

THE

# SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 12 December, 2024

## What's Happening

- Page 2 Christmas Fun!
- Page 3 Movie Days
- Page 4 Christmas Fun!
- Page 5 Lifelong Learning
- Page 6 Nutrition Program
- Page 7 Dining Calendar
- Page 8 Activity Calendar
- Page 9 Celebrate Your Inner Artist!
- Page 10 Health & Wellness
- Page 11 Medicare Part D Enrollment
- Page 12 Lifelong Learning
- Page 13 Game Time!
- Page 14 Support Groups & Free Services
- Page 15 Drive-Thru Meals & Parking
- Page 16 Volunteer Opportunities  
Featured Volunteer
- Page 17 Health Maintenance
- Page 18 This 'n That
- Page 20 Just for Fun
- Page 21 Special/Holiday Meal Sign Up Policy
- Page 22 This 'n That
- Page 23 Thank You Donors
- Page 24 Subscription Form, Council, Staff & Advisory Committee



**PLEASE NOTE:  
SIGN UP FOR DECEMBER MEALS AND ACTIVITIES  
WILL BEGIN ON NOVEMBER 25.**

## Christmas Fun!



# Merry Christmas

AND HAPPY NEW YEAR

### CHRISTMAS FUN WEEK — DECEMBER 16—20!

Monday: **CHRISTMAS PAJAMA DAY**  
Hot Cocoa Bar and Christmas Trivia

Tuesday: **CHRISTMAS HAT DAY**  
Hot Cocoa Bar and Left/Right Game

Wednesday: **DRESS IN YOUR CHRISTMAS BEST DAY**  
Photos in front of Tree

Thursday: **UGLY CHRISTMAS SWEATER DAY**  
Punch and Christmas Cookies  
Christmas Noon Meal (reservation required, see page 7)  
Gift From Santa, Entertainment from Harpist Amaria Larson

Friday: **WACKY CHRISTMAS OUTFIT DAY**  
Hot Cocoa Bar and Popcorn  
Special Christmas Movie  
*Dolly Parton's Christmas  
on the Square*

Activities  
Start at 10:00 am Daily!  
Win Prizes!  
Share your  
Christmas Spirit  
with your  
Senior Center Family!

# Movie Days

## Friday Movie Matinees at 1:00 pm

### Dec 6: *Adeline*

A small midwestern community becomes the epicenter of miracles when a mysterious woman brings a healing horse to town.

### Dec 13: *Lucy Shimmers & the Prince of Peace*

Second chances start when a hardened criminal crosses paths with a precocious little girl who is helped by an angel to change hearts during the holiday season.

### Dec 20: *Christmas Miracle of Jonathan Toomey*

A grouchy woodcarver bonds with a boy while constructing a Nativity scene for him.

### Dec 27: *Coach Carter*

A successful businessman returns to his high school basketball team as coach, only to take controversial action to make sure that his players succeed in the classroom as well as on the court.

## Special Christmas Movies

### Dec 20, 10:00 am

#### *Dolly Parton's Christmas on the Square*

Hot Cocoa Bar and Popcorn Served.

### Dec 24, 10:00 am

#### *National Lampoon's Christmas Vacation*

Hot Cocoa Bar and Popcorn Served.

### Dec 31, 9:30 am

#### *Forrest Gump*

Pop and popcorn served.



**ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?**

To advertise here visit [lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**NEED HELP!**

**Errands Run For You**

Susan Kilber  
**391-2650**

**BISMARCK**  
funeral home and crematory

Locally Owned Funeral Home  
**701-223-4055**  
Contact info for account  
3723 Lockport St. • Bismarck, 58503

**SINCERI**  
Senior Living

**HAY CREEK LODGE**  
SENIOR LIVING

SCHEDULE YOUR TOUR TODAY  
Independent Living  
Assisted Living

1144 College Drive • Bismarck, ND 58501  
701-222-8183 | [www.sincrieniorliving.com/hay-creeklodge](http://www.sincrieniorliving.com/hay-creeklodge)

**OUT OF SIGHT IS NOT OUT OF REACH**

**OXYCODONE TABLET**  
Common Brand(s): OxyContin  
TAKE 1 TO 2 TABLETS EVERY 4 HOURS FOR PAIN

**THE MAJORITY OF PRESCRIPTION DRUG ABUSERS GET THEIR FIRST DOSE FROM A FAMILY MEMBER'S MEDICINE CABINET. KEEP PRESCRIPTION DRUGS OUT OF THE WRONG HANDS.**

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

Call 701.355.1597



# Christmas Fun!

## **CHRISTMAS LIGHTS BUS TOUR**



On Monday, December 9, at 7:00 pm, West River Transit is offering a Christmas Lights Tour!

This tour will leave and return to the Century Baptist Church parking lot at 205 Colt Avenue, Bismarck.

Arrive at the church no later than 6:45 pm and park under the lights. The bus will leave at 7:00 pm sharp for a 1.5 to 2 hour tour, and then return you to your car.

There is a limit of 18 people for this tour and the cost is \$7.00 per person. Please sign up at Client Services or call 701-255-4648.

Your reservation is confirmed when you have paid the \$7.00 and signed a waiver.

## **MANAGING STRESS DURING THE HOLIDAYS**

'Tis the season for dozens of tasks to finish, shopping, wrapping, decorating, baking, holiday parties and guests!

How do you do it all and keep your stress level down? Join Shelly Kuntz from NDSU Extension on Monday, December 2 at 10:00 am and find out!

## **GRIEVING DURING THE HOLIDAYS**

The holiday season can be especially challenging if you are dealing with the death of someone close to you. Whether it was a recent loss or one that occurred some time ago, feelings of grief can be heightened and may seem overwhelming during the holiday season.

Join Judy Daniels from Sanford Health on Tuesday, December 3 at 10:00 am for a conversation in dealing with the many emotions you may face during the holidays.



*Milt Bradford will entertain us with special holiday music on Thursday, December 5 at 12:30 pm.*

*Special performances from school choirs will also be scheduled throughout December.*



**Volunteer Breakfast Party  
Tuesday, December 10, 8:30 am  
Senior Center Dining Room**

Volunteers, RSVP by Monday, December 2.  
See page 16 for more information.



## **HOLIDAY CLOSURES**

Please note the following changes to Senior Center hours due to the holidays:

Tuesday, December 17:	Close at 1:30 pm
Tuesday, December 24:	Close at 1:00 pm
Wednesday, December 25:	Closed
Tuesday, December 31:	Close at 2:00 pm
Wednesday, January 1:	Closed

**BCSAP staff wish you and yours a very Merry Christmas and Happy New Year!**



# Lifelong Learning



**HELP!**

## COMPUTER/TECH SUPPORT

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

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. **(For December, offered on December 3 and 10 only.)**

## 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, December 16 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.

The Senior Sentinel | 5

**EASTGATE**  
FUNERAL & CREMATION SERVICE  
2302 E. Divide Ave - Bismarck, ND 58501  
(701) 223-7322 - [www.EastgateFuneral.com](http://www.EastgateFuneral.com)

**PARKWAY**  
FUNERAL & CREMATION SERVICE  
2330 Tyler Parkway - Bismarck, ND 58503  
(701) 223-1100 - [www.ParkwayFuneral.com](http://www.ParkwayFuneral.com)



**THE TERRACE**

Basic Care



Call for a Tour 701-258-1980 • [terraceadmin@bchabis.com](mailto:terraceadmin@bchabis.com)

**Dakota HOME CARE**




**LET US HELP YOU**  
Medical and non medical in home care services for short or long hour care-Homemaker services, meal prep, personal care, transportation, medication management, companionship, veteran services and more.

Call us today for a free in-home consult. We are a locally and family owned and licensed by the North Dakota health Dept.

300 W Century Ave, Suite B • Bismarck, ND 58503  
**Contact us at: 701-354-9410**



**CRESCENT MANOR**



55+ INCOME-BASED APARTMENTS  
(701) 255-2540 | [BURLEIGHCOUNTYHOUSING.COM](http://BURLEIGHCOUNTYHOUSING.COM)

**HOSPICE**  
RED RIVER VALLEY

Making each moment matter,  
**For You, For Them, For Us.**

[www.hrrv.org](http://www.hrrv.org) | 800.237.4629  
f t i questions@hrrv.org



# Nutrition Program

## **BCSAP NUTRITION PROGRAM**


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 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 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.

 **Mom's Meals** are 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 of meals, you are 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.

## **OAA REQUIREMENTS**

Under the Older Americans Act, each meal served must provide at least one third of the daily nutrition needs for older adults. It 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.

## **MEAL RESERVATIONS: 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 (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: 11:15 am - 11:45 am
- Congregate Meal Service: 12:00 pm- 12:30 pm

Crescent Manor:

- Congregate Meal Service at 11:45 am
- Take-Out Meal Service at 12:15 pm

# December Dining Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Bolognese Lasagna Roll-Up Cucumber Salad Vegetable Gratin Mandarin Oranges	3 Chicken Marsala Mashed Potatoes Italian Vegetable Blend Seasonal Fresh Fruit WG Breadstick	4 Baked Ham Au gratin Potatoes Peas & Carrots Chilled Pears WG Dinner Roll	5 BBQ Ribs Baked Beans Glazed Sweet Potato Cinnamon Apples Corn Muffin	6 Open Face Hot Hamburger Chive Mashed Potatoes Mixed Vegetable Snicker & Apple Salad
9 Turkey & Dumplings Parsley Egg Noodles Country Trio Vegetables Apricots	10 Stuffed Pepper Garlic Mashed Potatoes Seasoned Beets Tropical Fruit	11 Chef Salad Fresh Grapes Pretzel Breadstick	12 Roast Beef Mashed Potatoes with Gravy Candy Corn Vegetable Blend Winter Fruit Salad WG Dinner Roll	13 Herbed White Fish Potatoes & Onions Glazed Carrots Cranberry Peaches
16 Swedish Meatballs Mashed Potatoes Roasted Vegetables Fruit Cocktail	17 Chicken Cordon Bleu Tri-Color Potatoes Scandinavian Vegetable Blend Blushing Pineapple	18 Fall Apart Pork Roast Roasted Baby Potatoes Balsamic Brussel Sprouts Fresh Fruit	19* <b>SEE BELOW</b> Beef Medallions with Hollandaise Caramelized Shallot Mashed Potatoes Green Bean Medley Christmas Fruit Salad Pecan Pie Fresh Baked Dinner Roll	20 BBQ Chicken Sandwich Ranch Beans Coleslaw Dark Cherries WG Bun
23 Country Fried Chicken w/Gravy Roasted Potatoes 5-Way Mixed Vegetables Berry Applesauce	24 Sausage & Kraut Steamed Red Potatoes Parslied Carrots Apple Crumble WG Bun	25 CLOSED  	26 Cabbage Roll Garlic Mashed Potato Capri Vegetable Blend Asst. Fruit Cups	27 Shrimp Scampi Wild Rice Pilaf Steamed Broccoli Fruited Gelatin WG Garlic Toast
30 Swiss Steak Buttered Red Potatoes Lemon Asparagus Peaches & Pears	31 Braised Pork Chop Baked Sweet Potato Pacific Vegetable Blend Fresh Apple WG Dinner Roll	<p><b>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.</b></p> <p><b>MENU SUBJECT TO CHANGE!</b></p>		



## Merry Christmas!

**\*Please join us on Thursday, December 19 for our Christmas Celebration!**  
The meal will be served beginning at 12:00 noon. The number of meals is limited and tickets are required for both congregate meals and drive-thru meals. Please see page 21 for information on the **NEW SPECIAL/HOLIDAY MEAL SIGN UP POLICY**.

You **DO NOT** need a meal ticket to join us for the music.  
All other afternoon activities will be cancelled for this special event.



# December Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9:00 Chair Exercise 10:00 Strength Finders 10:00 Managing Stress 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	9:00 Strength Finders 9:15 Advisory Committee 10:00 Grieving—Holidays 10:00 Art with Nicole 12:30 Comp/Tech Support 12:30 Whist 12:30 Bday/Anniversary Celebration 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Line Dancing 1:00 Hand & Foot	9:00 Standing Yoga 10:00 Grief Group 10:00 Low Vision 10:00 Cribbage 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	9:00 Strength Finders 9:30 Curiosity Stream 10:00 Strength Finders 12:30 Holiday Music with Milt Bradford 1:00 Hand & Foot 1:00 Bridge 1:00 BUNCO 1:00 Cornhole	9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
9	10	11	12	13
9:00 Chair Exercise 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  7:00 Christmas Lights Tour	8:30 Volunteer Breakfast 9:00 Strength Finders 12:30 Comp/Tech Support 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	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	9:00 Strength Finders 9:30 Curiosity Stream 9:30 Yoga Talk 10:00 Strength Finders 10:00 Computer/Phone Basics 11:00 Walk This Way 11:00 Alliance Center for Hearing 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole <b>BOOKMOBILE</b>	9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
16	17	18	19	20
9:00 Chair Exercise 9:30 Art from the Heart 10:00 Hot Cocoa Bar & Christmas Trivia 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 <b>CHRISTMAS PAJAMA DAY</b>	9:00 Strength Finders 10:00 Hot Cocoa Bar & Left/Right Game 10:30 Hearing Loss Group  <b>CLOSE AT 1:30 PM NO AFTERNOON ACTIVITIES</b>  <b>CHRISTMAS HAT DAY</b>	9:00 Standing Yoga 10:00 Pics in front of Christmas Tree 10:00 Coffee w/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 <b>DRESS IN YOUR CHRISTMAS BEST DAY</b>	9:00 Strength Finders 10:00 Punch & Christmas Cookies 10:00 Strength Finders 12:00 Christmas Noon Meal/Celebration 1:00 BCCA Meeting  <b>NO AFTERNOON ACTIVITIES</b>  <b>UGLY CHRISTMAS SWEATER DAY</b>	9:30 Chair Yoga 10:00 Hot Cocoa Bar & Special Christmas Movie 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle  <b>WACKY CHRISTMAS OUTFIT DAY</b>
23	24	25	26	27
12:45 5 Crowns 1:00 Pinochle	10:00 Special Christmas Movie <b>CLOSE AT 1:00 PM NO AFTERNOON ACTIVITIES</b>	<b>CLOSED</b>	9:30 Curiosity Stream 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole	1:00 Movie Matinee 1:00 Pinochle
<b>**No Fitness Classes December 22—January 4**</b>				
30	31	Jan 1	<b>DAILY</b>	
12:45 5 Crowns 1:00 Pinochle	9:30 Special Christmas Movie  <b>CLOSE AT 2:00 PM NO AFTERNOON ACTIVITIES</b>	<b>CLOSED</b>	Coffee Bar: 8:00 -10:30 am Wednesday is Caramel Roll Day ~ Beginning at 8:30 am! Pool: 8:30 am - 4:00 pm <b>SCHEDULE SUBJECT TO CHANGE.</b>	
<b>**No Fitness Classes December 22—January 4**</b>				

# Celebrate Your Inner Artist!

## ART FROM THE HEART



Join Nina in the Craft Room on Monday, December 9 or Monday, December 16 at 9:30 am as she leads a class in painting a Baby in a Manger.

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

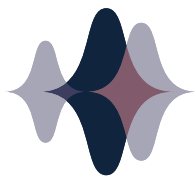
Join Nicole in the Craft Room on Tuesday, December 3 at 10:00 am as she leads the class in painting Birch Trees (watercolor).



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 meets on Tuesday, December 3 at 9:15 am in the Library.**

The Senior Sentinel | 9



## ALLIANCE CENTER FOR HEARING

Ear cleanings, hearing aids, cochlear implants, hearing evaluations, tinnitus treatment, hearing protection.



Dr. Amanda Leddige and Dr. Jessica McLindsay  
**We offer a 60 day trial period.**

4900 Ottawa St. Suite 300 • Bismarck, ND  
(701) 751-6232  
[alliancecenterforhearing.com](http://alliancecenterforhearing.com)

**BISMARCK  
SENIOR HOME CARE**

**Experienced  
local senior care  
for total peace of mind.**

PROVIDING: Transportation Services • Light Housekeeping  
Medication Reminders • Hygiene Services • Bathing/Dressing  
Companionship Services • Meal Preparation • Grocery Shopping

**701-250-1800**  
[bismarckseniorhomecare.com](http://bismarckseniorhomecare.com)

Taking care of the elderly and disabled with love, compassion, and expertise.



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Burleigh County Senior Adults Program, Bismarck, ND

C 4C 05-0634

# Health & Wellness

## **FITNESS CLASSES**

The 8 week session for December 8—February 15 is closed. There will be no fitness classes from December 22, 2024 through January 4, 2025. Registration for the next 8-week session (February 16—April 12) will begin on **January 27 at 9:00 am.**

### **Standing Yoga** (Session Fee \$20.00)

Wednesdays, 9:00 am  
This class aims to build strength and balance by combining a mix of seated and standing poses. Chairs and props will be available to create a safe environment and no mats are required. (Limited to 10 people/class.)

### **Chair Yoga** (Session Fee \$20.00)

Fridays, 9:30 am  
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.)

## **YOGA TALK WITH BONNY & MARLENE**

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

Thursday, December 12 at 9:30 am  
*Sounds of 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 or call 255-4648 to register.

## **WALK THIS WAY**

Lace up your tennis shoes and pump up your heart! Join Katie Johnke on Thursday, December 12 at 11:00 am in the Fitness Room. Please stop by the Client Services Desk or call 255-4648 to sign up.



## **CHAIR EXERCISE CLASS**

McKenzie Dockter will lead this class which will help you move your whole body, mostly from the comfort of your chair. Time will be spent testing your balance near your chair as well. The goal is to leave class feeling warm and awake!

This class will be offered on the following Mondays: December 2, 9, and 16 at 9:00 am.

There is a limit of 15 people for this class. Sign up at the Client Services Desk or call 255-4648.



## **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.



Call today for a  
**FREE Hearing test!**



**222-2484**

819 E CENTURY AVE BISMARCK, ND 58053

**FREE**

**45-DAY TRIAL!**

**MISSOURI SLOPE ASSISTED LIVING**

**Assisted Living with  
an independent spirit!**



**MISSOURI SLOPE**  
TAILORED CARE. INSPIRED LIVING.

*Formerly Valley View Heights*

**2500 VALLEY VIEW AVE  
BISMARCK, ND 58501  
701.221.3018  
MISSOURISLOPE.COM**



**Primary and Palliative Care  
in Your Home.**

**CareThatComesToYou.org**

**f t i l 800.929.8891**

### 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](mailto:AmeriCorpsSeniors@lssmn.org) for more information and to make an impact in your community.



**AmeriCorps  
Seniors**



**Lutheran  
Social Service  
of Minnesota**

**LET'S GROW YOUR BUSINESS**

**Advertise in our Newsletter!**

**CONTACT ME Bill Clough**

**wclough@lpicommunities.com • (800) 950-9952 x2635**



# Lifelong Learning



## CURIOSITY STREAM

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

**December 5:** ***Epic Exploring USA/Cyprus***  
Cody encounters wild animals and thrilling attractions at the abandoned Six Flags New Orleans. Meanwhile, thanks to the U.N. peace-keeping force, Josh is in Cyprus exploring the abandoned Nicosia International Airport and the U.N. buffer zone.

**December 12:** ***Wild Poland***  
Huge wandering dunes on the Baltic, thousands of lakes in the dream landscape of Masuria, gigantic river systems of Biebrza and Narew, mystical primeval forests, and the rugged crags of the Southern mountains: all of this is Poland.

**December 19:** **No Curiosity Stream**

**December 26:** ***The Coral Triangle***  
***A Moveable Feast***  
The Coral Triangle is the major junction of three great oceans: a veritable highway for great ocean travelers, such as the leatherback turtle, whale sharks, and blue whales.

## BOOK CLUB

The Book Club does not meet in December. Their next meeting will be held on January 27, 2025 at 1:00 pm.

Information the January Book Club meeting will be in the January 2025 Edition of *The Senior Sentinel*.

**MERRY CHRISTMAS!**

©LPI

## COFFEE & CARAMEL ROLLS

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



Officers Clint Fuller and Caitly Horne will join us on Wednesday, December 18 at 10:00 am to discuss current scams and issues to be aware of in our community.

## COMPUTER & PHONE BASICS

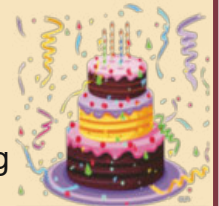
Staff from the ND Center for Independent Living will be in the South Conference Room on Thursday, December 12 at 10:00 am.

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 to sign up for this session.

## CELEBRATION OF BIRTHDAYS & ANNIVERSARIES

Join us on Tuesday, December 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, December 10 from 1:00 - 4:00 pm This group welcomes new members! If you are interested, please call Lori at 255-4648.

## TIME TO SOCIALIZE!



The Coffee Bar is open each day from 8:00 to 10:30 am. Come in for coffee and fellowship.

## **Join us for Caramel Roll Wednesday!**

Caramel rolls (\$1 each) are served on Wednesdays from 8:30 am until sold out. Sorry, no take-outs are allowed.

# 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. **This month, Bingo will be held on December 4, 11 & 18 only.**

### 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, a Variety of Games will be held on December 10 at 1:00 pm only.**

### BUNCO



Bunco is played the 1st and 3rd Thursday of each month in the South Conference Room. **This month, BUNCO will be held on December 5 only.**

### CRIBBAGE

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

### FARKEL

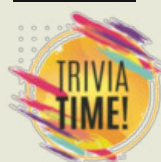
Farkel is played every Tuesday at 12:45 pm in the Dining Room.

### 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, Trivia will be held on December 3 at 1:00 pm only.** 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

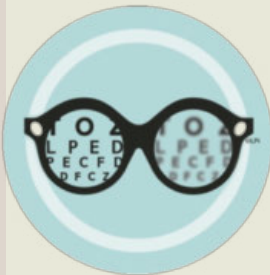
Kathy Frelich from the ND School for the Deaf/Resource Center for Deaf and Hard of Hearing will be at the Senior Center for our Hearing Loss Support Group on Tuesday, December 17 at 10:30 am. This group meets in the Library. **Pre-registration is required. Stop by the Client Services Desk or call 255-4648 to register.**



## ALLIANCE CENTER FOR HEARING

Representatives from Alliance Center for Hearing will be at the Senior Center on Thursday, December 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, December 4 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, December 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 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, an Alzheimer's Association trained facilitator, encourages you to join her every Wednesday from 1:30 – 2:30 pm in the Arts & Crafts Room. Please contact Renee at 255-4648 before your first session.

**No Grief/Loss Support Group or Caregiver Connections Group on WEDNESDAY, DECEMBER 25.**

# Drive-Thru Meals & Parking

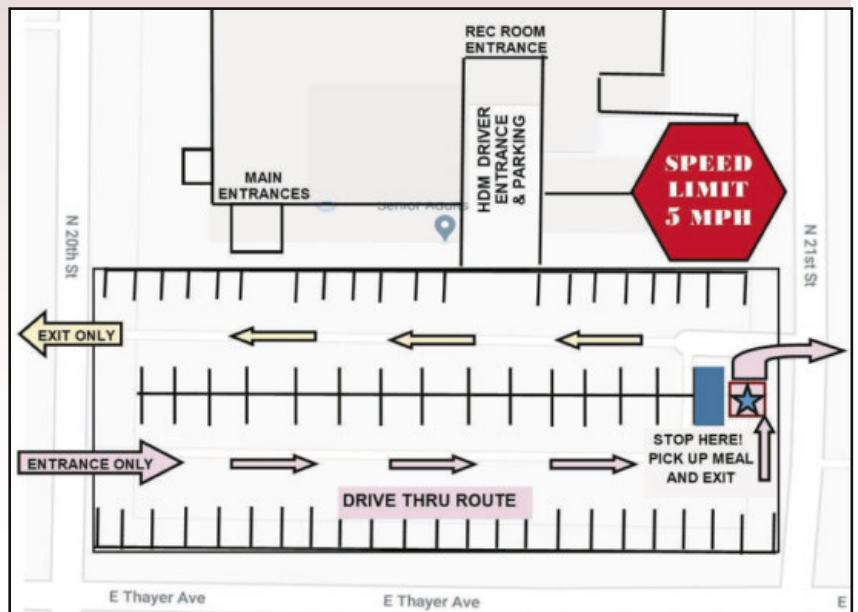
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 priority!

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!



**ADVERTISE HERE**  
to reach your community



Call 800-950-9952

**THRIVE**



**CHI Health at Home™**

Offering Home Health and Hospice Services

Choose CHI Health at Home  
to provide your health care at home!

It's your HEALTH.

It's your HOME.

It's your CHOICE.



701-530-4500  
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.
- Substitute Shuttle Drivers
- 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*



### **JIM SKARET**

Jim has been volunteering at the Burleigh County Senior Center for about eight years. Jim is a volunteer home-delivered meal driver, as well as a Burleigh County Council on Aging member.

In his free time, Jim enjoys playing bridge here at the senior center. Jim also works part-time at Harlow's as a school bus driver.

Jim attended the University of Minnesota where he received a degree in engineering. Jim owned his civil engineering practice for forty-two years, before selling it in 2014.

Jim is married to Nanc, a fellow volunteer at the Senior Center, and has been married for 42 years. Jim began coming to the Senior Center when Nanc talked him into it, and he was old enough. Jim enjoys all the social aspects of the senior center as well as being around good people and giving back to the community.

***Thank you, Jim, 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:

- December 9: Wilton
- January 13: Wing
- January 28: 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.

 <p><b>CLARITY MIND &amp; MEMORY CLINIC</b></p>  <p><b>Corinna Glatt Julie Tanous</b> Nurse Practitioners</p> <p><b>CLINIC AND TELEMEDICINE APPOINTMENTS AVAILABLE</b></p> <p><b>Caring for individuals and families affected by memory loss, Alzheimer's Disease and other forms of dementia</b></p> <p>3100 N. 11th Street, Suite #1 Bismarck, ND 58503 Call <b>701-712-0066</b> or visit <a href="http://memoryclinicnd.com">memoryclinicnd.com</a> to book an appointment today.</p>	 <p><b>Services in the comfort of your own home to help you remain there for as long as possible.</b></p> <ul style="list-style-type: none"> <li>• Assistance with Activities of Daily Living (ADL's)</li> <li>• Companionship</li> <li>• Safety Checks</li> <li>• Meals</li> <li>• Housekeeping/ Laundry &amp; <u>more!</u></li> </ul> <p><b>Missouri Slope, trusted care for over 60 years</b> <i>Now offering <u>home care</u></i></p>  <p><a href="http://www.missourislope.com">www.missourislope.com</a> (701) 221-9449</p>
<p><b>ADT-Monitored Home Security</b></p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> <li>• Burglary</li> <li>• Fire Safety</li> <li>• Flood Detection</li> <li>• Carbon Monoxide</li> </ul>  <p>ADT Authorized Provider   SafeStreets   <b>833-287-3502</b></p>	 <p><b>THRIVE LOCALLY</b></p>



# This 'n That

## **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.**

## **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 KFYZ TV or KXMB TV (or check their website); or check our Facebook page – Facebook.com/BismarckSeniorCenterND.



# THANK YOU

*for your generosity*



**Thank you to all who donated items and bid on items on the Chinese Auction to benefit the Missouri Slope United Way!**

**Together we raised \$2,550 for this organization!  
Way to go!**



**A special thank you to Alice Berning and Patrick Schweitzer for creating these special holiday table decorations.**



# Is Medicare Advantage right for you?



powered by  
SANFORD HEALTH PLAN

Join during  
open enrollment  
Oct. 15–Dec. 7

Whether you're new to Medicare or currently enrolled in a plan, we're here to help you explore your options to find the best plan for your needs. Our Medicare Advantage plans care for the whole you with Medicare Parts A and B, prescription coverage and extra benefits in one complete plan.

**\$0** • Monthly premiums  
• Primary care copays  
• Medical deductibles

**\$2,000** annual allowance for dental, vision and hearing expenses

## Additional benefits:



Health  
navigator  
services



Dental  
coverage



Hearing  
benefits



Vision  
benefits



Fitness  
incentives



Prescription  
drug  
coverage



Care  
management

Visit [align.sanfordhealthplan.com](https://align.sanfordhealthplan.com) for a free guide to Medicare Advantage. Call **(855) 701-2299 (TTY: 711)** to speak with a licensed agent 8 a.m. to 8 p.m. CST, Monday through Friday.

Align powered by Sanford Health Plan is a PPO with a Medicare contract. Enrollment in Align powered by Sanford Health Plan depends on contract renewal. Sanford Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, or any other classification protected under the law. If you need language services or information given in a different format please call (888) 278-6485 (TTY: (888) 279-1549). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (888) 278-6485 (TTY: (888) 279-1549). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電(888) 278-6485 (TTY: (888) 279-1549).

H6385\_144-557-786-PY2025-ND-SD-IA\_M H3186\_144-557-786-PY2025-MN\_M 144-557-786 8/24



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Burleigh County Senior Adults Program, Bismark, ND

G 4C 05-0634



# Just for Fun!

## What's in Your Holiday Fruitcake?

Y D N A R B I D I O E L E U N  
C L O V E S E O U K E P L U C  
G S N I S I A R A C G N T D H  
V E R C D R S C I T N S C P E  
N D R N U P T P A O S L R S R  
S S A O I I S L M E K N T S R  
N C L C U L M A N L A O T M I  
A F E R L O N O E P L N S H E  
C S F A N N T A I L A U A G S  
E N A D I T V Z E R M T N B Y  
P A S C E E R N R I O M A F S  
E A W N N A U U L T T E T L U  
M N A I M I C K O N E G L E G  
U P N S T U N L A W S T U E A  
R G B U T T E R S G G E S P R

### Word List:

RAISINS

PEEL

PECANS

ALLSPICE

SUGAR

BRANDY

PANETTONE

CURRENTS

NUTS

SPICES

CLOVES

EGGS

RUM

STOLLEN

SULTANAS

WALNUTS

CINNAMON

FLOUR

LEAVENING

CHEERRIES

MARZIPAN

CANDIED

ALMONDS

NUTMEG

BUTTER

MILK

FRUITCAKE

Answer key available at Client Services.

# Special/Holiday Meal Sign Up Policy

Over the past 5 years, the BCSAP Nutrition Program has seen tremendous growth in the number of meals being provided to older adults in our community.

Due to this, the program is now, occasionally, unable to accommodate everyone that would like a hot meal. This is especially true when a special/holiday meal is offered.

Therefore, we will be implementing a new **SPECIAL/HOLIDAY MEAL SIGN UP POLICY.**

This policy will be in effect anytime a ticket is required for the meal. An explanation of this new policy:

The Nutrition Program has the staff and storage space to prepare 650 meals a day. This provides:

- 300 meals to home delivered meal clients,
- 60 meals to residents at Crescent Manor, and
- 290 meals to patrons at the Senior Center (Congregate and Drive-Thru).

When a special/holiday meal is offered, Nutrition Program staff increases their meal count to no more than 750. This allows us to offer up to 100 more meals at the Senior Center.

However, seating capacity at the Senior Center is 275 if the Dining Room and side classrooms are used. All other meals must be provided in the Drive-Thru. This is why tickets are used for the special/holiday meals.

BCSAP also maintains an 'everyday' list of patrons that are signed up to eat daily – either via congregare or drive-thru. This list is useful to staff for planning purposes, however, there is about a 20 percent cancel/no show rate (i.e., if there are 200 patrons on a meal list, about 40 will cancel or not show up). This causes issues on special/holiday meal days because those meals could have been provided to a patron that wanted to have a meal.

BCSAP staff appreciate your cooperation with this new policy. It is our goal to have a fair process that provides as many patrons as possible the opportunity to participate in our Special/Holiday meals.

## **SPECIAL/HOLIDAY MEAL SIGN UP POLICY**

**\*This policy is in effect anytime a ticket is required for the meal.**

Special/holiday meals will be announced in the official BCSAP newsletter, *The Senior Sentinel*. Patrons will be able to sign up for the special/holiday meal at Client Services\*. Sign up begins on the 23<sup>rd</sup> day (or following Monday if it falls on a weekend) of the previous month.

Patrons wishing to dine inside, **MUST** have a congregare meal ticket.

Patrons wishing to use the drive-thru, **MUST** have a drive thru meal ticket.

BCSAP staff is unable to provide a hot meal to patrons that do **NOT** have a ticket for the Special/Holiday Meal, however, a frozen meal will be available.

Patrons should also note that a congregare meal ticket cannot be used in the drive thru and vice versa.

The 'every day' list will **NO LONGER** be used on a Special/Holiday Meal day. If 'every day' list patrons would like a ticket for the special/holiday meal, they **MUST** sign up at Client Services.

When Special/Holiday Meal tickets are no longer available, BCSAP Client Services will maintain a 'waiting' list. If a patron with tickets has to cancel their meal(s), staff will then call patrons who are next on the waiting list to offer them the tickets.

**\*Client Services: Call 255-4648, or stop by their desk located in the main lobby of the Senior Center.**

Questions/comments regarding this new policy may be directed to:

Renee Kipp, Executive Director at 701-255-4648, [Reneek@burleighsenioradults.org](mailto:Reneek@burleighsenioradults.org), or stop by Client Services and request to speak with her.

Thank you!

# 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 Client Services 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.**

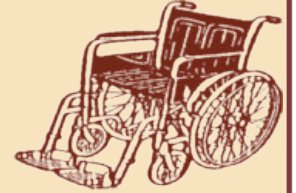
## **Like Us on Facebook!**

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 October 1-31, 2024.)

**In Memory of Jay Espeseth**

—Kathleen Glaser  
—Mary Ann Johnson

**In Honor of Marlene Knutson & Kelly Hickel**

—Katie Knutson

**In Memory of Donella “Donnie” Johnson**

—Jim & Beth Hughes

**In Memory of Julie Ann Reimann**

—Gwen Schlickemayer



## 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

The Senior Sentinel is published monthly by the Burleigh County Senior Adults Program.  
 315 North 20th Street • Bismarck, ND 58501 • 255-4648  
 www.BismarckSeniorCenter.org  
 Monday - Friday, 8:00 am to 4:30 pm

*Subscribe*

If you would like to subscribe to the Senior Sentinel,  
 please mail or drop off this form,  
 along with \$6.00 to:

**Burleigh County Senior Adults Program**  
**315 North 20<sup>th</sup> Street**  
**Bismarck, ND 58501**

Name:	
Address:	
City, State, Zip:	
Telephone:	
Email:	

If you would like to receive our newsletter via email  
 free of charge, please complete this form and return  
 it to us, or email the information to  
 info@burleighsenioradults.org.

Please make checks payable to BCSAP.

**Burleigh County Council on Aging**

Dennis Bartsch	Judy Froseth
Oscar Blaskowski	Arlene Olson
Fred Browning	Jim Skaret
Tim Fischer	Ardella Weishaar

**Burleigh County Senior Adults Program Staff**

**ADMINISTRATION**

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

**CLIENT SERVICES**

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