

Burleigh County Senior Adults Program

THE SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 12 December, 2023

HAPPY HOLIDAYS!

Celebrate with us this holiday season

Burleigh County Senior Adults Program

*We hope you find time
to join us for Holiday Cheer!
Our special holiday events
are listed on page 2 and 3.*

*Volunteers!
Join us for a special
holiday breakfast party!
(See page 16.)*

*May your holidays be filled
with joy and laughter
through the New Year!*

**From All of Us at the
Burleigh County
Senior Adults Program**

What's Happening

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Special Holiday Events

Happy Holidays!



©LPi

CHRISTMAS PARTY

THURSDAY, DECEMBER 14

9:30 am Punch & Cookies

12:00 pm Lunch Served*
Turkey Meatloaf w/Cranberry Glaze
Tyler's Potato Stuffing
Christmas Vegetable Medley
Winter Fruit Salad
Fresh Dinner Roll
Pecan Pie

12:30 pm Celebration!

**-Wear your Ugly Christmas Sweater!
-Door Prizes!**

**-Christmas Cheer & Fellowship!
-Christmas Carols with Colleen Reinhardt**

*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 to the Celebration.

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

CHRISTMAS LIGHTS BUS TOUR

On Thursday, December 7, at 7:00 pm, West River Transit is offering a Christmas Lights Tour! This tour will leave and return to the Century Baptist Church parking lot at 205 Colt Avenue, Bismarck. Arrive at the church no later than 6:45 pm and park under the lights. The bus will leave at 7:00 pm sharp for a 1.5 to 2 hour tour, and then return you to your car.

There is a limit of 20 people for this tour and the cost is \$7.00 per person. Please sign up at the Front Lobby Desk or call 701-255-4648. Your reservation is confirmed when you have paid the \$7.00 and signed a waiver.

UNDERSTANDING DEMENTIA AND TIPS FOR THE HOLIDAYS

Join Vanessa Hoines from the Alzheimer's Association MN/ND on Monday, December 4 at 10:30 am, as she navigates through the challenges of the holiday season. The focus will be on holiday stress and challenges families face in dealing with dementia. Tips will be provided for stress management, hosting and attending family gatherings, gift giving, and helping the person with dementia participate.

Special Holiday performances from school choirs will be scheduled throughout December.



Special Holiday Events

Happy
NEW YEAR

**Celebrate the New Year with us
on Thursday, January 4!**

12:00 pm Lunch—Sign Up Early!

Baked Salmon Filet
with Scallop Compound Butter
Seasoned Fingerling Potatoes
Asparagus Vegetable Medley
Dinner Roll
Pineapple Upside Down Cheesecake Parfait

12:30 pm Celebration!

-Music with Randy Karr
-Dress to Celebrate!
-Door Prizes and Party Favors!

Sign up for lunch at the Front Lobby Desk.

HEALTHY HOLIDAY SNACKS

Katie Johnke from Bismarck-Burleigh Public Health will be at the Senior Center on Tuesday, December 12 at 10:00 am to provide you with healthy ideas for your holiday snacks.

HOT CHOCOLATE BAR

It's the most wonderful time of the year – Hot Chocolate season! Join us at 9:00 am on Tuesday, December 12 and help us spread some holiday cheer at a festive Hot Chocolate Bar!

HOLIDAY CLOSURES

BCSAP will close at 1:30 pm on Friday, December 22, remain closed on Monday, December 25, and reopen at 8:00 am on Tuesday, December 26.

BCSAP will close at 2:30 pm on Friday, December 29, remain closed on Monday, January 1, and reopen at 8:00 am on Tuesday, January 2.

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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!

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, December 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, December 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, December 12 and Tuesday, December 26 from 1:00 - 4:00 pm. This group welcomes new members! If you are interested, please call Lori at 255-4648.

MEN’S PROSTATE CANCER PREVENTION BINGO!

Shaundra Ziemann-Bolinski from NDSU Extension-Burleigh County will be at the Senior Center on Wednesday, December 6 at 10:00 am for a **Healthwise for GUYS!** Join in on a fun game of Bingo focusing on Prostate Cancer prevention.



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.

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!

Just for Fun!

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	3			4	7			
	8		2			7		
			6	1				
				2	1	5	4	
			7		3	8		6
8						1		7
	1	4		8	5	3		
								4

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DIFFICULTY: ★☆☆☆☆

Stop by
the Front
Lobby
Desk if
you need
an
answer
key!

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

2	3		4					
		9	8			1		
8					9			6
		1	9	3	8			5
	5				2			
9				4				
3		5						9
			3	6	5			1

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Burleigh County Senior Adults Program, Bismarck, ND

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Join Us for Activities!

BOOK CLUB

**BOOK CLUB DOES
NOT MEET IN DECEMBER.**



CURIOSITY STREAM

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

December 7: *The City and the Sea,
The U.S. East Coast*

The journey up the coast continues through Delaware to suburban New Jersey, and onwards into the heart of Manhattan. In Delaware, famous as a corporate tax haven, we visit a winery. In New York City we zip around with a bicycle courier and then head out to Long Island for oysters.

December 14: *Magical Fjords*

Fjords' majestic and dramatic landscapes are just the tip of the iceberg. Fjords stand witness to the greatest wonders of the animal kingdom. Whether just below the surface, at the depths of the sea floor, or on dry land, the Fjords offer an incredible bounty of wildlife.

December 21: *The Bernina Express, World's
Most Dangerous Railway Lines*

The Bernina Express fights its way from Switzerland to Italy over 196 bridges and 55 tunnels. The path leads it through deep valleys, wild gorges and over the eternal ice of the Graubunden Alps.

December 28: *Volcanoes, Destruction
Decoded*

Volcanoes created more than 80% of our planet's surface, but explosive eruptions can be deadly. Journey under the earth to discover why volcanoes are so dangerous.



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

December 1: *A Christmas Letter, PG*

A feel-good look at how the spirit of the holidays – with help from some pro hockey players – can unite a community and new-found friendships.

December 8: *Holiday Road Trip, PG*

Two feuding pet shop employees fall for each other while escorting a celebrity dog on a Christmas promotional tour.

December 15: *A Dog Named Christmas, G*

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

December 22: *No Movie*

December 29: *No Movie*

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, December 5. Cake and ice cream will be served at 12:30 pm, following the noon meal.
Thank you, Amy!



December 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.		MENU SUBJECT TO CHANGE!		1 Shrimp Scampi Wild Rice Pilaf Steamed Broccoli & Cauliflower Apple Pecan Salad
4 Chicken Cacciatore Angel Hair Pasta Murray Vegetable Blend Cherry Fruit Salad	5 Asian Pepper Steak Vegetable Fried Rice Vegetable Egg Roll Mandarin Oranges Fortune Cookie	6 Fall Apart Pork Roast Roasted Baby Potatoes Balsamic Brussel Sprouts Fresh Pear	7 Manhattan Meatballs Barley Rice Pilaf Miller Vegetable Blend Seasonal Fresh Fruit Lemon Bar	8 Baked Salmon Lyonnais Potatoes Roasted Asparagus Strawberry Applesauce
11 Supreme Pizza Casserole Italian Vegetables Blushing Pineapple Whole Grain Garlic Toast	12 Chicken Alfredo Herbed Pasta Monaco Vegetable Blend Whole Grain Breadstick Fruited Gelatin	13 Chef Salad Garlic Flatbread Fresh Orange	14 <u>Christmas Meal</u> Turkey Meatloaf with Cranberry Glaze Tyler's Potato Stuffing Christmas Vegetable Medley Winter Fruit Salad Fresh Dinner Roll Pecan Pie	15 BBQ Ribs Baked Potato with Sour Cream Green Beans with Bacon Applesauce
18 Beef Tips Mashed Potatoes Grizzly Vegetables Dark Cherries	19 Braised Pork Chop Baked Sweet Potato Peas with Pearl Onions Cranberry Peaches	20 Turkey Almondine Chive Mashed Potatoes Herbed Zucchini & Yellow Squash Fresh Banana	21 Baked Ham AuGratin Potatoes Vegetable Medley Chilled Fruit Cocktail Triple Berry Crumb Bar	22 Herbed White Fish Potatoes & Onions Parslied Carrots CranApple Cobbler
25 CLOSED MERRY CHRISTMAS	26 Stuffed Cabbage Roll Garlic Mashed Potatoes Mixed Vegetables Asst. Fruit Cup	27 Oven Baked Chicken Glazed Sweet Potatoes Buttered Corn & Carrots Fresh Apple	28 Roast Beef Mashed Potatoes & Gravy Candy Corn Vegetable Medley Chilled Pears Asst. Desserts	29 Tangy Meatloaf Fingerling Potatoes Peas & Carrots Chilled Apricots

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.

December 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 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
4 9:30 Art with Alice 10:00 Strength Finders 10:30 Understanding Dementia & Tips for the Holidays 11:30 Dementia Care 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	5 9:00 Strength Finders 9:15 Volunteer Breakfast Party (pg 16) 12:30 Birthday/Anniversary Celebration 12:30 Whist 12:45 Farkel 1:00 Bridge & Trivia 1:00 Line Dancing	6 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Low Vision Support 10:00 Cribbage 10:00 Men's Prostate Cancer Prevention Bingo 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 The City & the Sea 9:30 Reindeer Candy Jar 10:00 Strength Finders 12:45 Hand & Foot 1:00 Bridge & Cornhole 1:00 BUNCO 6:45 Christmas Lights Tour @ Century Baptist Church	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 9:00 Strength Finders 9:00 Hot Chocolate Bar 10:00 Healthy Holiday Snacks 12:30 Whist 12:45 Farkel 1:00 Bridge & Games 1:00 Line Dancing 1:00 Quilting Group	13 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group 1:30 Legal Services	14 9:00 Strength Finders 9:30 Punch & Cookies 9:30 Magical Fjords 10:00 Strength Finders 10:00 Computer Basics 11:00 Alliance Center for Hearing 11:00 Walk this Way 12:00 Christmas Party (pg 2) BOOKMOBILE	15 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
18 10:00 Strength Finders 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	19 9:00 Strength Finders 10:00 Art with Nicole 10:30 Hearing Loss Support Group 12:30 Whist 12:45 Farkel 1:00 Bridge & Trivia 1:00 Line Dancing	20 8:30 Caramel Rolls w/cop 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 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 Bernina Express 10:00 Strength Finders 12:45 Hand & Foot 1:00 Bridge & Cornhole 1:00 BUNCO 1:00 BCCA Meeting	22 9:30 Chair Yoga 10:45 Strength Finders 1:30 Center Closes for Holiday
25 CLOSED	26 12:30 Whist 12:45 Farkel 1:00 Bridge & Games 1:00 Quilting Group	27 8:30 Caramel Rolls 10:00 Grief Group 10:00 Cribbage 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group	28 9:30 Volcanoes 12:45 Hand & Foot 1:00 Bridge 1:00 Cornhole	29 2:30 Center Closes for Holiday
No Fitness Classes December 25-29.				
Jan 1 CLOSED	Jan 2 12:30 Whist 12:45 Farkel 1:00 Bridge & Trivia	Jan 3 8:30 Caramel Rolls 10:00 Grief Group 10:00 Cribbage 1:00 Pinochle & Bingo 1:00 Mahjong 1:30 Caregiver Group	Jan 4 9:30 Curiosity Stream 12:00 New Year Celebration	Jan 5 1:00 Movie Matinee 1:00 Pinochle
No Fitness Classes January 1-5.				

Celebrate Your Inner Artist!



ART WITH NICOLE

Join Nicole on Tuesday, December 19, at 10:00 am as she leads us in creating a scenic watercolor.

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 ALICE

Join Alice on Monday, December 4, at 9:30 am as she leads us in creating a penguin from a gourd.

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, December 11 at 9:30 am as she leads us in painting a Christmas wreath.

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.



REINDEER CANDY JAR

Join Nanc and Sue on Thursday, December 7 at 9:30 am as they lead us in creating Reindeer Candy Jars.

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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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 January 27, 2024.

There are no classes the weeks of December 24—30 and December 31—January 6.

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, December 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.

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

There is no Yoga Talk in December.

WALK THIS WAY

Lace up your tennis shoes and pump up your heart! Join Katie Johnke on Thursday, December 14 at 11:00 am in the South Conference 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.



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.



Walk Your Way to Health

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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

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This 'n That

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 patrons and staff 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!**

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 Front Lobby Desk.

FALLS POLICY

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

If a person cannot get up on their own, 9-1-1 will be called. Staff will stay with the person and make them as comfortable as possible until emergency personnel arrive.

BOOK MOBILE/ SENIOR CENTER LIBRARY

On the 2nd Thursday of each month, the Burleigh County Bookmobile brings a variety of large print books 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 for check out, using the honor system. Put your name and book(s) checked out to the 'checkout log'. Return the book when you are done. Please stop by the Administrative office if you have questions.

**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.

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 who want to learn more about playing pool. These sessions will be held on Wednesdays from 10:30—11:30 am. **NOTE: NO POOL LESSONS IN DECEMBER!**

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 December 12 and December 26 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 December 7 and December 21 at 1:00 pm.

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 December 5 and December 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, December 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, December 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 on Monday, December 4 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, December 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 Alliance Center for Hearing will be at the Senior Center on Thursday, December 14, from 11:00 am to 12:00 pm in the Library, 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. **Each group is limited to 10 people.**

CURRENTLY ALL GROUPS ARE FULL. PLEASE CONTACT RENEE AT 255-4648 IF YOU WOULD LIKE TO BE ON THE WAITING LIST OR NEED OTHER ASSISTANCE.



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

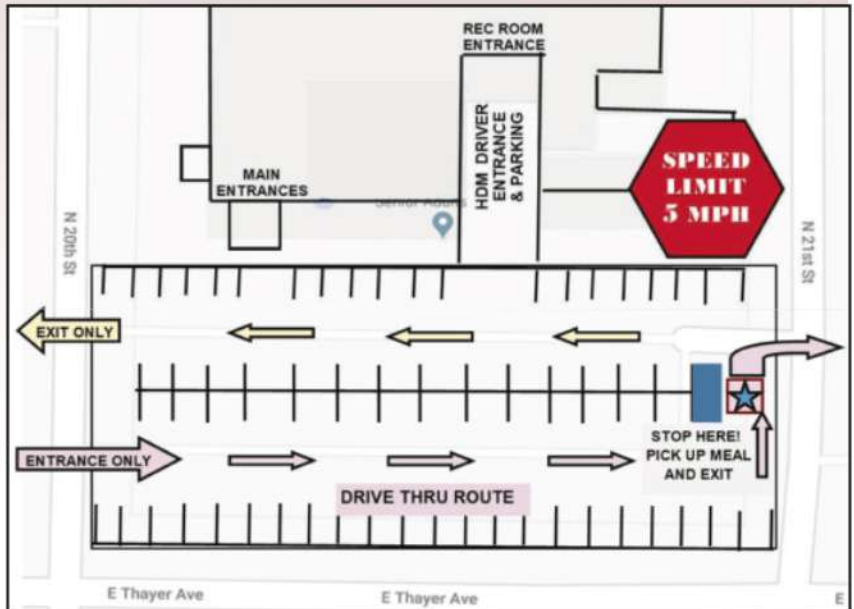
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 Concern!

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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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
- 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 Volunteer



Fran Stott

Fran has been a volunteer at the Burleigh County Senior Center since August 2023. Fran volunteers at the Coffee Bar. Fran enjoys serving coffee, joking with the lunch goers, and making them laugh. She said it is the best job she has had in years!

Fran worked for the Federal Government for 20 years, starting with the Department of Commerce and then the Department of Navy for 18 years in various positions. The best position was working for an Admiral and Navy engineers.

Fran has lived in five states: Maryland, Virginia, Tennessee, California and now North Dakota. After moving to Bismarck, Fran worked as a property manager from 1999-2013. In 2013 and 2014, Fran went to Ethiopia on a mission trip helping to improve the livelihood of children and their parents. She still sponsors a girl and a boy there.

Fran is a civil war history buff and likes to go to different scenic places. The latest was Fort Ransom, ND. She has a daughter in Texas, and a granddaughter, grandson and great grandson in Tennessee. Fran has lived in Bismarck for 20 years and has no plans on leaving!

Thank you, Fran!

VOLUNTEER BREAKFAST PARTY

Volunteers!

Please join us on
Tuesday, December 5
at 9:15 am
in the Rec Room
for a special
Holiday Breakfast Party!

Join us for some
Christmas Cheer
and allow us to
show our appreciation
for all you do!



Please RSVP to the Front Lobby Desk or call 255-4648 by Friday, December 1.

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
- January 8: Wing and Sterling Foot Care Clinics
- March 11: 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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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 October 1-31, 2023.)

Steve Delzer

In Memory of Jerry Kluck
—Andrea Kluck

In Honor of Marlene Knutson
& Kelly Hickel
—Katie Knutson



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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Please designate my gift to: ___ Nutrition ___ Health Maintenance
___ Outreach Services ___ Life Enrichment Activities
___ Where it is most needed

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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: _____

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Thank you for your support!



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

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

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