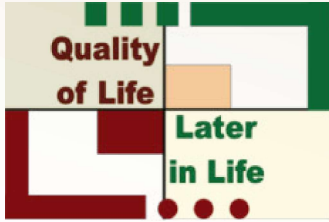


THE

SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 9 September, 2024



Please Note: Sign up for September meals and activities will begin on August 23.

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Lifelong Learning

GENEALOGY 101

Do you ever wonder about your family history and your ancestors? Join Pennie Eiben on Tuesday, September 24 at 10:00 am as she provides a crash course on Genealogy 101. Information on how to start and the process of tracing your family history will be provided.

FALL PREVENTION

Fall prevention is an important topic to consider as you get older. Physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely as you age. In fact, falls are a leading cause of injury among older adults. Join Lauren Milovitch -Sera, PT, DPT from Optimum Therapies on Tuesday, September 10 at 10:00 am for more information on how you can help yourself to prevent falling.

FALL RISK SCREENINGS

University of Mary third year physical therapy students are offering free fall risk screenings on Monday, September 23 from 1:00 to 3:00 pm and Tuesday, September 24 from 9:00 to 11:00 am. Brief assessments of balance, strength and mobility will be completed to determine individual fall risk and recommendations. Please join us for this event and take proactive steps toward preventing falls and ensuring a safer healthier lifestyle.

Please call 255-4648 or stop by the Client Services Desk (located in the Senior Center Lobby) to sign up. Walk ins are also welcome.

FALL PREVENTION EXERCISE CLASS

Learn exercises to reduce the risk of falls. University of Mary third year physical therapy students are offering two classes geared towards balance and strength exercises that reduce the risk of falls. In addition to exercises, information on other fall prevention measures will be provided. Please join us for this fun and engaging class on Monday, September 30 at 1:00 pm or Tuesday, October 1 at 10:00 am.

There is a limit of 12 people per class. Please call 255-4648 or stop by the Client Services Desk (located in the Senior Center Lobby) to sign up.

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, he can help!

On Tuesday, September 3 and Tuesday, September 17 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, he will assist you.

This service is available by appointment only. Please call 701-255-4648 or stop by the Client Services Desk (located in the Senior Center Lobby) to schedule your half-hour appointment. Please let us know what kind of assistance you need and bring your device, paperwork, or anything necessary for him to assist you.

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, September 16 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 Client Services Desk (located in the Senior Center Lobby) to sign up for this session.



Day Trips

WELLNESS WALK

Join Katie Johnke with Bismarck-Burleigh Public Health on Wednesday, September 25, as you “walk your way to wellness” to improve your health by exploring the educational nature trails our community has to offer. Featuring Bismarck Rotary Arboretum and Bill Mills Nature Trail. Both are gravel walking paths. The walk will end with conversation and refreshments!

The bus will depart promptly at 12:45 pm and return by 3:15 pm. There is no cost and a limit of 14 for this trip. Please call 255-4648 or stop by the Client Services Desk (located in the Senior Center Lobby) to sign up. A signed waiver will be required prior to departure for this trip.



FRONTIER VILLAGE, JAMESTOWN ND

Join us for a trip to Frontier Village in Jamestown, ND on Tuesday, September 10 from 8:30 am to 4:30 pm. Original buildings from the frontier villages of North Dakota are located at the Frontier Village in Jamestown, ND, and are filled with antiques and artifacts, creating informative historical displays.

Learn about the beloved western author when you visit the Louis L'Amour writer's shack. Walk through the Northern Pacific Railroad Depot (1880), explore the Frontier School, Church, and Bank. Closely connected to the village are both the North American Bison Discovery Center, and the World's Largest Buffalo monument.

The cost is \$30 per person and a limit of 14 for this trip. The bus leaves the Senior Center at 8:30 sharp. Payment and a signed waiver is due when you sign up. No refunds. Stop by the Client Services Desk (located in the Senior Center Lobby) to sign up.

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



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

Monday - Friday, 8 a.m - 5 p.m.
ahaugen@humana.com



— NEED HELP! —

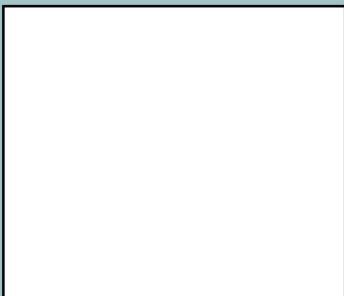
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A limited supply of medication deactivation bags is available at Bismarck Burleigh Public Health.

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, September 18 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, September 12 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 call 255-4648 or stop by the Client Services Desk (located in the Senior Center Lobby) to sign up for this session.

CELEBRATION OF BIRTHDAYS & ANNIVERSARIES

Join us on Tuesday, September 3 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, September 10 from 1:00 - 4:00 pm and Tuesday, September 24 from 1:00 - 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.



SPECIAL MUSIC

The Brackett Family Band

Thursday, September 19

12:30 pm

**Put on Your Dancing Shoes
and Let's Have Some Fun!**

MOVIE DAY



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

September 6: *The Final Season*, PG-13

The true story of a baseball coach who inspired his team and brought hope to a town when they needed it most. In a small town in Iowa, everyone comes together for high school baseball. As life throws curve balls, the passionate young players, their rookie coach and the hometown fans find that life's greatest challenges strike off the diamond.

September 13: *End of the Rope*, PG-13

Based on the infamous true crime story behind the Charles Bannan case of 1931: when an entire family in North Dakota mysteriously disappears, suspicion—and a thirst for vengeance—soon lands on a sociopathic farmland.

September 20: *Fluke*, PG

Matthew Modine, Nancy Travis and Eric Stoltz come together in a romantic and remarkable tale about a man who must begin his life over ...as a dog!

September 27: *A Nashville Wish*, PG-13

A talented young country singer dreams of nothing but going to Nashville to become a music star and dating the most popular cheerleader in high school. As the stars would it, his music career takes off at the same time as their relationship, but she doesn't share his love of music. He refuses to compromise in this coming-of-age story of true love and following your destiny.

Nutrition Education

WELL-BEING COURSE AT THE SENIOR CENTER

Join Shelly Kuntz from NDSU Extension for these informative sessions on nourishing yourself. Participants age 55+ will learn how to eat more nutritiously and be more physically active to reduce the risk of developing chronic diseases. Each class will include a hands-on activity, time for discussion and a food sample. Each session will be held from 10:00—11:00 am.

Registered participants who complete six of the seven classes will be provided prizes and a certificate.

Register by going to www.ag.ndsu.edu/nourish, or call Shelly Kuntz, Burleigh County Extension at 701-221-6865.



NDSU | EXTENSION

July 16: Nourish Your Skin and Sun Safety

August 13: Nourish Your Bones

August 27: Nourish Your Brain

September 17: Nourish Your Digestive System

October 1: Nourish Your Heart

October 14: Nourish Your Sleep

November 18: Nourish Your Eyes/
Diabetic Retinopathy

The Senior Sentinel | 5

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Nutrition Education & Information

DISCOVERING WELLNESS TOGETHER

NDHHS Adult and Aging Services Division provides **FREE** education on a variety of wellness topics. These webinars 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 Client Services Desk (Located in the Senior Center Lobby) or call 255-4648 to sign up or get login information.

Thursday, September 12, 10:30 am
***Nutrition and Lifestyle for
Alzheimer's Prevention***

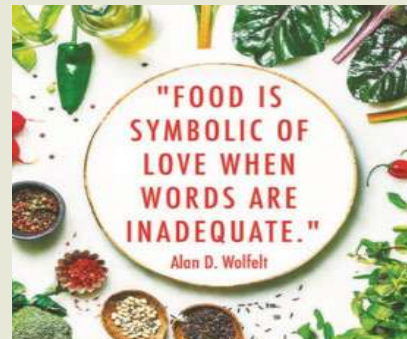
Tuesday, September 17, 2:00 pm
Food Safety at Home

Thursday, September 19, 2:00 pm
The Impact of Alcohol on Blood Sugar

SCANDINAVIAN FOODS CLASS: MAKING LEFSE!

Wear your sweater or flannel! This is how we roll. Join Katie Johnke from Bismarck-Burleigh Public Health and Shelly Kuntz from NDSU Extension-Burleigh County, on September 23 at 9:00 am as they gather together for an age-old Norwegian tradition: lefse making.

There is a limit of 18 people for this class. Please call 255-4648 or stop by the Client Services Desk (located in the Senior Center Lobby) to sign up.



BCSAP NUTRITION PROGRAM INFORMATION

The BCSAP Nutrition Program offers a variety of meal options for older adults. Congregate meals, drive-thru/take out meals, home delivered meals and frozen meals are all options for you to choose from.

Congregate Meals are provided in a group setting with an opportunity for socializing with others. Congregate meals are available Monday through Friday at the Burleigh County Senior Center and Crescent Manor in Bismarck.

Drive Thru/Take Out Meals are available to those who choose to not participate in a congregate setting. These meals may be picked up by the client, or a family member, friend, case manager, etc. Drive Thru/Take Out meals are available Monday through Friday at the Burleigh County Senior Center and Crescent Manor in Bismarck.

Home-delivered Meals (hot and/or frozen) are provided to clients within Burleigh County. Within Bismarck city limits, meals are delivered Monday through Friday. Outside of city limits, meals are delivered weekly.

Frozen Meals are available for weekends and evenings. These meals are flash frozen at the Burleigh County Senior Center and are a great alternative to those found in the grocery store.

Under the Older Americans Act, every meal served must provide at least one third of the daily nutrition needs for older adults. They must also include a food item from every food group. Each meal includes:

- Protein – minimum of 3 ounces
- Vegetables – 2 servings
- Fruit – 1 serving
- Whole Grains – 2 servings
- Dairy – 1 serving

Suggested donation is \$5.50/meal. The meal price for those under 60 is \$12.00. SNAP/EBT and credit/debit cards are accepted. No one is denied meals due to their inability or unwillingness to make a donation.

OAA federal regulations require individuals age 60 and older to complete a meal assessment to participate in the Nutrition Program. Meal Clients are required to update their assessment annually. Individuals are notified when their assessment is due for updating.

(Continued on the bottom of page 7.)

September Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED LABOR DAY	3 Manhattan Meatballs Chive Mashed Potatoes Sugar Snap Peas Asst. Fruit Cups	4 Egg Salad Sandwich on WG Croissant Lettuce, Tomato, & Pickle Spear Confetti Coleslaw Peaches & Pears	5 Hotdog on WG Bun Marinated Cucumber Salad Cowboy Baked Beans Waldorf Salad	6 Chef Salad Baked Roll Fresh Banana
9 Shrimp Scampi Wild Rice Pilaf Lemon Asparagus Strawberry Apple Sauce	10 Strawberry Fields Salad WG Blueberry Muffin Fresh Seasonal Fruit	11 Lasagna Italian Vegetable Blend Side Salad WG Garlic Toast Fresh Apple	12 BBQ Pork on WG Bun Sweet Potato Waffle Fries Steamed Peas Heavenly Fruit Salad	13 Tuna Salad Sandwich Lettuce, Tomato, & Pickle Spear Marinated Vegetable Salad Sliced Peaches
16 Lemon Pepper Tilapia Rosemary Potatoes Glazed Baby Carrots Asst. Fruit Cups	17 Chicken Caesar Salad Pretzel Breadstick Fresh Seasonal Fruit	18 Cheese Manicotti with Meat Sauce CA Normandy Vegetable Blend WG Garlic Breadstick Fresh Plum	19 Roast Beef Mashed Potatoes & Gravy Green Bean Medley Summer Fruit Salad	20 Ham Salad Sandwich on WG Croissant Lettuce, Tomato & Pickle Spear Potato Salad Pear Cobbler
23 Beef Taco Salad WG Tortilla Chips Salsa & Sour Cream Blushing Pineapple	24 Chicken Parmesan Side Salad Roasted Brussel Sprouts Oranges with Whipped Cream WG Garlic Toast	25 Chicken Salad Sandwich of WG Bun Lettuce, Tomato Pickle Spear Cucumber Tomato Salad Fresh Seasonal Fruit	26 BBQ Ribs Baked Beans Glazed Sweet Potato Apple Crisp Corn Muffin	27 Fish & Chips (Walleye Strips & Steak Fries) Coleslaw Fruited Mallow Gelatin
30 Turkey Wild Rice Salad on Lettuce Leaf Celery & Carrot Sticks with Ranch Dressing WG Blueberry Muffin Apple Sauce	<p>Please excuse our mess while we remodel our dishroom! We expect this project to be completed by the end of September. Thank you!</p>		<p>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!</p>	

MEAL RESERVATIONS (continued from page 6)

PLEASE CALL AT LEAST ONE DAY IN ADVANCE TO MAKE A RESERVATION OR CANCEL YOUR MEAL!

- For Congregate, Drive Thru or Frozen meals at the Burleigh County Senior Center, call 255-4648, Option 1 or stop by the Client Services Desk located in the Senior Center Lobby (from 8:00 am to 3:30 pm)
- For home delivered meals, including meals for rural Burleigh County residents, call 255-4648, Option 2
- For Congregate or Take out meals at Crescent Manor, call 258-6646 (from 10:00 am to 2:30 pm)

MEAL SCHEDULE

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
Home Delivered Meals:	Meals are delivered between 10:30 am and 12:00 pm
Rural Burleigh County Meal Delivery:	Wing, Sterling, Driscoll, Regan: Meals are delivered on Tuesdays between 10:30 am and 12:30 pm Other rural areas: Delivery/pick up arrangements are made with each client.

September Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 CLOSED LABOR DAY</p>	<p>3</p> <p>9:00 Strength Finders 12:30 Comp/Tech Support 12:30 Whist 12:30 Birthday/ Anniversary Celebration 12:45 Farkel 1:00 Bridge 1:00 Hand & Foot 1:00 Trivia 1:00 Line Dancing</p>	<p>4</p> <p>8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Low Vision Group 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>	<p>5</p> <p>9:00 Strength Finders 9:30 Curiosity Stream 10:00 Strength Finders 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole 1:00 BUNCO</p>	<p>6</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>9</p> <p>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</p>	<p>10</p> <p>8:30 Frontier Village Tour 9:00 Strength Finders 10:00 Fall Prevention 10:00 Art with Nicole 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Variety of Games 1:00 Line Dancing 1:00 Hand & Foot 1:00 Quilting Group</p>	<p>11</p> <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>	<p>12</p> <p>9:00 Strength Finders 9:30 Curiosity Stream 9:30 Yoga Talk 10:00 Strength Finders 10:00 Computer/Phone Basics 10:30 Alzheimer's Prevention 11:00 Alliance Center for Hearing 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole Bookmobile</p>	<p>13</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>16</p> <p>9:00 Fitness Class Registration 9:30 Art from the Heart 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Senior Center Tour</p>	<p>17</p> <p>9:00 Strength Finders 10:00 Nourish Your Digestive System 10:30 Hearing Loss Group 12:30 Whist 12:30 Comp/Tech Support 12:45 Farkel 1:00 Bridge / Trivia 1:00 Hand & Foot 1:00 Line Dancing 2:00 Food Safety at Home</p>	<p>18</p> <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>	<p>19</p> <p>9:00 Walk This Way 9:00 Strength Finders 9:30 Curiosity Stream 10:00 Strength Finders 12:30 Music: Brackel Family Band 1:00 Hand & Foot 1:00 Bridge 1:00 BUNCO 1:00 Cornhole 2:00 Impact Alcohol on Blood Sugar</p>	<p>20</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>23</p> <p>9:00 Making Lefse 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Fall Risk Screening</p>	<p>24</p> <p>9:00 Strength Finders 9:00 Fall Risk Screening 10:00 Genealogy 101 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Hand & Foot 1:00 Variety of Games 1:00 Line Dancing 1:00 Quilting Group</p>	<p>25</p> <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 12:45 Wellness Walk 1:00 Pinochle / Bingo 1:00 Mahjong 1:30 Caregiver Connections</p>	<p>26</p> <p>9:00 Strength Finders 9:30 Yoga Talk 9:30 Curiosity Stream 10:00 Strength Finders 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole 1:00 BCCA Meeting</p>	<p>27</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>30</p> <p>10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Fall Prevention Exercise Class 1:00 Pinochle 1:00 Book Club</p>			<p>DAILY Coffee Bar: 8:00 -10:30 am Pool: 8:30 am - 4:00 pm SCHEDULE SUBJECT TO CHANGE.</p>	

Celebrate Your Inner Artist!

ART FROM THE HEART



Join Nina in the Craft Room on Monday, September 9 or Monday, September 16 at 9:30 am as she leads a class in painting this barn.

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

Stop by the Client Services Desk (located in the Senior Center Lobby) 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, September 10 at 10:00 am as she leads the class in painting sunflowers.

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

Stop by the Client Services Desk (located in the Senior Center Lobby) or call 255-4648 to reserve your spot.

The BCSAP Volunteer Advisory Committee does not meet in September. The next meeting is on Tuesday, October 1 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 from August 4 through October 5. Registration for the next 8-week session (October 6 through December 7), will begin on **September 16 at 9:00 am.**



YOGA TALK WITH BONNY & MARLENE

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

Thursday, September 12 at 9:30 am
Exploring the Elements of Yoga

Thursday, September 26 at 9:30 am
Easing Pain 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 Client Services Desk (located in the Senior Center Lobby) or call 255-4648 to register.

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 15 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.)

WALK THIS WAY



Lace up your tennis shoes and pump up your heart! Join Katie Johnke on Thursday, September 19 at 9:00 am in the Fitness Room. Please stop by the Client Services Desk (located in the Senior Center Lobby) 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 Client Services Desk if you need assistance.

Upcoming Events

FLU SHOTS

Gateway Pharmacy will be providing flu shots at the Burleigh County Senior Center on:

Wednesday, October 2
from 9:00 am to 2:00 pm

and

Thursday, October 3
from 9:00 am to 12:00 noon

Bring your Medicare or insurance card with you. Costs for those without insurance will be available in the next issue of the Senior Sentinel. Please call 255-4648 if you have any questions.



MEDICARE PART D OPEN ENROLLMENT

The annual open enrollment period for Medicare is October 15 through December 7. This window of time is when you may make changes to your policies. The available plans and what they cover change from year to year.

To assist you with this process, Irene Rankin and Kim Lee will be accepting appointments at the Senior Center to review your Part D policy and show you new options that may be available.

Appointments will be available from October 15 through December 6. Sign up for this appointments will be available starting September 23.

A Chinese Auction will be held in October to benefit the MSA United Way. We are seeking donations to help with this. Items needed include gift cards, items for themed gift baskets (i.e., coffee beans, lotions, movie, etc.). Donated items can be left at the Client Services Desk (located in the Senior Center Lobby). Thank you!

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

Lifelong Learning



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

**September 5: Untamed Switzerland
Vanil Noir**

With its exceptional beauty, diverse flora, and rich fauna, the 2389-meter-high peak of Vanil Noir, on the border between the cantons of Fribourg and Vaud, forms the heart of an almost untouched nature reserve.

**September 12: Untamed Switzerland
The Verzasca Valley**

The Ticino Verzasca Valley, with its picturesque villages and emerald green river meandering through a unique rocky landscape, is considered one of the most beautiful valleys south of the Alps.

**September 19: Untamed Switzerland
The Aletsch Glacier**

The Aletsch region is a unique natural monument. But climate change is giving the glacier a tremendous amount of trouble: Because of its importance as a supplier of water and energy, its disappearance threatens not only agriculture and tourism but also the entire flora and fauna.

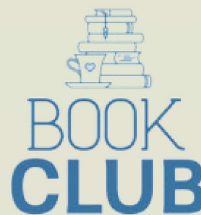
**September 26: Untamed Switzerland
The Upper Engadine**

The Upper Engadine boasts a host of superlatives. The highest shipping line in Europe, the largest ibex population in Switzerland, and the oldest Swiss stone pines in Graubunden.

MEMBERS NEEDED!

The Burleigh County Council on Aging is seeking candidates to serve a three-year term beginning January 1, 2025.

Interested candidates should contact Renee Kipp, Executive Director, at 701-255-4648 or via email at reneek@burleighsenioradults.org, or stop by the Administration Office.

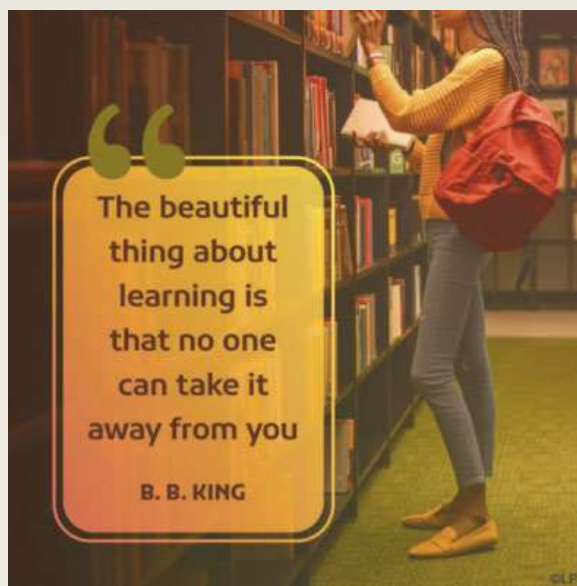


The Book Club meeting will be held on Monday, September 30 at 1:00 pm in the South Conference Room. The book for discussion is *Fahrenheit 451*, by Ray Bradbury. Arlene Havig will lead the discussion.

Books will be available for pick up on August 26 at the Senior Center during regular hours or call Lori at 255-4648 to make other arrangements.

Book Synopsis:

Guy Montag is a fireman. In his world, where television rules and literature is on the brink of extinction, firemen start fires rather than put them out. His job is to destroy the most illegal of commodities, the printed book, along with the houses in which they are hidden. Montag never questions the destruction and ruin his actions produce, returning each day to his bland life and wife, Mildred, who spends all day with her television "family." But then he meets an eccentric young neighbor, Clarisse, who introduces him to a past where people didn't live in fear and to a present where one sees the world through the ideas in books instead of the mindless chatter of television. When Mildred attempts suicide and Clarisse suddenly disappears, Montag begins to question everything he has ever known. He starts hiding books in his home, and when his pilfering is discovered, the fireman has to run for his life.



Game Time!



FUN AND GAMES!



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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.



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 Client Services Desk (located in the Senior Center Lobby) or call 701-255-4648. There is a maximum of two (2) 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 September 10 and September 24 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 September 5 and September 19.

CRIBBAGE

Cribbage is played every Wednesday at 10:00 am in the Dakota Room.

FARKEL

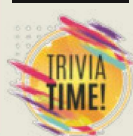
Farkel is played every Tuesday at 12:45 pm in the Dining Room.

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 September 3 and September 17 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, September 17 at 10:30 am. This group meets in the Library. **Pre-registration is required. Stop by the Client Services Desk (located in the Senior Center Lobby) or call 255-4648 to register.**



ALLIANCE CENTER FOR HEARING

Representatives from Alliance Center for Hearing will be at the Senior Center on Thursday, September 12, from 11:00 am to 12:00 pm in the Craft Room 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, September 4 at 10:00 am. This group is limited to 8 people.

Pre-registration is required. Stop by the Client Services Desk (located in the Senior Center

Lobby) 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. 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, September 11 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 SUPPORT

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 SUPPORT GROUP

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.

Drive-Thru Meals & Parking

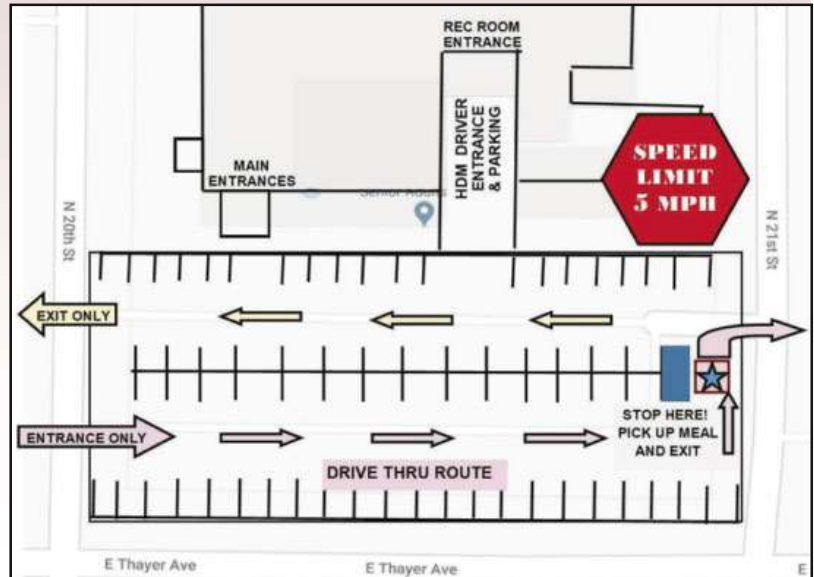
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 priority!

Clients may choose between a Congregate meal or a Drive-Thru Meal.

DRIVE-THRU CLIENTS: 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 CLIENTS: Clients 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!



The Senior Sentinel | 15



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Burleigh County Senior Adults Program, Bismark, ND

E 4C 05-0634

Volunteer Opportunities!

JOIN OUR VOLUNTEER TEAM!

Currently, volunteers are needed in the following areas:

- Home Delivered Meal Drivers
As we move into fall and winter, additional home delivered meal drivers are needed.
- Home Delivered Meal Packers
- Greeter/Kiosk Assistant
- A variety of jobs requiring a few hours one day per week
- Computer/Cell phone assistance for patrons

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 Client Services Desk (located in the Senior Center Lobby) or call 255-4648.



Featured Volunteers



SALLY AND DICK DASINGER

Sally and Dick Dasinger have been volunteers with the Burleigh County Senior Adults Program, delivering home-delivered meals

since the summer of 2023. Dick is the driver, and Sally delivers the meals. They started out delivering one time a week, and are now delivering 2-3 times a week.

Both Sally and Dick retired early. Sally had a business called Pro Assist Plus, and Dick worked at Bobcat for 34 years. Sally enjoys quilting and genealogy.

The reason Sally started coming to the Senior Center was because her mother would come here for companionship and meals, and Sally saw that there was a need for drivers. Sally enjoys the people she volunteers with, and for, and she feels that the people who receive the meals are so grateful.

Thank you, Sally and Dick, for all you do!

FAITH PIERCE

Faith Pierce has been a volunteer with the Burleigh County Senior Adults Program for the past two and a half years. She delivers meals three days a week and she also fills in when other drivers are not able to.



Faith moved here from Solon Springs, Wisconsin where she lived in an old farmhouse, and enjoyed being with her horses. She now lives closer to her brother and his wife here in North Dakota.

In her free time, she enjoys taking classes. She has just finished taking a wood carving class. She likes to read novels, travel, and she volunteers for Furry Friends Animal Rescue.

Faith decided to volunteer at the Senior Center as she wanted to meet new people, and she saw a need that she could fill.

Thank you, Faith, 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, Option 3. When you arrive for your appointment at the Senior Center, please check in at the Client Services Desk.

Upcoming Foot Care Clinics:

- September 9: Wing
- September 24: Sterling
- October 14: Wilton
- November 4: Wing
- November 26: Sterling



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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All About Autumn

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Burleigh County Senior Adults Program, Bismarck, ND

G 4C 05-0634

Managing Blood Sugar



Managing Blood Sugar

Frequent high or low blood sugar can have an impact on your health. It is important to work with your diabetes care team (doctor, dietitian, diabetes educator) to help you manage your diabetes.

↑ HYPERGLYCEMIA - HIGH BLOOD SUGAR

Lifestyle choices and behaviors often have the biggest impact on preventing high blood sugar (hyperglycemia). Maintaining a healthy weight, being active and moving your body daily, and the following tips can help you control your blood sugar.

- Regular blood sugar checks
- Eating at set times throughout the day
- Not waiting too long to eat in between meals, the hungrier we are the more we eat
- Focusing on nutrient-dense foods, such as proteins, whole grains, fruits, vegetables, nuts and nut butters, seeds and avocados
- Limiting sugar sweetened beverages
- Limiting added sugar
- Tracking how much you eat, drink and move

↓ HYPOGLYCEMIA - LOW BLOOD SUGAR

Since there are many factors that could play a role in low blood sugar (hypoglycemia), it's important to involve your doctor. Below are tips for preventing hypoglycemia.

- Eat small balanced meals and snacks throughout the day, about every three hours
- Include a variety of nutrient-dense foods, such as protein, fruits, vegetables, whole grains, nuts and nut butters, seeds and avocados
- Limit high sugar foods and drinks to prevent a quick spike then drop in blood sugar
- Keep healthy snacks on hand at all times
- Limit alcohol
- Eat before participating in intense physical activity
- Keep these things on hand to treat low blood sugar. Glucose tablets, fruit juice, regular soda or hard candy should be eaten for immediate low blood sugar

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Resources https://www.cdc.gov/diabetes/managing/manage-blood-sugar.html#anchor_1551757886780 <https://www.hormone.org/diseases-and-conditions/diabetes/non-diabetic-hypoglycemia> <https://www.cdc.gov/diabetes/managing/manage-blood-sugar.html>

Think Squash

THINK SQUASH ISN'T FOR YOU? THINK AGAIN!

Adults with healthy eating habits may be able to fight off illnesses quicker than those who don't. From cancer prevention and heart health to keeping Alzheimer's disease at bay, bringing vegetables like squash into your diet may help.

True to their name, winter squashes are ideal foods to have on hand during the cooler months. They not only are packed with immune-enhancing nutrients but also work well in heartier dishes and can last a long time in your kitchen.

While you may only think about squash in the fall, adding these dense veggies will pack a punch when it comes to fighting disease and many are available year-round.

Most Popular Types of Squash

Zucchini — This slender (or if forgotten in the garden, enormous) green vegetable is part of the squash family and is a popular veggie well-known for its proven nutritive properties. It's low in carbohydrates, calories, and contains healthy fats. It is great fried, added to casseroles or snuck into baked goods.

Yellow — Besides the color, yellow squash differs from zucchini with a larger bottom and more tapered neck. The nutty flavor contrasts well with zucchini's more cucumber-like taste. Eating yellow squash can lower cholesterol levels, provides antioxidant benefits, lowers blood pressure and more.

Pumpkin — This slightly sweeter winter squash is used both in savory dishes and sweet desserts. Pumpkin has exceptional antioxidant properties due to the presence of alpha and beta carotenes.

Spaghetti — oval-shaped, spaghetti squash is yellow or orange colored, and after cooking can be separated into long, thin strands that look similar to spaghetti (hence the name). It is often used as a healthy substitute to traditional spaghetti.

Butternut — This winter squash is larger in size and often roasted whole with its seeds and rind. It adds a nice flavor to chili and pasta dishes and is great roasted with a small amount of butter and cinnamon.

Acorn — aptly named because when fully grown, they look quite similar to large acorns, with a delicious twist of being green and heavily ridged around the exterior. Acorn squash is a winter squash, meaning that it grows longer on the vine before harvest. Besides the delicious taste, it is also more nutrient-dense than any of its

summer squash relatives, making it an invaluable part of a healthy and balanced diet.

Patty pan — Also known as scallop squash due to its scalloped edges, patty pan squash is a small, brightly colored, summer variety. It is a good source of folate, manganese and vitamin C, and ranks extremely low in calorie count. Patty pan tastes great roasted, grilled or fried.

Benefits of Adding Squash to Your Diet

- Strengthens bones with valuable trace elements such as calcium and zinc.
- Regulates blood sugar as it is a good source of fiber and vitamin B, which help stabilize insulin and glucose levels.
- Boosts immunity with antioxidants (i.e., vitamin C).
- Prevents heart disease with cholesterol-lowering pectin.
- Fights lung cancer and other respiratory illnesses with high amounts of vitamin A.
- Supports Eye health with vitamins and minerals good for preserving eyesight.

Pumpkin Sausage Pasta

1 lb. penne pasta
1 lb. sweet Italian sausage, casings removed
1 med. onion, finely chopped
4 cloves minced garlic
1 bay leaf
2 Tbsp fresh sage
1 cup white wine or chicken broth
1 cup cooked and pureed pumpkin or other squash
1 cup chicken broth
½ cup evaporated milk
1/8 tsp ground cinnamon
1/2 tsp ground nutmeg
Salt and pepper to taste
*Fresh sage leaves
*Parmesan cheese



Cook pasta according to directions and set aside. In large frying pan, brown sausage over medium high heat. When cooked, remove meat and set aside. Drain fat from pan and return pan to stove. Sauté onion and garlic in pan for 3-5 minutes. Add bay leaf, sage and wine. Cook until half the liquid evaporates — about 2 minutes. Mix in chicken broth and pumpkin. Continue stirring until sauce begins to bubble. Reduce heat and add sausage. Stir in milk. Add seasonings and simmer 5-10 minutes to thicken. Remove bay leaf. Combine sauce and pasta and toss over low heat for about a minute. Garnish with freshly grated Parmesan or Romano cheese and fresh sage leaves (optional).

This 'n That

MY SENIOR CENTER

Please check in on *My Senior Center* each time you come to the Senior Center and/or volunteer to log your 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 also 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 Client Services Desk (located in the Senior Center Lobby) 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 clients 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.

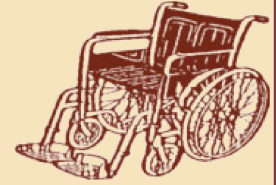
Like Us on Facebook!

Go to [Facebook.com/BismarckSeniorCenterND](https://www.facebook.com/BismarckSeniorCenterND) and like our page to view all the latest updates and upcoming events going on at the Burleigh County Senior Center.

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.

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 8:15 to 10 am and 12:45 to 4:00 pm. (The last shuttle run is at 3:30 pm). Our shuttle allows Clients 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.



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.

Thank You, Donors

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(Listed donations were received between July 1-31, 2024.)

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In Honor of Marlene Knutson and Kelly Hickel
—Kaitlin Knutson

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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:

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- Nutrition Health Maintenance
- Outreach Services Life Enrichment Activities
- Where it is most needed

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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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Burleigh County Council on Aging

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ADMINISTRATION

Renee Kipp, Executive Director
 Darla Roggenbuck Finance Director
 Penny Skjerseeth, Administrative Assistant/Receptionist

CLIENT SERVICES

Kristle Meier, Manager
 Lori Koth, Program and Services Coordinator
 Rachel Hastings, Client Services Specialist

FACILITY/MAINTENANCE

Dean Bauer, Manager
 Milo Schuster, Maintenance
 Levi Hlibichuk, Maintenance
 Aaron Sebastian, Shuttle Driver

HEALTH MAINTENANCE PROGRAM

Sheena Aaseth, RN, Manager
 Kristi Klein, RN

HDM/OUTREACH SERVICES PROGRAM

Ashly Norris, Manager
 Julie Zent, Outreach Services Specialist
 Chantel Andersen, HDM Specialist I
 Kristi Lorinser, HDM Specialist II
 McKenzie Steffeck, HDM Specialist II

NUTRITION PROGRAM

Tyler Zent, Manager
 Raelynn Mitzel, Assistant Manager
 Brittney Kouba, Chef
 Tyler Salhus, Chef
 Bobbie Jo Schmidt, Chef
 Brendon Barthel, Dishwasher
 Blake Saunders, Dishwasher
 Nancy Olson, Crescent Manor Site Coordinator

BCSAP Volunteer Advisory Committee

Bernie Brandner	LuGale Schirber
Linda Everding	Fran Stott
Gail Stein	Michael Stevenson