

Burleigh County Senior Adults Program

THE SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 11 November, 2023

HAPPY THANKSGIVING!

Please join us on
Thursday, November 16 for a
Thanksgiving Celebration!

A turkey dinner with all the fixings
will be served beginning at 12:00
noon.

At 12:30 pm, special music will
be provided from Duane Kurlle.
A special treat will be given.
Stay for the door prizes!

Inside dining space is limited
and reservations are required.
Stop by Lori's desk in the Dining
Room, or call her at 255-4648
for a special meal ticket.

If you are on the 'everyday' list
and you DO NOT make a
reservation, your meal will be
provided in the Drive-Thru. You
DO NOT need to eat lunch to
come listen to the music.

All other afternoon activities
will be cancelled for this special
event.



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Honoring Our Veterans



To honor veterans, the Burleigh County Senior Adults Program has partnered with the **Missouri River Quilts of Valor** for a special Veterans Day Program to be held on Friday, November 10 in the Dining Room. Everyone is invited to join us for this special day!

PROGRAM AGENDA

- 7:30 am Premiere of ***Voice of Heroes—Incredible stories of local U.S. Veterans and their experiences while serving.***
Produced by Cherie Sanstead,
Coffee with Clyde
- 11:30 am Special Music from
Colleen Reinhardt
- 11:50 am Post Colors, DAV Honor Guard
National Anthem, Colleen Reinhardt
Pledge of Allegiance
Innovation, Deacon Jerry Volk,
St. Anne's Church
- 12:00 pm Noon Meal
- 12:30 pm Missouri River Quilts of Valor
Presentations

Immediately following the program, our annual Veteran's Day group photo will be taken.

Inside dining space is limited and reservations are required. Stop by Lori's desk in the Dining Room, or call her at 255-4648 for a special meal ticket. If you are on the 'everyday' list and you DO NOT make a reservation, your meal will be provided in the Drive-Thru.

WE HONOR VETERANS PROGRAM

What is the *We Honor Veterans* Program?
What benefits may be available to a Veteran?
How does Hospice of the Red River Valley provide specialized support to Veterans and their families?
Attend this session on Wednesday, November 1 at 10:00 am to learn more!

BUS TRIP: VETERANS DAY PROGRAM AT THE ND HERITAGE CENTER

In honor of Veterans, the State Historical Society of ND is presenting a free military service program at the ND Heritage Center on Tuesday, November 7 from 9:00 to 11:00 am.

Highlights of this bus trip include:

- Learn about museum collection objects.
- Handle actual uniforms, gear, and manuals.
- Take in a talk about the 1910 USS ND battleship.
- Learn about the French Gratitude Train from WW II.

There is no cost for this bus trip and there is a limit of 18 people. The bus will leave the Senior Center at 8:45 am sharp and return by approximately 11:00 am. Please sign up at the Front Lobby Desk or call 255-4648.

VOICE OF HEROES—INCREDIBLE STORES OF LOCAL U.S. VETERANS

The Burleigh County Senior Center will be providing viewings of ***Voice of Heroes—Incredible stories of local U.S. Veterans and their***

experiences while serving on Monday, November 13, Tuesday, November 14 and Friday, November 17. All viewings will be held from 8:00 am to 12:00 pm.

The Burleigh County Senior Adults Program would like to extend a special thank you to Cherie Sanstead, Coffee with Clyde for her work on this



On Friday, November 10, from 9:00 am to 2:00 pm, this M-939 Series 5-Ton 6x6 U.S. Military heavy truck will be on display in the parking lot at the Burleigh County Senior Center.

These trucks were designed in the 1970's to transport 10,000 pounds of cargo over all terrain in all weather, and have been in service ever since. Stop by and take a look!

Join Us For Activities!

COOKING FOR ONE: KATAPSA SHTUMPATS

Katapsa? Mehlbrenne? If these words are familiar to you, you probably grew up on a farm in North Dakota and your mom made this for supper. If these words are strange to you, you will definitely want to learn more!

Regardless, you won't want to miss Inez Rose's "Cooking for One" class on November 14 at 9:30 am. Inez will be cooking and speaking about this delicious dish called *Katapsa Shtumpats* or *mashed potatoes and pumpkin*. We will all get a taste, relive memories, and learn from each other.

This class is limited to 24 participants. Please sign up at the Front Lobby Desk or call 255-4648.

PICKLEBALL

Have you ever wondered what all the rave is about Pickleball? Join Rod Morasch from Bismarck Parks and Recreation on Monday, November 13 at 12:30 pm, as he talks about pickleball and let's you in on what its all about!

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!

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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 for more information and to make an impact in your community!!



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Burleigh County Senior Adults Program, Bismarck, ND

A 4C 05-0634

Join Us for Activities! / Lifelong Learning

Special Music
Milt Bradford,
Thursday, November 30
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, November 15 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, November 9, 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, November 14 and Tuesday, November 28 from 1:00 - 4:00 pm. This group welcomes new members! If you are interested, please call Lori at 255-4648.

WALK THIS WAY

Lace up your tennis shoes and pump up your heart! Join Katie Johnke on Thursday, November 16 at 11:00 am in the Fitness Room for a 20-minute Tabata inspired movement session. There is a 12 person limit for this class. Please stop by the Front Lobby Desk or call 255-4648 to sign up.



LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

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

The second of two workshop series started on October 24. These sessions are presented at 9:30 am on Tuesdays. There is a limit of 20 participants per six-week workshop. For more information about this workshop series, please stop by the Administration Office or call 255-4648.

BLADDER CONTROL

The loss of bladder control is a common and often embarrassing problem. Join Kendra Roloff from Pelican Health on Wednesday, November 29 at 10:00 am as she provides an informal presentation on this issue and what you can do to help yourself.

MEDICARE INFORMATION

Effective January 1, 2024, some Medicare Cost Plans will no longer be available in several North Dakota counties, including Burleigh, Morton, Grand Forks, and Stutsman. Approximately 7,000 people in these four counties will be losing their current Medicare Cost Plan at the end of the year. No action is not an option. Attend this session led by Nolan Heppner and Amy Haugen from Heppner Insurance on Thursday, November 2 at 11:00 am to learn more.

THANKSGIVING CLOSURE

The Burleigh County Senior Adults Program will close at 2:30 pm on Wednesday, November 22 and will remain closed on Thursday, November 23 and Friday, November 24. The Program will reopen at 8:00 am on Monday, November 27. Happy Thanksgiving!

Medicare Part D

MEDICARE PART D OPEN ENROLLMENT

If you are on Medicare, you may be on a prescription drug plan, a.k.a. Medicare Part D. These prescription drug benefit plans are offered by private insurance companies approved by Medicare.

Even if you have an insurance plan and think you are set for the coming year, you should consider having your Medicare Part D plan reviewed. People who re-examined their plan last year saved an average of \$600 / year.

The annual open enrollment period for Medicare is October 15 through December 7. This window of time is when you may make changes to your policies. The available plans and what they cover change from year to year. So if your plan was the best option last year, it might not be the best option for the coming year!

To assist you with this process, Irene Rankin, a volunteer at the Senior Center, will be accepting appointments to review your policy and show you new options that may be available. **To schedule your appointment, please call us at 255-4648.**

Please bring the following documents with you to your appointment:

- A list of your medications, including dosages and frequency
- Your Medicare card
- Your Medicare Part D prescription drug plan card and your 'yellow' ID card (if you have one).

If you have any questions regarding your Medicare policies, please contact the ND SHIC Program at 701-328-2440 or 1-888-575-6611.

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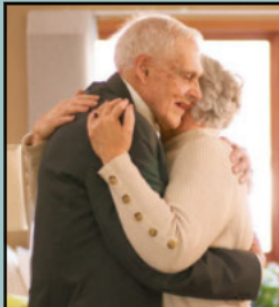
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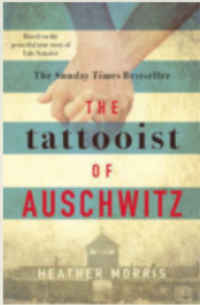
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Burleigh County Senior Adults Program, Bismarck, ND

B 4C 05-0634

Join Us for Activities!

BOOK CLUB



The next Book Club meeting will be on **Monday, November 27** at 1:00 pm. The book for discussion is ***The Tattooist of Auschwitz***, by Heather Morris. 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:

In April 1942, Lale Sokolov, a Slovakian Jew, is forcibly transported to the concentration camp at Auschwitz-Birkenau. When his captors discover that he speaks several languages, he is put to work as a Tätowierer (the German word for tattooist), tasked with permanently marking his fellow prisoners. Imprisoned for more than two and a half years, Lale witnesses horrific atrocities and barbarism -- but also incredible acts of bravery and compassion. Risking his own life, he uses his privileged position to exchange jewels and money from murdered Jews for food to keep his fellow prisoners alive. One day in July 1942, Lale, prisoner 32407, comforts a trembling young woman waiting in line to have the number 34902 tattooed onto her arm. Her name is Gita, and in that first encounter, Lale vows to somehow survive the camp and marry her.

CELEBRATION OF BIRTHDAYS & ANNIVERSARIES

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



Join us for the November Birthday and Anniversary Celebration on Tuesday, November 7. Cake and ice cream will be served at 12:30 pm, following the noon meal.
Thank you, Amy!

AT THE MOVIES!

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

November 3: *Midway*, PG-1

The story of the Battle of Midway, told through the experiences of the WWII leaders and soldiers who fought it.

November 10: No Movie

November 17: *Radio*, PG

Radio focuses on the mentoring relationship between a high school football coach and Radio, known as “the same as everybody else, just a little slower than most,” and how their unique friendship ultimately transforms the conservative attitude of a small South Carolina town.

November 24: No Movie



CURIOSITY STREAM

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

November 2: *Vietnam, Looking Back At America's (Second) Longest War*

This program will offer a broad overview of the war in Vietnam, starting with a brief discussion of U.S. support for the French during the “First Indochina War” of 1945-54.

November 9: *War Gamers, The Mastermind*

When WW2 breaks out between Britain and Germany, the Royal Navy must find a way to sink the German U-boats before they cut off their vital transatlantic shipping routes.

November 16: No Curiosity Stream

November 30: *Machinery of War, Mass Destruction*

This episode looks at the destructive capability of machinery across all scales, the inventions designed to unleash maximum carnage then and now; from the portable Mk2 Grenade maximizing the destructive potential of infantry to the ultimate weapon that ended WWII.

November Dining Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| 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. | | 1 Fall-Apart Pork Roast with Gravy Roasted Baby Potatoes Balsamic Brussel Sprouts Fresh Orange | 2 Oven Fried Chicken Chive Mashed Potatoes with Gravy Seasoned Corn Chilled Peaches | 3 Shrimp Scampi Wild Rice Pilaf Steamed Broccoli & Cauliflower Snicker & Apple Salad |
| 6 Chicken Parmesan Penne Pasta Italian Vegetable Blend Whole Grain Garlic Breadstick Chilled Dark Cherries | 7 Cranberry Meatballs Fried Potatoes with Onions Stir Fry Vegetables Fresh Pear | 8 Smothered Pork Chop Jeweled Sweet Potatoes Country Trio Vegetables Applesauce | 9 BBQ Ribs Baked Beans Potato Salad Cinnamon Apples Corn Bread | 10 <u>Veterans Day</u> Braised Beef & Vegetables in Garlic Cream Sauce Butternut Squash Mashed Potatoes Green Bean Medley Toasted Crostini Berry Bread Pudding |
| 13 Hamburger Steak Garlic Mashed Potatoes Glazed Carrots Asst. Fruit Cups | 14 Baked Ham Au Gratin Potatoes Vegetable Medley Fresh Banana | 15 Chicken Taco Salad Tortilla Chips Salsa & Sour Cream Mexi Fruit Cup | 16 <u>Thanksgiving Meal</u> Roast Turkey Mashed Potatoes with Gravy Bread Dressing Green Bean Casserole Fresh Baked Roll Cranberry Fluff Pumpkin Pie | 17 Parmesan Baked Cod Roasted Red Potatoes Asparagus Almondine Oranges & Pineapple |
| 20 Beef Stroganoff Seasoned Egg Noodles Mixed Vegetables Chilled Apricots | 21 Chicken Stir Fry Vegetable Fried Rice Egg Roll Tropical Fruit Fortune Cookie | 22 Sicilian Pork Lasagna Roll Up Vegetable Gratin WG Garlic Toast Fresh Grapes Asst. Desserts | 23 CLOSED | 24 CLOSED |
| 27 Stuffed Pepper Parslied Potatoes CA Vegetable Blend Chilled Fruit Cocktail | 28 Cranberry Stuffing Topped Pork Loin Mashed Sweet Potatoes Steamed Peas Peach & Berry Salad | 29 Chicken Kiev O'Brien Potatoes Broccoli Chilled Pears | 30 Roast Beef Mashed Potatoes with Gravy Candy Corn Vegetable Medley Fresh Apple | MENU SUBJECT TO CHANGE! |



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.

November Senior Center Activity Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| DAILY Coffee Bar: 8:00 -11:30 am Pool: 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 We Honor Veterans 10:00 Grief Group 10:00 Low Vision Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group | 2 9:00 Strength Finders 9:30 Vietnam 10:00 Strength Finders 11:00 Medicare Information 12:45 Hand & Foot 1:00 Bridge 1:00 BUNCO 1:00 Cornhole | 3 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle |
| 6 10:00 Strength Finders 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle | 7 9:00 Strength Finders 9:00 Veterans Program @ Heritage Center 9:15 Advisory Committee 9:30 Living a Healthy Life Workshop 12:30 Birthday/Anniversary Celebration 12:30 Whist 12:45 Farkel 1:00 Bridge & Trivia 1:00 Line Dancing | 8 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group 1:30 Legal Services | 9 9:00 Strength Finders 9:30 War Gamers 9:30 Yoga Talk 10:00 Strength Finders 10:00 Computer Basics 11:00 Alliance Center for Hearing 12:45 Hand & Foot 1:00 Bridge & Cornhole BOOKMOBILE DINING ROOM CLOSES AT 1:00 PM | 10 Veterans Day Program Honoring Those Who Served (See page 2) 9:30 Chair Yoga 10:45 Strength Finders (No Movie or Pinochle) |
| 13 8:00 Voice of Heroes 9:30 Art from the Heart 10:00 Strength Finders 12:30 Pickleball Presentation 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle | 14 8:00 Voice of Heroes 9:00 Strength Finders 9:30 Living a Healthy Life Workshop 9:30 Cooking for One 10:00 Art with Nicole 11:30 Dementia Care 12:30 Whist 12:45 Farkel 1:00 Games & Bridge 1:00 Line Dancing 1:00 Quilting Group | 15 8:30 Caramel Rolls w/cop 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group 2:00 Aging Gracefully | 16 9:00 Strength Finders 10:00 Strength Finders 11:00 Walk This Way 12:00 Thanksgiving Celebration 1:00 BCCA Meeting (No Curiosity Stream, Hand & Foot, Bridge, Cornhole or BUNCO) | 17 8:00 Voice of Heroes 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle |
| 20 12:45 5 Crowns 1:00 Pinochle No Fitness | 21 9:30 Living a Healthy Life Workshop 10:30 Hearing Loss Support Group 12:30 Whist 12:45 Farkel 1:00 Bridge & Trivia Classes | 22 8:30 Caramel Rolls 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 2:30 <i>Senior Center Closes for Thanksgiving Holiday</i> (No Fitness Classes, Pinochle, Bingo, Mahjong, or Caregiver Group) | 23 CLOSED  | 24 CLOSED |
| 27 10:00 Strength Finders 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club | 28 9:00 Strength Finders 9:30 Living a Healthy Life Workshop 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Line Dancing 1:00 Games 1:00 Quilting Group | 29 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:00 Bladder Control 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group | 30 9:00 Strength Finders 9:30 Machinery of War 10:00 Strength Finders 12:30 Special Music 12:45 Hand & Foot 1:00 Bridge 1:00 Cornhole | |

Celebrate Your Inner Artist!

ART WITH NICOLE



Join Nicole on Tuesday, November 14, at 10:00 am as she leads us in creating Doodle Creatures. Doodle Creatures turn abstract watercolors into your own characters.

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, November 13 at 9:30 am as she leads us in painting a fall design.

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.



**The Senior Center Advisory Committee
meets on Tuesday, November 7 at 9:15 am in the Library.**

The Senior Sentinel | 9



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Burleigh County Senior Adults Program, Bismarck, ND

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Health & Wellness



FITNESS CLASSES

The current 8 week session of Fitness Classes runs through November 11, 2023. The next session is from November 12 through January 27, 2024. Registration for this session started October 23. Please check with Lori for class availability.

There are no classes the week of November 19-25.

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, November 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 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, November 9, 9:30 am:
Winding Down the Year with Yoga

Attend this class 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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Volunteer in Your Community

Lutheran Social Service of MN is seeking volunteers age 55 and over in your area to provide companionship to older adults. Volunteers commit to regular weekly hours for a tax-free stipend and mileage reimbursement. Please contact us at 701.389.3770 or AmeriCorpsSeniors@lssmn.org for more information and to make an impact in your community.



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Burleigh County Senior Adults Program, Bismarck, ND

D 4C 05-0634

This 'n That

MARK YOUR CALENDARS!

2023

| | |
|------------------|-------------------------------------|
| Thursday, Dec 14 | Christmas Noon Meal and Celebration |
| Friday, Dec 22 | Close at 2:00 pm |
| Monday, Dec 25 | CLOSED – Christmas Day |

2024

| | |
|-----------------|---------------------------------|
| Monday, Jan 1 | CLOSED - New Year's Day |
| Thursday, Jan 4 | New Year's Meal and Celebration |
| Monday, Feb 19 | CLOSED - Presidents' Day |

NOT FEELING WELL?!?

If you are not feeling well, please 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.



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!**



MEMBERS NEEDED!

The Burleigh County Council on Aging is seeking candidates to serve a three-year term beginning January 1, 2024. Interested candidates should contact Renee Kipp, Executive Director, at 701-255-4648 or via email at reneek@burleighsenioradults.org, or stop by the Administration Office.

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

INCLEMENT WEATHER

Bad weather days may force the Burleigh County Senior Center and other meal sites to close for meals and activities. Please check to make sure we are offering a meal before venturing out on a snowy winter day, and keep a few of our frozen meals on hand.

To find out if we will be offering meals: Call the Senior Center at 255-4648; tune in to KFYZ TV or KXMB TV (or check their website); or check our Facebook page – [Facebook.com/BismarckSeniorCenterND](https://www.facebook.com/BismarckSeniorCenterND).

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 \$11.00.

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.



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.

Game Time!



FUN AND GAMES!



PLEASE NOTE: Due to Holidays and special events, some daily activities may be cancelled. Please check the schedule on page 8 for cancellations.

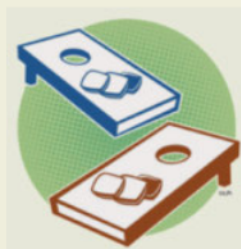
CARDS

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.

CORNHOLE

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



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

POOL 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—11:30 am.

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 November 14 and November 28 at 1:00 pm.

BUNCO



Bunco is played the 1st and 3rd Thursday of each month in the South Conference Room. This month, BUNCO will be held on November 2 only.

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 November 7 and November 21 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, November 21 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, November 1 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 on Tuesday, November 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.

LEGAL SERVICES

Legal Services of North Dakota will be at the Burleigh County Senior Center on Wednesday, November 8 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, November 9, 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.

No Caregiver Support Group on Wednesday, November 22.

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.

Drive-Thru Meals & Parking

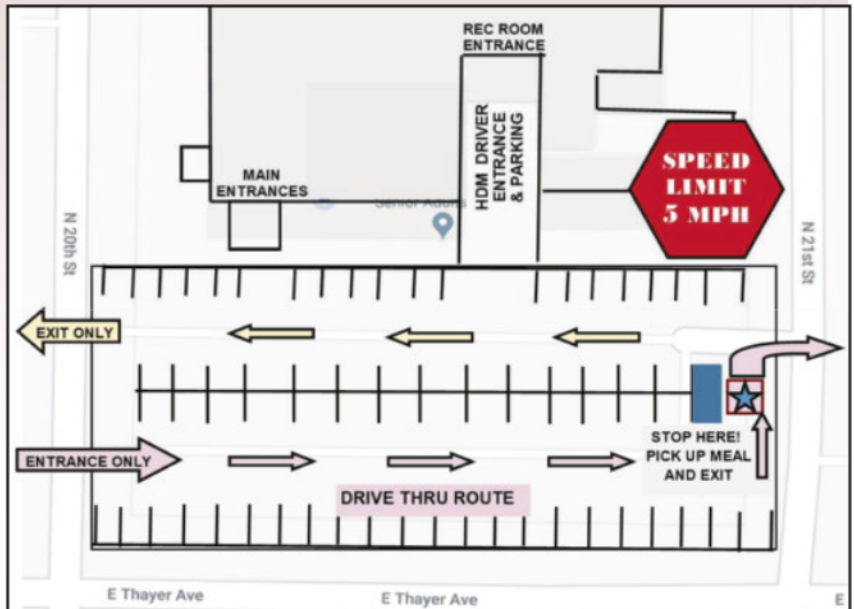
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 Concern!

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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**Monday-Wednesday-Friday
Round Trip or One Way.**



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



Volunteer Opportunities!

JOIN OUR VOLUNTEER TEAM!

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

- Home Delivered Meal Drivers
- Home Delivered Meal Packers
- Advisory Committee Members
- 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

Bernie Brandner



Bernie has been a volunteer at the Senior Center since June 2023. She volunteers at the coffee bar, fills the salt and pepper shakers and condiments, pours coffee and carries trays for participants. Bernie also washes the tables after lunch.

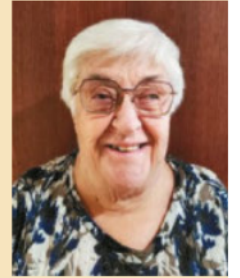
Bernie is a registered nurse who has worked in the nursing field for many years and continues to help out at CHI St. Alexius in the psychiatry area. In Bernie's spare time she likes to play games, exercise, cook, bake, and spend time with family and friends. Bernie also likes to listen to music and read.

Bernie was raised on the farm with five siblings where she learned how to work hard. Bernie has three sons, one granddaughter in Minnesota and another grandchild to arrive in January 2024.

Many years ago, Bernie worked in the kitchen at the Senior Center and enjoyed it. She had the desire to come back to reconnect with the seniors she still knew. Bernie loves working as a nurse and volunteering to connect with people, visit with them, and be of service to others.

We appreciate having Bernie back with us and all the hard work she is doing. Thank you, Bernie!

Becky Donahue



Becky has been volunteering at the Crescent Manor meal site for about one year. Becky assists the Site Coordinator with serving the noon meal.

Becky's father was a minister, so she and her family moved a lot while growing up. Before moving to Crescent Manor, Becky took care of people in their homes.

Becky enjoys watching TV, doing various crafts and activities, and visiting with people.

Becky has a brother and sister that both live in Tennessee with their families, and children in Fargo, Dickinson, and Bismarck.

Becky most enjoys visiting with people and helping others.

We appreciate everything you do! Thank you Becky!



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

— November 13: Wing and Sterling
Foot Care Clinics

— January 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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(Listed donations were received between September 1-30, 2023.)

In Memory of Quirina Schmidt

- Leo M. Schmidt
- Doug & Kathy Rath
- Norma Saylor
- Sherleen McCarty
- Evangeline Fitzgerald
- Doug & Rhonda Scheetz
- Roger & Mary Volk



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



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

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Friend: \$50—\$99

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DONOR CONTACT INFORMATION:

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State: _____ Zip Code: _____

Telephone: _____

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Corinna Glatt Julie Tanous
Nurse Practitioners

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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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