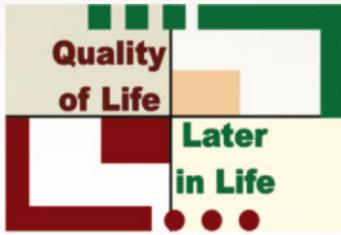


THE SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 4 April, 2024

April is Volunteer Appreciation Month!

Time is a precious commodity. That is why the Burleigh County Senior Adults Program feels so fortunate to have volunteers that so generously give their time to us. In 2023, 235 volunteers gave 24,917 hours of their time to our programs.

In addition to assisting with preparing 152,913 meals, and then serving and delivering those meals in the community, our volunteers also provided:

- 178 Classes/Workshops
- 562 Fitness/Exercise Classes
- 54 Public Service Sessions (Medicare Part D Review, etc.)
- 1,521 Recreation/Social Activities
- 151 Support Group Sessions

The financial value of these volunteer hours is estimated to be approximately \$793,000! Without the volunteer commitment we have, we would be unable to provide the programs and services we do. Please accept our deepest gratitude for the efforts of each and every volunteer — you are all amazing!

BCSAP Volunteer Appreciation Celebration

Thursday, April 25, 2024
5:00 pm – 7:00 pm

Volunteers, please mark your calendar and watch your mailbox for your exclusive invitation for you and one guest to attend our Volunteer Appreciation Celebration.

Please note:
The Senior Center will close at 1:00 pm to prepare for this Celebration.



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Council, Staff & Advisory Committee



Lifelong Learning

MAKING YOUR EQUITY WORK FOR YOU

Home equity is the value of the homeowner's financial interest in their home. In other words, it is the actual property's current market value less any liens that are attached to the property.

Join Tanya Decker on Tuesday, April 9 at 10:00 am for information on how you can make your home equity work for you.



SMALL CONTAINER GARDENING

Container gardening is something that any gardener of any age or experience can do!

Join Kelsey Deckert from NDSU Extension Horticulture on Tuesday, April 23 at 10:00 am to learn the benefits of container gardening along with the basics of how to do it.

AARP SMART DRIVER



On Monday, April 8 at 10:00 am, AARP will be hosting a course that will teach us valuable defensive driving skills and give us a refresher on the rules of the road. You may be eligible for a discount on your car insurance by completing the course.

The cost for this course is \$20 for AARP members and \$25 for non-members. Space is limited and pre-registration is required.

Please contact Norbert Mayer at 701-226-5956 to register.



HELP!

COMPUTER/TECH SUPPORT

Digital technology, including the Internet, computers, smart phones and social media is an important component of modern life. Nowadays, almost all services require the use of technology to access them. But what if you don't know how to do this? Now, we can help!

Every Tuesday from 12:30 to 3:30 pm, Mike will be on hand to help you! Whether you need some assistance on how to use that new smart phone, or need help with accessing a service online, we will assist you!

This service is available by appointment only. Please call 701-255-4648 or stop by the Reception Desk to schedule your half-hour appointment. Please let the receptionist know what kind of assistance you need and bring your device, paperwork, or anything necessary for them to assist you. (Appointments will not be available on April 23.)



CURIOSITY STREAM

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

April 4: The Mystery of the Giant Birds

Giant birds once existed all around the world, yet none could fly! Go on a journey to far-off islands and discover the birds who lived alongside our ancestors.

April 11: The Tulip Bubble

Today, banks may be failing - but the economic crisis is nothing new. In 1637 Holland, tulip mania resulted in the first big bust in the history of booms.

April 18: Rebuilding Notre-Dame (Part 1) House of Cards

Built in the 12th Century, Notre-Dame is a pinnacle of Gothic architecture. Fire challenged its stability destroying the roof and wooden frame, yet it stands. Using 3-D animation and reenactments, scientists and architects unveil the cathedral's genesis and explore the structure behind the stone.

April 25: Rebuilding Notre-Dame (Part 2) The Heart of a Cathedral

Before the flames, the sacred monument Notre-Dame engaged all of the senses - with light, height and acoustics. Now, researchers strive to restore Notre-Dame's soul: unveiling its true painted stone and ensuring that the world's most famous organ will resound within the cathedral's walls.

April Events



Tuesday, April 2

- 10:00 am Punch and Fellowship
- 12:00 pm Lunch Served
- 12:30 pm Music with Milt Bradford
Door Prizes

No Special Sign Up for this Event. Meal reservations can be made at the Reception Desk or by calling 255-4648. Inside dining space is limited. You DO NOT need to eat lunch to come to the party. All Afternoon activities are cancelled for this special event.



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. Join us on Monday, April 15 at 1:00 pm in the Dining Room. The session will include:

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

Please call 255-4648 or stop by the Reception Desk to sign up for this session.

Are you turning 65 or new to Medicare?
Call your local licensed sales agent.



Amy Haugen
701-202-6104
(TTY: 711)

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ahaugen@humana.com



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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!!





OUT OF SIGHT IS NOT OUT OF REACH



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Burleigh County, North Dakota
Bismarck-Burleigh Public Health

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A limited supply of medication deactivation bags is available at Bismarck Burleigh Public Health.

Call 701.355.1597

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, April 17 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, April 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 Reception Desk or call 255-4648 to sign up.

CELEBRATION OF BIRTHDAYS & ANNIVERSARIES



Join us on Tuesday, April 2 for the April 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, April 9 from 1:00 - 4:00 pm and Tuesday, April 23 from 8:00 - 4:00 pm.

This group welcomes new members! If you are interested, please call Lori at 255-4648.

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! Sorry, no take-outs!

MOVIE DAY



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

April 5: *Home Sweet Carolina*, PG

Just as Diane, an overworked ad-exec from Los Angeles, burns out at work, she suddenly inherits a house in her rural South Carolina hometown. Hoping to start fresh, regain her bearings, and repair the fractured relationship with her older daughter, Diane moves cross-country with her two girls.

April 12: *Sound of Freedom*, PG-13

Based on the gripping true story of a man’s mission to rescue children from the darkest corners of the world. This action-packed drama shines a light on the harrowing reality of sex trafficking and the valiant efforts of those who work tirelessly to combat it.

April 19: *The Boys in the Boat*, PG-13

This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world as part of the 1936 Berlin summer games.

April 26: *The Ultimate Life*, PG

A billionaire with questionable priorities re-examines his *life* after discovering his grandfather's journal.

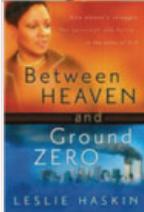
AGING WELL WORKSHOP: ELDER LAW AND ESTATE PLANNING

Join us for a webinar on Elder Law and Estate Planning presented by Susan E Johnson-Drenth, from JD Legal Planning in Fargo, ND.

This webinar, sponsored by NDSU Extension and SDSU Extension, will be shown on April 15 at 10:00 am. Participants will be provided with slides from the presentation.

Join Us for Activities!

BOOK CLUB



Book Club meets on Monday, April 29 at 1:00 pm in the Library. The book for discussion is **Between Heaven and Ground Zero** by Leslie Haskin. Arlene Having will lead the discussion. 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: A Second Chance at Life. On the sunny morning of Tuesday, September 11, 2001, terrorists murdered more than twenty-seven hundred people in an attack on New York City. Thousands died when a hijacked Boeing 767 slammed into Tower One of the World Trade Center. It was first blood. For Leslie Haskin, it was a second chance at life. This is the riveting account of Leslie's harrowing escape - down 36 floors in a doomed and dying building and away from a life focused on perks, prestige, and power. The intervening months brought crippling mental and emotional distress, but from the rubble and ashes, the corporate climber rediscovered the faith of her childhood and now embraces a new life of serving others.

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 Reception Desk and fill out the forms prior to your appointment.

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Lifelong Learning



Discovering Wellness Together

The Adult and Aging Services Section of ND Health and Human Services is providing **FREE** education on a variety of wellness topics. Each webinar will include a planned topic followed by an open discussion amongst the group. These sessions will be shown in the Senior Center Library. You may also join the conversation on your computer or mobile device on Zoom or by calling in on your phone. Stop by the Reception Desk or call 255-4648 to sign up or get log in information.

Thursday, April 18, 10:30 am:
Good Nutrition for Stress Management

Tuesday, April 23, 2:00 pm:
The Scoop on Processed Foods

Thursday, May 16, 10:30 am:
*Managing Celiac Disease and
Gluten Intolerance*

Tuesday, May 21, 2024, 2:00 pm:
*Tips and Tricks for Grocery Shopping
and Label Reading*

Tuesday, June 25, 2024, 2:00 pm:
Eating Healthy While Dining Out

Thursday, June 13, 10:30 am
Understanding Lactose Intolerance

Thursday, July 11, 10:30 am
Nutritional Management of Renal Disease

Your Contributions Make a Difference!

BCSAP NUTRITION PROGRAM

We rely on and appreciate your participation and support!

WHERE THE MONEY COMES FROM

WHERE THE MONEY GOES

REVENUE SOURCE	YEAR	MEAL CATEGORIES	ANNUAL COST
Project Income: 16.9%	2023	Congregate/Drive-Thru	\$1,825,682.91 <i>Project Income</i> = \$324,944.27
<i>Contributions from those receiving meals</i>		Home Delivered	
Medwaiver Meals: 3.7%		Medwaiver	
Ineligible Meals: 0.2 %		Ineligible	
Local Match: 22.7%		TOTAL MEALS: 152,911	
(Mill Levy and Other)	2022	Congregate/Drive-Thru	\$1,615,381.44
State & Federal Funds: 56.5%		Home Delivered	
		Medwaiver	
		Ineligible	
		TOTAL MEALS: 149,452	
Effective April 1, 2024, the suggested donation for a meal will be \$5.50.	2021	Congregate/Drive-Thru	\$1,376,105.48
This is a voluntary contribution. There is no obligation, and eligible individuals will not be denied a meal due to the inability or unwillingness to contribute.		Home Delivered	
The meal cost for those under 60 is \$12.00. Questions may be directed to the Executive Director at 255-4648.		Medwaiver	
		Ineligible	
		TOTAL MEALS: 132,305	

April Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hamburger on Bun Lettuce, Tomato, Pickles, Onion Confetti Coleslaw Potato Wedges Baked Apples	2 Baked Chicken Breast Glazed Sweet Potatoes Seasoned Green Peas Fresh Cantaloupe	3 Stuffing Topped Pork Chop Buttered Red Potatoes Broccoli & Cheese Sauce Fresh Banana Cornbread	4 Chicken Pot Pie Hotdish Mixed Vegetables Artichoke Salad Diced Pears Whole Wheat Biscuit	5 Porcupine Meatballs Mashed Potatoes Herbed Green Beans Diced Mangos Wheat Dinner Roll
8 Swiss Steak Buttered Red Potatoes Scandinavian Vegetable Blend Peaches and Pears	9 Chicken Marsala Mashed Potatoes Steamed Cauliflower Fresh Orange	10 Shrimp Scampi Wild Rice Pilaf Lemon Asparagus Fresh Fruit Salad	11 Oven Baked Ham Au Gratin Potatoes Peas and Carrots Mixed Berries with Whipped Cream	12 Open Face Hot Hamburger Chive Mashed Potatoes Country Vegetable Blend Snickers and Apple Salad
15 Herb Roasted Salmon Rosemary Potatoes CA Normandy Vegetable Blend Chilled Dark Cherries	16 Italian Pasta Bake Marinated Vegetable Salad Seasoned Zucchini Seasoned Fresh Fruit Whole Wheat Dinner Roll	17 Chicken & Black Beans Enchilada Bake Southwest Corn Shredded Lettuce and Pico de Gallo Oranges in Whipped Topping	18 Roast Beef Mashed Potatoes and Gravy Candy Corn Vegetable Medley Cranberry Peaches	19 Cornflake Chicken Company Potatoes Prince Edward Vegetable Blend Apricot Crisp
22 Baked Cod with Garlic Butter Lemon Dill Orzo Steamed Garden Vegetable Blend Applesauce	23 Taco Salad Tortilla Chips with Salsa and Sour Cream Mexican Fruit Salad	24 Chicken ala Orange Steamed Rice Oriental Vegetable Blend Vegetable Egg Roll Fresh Honeydew	25 Turkey Mornay Baked Potato with Sour Cream Parslied Carrots Fruit Cocktail Whole Wheat Biscuit	26 Meatloaf and Gravy Caramelized Onion Mashed Potatoes Capri Vegetable Blend Peach Cobbler
29 Beef Stuffed Pepper Parslied Potatoes Green Beans and Pimento Assorted Fruit Cups	30 Turkey Almondine Garlic Mashed Potatoes Herbed Zucchini and Yellow Squash Oranges and Pineapple	<p>Each meal is served with 8 oz. of 1% milk and 2 slices of bread (unless otherwise indicated).</p> <p>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: Frozen meals will be provided on Tuesdays. Call 255-4648 for information.

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 255-4648 (from 8:00 am to 3:30 pm)
 Home-Delivered Meal inquiries, please call 255-4648.

Suggested donation is \$5.50/meal. The meal price for those under 60 is \$12.00. 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.

April Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">1</p> 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	<p style="text-align: center;">2</p> 9:00 Strength Finders 9:15 BCSAP Advisory Committee Meeting 10:00 Spring Fling Party (see page 3) 12:30 Birthday/Anniversary Celebration 12:30 Computer/Tech Support No Afternoon Activities	<p style="text-align: center;">3</p> 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 / Bingo 1:00 Mahjong 1:30 Caregiver Connections	<p style="text-align: center;">4</p> 9:00 Strength Finders 9:30 Curiosity Stream: The Mystery of the Giant Birds 10:00 Strength Finders 12:45 Hand & Foot 1:00 BUNCO 1:00 Bridge 1:00 Cornhole	<p style="text-align: center;">5</p> 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
<p style="text-align: center;">8</p> 9:30 Art from the Heart 10:00 Strength Finders 10:00 AARP Smart Driver 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	<p style="text-align: center;">9</p> 9:00 Strength Finders 10:00 Making Equity Work For You 11:30 Dementia Care 12:30 Whist 12:30 Computer/Tech Support 12:45 Farkel 1:00 Quilting Group 1:00 Bridge 1:00 Variety of Games 1:00 Line Dancing	<p style="text-align: center;">10</p> 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:00 Mahjong 1:30 Caregiver Connections 1:30 Legal Services	<p style="text-align: center;">11</p> 9:00 Strength Finders 9:30 Curiosity Stream: The Tulip Bubble 10:00 Computer Basics 10:00 Strength Finders 11:00 Alliance Center for Hearing 12:45 Hand & Foot 1:00 Bridge 1:00 Cornhole Bookmobile	<p style="text-align: center;">12</p> 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
<p style="text-align: center;">15</p> 10:00 Strength Finders 10:00 Aging Well Workshop 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Senior Center Tour	<p style="text-align: center;">16</p> 9:00 Strength Finders 10:00 Art with Nicole 10:30 Hearing Loss Support Group 12:30 Whist 12:30 Computer/Tech Support 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Line Dancing	<p style="text-align: center;">17</p> 8:30 Caramel Rolls w/cop 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:00 Mahjong 1:30 Caregiver Connections 2:00 Aging Gracefully	<p style="text-align: center;">18</p> 9:00 Strength Finders 9:30 Yoga Talk 9:30 Curiosity Stream: Rebuilding Notre-Dame Part 1 10:00 Strength Finders 10:30 Good Nutrition for Stress Mgmt. 11:00 Walk this Way 12:45 Hand & Foot 1:00 BUNCO / Bridge 1:00 Cornhole 1:00 BCCA Meeting	<p style="text-align: center;">19</p> 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
<p style="text-align: center;">22</p> 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	<p style="text-align: center;">23</p> 8:00 Quilting Group 9:00 Strength Finders 10:00 Small Container Gardening 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Variety of Games 1:00 Line Dancing 2:00 Scoop on Processed Foods	<p style="text-align: center;">24</p> 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:00 Mahjong 1:30 Caregiver Connections	<p style="text-align: center;">25</p> 9:00 Strength Finders 9:30 Curiosity Stream: Rebuilding Notre-Dame Part 2 10:00 Strength Finders 1:00 Center Closes 5:00 Volunteer Appreciation Party No Afternoon Activities	<p style="text-align: center;">26</p> 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
<p style="text-align: center;">29</p> 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club	<p style="text-align: center;">30</p> 9:00 Strength Finders 12:30 Whist 12:30 Computer/Tech Support 12:45 Farkel 1:00 Bridge 1:00 Line Dancing	<p style="text-align: center;">DAILY</p> Coffee Bar: 8:00 -10:30 am Pool: 8:30 am - 4:00 pm SCHEDULE SUBJECT TO CHANGE. PLEASE CHECK IN ON 'MYSENIORCENTER' DAILY.		

Celebrate Your Inner Artist!

ART FROM THE HEART



Join Nina in the Craft Room on Monday, April 8 at 9:30 am as she leads us in painting Acrylic Boots.

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

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

ART WITH NICOLE



Join Nicole in the Craft Room on Tuesday, April 16 at 10:00 am as she leads us in painting Watercolor Gift Tags and Bookmarks.

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

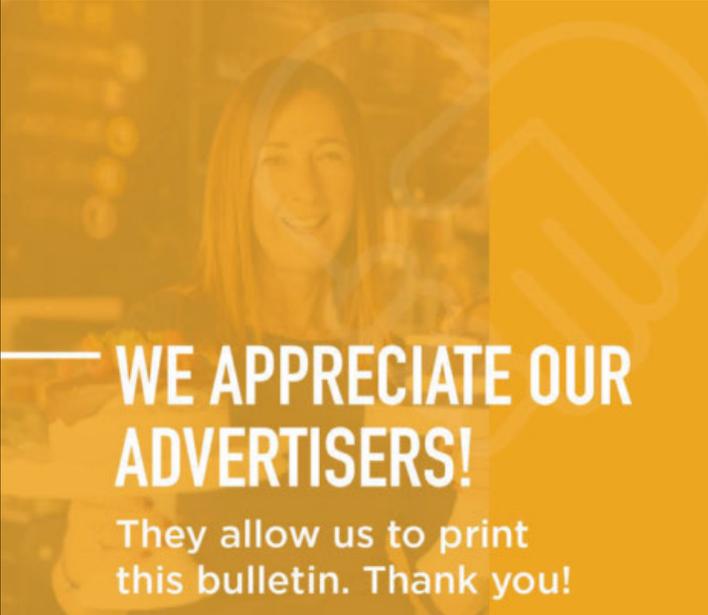
Stop by the Reception Desk or call 255-4648 to reserve your spot.

The BCSAP Volunteer Advisory Committee will meet on Tuesday, April 2 at 9:15 am in the Library.

The Senior Sentinel | 9



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Health & Wellness



FITNESS CLASSES

The current 8-week session of Fitness Classes runs through May 25. Registration for the next 8-week session (June 2 through August 3), will begin on May 6 at 9:00 am.

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 Fitness Room

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 Maxine Doll and Debbi Hegney. 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, April 17 at 2:00 pm in the Fitness Room.



Aging Gracefully allows participants to experience the joy 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 Reception 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, April 18 at 9:30 am, they will be presenting *Focus on Shoulders, Arms and Hands*.

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 Reception Desk or call 255-4648 to register.

WALK THIS WAY



Lace up your tennis shoes and pump up your heart! Join Katie Johnke on Thursday, April 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 Reception Desk or call 255-4648 to sign up.

Health & Wellness

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

TTY 711

Website:

carechoice.nd.assistguide.net

Email: carechoice@nd.gov

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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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, Bismark, 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 have Covid, RSV, the flu or another virus, please do not come to the Senior Center until you feel better and have been fever free for 24 hours. **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 you are new to the Center and don't have one, please stop by the Reception 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 Reception Desk if you have questions.

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 \$5.50. 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 \$12.00.

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.

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

Game Time!



FUN AND GAMES!



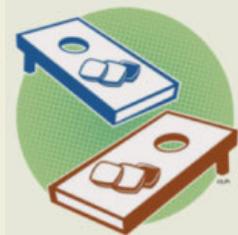
CARDS

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 Reception 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 in the Rec Room on Wednesdays from 10:30 - 11:30 am.

Please sign up at the Reception 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 April 9 and April 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 April 4 and April 18.

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 the 1st and 3rd Tuesday of each month in the South Conference Room. This month's dates are April 2 and April 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, April 16 at 10:30 am. This group meets in the Library. **Pre-registration is required. Stop by the Reception Desk or call 255-4648 to register.**

ALLIANCE CENTER FOR HEARING

Representatives from Alliance Center for Hearing will be at the Senior Center on Thursday, April 11, 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, April 3 at 10:00 am. This group is limited to 8 people. **Pre-registration is required. Stop by the Reception 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, April 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.

LEGAL SERVICES

Legal Services of North Dakota will be at the Burleigh County Senior Center on Wednesday, April 10 from 1:30 to 3:30 pm to meet with individuals by appointment only. **Call 701-222-2110, ext. 303 to schedule your appointment.**

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

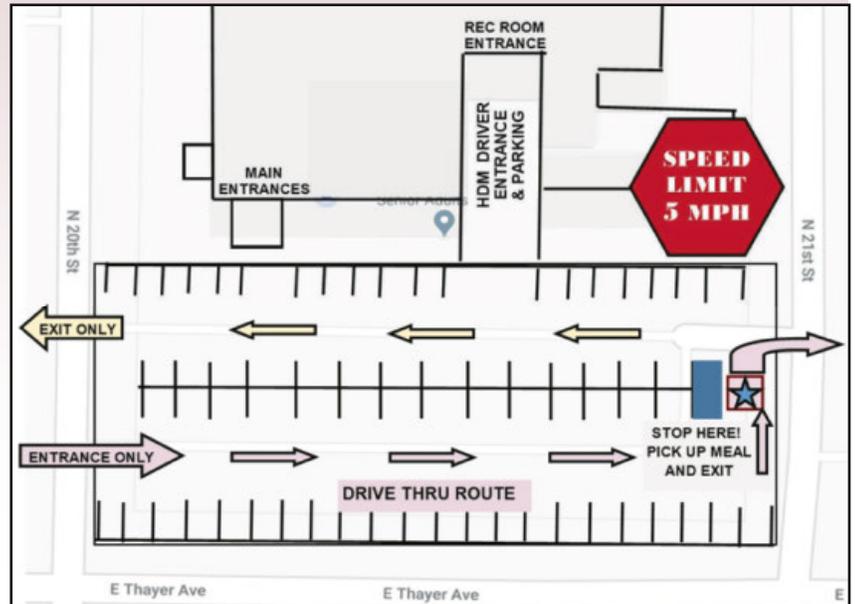
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 Concern!

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!



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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 Reception Desk or call 255-4648.



Featured Volunteers



RON SCHULZ

Ron Schulz has been a volunteer with the Burleigh County Senior Adults Program delivering meals for about 18 years. Currently he drives two days a week.

Ron was looking for something to do when he retired as a substation electrician for Western Area Power. He found there was a need for drivers at the Center and signed up.

Originally, Ron is from Marion, ND which is by Jamestown. His wife passed away in 2016, and they have two children. He has three grandsons who are now young adults.

In Ron's spare time he enjoys walking and going to the gym. When asked why he likes to volunteer at the Senior Center, he said, "I enjoy the people on my route". **Thank you, Ron for all you do!**

PEGGY KING

Peggy has been volunteering at Crescent Manor for the last three years. She is always willing to help out wherever she is needed, even when it's not the lunch hour.

In her free time she watches TV, does word searches and plays Bingo. She also enjoys visiting with others.

In 2019, she moved back home to North Dakota from Missouri. Peggy doesn't like to be bored so she then decided to help at the Crescent Manor meal site.

She grew up on a farm west of Mandan and has one brother, one son, and two grandchildren. She was involved with all kinds of chores on the farm. Her son has a trucking business in Missouri. **Thank you, Peggy for all you do!**

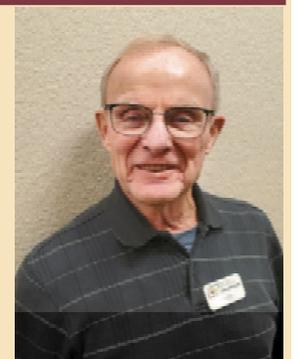


Special Thanks

FRED BROWNING

A special thank you to Fred Browning for choosing the Burleigh County Senior Adults Program to receive \$500 from the Chevrolet of Mandan Hometown Hero Program. In addition to delivering meals for the Burleigh County Senior Adults Program, Fred also volunteers at the Blood Bank, donates blood twice monthly, and does hospital visits for his church. Fred currently serves on the Burleigh County Council on Aging, was the past president of the local Bismarck AARP chapter, and assisted AARP Tax Aide in preparing state/federal tax returns for many years.

Thank you, Fred for giving your time and talents so generously!



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
- April 8: Wilton Foot Care Clinic
- May 13: Wing and Sterling Foot Care Clinics
- June 10: Wilton Foot Care Clinic
- July 25: Wing and Sterling Foot Care Clinics



An appointment is required for the Wilton, Wing and Sterling Foot Care Clinics. To schedule, please call 255-4648 at least one week in advance.

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Burleigh County Senior Adults Program, Bismark, ND

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 February 1-29, 2024.)

Geri Fleck

Chevrolet of Mandan
—Fred Browning

Dan and Pauline Baker



**In Memory of Freida Heiser
and Peggy Toepke**
—Kevin and Shelly Massick

In Honor of Jim Westberg
—Geneva Vetter

**In Honor of Marlene Knutson
and Kelly Hickel**
—Kaitlin 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



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: _____

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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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City: _____

State: _____ Zip Code: _____

Telephone: _____

Thank you for your support!



Corinna Glatt Julie Tanous
Nurse Practitioners

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Burleigh County Senior Adults Program, Bismarck, ND

G 4C 05-0634

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

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 Monday - Friday, 8:00 am to 4:30 pm

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 Nancy Olson, Crescent Manor Site Coordinator

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