are available at the Senior Center and meal sites. You may pick some up at the Senior Center Administrative Office, or ask the Site Manager at our other meal sites.

If you are positive for COVID, even if you are not sick, you need to stay home for at least five days and wear a mask at all times on days six through 10.

THANK YOU FOR YOUR COOPERATION!



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, December 20 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, December 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, December 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

Shelby Oakley, from the Prairie Sea Hearing Center, will be at the Senior Center on Thursday, December 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, December 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 — 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!

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

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:	12:45 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.

If you would like to check out a book, please stop by the Dining Room Desk during regular Center hours. Books 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

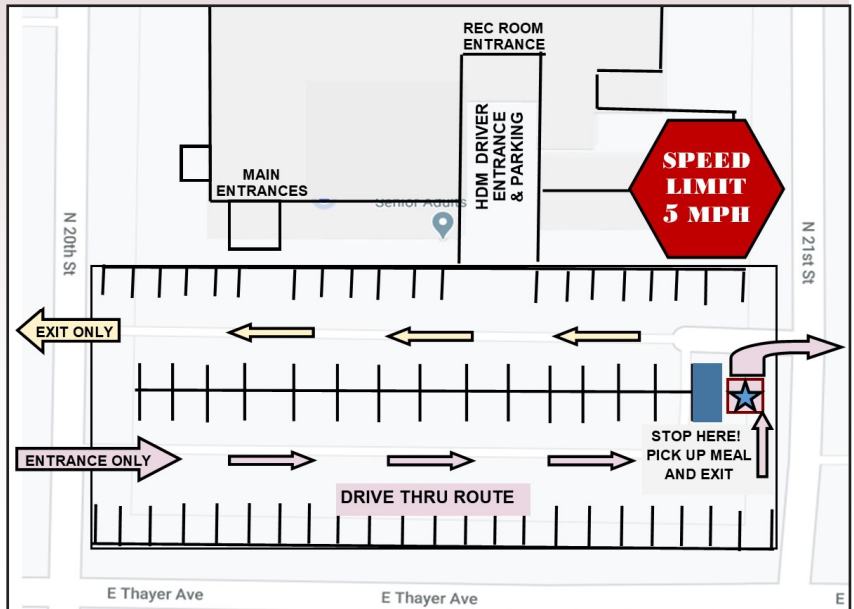
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 Concern!

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!



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 Volunteers



HAROLD KARCH

Harold has been a volunteer since March of 2022. Harold honors us as a tray carrier and a table washer. He loves carrying trays for people that need the assistance so that they can have a nutritional meal. Volunteering at the Senior Center makes him feel useful to society.

During Harold's free time he walks 3 miles a day, does crossword puzzles and every Thursday he helps clean the pews and fill candles at church.

Harold came from a family of 3 girls and 4 boys. He married Violet, his high school sweetheart at 19 years old and they were married 54 years! Violet passed in 2009. They had one son, Kendal who is a nurse and mountain climber in Portland, Or.

In 1954, Harold started working at The Winston-Newell Company now known as Super Valu, Inc., as a night biller, and then became director of merchandising. He wrote all the advertisements for ND, SD, and MT. At the same time he was also the owner of the Black Burn Ranch, a Purebred Red Angus Ranch that he purchased from his good friend Harold Schafer.

Harold initially wanted to be a jet pilot, but due to a medical issue he didn't pass the physical. Thank you Harold for volunteering at the senior center. We appreciate you!

KAYLA MAHOWALD

Kayla has been a home delivered meal drivers for the Burleigh County Senior Center for three and a half years.

Many years ago, Kayla heard about our home delivered meals program, and decided then that when she retired, delivering meals was something she would like to do!

Kayla worked for MDU for 33 years doing long-range electric load forecasting. She is married to Doug and has two children, Megan and Mike. She is a Bismarck native and graduated from NDSU. She still loves to follow NDSU football!

During Kayla's free time she loves going to her family's vacation home in the Northern Black Hills. Kayla enjoys traveling, pickle ball, clog dancing and riding bike.

When asked why she likes to volunteer at the Senior Center, Kayla said, "I've met lots of wonderful volunteers and employees at the Senior Center and the people who receive meals are so lovely and appreciate what we do so much."

Thank you Kayla for your commitment to the Home-Delivered Meals Program. We appreciate you!



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.



Thank You to Our Donors...

We sincerely thank the following individuals and/or businesses for their generous donations.
(Listed donations were received between October 1-31, 2022.)

Norbert and Sharon Mayer

Leonard and Carrilee Rohrer

Bismarck Eagles

Midcontinent Communications



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



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!

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

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