



THE

SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

Vol. 2 February, 2023



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Lifelong Learning

NATIONAL WEAR RED DAY!

Everyone wear red on Friday, February 3!



Why?!? To bring greater attention to heart disease as a leading cause of death for Americans!

Join us for lunch and then at 12:30 pm, Colleen Reinhardt will be here to sing us special love songs! And there may even be a door prize or two!

Inside dining space is limited and reservations are required! Stop by Lori's desk or call her at 255-4648, for a special admission ticket to attend this congregate meal/event.

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

AARP SMART DRIVER

On Monday, February 6th, 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 for AARP members and \$25 for non-members. Space is limited and pre-registration is required. Please call 226-5956 to register.

CENTER OF INDEPENDENT LIVING

Kathy from Center of Independent Living will be here on Wednesday, February 8 from 8:00 am to 12:00 pm with a display of products that will help you stay independent. She will also answer any questions you may have.

SOCIAL MEDIA BASICS

Do you have questions about Facebook, Twitter, or Instagram? Join Darla on Tuesday, February 21 at 9:30 am, as she addresses these topics for you. If you have specific questions, give them to Lori by February 16, and Darla will address them at the presentation.

HISTORY OF THE APRON

Bring your apron, bring your story!

Join Carolyn on Monday, February 27 at 10:00 am when she will discuss the history of the apron.

You will be surprised at the different ages of the apron. Carolyn will bring in many aprons and share her knowledge and why they are designed the way they are according to the different times.

MANAGING MONEY FOR CAREGIVERS

Vanessa from the Alzheimer's Association and Shane from Securian Financial Advisors will be here on Tuesday, February 7 at 10:00 am to present, *Managing Money for Caregivers*.

If you or someone you know is a caregiver for someone living with Alzheimer's disease, dementia, or another chronic illness, it's never too early to put financial plans in place.

Join us to learn tips to:

Begin the conversation about finances.

Manage someone else's finances.

Prepare for future care costs.

Understand the benefits of early planning.

Avoid financial abuse and fraud.

TIPS FOR COOKING TORTELLINI

National Tortellini Day is Monday, February 13!

If there's one thing that makes life easier, it's putting ready-made convenience foods to good use. And if you're looking to make easy meals even more foolproof, look no further!

Join Senior Center Chef Tyler Zent at 10:00 am, as he shows us what you can make with premade tortellini. Ideas galore, come join the fun! Please stop by Lori's desk or call her at 255-4648 to sign up for this session.



TUESDAY, FEBRUARY 14, 12:00 PM

MENU:

Steak with
Red Wine Demi Glaze
Fingerling Potatoes
Asparagus
Red Velvet Cake
Watermelon

**Live Music
from Randy Karr!**

Door Prizes!

Inside dining space is limited and reservations are required! Stop by Lori's desk or call her at 255-4648, for a special admission ticket to attend this congregate meal/event.

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

Lifelong Learning



CURIOSITY STREAM

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

February 2: *The Moon's Spell on the Great Barrier Reef*

The world's largest coral reef ranges over 2,000 kilometers off the coast of Australia. Magnificent spectacles unfold here every summer. Tens of thousands of green sea turtles come ashore under the star-filled sky to lay eggs. In addition, we capture some 100 varieties of coral all spawning at once.

February 9: *The Amazing/Terrifying Future of Medicine*

We've entered an era where terrifying and amazing things can be done to the human body. Precise cancer treatments, immunotherapies, and "one-and-done" million-dollar drug doses, are also raising hopes and new questions. Are we ready for this new world?

February 16: *The Story of America in 7 Books*

Just seven Great American Novels have managed to distill the scope, breath, and spirit of the American experience into a single book. This course explores all seven, including Huckleberry Finn, The Sound and the Fury, Beloved, and Catch-22.

February 23: *The Colorado Problem*

The Colorado River is the foundation of the American Southwest. However, a once-in-a-millennium drought, a hundred-year-old mistake, and generations-old conflict have put the river and region in crisis. As the southwest grows and the river shrinks, time is running out to solve the problems of the Colorado River.

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Burleigh County Senior Adults Program, Bismarck, ND

A 4C 05-0634

Join Us for Activities!

BOOK CLUB

The Book Club will meet in the Senior Center Library on Monday, February 27 at 1:00 pm to discuss the book, ***The Farmer's Lawyer: The ND Nine and the Fight to Save the Family Farm***, written by Sarah Vogel. Discussion will be led by Arlene Havig.

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 February 27.

Book Synopsis: In the early 1980's, farmers were suffering through the worst economic crisis to hit rural America since the Great Depression. Land prices were down, operating costs and interest rates were up, and severe weather devastated crops. Instead of receiving assistance from the government as they had in the 1930's, these hardworking family farmers were threatened with foreclosure by the very agency that Franklin Delano Roosevelt created to help them.

Desperate, they called Sarah Vogel in North Dakota. Sarah, a young lawyer and single mother, listened to farmers who were on the verge of losing everything and, inspired by the politicians who had helped farmers in the '30's, she naively built a solo practice of clients who couldn't afford to pay her.

Sarah began drowning in debt and soon her own home was facing foreclosure. In a David and Goliath legal battle reminiscent of *A Civil Action* or *Erin Brockovich*, Sarah brought a national class action lawsuit, which pitted her against the Reagan administration's Department of Justice, in her fight for family farmers' Constitutional rights. It was her first case.

A courageous American story about justice and holding the powerful to account, *The Farmer's Lawyer* shows how the farm economy we all depend on for our daily bread, almost fell apart due to the willful neglect of those charged to protect it, and what we can learn from Sarah's battle as a similar calamity looms large on our horizon once again.

****Note:** *This book was originally scheduled for January, but due to unforeseen circumstances, was not available from the State Library Book Club Service at that time.*



AT THE MOVIES!

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

February 3: No Movie

February 10: *The Last Valentine*, PG

Susan Allison, jaded TV reporter, receives a sentimental Valentine's Day news assignment: the story of Caroline Thomas, who has waited 60 years for her pilot husband—declared missing in action during World War II – to return to her.

February 17: *Ticket to Paradise*, PG-13

George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their love struck daughter from making the same mistake they once made.

February 24: *The Big Year*, PG

Life goes to the birds-literally-for obsessed avian enthusiasts Jack Black, Steve Martin and Owen Wilson in this comedy. The Mid-Life Crisis, The No-Life Crisis & The Work-Life Crisis.



**The Senior Center is closed
Monday, February 20 for Presidents' Day.**

FOR YOUR USE!

Library

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

PLEASE NOTE:

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

Celebrate Your Inner Artist!

ART WITH NICOLE

Join artist Nicole Gagner on Tuesday, February 14, at 10:00 am as she leads a class in creating watercolor Valentines Day cards with tape and wax resist. 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, February 13 at 9:30 am as she leads us in painting heart twigs. 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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Burleigh County Senior Adults Program, Bismarck, ND

B 4C 05-0634

Just For Fun!

Valentine Words

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O R J U N E R G B H G S M H R S T N A
E I R S P M A I C E T F Q E I O N I E
T S K U E I E R F A R N R R O S N L B
A E I O N N H D P I N K E R I P E R Y
L D S R D E D A E S O H E E D U C A D
O R S O E S D N S W C R E E T R S D D
C O E M A O D E Y A I B V E O R L H E
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V E U D M C A R D S X F E B R U A R Y
R C B U R E H C Y E N O H E S R M K Z

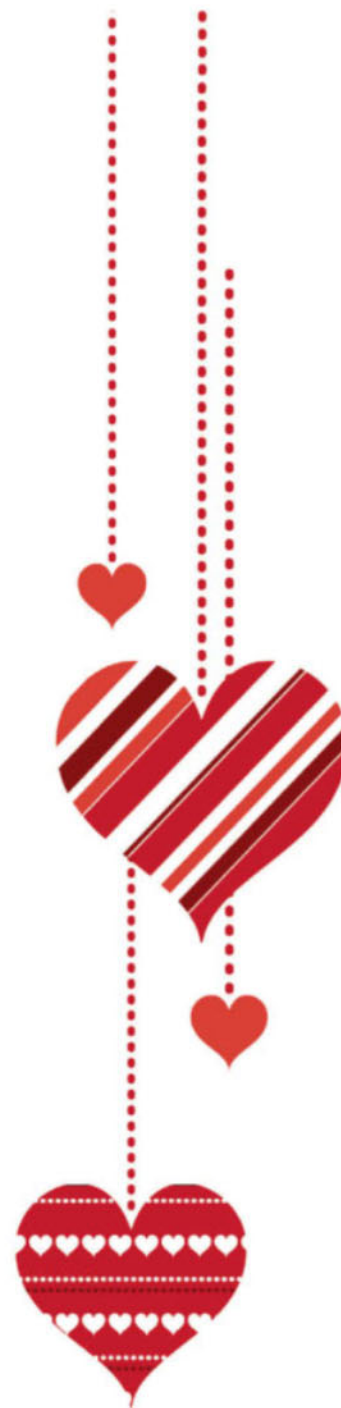
Word List:

ADORE
BELOVED
CANDY
CHOCOLATE
DESIRE
FEBRUARY
HEART
LOVE
RED
SWEETHEART

AFFECTION
BEMINE
CARDS
CUPID
DEVOTION
FLOWERS
HONEY
LOVEBIRDS
ROMANCE
SWEETS

AMOROUS
BOUQUET
CHERISH
DARLING
EMBRACE
FOURTEENTH
HUGS
PINK
ROSES
TEDDYBEAR

ARROW
CANDLELIGHT
CHERUB
DEAR
ENDEARMENT
FRIENDS
KISSES
POEM
SECRETMIRER
TENDERNESS



Answer key available at the Administrative office.

February Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE!		1 Creamy Chicken over Biscuit Marinated Vegetable Salad Fresh Apple	2 Italian Sausage with Onions and Peppers Capativi Noodles Red Cabbage Coleslaw Fruit Cocktail	3 Creamy Tomato Meatballs Garlic Mashed Potatoes Primavera Vegetable Blend Dark Cherries
6 Breaded Chicken Drumstick AuGratin Potatoes Buttered Corn Applesauce	7 Beef Lo Mein Stir Fry Vegetables Pot Stickers Mandarin Oranges Fortune Cookie	8 Chicken Bacon Ranch Salad Assorted Rolls Fresh Orange	9 BBQ Ribs Baked Beans Mac & Cheese Cinnamon Apples	10 Shrimp Scampi Wild Rice Pilaf Steamed Broccoli Cookie Salad Fresh Pear
13 Pork Stroganoff Egg Noodles Glazed Carrots Peaches	14 Steak with Red Wine Demi Glaze Fingerling Potatoes Asparagus Red Velvet Cake Watermelon	15 Chicken Parmesan Buttered Noodles Cream Spinach Chunky Fruit	16 Honey Mustard Ham Baked Sweet Potato Roasted Beets Pears	17 Tangy Meatloaf Mashed Potatoes and Gravy Peas and Pearl Onions Marshmallow Bar
20 CLOSED FOR PRESIDENTS' DAY	21 Stuffed Peppers Rosemary Roasted Potatoes Country Trio Vegetable Blend Asst. Fruit Cups	22 <u>Ash Wednesday</u> Vegetarian Chili Relano Casserole Refried Beans Cilantro Lime Rice Mexican Fruit Salad	23 Roast Beef Mashed Potatoes with Gravy Green Beans Fresh Banana	24 Fisherman's Catch (Assorted Fish) Steak Fries Coleslaw Mixed Berry Bread Pudding
27 Smothered Pork Chop Mashed Sweet Potatoes Roasted Brussel Sprouts with Bacon Apricots	28 Open Faced Turkey Sandwich Mashed Potatoes with Gravy Peas and Carrots Melon Blend	<u>DRIVE THRU PATRONS:</u> Please do not get in the Drive-Thru line until 11:15 am. If you are early, park until it's time, and then get in line. Thank you for your cooperation!		

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.

February 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 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	2 9:00 Strength Finders 9:30 The Moon's Spell on the Great Barrier Reef 10:00 Strength Finders 12:45 Hand & Foot 1:00 Bridge 1:00 BUNCO	3 9:30 Chair Yoga 10:45 Strength Finders 12:30 Wear Red—Entertainment: Colleen Reinhardt 1:00 Pinochle
6 10:00 Strength Finders 10:00 AARP Smart Driver 12:30 5 Crowns 12:45 Strength Finders 1:00 Pinochle	7 9:00 Strength Finders 9:15 Advisory Committee 10:00 Managing Money for Caregivers 12:30 Whist 1:00 Trivia 1:00 Bridge 1:00 Line Dancing	8 8:00 Independent Living Equipment Display 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 1:30 Legal Services of ND	9 9:00 Strength Finders 9:30 The Amazing/Terrifying Future of Medicine 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	10 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
13 9:30 Art from the Heart 10:00 Strength Finders 10:00 Cooking Tortellini 12:30 5 Crowns 12:45 Strength Finders 1:00 Pinochle	14 9:00 Strength Finders 10:00 Art with Nicole 10:30 Hearing Loss Support Group 11:30 Dementia Care Services 12:00 Valentines Day Celebration 12:30 Whist 1:00 Bridge 1:00 Board Games 1:00 Line Dancing 1:00 Quilting Group	15 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	16 9:00 Strength Finders 9:30 The Story of America in 7 Books 10:00 Strength Finders 12:45 Hand & Foot 1:00 Bridge 1:00 BUNCO	17 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
20 CLOSED PRESIDENTS' DAY	21 9:00 Strength Finders 9:30 Social Media Basics 12:30 Whist 1:00 Bridge 1:00 Trivia 1:00 Line Dancing	22 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	23 9:00 Strength Finders 9:30 Yoga Talk 9:30 The Colorado Problem 10:00 Strength Finders 12:45 Hand & Foot 1:00 Bridge 1:00 BCCA Meeting	24 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
27 10:00 Strength Finders 10:00 History of the Apron 12:30 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club	28 9:00 Strength Finders 12:30 Whist 1:00 Bridge 1:00 Board Games 1:00 Line Dancing 1:00 Quilting Group			

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



Healthy
Body
Healthy
Mind

AGING GRACEFULLY



Join us for Aging Gracefully on Wednesday, February 15 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 15 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!

FITNESS CLASSES

This 8 week session of Fitness Classes runs from January 15—March 11, 2023.

Registration for the next session (March 12—May 13, 2023) will begin at 9:00 am on February 13, and will close on February 24, 2023 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.)

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, February 9, 9:30 am:
Yoga for a Healthy Back

Thursday, February 23, 9:30 am:
Achieving Restful Sleep with Yoga

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.

The Burleigh County Senior Center and meal sites will be closed on Monday, February 20 for Presidents' 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, February 15 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, February 9, 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, February 14 and Tuesday, February 28 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, February 7 and Tuesday, February 21, 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, February 14 and Tuesday, February 28, at 1:00 pm to play board games, all the while visiting with friends, old and new!

Bingo!



Join us for **BINGO** on Wednesdays at 1:00 pm! Bingo cards are \$1 each, and you may buy as many cards as you like. Purchased card(s) will be used for ALL games played. 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!

INCLEMENT WEATHER

Bad weather may force the Burleigh County Senior Center and meal sites to close for meals and activities. Please check to make sure we are open 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.

Support Groups & Free Services

HEARING LOSS SUPPORT GROUP

The Hearing Loss Support Group will not be meeting in February, March or April. Group sessions will resume in May.

LOW VISION SUPPORT GROUP

Betsy Hermanson, Vision Specialist from ND Voc Rehab will lead the Low Vision Support Group in the Library on Wednesday, February 1 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, February 14 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, February 9, 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, February 8 from 1:30 to 3:30 pm to meet with individuals by appointment. Call 1-877-258-5263, ext. 303 to schedule your appointment.

AARP TAX AIDE

AARP Tax Aide will provide tax preparation assistance at the Burleigh County Senior Center on Thursdays and Fridays from February 2 through April 14, 2023.

Appointments are required for this service. To make an appointment, call 701-751-4074 or go to bismarcktaxes.setmore.com. You may pick up a pre-appointment packet at the Senior Center front desk and fill out the forms prior to 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](https://www.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* 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.

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.



**The Senior Center Advisory Committee
will meet on Tuesday, February 7,
at 9:15 am in the Library.**

Drive-Thru Meals and Parking

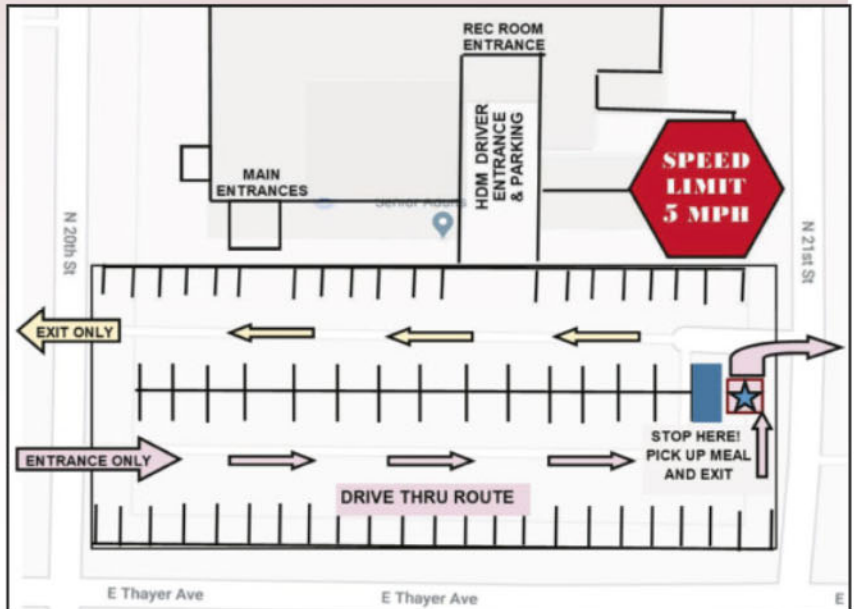
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 Concern!

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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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
- 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



RAY STUGELMAYER

Ray was born in Elgin, ND, because the little town he grew up in, Mott, did not have a hospital!

He moved to Bismarck in 1960 and his career with tires started at Twin City, and then moved to Corwin Churchill.

Ray later worked at Interstate

Bakery. After the closure of Interstate Bakery, Ray found his true calling at Bobcat where he worked from 1970 until his retirement in 1996. He started on the assembly line and moved up to fork lift driver.

Once retired, Ray took care of his wife until her passing in 2012. They were married 49 years and have one son, Brian who has his own business on a lake in Wisconsin. Ray started volunteering at the Senior Center when someone he was talking to said they need Home Delivered Meal Drivers. Ray delivered meals for 17 years! He was also the kitchen's 'milk man' for many years! Currently, he calls bingo every Wednesday.

Ray likes the balanced meals, socializing and the good friendships he's made at the Senior Center. Ray still likes to drive to Wisconsin to visit his son and he goes out to eat every night!

Ray is a very dedicated volunteer and we appreciate him very much. Thank you Ray!

DAN FARRELL

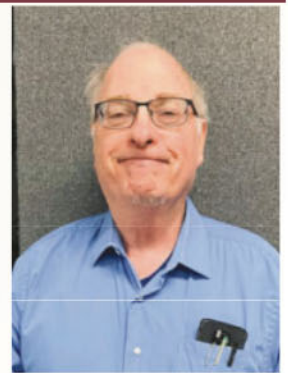
Dan Farrell has been delivering meals with the Senior Center for a little over a year after he saw an ad looking for more volunteer drivers.

Dan was married in 1974 and he and his wife, Dorothy, have 3 children. They are also the proud grandparents to four grandsons and three granddaughters.

Dan works at a small consulting firm, assisting in areas of water resources, mining, water pipeline development and remote sensing. Prior to this, Dan was employed with the ND State Water Commission for 18 years. Dan is one of three siblings, raised in Wyoming and Montana. His family moved to Bismarck in 1972, and he is a BHS graduate. Dan graduated from SD State University in 1981 with an engineering degree and again from UND in 1987 with an advanced degree in engineering.

Dan and his family love sports, traveling to UND to watch football, volleyball, and ice hockey. He also enjoys watching his family play on local sports teams.

Dan enjoys volunteering at the Senior Center, stating that the staff works like a well-oiled machine. He also feels good knowing that he is helping some of the more vulnerable citizens in Bismarck with a hot meal and a smile. Thank you Dan for your service!



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
- March 13: Wing and Sterling Foot Care Clinics
- May 8: 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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Burleigh County Senior Adults Program, Bismark, ND

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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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Bismarck, ND 58501



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

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Burleigh County Senior Adults Program, Bismarck, ND

G 4C 05-0634

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

The Senior Sentinel is published monthly by the Burleigh County Senior Adults Program.
 315 North 20th Street • Bismarck, ND 58501 • 255-4648
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 Monday - Friday, 8:00 am to 4:30 pm

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