

THE SENIOR SENTINEL

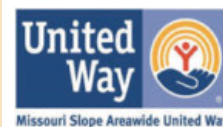
315 North 20th Street • Bismarck, North Dakota 58501

Vol.1 January, 2024



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Lifelong Learning



PRIMARY RESIDENCE CREDIT

The Office of State Tax Commissioner will begin accepting Primary Residence Credit applications on January 1, 2024, through the ND Taxpayer Access Point (NDTAP). Homeowners with an approved application may receive up to a \$500 credit that will be applied to their property tax statement.

Eligibility:

Own a home (house, mobile home, town home, duplex or condo) in North Dakota and reside in it as a primary residence.

- **No Age Restriction**
- **No Income Limit**

Only one credit will be available per household.

The window for submitting applications is from January 1 – March 31 annually. Those applying for the credit may also be eligible to apply for more than one type of property tax credit, including the Homestead Property Tax Credit.

Shelli Myers, the State Supervisor of Assessments & Property Tax Division Director at the ND Office of State Tax Commissioner will be at the Senior Center on **Tuesday, January 9 at 10:00 am** to provide information on the Primary Residence Credit. She will also provide information on other tax credits and allow time for questions and answers. Bring your property tax statements with you, and they will help you with your application.

AARP TAX AIDE INFORMATION

Mark your calendars for Monday, January 15 at 10 am! That is when Sue Solseth from AARP Tax Aide will bring you up to date on the “need to knows” for this tax season! Sue will provide information on tax aide and rules and regulations for filing your taxes. She will also provide the pre-filing documents for use with the AARP Tax Aide Service, and answer any questions you may have.

CITY OF BISMARCK ENGINEERING DEPT

Please join Bismarck City Engineer, Gabe Schell, on Tuesday, January 16 at 10:00 am, as he provides information on water mains, sewer mains, storm sewers and streets. He will discuss how each of these contribute to the delivery of municipal infrastructure in our community and how they plan, design and construct them. Time will be allowed for questions and answers.

COOKING FOR ONE WITH INEZ ROSE “HOMEMADE” ITALIAN SAUSAGE SOUP

What better way to warm up this winter, than with nutritious homemade soup! The Cooking for One class this month will be held on Tuesday, January 23 at 9:30 am and will feature Italian Sausage Soup. It's simple to make, uses four basic ingredients, additional options, and tastes even better the next day! What goes good with homemade soup? A grilled cheese sandwich! We'll also discuss variations on cheese sandwiches to make a wonderful meal.

This class is limited to 24 people. Sign up at the Front Lobby Desk or call 255-4648.



CELEBRATION OF BIRTHDAYS & ANNIVERSARIES

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



Join us for the January Birthday and Anniversary Celebration on Tuesday, January 2. Cake and ice cream will be served at 12:30 pm, following the noon meal.
Thank you, Amy!

Special Events and Music



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

12:00 pm Lunch

Grilled Salmon
with Scallop Compound Butter
Fingerling Potatoes, 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!

**All other afternoon activities are
cancelled for this special event.**



MUSIC

Join us for music and fun!

**Thursday, January 18, 12:30 pm
The Gospel Guys,
A new group to the Senior Center!**

**Thursday, January 25, 12:30 pm
Darrell Lee Brackel,
He's Back!!!**

The Senior Sentinel | 3

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ahaugen@humana.com

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391-2650



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Contact info for account

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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!!



**AmeriCorps
Seniors**



**Lutheran
Social Service
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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, January 17 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 Arts & Crafts Room on Thursday, January 11, at 10:00 am.

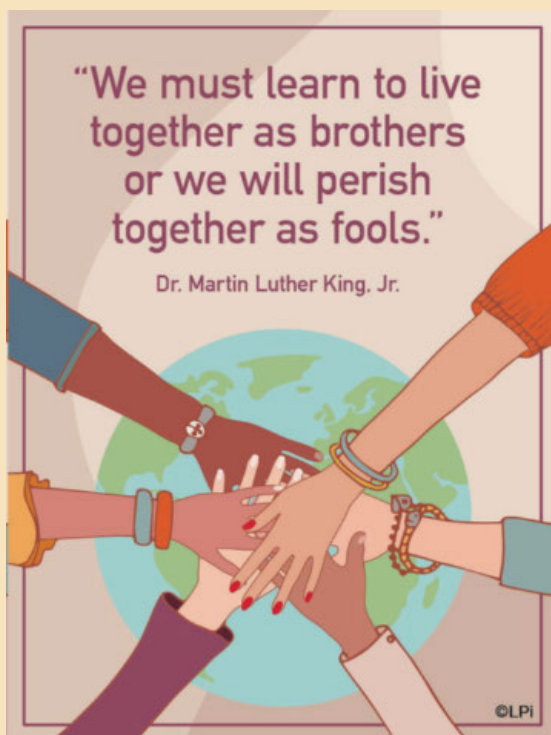
Please bring your laptop, tablet or cell phone to receive individual assistance and learn how to get the most out of your technology!

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, January 2 and Tuesday, January 23 from 1:00 - 4:00 pm. This group welcomes new members! If you are interested, please call Lori at 255-4648.



MOVIE DAY



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

January 5: *My Big Fat Greek Wedding 3*, PG-13

Join the Portokalos family as they travel to a family reunion in Greece for a heartwarming and hilarious trip full of love, twist and turns, Opa!

January 12: *The Hill*, PG

The inspiring true story of Rickey Hill, the son of a traveling pastor, who overcomes unsurmountable odds to fulfill his dream of playing pro baseball.

January 19: *Mayberry Man*, PG

An arrogant movie star is busted for speeding in a small southern town and sentenced to attend a weeklong festival celebrating *The Andy Griffith Show*. Immersed in a modern-day Mayberry, he's given a chance to discover the true meaning of friendship and family.

January 26: *A Million Miles Away*, PG

Inspired by the real-life story of NASA flight engineer Jose Hernandez, *A Million Miles Away* follows him on a decades-long journey, from a rural village in Michoacan, Mexico, to more than 200 miles above the Earth in the International Space Station. With the support of his family, Jose's drive and determination culminates in the opportunity to achieve his seemingly impossible goal.

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!

Winter Wonderland

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

Word List:

| | | | |
|-----------|------------|----------|----------|
| BELOWZERO | BLANKET | BLIZZARD | BLUSTERY |
| BOOTS | CABINFEVER | CHILLY | COATS |
| COCOA | COLD | EARMUFFS | FEBRUARY |
| FIREPLACE | FLURRIES | FROSTY | FROSTY |
| FROZEN | GLOVES | HAT | HEATER |
| HIBERNATE | ICICLE | ICY | JANUARY |
| JACKFROST | MITTENS | FLOW | SCARF |
| SHIVER | SHOVEL | SKATING | SKIING |
| SLED | SLIPPERY | SNOW | SNOWMAN |
| SNOWSTORM | SNOWSUIT | WINDY | WINTER |

“Age is an issue of mind over matter.
If you don't mind, it doesn't matter.” —
Mark Twain

(Answer Key available at Front Desk.)

The Senior Sentinel | 5



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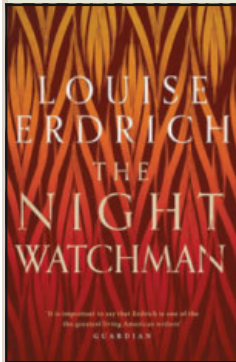


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Burleigh County Senior Adults Program, Bismarck, ND

B 4C 05-0634

Lifelong Learning



The next Book Club meeting will be on **Monday, January 29** at 1:00 pm. The book for discussion is ***The Night Watchman***, by Louise Erdrich. 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:

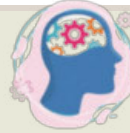
Thomas Wazhashk is the night watchman at the jewel-bearing plant, the first factory located near the Turtle Mountain Reservation in rural North Dakota. He is also a Chippewa council member who is trying to understand the consequences of a new "emancipation" bill on its way to the floor of the United States Congress.

It is 1953 and he and the other council members know the bill isn't about freedom: Congress is fed up with Indians. The bill is a "termination" that threatens the rights of

Native Americans to their land and their very identity. How can the government abandon treaties made in good faith with Native Americans "for as long as the grasses shall grow, and the rivers run"?

Since graduating from high school, Pixie Paranteau has insisted that everyone call her Patrice. She makes jewel bearings at the plant, a job that pays barely enough to support her mother and younger brother. Patrice's alcoholic father returns home sporadically to terrorize his wife and children, and to bully Patrice for money. But Patrice needs every penny to follow her beloved older sister, Vera, who moved to the big city of Minneapolis. Vera may have disappeared; she hasn't been in touch in months and is rumored to have had a baby. Determined to find Vera and her child, Patrice makes a fateful trip to Minnesota that introduces her to unexpected forms of exploitation and violence and endangers her life.

Thomas and Patrice live in a reservation community. We also come to know young Chippewa boxer Wood Mountain and his mother, Juggie Blue, and Patrice's best friend, Valentine, as well as Hay Stack Barnes, the white high school math teacher and boxing coach who is hopelessly in love with Patrice.



CURIOSITY STREAM

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

January 4: Nigel Marven's Wild Philippines Part 1, Luzon: The Volcanic North

The world's 15th Biggest Island but the largest in the Philippines. A land of contrasts: from the urban sprawl of the capital Manila to huge hidden forests, the world's most species-rich reefs, and a dozen active volcanoes that dominate the skylines.

January 11: Nigel Marven's Wild Philippines Part 2, Palawan: The Last Frontier

The most westerly island in the archipelago, Palawan is known as the Last Frontier. Nigel will explore its ancient rainforests, pristine coast, coral reefs, and incredible underground treasures.

January 18: Expedition Europe Part 1, Birth of a Continent

We start at the oldest cliffs of the paleocontinent Baltica in the Extreme North of Russia atop an ancient mountain now covered in water. From the Urals in the east to the forgotten Tabernas Desert in the west, volcanic landscapes with plants from every climate zone, dolphins and whales will amaze.

January 25: Expedition Europe Part 2, Transformation of a Continent

From the Norwegian Fjords to the coast of Jura in the English Channel and up to the peak of the Matterhorn: go from the volcanoes of the Massif Central in southern France to the Elbe Sandstone Mountains, or the "Grand Canyon of Europe".



January Dining Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| 1 CLOSED HAPPY NEW YEAR! | 2 Chicken Cordon Bleu Tri-Color Potatoes Capri Vegetables Apple Sauce | 3 Stuffed Green Pepper Garlic Mashed Potatoes Diced Beets Chilled Tropical Fruit | 4 NEW YEARS PARTY Grilled Salmon with Scallop Compound Butter Fingerling Potatoes Vegetable Medley Dinner Roll Pineapple Upside Down Cheesecake Parfait | 5 Shredded Pork Burrito Bowl (Shredded Pork on top of Cilantro Lime Rice and Fiesta Black Beans, Topped with Shredded Cheese and Lettuce) Flour Tortilla Mexican Fruit Salad |
| 8 Chicken ala Orange Brown Rice Pilaf Oriental Vegetables Dark Cherries | 9 Salisbury Steak with Mushroom Gravy Mashed Potatoes Normandy Vegetables Fresh Pear | 10 Chicken Noodle Hotdish Steamed Peas Pretzel with Pizza Sauce Chilled Apricots | 11 Braised Pork Chops Mashed Sweet Potatoes Brussel Sprouts Berries with Whipped Cream | 12 Fish & Chips Steak Fries Coleslaw Fruited Gelatin |
| 15 Oven Fried Chicken Chive Mashed Potatoes with Gravy Seasoned Corn Chilled Peaches | 16 Sausage and Kraut Steamed Red Potatoes Parslied Carrots Whole Grain Bun Apple Crumble | 17 Beef Taco Salad Tortilla Chips Salsa and Sour Cream Spanish Fruit Cup | 18 Tangy Meatloaf Baked Fingerling Potatoes Green Beans Watermelon | 19 Turkey ala King Orzo Rice Pilaf Pacific Vegetable Blend Biscuit Snickers & Apple Salad |
| 22 BBQ Beef Loaded Sweet Potato Powerslaw Cornbread Strawberry Apple Sauce | 23 Sweet & Sour Pork Vegetable Fried Rice Vegetable Egg Roll Mandarin Oranges Fortune Cookie | 24 Chicken Alfredo Herbed Pasta Steamed Broccoli Vegetable Salad WG Garlic Breadstick Fresh Banana | 25 Roast Beef Sundae Mashed Potatoes with Gravy Corn and Carrots Winter Fruit Salad | 26 Country Baked Ham Scalloped Potatoes Roasted Vegetables Chunky Fruit Fresh Baked Brownie |
| 29 Parmesan Chicken with Marinara Sauce Herbed Pasta Italian Vegetables WG Garlic Bread Spiced Peaches and Pears | 30 Swedish Meatballs Mashed Potatoes Mixed Vegetables Cranberry Fluff | 31 BBQ Ribs Baked Beans Potato Salad Corn Muffin Cinnamon Apples | <p>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.</p> <p>MENU IS SUBJECT TO CHANGE!</p> | |

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.

January Senior Center Activity Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 1 Closed Happy New Year! | 2 12:30 Birthday/Anniversary Celebration 12:30 Whist 12:45 Farkel 1:00 Quilting Group 1:00 Bridge 1:00 Trivia | 3 8:30 Caramel Rolls 10:00 Grief Group 10:00 Low Vision Support 10:00 Cribbage 10:30 Pool Lessons 1:00 Pinochle 1:00 Bingo 1:00 Mahjong 1:30 Caregiver Group | 4 9:30 Nigel Marven's Wild Philippines Part 1 12:30 New Years Celebration NO AFTERNOON ACTIVITIES | 5 1:00 Movie Matinee 1:00 Pinochle |
| No Fitness Classes January 1-5. | | | | |
| 8 9:00 Fitness Class Registration 9:30 Art from the Heart 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle | 9 9:00 Strength Finders 9:15 BSCAP Advisory Committee Info Mtg 10:00 Art with Nicole 10:00 Primary Residence Credit 11:30 Dementia Care 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Variety of Games 1:00 Line Dancing | 10 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 1:00 Bingo 1:00 Mahjong 1:30 Legal Services 1:30 Caregiver Group | 11 9:00 Strength Finders 9:30 Nigel Marven's Wild Philippines Part 2 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 1:00 Cornhole BOOKMOBILE | 12 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle |
| 15 10:00 Strength Finders 10:00 AARP Tax Aide Information 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle | 16 9:00 Strength Finders 10:00 City of Bismarck Engineering Dept 10:30 Hearing Loss Support Group 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Line Dancing | 17 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 1:00 Bingo 1:00 Mahjong 1:30 Caregiver Group 2:00 Aging Gracefully | 18 9:00 Strength Finders 9:30 Expedition Europe Part 1 10:00 Strength Finders 11:00 Walk this Way 12:30 Music: The Gospel Guys 12:45 Hand & Foot 1:00 BUNCO 1:00 Bridge 1:00 Cornhole 1:00 BCCA Meeting | 19 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle |
| 22 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle | 23 9:00 Strength Finders 9:30 Cooking for One 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Variety of Games 1:00 Line Dancing 1:00 Quilting Group | 24 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 1:00 Bingo 1:00 Mahjong 1:30 Caregiver Group | 25 9:00 Strength Finders 9:30 Expedition Europe Part 2 10:00 Strength Finders 12:30 Music: Darrell Lee Brackel 12:45 Hand & Foot 1:00 Bridge 1:00 Cornhole | 26 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle |
| 29 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club | 30 9:00 Strength Finders 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Line Dancing | 31 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 1:00 Bingo 1:00 Mahjong 1:30 Caregiver Group | 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. |

Celebrate Your Inner Artist!

ART WITH NICOLE



Join Nicole on Tuesday, January 9, at 10:00 am as she leads us in painting a glass jar. You are encouraged to bring your own jar for inspiration!

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, January 8 at 9:30 am as she leads us in painting a Snowman.

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.



An informational meeting for the volunteer BCSAP Advisory Committee will be held on Tuesday, January 9, at 9:15 am in the Library.

If you are interested in serving on this committee please plan to attend. If you are interested and cannot make it, please contact Renee at 255-4648.

The Senior Sentinel | 9



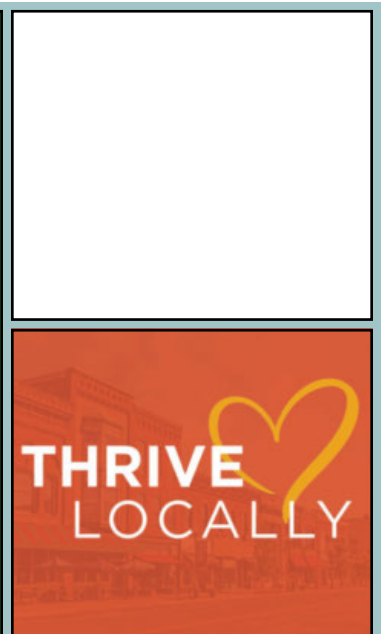
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Burleigh County Senior Adults Program, Bismarck, ND

C 4C 05-0634

Health & Wellness



FITNESS CLASSES

The current 8 week session of Fitness Classes runs through January 27, 2024. Registration for the next 8 week session (January 28—March 23) begins at 9:00 am on January 8 and goes through January 19, or until class is full.

There are no fitness classes the week of 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, January 17 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.

YOGA TALK WITH BONNY & MARLENE

Chair yoga instructors Bonny and Marlene are going “beyond the mat” to help you learn more about yoga!

On Thursday, January 11, they will be presenting *Refining Yoga Breath Essentials*.

You may attend this class in person in the library 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.

**Aging Services
Aging & Disability
Resource LINK
1-855-462-5465**

TTY 711

Website:

carechoice.nd.assistguide.net

Email: carechoice@nd.gov

Walk Your Way to Health

Health & Wellness

WALK THIS WAY



Lace up your tennis shoes and pump up your heart! Join Katie Johnke on Thursday, January 18 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.

NEW! "FEEL THE DRUM" FITNESS CLASS!

This NEW class uses movement through drumming to benefit both the mind and body. Build muscle stamina, relieve stress, improve coordination and stimulate brain function! ALL WHILE HAVING FUN!

This class will be held on Mondays at 11:00 am in the Fitness Room. Sign up weekly through March 23. It will then be offered as part of the 8 week session Fitness Classes.

This class is limited to 10 participants. Please sign up at the Front Lobby Desk or call 255-4648.



YOGA ON DAKOTA MEDIA ACCESS

Senior Center Yoga Instructors offer classes on Dakota Media Access (channel 12 / HD 612). These classes are also streamed online at freetv.org, Roku or Apple TV.

For a schedule of classes, visit freetv.org, click 'community access,' and then click 'watch now.' There will be a search bar for you to search for yoga classes.



The Senior Sentinel | 11

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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

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 on 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 KFYR 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.

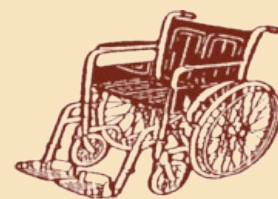
If you have any questions, or would like to order frozen meals, please call us at 255-4648.

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!



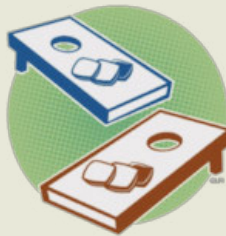
CARDS

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.



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.

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.

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 January 9 and January 23 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 January 18 at 1:00 pm. (No Bunco on January 4.)

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 January 2 and January 16 at 1:00 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!

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

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

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, January 16 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, January 3 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, January 9 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, January 10 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, January 11, 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 3:30 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 at the Senior Center. 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

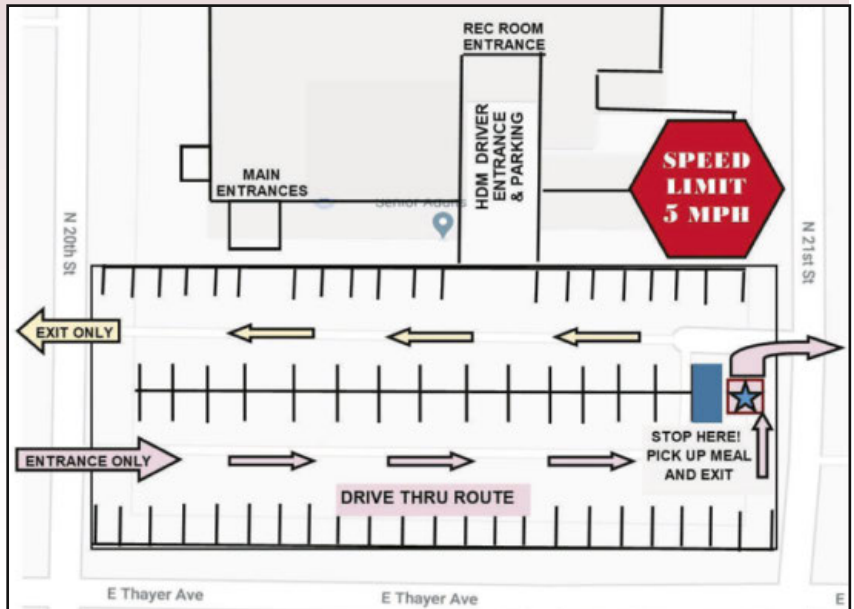
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 Concern!

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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Volunteer Opportunities!

JOIN OUR VOLUNTEER TEAM!

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

- 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, or would like more information, please stop by the Administrative Office or call 255-4648.

Burleigh County Senior Center

VOLUNTEERS NEEDED

**For our Home-Delivered
Meals Program!**

**We are looking for Volunteers to help with
daily meal deliveries to clients in
Bismarck!**

FAQ'S

What's the time commitment?
-Around 1-1.5 hours
What time would you start?
-10-10:15
How many meals would you deliver?
-Anywhere from 7-15 meals.
Can a company with multiple
employees volunteer?
-YES!
We can work with your schedule!
Whether that be 1 day a week or once
a month!

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Foot Care: \$25.00
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Blood Pressure: \$3.00
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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 255-4648 at least one week in advance.



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(Listed donations were received between November 1-30, 2023.)

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and Marlene Knutson
—Kate Knutson***

***In Memory of Lucille Green
—Lorraine Atwood***

***In Memory of Quirina Schmidt
—Anne Carns***

***In Honor of Russ Senne
—Jason Senne & Family
—Sheri Senne
—Microsoft Matching Grant***



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)

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Bronze: \$100—\$199
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Your name will be placed on our giving wall with your donation, honorarium or memorial of \$50 or more.

DONOR CONTACT INFORMATION:

Name: _____

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State: _____ Zip Code: _____

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Thank you for your support!



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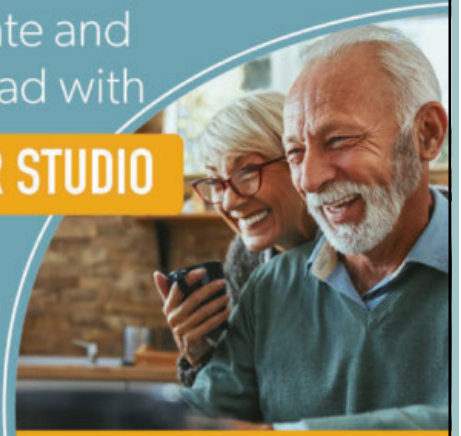
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Burleigh County Senior Adults Program, Bismarck, ND

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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
www.BismarckSeniorCenter.org
Monday - Friday, 8:00 am to 4:30 pm

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Nancy Olson, Crescent Manor Site Coordinator

BCSAP Volunteer Advisory Committee

The BCSAP Volunteer Advisory Committee
is currently being reorganized.

Committee membership will be announced
in the next issue of *The Senior Sentinel*.