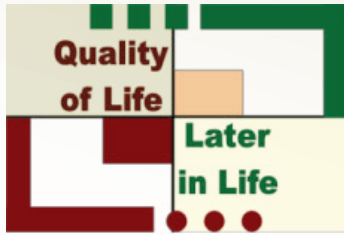


# THE SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 11 November, 2024

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Advisory Committee

## Happy Thanksgiving!

**Please join us on Thursday, November 21 for our annual Thanksgiving Celebration!**

A turkey dinner with all the fixings will be served beginning at 12:00 noon. At 12:30 pm, you will be entertained with special music from the Brackel Family Band.

Inside dining space is limited and reservations are required. Stop by Client Services, or call 255-4648 to get your special meal ticket. You **MUST** have a ticket to dine inside.

If you are on the 'everyday' list and you **DO NOT** make a reservation, your meal will be provided in the Drive-Thru. You **DO NOT** need to eat lunch to come and listen to the music. All other afternoon activities will be cancelled for this special event.

# November

©LPi

# Veterans Day



To honor veterans, the Burleigh County Senior Adults Program has partnered with the **Missouri River Quilts of Valor** for a special Veterans Day Program to be held on Friday, November 8 in the Dining Room. Everyone is invited to join us for this special day!

## PROGRAM AGENDA

- 7:30 am ***Voice of Heroes—  
Incredible stories of local U.S. Veterans and their experiences while serving.***  
Produced by Cherie Sanstead, Coffee with Clyde
- 11:30 am Special Music from Colleen Reinhardt
- 11:50 am Post Colors, DAV Honor Guard  
National Anthem, Colleen Reinhardt  
Pledge of Allegiance  
Invocation, Pastor Matt Thompson, Holy Cross Lutheran Church
- 12:00 pm Noon Meal
- 12:45 pm Missouri River Quilts of Valor Presentations

Immediately following the program, our annual Veteran's Day group photo will be taken.

Inside dining space is limited and reservations are required. Stop by Client Services, or call 255-4648 to get your special meal ticket. You **MUST** have a ticket to dine inside.

If you are on the 'everyday' list and you **DO NOT** make a reservation, your meal will be provided in the Drive-Thru. You **DO NOT** need to eat lunch to come and watch the program. All other afternoon activities will be cancelled for this special event.

## VOICE OF HEROES—INCREDIBLE STORES OF LOCAL U.S. VETERANS

The Burleigh County Senior Center will be providing viewings of ***Voice of Heroes—Incredible stories of local U.S. Veterans and their experiences while serving*** on Wednesday, November 6 beginning at 8:00 am and Friday, November 8 beginning at 7:30 am.

The Burleigh County Senior Adults Program would like to extend a special thank you to Cherie Sanstead from *Coffee with Clyde* for her work on this special project. Thank you Cherie!

## MUSIC TO HONOR VETERANS

On Thursday, November 7 at 11:30 am, students from Martin Luther School will be here to sing music in honor of our Veterans.



## SENIOR CENTER TOUR

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, November 18 at 1:00 pm in the Dining Room. The session will include:

- Orientation
- Tour
- Q&A Session
- Coffee and a Treat

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



**PLEASE NOTE:  
SIGN UP FOR NOVEMBER MEALS  
AND ACTIVITIES WILL BEGIN  
ON OCTOBER 23.**

# Lifelong Learning



## 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!

On Tuesdays 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 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.



## INCLEMENT WEATHER

Bad weather days may force the Burleigh County Senior Center and the Crescent Manor meal site to close for meals and activities. Please check to make sure we are offering a meal before venturing out on a snowy winter day, and keep a few of our frozen meals on hand.

To find out if we will be offering meals: Call the Senior Center at 255-4648; tune in to KFVR TV or KXMB TV (or check their website); or check our Facebook page – Facebook.com/BismarckSeniorCenterND.

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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, November 20 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, November 14 at 10:00 am.

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

These sessions are limited to **five** people, and pre-registration is required. Please call 255-4648 or stop by the Client Services Desk to sign up for this session.

## CELEBRATION OF BIRTHDAYS & ANNIVERSARIES

Join us on Tuesday, November 5 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, November 5 from 1:00 - 4:00 pm and Tuesday, November 26 from 8:00 am - 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**

### **November 1: *One Life*, PG**

Based on the true story of Nicholas ‘Nicky’ Winton, who helped rescue hundreds of predominantly Jewish children before Nazi occupation closed the borders. Fifty years later, Nicky (Anthony Hopkins) is reunited with some of those he helped save.

### **November 8: No Movie Veterans Day Celebration**

### **November 15: *Wish Man*, PG-13**

Based on the true story of the genesis of the Make-A-Wish Foundation, an Arizona motorcycle cop with a troubled past survives a near-fatal accident during a high-speed pursuit. At rehabilitation, his police chief asks him to spend time with a terminally ill little boy, Michael, whose dying wish is to be a Highway Patrol motorcycle officer. An unlikely friendship is born, as the boy inspires...

### **November 22: *The 5<sup>th</sup> Quarter*, PG-13**

Based on a true story. Driven by the tragic and fatal car crash that took the life of his fifteen-year-old brother Luke, and wearing Luke’s number 5 jersey, Jon Abbate helps to lead the Wake Forest Demon Deacons to the most successful season in school history.

### **November 29: No Moving Closed for Thanksgiving**

*Give Thanks*

©LPI

# Special Events



## ELECTION DAY IS TUESDAY, NOVEMBER 5!

You may vote  
—by absentee, or by mail  
—at an EARLY voting location or  
—on Election Day.

Early voting for Burleigh County Residents will be held at the Bismarck Event Center. Visit the website below to find your voting location on Election Day.

More information on voting can be found at <https://www.burleigh.gov/elections/>

If you need assistance, please stop by Client Services.

## MARK YOUR Calendar!!!

### 2024

- December 10: Volunteer Holiday Breakfast
- December 17: Close at 1:30 pm
- December 19: Christmas Meal/Celebration
- December 24: Close at 1:00 pm
- December 25: Closed for Christmas
- December 31: Close at 2:00 pm

### 2025

- January 1: Closed for New Years

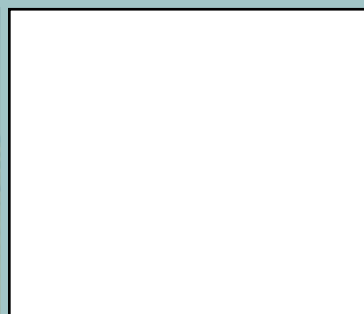
Stay tuned to the next issue of *The Senior Sentinel* for more information!

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# Nutrition Education & Information

## **NOURISH YOUR EYES/ DIABETIC RETINOPATHY**

Join Shelly Kuntz from NDSU Extension on November 18 at 10:00 am as she presents "Nourish Your Eyes/Diabetic Retinopathy". This class will include a hands-on activity, time for discussion and a food sample.



## **\*NEW\* MOM'S MEALS**

Mom's Meals are now available to clients in need of a medically-tailored meal or to those living in the rural areas of Burleigh County.



Meals are made fresh and shipped directly to your home. Meals will stay fresh in the fridge for up to 14 days. You may also place in the freezer for up to three months. After your initial shipment, you will be able to choose the meals you receive.

Medically-tailored meals include: lower sodium, vegetarian, pureed, renal-friendly, protein plus, heart-friendly, diabetes-friendly and gluten-free. A letter from your doctor is required to receive these meals.

Rural residents will receive general wellness meals, unless they have need of a medically tailored meal.

For information on receiving Mom's Meals, please call 255-4648, Option 4.

## **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 60 or older 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.)

# November Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Each meal is served with 8 oz. of 1% milk and 2 slices of whole grain bread (unless otherwise indicated).</p>				<p>1 Cranberry Meatballs Fried Potatoes &amp; Onions Stir Fry Vegetables Fresh Banana</p>	
	<p>4 Chicken Stroganoff over Parslied Egg Noodles Green Bean Almondine Strawberry Applesauce WG Bun</p>	<p>5 Stuffed Pepper Garlic Mashed Potatoes Seasoned Beets Spiced Peaches</p>	<p>6 Fall Apart Pork Roast Roasted Baby Potatoes Balsamic Brussel Sprouts Fresh Plum</p>	<p>7 Sweet &amp; Sour Chicken Vegetable Fried Rice Vegetable Egg Rolls Mandarin Oranges Garlic Naan Bread Fortune Cookie</p>	<p>8 Roast Beef Mashed Potatoes with Gravy Green Bean Medley Red, White &amp; Blue Trifle WG Bun</p>
	<p>11 Jeweled Pork Chop Mashed Sweet Potatoes Country Trio Vegetable Asst Fruit Cup</p>	<p>12 Oven Fried Chicken Chive Mashed Potatoes Seasoned Corn Fresh Apple</p>	<p>13 Sicilian Pork Lasagna Roll Up Vegetable Gratin Side Salad Fresh Grapes WG Garlic Toast</p>	<p>14 BBQ Ribs Baked Beans Creamy Cucumber Salad Cinnamon Apples Corn Bread Muffin</p>	<p>15 Tangy Meatloaf Roasted Fingerling Potatoes Herbed Yellow Squash Watergate Salad</p>
	<p>18 Chicken &amp; Dumplings Mashed Potatoes Parslied Carrots Chilled Dark Cherries</p>	<p>19 Shrimp Scampi Wild Rice Pilaf Steamed Broccoli Chilled Tropical Fruit WG Garlic Toast</p>	<p>20 Chicken Fried Pork with Country Gravy Company Potatoes Roasted Root Vegetables Apricot Crisp</p>	<p>21 Roast Turkey Mashed Potatoes with Gravy Vegetable Dressing Green Bean Casserole Cranberry Relish Fresh Baked Roll Pumpkin Pie</p>	<p>22 Lemon Pepper Tilapia Roasted Rosemary Potatoes Golden CA Vegetables Waldorf Salad</p>
	<p>25 Cabbage Roll Garlic Mashed Potatoes Capri Vegetable Blend Applesauce</p>	<p>26 BBQ Pork Sandwich Ranch Beans Coleslaw Fresh Fruit WG Bun</p>	<p>27 Chicken Kiev Tri-Color Potatoes Mixed Vegetables Blushing Pineapple</p>	<p>28 <b>CLOSED</b></p>	<p>29 <b>CLOSED</b></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

## MOM'S MEALS

Clients in need of medically-tailored meals or rural Burleigh County residents may call 255-4648, Option 4 to make arrangements for Mom's Meals to be delivered to their home. See page 6 for more information.

# November Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>DAILY</b> Coffee Bar: 8:00 -10:30 am Wednesday is Caramel Roll Day!</p> <p>Pool: 8:30 am - 4:00 pm <b>SCHEDULE SUBJECT TO CHANGE.</b></p>				<p>1 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>4 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>5 9:00 Strength Finders 12:30 Comp/Tech Support 12:30 Whist 12:30 Birthday/Anniv. Celebration 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Line Dancing 1:00 Hand &amp; Foot 1:00 Quilting Group</p>	<p>6 8:00 Voice of Heroes 9:00 Standing Yoga 10:00 Grief Group 10:00 Low Vision Support 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>7 9:00 Strength Finders 9:30 Curiosity Stream 9:30 Yoga Talk 10:00 Strength Finders 11:30 Martin Luther School Music 1:00 Hand &amp; Foot 1:00 Bridge 1:00 BUNCO 1:00 Cornhole</p>	<p>8 7:30 Voice of Heroes 9:30 Chair Yoga 10:45 Strength Finders 11:30 Veterans Day Celebration (See page 2)</p> <p><b>NO AFTERNOON ACTIVITIES</b></p>
<p>11 9:30 Art from the Heart 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle</p>	<p>12 9:00 Strength Finders 12:30 Whist 12:30 Comp/Tech Support 12:45 Farkel 1:00 Bridge 1:00 Variety of Games 1:00 Hand &amp; Foot 1:00 Line Dancing</p>	<p>13 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Mahjong 1:30 Caregiver Connections 1:30 Legal Services</p> <p><b>NO BINGO</b></p>	<p>14 9:00 Strength Finders 9:30 Curiosity Stream 10:00 Computer/Phone Basics 10:00 Strength Finders 11:00 Alliance Center for Hearing 1:00 Hand &amp; Foot 1:00 Bridge 1:00 Cornhole</p> <p><b>BOOKMOBILE</b></p>	<p>15 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>18 10:00 Strength Finders 10:00 Nourish Your Eyes/ Diabetic Retinopathy 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Senior Center Tour</p>	<p>19 9:00 Strength Finders 10:00 Art with Nicole 10:30 Hearing Loss Group 12:30 Whist 12:30 Comp/Tech Support 12:45 Farkel 1:00 Bridge 1:00 Hand &amp; Foot 1:00 Trivia 1:00 Line Dancing</p>	<p>20 9:00 Standing Yoga 10:00 Coffee w/a Cop 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>21 9:00 Strength Finders 9:30 Yoga Talk 10:00 Strength Finders 11:00 Walk This Way 12:00 Thanksgiving Meal/Celebration (See page 1)</p> <p><b>NO AFTERNOON ACTIVITIES</b></p>	<p>22 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>25 12:45 5 Crowns 1:00 Pinochle 1:00 Book Club</p>	<p>26 8:00 Quilting Group 12:30 Whist 12:30 Comp/Tech Support 12:45 Farkel 1:00 Variety of Games 1:00 Bridge 1:00 Hand &amp; Foot</p>	<p>27 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons</p> <p><b>CLOSE AT 2:00 PM</b></p> <p><b>NO AFTERNOON ACTIVITIES</b></p>	<p>28 CLOSED</p>	<p>29 CLOSED</p>

**\*\*No Fitness Classes week of November 25-29\*\***





# Celebrate Your Inner Artist!

## ART FROM THE HEART

Join Nina in the Craft Room on Monday, November 4 or Monday, November 11 at 9:30 am as she leads a class in painting a pumpkin with flowers.



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 or call 255-4648 to reserve your spot. Participants are limited to attending one class from Nina per month.

## ART WITH NICOLE

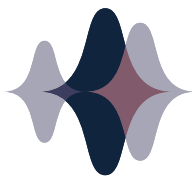
Join Nicole in the Craft Room on Tuesday, November 19 at 10:00 am as she leads the class in painting Fall Tree Cards (watercolor).



There is a 10 person limit and a \$5 suggested donation which can be made when you arrive. Stop by the Client Services Desk or call 255-4648 to reserve your spot.

**The BCSAP Volunteer Advisory Committee does not meet in November. The next meeting will be on Tuesday, December 3 at 9:15 am.**

The Senior Sentinel | 9



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Burleigh County Senior Adults Program, Bismarck, ND

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# Health & Wellness

## **FITNESS CLASSES**

The 8 week session for October 6—December 7 is closed. There will be no fitness classes the week of November 24—30. Registration for the next 8-week session (December 8—February 15), will begin on **November 11 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! November presentations include:

Thursday, November 7 at 9:30 am  
*Weathering Winter with Yoga*

Thursday, November 21 at 9:30 am  
*Joyful 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, November 21 at 11:00 am in the Fitness Room. Please stop by the Client Services 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 Client Services Desk if you need assistance.**

# Medicare Part D Open Enrollment

## MEDICARE PT D OPEN ENROLLMENT

If you are on Medicare, you may be on a prescription drug plan, a.k.a. Medicare Part D. These prescription drug benefit plans are offered by private insurance companies approved by Medicare.

Even if you have an insurance plan and think you are set for the coming year, you should consider having your Medicare Part D plan reviewed. People who re-examined their plan last year saved an average of \$600 / year.

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. So if your plan was the best option last year, it might not be the best option for the coming year!

To assist you with this process, Irene Rankin and Deb Lee, volunteers at the Senior Center, will be accepting appointments to review your policy and show you new options that may be available. **To schedule your appointment, please call us at 255-4648 or stop by the Client Services Desk.**

Please bring the following documents with you to your appointment:

- A list of your medications, including dosages and frequency;
- Your Medicare card;
- Your Medicare Part D prescription drug plan card and your 'yellow' ID card (if you have one).

If you have any questions regarding your Medicare policies, please contact the ND SHIC Program at 701-328-2440 or 1-888-575-6611.



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Lutheran Social Service of MN is seeking volunteers age 55 and over in your area to provide companionship to older adults. Volunteers commit to regular weekly hours for a tax-free stipend and mileage reimbursement. Please contact us at 701.389.3770 or [AmeriCorpsSeniors@lssmn.org](mailto:AmeriCorpsSeniors@lssmn.org) for more information and to make an impact in your community.



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# Lifelong Learning



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

### **November 7: The Hidden Side of World War II – Last Secrets of the Nazis**

November 1945: the Nuremberg trials began, indicting 200 German officials for “crimes against Humanity.” But many criminals escaped. Explore the secret networks that helped exfiltrate Nazis to places like South America, with unexpected assistance from institutions like the Vatican.

### **November 14: Nature’s Cutest**

It’s a pretty tough decision to pick nature’s cutest animal – a koala, a penguin, a big-eyed, wobbly-kneed fawn, a fluffy white seal, playing polar bear cubs. It’s a long line-up but expect a lot of ooh’s and aww’s while you try to decide!

### **November 21: No Curiosity Stream Thanksgiving Meal**

### **November 28: No Curiosity Stream Closed for Thanksgiving**

## BURLEIGH COUNTY SENIOR CENTER HOURS OF OPERATION

The Burleigh County Senior Center is open to patrons Monday through Friday, from 8:00 am to 4:30 pm. All activities must conclude no later than 4:00 pm to allow staff to clean up and prepare to close for the day.

Please note that effective immediately, the doors into the Senior Center will **NOT be unlocked until 8:00 am**. Please do not arrive at the Senior Center prior to 8:00 am.

The Rec Room and West Main Doors will be locked at 3:30 pm. Please use the South Main Door if coming to the Senior Center after 3:30 pm

As we move into the winter season, it will be dark outside later in the morning and earlier in the evening. Please be aware of your surroundings prior to leaving the safety of your vehicle when coming here and going other places.

**Safety should be everyone’s first concern.  
Thank you for your understanding.**



The Book Club meeting will be held on Monday, November 25 at 1:00 pm in the South Conference Room. The book for discussion is *Daughter of a Daughter of a Queen*, by Sarah Bird. Arlene Havig will lead the discussion.

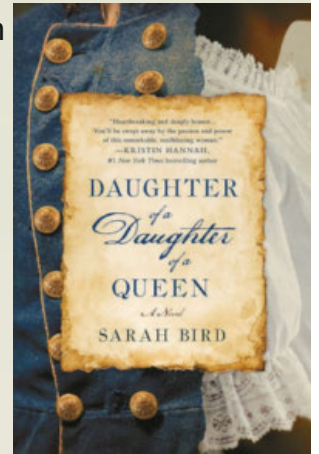
Books will be available for pick up on October 28 at the Senior Center during regular hours or call Lori at 255-4648 to make other arrangements.

### **Book Synopsis:**

Though born into bondage on a “miserable tobacco farm” in Little Dixie, Missouri, Cathy Williams was never allowed to consider herself a slave.

According to her mother, she was a captive, destined by her noble warrior blood to escape the enemy. Her chance at freedom presents itself with the arrival of Union general Phillip Henry “Smash ‘em Up” Sheridan, the outcast of West Point who takes the rawboned, prideful young woman into service.

At war’s end, having tasted freedom, Cathy refuses to return to servitude and makes the monumental decision to disguise herself as a man and join the Army’s legendary Buffalo Soldiers. Alone now in the ultimate man’s world, Cathy must fight not only for her survival and freedom, but she also vows to never give up on finding her mother, her little sister, and the love of the only man strong enough to win her heart.



**Thank you to all who donated to,  
or bid on, the Chinese Auction  
to benefit the MSA United Way!**

# Game Time!



## FUN AND GAMES!



©LPI

### 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 Client Services Desk or call 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. **NO BINGO ON NOVEMBER 13.**

### 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 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 November 12 and November 26 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 November 7 only.**

### CRIBBAGE

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

### FARKEL

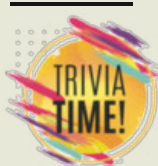
Farkel is played every Tuesday at 12:45 pm in the Dining Room.

### 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 November 5 and November 19 at 1:00 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!

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

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

# Support Groups & Free Services

## HEARING LOSS SUPPORT GROUP

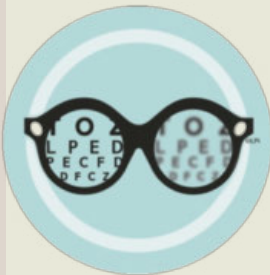
Kathy Frelich from the ND School for the Deaf/Resource Center for Deaf and Hard of Hearing will be at the Senior Center for our Hearing Loss Support Group on Tuesday, November 19 at 10:30 am. This group meets in the Library. **Pre-registration is required. Stop by the Client Services Desk or call 255-4648 to register.**



## ALLIANCE CENTER FOR HEARING

Representatives from Alliance Center for Hearing will be at the Senior Center on Thursday, November 14, 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, November 6 at 10:00 am. This group is limited to 8 people. **Pre-registration is required. Stop by the Client Services 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. 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, November 13 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 facilitates 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 Michele Whebi 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.

**NO CAREGIVER CONNECTIONS GROUP ON WEDNESDAY, NOVEMBER 27.**

# Drive-Thru Meals & Parking

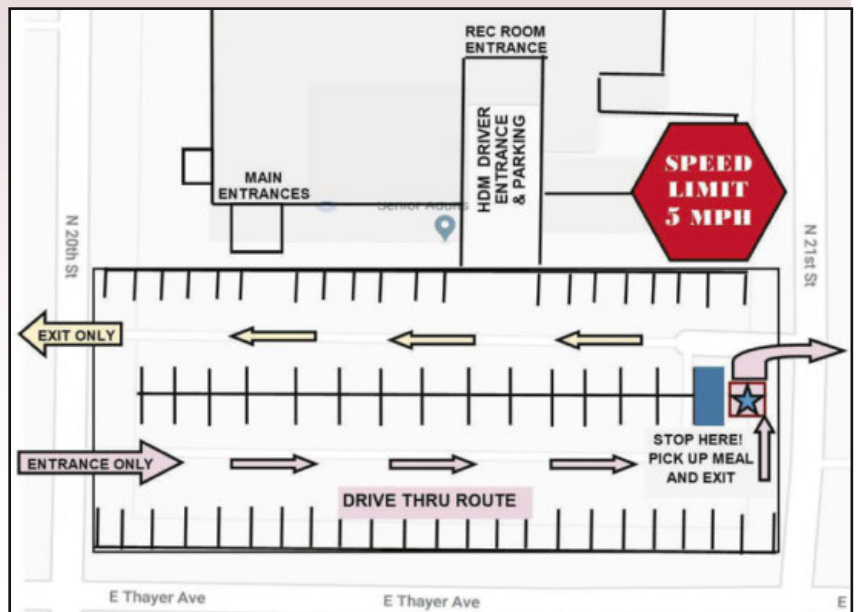
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 priority!

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!



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**CHIhealthathome.info**

# 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
- Computer/Cell phone assistance for patrons
- Instructors for additional Line Dancing, Yoga and Drumming Classes
- Tai Chi Instructor
- 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 Client Services Desk or call 255-4648.



**MARK YOUR CALENDAR!  
VOLUNTEER BREAKFAST**

Tuesday, December 10, 8:30 am  
Senior Center Dining Room

Join us for Christmas Cheer and  
allow us to show our appreciation  
for all you do!

Please RSVP to Client Services  
or call 255-4648 by Monday,  
December 2.

©LPI

## *Featured Volunteer*

### **CARLOTTA KORDONOWY**



Carlotta Kordonowy began volunteering at the Crescent Manor meal site earlier this year. She pours coffee and helps distribute milk.

Carlotta retired from Pride, Inc. in 2001. She has lived at Crescent Manor since 2016. One of her greatest joys is coming downstairs for coffee and lunch. She also loves visiting with her friends there.

Carlotta has six sisters and one brother. She enjoys making tissue boxes, painting, playing games on her computer and spending time with family and friends.

When asked why she volunteers for the Burleigh County Senior Adults Program, Carlotta stated, "I enjoy helping others. I also enjoy keeping busy!"

***Thank you for all you do, Carlotta!***



# 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:

- November 4: Wing
- November 26: Sterling
- December 9: Wilton



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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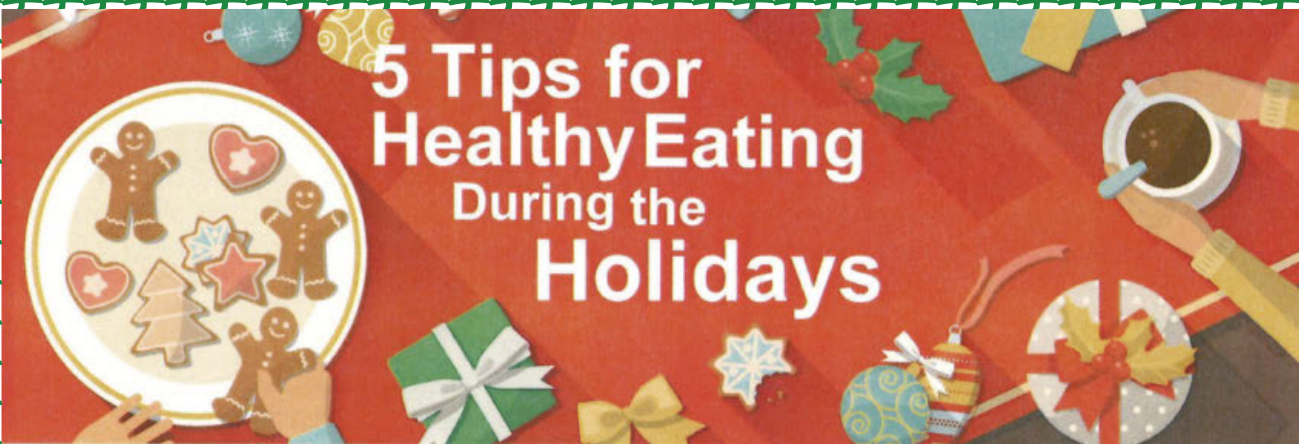
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**THRIVE LOCALLY**



# 5 Tips for Healthy Eating During the Holidays



The holidays are a time to gather with family and friends and great food is a large part of the celebrations. With all the festive parties and food this time of year, it's easy to overindulge and make some less than healthy choices. Here are 5 ways to enjoy this time of year while still following an overall healthy eating plan.



## Don't skip a meal

- ▶ When you are headed to a holiday gathering it's tempting to skip meals to allow for a feast later.
- ▶ This strategy will send you to the party hungrier than usual and may lead to overeating.
- ▶ Instead, eat throughout the day as you normally would making sure to focus on meals with complex carbohydrates, protein and unsaturated fats.



## Take the edge off

- ▶ At any party or gathering, try filling up on vegetables first.
- ▶ This will provide important nutrients while taking the edge off your hunger.
- ▶ This tip allows you to savor the main course without over eating.



## Don't avoid certain foods completely

- ▶ No foods are on the naughty list.
- ▶ There are so many delicious foods and recipes that only appear this time of year.
- ▶ Enjoy them!
- ▶ Try focusing on smaller portions and choosing items that you look forward to each holiday season.



## Take a walk

- ▶ After any big holiday feast try taking a walk.
- ▶ A short, leisurely walk after a meal has many benefits.
- ▶ The physical activity will help the digestion process along and decrease the chance for bloating or heartburn.
- ▶ A walk can also help to improve blood sugar levels.
- ▶ If you are managing your blood sugar levels, this could be one way to avoid a spike after a large meal.



## Mindful eating

- ▶ At a party or gathering, try not to stand next to the appetizers or buffet.
- ▶ This makes it too easy to graze on foods while socializing.
- ▶ Try fixing a small plate of your favorites and step away from the spread.

*Give yourself the gift of wellness this holiday season by incorporating these 5 easy tips. You can start the new year off in good health.*

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Burleigh County Senior Adults Program, Bismark, ND

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# November is Vitamin D Awareness Month

## WHY DO I NEED VITAMIN D?

Vitamins are substances that your body needs to grow and develop normally. Vitamin D is important to your body because it helps your body absorb calcium. Calcium is one of the main building blocks of bone.

A lack of vitamin D can lead to bone diseases such as osteoporosis or rickets. It also has a role in your nerve, muscle, and immune systems. Your muscles need it to move. Your nerves need it to carry messages between your brain and your body. Your immune system needs vitamin D to fight off bacteria and viruses.

## HOW DO I GET VITAMIN D?

You can get vitamin D in three ways: through your skin, from your diet, and from supplements. Your body forms vitamin D naturally after exposure to sunlight. However, too much sun exposure can lead to skin aging and skin cancer. So many try to get their vitamin D from other sources.

Very few foods naturally contain vitamin D. Most people get vitamin D in their diet from foods that are fortified. This means that vitamin D is added to the food. These foods may include milk, cereal, and yogurt. Foods that naturally have vitamin D include egg yolks, saltwater fish, and liver.

Vitamin D is available in supplements. It is also included in many multivitamins. The two forms of vitamin D in supplements are D2 and D3. Both types increase vitamin D in your blood, but D3 might raise it higher and for longer than D2. Vitamin D is fat soluble. You can absorb it better when you take your supplements with a meal or snack that includes some fat.

## HOW MUCH VITAMIN D DO I NEED?

The amount of vitamin D you need each day depends on your age. The recommended amounts, in international units (IU), for adults are: Adults 19-70 years: 600 IU and Adults 71 years and older: 800 IU. Certain people may need extra vitamin D, such as: older adults, breastfed infants, people with dark skin, people with certain conditions that limit the absorption of fat, such as Crohn's disease, celiac disease, and ulcerative colitis, and people who have obesity or have had gastric bypass surgery.

Check with your health care provider to see if you need to take vitamin D supplements, and if so, how much you should take. Your provider may want to first do a vitamin D test to see if you are getting enough of it.

## SALMON AND ASPARAGUS SHEET PAN

Vitamin D can be especially important in the winter when we can't be outside as much as we would like. Salmon is a great source of vitamin D anytime of the year.



Prep time: 5 minutes  
Servings: 2

Cook time: 15 minutes  
Net carbs: 4.41

- 1 bunch thin spear asparagus
- 1 tablespoon, plus 1/4 teaspoon, extra-virgin olive oil
- 1/8 teaspoon salt, divided
- 2 salmon fillets (4 ounces each), no more than 3/4-inch thick
- 1 pinch black pepper
- 3 tablespoons olive oil-based mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon minced or pressed garlic
- 1 tablespoon grated Parmesan cheese

Heat oven to 425 F. Wash asparagus and remove woody ends. Place on rimmed baking sheet and toss with 1 tablespoon olive oil and pinch of salt. Arrange in single layer, leaving space for salmon. Place salmon skin-side down on sheet. Brush with remaining olive oil and season with remaining salt and pepper. Place in oven and bake 12 minutes.

In small bowl, combine mayonnaise, lemon juice, mustard and garlic.

Remove sheet pan from oven, sprinkle asparagus spears with cheese and cook 3 minutes, or until fish reaches 145 F and asparagus spears are tender and beginning to brown on tips.

Plate one fillet and half the asparagus, drizzle each plate with about 2 tablespoons mayonnaise sauce and serve.

Source: Atkins  
(Courtesy of Family Features, Photo courtesy of Getty Images)

©LPI

# We are Thankful!

As we celebrate the season of Thanksgiving, we would like to express our gratitude to the BCSAP staff. Their dedication, attention to detail, and commitment to excellence have not gone unnoticed. We are grateful to them all.

Please take a moment thank them for their hard work over the past year. These people go above and beyond, every day, to prepare, serve and deliver meals, and to provide foot care services, shuttle rides and other services, events and activities.

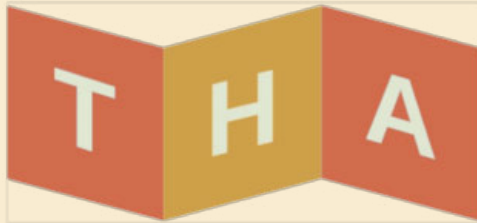
Thank you and Happy Thanksgiving!  
Burleigh County Council on Aging



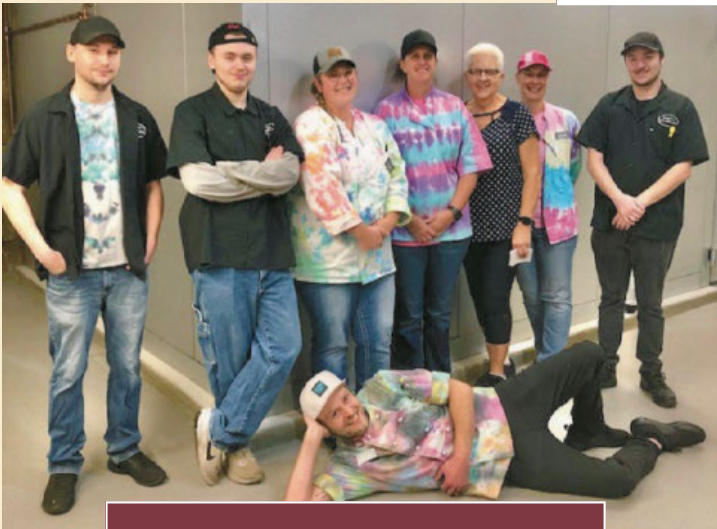
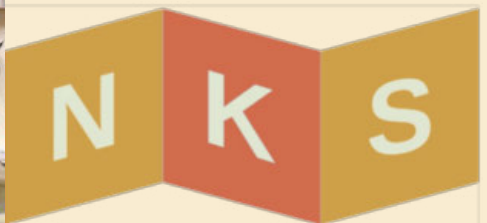
Facility Maintenance



HDM/Outreach Services Program



Health Maintenance Program



Nutrition Program



Administration & Client Services

# 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 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 11:45 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.

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

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

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

## In Memory of Jay Espeseth

- Paul Verlinde
- Clyde & Cheryl Fenster
- Bruce & Diane Fagerbakke
- Marlene Fortier
- Sheldon & Joann Gudmunson
- Donna Hegle
- Nancy & Donna Espeseth
- John & Donna Gilbertson
- Thomas & Mary Dhuyvetter

## In Memory of Irene Marquart

—Lorraine Atwood

## In Memory of Adolph Emter

—Christine Emter

## In Honor of Marlene Knutson & Kelly Hickel

—Katie Knutson

Duane Aman  
BearsCat Bakehouse  
Hay Creek Lodge

## Burleigh County Senior Adults Program Giving Opportunities

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

Donations can be made to:

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

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

### BCSAP

315 North 20th Street  
Bismarck, ND 58501



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

Please designate my gift to:

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

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

Please send acknowledgement of my memorial/honorarium to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

### GIVING LEVELS

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

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

### DONOR CONTACT INFORMATION:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

**Thank you for your support!**

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

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