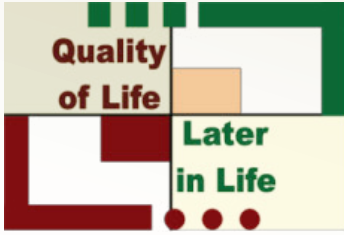


THE SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 4 May, 2025

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PLEASE NOTE: SIGN UP FOR MAY MEALS AND ACTIVITIES WILL BEGIN ON APRIL 23.



Changes at the Senior Center

As many of you may have noticed, the Burleigh County Senior Adults Program (BCSAP) has seen tremendous growth in its Nutrition and Health Services Programs over the past several years. Since 2015, there has been over an 84 percent increase in the number of meals provided and over a 41 percent increase in the number of foot care appointments provided through this organization.

It is forecasted that we will continue to see growth over the next 15 years. The Burleigh County Council on Aging and BCSAP staff are hard at work to ensure that BCSAP can continue to provide these vital services to our community. With that in mind, we are implementing an array of changes beginning on May 1, 2025.

MY SENIOR CENTER

KIOSK

To coincide with the other changes being made, BCSAP is also asking for your assistance by using the “MySeniorCenter Kiosk” located by the Client Services Desk.

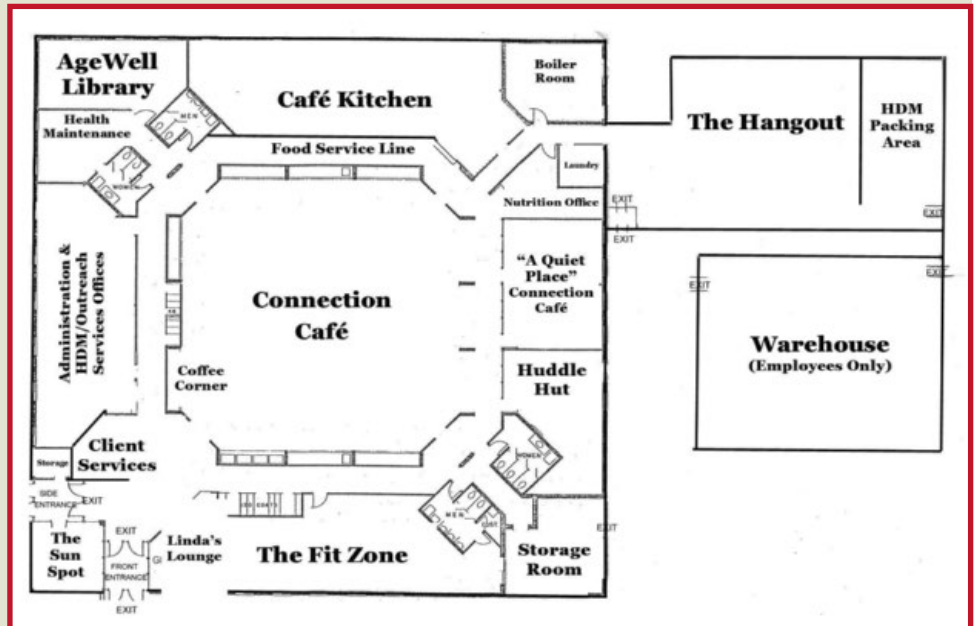
Please check in on the *MySeniorCenter kiosk* each time you come to the Senior Center and/or volunteer to log your hours. This is how we track Information about the number of participants coming to the Senior Center and the number of volunteer hours that have been donated to our organization. This information is very important when it comes to funding for our programs.

If you have lost your key fob, it no longer works, or you don't have one, please request one from the Client Services Desk.

**THANK YOU
FOR YOUR ASSISTANCE!**

The current Fitness Room will become a permanent second dining area for patrons. Tables in the dining area will be spread out to reduce the risk of falls and to provide more space for staff and emergency personnel in case of an emergency.

The current Fitness Room will be moved into the South Conference Room. With this change, many of the current activities, support groups, etc. have been moved to a different location. The Dining Room and classrooms also have a new name. As you read this month's newsletter, you will see that each listing has the location of where it will be held. The map below will help you identify the location of the activity you are looking for. If you need assistance, please ask at the Client Services Desk.



BRINGING FOOD INTO CENTER

Food prepared at home and brought into the Senior Center is not allowed. Participants wishing to celebrate an anniversary, birthday or other special occasion may plan with the Program and Services Coordinator to bring in commercially made baked goods to share with all participants during a congregate meal.

Participants are allowed to take home leftovers from BCSAP prepared meals. However, they must bring their own containers. Once the participant is in custody of the take-out meal or has packaged their leftovers, food safety is the responsibility of the individual taking the meal/leftovers.

Participants that wish to have treats during their activity are welcome to purchase them at *The Coffee Corner*.

On Center Stage in the Connection Café

**WEDNESDAY,
MAY 7
12:30 PM**

**MUSIC BY
THE BRACKEL FAMILY
BAND**



**THURSDAY,
MAY 22
12:30 PM**

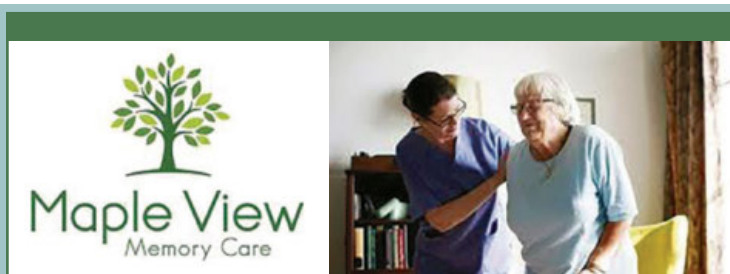
**MUSIC BY
THE HEICKERS**



KENTUCKY DERBY, MAY 2

Join us at 10:00 am for Mint Julep Mocktails and games and get ready for the 151st running of the Kentucky Derby! Ladies, don't forget your hats!

Thank you, Haycreek Lodge for bringing Mint Julep Mocktails!



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OUT OF SIGHT IS NOT OUT OF REACH

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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

Lifelong Learning



CURIOSITY STREAM
Join us for these programs
on Thursdays at 9:30 am in the
Connection Café.

May 1: No Curiosity Stream

May 8: Modern Explorers – Safe Return

Wingsuit flying is among the most dangerous sports in the world. How do Espen, Jokke and Niccolo manage to stay alive?

May 15: Underworld – Slovenia

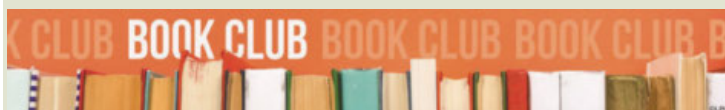
Underworld: Slovenia is an adventure into Slovenia's largest ice cave. The team scans the volume of ice, providing data for scientists to assess climate change.

May 22: Glorious Grasslands

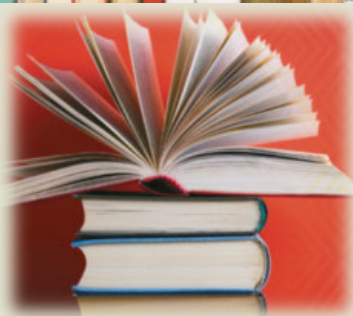
Like a sea of grass, the savannah, prairie, and meadows are among the most productive habitats on Earth, housing some of the greatest concentrations of big game and the most dramatic interactions of predator and prey.

May 29: Hidden Russia

Nearly twice the size of the United States, Russia is the biggest country on Earth. From the subtropics to the arctic and the Atlantic Ocean to the Pacific; giant lakes, active volcanoes and endless forests.



The Book Club meeting will be held on Monday, May 19 at 1:00 pm in the **AgeWell Library**, with Arlene Havig leading the discussion. The book for discussion will be announced and available for pick up at the April meeting.



SOWING SEEDS FOR BETTER HEALTH

There is increasing evidence that exposure to plants and green space, and particularly gardening, is beneficial to mental and physical health. Join Shelly Kuntz from NDSU Extension on Tuesday, May 6 at 9:30 am in the **Connection Café** as she delves deeper into this topic.

MAINTAIN YOUR MENTAL HEALTH/ MAY DAY MUSIC

On Thursday, May 1, at 10:00 am, Katie Elgie and Kayla Sharp, Social Workers with Sanford Home Health and Hospice, along with Peder Gulleson, a volunteer with Sanford, will be in the **Connection Café.**

Katie and Kayla challenge you to take charge of your mental well-being and make your mental health a priority! They will be providing insights on understanding grief and mental health. Following their presentation, get ready for some May Day Music!

Spring is in the air and the songs of birds encourage us to find the newly opened flowers welcoming the warmer days to come. The music that will be shared by Peder Gulleson will be gospel songs reminding us of the promises in our faith. Music is such a great pathway to memories of the past and promises of the future.

GATEWAY TO SCIENCE

Please join Hope Burdolski from the Gateway to Science on Monday, May 12 at 10:00 am in the **Connection Café.** Hope will be doing experiments and providing information on the Gateway to Science. Come have some fun!

AARP SMART DRIVER

On Monday, May 19, at 10:00 am, in **A Quiet Place**, 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.

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? We can help!

On Tuesdays from 12:30 to 3:00 pm, Mike and Dean will be in the **AgeWell Library** to help you. Whether you need some assistance on how to use that new smart phone, or need help with accessing a service online, they 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 them 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, May 19 at 1:00 pm in the **Connection Café**. 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.

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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/Take Out 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

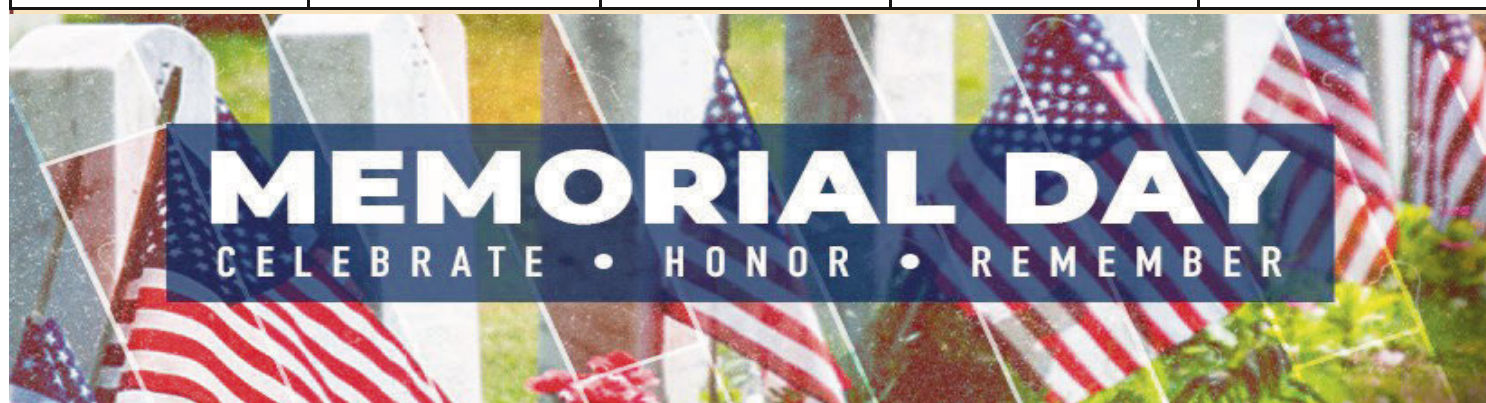
Crescent Manor:

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

May at the Connection Café



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Each meal is served with 8 oz. of 1% milk and 2 slices of whole grain bread (unless otherwise indicated). Coffee and water is served at meal sites.</p> <p>MENU SUBJECT TO CHANGE!</p>			<p>1 Smoked Sausage, Knoephla & Kraut Fried Potatoes & Onions Braised Red Cabbage Chilled Dark Cherries</p>	<p>2 Southern Chicken Sandwich on a Biscuit Vinaigrette Coleslaw Bacon Brussel Sprouts Peach Crisp</p>
<p>5 Country Fried Chicken with Country Gravy Chive Mashed Potatoes Seasoned Corn Fresh Grapes</p>	<p>6 Manhattan Meatballs Mashed Sweet Potatoes Candy Corn Vegetable Blend Fresh Plum</p>	<p>7 Shrimp Scampi Wild Rice Pilaf Steamed Asparagus Sunburst Pears</p>	<p>8 Jeweled Pork Chop Buttered Red Potatoes Seasoned Beets Chunky Fruit</p>	<p>9 Chili Cheese Stuffed Baked Potato with Sour Cream Steamed Broccoli Cookie Fruit Salad Garlic Breadstick</p>
<p>12 Chicken Stroganoff over Herbed Egg Noodles Mixed Vegetables Applesauce Cup</p>	<p>13 Italian Pork Ragu Herbed Potato Gnocchi Italian Vegetable Blend Berries & Whipped Cream</p>	<p>14 Chef Salad Pretzel Breadstick Fresh Pear</p>	<p>15 Roast Beef Sundae (Open-face Roast Beef Sandwich with Mashed Potatoes & Gravy) Corn & Carrots Summer Fruit Salad</p>	<p>16 Fall Apart Pork Roast Over Baby Baked Potatoes Brussel Sprouts & Squash Fruited Gelatin</p>
<p>19 Cabbage Roll Garlic Mashed Potatoes Pacific Blend Vegetable Blushing Pineapple</p>	<p>20 Tangy Meatloaf Roasted Fingerling Potatoes Bacon Green Beans Fruit Cocktail</p>	<p>21 Beef & Broccoli over Vegetable LoMein Egg Roll Garlic Naan Bread Mandarin Oranges</p>	<p>22 BBQ Ribs Baked Beans Creamy Coleslaw Cornbread Hot Cinnamon Apples</p>	<p>23 Chicken Cordon Bleu Tri-Color Potatoes Steamed Vegetable Blend Watergate Salad</p>
<p>26 CLOSED HAPPY MEMORIAL DAY</p>	<p>27 Beef Stuffed Peppers Herb Roasted Potatoes Country Trio Vegetables Asst. Fruit Cups</p>	<p>28 All Beef Hot Dog on WW Bun Cowboy Baked Beans Cucumber & Tomato Salad</p>	<p>29 Turkey Almondine over Garlic Mashed Potatoes Herbed Yellow Squash & Zucchini Oranges & Pineapple</p>	<p>30 Lemon Pepper Tilapia Rosemary Potatoes Glazed Baby Carrots Snicker & Apple Salad</p>



May Activities at the Senior Center

Special Events and Support Groups

Monday	Tuesday	Wednesday	Thursday	Friday
THE COFFEE CORNER is open 8:00—11:00 am and 12:30—2:00 pm daily Wednesday is Caramel Roll Day, Beginning at 8:30 am! SCHEDULE IS SUBJECT TO CHANGE.			1 10:00 Maintain Mental Health / May Day Music	2 10:00 Kentucky Derby Mocktails & Games 1:00 Movie Matinee
5 9:30 Art from the Heart	6 9:30 Art with Pauline 9:30 Sowing Seeds 12:30 Birthday/ Anniversary Celebration 12:30 Comp/Tech Support	7 10:00 Grief Group 10:00 Low Vision Group 12:30 Music: Bracket Family 1:30 Caregiver Connections	8 9:30 Yoga Talk 9:30 Curiosity Stream 10:00 Computer/ Phone Basics 11:00 Walk This Way 11:00 Alliance for Hearing BOOKMOBILE	9 1:00 Movie Matinee
12 9:30 Art from the Heart 10:00 Gateway to Science	13 8:00 Day Trip to Anamoose 12:30 Comp/Tech Support 1:00 Quilting Group	14 10:00 Grief Group 1:30 Caregiver Connections 1:30 Legal Services	15 9:30 Curiosity Stream	16 1:00 Movie Matinee
19 10:00 AARP Smart Driver 1:00 Senior Center Tour 1:00 Book Club	20 10:30 Hearing Loss Group 12:30 Comp/Tech Support	21 10:00 Coffee w/Cop 10:00 Grief Group 1:30 Caregiver Connections	22 9:30 Curiosity Stream 9:30 Yoga Talk 12:30 Music: The Heickers	23 1:00 Movie Matinee
26 CLOSED HAPPY MEMORIAL DAY	27 8:00 Quilting Group 12:30 Comp/Tech Support	28 National Senior Health & Fitness Day See page 12-13	29 9:30 Curiosity Stream 9:30 Yoga Talk 1:00 BCCA Meeting	30 1:00 Movie Matinee

Players Club Activities

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Mahjong 12:45 5 Crowns 1:00 Pinochle	12:45 Farkel 12:45 Whist 1:00 Bridge 1:00 Hand & Foot 1:00 Variety of Games 1:00 Trivia (1st & 3rd week)	10:00 Cribbage 10:30 Pool Lessons 1:00 Bingo	1:00 Bunco 1:00 Bridge 1:00 Hand & Foot 1:00 Cornhole	1:00 Pinochle
Pool: 8:30—4:00 pm Daily				

The Fit Zone

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Chair Exercise 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 Strength Finders	9:00 Strength Finders 1:00 Line Dancing	9:00 Standing Yoga 10:45 Strength Finders 12:45 Strength Finders	9:00 Strength Finders 10:00 Strength Finders	9:30 Chair Yoga 10:45 Strength Finders

No Fitness Classes the week of May 26-30.

Celebrate Your Inner Artist!

ART FROM THE HEART

Join Nina in the **Huddle Hut** on Monday, May 5 at 9:30 am as she leads a class in creating an acrylic painting of a Teacup and Tulips and on Monday, May 12 at 9:30 am as she leads a class in creating a painting of a Barn with watercolors.

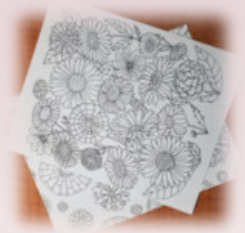


There is a 10 person limit for each class and a \$5 suggested donation which can be made when you arrive. Stop by the Client Services Desk or call 255-4648 to reserve your spot.



ART WITH PAULINE

Join Pauline in the **Huddle Hut** on Tuesday, May 6 at 9:30 am as she leads a stress-free relaxing pencil coloring art class.

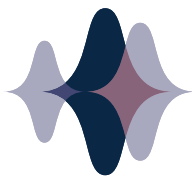


There is a 10 person limit for each class and a \$5 suggested donation which can be made when you arrive. Stop by the Client Services Desk or call 255-4648 to reserve your spot.

REMEMBER AND HONOR

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Burleigh County Senior Adults Program, Bismarck, ND

C 4C 05-0634

Join Us for Activities!



Join Us for a Movie On Center Stage in the Connection Café Fridays at 1:00 pm

May 2: *The Derby Stallion*, PG

An alcoholic former horse-trainer perceives in a fifteen-year-old boy a unique gift of horsemanship and makes it possible for the boy to conceive his dream and pursue it.

May 9: *Finding Grace*, PG

A troubled teenage girl is forced to provide community service in a retirement home. As she develops a friendship with one of the residents and becomes closer to her father, she discovers the power of family, hope and faith in God.

May 16: *McFarland USA*, PG-13

A track coach in a small California town transforms a team of athletes into championship contenders. Based on a true story.

May 23: *You Gotta Believe*, PG

Based on the inspiring true story of one Texas baseball team's incredible journey from division underdog to a record-breaking showdown in the Little League World Series.

May 30: *The Long Game*, PG

Based on a true story, five young Mexican-American caddies in 1957 Texas build their own golf course after being barred from playing on the courses where they worked.

**The BCSAP Volunteer Advisory
Committee does not meet in May.
The next meeting is on
Tuesday, June 3 at 9:15 am
in the AgeWell Library.**

THE COFFEE CORNER

The Coffee Corner is open daily from 8:00 -11:00 am and 12:30 - 2:00 pm.



Coffee is available for a free-will donation. A variety of snacks and drinks are available for purchase.

Special events at the Coffee Corner include:

Caramel Roll Wednesdays!

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

Celebration of Birthdays and Anniversaries!

Join us on the first Tuesday of the month for our monthly Birthday and Anniversary Celebration! Dessert and Ice cream will be served on Tuesday, May 6 at 12:30 pm.

COFFEE WITH A COP

Officer Caity Horne will join us on Wednesday, May 21 at 10:00 am in the Connection Café 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 Huddle Hut on Thursday, May 8 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.

“JUST GET IT DONE SOMEDAY”

QUILTING GROUP

The “Just Get It Done Someday” Quilting Group will meet in The Hangout on Tuesday, May 13 from 1:00—4:00 pm and on Tuesday, May 27 from 8:00 am—4:00 pm. This group welcomes new members! If you are interested, please call Client Services at 255-4648.

Day Trip

SCHMALTZ GREENHOUSE AND THE 1915 RUTH HELM HOME

On Tuesday, May 13, a West River Transit Bus will head for Anamoose, ND! This day trip will include two stops:

The Schmaltz Greenhouse is a quaint establishment nestled in the heart of Anamoose, ND. This greenhouse is over 30,000 square feet and offers trees, plants, garden seeds, potting soil, and an array of yard décor.

The 1915 Ruth Helm Home is now owned by Rodney and Kathy Lund from Fargo. They have



been meticulously renovating this historic Victorian-like home.

Features include five bedrooms, a deep basement

with cedarwood door joists, 9 - 9.5 foot ceilings, and original doors from Amsterdam, the Netherlands. The original chandelier also hangs in the living room.



The group will stop for lunch at Connie's Place. Lunch is on your own, please plan about \$15 for lunch.

The cost of this trip is \$40 per person and must be paid (by check or cash) at time of sign up. There is a limit of 14 people. A waiver is also required to participate in this trip. Stop by Client Services or call 255-4648 for more information or to sign up. The bus will leave promptly at 8:00 am and return by 4:30 pm.

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



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National Senior Health & Fitness Day



MOVE TODAY FOR A BETTER TOMORROW!

Wednesday, May 28, 2025

8:00 am—11:30 am

10:00 am Featured Speaker

(Offerings confirmed as of April 3, 2024. Subject to change.)

Caramel rolls and coffee will be served.

Visit exhibitors, participate in activities, and stay for lunch*!

CONNECTION CAFÉ EXHIBITORS:

DRUG TAKE BACK EVENT

Bismarck–Burleigh Public Health and the Bismarck Police Department will be providing a safe, convenient and responsible means to dispose of old prescription drugs. They will also be providing education about the potential for abuse of medications. **Bring old prescriptions you no longer need and drop them off at their table!**

BISMARCK CANCER CENTER

The Bismarck Cancer Center allows patients in our area to receive world-class cancer treatment and caring support while staying close to home and loved ones.

BURLEIGH COUNTY SENIOR ADULTS PROGRAM

BCSAP nurses will be providing blood pressure screenings, and information on the causes of hypertension, how to decrease your blood pressure and low sodium diets.

DAKOTA CENTER FOR INDEPENDENT LIVING

DCIL assists people with disabilities to live independently. Stop by for hands-on demonstrations of assistive technology to help you maintain independence in your own home.

ND ASSISTIVE

ND Assistive brings assistive technology devices and services into the lives of North Dakotans of all ages. Assistive technology helps people live, work, learn and play! Stop by this table to view assistive devices, as well as learn about available programs to cover all or some of the costs.

NDSU EXTENSION

NDSU Extension empowers North Dakotans to improve their lives and communities through science-based education. They provide a variety of information on topics such as food & nutrition, gardening, and more.

A QUIET PLACE EXHIBITORS:

AARP NORTH DAKOTA

AARP works to improve the lives of those 50+ and their families. By fighting on issues that matter to their members and providing trusted information, they are helping North Dakotans live life to the fullest.

ALZHEIMER'S ASSOCIATION MN/ND CHAPTER

The Alzheimer's Association works to end Alzheimer's and other dementia. Stop by for information on early detection and more!

FARMERS UNION INSURANCE

Chat with Amy Haugen regarding your Medicare questions!

COMMUNITY OPTIONS

Community Options offers a variety of FREE behavioral health services. Their services are person-centered. They will work with you to establish goals, and help you achieve self-sufficiency. Services also include LIHEAP (heating assistance), Ticket to Work and Vocational Rehabilitation.

OPTIMUM THERAPIES

Visit Optimum Therapies to learn about the LSVT BIG Program, a researched based, standardized program for people with Parkinson's Disease. Learn how physical therapy can restore normal mobility and movement in everyday activities.

National Senior Health & Fitness Day

AGEWELL LIBRARY SCREENINGS:

ALLIANCE CENTER FOR HEARING

The Alliance Center for Hearing is a locally owned, patient focused hearing healthcare clinic. Visit them to receive a free hearing screening and/or have your hearing aid cleaned.

HUDDLE HUT SCREENINGS:

GATEWAY PHARMACY

Gateway Pharmacy has been serving the citizens of Bismarck, Mandan and surrounding communities for 30+ years, leading the way at providing exceptional and friendly service and value to their customers. Stop by for the following services:

Cholesterol Screening	
Total Lipid Panel (Fast for 8-10 hours)	\$25
Total Cholesterol & HDL (non-fasting)	\$20
Blood Sugar Screening	FREE
Bone Density Screening	FREE

THE FIT ZONE CLASS:

BISMARCK-BURLEIGH PUBLIC HEALTH

Lace up your tennis shoes and pump up your heart! Join Katie Johnke on Wednesday, May 29 at 8:45 am and 9:30 am in The Fit Zone for a 20-minute Tabata inspired movement session. A mocktail refresher will be served after each class!

There is a 12 person limit for this class. Please stop by the Reception Desk or call 255-4648 to sign up.



***Lunch: Drive-Thru meals are available from 11:15 - 11:45 am. Inside dining is available from 12:00 - 12:30 pm. If you would like lunch, please call 255-4648 to make a reservation.**

LIVING STRONG: FITTING MORE MOVEMENT INTO YOUR DAY



**MELANIE CARVELL,
KEYNOTE SPEAKER**

**ON CENTER STAGE
AT 10:00 AM**

We know that adding more movement into our daily routine has been proven to lead to an inspiring list of both physical and mental health benefits. We also know that life is complex, and our best intentions to develop a consistent exercise habit can be easily derailed.

Learn how flexibility and self-compassion are just as important as accountability when navigating the road to developing healthier habits.

This interactive session will leave you equipped with a doable, but flexible plan to fit movement into your lifestyle, resulting in more energy, productivity, and happiness!

*Melanie Carvell is an inspirational speaker whose compelling presentations energize her audience with practical solutions, humor, and storytelling. She is a six-time All-American triathlete, a physical therapist, certified Worksite Wellness consultant, and author of *Running with the Antelope*; *Lessons of Life, Fitness and Grit on the Northern Plains*.*

Players Club!

PLAYERS CLUB!

OLPI

CARDS

Pinochle: 1:00 pm,
Monday, Friday
(No longer offered on Wednesday)
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 is played in The Hangout.
Hand & Foot is played in the Connection Café.
Bridge, Whist and 5 Crowns are played in the Huddle Hut.



VARIETY OF GAMES

A variety of games are played on Tuesdays at 1:00 pm, in the Connection Café. Join the fun!

TRIVIA

Trivia is played the 1st and 3rd Tuesday of each month in A Quiet Place. This month, Trivia will be held on May 6 and May 20 at 1:00 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!



BINGO

Join us for BINGO on Wednesdays at 1:00 pm in The Hangout. 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.



BUNCO

Bunco is played every Thursday at 1:00 pm in The Hangout.



CRIBBAGE

Cribbage is played every Wednesday at 10:00 am in A Quiet Place.



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 Hangout on Wednesdays from 10:30 to 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.

FARKEL

Farkel is played every Tuesday at 12:45 pm in the Connection Café.



MAHJONG

Mahjong is played every Monday at 10:00 am in A Quiet Place. This fun game will have teachers available through the month of May.



CORNHOLE

Cornhole is played every Thursday at 1:00 pm in The Fit Zone. Sign up weekly for cornhole at the Client Services Desk or call 258-4648. This game has a limit of 16 people/session.



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

Drive-Thru Meals & Parking

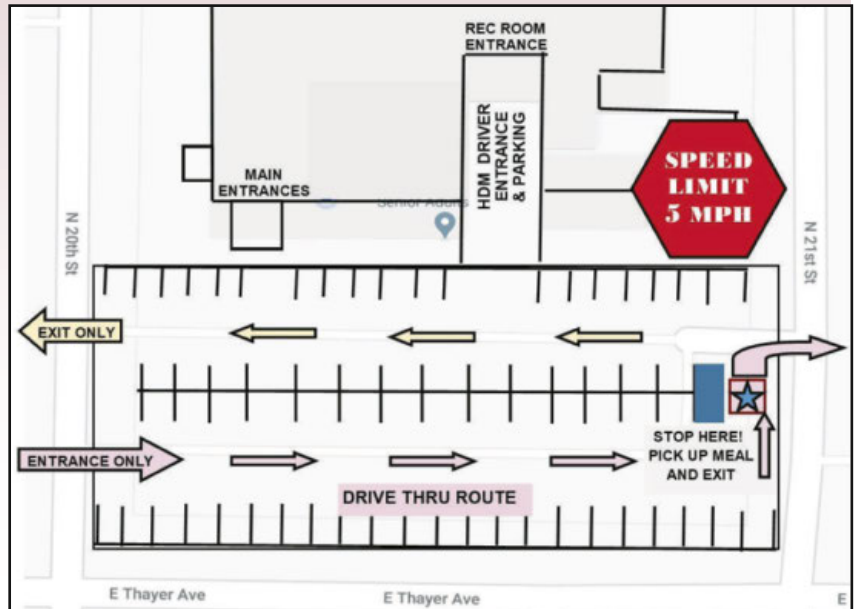
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 priority!

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

DRIVE-THRU CLIENTS: Proceed to the "star" on the map and wait there to pick up your meal. **Please do not get in the Drive Thru line until 11:15 am.** If you are early, park until 11:15 am. After meal pickup, please exit onto 21st Street (right turn only).

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

Thank you for your cooperation!



The Senior Sentinel | 15



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Mandan Crematory



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

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The Fit Zone

THE FIT ZONE CLASSES

Registration for the 8 week session of April 20 through June 21 is closed.

Registration for the next 8-week session (June 22—August 23) will begin on **June 2 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 relieve 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! May presentations include:

Thursday, May 8 at 9:30 am

2nd Chakra: Finding Inspiration

Thursday, May 22 at 9:30 am

3rd Chakra: Igniting Inner Fire

You may attend this class in person in **A Quiet Place** 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, May 8 at 11:00 am in **The Fit Zone**. 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 in **The Fit Zone**. 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 MAY 5.**

DID YOU KNOW...

You can use the Fit Zone on your own?

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

You can use the Fit Zone as a starting point for walking laps?

Twenty laps around the Connection Café equals one mile. What a great way to get your steps in!

Please stop by the Client Services Desk if you need assistance.

Health Maintenance

SUGGESTED CONTRIBUTIONS

In Office Services

Foot Care: \$25.00
(Full Cost \$89.32)

Blood Pressure: \$3.00
(Full Cost \$12.76)

Fasting Blood Sugar: \$5.00
(Full Cost \$12.76)

Home Visit: \$40.00
(Full Cost \$191.40)

(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:

- May 12: Wing
- May 27: Sterling
- June 9: Wilton

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

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Susan Kilber
391-2650



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Contact info for account
3723 Lockport St. • Bismarck, 58503



Support Groups & Free Services

HEARING LOSS SUPPORT GROUP

Kathy Frelich from the ND School for the Deaf/ Resource Center for Deaf and Hard of Hearing will be at the Senior Center for our Hearing Loss Support group on Tuesday, May 20 at 10:30 am. This group meets in the **AgeWell Library**. **Pre-registration is required. Stop by the Client Services Desk or call 255-4648 to register.**

ALLIANCE CENTER FOR HEARING

Representatives from Alliance Center for Hearing will be in the **AgeWell Library** at the Senior Center on Thursday, May 8 at 11:00 am 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 **Huddle Hut** on Wednesday, May 7 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 Senior Center on Wednesday, May 14 from 1:30 to 3:30 pm to meet with individuals by appointment only. Appointments will be held in the **Huddle Hut**. **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 in the **AgeWell Library**. 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 **AgeWell Library**. Please contact Renee at 255-4648 before your first session.

GRIEF/LOSS SUPPORT GROUP AND CAREGIVER CONNECTIONS WILL NOT MEET ON WEDNESDAY, MAY 28.

Is Medicare Advantage right for you?



powered by
SANFORD HEALTH PLAN

Join during
open enrollment
Oct. 15–Dec. 7

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

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Dental coverage



Hearing benefits



Vision benefits



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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).

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

Burleigh County Senior Adults Program, Bismark, ND

G 4C 05-0634

Volunteer Opportunities

JOIN OUR VOLUNTEER TEAM!

Currently, volunteers are needed in the following areas:

- Home-Delivered Meal Drivers
- Substitute Shuttle Drivers
- Dining Room Assistants
- 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



Activity Donations

Dear Patrons of the Senior Center:

Just like you, the Burleigh County Senior Adults Program (BCSAP) is seeing tighter budgets and is concerned about what the future may bring.

In 2024, BCSAP spent approximately \$20,000 on activities and special programming for our patrons.

BCSAP is also in need of a new A/V system in the **Connection Café**, as well as an upgraded security and paging system throughout the facility.



We need your help!

When you participate in an activity, please consider making a small donation to assist with the cost.

For example, after the Movie Matinee, donate \$1 to help pay for the movie license we are required to have to offer these movies. Donate a buck or two on a day when we offer music.

If you are using the pool tables, playing cards, attending a fitness class, or any other activity, please consider donating to help cover the costs of those activities.

Together, we can continue offering all the activities you have come to enjoy, and keep our facility modernized and safe.

Should you want to donate, there will be a donation box labeled “Activity Donations” at the Client Services Desk. Simply place your donation in the box.

If you are able and wish to make a larger donation to the organization, please refer to page 23 of this publication for more information.

Thank you, we appreciate your support!

In 2024, BCSAP provided services to over 3,000 older adults in Burleigh County, including—

- 159,501 meals (congregate, drive-thru and home-delivered)
- 2,792 foot care appointments, plus many blood pressure & blood sugar screenings
- Outreach and counseling services to keep older adults in their own homes longer
- 1,267 different educational workshops and activities
- 525 Strength Finders and other exercise classes
- 1,669 opportunities to play cards, BUNCO, pool, and other social activities
- 1,893 Senior Shuttle rides
- 190 support group sessions, public services and screenings (flu shots, Medicare review, etc.)

BCSAP Policies

For your information, BCSAP will be publishing policies from the BCSAP Senior Center / Meal Site Policy Manual. Questions regarding these policies may be directed to the Executive Director at 255-4648.

BCSAP'S PLEDGE TO PROVIDE A SAFE AND WELCOMING ENVIRONMENT

The Burleigh County Senior Adults Program (BCSAP) is committed to providing a safe and welcoming environment for its participants, visitors, volunteers and staff.

BCSAP programs and meal sites are designed for adults aged 60 and over. Spouses of eligible participants are also eligible, regardless of age. People younger than 60 may volunteer at the Center. They may also accompany a disabled older adult as a caretaker. However, caretakers must enroll and incur all self-costs as related to the programs/activities utilized by the disabled person. Participants are welcome to bring in family and friends, including children, as guests. Children must always be supervised. Guests must enroll and incur all self-costs as related to the programs/activities utilized by the participant.

While at a BCSAP facility/meal site, participants are expected to behave in a manner that is considered reasonable and does not infringe on the enjoyment of others. This means that people should treat one another with courtesy and respect. This includes refraining from using insulting, abusive, and/or derogatory language; treating property and equipment with respect; and dressing appropriately, including footwear. It is impractical to address every behavioral situation that may occur at a BCSAP facility/meal site. Staff have the responsibility to make decisions that are in the best interest of BCSAP whenever the rules do not specifically cover certain situations.

The following behavior is unacceptable (not all inclusive):

- Profanity, vulgarity, or explicit sexual language.
- Hate speech or epithets (i.e., racial, ethnic, sexist, homophobic or religious slurs).
- Promotion of or engaging in any illegal activities.
- Participating while under the influence, or in possession of alcohol or illegal drugs.
- Harassment of any kind toward any person – bullying.
- Fighting; physical and/or verbal abuse, challenging others to fight.
- Using restrooms to bathe, shave, shampoo, do laundry or change clothes.
- Interfering with participants use of the BCSAP facility/meal site because of poor personal hygiene.

- Loitering without obvious use of BCSAP facility/meal site resources or sleeping anywhere in or outside facility.
- Stealing, defacing, or destroying BCSAP facility/meal site property.
- Entering the BCSAP facility/meal site with any firearm, knife, or other weapon.
- Violation of the city's smoking ordinance.
- Violating any Bismarck city ordinance or state/federal law while on BCSAP facility/meal site property.

Backpacks, duffel bags, suitcases, bedrolls, sleeping bags, etc. are not allowed in the meal sites. Participants with large items may request a place to store them while at the meal site and must take items with them upon departure. Purses/small bags are allowed but should not be left unattended. Furthermore, such items left unattended may be turned over to the police. BCSAP is not responsible for lost/stolen items.

We have a no solicitation policy. Approval from the Executive Director is required before conducting a survey, promoting, or selling any items for/by an individual, organization or event not sponsored by BCSAP. Soliciting funds or panhandling is not allowed.

Purposeful behavior that conflicts with reasonable expectations (above) or actions that are harmful, threatening, or illegal will be reported to the BCSAP Executive Director, the Burleigh County Council on Aging, and the designated contact at the BCSAP facility/meal site in which the incident occurred. Participants and/or individuals not meeting the eligibility requirements may be asked to leave the facility/meal site and, in more serious cases, may be asked not to return. Should the incident warrant, law enforcement may be contacted to assure the safety and well-being of our participants, volunteers, and staff. Inappropriate behavior will be documented using an Incident Report Form.

Our goal is to offer quality programming and services in a safe and pleasant environment. We welcome you and hope your experiences with BCSAP are positive!

Please contact the Executive Director if you have questions or suggestions.

This 'n That

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 Desk in the **Connection Café**. Books are on a 25 day loan and must be returned to the Senior Center when you are done.

The *AgeWell Library* also has books for check out. Put your name and book(s) checked out on the 'checkout log'. Please return the book when you are done and check it in on the log. Please stop by the Client Services 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.

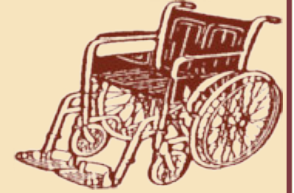
If you have Covid, RSV, the flu or another virus, please do not come to the Senior Center until you feel better and have been fever free for 24 hours.

THANK YOU FOR YOUR COOPERATION.

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.

**Aging Services
Aging & Disability
Resource LINK**

1-855-462-5465

TTY 711

Website:

carechoice.nd.assistguide.net

Email: carechoice@nd.gov

**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 March 1—31, 2025.)

Anonymous Donation

In Memory of Ernie Gartner
—Carl & Paulette Pietila



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

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 along with \$6.00 to:

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

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

Please make checks payable to BCSAP.

Burleigh County Council on Aging

Dennis Bartsch	Judy Froseth
Oscar Blaskowski	Marv Heinert
Fred Browning	Arlene Olson
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

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
 Nathan Little, HDM Specialist

NUTRITION PROGRAM

Tyler Zent, Manager
 Raelynn Mitzel, Assistant Manager
 Brittney Kouba, Chef
 Tyler Salhus, Chef
 Blake Saunders, Chef
 Kent Bryan, 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	