



THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

Vol. 6 June, 2024

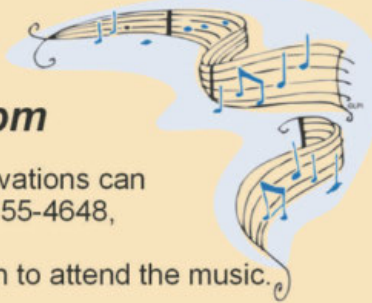
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Special EVENTS

Music by Randy Sutton
Tuesday, June 11 12:30-1:30 pm

No Special Sign Up for this Event. Meal reservations can be made at the Reception Desk or by calling 255-4648, Option 1. Inside dining space is limited. You DO NOT need to have a lunch reservation to attend the music.



Flag Day, Music by Colleen Reinhardt
Friday, June 14, 12:30-1:30 pm

Inside dining space is limited and reservations are required. Stop by Lori's desk in the Dining Room, or call her at 255-4648, Option 4 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 have a lunch reservation to attend the music. All other afternoon activities are cancelled.

Annual Indoor Picnic, Music by Jim Geiger
Thursday, June 27, 12:30-1:30 pm

No Special Sign Up for this Event. Meal reservations can be made at the Reception Desk or by calling 255-4648, Option 1. Inside dining space is limited. You DO NOT need to have a lunch reservation to attend the picnic.

Picnic



Lifelong Learning

RENAMING THE SENIOR CENTER

Members of the Burleigh County Council on Aging will be in the Dining Room on **Wednesday, June 5 at 10:00 am** to provide an update on the organization's renaming process.

As a follow up to this meeting, a name change brainstorming session will be held on **Wednesday, June 12, at 10:00 am**. Anyone interested in this process is invited and encouraged to attend.



10 WARNING SIGNS OF ALZHEIMER'S DISEASE

Memory loss that disrupts daily life may be a symptom of Alzheimer's Disease or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. Joan Danks from the Alzheimer's Association will be here on Tuesday, June 11 at 10:00 am to discuss these signs and symptoms.

AARP SMART DRIVER

On Monday, June 17, 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 this 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 226-5956 to register.



CURIOSITY STREAM

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

June 6: Rivers Above the Canopy

The Amazon's "beating heart" trees, which pump out billions of tons of water vapor, are vital to the Earth's environmental balance. What if this phenomenon vanishes? It's a scientific race to uncover the climate impact and address human responsibility.

June 13: Raccoons: Survival Warriors

All over the world, while many species are under threat of extinction, raccoons are experiencing an unprecedented expansion. Behind their innocent, cute look hides an outstanding survivor's temperament. When it comes to feeding and defending themselves, raccoons are capable of anything.

June 20: Sharks: The Big Five

The ocean has its own Big Five. Featuring great whites, hammerheads, tigers, bulls, and the intimidating whale shark, this is the ultimate shark show.

June 27: NO CURIOSITY STREAM

CAKE KITS

You may have noticed the cake mixes, frosting and supplies piled high in the Dining Room. Senior Center patrons have been donating these items and cash to make Birthday Cake kits for those in our community who are less fortunate.

We are collecting items for this project until June 19. You may donate cake mixes, frosting, sprite, or cash to this project. Any cash donated will be used to purchase items for the project.

On Monday, June 24 at 9:30 am, the cake kits will be assembled and then staff from the Abused Adult Resource Center will pick them up for distribution. Everyone is welcome to help with this fun project! Please let Lori know if you would like to help with assembly!

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

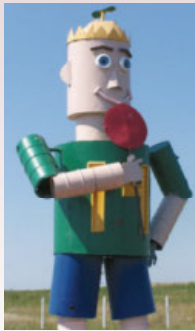
Day Trips

ENCHANTED HIGHWAY, ENCHANTED CASTLE, HETTINGER COUNTY MUSEUM

The Enchanted Highway is a 32-mile stretch of highway from Exit 72 on I-94 to Regent, ND. This trip will feature the eight scrap metal sculptures along the route and end at the Enchanted Castle and Hettinger County Museum.

Join us for this fun tour on Monday, June 10. The bus will leave promptly at 8:30 am and return by 4:30 pm. Lunch will be had on the route and will be at your own expense.

The cost for this trip is \$25, is non-refundable, and must be paid at time of registration. A signed waiver is required. Eighteen participants are required for this trip. Deadline for registration is Monday, June 3.



GLIMPSE OF THE PRAIRIE, MENOKEN

Glimpse of the Prairie is a mother-daughter business located on the prairies of North Dakota. Their desire for a simple but unique life has developed into an opportunity to do what they love everyday.

Join us on this tour on Tuesday, June 18. The bus will leave the Senior Center promptly at 1:00 pm and will return by 3:00 pm

There is no cost for this trip, however participants must sign a waiver. Eighteen participants are required for this trip. Deadline for registration is Tuesday, June 11.



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Help Older Adults In Your Community

In Partnership with AmeriCorps Seniors and LSS of MN in Burleigh Co, we are seeking volunteers to provide companionship to older adults via in-home, phone or virtual means. Tax free stipends are given to members of this program who qualify. Please contact Becky at 701.389.2293 or Becky.Telin@lssmn.org for more information and to make an impact in your community!!



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Burleigh County Senior Adults Program, Bismark, 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, June 19 at 10:00 am to discuss current scams and issues to be aware of in our community.

COMPUTER & PHONE BASICS

Staff from the ND Center for Independent Living, will be in the **South Conference Room** on Thursday, June 13 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, June 4 for our monthly 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, June 11 from 1:00 - 4:00 pm and Tuesday, June 25 from 8:00 - 4:00 pm.

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

June 7: Silver Wolf, PG

Jesse is a 16-year-old who is trying to put his life back together after the death of his father, who died while trying to rescue him in the wilderness. Jesse goes to live with his Uncle Roy, who lives in the rugged mountains of Washington State. While exploring, Jesse finds and rescues a wolf who has been seriously wounded. He bonds with the animal, and Roy reluctantly allows Jesse to keep him.

June 14: No Movie

June 21: Ordinary Angels, PG

A struggling hairdresser moves mountains to help a girl waiting for a liver transplant, and sets in motion an inspiring tale of faith, everyday miracles, and ordinary angels.

June 28: Midnight Stallion, PG

When Jack needs money to save his farm, his teenage daughter Megan adopts a wild horse and trains it to compete in a high-stakes race.



GET FAMILIAR WITH THE SENIOR CENTER



Ever wonder what goes on at 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 our tour guides, Nanc and Norma on Monday, June 17 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.

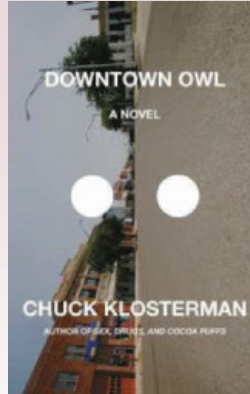
Lifelong Learning



Book Club meets on Monday, June 24 at 1:00 pm in the South Conference Room. The book for discussion is ***Downtown Owl***, by Chuck Klosterman.

Arlene Havig 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.



Downtown Owl, By Chuck Klosterman Residents of Owl, North Dakota, are hopelessly behind the times. They completely missed the punk movement and they don't even have cable. Klosterman follows three Owl residents: achingly normal high school football player Mick, 73-year-old Horace, and Julia -- a new resident who wants to shake things up, and soon falls in love with a bison farmer.

The BCSAP Volunteer Advisory Committee will meet on Tuesday, June 4 at 9:15 am in the Library.

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Burleigh County Senior Adults Program, Bismarck, ND

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Lifelong Learning

DISCOVERING WELLNESS TOGETHER



The Adult and Aging Services Division 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, June 13, 10:30 am
Understanding Lactose Intolerance

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

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

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 3:00 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.

BACKSEAT DRIVER

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen.



"Careful," he said,
"CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!"

The wife stared at him, "What in the world is wrong with you? You think I don't know how to fry a couple of eggs?"

The husband calmly replied, "I just wanted to show you what it feels like when I'm driving." ©LPi



June Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Kiev Tri-Colored Potato Medley Glazed Carrots Peaches	4 Ginger Apple Pork Roasted Red Potatoes Seasoned Zucchini Strawberry Applesauce Dinner Roll	5 Sweet & Sour Chicken Fried Rice Seasoned Broccoli Florets Vegetable Egg Roll Fresh Orange Fortune Cookie	6 Roast Beef Mashed Potatoes & Gravy Roasted Vegetables Pears	7 Fish & Chips (Walleye & Waffle Fries) Powerslaw Whipped Gelatin Salad
10 French Chicken Macaroni & Cheese Italian Vegetable Blend Fruit Cocktail Dinner Roll	11 Salisbury Steak Masted Potatoes & Gravy Key West Vegetable Blend Fresh Fruit Cup	12 Oven Fried Chicken Chive Mashed Potatoes & Gravy Seasoned Peas Fresh Pear Dinner Roll	13 Meatloaf & Gravy Fingerling Potatoes Candy Corn Vegetables Apples	14 Flag Day/Fathers Day Bratwurst with Sauerkraut Company Potatoes Seasoned Beets Peach Crisp Bun
17 Glazed Ham Scalloped Potatoes Peas & Carrots Blushing Pineapple	18 Chicken Fajita Cilantro Lime Rice Southwest Corn Mexican Fruit Salad Wheat Tortilla	19 BBQ Ribs Baked Sweet Potato Mixed Vegetable Blend Fresh Honeydew Garlic Toast	20 Cranberry Meatballs Potatoes & Onions Stir Fry Vegetable Blend Fresh Apple	21 Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Pears & Blueberries
24 Stuffed Cabbage Roll Mashed Potatoes Green Beans Almondine Dark Cherries	25 Berry Burst Chicken Salad Fresh Fruit Salad Garlic Breadstick	26 Braised Pork Chop Garlic Mashed Potatoes Cabbage & Carrots Fruit Compote	27 Annual Picnic BBQ Beef Brisket Calico Beans Broccoli Salad Corn Muffin Red, White & Blue Fruited Trifle	28 Dijon Chicken Summer Corn Pilaf Steamed Summer Squash Fruited Mallow Gelatin Dinner Roll

Each meal is served with 8 oz. of 1% milk and 2 slices of whole grain bread (unless otherwise indicated).
 Coffee and water is served at meal sites.
MENU IS SUBJECT TO CHANGE!

NUTRITION PROGRAM INFORMATION:

Burleigh County Senior Center: Drive-Thru Meal Service from 11:15 am to 11:45 am
 Congregate Meal Service from 12:00 pm to 12:30 pm
 Crescent Manor: Congregate Meal Service at 11:45 am; Take-Out Meal Service at 12:15 pm
 Rural Burleigh County: Frozen meals are delivered on Tuesdays. Call 255-4648, Option 2 for information.

MEAL RESERVATIONS: Call at least one day in advance.
 Burleigh County Senior Center 255-4648, Option 1 (from 8:00 am to 3:30 pm)
 Crescent Manor 258-6646 (from 10:00 am to 2:30 pm)
 Home-Delivered Meal inquiries, please call 255-4648, Option 2.

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.

June Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Art with Alice 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	4 9:00 Strength Finders 9:15 Advisory Committee 12:30 Whist 12:30 Comp/Tech Support 12:30 Birthday-Anniversary Celebration 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Hand & Foot 1:00 Line Dancing	5 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Renaming Center 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	6 9:00 Strength Finders 9:30 Curiosity Stream 10:00 Strength Finders 1:00 Hand & Foot 1:00 Bridge 1:00 BUNCO 1:00 Cornhole	7 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
10 8:30 Enchanted Hwy Day Trip 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 2:00 Ballroom Dancing	11 9:00 Strength Finders 10:00 Art with Nicole 10:00 Alzheimer's Disease 11:30 Dementia Care 12:30 Music 12:30 Whist 12:30 Comp/Tech Support 12:45 Farkel 1:00 Bridge 1:00 Variety of Games 1:00 Line Dancing 1:00 Hand & Foot 1:00 Quilting Group	12 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Renaming 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	13 9:00 Strength Finders 9:30 Curiosity Stream 9:30 Yoga Talk 10:00 Strength Finders 10:00 Computer/Phone Basics 10:30 Lactose Intolerance 11:00 Alliance Center for Hearing 11:00 Walk this Way 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole Bookmobile	14 FLAG DAY 9:30 Chair Yoga 10:45 Strength Finders 12:30 Music No Afternoon Activities
17 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 1:00 Senior Center Tour	18 9:00 Strength Finders 10:30 Hearing Loss Group 12:30 Whist 12:30 Comp/Tech Support 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Hand & Foot 1:00 Line Dancing 1:00 Glimpse Day Trip	19 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 2:00 Aging Gracefully	20 9:00 Strength Finders 9:30 Curiosity Stream 10:00 Strength Finders 1:00 Hand & Foot 1:00 Bridge 1:00 BUNCO 1:00 Cornhole	21 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
24 9:30 Cake Kits 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club	25 9:00 Strength Finders 8:00 Quilting Group 12:30 Whist 12:30 Comp/Tech Support 12:45 Farkel 1:00 Bridge 1:00 Hand & Foot 1:00 Variety of Games 1:00 Line Dancing 2:00 Eating Healthy	26 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	27 9:00 Strength Finders 9:30 Yoga Talk 10:00 Strength Finders 12:00 Indoor Picnic 12:30 Music 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole 1:00 BCCA Meeting	28 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
July 1 12:45 5 Crowns 1:00 Pinochle	July 2 12:30 Whist 12:30 Comp/Tech Support 12:45 Farkel 1:00 Bridge/Hand & Foot 1:00 Trivia	July 3 8:30 Caramel Rolls 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons No Afternoon Activities	July 4 CLOSED	July 5 CLOSED
No Fitness Classes week of July 1 - 5			DAILY Coffee Bar: 8:00 -10:30 am Pool: 8:30 am - 4:00 pm SCHEDULE SUBJECT TO CHANGE.	

Celebrate Your Inner Artist!



ART FROM THE HEART

Join Nina in the Craft Room on Monday, June 10 or Monday, June 17 at 9:30 am as she leads a class in painting Trees.

There is a 10 person limit for each class 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. Participants are limited to attending one class from Nina per month.

ART WITH NICOLE

Join Nicole in the Craft Room on Tuesday, June 11 at 10:00 am as she leads the class in painting this Folk Art inspired watercolor.

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.



CRAFTY ART WITH ALICE

Join Alice in the Craft Room on Monday, June 3 at 9:00 am as she leads a class in creating this funky Spring Chicken.

There is an 8 person limit for this class 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.

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Health & Wellness

FITNESS CLASSES

The current 8-week session of Fitness Classes runs through August 3. Registration for the next 8-week session (August 4 through October 5), will begin on July 15 at 9:00 am. Fitness classes will NOT be held the week of June 30 through July 6 due to the 4th of July holiday.



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, June 19 at 2:00 pm in the Fitness Room.



Aging Gracefully allows participants to experience the joy and benefits of movement set to music. Participants engage their minds and bodies in this seated or standing class, using dance to increase balance, cognition, motor skills and physical confidence. This class is led by Taryn Jonson from Northern Plains Dance.

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! June presentations include:

Thursday, June 13 at 9:30 am

Understanding Commonly Used Yoga Terms

Thursday, June 27, 9:30 am

Firing Up for Summer with Yoga

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, June 13 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.

DID YOU KNOW...

You can use the Fitness Room on your own?

The Fitness Room is available between classes for individual use. You may use the stationary bicycles, DVDs and weights.

You can use the Fitness Room as a starting point for walking laps?

Twenty laps around the Dining Room equals one mile! What a great way to get your steps in!

Please stop by the Reception Desk if you need assistance!

Health & Wellness

BALLROOM DANCING BASICS

Ballroom dancing is a fun and engaging activity that offers a wide range of benefits for individuals of all ages and skill levels. Beyond the enjoyment of learning and performing various dance styles, ballroom dancing can significantly impact one's physical, mental, and social well-being. Ballroom dancing improves fitness, relieves stress, improves cognitive function, boosts self confidence and self esteem, promotes a state of mindfulness and provides opportunities for connections.

This class, led by Taryn Johnson, from Northern Plains Dance will be held on Monday, June 10 at 2:00 pm in the Fitness Room.

Registration is limited to 20 participants. Please sign up at the Reception Desk or call 255-4648. (Participants do not need a partner.)

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.



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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

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.

BOOK MOBILE/SENIOR CENTER LIBRARY

On the 2nd Thursday of each month, the Burleigh County Bookmobile brings large print books to the Senior Center. If you would like to check out a book, stop by the Dining Room Desk. Books are on a 25 day loan and must be returned to the Senior Center when you are done. The Senior Center Library has books for check out. 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.

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.

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.

Like Us on Facebook!

Go to Facebook.com/
BismarckSeniorCenterND
and like our page to view all the
latest updates and
upcoming events going on at the
Burleigh County Senior Center!

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.

Game Time!



FUN AND GAMES!



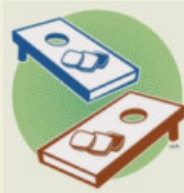
CARDS

Pinochle: 1:00 pm,
Monday, Wednesday, Friday
Bridge: 1:00 pm, Tuesday, Thursday
Hand & Foot: 1:00 pm, Tuesday, 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.



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 June 11 and June 25 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 June 6 and June 20.

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 June 4 and June 18 at 1:00 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!



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?



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 two (2) people per session. Must sign up monthly.

**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, June 18 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, June 13, 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, June 5 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, June 11 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, June 12 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 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

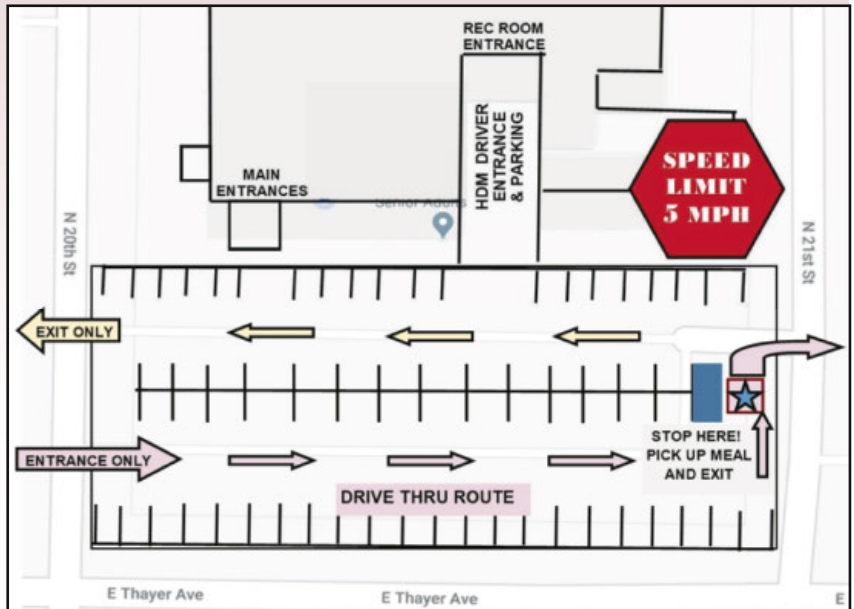
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 priority!

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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**SUPPORT THE
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that Support our
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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



BARB GRESS

Barb has been volunteering at the Senior Center for a little over a year. Barb carries trays for those that cannot go through the line and clears tables after lunch as well. When that is done, Barb washes the tables in the dining room.

A friend of Barbs suggested she get out and go to the Senior Center. Barb started coming one to two times a week and enjoyed it so much, now comes every day!

In Barb's free time she enjoys gardening, her flowers, going to the Rodeo and the PBR, and reading. She also enjoys spending time with her grandchildren! Barb has one son and one daughter, four grandsons, one granddaughter, and two great grandchildren.

Barb grew up in Flasher, ND, as her father worked for Mor-Gran-Sou Electric Cooperative. Barb likes the number 7! She worked seven years at Walmart, seven years at Lowe's, and seven years at Pride! Barb loves meeting and talking to people at the Senior Center and says everyone is so welcoming. Barb thinks the food is AWESOME too!

Thank you, Barb, for all you do!

BERNICE FRIED

Bernice has been volunteering at the Crescent Manor meal site for over eight years.

Bernice carries trays for those that cannot, pours coffee and helps with the check in process.

Bernice enjoys sewing, making quilts and doing other crafts. Bernice worked for many years as a seamstress at ThermoCool. She enjoys spending time with her family and friends and always finds a good excuse to go out for a meal!

Bernice has three children, six grandchildren and three great grandchildren.

Being able to help others is the reason Bernice volunteers her time!

Thank you, Bernice for your service!



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, Option 3.

Upcoming Foot Care Clinics:

— June 10: Wilton Foot Care Clinic

— July 22: Wing Foot Care Clinic

— July 23: Sterling Foot Care Clinic



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

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Thank You to Our Donors

We sincerely thank the following individuals and/or businesses for their generous donations.
(Listed donations were received between April 1-30, 2024.)

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In Memory of Albert & Alice Delzer
—Steve Delzer

In Honor of Marlene Knutson & 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:

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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:

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Thank you for your support!



Corinna Glatt Julie Tanous
Nurse Practitioners

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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

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 free of charge, please complete this form and return
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