

THE SENIOR SENTINEL

Burleigh County Senior Adults Program



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 3 March, 2024

NUTRITION MONTH | MARCH

Discover Wellness Together **Join Simply Nutritious Conversations** **Through Text Messaging**

Receive text messages about health, activity and tasty recipes sent straight to your phone from the Simply Nutritious Conversations program.

Join our next conversation, **Enhancing Your Well-Being Through Balanced Nutrition and Healthy Lifestyle Choices** by signing up for the program's text messaging option today!

Why Join the Conversation?

- Receive information on nutrition topics that are important for older adult health
- Receive tips for maintaining a healthy lifestyle
- Get expert advice from a registered dietitian

Sign Up Using an Option Below

- Go to bit.ly/ND_SignUp
- Text SIMPLY to (701) 291-4933

Continue the Conversation

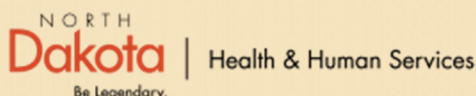
North Dakota Health and Human Services Adult and Aging Services will provide monthly *Simply Nutritious Conversations*. These conversations are a friendly way to learn from a dietitian at no cost to you.

A variety of general nutrition and wellness topics affecting many older adults will be covered during the conversations.

Every *Simply Nutritious Conversation* will include a planned topic followed by an open discussion among the group.

For more information about *Simply Nutritious Conversations* email ndsupport@dietarysolutions.net or call 1 (888) 960-2180.

Provided by:



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Lifelong Learning



GET FAMILIAR WITH THE SENIOR CENTER

Ever wonder what goes on in the Senior Center? Now is your opportunity to find out! If it is your first time or you have been attending for a while, you will discover something new about our facility and programs.

Come join us on Monday, March 18 at 1:00 pm in the Dining Room. The session will include:

- Orientation
- Tour
- Question & Answer Session
- Coffee and a Treat

An RSVP would be appreciated. Call 255-4648.

COOKING FOR 1 WITH INEZ ROSE ENGLISH MUFFIN PIZZAS



Pizza, anyone?

Do you love pizza but the prices at the store are too high for your pocketbook?

Join us on Tuesday, March 19 at 9:30 am in the Rec Room for Inez Rose's class on "English Muffin Pizzas". Learn how easy it is to make your own pizza. The ingredients don't cost much!

You'll get some wonderful ideas about making pizzas that are just the right size and can be made anytime you are hungry. What a fun activity to do with your grandchildren!

FARM-TO-TABLE

Do you know where your food comes from? Hear from local producers working to connect people to their food. Join Katie Johnke in the Dining Room on Thursday, March 14 from 12:30 - 1:00 pm.



Life is a classroom.
Only those willing to
be lifelong learners
will move to the head
of the class.

-Zig Ziglar

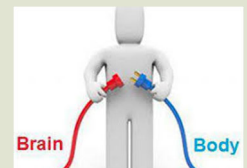
ALZHEIMER'S ASSOCIATION OF MN/ND Healthy Living for Your Brain and Body

Tips on the Latest Research by Joan Danks

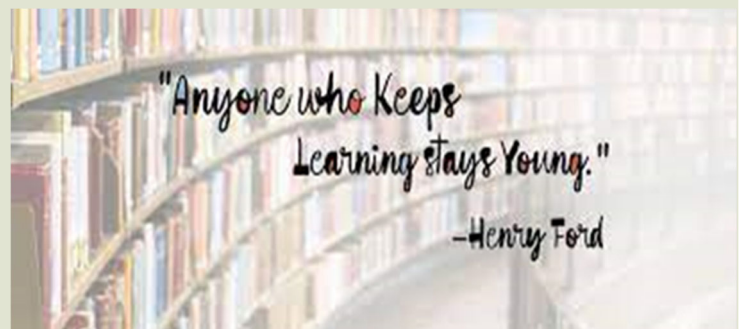
For centuries, we've known that the health of the brain and body are connected. But now, science is able to provide insights into how lifestyle choices may help keep your brain and body healthy as you age.

Join us on Tuesday, March 12 at 10:00 am in the Dining Room to learn about research in areas of:

- Diet and Nutrition
- Exercise
- Cognitive Activity
- Social Engagement



We will use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.



St. Patrick's Day and Easter Events

ST. PATRICK'S DAY PARTY

Friday, March 15

10:00 am **Green Punch** at the Coffee Bar
12:10 - 1:10 pm Music with Darrell Brackel
12:30 pm Lunch—Corned Beef Brisket
 (see page 7)*
1:30 pm Movie with Popcorn and Treats

*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 party.



EASTER CELEBRATION

Thursday, March 21

12:00 pm Lunch—Glazed Ham
 (see page 7)*
12:30 - 1:30 pm Music with Square Butte Country Boys

*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 afternoon activities are cancelled for this special event.



Join Us for Activities!

COFFEE & CARAMEL ROLLS

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



Officers Clint Fuller and Caity Horne will join us on Wednesday, March 20th to briefly discuss current scams and issues to be aware of in our community.

COMPUTER BASICS



Royce Schultze, from the ND Center for Independent Living, will be in the **South Conference Room** on Thursday, March 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.

CELEBRATION OF BIRTHDAYS & ANNIVERSARIES



Join us on Tuesday, March 5 at 12:30 pm for the March Birthday and Anniversary Celebration! Ice cream will be served at 12:30 pm, following the noon meal.

"JUST GET IT DONE SOMEDAY" QUILTING GROUP



The "Just Get It Done Someday" Quilting Group will meet in the South Conference Room on Tuesday, March 12 from 1:00 - 4:00 pm and

Tuesday, March 26 from 8:00 - 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

March 1: *Grand Turismo*, PG-13



The unbelievable true story that proves nothing is impossible when you're fueled from within. Story about a young man who plays racing video games daily and wants to become a professional race car driver.

March 8: *Fireproof*, PG



Kirk Cameron stars as Caleb Holt, a heroic fire captain who values dedication and service to others above all else. But the most important partnership in his life, his marriage, is about to go up in smoke. This gripping story follows one man's desire to transform his life and marriage through healing power of faith and fully embrace the fireman's code: Never Leave Your Partner...

March 15: *St. Patrick: Apostle of Ireland*, NR *****Movie will start at 1:30*****



Who is St. Patrick? This new documentary film delves beneath the myth of Ireland's patron saint to reveal that the patron saint of Ireland was an ordinary man who accomplished the extraordinary by placing his faith in God. Precious few historical facts are known of this man who walked through pre-Christian 5th century Ireland.

March 22: *17 Miracles*, PG

A true story on hope and redemption. Christian pioneers push their handcarts across the plains in 1857 and are sustained by many miracles.



TIME TO SOCIALIZE!

The Coffee Bar is open each day from 8:00 to 10:30 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!

This 'n That



**CLOSED FOR
GOOD FRIDAY**

March 29, 2024

AARP TAX AIDE

AARP Tax Aide will provide tax preparation assistance at the Senior Center on Thursdays and Fridays from February 1 through April 12, 2024.

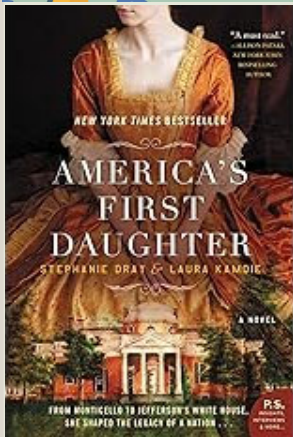


Appointments are required for this service. To make an appointment, call 701-751-4074 or go to bismarcktaxes.setmore.com.

You may pick up a pre-appointment packet at the Senior Center front desk and fill out the forms prior to your appointment.

Lifelong Learning

BOOK CLUB



The next Book Club meeting will be on **Monday, March 25** at 1:00 pm. The book for discussion is ***America's First Daughter***, by Stephanie Dray and Laura Kamoie. 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:!

From her earliest days, Patsy Jefferson knows that though her father loves his family dearly, his devotion to his country runs deeper still. As Thomas Jefferson's oldest daughter, she becomes his helpmate, protector, and constant companion in the wake of her mother's death, traveling with him when he becomes American minister to France. It is in Paris, at the glittering court and among the first tumultuous days of revolution, that fifteen-year-old Patsy learns about her father's troubling liaison with Sally Hemings, a slave girl her own age. Meanwhile, Patsy has fallen in love—with her father's protégé William Short, a staunch abolitionist and ambitious diplomat. Torn between love, principles, and the bonds of family, Patsy questions whether she can choose a life as William's wife and still be a devoted daughter. Her choice will follow her in the years to come, to Virginia farmland, Monticello, and even the White House. And as scandal, tragedy, and poverty threatened her family, Patsy must decide how much she will sacrifice to protect her father's reputation, in the process defining not just his political legacy, but that of the nation he founded.



CURIOSITY STREAM

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

March 7: History of Life on Earth — Life in the Seas

The first forms on the planet were microscopic, single-celled organisms, it took billions of years before more complex creatures evolved, first jellylike bodies, and then armored shells on their outsides, and finally the first backbone and the beginnings of fish.



March 14: Nature's Hidden Miracles — Insects as Super Adapters



In order to adapt to different environments, protect themselves from enemies, obtain food, and reproduce, insects have become highly specialized.

They transform themselves into completely different creatures, changing their habitat and even food, making insects the most diverse forms of life.

March 21: No Curiosity Stream


March 28: The Amazon of the East — Balancing the Scales



Documenting the Kinabatangan River in Borneo, wildlife photographer Cede Prudente meets village elder Patti Arsah and his grandson.



March Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<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>				<p>1</p> <p>Baked Lemon Tilapia Rosemary Potatoes Seasoned Broccoli Fruited Mallow Gelatin</p>
<p>4</p> <p>Beef and Cabbage Bake Wax Beans and Red Peppers Fruity Tapioca Pudding Wheat Dinner Roll</p>	<p>5</p> <p>Chicken Drumstick Scalloped Potatoes Seasoned Green Beans Fresh Cantaloupe WG Biscuit</p>	<p>6</p> <p>BBQ Pork on a Bun Sweet Potato Waffle Fries Succotash in Garlic Butter Heavenly Fruit Salad</p>	<p>7</p> <p>Tangy Meatloaf Tri Colored Roasted Potatoes Roasted Vegetables Fresh Pear Assorted Desserts</p>	<p>8</p> <p>Herbed Salmon Baked Potato w/Sour Cream Lemon Asparagus Seasonal Fresh Fruit</p>
<p>11</p> <p>Orange Chicken Garlic Noodles Oriental Blend Vegetables Vegetable Egg Roll Assorted Fruit Cup</p>	<p>12</p> <p>Mexican Meatballs Mashed Potatoes Southwestern Corn Fresh Orange</p>	<p>13</p> <p>BBQ Pork Ribs Baked Beans Au Gratin Potatoes Cinnamon Apples Corn Bread</p>	<p>14</p> <p>Roast Turkey and Gravy Mashed Potatoes Herbed Green Beans Blushing Pineapple</p>	<p>16</p> <p>St. Patrick's Day Corned Beef Brisket Parslied Potatoes Cabbage and Carrots Irish Fruit Salad Irish Bread Pudding</p>
<p>18</p> <p>Herb & Mustard Crusted Pork Loin Potatoes and Onions Brussel Sprouts with Bacon Chilled Tropical Fruit</p>	<p>19</p> <p>Beef Pot Pie w/Biscuit Topping Roasted Cauliflower Fresh Grapes Breadstick</p>	<p>20</p> <p>Chicken Kiev O'Brien Potatoes Scandinavian Vegetable Blend Ginger Baked Pears</p>	<p>21</p> <p>Easter Meal Glazed Ham Au Gratin Potatoes Peas and Carrots Fresh Banana Cherry Pie</p>	<p>22</p> <p>Baked Cod with Garlic Sauce Lemon Dill Orzo Seasoned Zucchini Chilled Fruit Cocktail Wheat Dinner Roll</p>
<p>25</p> <p>French Chicken Macaroni and Cheese Italian Vegetable Blend Chilled Mandarin Oranges</p>	<p>26</p> <p>Sausage and Sauerkraut Roasted Red Potatoes Parslied Carrots Chilled Peaches</p>	<p>27</p> <p>Oven Fried Chicken Baby Baker Potatoes Mixed Vegetable Fresh Apple</p>	<p>28</p> <p>Roast Beef Mashed Potatoes and Gravy Roasted Vegetables Seasonal Fresh Fruit Assorted Cookie</p>	<p>29</p> <p>CLOSED</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 assessment is due for updating.

March Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
DAILY Coffee Bar: 8:00 -10:30 am Pool: 8:30 am - 4:00 pm				1 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
4 9:00 Fitness Class Registration 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	5 9:00 Strength Finders 9:15 Volunteer Annual Training (pg 16) 12:30 Birthday/Anniversary Celebration 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Line Dancing	6 8:30 Caramel Rolls 9:00 Standing Yoga 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 1:00 Bingo 1:00 Mahjong 1:30 Caregiver Group	7 9:00 Strength Finders 9:30 History of Life on Earth—Life in the Seas 10:00 Strength Finders 12:45 Hand & Foot 1:00 BUNCO 1:00 Bridge 1:00 Cornhole	8 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
11 9:30 Art from the Heart 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	12 9:00 Strength Finders 10:00 Art with Nicole 10:00 Alzheimer's Assoc. - Healthy Living 11:30 Dementia Care 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Variety of 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 10:30 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	14 9:00 Strength Finders 9:30 Yoga Talk 9:30 Nature's Hidden Miracles—Insects 10:00 Strength Finders 10:00 Computer Basics 11:00 Walk this Way 11:00 Alliance Center for Hearing 12:30 Farm to Table 12:45 Hand & Foot 1:00 Bridge 1:00 Cornhole Bookmobile	15 9:30 Chair Yoga 10:00 St. Patrick's Day Party (pg 3) 10:45 Strength Finders 1:30 Movie Matinee with Popcorn 1:00 Pinochle 
18 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Senior Center Tour	19 9:00 Strength Finders 9:30 Cooking for 1 10:30 Hearing Loss Support Group 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Line Dancing	20 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	21 9:00 Strength Finders 10:00 Strength Finders 12:00 Easter Celebration (pg 3) 1:00 BCCA Meeting NO AFTERNOON ACTIVITIES 	22 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
25 12:45 5 Crowns 1:00 Pinochle 1:00 Book Club	26 8:00 Quilting Group (All Day) 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Variety of Games	27 8:30 Caramel Rolls 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 1:00 Pinochle 1:00 Bingo 1:00 Mahjong 1:30 Caregiver Group	28 9:30 Yoga Talk 9:30 The Amazon of the East - Balancing the Scales 12:45 Hand & Foot 1:00 Bridge 1:00 Cornhole CLOSING AT 3:30 PM	29 CLOSED 
No Fitness Classes March 25-29.				

Celebrate Your Inner Artist!

ART WITH NICOLE



Join Nicole in the Craft Room on Tuesday, March 12 at 10:00 am as she leads us in painting Playful Abstract Watercolors to Improve Watercolor Techniques - or just have fun!

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 in the Craft Room on Monday, March 11 at 9:30 am as she leads us in painting an acrylic Irish Hat.

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 BCSAP Volunteer Advisory Committee does not meet in March. The next meeting will be held on Tuesday, April 2, at 9:15 am in the Library.

Health & Wellness

FITNESS AND EXERCISE

FITNESS CLASSES

The current 8-week session of Fitness Classes runs through March 23rd. Registration for the next 8-week session (March 31 through May 25), will begin on March 4th at 9:00 am.

****No Fitness Classes week of March 25-29.****

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.)

“Feel the Drum”

Mondays, 11:00 am

Instructed by Patricia (Pat) Ramsdell. This 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! (Limited to 10 people/class.)

AGING GRACEFULLY

Join us for Aging Gracefully on Wednesday, March 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 and she 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.

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, March 14 they will be presenting *Focus on Knees, Ankles and Feet*, and on Thursday, March 28, they will be presenting *Strengthen your Foundation with Yoga*. Both sessions will be held at 9:30 am.

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.



Walk Your Way to Health

©LPi

Health & Wellness

WALK THIS WAY



Lace up your tennis shoes and pump up your heart! Join Katie Johnke on Thursday, March 14 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.



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.



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 Center 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 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!



©LPI

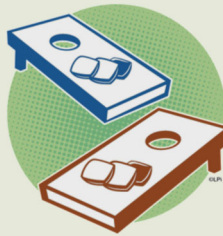
CARDS

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 March 12th and March 26th 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 March 7. BUNCO will not be held on March 21 due to Easter Celebration.

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 March 5 and March 19 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, March 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.**

ALLIANCE CENTER FOR HEARING

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

LOW VISION SUPPORT GROUP

Betsy Hermanson, Vision Specialist from ND Voc Rehab will lead the Low Vision Support Group in the Library on Wednesday, March 6 at 10:00 am. This group is limited to 8 people. **Stop by the Front Lobby Desk or call 255-4648 to register.**

DEMENTIA CARE CONSULTANTS

Free individualized assistance, problem solving and identification of resources are available to individuals with memory loss and care partners through care consultation provided by the Alzheimer's Association. This month care consultations will be held in the library on **Tuesday, March 12 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.

LEGAL SERVICES

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

GRIEF/LOSS SUPPORT GROUP

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.

Having a safe place to talk about grief and learning ways to cope will help you on a long-term basis. Being with others who are having the same thoughts, feelings, and experiences is helpful to know that you are not alone.

Kathleen Meckler and Sher Harildstad facilitate this group each **Wednesday from 10:00 - 11:00 am**. Newcomers are encouraged to join, however, we request that you contact Renee at 255-4648 prior to attending your first session.

CAREGIVER CONNECTIONS

Build a support system with people who understand. This group is a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system
- Exchange practical information on caregiving challenges and possible solutions
- Talk through issues and ways of coping.
- Share feelings, needs and concerns
- Learn about community resources

Kathleen Meckler and Sher Harildstad are Alzheimer's Association trained facilitators and encourage you to join them every **Wednesday from 1:30 – 2:30 pm in the Arts & Crafts Room.**

Please contact Renee at 255-4648 before attending your first session.



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

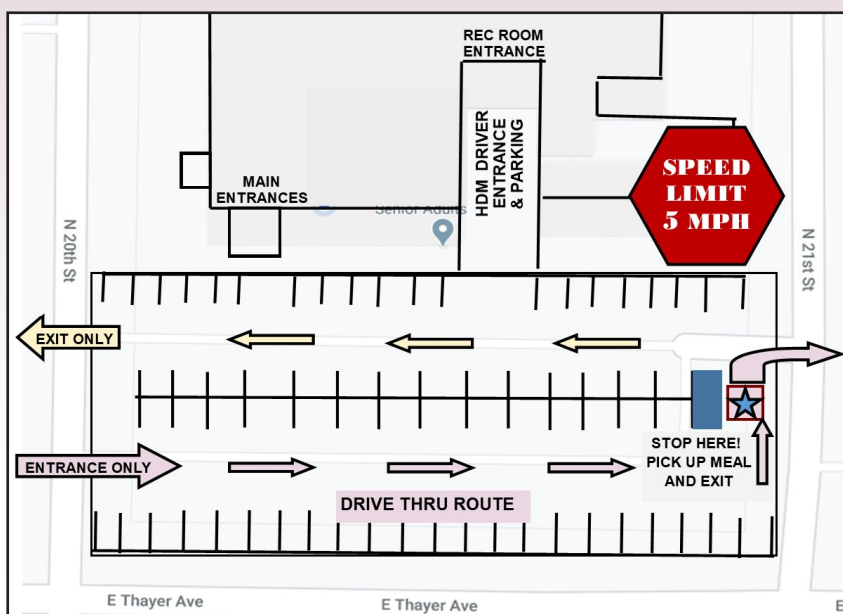
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 Concern!

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!



Volunteer Opportunities!

JOIN OUR VOLUNTEER TEAM!

Currently, volunteers are needed in the following areas:

- Home Delivered Meal Drivers
- Home Delivered Meal Packers
- Greeter/Kiosk Assistant
- 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.



Annual Training

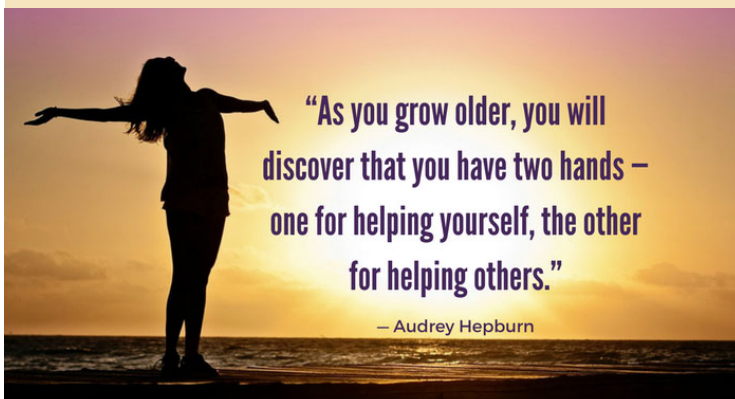
VOLUNTEER ANNUAL TRAINING

**Tuesday, March 5th at 9:15 am
(Breakfast served at 8:30 am)
Burleigh County Senior Center
Dining Room**

Volunteers! Please plan to attend our Annual Volunteer Training! Topics will include:

- Older Americans Act / Title III
- Service Contributions
- Confidentiality
- Customer Service / Complaints
- Fire / Tornado Safety
- Incident Reporting
- Infection Control
- WSI Insurance

This annual training is required under the Older Americans Act. Please sign up at the Front Desk or call 255-4648. If you are unable to attend, we will contact you to make other arrangements for the training.



Featured Volunteer

SHERLEEN MCCARTY

Sherleen has been volunteering at the Senior Center for 15 years! She started with Home Delivered Meals and then moved on to making recycled greeting cards. She also makes sure the card rack is stocked for those that would like to purchase cards.



In Sherleen's free time she enjoys playing cards and bingo, and going on bus trips. Sherleen is a member of the Good Neighbor Club and enjoys going to Christian Women's meetings. Sherleen cherishes attending her grandchildren's activities.

Sherleen and her husband Ed farmed northeast of Bismarck for 42 years. They raised cattle and grains, and did a lot of haying!

Sherleen has four children (three girls and one boy), eight grandchildren and one great grandchild. Sherleen and Ed moved to Bismarck 19 years ago. Ed passed away in June of 2021.

Sherleen lives close to the Senior Center, and she had heard about it, decided to check it out and has been hooked ever since! She has met and socialized with a lot of people and doesn't know what she would do without it. Sherleen enjoys coming to the Senior Center because there is so much to do, and she is never bored!

Thank you, Sherleen for all you do!

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
- March 11: Wing and Sterling Foot Care Clinics
- May 13: 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.



Thank You to Our Donors...

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

Haga Kommer

Erllys McCullough Fardel

Terry Pfaff

Legacy United Methodist
Church



In Memory of Valoie Olson
and Karen Jorgensen
—Leona Hartman

In Memory of Hazel Cleveland
and Rusty Cleveland
—Keith Cleveland

In Memory of Ed Simek
—Arnola Aichele

Burleigh County Senior Adults Program Giving Opportunities

The Burleigh County Senior Adults Program, a 501(c)3 nonprofit organization, accepts donations for its programs.

Donations can be made to:

- *Nutrition
- *Health Maintenance
- *Outreach Services
- *Life Enrichment Activities

If you would like to make a donation, please send it, along with this completed form, to:

BCSAP

315 North 20th Street
Bismarck, ND 58501



Enclosed is my gift of \$_____ to the Burleigh County Senior Adults Program.

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

My gift is In Honor / Memory of: _____
(Please Circle) (Name of person honored or memorialized)

Please send acknowledgement of my memorial/honorarium to:

Name: _____

Address: _____

City, State, Zip: _____

GIVING LEVELS

Platinum: \$1,000 and up
Gold: \$500—\$999
Silver: \$200—\$499
Bronze: \$100—\$199
Friend: \$50—\$99

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

DONOR CONTACT INFORMATION:

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Telephone: _____

Thank you for your support!

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.
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www.BismarckSeniorCenter.org
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 along with \$6.00 to:

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315 North 20th Street
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If you would like to receive our newsletter via email
 free of charge, please complete this form and return
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Please make checks payable to BCSAP.

Burleigh County Council on Aging

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	Ardella Weishaar

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 Blake Saunders, Dishwasher
 Hannah Anderson, Wing Site Coordinator/Cook
 Nancy Olson, Crescent Manor Site Coordinator

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