

THE

SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 3 March, 2025



Food Connects Us
2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "**Food Connects Us.**" Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced.

Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

Registered Dietitian Nutritionists and Nutrition and Dietetics Technicians, Registered play a critical role in helping people understand the connection between the foods individuals and communities eat, and how these foods impact health throughout life.

See page 2 for information on Nutrition presentations being offered this month at the Burleigh County Senior Center.

What's Happening

Page 2	March: Nutrition Month
Page 3	Special Events
Page 4	Lifelong Learning
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	Lifelong Learning
Page 12	Join Us for Activities
Page 13	Game Time!
Page 14	Support Groups & Free Services
Page 15	Drive-Thru Meals & Parking
Page 16	Volunteer Opportunities Featured Volunteers
Page 17	Health Maintenance
Page 18	This 'n That Volunteer Training
Page 20	Healthy Eating
Page 21	This 'n That
Page 22	This 'n That
Page 23	Thank You Donors
Page 24	Subscription Form, Council, Staff & Advisory Committee

PLEASE NOTE: SIGN UP FOR MARCH MEALS AND ACTIVITIES WILL BEGIN ON FEBRUARY 24.

March is Nutrition Month



Food Connects Us

2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

FOOD CONNECTS US

Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends.

Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. What's more, health, memories, traditions, seasons and access can all impact our relationship with food.

Join Katie Johnke from Bismarck-Burleigh Public Health on Monday, March 10 at 10:00 am, as she explores these connections and how the foods you eat impact your health through life.

NOURISH: COOKING FOR ONE OR TWO

Shelly Kuntz from NDSU Extension will lead this session to provide participants with information about *how to put an individual touch on mealtimes*. Participants will have an opportunity for hands-on cooking experience, and will also play *Cooking for One or Two* bingo. Participants will learn the following:

- *Identify ways to shop and cook for good nutrition and value
- *An understanding of the supplies needed to save time and make cooking easier
- *How to break down a large recipe into smaller servings
- *Have a basic plan of what to do with leftovers "planned overs" instead of having to throw them away
- *Discover ways to enjoy and liven up your meals

Participants will be working together to make a Beef and Vegetable Taco Bake and Mexican Fried Ice Cream.

This session will be held on Tuesday, March 11 at 9:30 am in the Recreation Room. For supply planning purposes, participants must sign up by Wednesday, March 5.

NOURISH: YOUR IMMUNE SYSTEM

To have a healthy, strong immune system, we need to focus on our overall maintenance of health. Lifestyle factors that can impact your immune health include:

- *Moving your body
- *Managing stress
- *Limiting alcohol
- *Taking steps to avoid infection
- *Eating a balanced diet with protein, antioxidants, vitamin D and other nutrients

Join Shelly Kuntz from NDSU Extension on Tuesday, March 18 at 10:00 am to learn more about this important topic.

NOURISH: PETS AND HEALTH

There are many reasons to get a pet, and not just because they are cute! Pets help reduce stress, maintain a routine, be social and get you moving! Join Shelly Kuntz from NDSU Extension on Tuesday, March 4 at 10:00 am to learn more!



Special Events!

MARCH MAYHEM
Thursday, March 6,
12:30 pm
Music by
Milt Bradford

ST. PATRICKS DAY
Monday, March 17,
12:00 noon

A traditional Irish
meal will be served.
WEAR GREEN!



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.

SPRING FLING
THURSDAY,
MARCH 20
10:00 am — 1:30 pm

SCHEDULE OF EVENTS

- 10:00 am Spring Mocktails**
- 12:00 pm Lunch is Served**
- 12:30 pm Special Music from the Randy Karr Band**

**DRESS IN
SPRING ATTIRE!**

The Senior Sentinel | 3




- Full-Time Residency
- Adult Day Services
- Respite Care

4217 Montreal Street • Bismarck, ND 58503
(701) 223-4133



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.sincriseniorliving.com/hay-creeklodge

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







**OXYCODONE
TABLET**
Common Brand(s): Oxycodone
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



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Burleigh County Senior Adults Program, Bismarck, ND

A 4C 05-0634

Lifelong Learning



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

March 6: The Magic of the Wild: The Crown of North America

On the border between the USA and Canada, a large project unites very different actors: they want to enlarge a national park in order to save it. The Waterton-Glacier Peace Park is a unique natural region. Vast parts of the almost 5,000 square kilometers of the protected area are untouched by humans.

March 13: The Magic of the Wild: Alaska's Majesty-Denali

It takes every viewer's breath away. Visible from afar, the Denali rises out of the Alaska Range at almost 6200 meters. The highest mountain in North America is the eponym for one of the most spectacular national parks in the world.

March 20: No Curiosity Stream

March 27: My Music Brain

Why does music have the power to stir up such powerful emotions and memories? Join artists including Sting, Michael Bublé and Feist on a unique Journey of discovery as scientists reveal how the brain processes and reacts to music, helping to shape the human experience.



The Book Club meeting will be held on Monday, March 31 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 February meeting,



ELDER LAW & ESTATE PLANNING

On March 19, at 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. Sponsored by NDSU Extension and SD State University Extension.

Watch, listen, and learn through
a Webinar format.



AGING Well Series
"Watch Party"

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

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.

Lifelong Learning



COMPUTER/TECH SUPPORT

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

On Tuesdays 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.

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, March 17 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



2302 E. Divide Ave - Bismarck, ND 58501
(701) 223-7322 - www.EastgateFuneral.com



2330 Tyler Parkway - Bismarck, ND 58503
(701) 223-1100 - www.ParkwayFuneral.com

THE TERRACE

Basic Care



Call for a Tour 701-258-1980 • terraceadmin@bchabis.com



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



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

www.hrrv.org | 800.237.4629

[f](#) [t](#) [i](#) [in](#) questions@hrrv.org



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Burleigh County Senior Adults Program, Bismarck, ND

B 4C 05-0634

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

March Dining Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Beef Stuffed Pepper Herb Roasted Potatoes Seasoned Beets Cinnamon Applesauce</p>	<p>4</p> <p>BBQ Chicken Sandwich on WG Bun Potato Wedges Mixed Vegetables Peaches</p>	<p>5</p> <p>ASH WEDNESDAY Cornflake Catfish Calico Corn Coleslaw Hush Puppies</p>	<p>6</p> <p>Fall Apart Pork Roast Over Mashed Potatoes Brussel Sprouts & Squash Tropical Fruit</p>	<p>7</p> <p>Herbed Whitefish Fried Onions & Potatoes Pacific Vegetable Blend Apple & Pecan Salad</p>
<p>10</p> <p>Sausage & Zucchini Skillet with Red Sauce served over Roasted Potatoes Chilled Apricots Garlic Breadstick</p>	<p>11</p> <p>Beef & Broccoli Stir Fry Over Basmati Rice Vegetable Egg Roll Sunburst Pears Fortune Cookie</p>	<p>12</p> <p>Oven Fried Chicken Chive Mashed Potatoes Steamed Peas Fresh Baked Biscuit Fresh Banana</p>	<p>13</p> <p>Roast Beef Sundae (Open-faced Roast Beef Sandwich) Mashed Potatoes & Gravy Corn & Carrots Creamy Fruit Salad</p>	<p>14</p> <p>Shrimp Scampi Wild Brown Rice Pilaf Steamed Asparagus Fruited Gelatin</p>
<p>17</p> <p>ST. PATRICK'S DAY Corned Beef & Cabbage Red Potatoes & Braised Carrots WG Dinner Roll Asst. Fruit Cups</p>	<p>18</p> <p>Chicken Cordon Bleu Roasted Sweet Potatoes Capri Vegetable Blend Fruit Cocktail</p>	<p>19</p> <p>Beef Taco Salad Chips, Salsa & Sour Cream Spanish Fruit Cup</p>	<p>**20</p> <p>SPRING FLING BBQ Ribs Cucumber Salad Green Beans with Bacon Cinnamon Apples Cornbread</p>	<p>21</p> <p>Lemon Pepper Tilapia Rosemary Roasted Potatoes Glazed Baby Carrots Peach Crisp</p>
<p>24</p> <p>Chicken Fried Chicken with Country Gravy Garlic Mashed Potatoes Seasoned Corn Fresh Grapes</p>	<p>25</p> <p>Bolognese (Red beef sauce) Lasagna Roll Up Steamed Broccoli, Carrots & Cauliflower Garlic Breadstick Chunky Fruit</p>	<p>26</p> <p>Rotisserie Baked Chicken Baked Sweet Potato Squash Medley Berries with Whipped Cream</p>	<p>27</p> <p>Glazed Ham Company Potatoes (Hashbrown Casserole) Mixed Vegetables Caramelized pineapple WG Dinner Roll</p>	<p>28</p> <p>Teriyaki Salmon Roasted Root Vegetables House Salad with Choice of Dressing Snickers & Apple Salad</p>
<p>31</p> <p>Chicken Kiev Seasoned Tri-color Potatoes Monterey Vegetable Blend Fresh Apple</p>				

****Thursday, March 20 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!

March Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 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	4 8:30 Volunteer Breakfast & Annual Training 9:00 Strength Finders 9:30 Watercolor with Pauline 10:00 Nourish: Pets & Health 12:30 Birthday/Annivers. Celebration 12:30 Comp/Tech Support 12:30 Whist 12:45 Farkel 1:00 Hand & Foot 1:00 Trivia / Bridge 1:00 Line Dancing	5 Ash Wednesday 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	6 9:00 Strength Finders 9:30 Curiosity Stream 10:00 Strength Finders 12:30 March Mayhem: Music by Milt Bradford 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole 1:00 BUNCO	7 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
10 9:00 Chair Exercise 9:30 Art from the Heart 10:00 Strength Finders 10:00 Food Connects Us 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	11 9:00 Strength Finders 9:30 Nourish: Cooking for 1 or 2 10:00 AARP Smart Driver 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	12 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:00 Low Vision Group 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:00 Mahjong 1:30 Caregiver Connections 1:30 Legal Services	13 9:00 Strength Finders 9:30 Curiosity Stream 9:30 Yoga Talk 10:00 Strength Finders 10:00 Computer/Phone Basics 11:00 Walk This Way 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole 1:00 BUNCO BOOKMOBILE	14 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
17 St Patrick's Day 9:00 Chair Exercise 10:00 Strength Finders 10:00 Scarf Tying 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Senior Center Tour	18 9:00 Strength Finders 10:00 Nourish: Your Immune System 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	19 9:00 Standing Yoga 10:00 Coffee w/Cop 10:00 Grief Group 10:00 Cribbage 10:00 Elder Law & Estate Planning 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:00 Mahjong 1:30 Caregiver Connections	20 9:00 Strength Finders 10:00 Strength Finders 10:00 Spring Fling (See page 3) No Afternoon Activities	21 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
24 9:00 Chair Exercise 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	25 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	26 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:00 Mahjong 1:30 Caregiver Connections	27 9:00 Strength Finders 9:30 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	28 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
31 9:00 Fitness Class Registration Begins 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		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, March 3 as she leads a class in painting a St. Patrick's Day Hat with acrylics or on Monday, March 10 at 9:30 am as she leads a class in a watercolor painting of Trees with a Stream.

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

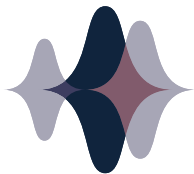
Join Pauline in the Craft Room on Tuesday, February 4 at 9:00 am as she leads a class in creating tulips with watercolors and pencils.

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 does not meet in March. The next meeting is Tuesday, April 1 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

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

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



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Burleigh County Senior Adults Program, Bismark, ND

C 4C 05-0634

Health & Wellness

FITNESS CLASSES

The 8 week session for February 16—April 12 is closed.

Registration for the next 8-week session (April 20—June 21) will begin on **March 31 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! March presentations include:

Thursday, March 13 at 9:30 am

Calming Down with Yoga

Thursday, March 27 at 9:30 am

Modifying Yoga Poses

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, March 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.

No class on Monday, March 3.

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.

Lifelong Learning

AARP SMART DRIVER



On Tuesday, March 11 at 10:00 am, AARP will be hosting a course that will teach us valuable defensive driving

skills and give us a refresher on the rules of the road. You may be eligible for a discount on your car insurance by completing this course.

The cost for this course is \$20 for AARP members and \$25 for non-members. Space is limited and pre-registration is required. Please contact Norbert Mayer at 226-5956 to register.

Word Twist

St. Patrick's Day

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. Hint: Each puzzle has a common theme!

Mohcsark _____	Rvolve _____
Cernehpual _____	Yukcl _____
Adlreni _____	Eradpa _____
Rnege _____	Evtfise _____
Wbonari _____	locealertbn _____

Answers can be found on page 18.

The Senior Sentinel | 11

**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 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 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



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Burleigh County Senior Adults Program, Bismark, ND

D 4C 05-0634

Join Us for Activities!



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

March 7: *Being Rose*, PG-13

After being diagnosed with serious health issues, ex-cop Rose Jones (Cybill Sheperd), goes on a road trip in a wheelchair to search for her estranged son. Along the way, she falls in love with Max (James Brolin), a handsome old cowboy, who has come to a crossroads of his own.

March 14: *Lifemark*, PG-13

David's world is turned upside down when his birthmother unexpectedly reaches out to him, sending the adopted 18-year-old on a journey of discovery that leads to a staggering truth from his past. Based on a true story.

March 21: *Narrow Escape*, PG

The heart-warming true story of an abandoned baby rescued by the U.S. Navy at the end of the Korean war. Though morale on board the U.S.S. Point Cruz is low, the crew is determined to help Baby Danny towards a better life.

March 28: *Miracle at Manchester*, G

A hopeful story based on actual events of how a community organizes a miracle for a teen battling an aggressive form of brain cancer while two men find their restoration in his healing journey and a father finds his faith again.

SCARF TYING

Do you have a drawer full of scarves that you like, but you are not sure how to wear them?

Join Hilda Horner on Monday, March 17 at 10:00 am as she shows you some of the 307 different ways you can wear your scarves that will look fabulous!

*Bring a scarf to practice!



COFFEE & CARAMEL ROLLS

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



Officer Caity Horne will join us on Wednesday, March 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, March 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, March 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, March 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. Sorry, no take-outs are allowed.

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 March 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 March 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 not be here in March, but will be back in April.



LOW VISION SUPPORT GROUP



Betsy Hermanson, Vision Specialist from ND Vocational Rehabilitation will lead the Low Vision Support Group in the Library on Wednesday, March 12 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, March 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

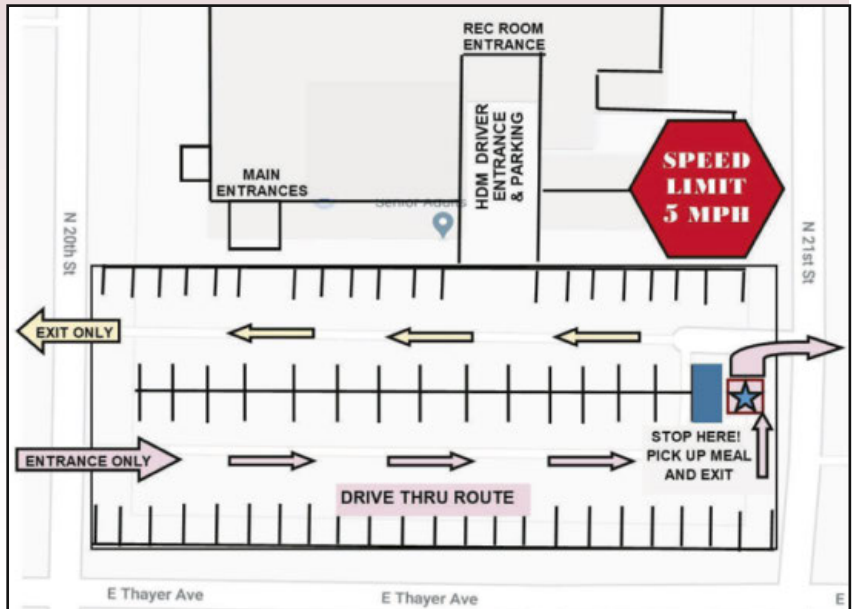
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 priority!

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).

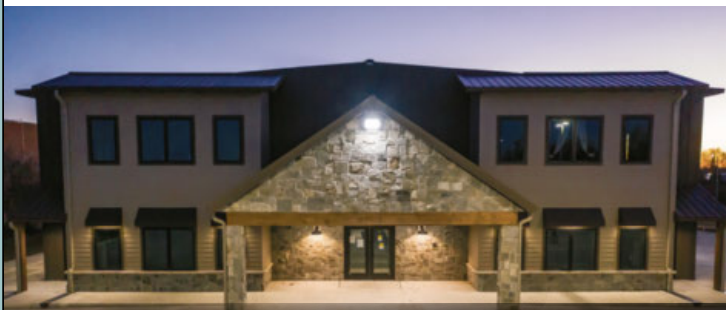
CONGREGATE MEAL/OTHER CLIENTS: Clients coming to the Senior Center for a meal, activities, or other reason, may park where they choose, following the one-way arrows.

Thank you for your cooperation!



The Senior Sentinel | 15

DaWisePerry Mandan Crematory



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

4211 Old Red Trail • Mandan, North Dakota

(701) 633-3239

www.dawiseperry.com

office@dawiseperry.com

"Celebrating a life simply lived."



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



For ad info. call 1-800-950-9952 • www.lpicomunities.com

Burleigh County Senior Adults Program, Bismark, ND

E 4C 05-0634

Volunteer Opportunities!

JOIN OUR VOLUNTEER TEAM!

Currently, volunteers are needed in the following areas:

- Home-Delivered Meal Drivers
- 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.

*Volunteers
Needed*



**Volunteer Annual Training—Tuesday, March 4.
See page 18 for information.**

Featured Volunteers



MAXINE DOLL & DEBBI HEGNEY

Maxine Doll and Debbi Hegney are the volunteer leaders of the Senior Center's Drumming Class.

Maxine has been volunteering at the Senior Center for 2 years and Debbi for 1 year. Besides the drumming class, Maxine also volunteers for Strength Finders and setting up cards.

During Maxine's free time she likes to listen to podcasts, music, dance, play cards, quilt and attend her grandkid's hockey games.

Debbi likes to play cards, cook and bake, dance and sing. Many years ago, Debby sang in a band and at weddings!

Before coming to the Senior Center Maxine was a Dietary Supervisor in a Basic Care Unit for 20 years and then worked at Herberger's for five years until their closing.

Debbi worked in or owned hair salons in Williston, Ray, and Touchmark. She has been working in salons for over 53 years.

Maxine traveled around the country with her husband for his work as a union pipefitter. Maxine's husband passed in 2021, and they were married for 58 years, and they have two children, three grandchildren, and four great grandchildren. Maxine grew up in the Turtle Lake area with four sisters and one brother.

Debbi is originally from Minot and went to school to be a dental assistant which she did for 15 years. She has been married two times, with both husbands passing away. Debby has two boys, one lives in Fargo and one in California.

Maxine started coming to the Senior Center when she lost her husband to get out and socialize. Maxine started with the Grief Support Group and it just expanded from there.

Debbi started coming to the Senior Center after she retired and moved to Bismarck. She was looking for something to do and Maxine encouraged her to come!

Both Maxine and Debby like coming to the Senior Center for the same reasons -- socializing, friendship, being around people and smiling makes their day!

Thank you, Maxine and Debby, 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:

- March 10: Wing
- March 25: Sterling
- April 14: Wilton

An appointment is required for the Wilton, Wing and Sterling Foot Care Clinics. To schedule, please call 255-4648 at least one week in advance. If no appointments are made at least one week in advance, the Foot Care Clinic will be cancelled.

The Senior Sentinel | 17



Corinna Glatt Julie Tanous
Nurse Practitioners

CLINIC AND TELEMEDICINE
APPOINTMENTS AVAILABLE

Caring for individuals and families affected by memory loss, Alzheimer's Disease and other forms of dementia

3100 N. 11th Street, Suite #1 Bismarck, ND 58503

Call **701-712-0066** or visit memoryclinicnd.com to book an appointment today.



Missouri Slope, trusted care for over 60 years

Now offering home care



www.missourislope.com

Services in the comfort of your own home to help you remain there for as long as possible.

- Assistance with Activities of Daily Living (ADL's)
- Companionship
- Safety Checks
- Meals
- Housekeeping/ Laundry & more!

(701) 221-9449

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

— NEED HELP! —

Errands Run For You

Susan Kilber
391-2650



Locally Owned Funeral Home

701-223-4055

Contact info for account

3723 Lockport St. • Bismarck, 58503



For ad info. call 1-800-950-9952 • www.lpiconmunities.com

Burleigh County Senior Adults Program, Bismarck, ND

F 4C 05-0634

This 'n That / Volunteer Annual Training

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 time 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

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 BCSAP 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.



ALL Active Volunteers...

**Please Join Us on
Tuesday, March 4, 2025**

**8:30 am Breakfast Served
9:00 am Training Begins**

**Burleigh County Senior Center
Dining Room**

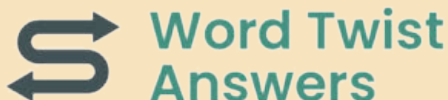
Please plan to attend our Annual Volunteer Training. Topics will include:

- Older American Act / Title III
- Service Contributions
- Confidentiality / HIPAA
- Customer Service / Complaints
- Fire / Tornado Safety
- Incident Reporting
- Infection Control
- WSI Insurance
- Time for Q&A

This Annual Training is required under the Older Americans Act.

**Please RSVP at the
Client Services Desk or call 255-4648
no later than February 27.**

If you are unable to attend, we will contact you to make other arrangements for the training.



Shamrock
Leprechaun
Ireland

Green
Rainbow
Clover

Lucky
Parade
Festive

Celebration

©LPi

Is Medicare Advantage right for you?



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** 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)。

H8385_144-557-786-PY2025-ND-SD-IA_M H3186_144-557-786-PY2025-MN_M 144-557-786 6/24



For ad info. call 1-800-950-9952 • www.lpicomunities.com

Burleigh County Senior Adults Program, Bismark, ND

G 4C 05-0634

Healthy Eating

THE SPECTRUM OF HEALTHY EATING

Healthy eating is not just ensuring that your plate is loaded with fruits and vegetables (although that does help!). Healthy eating has a wide range of components, and each principle can work together to give you an overall feeling of wellness.

The Spectrum

Important Nutrients – Fruits and vegetables are high in fiber, vitamins, minerals, and antioxidants that the body needs on a regular basis. Aim to have a colorful plate! Consider low-fat calcium-rich food sources for your dairy products. Protein is another vital nutrient and can be found in lean meats, fish high in omega-3's, and even from beans/legumes. Look for carbohydrates high in whole grain sources. Be mindful of all added sugars and sodium levels.

Water Intake – Hydration is key! The body expels water through many means on a daily basis and must be replaced by drinking the recommended amounts of water and/or consuming foods with a high water content. Sodas, sugary drinks, alcohol, and caffeinated beverages are not adequate sources for hydration, and must be consumed in moderation. Aim for 15.5 cups (3.7 liters) of fluids a day for men, 11.5 cups (2.7 liters) of fluids a day for women.

Emotional Eating – Mental aspects are just as important for healthy eating. Listen to hunger cues. For example: how full are you truly feeling? Are you eating out of boredom or as a social aspect? Are you feeling any other physical symptoms along with hunger? What is your mood in and is that contributing to your desire to eat or not eat?



Spectrum of Healthy Eating



Important Nutrients



Water Intake



Emotional Eating



Food Labels

Food Labels – Reading food labels can provide a great roadmap to healthy eating. Information commonly found on food labels includes portion size, vitamins, minerals, protein, carbohydrates, fiber, protein, fats and sodium content. Food labels can help you discern whether specific foods fit your personal criteria for healthy eating.

Mealtimes Habits – Healthy habits equal healthy eating! Are you distracted by technology during your meals? This has the potential to lead to mindless consumption and overeating. Are you taking your time chewing your food and not rushing? These factors have an impact on healthy eating.

**Aging Services
Aging & Disability
Resource LINK**

1-855-462-5465

TTY 711

Website:

carechoice.nd.assistguide.net

Email: carechoice@nd.gov

This 'n That

THE LIGHTER SIDE

Wake-Up Call

Bernard, who is noted for his gracious manners, was awakened one morning at 4:40 a.m. by his ringing telephone.

"Your dog's barking, and it's keeping me awake!" yelled an angry voice.

Bernard thanked the caller and politely asked his name and number before hanging up

The next morning at precisely 4:40 a.m., Bernard called his neighbor back and said, "Good morning, Mr. Williams. I just called to say that I don't have a dog."

No Returns

A fellow bought a new Mercedes and was out on an interstate road for a nice evening drive. The top was down, the breeze was blowing through his hair, and he decided to open her up. As the needle jumped up to 80 m.p.h., he suddenly saw a flashing red and blue light behind him.

"There ain't no way they can catch a Mercedes," he thought to himself and opened her up further. The needle hit 90, 100, 110 and finally 120 with the lights still behind him.

"What am I doing?" he thought. Coming to his senses, he pulled over.

The cop came up to him, took his license without a word, and examined it and the car. "I've had a tough shift, and this is my last pullover. I don't feel like more paperwork, so if you can give me an excuse for your driving that I haven't heard before, you can go."

The man thought for a while and finally said, "Last week my wife ran off with a cop, and I was afraid you were trying to give her back!"

©LPi



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.

**GOOD CHEER
GOOD FRIENDS
GOOD LUCK**

©LPi

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.

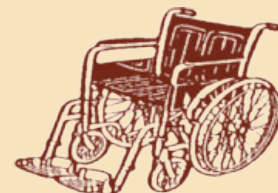
Like Us on Facebook!

Go to Facebook.com/
BismarckSeniorCenterND
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 January 1—31, 2025.)

In Honor of Kelly Hickel & Marlene Knutson
—Katie Knutson

In Memory of Fred & Leona Reuer
—Gwen Schlickemayer

In Memory of Beckie Ellefson Bottjer
—David & Marion Ellefson



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 20th 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
Oscar Blaskowski
Fred Browning
Tim Fischer

Judy Froseth
Marv Heinert
Arlene Olson
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

Sheena Aaseth, RN, Manager
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
Nancy Olson, Crescent Manor Site Coordinator

BCSAP Volunteer Advisory Committee

Sue Ackerman
Bernie Brandner
Tom Feser
Cindy Lou Highley

Karen Stahl
Michael Stevenson
Fran Stott