

THE SENIOR SENTINEL

Burleigh County Senior Adults Program



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 3 March, 2023

Good Nutrition Tips for all Ages

The old adage “You are what you eat” is no misnomer. In fact, researchers confirm that the number one factor to controlling physical and mental health lies at the end of the fork. Good eating habits can have a big impact on health by improving energy levels, boosting immune systems, and making for a greater sense of overall well-being. Healthy eating habits can even restore feelings of youthfulness.

Although we may not need the same number of calories as we did when we were younger, good nutrition is still important, especially in the later years of life. Proteins, carbohydrates, fats, vitamins, minerals, and water are important substances in foods that individuals need to function and maintain their health.

Consume Nutrient-Dense Foods

To stay on the healthy eating road, try eating these nutrient-dense foods:

- Egg yolks and fatty fish contain Vitamin D to help grow bone density and maintain bone strength.
- Fatty fish contains B12, which older adults need more of because it is more difficult to absorb it as you age.
- Spinach, nuts, and whole grains contain magnesium to help the heart, bone strength, and sleep.
- Chicken breast, eggs, almonds, and other lean meats and fish are packed with protein.

Add Fiber and Grains

Fruits and vegetables help the digestive system to function properly. Whole grains like oatmeal, whole wheat bread, and brown rice help to guard against disease and reduce inflammation.

Limit Empty Calories

Stay away from foods low in nutrition, which are attributed to type 2 diabetes and mild cognitive impairment. Avoid chips, candy, baked goods, soda, and alcohol.

Watch Cholesterol and Fat

—Avoid saturated and trans fats. Saturated fats come from animals, and trans fats are processed fats found in foods such as margarine and vegetable shortening.

—Store-bought baked goods and fast food are some of the worst culprits for saturated and trans fats.

(Continued on page 14)



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Lifelong Learning

HEALTHWISE FOR WOMEN & GUYS **COLON CANCER**

Join Katie Johnke and Shaundra Bolinski on Monday, March 6 at 10:00 am to get information on colon cancer.

What is colon cancer? How common is colon cancer? Should I get a colonoscopy? How can I lower my risk? Shaundra and Katie will answer these questions and more!

SENIOR COMPANIONS

Shannon Nash from Lutheran Social Services will be here on Wednesday, March 8 at 12:30 pm to discuss their Senior Companion program. This program provides competent, reliable, and ongoing companionship or caregiver support services to assigned older adults. They do not provide chores or home health care services.

GOOD FATS – BAD FATS

Dietary fat sometimes gets a bad rap, but it is an important nutrient your body needs to function well. It is important to understand which types of fats are good for your health, and which may be problematic. Amy Haugen will be at the Senior Center on Monday, March 13 at 12:30 pm to explain the 'good' fats and the 'bad' fats.



BALANCED **NUTRITION** **COOKING**

March is Nutrition Awareness Month! Let Chef Jessica from *Harmony* share hints and tips to creating delicious meals that contain balanced nutritional content. Jessica will explain what balanced nutrition means, why its important for your health and you learn to create meals at home for yourself. Of course, we will have samples to try!

This event will be held on Tuesday, March 14 at 10:00 am. Please sign up with Lori by calling 255-4648 or stop by her desk to attend this session.

LEARN MORE ABOUT HOUSE CALLS

Stay Home. Stay Safe. Medical care in the comfort of your home!

On Monday, March 20 at 12:30 pm, you will have an opportunity to learn about *House Calls* and meet the care team. *House Calls* brings quality medical care directly to you in the comfort of your home. Imagine not having to worry about transportation, or how you will get to and home from the clinic. Judy Daniels will explain it all and answer any questions you may have!

DIABETES PREVENTION & YOU

National American Diabetes Alert Day is on Tuesday, March 28. Join us at 10:00 am for a presentation on diabetes health from Katie Johnke. Take control of your health today!

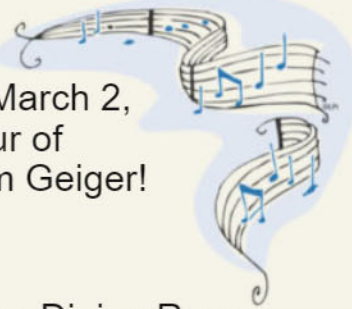
PURSE EXCHANGE & TEA EDUCATION

Please join in on the excitement of a purse exchange and learn more about tea! Bring in a 'like new' condition purse (no clutch or designer purses). While Katie Johnke is educating us on the benefits of tea, you can enjoy a cup of tea and a treat. Following Katie's presentation, we will have the purse exchange!

This event will be held on Tuesday, March 21 at 10:00 am. To participate, please sign up with Lori by calling 255-4648 or stopping by her desk.

SPECIAL **ENTERTAINMENT**

Join us on Thursday, March 2, at 12:30 pm for an hour of entertainment from Jim Geiger!



ICE CREAM SOCIAL

Join Amy Haugen at the Dining Room Coffee Bar on Monday, March 20 during the noon meal for a ***First Day of Spring Celebration!*** Amy will be sponsoring an ice cream social with all the fixings!



Thank you Amy!

Special Holiday Events

ST. PATRICK'S DAY

Join us in the Dining Room on Friday, March 17 for some St. Patrick's Day fun!

Fiddler Al Johnson will provide entertainment from 12:00 noon to 1:00 pm (door prizes will follow).

Menu:

Corned Beef & Cabbage
Parsley Buttered Potatoes
Leprechaun Fruit Salad
Pistachio Dessert

Then, at 1:00 pm, join us for our movie matinee! *The Luck of the Irish* will be shown and green punch and popcorn will be served.

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.

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

EASTER CELEBRATION

THURSDAY, MARCH 30

10:00 am
Easter Treats & Punch
12:00 pm
Congregate Meal
12:30 pm Entertainment:
Young at Heart
(Door Prizes will follow)

Menu:

Glazed Ham
Cheesy Hashbrowns
Peas & Carrots
Dinner Roll
Fresh Fruit Salad
Lemon Meringue Pie

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.

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



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Join Us for Activities!

BOOK CLUB

The Book Club will meet in the Senior Center Library on Monday, March 27 at 1:00 pm to discuss the book, ***Orphan Train***, written by Christina Baker Kline. 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 March 27.

Book Synopsis:

Penobscot Indian Molly Ayer is close to 'aging out' out of the foster care system. A community service position helping an elderly woman clean out her home is the only thing keeping Molly out of juvie and worse.... As she helps Vivian sort through her possessions and memories, Molly learns that she and Vivian aren't as different as they seem to be. A young Irish immigrant orphaned in New York City, Vivian was put on a train to the Midwest with hundreds of other children whose destinies would be determined by luck and chance. Molly discovers that she has the power to help Vivian find answers to mysteries that have haunted her for her entire life--answers that will ultimately free them both. Rich in detail and epic in scope, ***Orphan Train*** by Christina Baker Kline is a powerful novel of upheaval and resilience, of unexpected friendship, and of the secrets we carry that keep us from finding out who we are.

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.



AT THE MOVIES!

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

March 3: *Tulsa*, G

Inspired by true events, a desperate Marine biker's life is turned upside-down when he is united with the sassy 9-year-old daughter he never knew existed.

March 10: *Saving Faith*, G

In this heartwarming faith-based drama, a small-town woman prays for a miracle to save her struggling theater-and country's biggest stars step in to help.

March 17: *The Luck of the Irish*, G

A basketball star starts turning into a leprechaun!

March 24: *A Walk to Remember*, PG

The story of two North Carolina teens, Landon Carter and Jamie Sullivan, who are thrown together after Landon gets into trouble and is made to do community service.

March 31: *The Healing Garden*, G

An aging military chaplain and a young girl from a broken home join forces to plant a miracle garden touched by God. *The Healing Garden* is a faith-based film, laced with warmth and comedy. It celebrates the healing of families and communities through faith.

TIME TO SOCIALIZE!



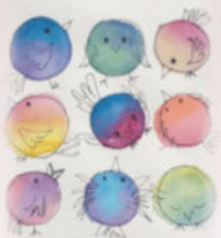
The Coffee Bar is open each day from 8:00 to 11:30 am. Come in for coffee and fellowship.

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!

Celebrate Your Inner Artist!

ART WITH NICOLE



Join artist Nicole Gagner on Tuesday, March 14, at 10:00 am as she leads a class in creating a "Doodle Birds" watercolor. 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, March 13 at 9:30 am as she leads us in painting a leprechaun scene. 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.



BUNNY GOURD CLASS

Join Alice Berning on Tuesday, March 7 at 9:00 am as she teaches you step-by-step in making a Bunny gourd. All supplies will be provided. This will be a perfect addition to your Easter decorations. There is a 8 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.

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Lifelong Learning



CURIOSITY STREAM

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

March 2: *Frozen Secrets* (Rescheduled)

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.

March 9: *Bucket List Africa* (Rescheduled)

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?

March 16: *Greece the View from the Gods*

Dalmatian pelicans fly north to their high-altitude breeding grounds on Lake Prespa. Beneath them a brown bear mother and cubs enjoy the springtime in the forests of the Pindos mountains. The 300-meter cliffs of the world famous Meteora monasteries shelter Greece's last Egyptian vulture breeding pair.

March 23: *Greece Surrounded by Blue*

Land based African chameleons and coastal cuttlefish both change color and pattern to hide or to advertise their mood. Both fight to win their mate and shoot out tongues or tentacles to snare their prey.

March 30: *Hidden Spain*

Spain is found at the crossroads between the Mediterranean and the Atlantic, resulting in diverse landscapes, ancient cultures and magnificent wildlife.

Your Contributions Make a Difference!

NUTRITION PROGRAM

We rely on and appreciate your participation and support!

WHERE THE MONEY COMES FROM		WHERE THE MONEY GOES		
REVENUE SOURCE		YEAR	MEAL CATEGORIES	ANNUAL COST
Project Income:	19.8%	2022	Congregate/Drive-Thru	51,272
<i>Contributions from those receiving meals</i>			Home Delivered	91,525
			Medwaiver	6,024
			Ineligible	631
			TOTAL MEALS:	149,452
Medwaiver Meals:	3.4%	2021	Congregate/Drive-Thru	47,674
			Home Delivered	78,137
			Medwaiver	3,745
			Ineligible	2,749
			TOTAL MEALS:	132,305
Ineligible Meals:	0.2 %	2020	Congregate/Drive-Thru	45,809
			Home Delivered	74,712
			Medwaiver	3,127
			Ineligible	3,991
			TOTAL MEALS:	127,637
Local Match:	12.2%			
(Mill Levy and Other)				
State & Federal Funds:	64.4%			
(Includes NSIP)				

March Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE!		1 Swedish Meatballs Egg Noodles Buttered Beets Fruit Cocktail	2 French Onion Chicken Baked Potato Ratatouille Vegetable Blend Strawberry Applesauce Scotcheroo	3 Ale Battered Shrimp Steak Fries Coleslaw Garlic Toast Fresh Pear
6 Oven Fried Chicken Au Gratin Potatoes Scandinavian Vegetable Blend Peaches	7 Cranberry Stuffing Topped Pork Loin Mashed Sweet Potatoes Steamed Peas Waldorf Salad	8 Brunch for Lunch Everything Bagel Breakfast Casserole Breakfast Potatoes Maple Roasted Vegetables Fresh Orange	9 Tangy Meatloaf Mashed Potatoes with Gravy Glazed Carrots Chunky Fruit	10 Seafood Lasagna Roll-Up Connie Vegetable Blend Dark Cherries Garlic Toast Asst. Desserts
13 Sausage Jambalaya Saffron Dirty Rice Sautéed Swiss Chard Applesauce	14 Orange Chicken Pineapple Rice Egg Roll Tropical Fruit Fortune Cookie	15 Black & Bleu Steak Salad Lemon Fruit Salad Dinner Roll	16 BBQ Ribs Potato Salad Creamy Corn Medley Fresh Banana	17 St. Patrick's Day Corned Beef & Cabbage Parsley Buttered Potatoes Leprechaun Fruit Salad Pistachio Dessert
20 Beef Tips Mashed Potatoes with Gravy Snap Peas Pears Asst. Pudding Cups	21 Pulled Pork Stuffed Sweet Potato PowerSlaw Fresh Apple Slices Corn Bread	22 Chicken Broccoli Alfredo Buttered Pasta Mama Maria's Vegetable Blend Ambrosia Salad Garlic Breadstick	23 Hot Beef Sundae (Open Faced Roast Beef Sandwich) Mashed Potatoes Buttered Corn & Carrots Watermelon	24 Fried Walleye Po' Boy Tater Tots Cucumber Salad Peaches with Blueberries
27 Lemon Garlic Chicken Thigh Roasted Rosemary Potatoes CA Normandy Vegetable Blend Asst. Fruit Cups	28 Shredded Pork Burrito Bowl (Cilantro Lime Rice, Fiesta Beans, Cheese, Lettuce & Pico de Gallo) Pineapple	29 Stuffed Cabbage Roll Seasoned New Potatoes Country Trio Vegetables Apricots	30 Easter Meal Glazed Ham Cheesy Hashbrowns Peas & Carrots Fresh Fruit Salad Dinner Roll Lemon Meringue Pie	31 Lemon Pepper Tilapia Wild Rice Pilaf Roasted Vegetable Medley Fresh Grapes

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 \$11.00.

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.

March 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	SCHEDULE SUBJECT TO CHANGE PLEASE CHECK IN ON 'MYSENIORCENTER' DAILY.	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 Frozen Secrets 10:00 Strength Finders 12:30 Entertainment: Jim Geiger 12:45 Hand & Foot 1:00 Bridge 1:00 BUNCO	3 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
6 10:00 Strength Finders 10:00 Colon Cancer 12:30 5 Crowns 12:45 Strength Finders 1:00 Pinochle	7 9:00 Strength Finders 9:00 Bunny Gourds 9:15 Advisory Committee 11:30 Dementia Care Services 12:30 Whist 1:00 Trivia 1:00 Bridge 1:00 Line Dancing	8 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:30 Senior Companions 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 Bucket List Africa 9:30 Yoga Talk 10:00 Strength Finders 10:00 Computer Basics 11:00 Prairie Sea Hearing Center 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 12:30 5 Crowns 12:30 Good Fats- Bad Fats 12:45 Strength Finders 1:00 Pinochle 3/12/23: CLOCKS 'SPRING' AHEAD ONE HOUR	14 9:00 Strength Finders 10:00 Art with Nicole 10:00 Balanced Nutrition Cooking 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 Greece the View from the Gods 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 ST. PATRICK'S DAY CELEBRATION (page 3) 
20 10:00 Strength Finders 12:00 Ice Cream 12:30 5 Crowns 12:30 Learn about House Calls 12:45 Strength Finders 1:00 Pinochle	21 9:00 Strength Finders 10:00 Purse Exchange & Learn About Tea 12:30 Whist 1:00 Bridge 1:00 Trivia 1:00 Line Dancing	22 8:30 Caramel Rolls w/VooDoo 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 Greece Surrounded by Blue 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 12:30 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club	28 9:00 Strength Finders 10:00 Diabetes Prevention 12:30 Whist 1:00 Bridge 1:00 Board Games 1:00 Line Dancing 1:00 Quilting Group	29 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	30 9:00 Strength Finders 9:30 Hidden Spain 10:00 Strength Finders 12:45 Hand & Foot 1:00 Bridge EASTER CELEBRATION (page 3) 	31 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle

Senior Center Shuttle



Senior Center Shuttle

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

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

Transportation is provided 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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Health & Wellness



Healthy
Body
Healthy
Mind

AGING GRACEFULLY



Join us for Aging Gracefully on Wednesday, March 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.

FITNESS CLASSES

This 8 week session of Fitness Classes runs from March 12 through May 13, 2023.

Registration for the next session (May 14 - July 15, 2023) will begin at 9:00 am on April 24, and will close on May 5, 2023 or when class is full.

Standing Yoga (Session Fee \$10)

Wednesdays, 9:00 am - March 15, 22, 29 & April 12 ONLY! Regular schedule will resume next session.

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.)

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, March 9, 9:30 am:
Yoga for Strong Hips & Legs

Thursday, March 23, 9:30 am:
Achieve Better Balance 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.



Set your clocks ahead one hour March 12.

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

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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Burleigh County Senior Adults Program, Bismarck, ND

D 4C 05-0634

Join Us for Activities!

COFFEE & CARAMEL ROLLS



Join us on Wednesdays at 8:30 am for coffee and \$1 caramel rolls!

Officers Clint Fuller and Caity Horne will join us on Wednesday, March 15 to

briefly discuss current scams and issues to be aware of in our community. And, don't miss VooDoo, the Therapy Dog's visit on Wednesday, March 22!



COMPUTER BASICS

Royce Schultze, from the ND Center for Independent Living, will be in the Library on Thursday, March 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, March 14 and Tuesday, March 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, March 7 and Tuesday, March 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, March 14 and Tuesday, March 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.

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 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, March 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, March 7 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, March 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, March 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 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.

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.



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.



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.**

GOOD NUTRITION, continued from cover

Stay Hydrated

—Drink water, even when not feeling thirsty. As a rule, women should drink about 11.5 cups of water and men 15.5 cups of water per day.

—Include foods that contain water, such as soups, cucumbers, watermelon, and other fruits.

—Infusing your water with fruits and herbs may encourage greater interest in drinking.

—Keep a pitcher of water in the fridge or on the counter at all times to serve as a reminder to boost your water intake.

Read Labels

When you eat packaged foods, be a smart shopper and read nutrition labels. Watch for items that are high in fat, sugar, and sodium. The healthiest foods are whole, unprocessed foods, which are found on the perimeter of the grocery store in the produce, meat, and dairy sections.

Signs of Poor Nutrition

It's also important to be aware of the signs and symptoms of poor nutrition and to follow up with a doctor if you experience:

—Brittle hair or increased hair loss

—Cracking or inflammation at the corners of the mouth and a pale smooth or swollen tongue

—Brittle or dry nails

—Poor digestion and bowel changes

—Unexplained fatigue

—Mood changes, such as anxiety, depression, irritability, or moodiness

—Unexplained weight loss

Sticking to a nutritious diet doesn't have to be boring. In fact, some of the most delicious foods are healthy!

©LPi

Drive-Thru Meals and Parking

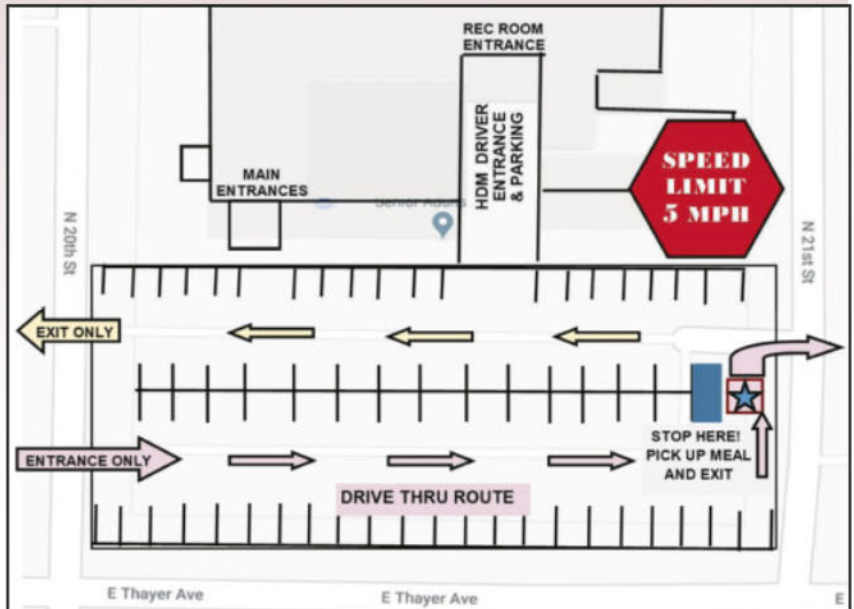
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 Concern!

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, Bismark, 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



LINDA EVERDING

Linda and her husband Lenny have been coming to the Senior Center since 2013.

Previously, Linda volunteered at the Senior Center front desk. Now, she is taking care of our Library and also serves on the Advisory Committee.

In Linda's free time, she enjoys going to the casino and also serves on the AmVets Ladies Auxiliary.

Linda worked as a pre-school teacher at BECEP Headstart. She also worked at the YMCA and volunteered at Rita Murphy Elementary.

Linda and Lenny have been married for 46 years. They have seven children, 17 grandchildren, and six great grandchildren. Most of their children live out of state and they enjoy traveling to see them.

Linda started coming to the Senior Center after she and Lenny retired. They wanted to socialize and play games. Linda likes that we have Strength Finders exercise classes and comes to them weekly. Linda's favorite things to do at the Senior Center is a tossup between Bingo and the card game, Hand and Foot.

Linda enjoys volunteering at the Senior Center and visiting with people. Thank you, Linda for your service!

VINCE SCHMIDT

Vince Schmidt has been volunteering with the Burleigh County Senior Center for about a year and a half delivering meals to our clients at home.

Vince enjoys reading, shooting, spending time with his family and grandkids and cooking when he isn't volunteering.

Vince has a great love for history and sarcasm. He is originally from California and is an Air Force veteran. Vince has four sons, three of which live right here in Bismarck. Vince was previously a concrete ready-mix dispatcher.

He came to volunteer at the Senior Center because the joy of giving back is awesome and he wanted to "be like Loretta!" Thank you for all you do, Vince, we appreciate you!



**VOLUNTEERS! SAVE THE DATE!
MARK YOUR CALENDAR!**

**BCSAP VOLUNTEER
RECOGNITION CELEBRATION
THURSDAY, APRIL 27, 2023, 5:00 PM**

MORE DETAILS COMING SOON!!!

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

F 4C 05-0634

Thank You to Our Donors...

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

Elks Club

Doosan Bobcat

Legacy United Methodist Church

Bernell Berg

Wayne & Mary Jane Sanstead



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:

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Address: _____

City, State, Zip: _____

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Platinum: \$1,000 and up
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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:

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State: _____ Zip Code: _____

Telephone: _____

Thank you for your support!



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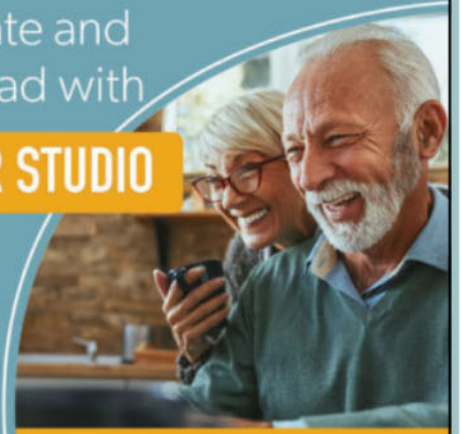
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Burleigh County Senior Adults Program, Bismarck, ND

G 4C 05-0634

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

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