



# THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

Vol. 9 September, 2023

## PATRIOT DAY

*We will never forget*



SEPTEMBER 11

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# Join Us for Activities! / Lifelong Learning

## Special Music Wayne Jundt, Classic Rhythm

Thursday, September 14,  
12:30 pm



### 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, September 20 to briefly discuss current scams and issues to be aware of in our community. VooDoo, the Dog, will make a visit when he can!

### COMPUTER BASICS

Royce Schultze, from the ND Center for Independent Living, will be in the Library on Thursday, September 14, at 10:00 am.

Please bring your laptop, tablet or cell phone 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 Front Lobby Desk or call 255-4648 to sign up.

### "JUST GET IT DONE SOMEDAY"

#### QUILTING GROUP

The "Just Get It Done Someday" Quilting Group will meet in the South Conference Room on Tuesday, September 12 and Tuesday, September 26 from 1:00 - 4:00 pm. This group welcomes new members! If you are interested, please call Lori at 255-4648.



The Burleigh County Senior Adults Program and its governing board, the Burleigh County Council on Aging, assure that they will comply with Title VI of the Civil Rights Act of 1964, (P.L.88-352): If otherwise eligible, no person shall be denied or excluded from participation or benefits or be otherwise subjected to discrimination due to race, color or national origin. Any person, otherwise eligible who feels he or she has been denied service from participation by reason of race, color or national origin should contact the BCSAP Executive Director at 701.255.4648.



### CURIOSITY STREAM

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

#### **September 7: The Real Wild West Mayhem and Myth**

The Wild West is born out of the desperation following the Civil War. Outlaws rampage and rob while lawmen become legends. It's a time drenched in boozin', gamblin' and womanizing. However, the famed Wild West looked a lot different than what we see in movies.

#### **September 14: Bag It**

An average guy makes a resolution to stop using plastic bags at the grocery store. Little does he know that this simple decision will change his life completely. He comes to the conclusion that our consumptive use of plastic has finally caught up to us and looks at what we can do about it.

#### **September 21: Shipping The World High Seas & Fast Lanes**

At any given moment more than 50,000 merchant ships are making their way across the high seas. The ocean is a treacherous environment, with ships risking damage or loss to equipment and cargo during wild weather and unpredictable seas. An estimated 1500 ships are lost every year.

#### **September 28: The Body The Networks within our Bodies**

The brain was once thought to be the body's control tower, issuing commands to the other organs. But scientists are discovering that communication flows between all the organs in our bodies. They transmit messages that can boost immunity, improve memory, strengthen bones and even lengthen lifespan.

**ALL ACTIVITIES MUST END NO  
LATER THAN 4 PM TO ALLOW  
STAFF TIME TO CLEAN AND  
SECURE THE BUILDING.**

# Special Events

## CELEBRATION OF BIRTHDAYS & ANNIVERSARIES

Amy Haugen is sponsoring our monthly birthday and anniversary celebration for Senior Center patrons.



Join us for the September Birthday and Anniversary Celebration on Tuesday, September 5. Cake and ice cream will be served at 12:30 pm, following the noon meal. **Thank you, Amy!**

**The Senior Center Advisory Committee meets on Tuesday, September 5 at 9:15 am in the Library.**

## CENTER CLOSURES

The Burleigh County Senior Center and meal sites will be closed on **Monday, September 4** for Labor Day. The Burleigh County Senior Center will also be closed on **Friday, September 15** for electrical repairs to the facility. Frozen meals are available for these days. See the Administrative Office for more information.

## SCANDINAVIAN FOODS

Wear your sweater or flannel! This is how we roll! Join Katie Johnke from Bismarck Burleigh Public Health and Shaundra Ziemann-Bolinske from NDSU Extension-Burleigh County, on Monday, September 25 at 9:00 am as they gather together for an age-old Norwegian tradition: lefse making!

There is a limit of 18 participants for this class and pre-registration is required. Sign up at the front lobby desk or call 255-4648.

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## Help Older Adults In Your Community

In Partnership with AmeriCorps Seniors and LSS of MN in Burleigh Co, we are seeking volunteers to provide companionship to older adults via in-home, phone or virtual means. Tax free stipends are given to members of this program who qualify. Please contact Becky at 701.389.2293 or [Becky.Telin@lssmn.org](mailto:Becky.Telin@lssmn.org) for more information and to make an impact in your community!!



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## Join Us for Activities!

### BOOK CLUB

KATHLEEN NORRIS

DAKOTA

The next Book Club meeting will be on **Monday, September 25** at 1:00 pm. The book under discussion is ***Dakota: A Spiritual Geography***, by Kathleen Norris. Discussion will be led by Arlene Havig.

Books are available for pick up at the Senior Center during regular hours or call Lori at 255-4648 to make other arrangements.

#### Book Synopsis:

Kathleen Norris invites readers to experience rich moments of prayer and presence in Dakota, a timeless tribute to a place in the American landscape that is at once desolate and sublime, harsh and forgiving, steeped in history and myth. In thoughtful, discerning prose, she explores how we come to inhabit the world we see, and how that world also inhabits us. Her voice is a steady assurance that we can, and do, chart our spiritual geography wherever we go.

# HAPPY LABOR DAY

#### FOR YOUR USE!

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



### AT THE MOVIES!

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

##### September 1: ***Breaking Every Chain*, PG-13**

Based on an inspiring true story. Facing the threat of losing his job as a police officer, the loss of his wife and daughter, and contemplating suicide, a man turns to faith and finds hope and redemption.

##### September 8: ***I Still Believe*, PG**

From the makers of *I CAN ONLY IMAGINE* comes the true-life story of Christian music megastar Jeremy Camp, and his inspiring journey of hope and faith in the midst of love and loss.

##### September 15: **NO MOVIE—CENTER CLOSED**

##### September 22: ***Book Club***

##### ***The Next Chapter*, PG-13**

The highly anticipated sequel follows our four best friends as they take their book club to Italy for the fun girls trip they never had.

##### September 29: ***We Are Marshall*, PG**

A true story. Life hit the West Virginia town of Huntington and its Marshall University hard. When it did, Jack Lengyel came by to help pull them onto their feet by taking the job no one wanted.

#### PLEASE NOTE:

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

#### 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

## LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

This is a six-week workshop being offered through Sanford Health. Two six-week workshops will be offered. The first workshop starts Tuesday, September 12, and ends Tuesday, October 17. The second workshop starts Tuesday, October 24 and ends Tuesday, November 28. All workshop classes will be held in the Dakota Room on Tuesdays from 9:30 – 11:30 am.

Better Choices, Better Health Self-Management Workshops teach patients and caregivers how to live day-to-day by providing tools such as:

- Useful ways to deal with pain, fatigue and stress
- Nutrition and exercise
- Problem-solving skills

- How to set your own goals
- Make a step-by-step plan for better health
- Tips about working with your doctor
- Relaxing skills
- Communicate effectively with providers
- Ways to deal with difficult emotions



Workshops are free to attend! Books will be provided.

There is a limit of 20 participants per six-week workshop. Sign up at the front lobby desk or call 255-4648. You will need to provide your name, phone number, address, date of birth and email address when registering.

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# *Lifelong Learning*

## **WALK THIS WAY**

Lace up your tennis shoes and pump up your heart! Join Katie Johnke in the Fitness Room on Thursday, September 21 at 11:00 am for a 20-minute Tabata inspired movement session. Registration is limited to 12 participants. Sign up at the Front Lobby Desk or call 255-4648.

## **WELLNESS WALK IN THE AFTERNOON**

Join Katie Johnke with Bismarck Burleigh Public Health on Thursday, September 28 from 12:45 – 3:00 pm, as you *Walk Your Way to Wellness* by exploring spaces our community has to offer to improve your health. This trip will feature a walk through Elk Ridge Park, Horizon Park, and Jaycee Park. The walk will end with guest speaker Dr. David Pengilly, Public Health Officer and refreshments! Wear your tennis shoes. Registration is limited to 20 participants. The bus will leave the Senior Center promptly at 12:45 pm and will return by 3:00 pm.

## **Q&A NUTRITION WITH THE DIETITIAN**

Join Katie Johnke for another session on *Q&A NUTRITION WITH A DIETITIAN*. This is your opportunity to ask questions about how you can eat healthier and feel better. This session will be held on Wednesday, September 13 at 8:00 am.

## **DEMENTIA CONVERSATIONS**

Join Nikki Wegner on Tuesday, September 19 at 12:30 pm for *Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning*.

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about this can be challenging and uncomfortable. This program provides tips for breaking the ice so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

## **FLU SHOTS**

Gateway Pharmacy will be offering Flu Shots at the Senior Center on Wednesday, October 4 and Thursday, October 5. More details will be available in the October issue of *The Senior Sentinel*.

## **CHOLESTEROL PRESENTATION**

Understanding and improving cholesterol is important for people of all ages. High cholesterol contributes to a higher risk for cardiovascular diseases such as heart disease and stroke. Don't miss this opportunity with Katie Johnke from Bismarck Burleigh Public Health on Thursday, September 21 at 10:30 am, to learn how to improve your cholesterol!

## **HOMESTEAD PROPERTY TAX CREDIT**

The Homestead Property Tax Credit program, which is designed to provide qualified homeowners a credit to reduce property taxes on their home, has been expanded for the 2023 tax year. Even if you haven't received the credit in the past, you may now be eligible! Join Shelli Myers, State Supervisor of Assessments and Property Tax Division Director for the State of North Dakota to learn more about the changes that have been made. This presentation will be made on Monday, September 18 at 10:00 am.

## **FALL RISK SCREENINGS**

University of Mary third year Physical Therapy students will be at the Senior Center on Tuesday, September 26 from 9:00 am to 11:00 am to provide Fall Risk and Balance Screenings.

Students will take a brief history, conduct several balance tests, discuss your fall risk and make recommendations for exercises based on the findings of your screening. Pre-registration for this screening is required. Please sign up at the front lobby desk or call 255-4648.

## **COOKING FOR ONE - ZUCCHINI**

"Help, I have Zucchini coming out of my ears!" Did you ever hear your neighbors say this? Zucchini is a prolific producer and once you start picking it from your garden, it never stops! There's always more! Come to the Cooking For One class on Tuesday, September 19 at 9:30 am to hear Inez Rose speak about this ever-bearing vegetable. You might even learn how to protect yourself from that inevitable knock on the door, and when you answer there's nobody there, but someone has left more zucchini on your doorstep!

There is a limit of 24 participants for this class. Sign up at the front lobby desk or call 255-4648.

# September Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MENU SUBJECT TO CHANGE!</b>	<b>Each meal is served with 8 oz. of 1% milk and 2 slices of bread (unless otherwise indicated). Coffee and water is served at meal sites.</b>			1 Seafood & Vegetable Linguini Roasted Vegetables Whole Grain Garlic Toast Apple Pecan Salad
4 <b>CLOSED</b> <b>HAPPY LABOR DAY!</b>	5 Stuffed Cabbage Roll Mashed Potatoes Mixed Vegetables Asst. Fruit Cups	6 Brat with Sauerkraut on Whole Wheat Bun Sweet Pepper Coleslaw Baked Beans Mandarin Oranges	7 Glazed Ham Au Gratin Potatoes Peas & Carrots Fresh Banana Brownie	8 Baked Salmon Wild Rice Pilaf Steamed Broccoli Fruited Gelatin
11 Chicken Fried Chicken Mashed Potatoes with Country Gravy Roasted Root Vegetables Chilled Dark Cherries	12 Swiss Steak Garlic Mashed Potatoes Grizzly Vegetable Blend Chilled Tropical Fruit	13 Taco Salad Tortilla Chips Salsa & Sour Cream Fresh Berries with Whipped Topping	14 BBQ Ribs Baked Sweet Potato Green Beans with Bacon Fresh Orange Corn Bread Asst. Desserts	15 <b>CLOSED</b> <b>ELECTRICAL REPAIRS TO FACILITY</b>
18 Beef Tips Caramelized Onion Mashed Potatoes Country Trio Vegetable Strawberry Applesauce	19 Sweet & Sour Chicken with Pineapple, Onions and Peppers Pineapple Rice Vegetable Pot Stickers Fresh Honeydew Fortune Cookie	20 Pork Chop with Peach Chutney Glazed Sweet Potatoes Murray Vegetable Blend Chilled Apricots Scotcheroo	21 Hamburger with Lettuce, Tomato and Onion Potato Wedges Cucumber & Tomato Salad Ambrosia Salad	22 Lemon Pepper Tilapia Roasted Rosemary Potatoes Steamed Vegetables Chilled Pineapple
25 Pulled BBQ Chicken Ranch Beans Steamed Corn Fruit Cocktail	26 Swedish Meatballs Fried Potatoes with Onions Stir Fry Vegetables Fresh Fruit Cup	27 Chicken Caesar Salad Whole Grain Garlic Breadstick Peach Crisp	28 Tangy Meatloaf Fingerling Potatoes Pacific Vegetable Blend Fresh Pear	29 Roast Turkey Mashed Potatoes with Gravy Dilled Baby Carrots Watermelon & Cantaloupe

## **NUTRITION PROGRAM INFORMATION:**

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 complete a meal assessment to participate in the Nutrition Program. Meal participants are required to update their assessment annually. Individuals are notified when their registration is due for updating.

# September Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Schedule Subject to Change.</b>  <b>Please check in on "MySeniorCenter" daily.</b>			<b>DAILY</b> Coffee Bar: 8:00 - 11:30 am  Billiards: 8:30 am - 4:00 pm	1 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
4  <b>CLOSED</b>  <b>HAPPY LABOR DAY</b>	5 9:00 Strength Finders 9:15 Advisory Committee 12:30 Birthday & Anniversary Celebration 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Line Dancing 1:00 Trivia	6 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Low Vision Group 10:00 Cribbage 10:30 Billiards Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group	7 9:00 Strength Finders 9:30 Real Wild West 10:00 Strength Finders 12:45 Hand & Foot 1:00 Bridge 1:00 BUNCO 1:00 Cornhole	8 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
11 9:30 Art from the Heart 10:00 Strength Finders 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	12 8:30 HDM Driver Meeting 9:00 Strength Finders 9:30 Living a Healthy Life Workshop 10:00 Art with Nicole 12:30 Whist 12:45 Farkel 1:00 Games 1:00 Bridge 1:00 Line Dancing 1:00 Quilting Group	13 8:00 Q&A Nutrition 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Billiards Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group 1:30 Legal Services of ND	14 9:00 Strength Finders 9:30 Bag It 9:30 Yoga Talk 10:00 Strength Finders 10:00 Computer Basics 11:00 Alliance Center for Hearing 12:30 Special Music 12:45 Hand & Foot 1:00 Bridge 1:00 Cornhole <b>BOOKMOBILE</b>	15  <b>CLOSED</b>  <b>ELECTRICAL REPAIRS TO FACILITY</b>
18 9:30 Art with Alice 10:00 Strength Finders 10:00 Homestead Property Tax Program 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	19 9:00 Strength Finders 9:30 Living a Healthy Life Workshop 9:30 Cooking for One 10:30 Hearing Loss Support Group 12:30 Dementia Conversations 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Line Dancing 1:00 Trivia	20 8:30 Caramel Rolls w/cop 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Billiards Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group 2:00 Aging Gracefully	21 9:00 Strength Finders 9:30 Shipping the World 10:00 Strength Finders 10:30 Cholesterol Presentation 11:00 Walk This Way 12:45 Hand & Foot 1:00 BUNCO 1:00 BCCA Meeting 1:00 Bridge 1:00 Cornhole	22 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
25 9:00 Scandinavian Foods-Lefse 10:00 Strength Finders 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club	26 9:00 Strength Finders 9:00 Fall Risk Screenings 9:30 Living a Healthy Life Workshop 12:30 Whist 12:45 Farkel 1:00 Games 1:00 Bridge 1:00 Line Dancing 1:00 Quilting Group	27 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Billiards Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group	28 9:00 Strength Finders 9:30 The Body 9:30 Yoga Talk 10:00 Strength Finders 12:45 Hand & Foot 12:45 Wellness Walk 1:00 Bridge 1:00 Cornhole	29 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle

# Celebrate Your Inner Artist!



## **ART WITH ALICE**

Join Alice Berning on Monday, September 18 at 9:30 am as she leads us in creating a "people flower pot".

There is a 10 person limit for this class and a \$5 suggested donation which can be made when you arrive.

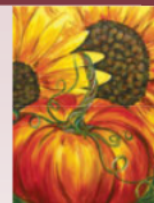
Stop by the Front Lobby Desk or call 255-4648 to reserve your spot.

## **ART FROM THE HEART**

Join Nina on Monday, September 11 at 9:30 am as she leads us in painting a pumpkin with flowers.

There is a 10 person limit for this class and a \$5 suggested donation which can be made when you arrive.

Stop by the Front Lobby Desk or call 255-4648 to reserve your spot.



## **ART WITH NICOLE**

Join Nicole on Tuesday, September 12 at 10:00 am as she leads us in composing a still life with snacks. Bring your own treats to paint — and snack on, and learn to make a viewfinder for simple still life compositions.

There is a 10 person limit for this class and a \$5 suggested donation which can be made when you arrive.

Stop by the Front Lobby Desk or call 255-4648 to reserve your spot.



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# Health & Wellness



## **FITNESS CLASSES**

The current 8 week session of Fitness Classes runs through September 16, 2023. The next session will be from September 17 through November 11. Registration for the next session started Monday, August 21. Check with the Administration Office for class availability.

### **Standing Yoga (Session Fee \$20.00)**

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 \$20.00)**

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**



Join us for Aging Gracefully on Wednesday, September 20 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 Front Lobby Desk or call 255-4648.

## **DID YOU KNOW...**

### **You can use the Fitness Room on your own?**

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

### **You can use the Fitness Room as a starting point for walking laps?**

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

### **The Senior Center is looking for class leaders?**

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

### **Please stop by the Administrative Office if you need assistance!**

## Health & Wellness

### YOGA TALK WITH BONNY & MARLENE

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



Thursday, September 14, 9:30 am:  
*Exploring the Elements: Water*

Thursday, September 28, 9:30 am:  
*Exploring the Elements: Fire*

Attend these classes in person at the Senior Center or join in via Zoom from your home computer. Please stop by the Front Lobby Desk 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.



# Namaste

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Burleigh County Senior Adults Program, Bismarck, ND

D 4C 05-0634

# Game Time!



## FUN AND GAMES!



### CARDS

Pinochle: 1:00 pm,  
Monday, Wednesday, Friday  
Bridge: 1:00 pm, Tuesday, Thursday  
Hand & Foot: 12:45 pm, Thursday  
Whist: 12:30 pm, Tuesday  
5 Crowns: 12:45 pm, Monday

Pinochle, Bridge and Hand & Foot are played in the Rec Room. Whist and 5 Crowns are played in the Craft Room.



### I LOVE BRIDGE

### CORN HOLE

Corn hole is played every Thursday at 1:00 pm in the Fitness Room. Sign up weekly for corn hole at the Front Lobby Desk or by calling 258-4648. This game has a limit of 8 people per session.



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

### BILLIARDS LESSONS

Are you interested in learning to play pool? Or maybe you just need a refresher course to get going again?



Rich Barrios and Bill Beaman will be providing lessons for people that want to learn more about playing pool. These sessions will be held on Wednesdays from 10:30 am—12:00 noon.

Please sign up at the Front Lobby Desk or call 701-255-4648. There is a maximum of six (6) people per session. Must sign up monthly.

### VARIETY OF GAMES

A variety of games are played on the 2nd and 4th Tuesday of each month in the Dining Room. This month's dates are September 12 and September 26 at 1:00 pm.



### BUNCO

Bunco is played the 1st and 3rd Thursday of each month in the South Conference Room. This month's dates are September 7 and September 21.

### CRIBBAGE

Cribbage is played every Wednesday at 10:00 am in the Dakota Room.

### FARKEL

Farkel is played every Tuesday at 12:45 pm in the Dining Room.

### MAHJONG

Mahjong is played every Wednesday at 1:00 pm in the Dakota Room.



### TRIVIA

Trivia is played on the 1st and 3rd Tuesday of each month in the South Conference Room. This month's dates are September 5 and September 19 at 1:00 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!

## 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.

# Support Groups & Free Services

## **HEARING LOSS SUPPORT GROUP**

Kathy Frelich from the ND School for the Deaf/Resource Center for Deaf and Hard of Hearing will be at the Senior Center for our Hearing Loss Support Group on Tuesday, September 19 at 10:30 am. This group meets 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, September 6 at 10:00 am. This group will be limited to 8 people. **Stop by the Front Lobby Desk or call 255-4648 to register.**

## **DEMENTIA CARE SERVICES**

ND Dementia Care Services provides free dementia care consultations in the library at the Burleigh County Senior Center. Call 701-258-4933 to schedule an appointment. **PLEASE NOTE: This service will not be available in September.**

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.

## **LEGAL SERVICES**

Legal Services of North Dakota will be at the Burleigh County Senior Center on Wednesday, September 13 from 1:30 to 3:30 pm to meet with individuals by appointment. **Call 701-222-2110, ext 303 to schedule your appointment.**

## **ALLIANCE CENTER FOR HEARING**

Representatives from the Alliance Center for Hearing will be at the Senior Center on Thursday, September 14, from 11:00 am to 12:00 pm in the Art Room, to provide hearing screenings and hearing aid cleanings. No appointment necessary!

## **GRIEF/LOSS & CAREGIVER SUPPORT GROUPS**

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

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

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

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

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

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

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



## **Senior Center Shuttle**

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

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.

## *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.

### **NEWSLETTER SUBSCRIPTIONS**

Effective July 1, 2023, subscriptions to *The Senior Sentinel* increased to \$6.00 / year.

## ***BCSAP Policy Reminders***

### **ACCIDENTS/ILLNESSES/INCIDENTS/FALLS POLICY**

In the event of a medical emergency, 9-1-1 will be called immediately.

Staff will make every effort to contact a family member if that information is available. Under no circumstances will a staff member transport anyone requiring medical assistance. A person may refuse medical assistance only after being assessed by the emergency medical personnel, and if the person is fully conscious and aware. Additionally, the person must sign a medical refusal waiver with the ambulance service.

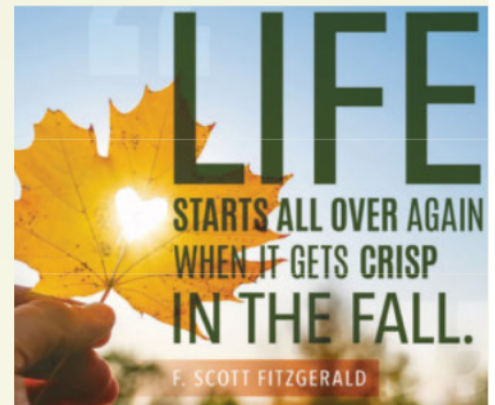
Any accidents/illnesses/incidents occurring on Burleigh County Senior Center property requires the completion of an Incident Report. This report should be submitted to the Executive Director immediately.

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

If the individual who has fallen is not able to get up on their own, 9-1-1 will be called. Participants experiencing an excessive amount of falls over a brief period may be required to have a caregiver with them when participating in meals and activities at the facility/meal site.

In all situations, staff will stay with the individual and make them as comfortable as possible until emergency personnel arrive.

Questions related to the policies and procedures of the Burleigh County Senior Adults Program may be directed to the Executive Director.



# Drive-Thru Meals & Parking

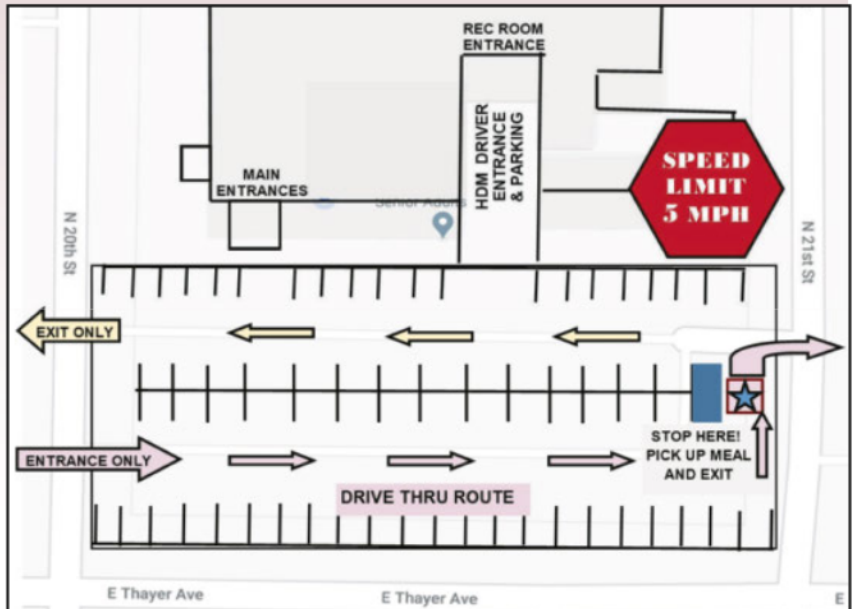
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 Concern!

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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[www.sourisbasintransit.com](http://www.sourisbasintransit.com)

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Route Minot/Bismarck/Minot**

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Round Trip or One Way.



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contact us at 701-839-7433**



# Volunteer Opportunities!

## JOIN OUR VOLUNTEER TEAM!

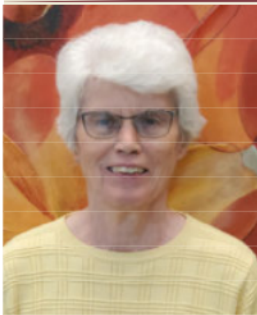
Currently, volunteers are needed in the following areas at the Burleigh County Senior Center:

- Home Delivered Meal Drivers
- Senior Center Shuttle Drivers
- A variety of jobs requiring a few hours one day per week.

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



## Featured Volunteer



### ARLLIS BROWN

In 2020, after talking with friends about the Senior Center, Arllis Brown and her husband Milton decided to give it a try and they enjoyed it very much!

Arllis and Milton started leading the twice monthly Trivia at the Senior Center. There has been great interest and those that participate enjoy it. Arllis' husband Milton passed away a year ago and Arllis has continued to lead this activity.

Arllis also enjoys playing Hand and Foot, Farkel, and takes Strength Finder classes at the Senior Center. She likes having something to do and visiting with friends. In her spare time, she likes to work with flowers and quilt.

Arllis worked for the state for seven years. She also worked at various insurance companies and WBI Energy for 26 years. Arllis and Milton lived on a farm southeast of Bismarck. They raised livestock and farmed the land until 1985 when Milton retired and went into woodworking. They moved into Bismarck in 2020.

Thank you Arllis for leading trivia and providing learning opportunities for our participants.

Thank you Arllis. You are appreciated!

## Volunteer Meeting

### PLEASE MARK YOUR CALENDAR!

There will be a meeting for Home Delivered Meal Drivers on Tuesday, September 12 at 8:30 am.

The purpose of the meeting is to review policies and procedures. There will be time for Q&A. A continental breakfast will be served.

Please RSVP your attendance by signing up at the Rec Room Volunteer Desk.

### HOME DELIVERED MEAL DRIVERS

The Burleigh County Senior Center is in need of individuals to deliver meals to senior citizens in the community.

**URGENT  
NEED!**



- Drivers may deliver one day a week, one day a month, or whatever works best for them.
- A typical route consists of 12-15 homes.
- An individual may drive a route, or a business may rotate staff on a route (different staff person each week).
- Meals are picked up from the Burleigh County Senior Center.
- Time commitment is approximately 10:30 am - 12:00 pm.
- A mileage stipend is provided.
- Meals are delivered to individuals who otherwise may not have a hot meal.
- Provide a wellness check on the individual. You may be the only person they see!
- Make a difference to our most vulnerable individuals in our community!

**SIGN UP TODAY!**

## 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
- September 11: Wing and Sterling Foot Care Clinics
- November 13: 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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# Thank You to Our Donors...

We sincerely thank the following individuals and/or businesses for their generous donations.  
(Listed donations were received between July 1-31, 2023.)

**Bismarck Moose Lodge**

**In Memory of Alden Beggs  
—Virginia Beggs**

**In Memory of Leo Volk  
—LaVonne Samuel**



## 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: \_\_\_\_\_

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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:

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State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

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*Thank you for your support!*



**Corinna Glatt Julie Tanous**  
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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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