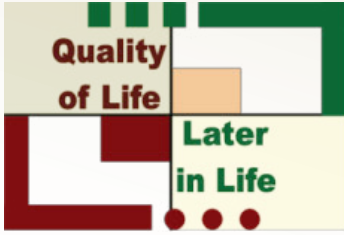


THE

SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 2 February, 2025



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**PLEASE NOTE:
SIGN UP FOR FEBRUARY MEALS AND ACTIVITIES
WILL BEGIN ON JANUARY 23.**



Lifelong Learning

NOURISH: PRESCRIPTION AND NONPRESCRIPTION MEDICATIONS

Many products you buy at your local drugstore can have harmful health consequences as you age. Older adults absorb and metabolize medications differently from younger people, which affects how they work in the body. Even seemingly harmless over-the-counter (OTC) medicines can interfere with prescription medications, making them less effective and possibly leading to long-term health damage. Join Shelly Kuntz from NDSU Extension on Wednesday, February 5 at 10:00 am to learn more about this topic and what to watch for.

NOURISH: OVERALL WELL-BEING

By focusing on continued learning, managing stress, and finding purpose, seniors can prioritize their mental and emotional well-being. These aspects, along with maintaining physical health, social connections, and financial stability, contribute to a balanced and rewarding senior citizen lifestyle. Join Shelly Kuntz from NDSU Extension on Wednesday, February 26 at 10:00 am to learn more about your well-being.

HEART HEALTH

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy. Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being. Katie Johnke from Bismarck-Burleigh Public Health will discuss the steps you can take to live a heart-healthy lifestyle at this session on Tuesday, February 11 at 10:00 am.



THE THERAPY OF MUSIC

Music is inspiration for the imagination. It gives us the ability to transport ourselves to yester-year, to reach memories of yesterday, envision the joys of the future and examine pain of the past. It helps us reach beyond the anxiety of the moment and transports us to a place of love and peace.

Join Judy Daniels and Hospice Volunteer Peder Gulleason on Wednesday, February 12 at 10:00 am, as we sing secular and sacred music of Love. Peder will lead the music and talk about the opportunities of music as a component of hospice care. Coffee and treats will be provided. **WEAR PINK!**

AARP FOUNDATION TAX-AIDE

AARP Foundation Tax-Aide will provide free tax preparation assistance at three area locations this year:

- Burleigh County Senior Center
Mondays & Fridays, 10:30-2:30
- Dream Center
Mondays, Tuesdays, Wednesdays
9:00-1:00 and 2:00-6:00
- Morton-Mandan Library
Thursdays, Fridays, Saturdays – 10:30-2:30

Appointments are required and can be made by calling 701-354-5273. Please note that this is a new phone number from past years. Appointments can also be made online at aarpfoundation.org/taxaide. Pre-appointment packets should be completed prior to your appointment and can be picked up at the Senior Center Client Services Desk, Bismarck Veterans Library, Morton-Mandan Library and Dream Center.

SUPPORTING INDEPENDENCE

February 11, 5:30 –7:00 pm at the Bismarck Veterans Memorial Library

Helping a person living with dementia participate in daily activities is important. Care partners will discover the right amount of support, and how to balance safety and independence while managing expectations. This class is being offered by the Alzheimer's Association MN-ND.

Special Activities!



SUPERBOWL FUN!

Join us on Friday, February 7 starting at 10:00 am.

Fun and Games!
Mocktails & Treats!
Dress in your favorite teams attire!



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**.

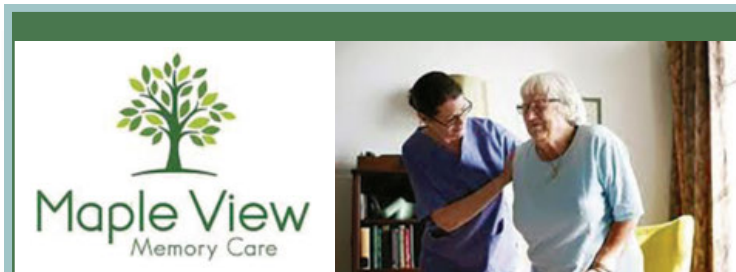
You **DO NOT** need a meal ticket to join us for the music. All other afternoon activities will be cancelled for this special event.

**Friday, February 14
10:00 am—1:30 pm**

SCHEDULE OF EVENTS

- 10:00 am Punch and Treats**
- 12:00 pm Lunch is Served**
- 12:30 pm Special Music from the Classic Rhythm Band**

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

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Lifelong Learning



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

February 6: Wildlife: The Western Lowland Gorilla

Following a large family of gorillas over nine years, this film captures many aspects of unique behavior as well as revealing touching stories of compassion among this gorilla family in the tropical rainforests of Gabon.

February 13: Wildlife: Hippo Paradise

Shot in the savannah of western Uganda, this program features unique footage of hippo behavior never before caught on tape. A 4-ton hippo leaping as gracefully as a dolphin must be seen to be believed! Watch life unfold in the area known as “Hippo Paradise”, home to more than 5,000 hippos.

February 20: Wildlife: Bison

This program paints a portrait of the lives of the bison through the changing season of the North American prairie. Battling back from near extinction, these awesome animals roam a landscape stretching 3,000 kilometers from north to south.

February 27: Wildlife: Aleutian Magic

Each year an overwhelming assemblage of wild creatures, including krill, herrings, whales and sea birds, invades the sea for just a few hours. Local people call it “Aleutian Magic” but not many have witnessed this phenomenon or even know where it occurs.



The Book Club meeting will be held on Monday, February 24 at 1:00 pm in the Library, with Arlene Havig leading the discussion.

The book for discussion will be announced and available for pick up at the January meeting,

Watch, listen, and learn through
a Webinar format.



AGING Well Series “Watch Party”

February 19, 10:00 am: Dakota Witzel, an assistant professor with SDSU, will discuss **mental health in older age**. She will help to dispel some misconceptions about how mental health looks in older age. This session will teach how to spot the difference between conditions like depression and dementia, how to reach out to friends and family who may be experiencing mental health challenges and how to support better well-being.

March 19, 10:00 am: Susan E. Johnson-Drenth, a certified elder law attorney by the National Elder Law Foundation, will provide updates on **elder law and estate planning** in 2025. Johnson-Drenth is the president of JD Legal Planning PLLC, a Fargo, North Dakota law firm focused on estate planning, elder law, probate, probate litigation, guardianship, and trust law, including special needs trusts for people with disabilities.

Together, we will watch
on a big screen.
Bring a friend and learn together!

Questions?
Contact Shelly Kuntz, FCW
Burleigh County Extension
701-221-6865

Sponsored by NDSU Extension and
SD State University Extension.

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 from 12:30 to 3:00 pm, Mike will be on hand to help you. Whether you need some assistance on how to use that new smart phone, or need help with accessing a service online, he will assist you.

This service is available by appointment only. Please call 701-255-4648 or stop by the Client Services Desk 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. (There will be no Computer/Tech Support on February 4.)

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, February 24 at 1:00 pm in the Dining Room. The session will include:

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

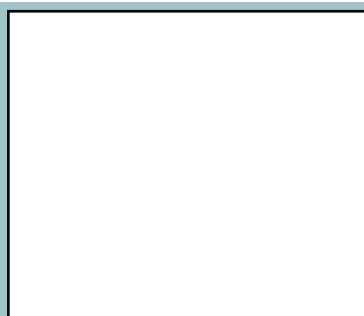


Please call 255-4648 or stop by the Client Services Desk to sign up for this session.

The Senior Sentinel | 5

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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 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.

 **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 or 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

February Dining Calendar



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| 3 BBQ Chicken on WG Bun Sweet Potato Fries Mixed Vegetables Asst. Fruit Cups | 4 Italian Pasta Bake Marinated Vegetable Salad Seasoned Zucchini Dark Cherries WG Garlic Toast | 5 Manhattan Meatballs Caramelized Onion Masted Potatoes Sugar Snap Peas Fresh Melon | 6 Shrimp Scampi Wild Rice Pilaf Lemon Asparagus Fresh Banana | 7 Chili Cheese Stuffed Baked Potato with Sour Cream Steamed Broccoli Cookie Fruit Salad Cornbread |
| 10 Chicken Stroganoff over Mashed Potatoes Peas and Carrots Fresh Orange | 11 Braised & Smothered Pork Chops Mashed Sweet Potatoes Balsamic Brussel Sprouts Spiced Pears | 12 Chef Salad Fresh Grapes Pretzel Breadstick | 13 Chicken Cordon Blue Tri-colored Potatoes Steamed Vegetable Blend Fruit Cocktail | 14 **Roast Beef Mashed Potatoes with Gravy Candy Corn Vegetable Medley Fresh Baked Roll Cherry Berry Trifle |
| 17 CLOSED PRESIDENTS DAY | 18 Cabbage Roll Garlic Mashed Potatoes Steamed Vegetable Medley Asst Apple Sauce | 19 Oven Fried Chicken Chive Mashed Potatoes with Gravy Seasoned Corn Peaches | 20 Country Baked Ham Scalloped Potatoes Roasted Vegetables Chunky Fruit | 21 Lemon Pepper Tilapia Rosemary Potatoes Glazed Baby Carrots Snicker and Apple Salad |
| 24 Salisbury Steak with Mushroom Gravy Mashed Potatoes Normandy Vegetable Blend Fresh Apple | 25 Sweet & Sour Chicken Vegetable Fried Rice Vegetable Egg Roll Mandarin Organges Fortune Cookie | 26 Roast Turkey with Gravy Mashed Potatoes Herbed Green Beans Blushing Pineapple WG Dinner Roll | 27 Tangy Meatloaf Baked Fingerling Potatoes Broccolini Medley Watermelon | 28 Walleye Strips Steak Fries Coleslaw Fruited Jello |

****Friday, February 14 is a Special/Holiday Meal.
A ticket for that day's meal is required for both
Congregate and Drive-thru dining.
See page 3 and 21 for more information.**

**Each meal is served with 8 oz. of 1% milk
and 2 slices of whole grain bread
(unless otherwise indicated).
Coffee and water is served at meal sites.**

MENU SUBJECT TO CHANGE!



February Senior Center Activity Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| <p>3</p> <p>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</p> | <p>4</p> <p>9:00 Strength Finders 9:15 Adv Committee Mtg 9:30 Watercolor with Pauline 12:30 Birthday/Annivers. Celebration 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Line Dancing 1:00 Hand & Foot</p> | <p>5</p> <p>9:00 Standing Yoga 10:00 Grief Group 10:00 Low Vision Group 10:00 Script & Non-Script Meds 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>6</p> <p>9:00 Strength Finders 9:30 Curiosity Stream 10:00 Strength Finders 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole 1:00 BUNCO</p> | <p>7</p> <p>9:30 Chair Yoga 10:00 SuperBowl Fun! 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p> |
| <p>10</p> <p>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</p> | <p>11</p> <p>9:00 Strength Finders 10:00 Heart Health 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</p> | <p>12</p> <p>9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:00 Therapy of Music 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:00 Mahjong 1:30 Caregiver Connections 1:30 Legal Services</p> | <p>13</p> <p>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 1:00 BUNCO BOOKMOBILE</p> | <p>14</p> <p>9:30 Chair Yoga 10:00 Valentines Day Party (see pg 3) 10:45 Strength Finders</p> <p>NO AFTERNOON ACTIVITIES</p> |
| <p>17</p> <p>CLOSED PRESIDENTS DAY</p> | <p>18</p> <p>9:00 Strength Finders 12:30 Comp/Tech Support 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Line Dancing 1:00 Hand & Foot</p> | <p>19</p> <p>9:00 Standing Yoga 10:00 Coffee w/Cop 10:00 Grief Group 10:00 Cribbage 10:00 Aging Well Series 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>20</p> <p>9:00 Strength Finders 9:30 Curiosity Stream 10:00 Strength Finders 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole 1:00 BUNCO</p> | <p>21</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p> |
| <p>24</p> <p>9:00 Chair Exercise 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club 1:00 Senior Center Tour</p> | <p>25</p> <p>8:00 Quilting Group 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</p> | <p>26</p> <p>9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:00 Overall Well-Being 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>27</p> <p>9:00 Strength Finders 9:30 Curiosity Stream 9:30 Yoga Talk 10:00 Strength Finders 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole 1:00 BUNCO 1:00 BCCA Meeting</p> | <p>28</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p> |



DAILY

Coffee Bar: 8:00 -10:30 am

Wednesday is Caramel Roll Day ~ Beginning at 8:30 am!

Pool: 8:30 am - 4:00 pm

SCHEDULE SUBJECT TO CHANGE.

Celebrate Your Inner Artist!

ART FROM THE HEART



Join Nina in the Craft Room on Monday, February 3 as she leads a class in painting Birds in a Heart with acrylics or on Monday, February 10 at 9:30 am as she leads a class in a watercolor painting of a Valentine heart 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.

WATERCOLOR WITH PAULINE

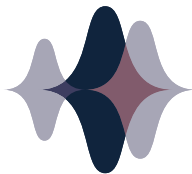
Join Pauline in the Craft Room on Tuesday, February 4 as she leads a class in creating a watercolor Valentine card.

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.



The BCSAP Volunteer Advisory Committee meets on Tuesday, February 4 at 9:15 am in the Library.

The Senior Sentinel | 9



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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.

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 is designed with the mature body in mind. Jessica will lead you through a carefully crafted set of poses, using chairs and props to create a space where you will feel safe. Overtime you will gain strength, flexibility and balance while incorporating breathing techniques to help relive tension, anxiety and gain mental clarity.

(Limited to 10/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/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/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/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/class.)

YOGA TALK WITH BONNY & MARLENE

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

Thursday, February 13 at 9:30 am

Opening Your Heart to Yoga

Thursday, February 27 at 9:30 am

Focus on Balance

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, February 13 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 is offered on Mondays at 9:00 am. There is a limit of 12 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?

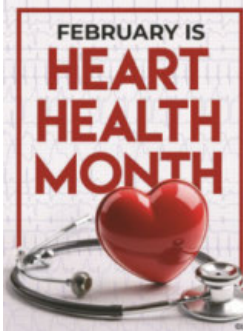
The Fitness Room is available between classes for individual use. You may use the stationary bicycles, DVDs and weights.

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.

Heart Health



MODIFIABLE HEART DISEASE RISK FACTORS

- High Blood Pressure
- High Cholesterol
- Smoking
- High Blood Sugar
- Overweight or Obese
- Physical Inactivity
- Excessive Alcohol Use

HEART ATTACK WARNING SIGNS & SYMPTOMS

1. Chest pain that does not go away after a few minutes
2. Pain in the jaw, neck or back
3. Nausea, weakness or lightheadedness
4. A cold sweat
5. Pain or discomfort in the arms or shoulders
6. Shortness of breath

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Join Us for Activities!



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

February 7: *Ring of Fire*, PG-13

The life of country legend June Carter Cash, from her beginnings in rural Virginia to her turbulent marriage to Johnny Cash. Based on the narrative by John Carter Cash.

February 14: *No Movie*

February 21: *Road Less Traveled*, PG-13

Country music singer Charlotte comes back home to Tennessee a week before she's set to get married. But when she runs into her high school sweetheart, Ray, sparks begin to fly.

February 28: *Point Last Seen*, PG-13

A female park ranger searches the desert for another mother's lost child, while praying and hoping for the safe return of her own children who have been abducted by her abusive ex-husband. Based upon the book by Hannah Nyala.

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, February 19 at 10:00 am to discuss current scams and issues to be aware of in our community.

COMPUTER & PHONE BASICS

Staff from the ND Center for Independent Living will be in the South Conference Room on Thursday, February 13 at 10:00 am.

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

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

CELEBRATION OF BIRTHDAYS & ANNIVERSARIES

Join us on Tuesday, February 4 for our monthly Birthday and Anniversary Celebration! Ice cream will be served at 12:30 pm, following the noon meal.



“JUST GET IT DONE SOMEDAY” QUILTING GROUP

The “Just Get It Done Someday” Quilting Group will meet in the South Conference Room on Tuesday, February 11 from 1:00—4:00 pm and Tuesday, February 25 from 8:00 am—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.



Game Time!

Fun & Games

CARDS

Pinochle: 1:00 pm,
Monday, Wednesday, Friday
Bridge: 1:00 pm, Tuesday, Thursday
Hand & Foot: 1:00 pm, Tuesday, Thursday
Whist: 12:30 pm, Tuesday
5 Crowns: 12:45 pm, Monday

Pinochle, Bridge and Hand & Foot are played in the Rec Room. Whist and 5 Crowns are played in the Craft Room.

CORNHOLE



Cornhole is played every Thursday at 1:00 pm in the Fitness Room. Sign up weekly for cornhole at the Client Services Desk or call 258-4648. This game has a limit of 8 people/session.

BINGO

Join us for **BINGO** on Wednesdays at 1:00 pm. Bingo cards are \$1 each, and you may buy as many cards as you like. Purchased card(s) will be used for ALL games played. All sessions have 100% payout..



POOL LESSONS



Are you interested in learning to play pool? Or maybe you just need a refresher course to get going again.

Bill Beaman will be providing lessons for people who want to learn more about playing pool. These sessions will be held in the Rec Room on Wednesdays from 10:30 - 11:30 am.

Please sign up at the Client Services Desk 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 February 11 and 25 at 1:00 pm.

TRIVIA

Trivia is played the 1st and 3rd Tuesday of each month in the South Conference Room. This month, Trivia will be held on February 4 and 18 at 1:00 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!



BUNCO



Bunco is played every Thursday at 1:00 pm in the South Conference Room.

CRIBBAGE

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



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

Support Groups & Free Services

HEARING LOSS SUPPORT GROUP

The Hearing Loss Support Group will not meet in February, March or April, and will be back in May 2025.

ALLIANCE CENTER FOR HEARING

Representatives from Alliance Center for Hearing will be at the Senior Center on Thursday, February 13, 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 Vocational Rehabilitation will lead the Low Vision Support Group in the Library on Wednesday, February 5 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, February 12 from 1:30 to 3:30 pm to meet with individuals by appointment only. Call 701-222-2110, ext. 303 to schedule your appointment.



GRIEF 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.

Drive-Thru Meals & Parking

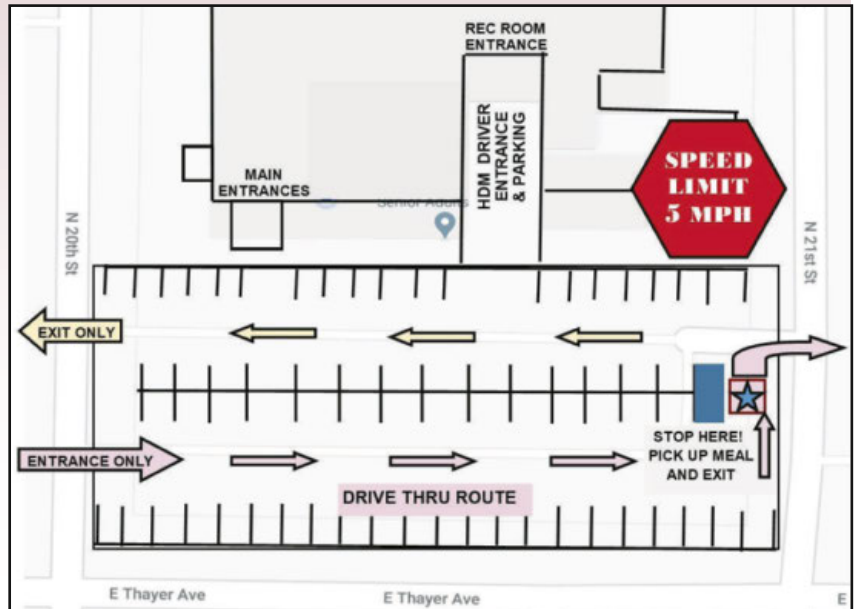
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 priority!

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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Preplanning services are available. Consider providing some peace of mind to your loved ones by making your wishes known.

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Volunteer Opportunities!

JOIN OUR VOLUNTEER TEAM!

Currently, volunteers are needed in the following areas:

- Home-Delivered Meal Drivers
- 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.



Featured Volunteers



GUS KNUDSON

Gus Knudson started volunteering at the Burleigh County Senior Center in April of 2022.

Gus is a home-delivered meal driver and drives twice weekly, as well as often subbing in when there is an open route.

Gus was a plumber for about 50 years before retiring. He is married to Kathy and together they have 5 children.

Gus does a lot of activities when he is not driving for the Senior Center. He does woodwork, spends time with his grandkids, shoots at the indoor gun club, and works part-time at Lowes.

Gus enjoys being helpful and loves seeing how grateful the clients of our home-delivered meal program are. Gus has a niece who also volunteers as a home-delivered meal driver, and it made him curious enough to want to volunteer at the senior center. **We are very lucky to have Gus!**



KAREN BERGER

Karen Berger has been volunteering at Crescent Manor for over four years.

Karen helps by carrying trays and pouring coffee in the Dining Room.

When not volunteering, Karen like to camp, fish take walks and garden. If its an activity outside, Karen is ready!

Karen worked at Bismarck Public Schools for 21 years and retired in 2018. She has two children—a daughter and a son and has five grandchildren.

Karen loves visiting with the other residents at Crescent Manor and loves to help them. Karen says, "It brings me pleasure helping residents and visiting with them. I love to listen to their stories!"

Thank you Karen, for all you do!

The BCSAP Annual Volunteer Training is scheduled for Tuesday, March 4 at 8:45 am in the Recreation Room. Please plan to attend!

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:

- February 10: Wilton
- March 10: Wing
- March 25: 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.



CLARITY MIND & MEMORY CLINIC



Corinna Glatt Julie Tanous
Nurse Practitioners

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



LOSING HIS MEMORY

The man looked a little worried when the doctor came in to administer his annual physical, so the first thing the doctor did was to ask whether anything was troubling him.

"Well, to tell the truth, Doc, yes," answered the patient. "You see, I seem to be getting forgetful. No, it's actually worse than that. I'm never sure I can remember where I put the car, or whether I answered a letter, or where I'm going, or what it is I'm going to do once I get there — if I get there. So, I really need your help. What can I do?"

The doctor mused for a moment, then answered in his kindest tones, "Pay me in advance."

THE WRONG WISH

A married couple, both 60 years old, were celebrating their 35th anniversary. During their party, a fairy appeared to congratulate them and grant them each one wish.

The wife wanted to travel around the world. The fairy waved her wand and poof — the wife had tickets in her hand for a world cruise.

Next, the fairy asked the husband what he wanted. He said, "I wish I had a wife 30 years younger than me."

So, the fairy picked up her wand and poof — the husband was 90.

THE OLDEN DAYS

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter, we'd ice skate on our pond. In the summer, we would swim in the pond and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed and sat silently for a minute. Finally, he said, "Grandpa, I wish I'd gotten to know you a lot sooner!"

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Burleigh County Senior Adults Program, Bismark, ND

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Heart Health

EXERCISE FOR THE HEART

Did you know that partaking in a regular exercise routine can help reduce your risk of heart disease and optimize heart-health? The Physical Activity Guidelines for Americans suggests adults get at least 150 minutes, or 2 and a half hours of physical activity per week. This can be a difficult goal for some to achieve!

If you live a more sedentary lifestyle, or are a beginner, start with light to moderate activity to help combat the negative effects of sitting. Slowly increase your physical activity levels over time as your body gets used to moving more. A little movement can go a long way!

How does exercise benefit the heart?

- Strengthens the heart muscle, allowing it to become more efficient at pumping blood throughout the body.
- Helps control blood pressure.
- Improves blood lipid levels, increasing HDL (“good” cholesterol) and lowering LDL (“bad” cholesterol).

Aerobic Exercise (Cardio)

Aerobic exercise helps the heart and cardiovascular system work more efficiently together. It can help improve circulation and cardiac output (how well the heart pumps).

Below are examples of moderate-intensity physical activities that are great for anyone starting to add movement into their daily routine:

- Fast paced/brisk walking
- Water aerobics
- Dancing
- Gardening/house chores
- Biking
- Outdoor sports (golf, tennis, pickleball, etc.)

When you are ready to level-up to a more vigorous-intensity aerobic workout, here are some to try:

- Hiking with weighted backpack
- Running/jogging
- Swimming laps
- Fast-paced aerobic dancing
- Cycling
- Jumping rope
- Fitness classes

Before starting any workout/exercise routine, it is important to consult your healthcare provider for guidance. Always remember to hydrate before, during, and after workouts. Also ensure you track your heart rate during physical activity. Stretching is always a great idea to prevent the risk of injury, and most importantly, choose an exercise routine that you enjoy. **Move more, sit less!**

See page 21 for information on Creating a Heart-Healthy Meal Pattern.

Resources: <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

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Website:
carechoice.nd.assistguide.net
Email: carechoice@nd.gov**

This 'n That

CREATING A HEART-HEALTHY MEAL PATTERN

A key piece to preventing heart disease is a healthy meal pattern. The foods you choose to consume daily can have a substantial impact in preventing and managing cardiovascular disease. Let's take a look at what a healthy meal pattern looks like in order to lower your risk for heart disease.

Calories

It is important to know exactly how many calories you should consume per day and build your daily meals around that number. The nutrition labels on food are based upon a standard 2,000 calorie per day diet, but this calorie amount may be different for you based on your age, gender, current weight and level of physical activity. Consult your healthcare provider for the most accurate recommended calorie intake for you.

Emphasis on the GOOD Nutrients

To create a diet for optimal heart health, it is vital to setup a healthy diet pattern centered on the following foods:

- Large variety of fruits/vegetables
- Whole grain products
- Proteins high in omega-3 fatty acids, lean meats, low-fat/non-fat dairy products, nuts, legumes
- Non-tropical vegetable oils
- Reduced intake of sugars/minimally processed foods
- Reduced or zero salt foods
- Limited to no alcohol

Following this Food Guidance

Keeping the above nutrients in mind will foster a heart-healthy lifestyle whether you are preparing these foods at home or eating out. Make sure to read the nutrition facts and ingredients in foods and try to choose foods lower in sodium, added sugars, and fats.

Resources: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>

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 23rd day (or following Monday if it falls on a weekend) of the previous month.

Patrons wishing to dine inside, **MUST** have a congregate 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 congregate 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 a ticket has to cancel a meal, 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.



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 December 6—December 31, 2024.)

In Memory of Floyd Fischer
—Barbara Fischer

In Memory of Dean and Donella “Donnie” Johnson
—Darrel Johnson
—Gurine & Gaylen Karstetter
—Ron Neis
—Scott & Carol Markovic

In Honor of Marlene Knutson & Kelly Hickel
—Katie Knutson

In Honor of Russ Senne
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Refinery Retirees, Mandan
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Sara & Elvis Miller
John & Carolyn Olson

Burleigh County Senior Adults Program Giving Opportunities

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

Donations can be made to:

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

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

BCSAP

315 North 20th Street
Bismarck, ND 58501



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

Please designate my gift to:

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

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

Please send acknowledgement of my memorial/honorarium to:

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Address: _____

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- Platinum: \$1,000 and up
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- Silver: \$200—\$499
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- Friend: \$50—\$99

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

DONOR CONTACT INFORMATION:

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

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Burleigh County Council on Aging

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| Oscar Blaskowski | Marv Heinert |
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| Tim Fischer | Darcy Rosendahl |
| | Jim Skaret |

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

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 Kristi Klein, RN

HDM/OUTREACH SERVICES PROGRAM

Ashly Norris, Manager
 Julie Zent, Social Worker
 Chantel Andersen, HDM Meal Services Coordinator
 Bobbie Jo Schmidt, HDM/Nutrition Support Coordinator
 McKenzie Steffek, HDM Specialist

NUTRITION PROGRAM

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

BCSAP Volunteer Advisory Committee

| | |
|-------------------|-------------------|
| Sue Ackerman | Karen Stahl |
| Bernie Brandner | Michael Stevenson |
| Tom Feser | Fran Stott |
| Cindy Lou Highley | |