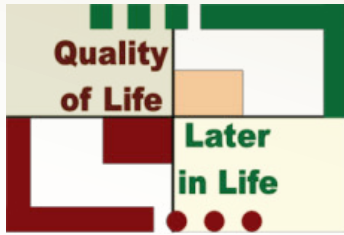


# THE SENIOR SENTINEL

Burleigh County Senior Adults Program



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 6 June, 2025

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



# Lifelong Learning



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

### **June 5: Deadly Roads, Pakistan, Madagascar**

The Karakorum Highway, known as KKH, is a 2,000 kilometer long truck road linking Pakistan with China that threads its way between the cliffs and landslides of the Himalayas. Nanga Parbat is one of the world's highest mountains.

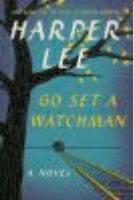
### **June 12: New Zealand by Train (South)**

This is the iconic journey of two scenic trains, the Coastal Pacific and the TranzAlpine, as they roll past the spectacular landscapes of the Kaikoura coastline, Canterbury, the Southern Alps and the dramatic West Coast.

### **June 19: No Curiosity Stream**

### **June 26: Modern Explorers, Giants of the East**

Jokke, Niccolo and Espen travel to China to participate in a wingsuit flying competition. Their jump platform is just like the mountains: Gigantic!



The Book Club meeting will be held on Monday, June 30 at 1:00 pm in the **AgeWell Library**, with Arlene Having leading the discussion. The book for discussion is *Go Set a Watchman* by Harper Lee. Book may be picked up at the May meeting, or by stopping by Client Services.

Synopsis: Maycomb, AL. Twenty-six-year-old Jean Louise Finch -- "Scout" -- returns home from New York City to visit her aging father, Atticus. Set against the backdrop of the civil rights tensions and political turmoil that were transforming the South, Jean Louise's homecoming turns bitter-sweet when she learns disturbing truths about her close-knit family, the town and the people dearest to her. Memories from her childhood flood back, and her values and assumptions are thrown into doubt. Featuring many of the iconic characters from *To Kill a Mockingbird*, *Go Set a Watchman* captures a young woman, and a world, in a painful yet necessary transition out of the illusions of the past -- a journey that can be guided only by one's conscience.

## **HERB, SPICE AND EVERYTHING NICE**

Start your summer out with fresh herbs! Join Shelly Kuntz from NDSU Extension on Tuesday, June 3 at 10:00 am to learn about the ease of planting, growing and using herbs in your cooking creations. Get your hands dirty with planting three herb pots and be ready to sample recipes using fresh herbs. Participants must register with Client Services for this class by May 26.

## **DOWNSIZING & DECLUTTERING**

Having too much stuff can impede people from relocating or getting healthcare into their homes. Rick Willoughby from AARP will be at the Senior Center on Tuesday, June 10 at 10:00 am to provide practical, easy-to-follow tips on downsizing and decluttering -- you can't take it with you!

## **POLLINATORS**

Elisha Mueller, Conservation Biologist with the North Dakota Game and Fish Department will join us on Monday, June 16 at 10:00 am to discuss the importance of pollinators, what they need to survive, and how we all can make a difference in helping them.

## **ELDER LAW AND ESTATE PLANNING WATCH PARTY FOR AGING SERIES REPLAY**

On Tuesday, June 24 at 9:00 am, the Elder Law and Estate Planning webinar from Susan E Johnson-Drenth, a certified elder law attorney by the National Elder Law Foundation, will be re-played in **A Quiet Place Connection Café.** Susan will provide updates on **elder law and estate planning in 2025**. She 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.

**THANK YOU, VOLUNTEERS,  
FOR JOINING US AT OUR  
ANNUAL VOLUNTEER  
APPRECIATION CELEBRATION!**



# On Center Stage in the Connection Café

**WEDNESDAY,  
JUNE 4  
12:30 PM**

**MUSIC BY  
GORDIE SKJERSETH  
ICE CREAM SOCIAL  
Sponsored by Caring  
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**THURSDAY,  
JUNE 19**

**CELEBRATE SUMMER!**

**10:00 AM SUMMER FUN  
MOCKTAILS  
12:00 PM \*LUNCH  
12:30 PM MUSIC BY  
YOUNG AT HEART  
& A SUMMER TREAT**



\*The number of meals is limited and **tickets are required for both congregate meals and drive-thru meals.** You DO NOT need a meal ticket to join us for the music. All other afternoon activities will be cancelled for this special event.

The Senior Sentinel | 3

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## Join Us for Activities!



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

#### **June 6: Max, PG**

After his handler is killed in Afghanistan, a traumatized military dog is sent back to the US, where he is adopted by the soldier's family and develops a strong bond with his handler's younger brother.

#### **June 13: Sweetwater, PG-13**

Driven by grit born from a life on society's fringe and talent forged with the Harlem Globetrotters, Nat "Sweetwater" Clifton changed history when he became the first African American to join the NBA.

#### **June 20: Thelma, PG-13**

Thelma isn't your average 93-year-old grandmother – she's tenacious, determined, and on a mission. After getting conned by a scammer, she teams up with a friend and his motorized scooter on a wild adventure to take back what's hers.

#### **June 27: Courageous, PG-13**

From the creators of *Fireproof* comes *Courageous*, an action-packed drama that will have families laughing and cheering as they are inspired by everyday heroes striving to be fathers of courage.



**The BCSAP Volunteer Advisory  
Committee meets 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 or pre-orders 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, June 3 at 12:30 pm.

### **COFFEE WITH A COP**

Officer Caity Horne will join us on Wednesday, June 18 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, June 12 at 10:00 am.

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

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

### **"JUST GET IT DONE SOMEDAY" QUILTING GROUP**

The "Just Get It Done Someday" Quilting Group will meet in The Hangout on Tuesday, June 10 from 1:00—4:00 pm and on Tuesday, June 24 from 8:00 am—4:00 pm. This group welcomes new members! If you are interested, please call Client Services at 255-4648.



# Lifelong Learning



## 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, Mike or Dean will be in the AgeWell Library to help you. Whether you need some help on that new smart phone, or 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, June 16 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.

The Senior Sentinel | 5



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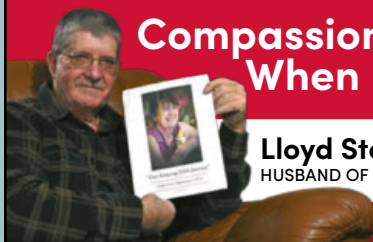
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# Nutrition Program

## **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

# June at the Connection Café



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Beef Goulash over Herbed Egg Noodles</p> <p>Pacific Vegetable Blend</p> <p>Fresh Baked Bun</p> <p>Fresh Cantaloupe</p>	<p>3</p> <p>Pork Chop with Peach Chutney</p> <p>Fried Potatoes</p> <p>Capri Vegetable Blend</p> <p>Chilled Pears</p>	<p>4</p> <p>Roast Beef Sundae (Open Face Roast Beef Sandwich)</p> <p>Mashed Potatoes with Gravy</p> <p>Corn &amp; Carrots</p> <p>Creamy Fruit Salad</p>	<p>5</p> <p>Country Fried Chicken with Country Gravy</p> <p>Chive Mashed Potatoes</p> <p>Mixed Vegetables</p> <p>Fresh Banana</p>	<p>6</p> <p>Fish &amp; Chips (Steak Fries)</p> <p>Steamed Broccoli</p> <p>Peach Cobbler</p>
<p>9</p> <p>Stuffed Pepper</p> <p>Buttered Red Potatoes</p> <p>Seasoned Beets</p> <p>Asst. Apple Sauce</p>	<p>10</p> <p>Chicken Parmesan</p> <p>Herbed Lemon Pasta</p> <p>Roasted Root Vegetables</p> <p>Garlic Toast</p> <p>Tropical fruit</p>	<p>11</p> <p>Beef Taco Salad</p> <p>Sour Cream, Chips and Salsa</p> <p>Mexican Fruit Cup</p>	<p>12</p> <p>Chicken Kiev</p> <p>Seasoned Tri-color Potatoes</p> <p>Monterey Vegetable Blend</p> <p>Fresh Apple</p>	<p>13</p> <p>Beer Battered Shrimp with Cocktail Sauce</p> <p>Potato Wedges</p> <p>Herbed Zucchini</p> <p>Fruited Gelatin</p>
<p>16</p> <p>Baked Chicken with Creamy Mushroom Sauce</p> <p>Garlic Mashed Potatoes</p> <p>Steamed Peas</p> <p>Peaches &amp; Pineapple</p>	<p>17</p> <p>Sweet &amp; Sour Meatballs over Vegetable LoMein</p> <p>Vegetable Egg Roll</p> <p>Blushing Pineapple</p>	<p>18</p> <p>Crab Salad on a Croissant</p> <p>Coleslaw</p> <p>Potato Salad</p> <p>Cookie Fruit Salad</p>	<p>19</p> <p><b>*SUMMER CELEBRATION</b></p> <p>BBQ Ribs</p> <p>Cucumber Salad</p> <p>Baked Beans with Bacon</p> <p>Cinnamon Apples</p> <p>Cornbread</p> <p><b>TICKET REQUIRED!</b></p>	<p>20</p> <p>Salmon with Lemon Dill Sauce</p> <p>Roasted Baby Potatoes</p> <p>Steamed Spinach &amp; Mushrooms</p> <p>Berries with Whipped Cream</p>
<p>23</p> <p>Beef Tips in Gravy over Mashed Potatoes</p> <p>Country Trio</p> <p>Vegetable Blend</p> <p>Fruit Cocktail</p>	<p>24</p> <p>Brown Sugar Glazed Ham</p> <p>Hashbrown Casserole</p> <p>Peas &amp; Carrots</p> <p>Pineapple Chunks</p>	<p>25</p> <p>Berry Burst</p> <p>Chicken Salad</p> <p>Blueberry Muffin</p> <p>Fresh Orange</p>	<p>26</p> <p>Baked Turkey Cutlet with Cranberry Sauce</p> <p>Sweet Potatoes</p> <p>Green Bean Casserole</p> <p>Chunky Fruit</p>	<p>27</p> <p>BBQ Pork Sandwich on WW Bun</p> <p>Creamy Coleslaw</p> <p>Potato Wedges</p> <p>Snicker &amp; Apple Salad</p>
<p>30</p> <p>Chicken Pot Pie</p> <p>Stuffed Baked Potato with Sour Cream</p> <p>Roasted Brussel Sprouts with Bacon</p> <p>Baked Biscuit with Honey</p> <p>Asst. Fruit Cups</p>			<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. MENU SUBJECT TO CHANGE!</p>	

**\*SUMMER CELEBRATION, THURSDAY, JUNE 19 IS A SPECIAL MEAL CELEBRATION. A TICKET FOR THAT DAY'S MEAL IS REQUIRED FOR BOTH CONGREGATE AND DRIVE-THRU DINING. SEE PAGE 3 FOR MORE INFORMATION.**

# June Activities at the Senior Center

## Special Events and Support Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:00 Fit Zone Class Sign up 9:30 Art from the Heart	<b>3</b> 9:15 Advisory Committee Meeting 10:00 Herb, Spice & Everything Nice 12:30 Birthday/Anniver Celebration 12:30 Tech Support	<b>4</b> 10:00 Grief Group 10:00 Low Vision Group 12:30 Music by Gordie Skjerseth Ice Cream Social 1:30 Caregiver Connections	<b>5</b> 9:30 Curiosity Stream	<b>6</b> 1:00 Movie Matinee
<b>9</b> 9:30 Art from the Heart	<b>10</b> 8:00 Day Trip to Mott 9:30 Art with Pauline 10:00 Downsizing & Decluttering 12:30 Tech Support 1:00 Quilting Group	<b>11</b> 10:00 Grief Group 1:30 Caregiver Connections 1:30 Legal Services 1:50 Walking Wednesday	<b>12</b> 9:30 Curiosity Stream 10:00 Computer/Phone Basics 11:00 Walk This Way 11:00 Alliance for Hearing <b>BOOKMOBILE</b>	<b>13</b> 1:00 Movie Matinee
<b>16</b> 10:00 Pollinators 1:00 Senior Center Tour	<b>17</b> 10:30 Hearing Loss Support Group 12:30 Tech Support	<b>18</b> 10:00 Coffee w/Cop 10:00 Grief Group 1:30 Caregiver Connections	<b>19</b> 9:30 Yoga Talk 10:00 Summer Celebration (See Page 3)	<b>20</b> 1:00 Movie Matinee
<b>23</b>	<b>24</b> 8:00 Quilting Group 9:00 Elder Law & Estate Planning 12:30 Tech Support	<b>25</b> 10:00 Grief Group 1:30 Caregiver Connections 1:50 Walking Wednesday	<b>26</b> 9:30 Curiosity Stream	<b>27</b> 1:00 Movie Matinee
<b>30</b> 1:00 Book Club		<b>THE COFFEE CORNER</b> 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.		

## 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 <b>Pool: 8:30—4:00 pm Daily</b>	1:00 Bunco 1:00 Bridge 1:00 Hand & Foot 1:00 Cornhole <b>No activities 6/19!</b>	1:00 Pinochle

## 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



# Celebrate Your Inner Artist!

## ART FROM THE HEART

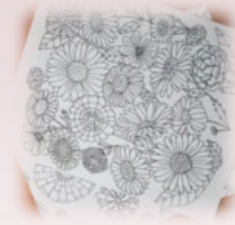


Join Nina in the **Huddle Hut** on Monday, June 2 at 9:30 am as she leads a class in creating an acrylic painting of an Ocean View and on Monday, June 9 at 9:30 am as she leads a class in creating a painting of Palm Trees, Sand and Water with watercolors.



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, June 10 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.

***“Art is not what you see, but what you make others see.”***

***Edgar Degas***

The Senior Sentinel | 9



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## Players Club!

# PLAYERS CLUB!

CLPI

### 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: 12:45 pm, Tuesday  
5 Crowns: 12:45 pm, Monday

Pinochle is played in **The Hangout.**  
Hand & Foot is played in the **A Quiet Place.**  
Bridge, Whist and 5 Crowns are played in the **Huddle Hut.**

### 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.



### 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.

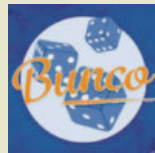


### VARIETY OF GAMES

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 **The Hangout.** This month, Trivia will be held on June 3 and June 17 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 Hangout.**

### CRIBBAGE

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



### 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 **The Hangout.** 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**



## Day Trip

### THE TRACTOR ROOM, MOTT, ND

On Tuesday, June 10, a West River Transit Bus will head for Mott, ND to visit *The Tractor Room*!

In 2021, Derek Mayer built *The Tractor Room* to share Frank Miller's (his grandfather) massive collection of toy tractors and to honor his memory. The museum features a collection of over 220 unique pedal tractors, along with a collection of over 2,000 one-sixteenth scale tractor toys. "He collected them up until the day he passed away," Mayer recalled. It all started in 1979, when Miller bought



a new tractor, and received a toy replica with it. Frank continued collecting up until his death in 2016. The group will stop for lunch at The Pheasant Cafe. 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.

The Senior Sentinel | 11

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Burleigh County Senior Adults Program, Bismark, ND

D 4C 05-0634



# The Fit Zone

## THE FIT ZONE CLASSES

The current 8-week session ends on June 21.

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! Join them on Thursday, June 19 at 9:30 am for *4th Chakra: Cultivate Inner Peace*.

You may attend this class in person in the **AgeWell 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.

## WALKING WEDNESDAY



Join Katie Johnke from Bismarck-Burleigh Public Health on

Wednesday, June 11 and

Wednesday, June 25 at 2:00 pm sharp (be there by 1:50 pm) at

**Sertoma Park, Shelter 9** for *Walking*

*Wednesday!* This is a fun and social way to stay active and explore new routes in the company of others! Whether you're a regular walker or just starting out, this group walk is a great opportunity to get moving, enjoy the outdoors, and connect with others. We'll walk for about 30 minutes, taking in the sights and chatting along the way. It's all about having fun and staying healthy! Lace up your tennis shoes and pump up your heart! Please stop by the Client Services Desk or call 255-4648 to sign up.

# TAKE A WALK!

## 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.

# 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, June 17 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, June 12 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, June 4 at 10:00 am. This group is limited to 8 people.

**Pre-registration is required. Stop by the Client Services Desk or call 255-4648 to register.**

## DEMENTIA CARE CONSULTANTS

**Free** individualized assistance, problem solving and identification of resources are available to individuals with memory loss and care partners through care consultation provided by the Alzheimer's Association. Call 701-258-4933 to schedule an appointment. If you need immediate assistance, please call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900.

## LEGAL SERVICES

Legal Services of North Dakota will be at the Senior Center on Wednesday, June 11 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.

# 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.

## BURLEIGH COUNTY SENIOR CENTER HOURS

The Burleigh County Senior Center is open to the public from 8:00 am to 4:30 pm Monday through Friday. All activities will be completed no later than 4:00 pm to allow staff time to clean and secure the facility. The following days are designated as recognized holidays. Program activities and services are curtailed on recognized holidays.

January 1 <sup>st</sup>	New Year's Day
Third Monday in January	Martin Luther King Day
Third Monday in February	President's Day
Friday before Easter	Good Friday
Last Monday in May	Memorial Day
July 4 <sup>th</sup>	Independence Day
First Monday in September	Labor Day
Fourth Thursday & Friday in November	Thanksgiving & Day After
December 25 <sup>th</sup>	Christmas

Recognized holidays that fall on a Sunday will be observed on the Monday following the holiday. Recognized holidays that fall on Saturday will be observed on the Friday before the holiday.

## ACCIDENTS/ILLNESSES/INCIDENTS/ FALLS POLICY

In the event of a medical emergency, 9-1-1 will be called immediately. Staff will make every effort to contact a family member if that information is available. Under no circumstances will a staff member transport anyone requiring medical assistance. A person may refuse medical assistance only after being assessed by the emergency medical personnel, and if the person is fully conscious and aware. Additionally, the person must sign a medical refusal waiver with the ambulance service. Any accidents/illnesses/incidents occurring on BCSAP property/meal site requires the completion of an Incident Report. This report should be submitted to the Executive Director immediately.

**The staff and volunteers of BCSAP are not to lift anyone who has fallen.** In all situations, staff will stay with the individual and make them as comfortable as possible until emergency personnel arrive.

If the individual who has fallen is not able to get up on their own, 9-1-1 will be called.

Participants experiencing an excessive amount of falls over a brief period may be required to have a caregiver with them when participating in meals and activities at the facility/meal site.

## ALCOHOL AND DRUGS

Serving and/or consuming alcoholic beverages or dispensing illegal drugs is prohibited on BCSAP property/meal sites. Participant's possessing alcoholic beverages and/or illegal drugs on the premises will be asked to leave and will be suspended from the meal site.

## CHECK CASHING / CHANGE POLICY

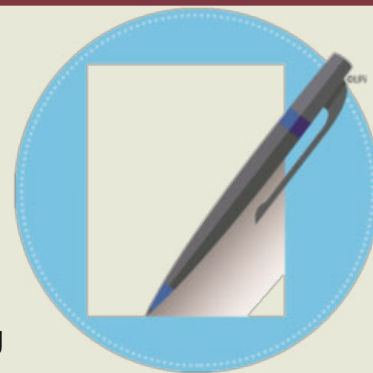
BCSAP will not accept checks for cash. Checks may be written for program donations, or purchases at the Coffee Corner. BCSAP keeps a limited amount of cash on hand and is often not able to break large bills. Please do your banking prior to coming to the Center.

## CHANGE OF ADDRESS/PHONE NUMBER

It is important for BCSAP to maintain accurate records. Therefore, we would appreciate participants updating any changes to contact information, phone numbers and/or address changes or any other changes that may occur to the Client Services Desk.

## CONFIDENTIALITY

Participant information is always kept strictly confidential. No information about a participant will be disclosed unless informed consent is received from the participant or legal representative, or if disclosure is required by court order, or for program monitoring by authorized agencies. A release of information will be signed and on file before participant records are released. The release of information will be maintained in the participant's file. All participant information is secured in a locked file, locked area, or access coded computer program.





# Drive-Thru Meals & Parking

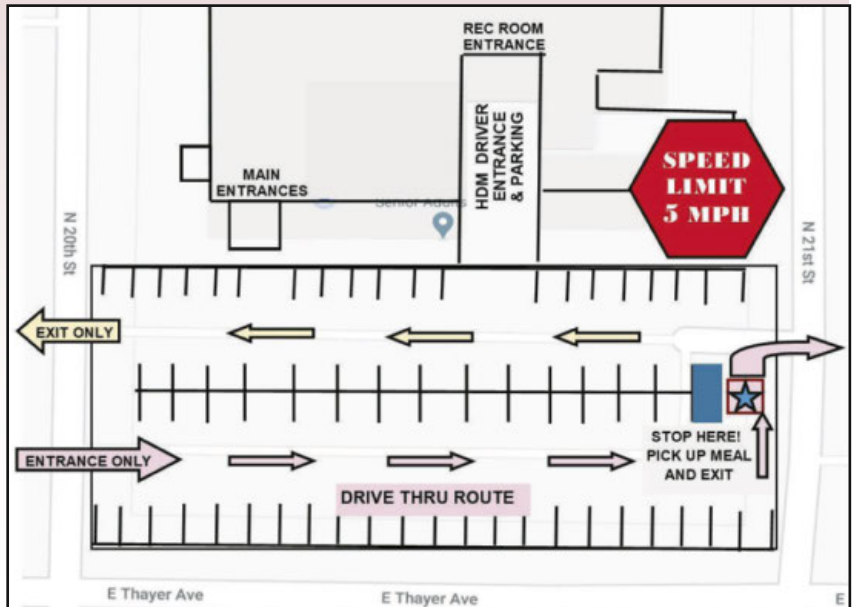
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 priority!

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).

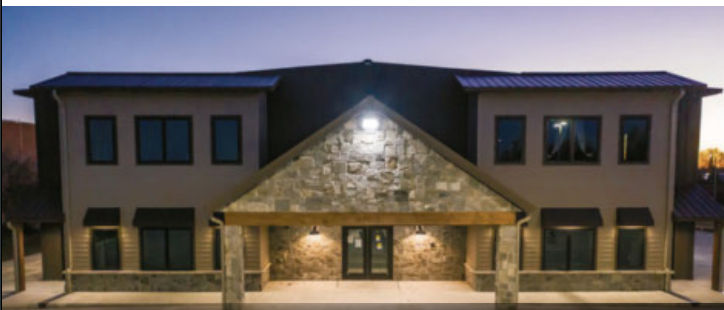
**CONGREGATE MEAL/OTHER CLIENTS:** Clients coming to the Senior Center for a meal, activities, or other reason, may park where they choose, following the one-way arrows.

Thank you for your cooperation!



The Senior Sentinel | 15

## **DaWise Perry** **Mandan Crematory**



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# Summer Picnic

One of the best parts of summer for many people is spending time enjoying a cookout with friends or a picnic at a local park or botanical garden. If you or a loved one are required to follow a special diet, your picnic menu can still be a fun one.

Here are some tips for planning the perfect picnic and for making sure your food stays safe on a hot summer day.

## Planning a Safe and Healthy Summer Picnic

First, plan your menu with care. If you don't already know, ask friends who will be attending your picnic if they are diabetic, on a low sodium diet, or have any other dietary restrictions. You'll want to take those into account as you plan.

Here are a few tips to make traditional picnic foods a little healthier:

- **Serve fruit:** Berries, pineapple, melon, apples, and grapes are packed with vitamins, nutrients, and antioxidants. They also contain a lot of water, making them good for hydration. For people concerned about weight control, fruit can satisfy a sweet tooth instead of eating a treat that is high in calories, sugar, and saturated fats.
- **Healthy veggie dip:** Summer picnics and parties often include vegetables and dips to snack on. Unfortunately, many dips are loaded with fat and calories. You can make a healthier version of your favorite dip by substituting full-fat sour cream and mayonnaise with low-fat versions or with plain yogurt. An alternative would be to skip serving veggie dip and serve hummus instead. It's a nutritious and delicious option made with high fiber chickpeas that are linked to low cholesterol.
- **Baked not fried:** Instead of serving fried chicken bought from a local fast-food restaurant, bake a healthier version. One way to do that is to roll chicken in yogurt, sprinkle it with lemon juice, and bake it. The yogurt gives the chicken a crispy but healthy crust. Baking chicken cuts the fat per serving from an average of 20 grams when fried to just 7 or 8 grams.



## SUMMER PICNIC

**Healthier picnic salads:** Potato salad, pasta salad, and macaroni salad are often picnic

staples. While they might be popular, most aren't very healthy. You can change that by skipping the mayonnaise and using Greek yogurt instead. Choosing lemon basil vinaigrette is another option to try, as is using herbs, chickpeas, and a variety of fresh vegetables in place of eggs and olives. Finally, be sure to serve plenty of water at your picnic. The hotter the day, the more important it will be. Set up a water station and include enhancements like lemons, berries, limes, and cucumber.

## Food Safety and Summer Picnics

Hosting a picnic outdoors when the mercury is soaring requires a little extra planning and precautions:

- **Keep food chilled:** Never leave food outdoors for more than an hour. If it is especially hot, even one hour is too long. Place foods that contain mayonnaise, eggs, or other ingredients that can spoil back in the cooler immediately after serving.
- **Monitor the cooler:** Make sure your cooler is stored in a shady spot and that the ice is keeping the contents cold. Plan ahead to determine where you make an ice run near your picnic location.

**Cooked or raw:** Don't partially cook meat with the intention of finishing it on a grill at the park. This increases the risk for food poisoning. Either cook the dish thoroughly before the picnic or wait to start it until you arrive.

Learn more about the steps you can take to avoid food poisoning by visiting the Centers for Disease Prevention and Control Foodborne Germs and Illnesses webpage.

This resource contains information on the causes, symptoms, and warning signs of foodborne illnesses.

©LPi



# 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:**

- June 9: Wilton
- July 14: Wing
- July 22: Sterling

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

The Senior Sentinel | 17

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Burleigh County Senior Adults Program, Bismarck, ND

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# Just For Fun!

## Summer Picnics

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E C H O L P E L N K C O M M A H S W Z A  
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### Word List:

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BEVERAGES  
BUGSPRAY  
FLYSWATTER  
HAMBURGERS  
INSECTREPELLENT  
LAWNGAMES  
PICNICTABLE  
SNACKS  
SUNSHINE

BARBECUE  
BLANKET  
COOLER  
FRIEDCHICKEN  
HAMMOCK  
JARTS  
PAPERPLATES  
PLAYGROUND  
SPATULA  
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Burleigh County Senior Adults Program, Bismark, ND

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# 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.

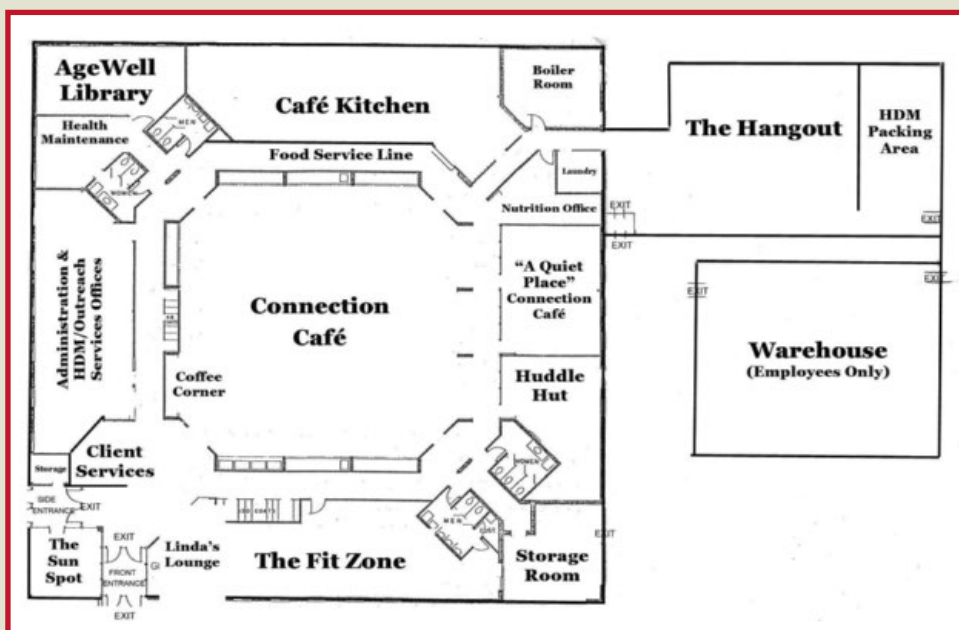
Please check in on the *MySeniorCenter Kiosk* each time you come to the Senior Center and/or volunteer to log your hours. This is how we track Information about the number of participants coming to the Senior Center and the number of volunteer hours that have been donated to our organization. This information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



## *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.

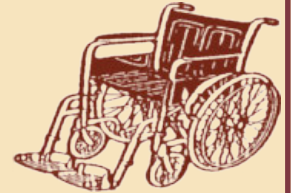
If you have Covid, RSV, the flu or another virus, please do not come to the Senior Center until you feel better and have been fever free for 24 hours.

**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](http://carechoice.nd.assistguide.net)**

**Email: [carechoice@nd.gov](mailto: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.

# 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.)

# Thank You, Donors

We sincerely thank the following individuals and/or businesses for their generous donations.  
(Listed donations were received between April 1—30, 2025.)

*In Memory of Barbara Geffre*  
—Al & Val Scheet

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

Betty Walth  
Andrea Kluck  
Missouri Slope Areawide United Way



## 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:

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: \_\_\_\_\_

### BCSAP

315 North 20th Street  
Bismarck, ND 58501



### GIVING LEVELS

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

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

### DONOR CONTACT INFORMATION:

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

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

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

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

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

***Thank you for your support!***



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

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

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**315 North 20<sup>th</sup> Street**  
**Bismarck, ND 58501**

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it to us, or email the information to  
[info@burleighsenioradults.org](mailto: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  
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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**

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Julie Zent, Social Worker  
Chantel Andersen, HDM Meal Services Coordinator  
Bobbie Jo Schmidt, HDM/Nutrition Support Coordinator

**NUTRITION PROGRAM**

Tyler Zent, Manager  
Raelynn Mitzel, Assistant Manager  
Brittney Kouba, Chef  
Tyler Salhus, Chef  
Blake Saunders, Chef  
Levi Ripley, Chef  
Kent Bryan, Dishwasher  
Nancy Olson, Crescent Manor Site Coordinator

**BCSAP Volunteer Advisory Committee**

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Bernie Brandner  
Tom Feser  
Cindy Lou Highley

Karen Stahl  
Michael Stevenson  
Fran Stott