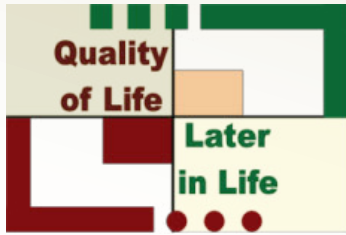


THE

# SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 7 July, 2025

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# JULY



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



# Lifelong Learning

## **NUTRITION Q & A**

Do you have questions about nutrition and how you can be healthier? Visit with Katie for answers! Katie Johnke from Bismarck-Burleigh Public Health will have a table set up in the **Connection Café** on Wednesday, July 9 from 8:30 to 10:00 am. Katie will also discuss the new Mobile Market “The Strong Farm Veggie Van” that will make its first visit on July 16 (see below).

## **MOBILE MARKET** **“THE STRONG FARM VEGGIE VAN”** **Exciting News: The Strong Farm Veggie Van is Coming to You!**

We are excited to announce a new opportunity to enjoy fresh, locally grown produce—right at our Senior Center! The **Strong Farm Veggie Van**, a mobile market filled with seasonal vegetables, will be making regular stops in the **Senior Center Parking Lot** on the following Wednesdays -- July 16, 23, and 30. Produce will be distributed from 10:00 to 11:00 am, or until gone (whichever comes first!) This is a wonderful chance to take home nutritious, farm-fresh foods just steps from our front door. The Veggie Van also supports our local farmers and helps strengthen our community food system. Stay tuned for more details—and get ready to eat well, feel great, and support local!



**WHY BUY LOCAL?  
KNOW YOUR FARMER**  
Support local growers and learn exactly how your food is grown.

## **FRESH = MORE NUTRIENTS**

Local produce is picked at peak ripeness—more vitamins, better taste!

## **BOOST YOUR COMMUNITY**

Every dollar spent locally helps neighbors and small farms thrive.

## **EARTH FRIENDLY CHOICE**

Less packaging and fuel—lower environmental impact.

## **SEASONAL VARIETY**

Local food shifts with the seasons—keep meals fun and flavorful!

## **AARP SMART DRIVER**

On Monday, July 28 at 10:00 am, AARP will be hosting a course that will teach us valuable defensive driving skills and give us a refresher on the rules of the road. You may be eligible for a discount on your car insurance by completing this course. The cost for this course is \$20 for AARP members and \$25 for non-members. Space is limited and pre-registration is required. Please contact Norbert Mayer at 226-5956 to register.

## **SIX PILLARS OF BRAIN HEALTH**

The Six Pillars of Brain Health include: Physical Activity, Nutrition, Sleep, Social Connections, Stress Management, and Cognitive Ability. An AARP representative will be in **Connection Café** on Tuesday July 15 at 10:00 am to provide brain-boosting activities and actionable steps you can take to incorporate these six pillars into your life. It's never too late to live a brain-healthy lifestyle!

## **COMMUNICATE EFFECTIVELY**

*Communicate Effectively* is a program provided by the Alzheimer's Association that explores how dementia affects communication and includes tips for communicating well with family, friends, and health care professionals. Join Joan Danks from the Alzheimer's Association on Tuesday, July 22 at 10:00 am in the **Connection Café** to learn more.

## **ASSISTIVE TECHNOLOGY**

Join representatives from the Dakota Center for Independent Living on Wednesday, July 23 at 8:30 am, as they showcase and explain different assistive technology devices. These devices can help you perform functions that might otherwise be difficult or impossible and can maintain or improve your functioning and independence.

## **SWALLOWING PROBLEMS**

Swallowing problems can be caused by a variety of factors including neurological issues, muscle weakness and structural problems in the throat or esophagus. It can also be a symptom of GERD or other medical conditions. Join representatives from the Speech Language Pathology Team at Benedictine Bismarck on Tuesday, July 8 at 10:00 am in the **Connection Café** as they discuss normal versus disordered swallowing, what you can do, and how to get professional help if needed.



# On Center Stage in the Connection Café

**THURSDAY,  
JULY 17  
INDOOR PICNIC!**

10:00 AM PICNIC FUN

12:00 PM \*LUNCH

12:30 PM MUSIC BY  
**ROCK CREEK  
REVIVAL**  
Featuring  
Jason, Dee & Bryan  
Tibor

Watermelon Feed



\*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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Burleigh County Senior Adults Program, Bismarck, ND

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# Lifelong Learning



## CURIOSITY STREAM

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

### July 3: ***Jump Into the Fire***

Gain a more in-depth understanding of forest management in the United States. Dive deeper into the history of forest fires to see how they changed the American geographical landscape and meet the brave people who fight fires by land, sea and air.

### July 10: ***Ancient Engineering – The Taj Mahal and The Golden Age of Islam***

Awe-inspiring palaces are the legacy that demonstrates the brilliance of Islamic engineers, working centuries before Western Europe began its own engineering revolution. It's a process that culminated in what is arguably the most beautiful building in the world-The Taj Mahal.

### July 17: ***No Curiosity Stream***

### July 24: ***What a Colorful World***

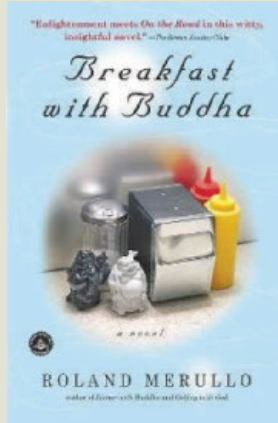
What makes the Earth such a kaleidoscope of color? Take a journey around the globe and discover a host of creatures, large and small from giant blue humpback whales to pink flamingos to glass wing butterflies that make our world so spectacularly diverse and colorful.

### July 31: ***China's Hidden Monkeys***

In the remote mountains of southwest China lives one of the most remarkable, elusive and endangered primates in the world: the Golden Monkey. Journey to beautiful, untouched mountain regions and enjoy unprecedented access to a troop of these unique, rarely filmed animals.



The Book Club does not meet in July.



The next meeting will be held on Monday, August 25 at 1:00 pm in the AgeWell Library, with Arlene Having leading the discussion.

The book for discussion is *Breakfast with Buddha: A Novel* by Roland Merullo. The book will be available for pick up on July 24 at the Dining Room Desk.

### Synopsis:

When his sister tricks him into taking her guru on a trip to their childhood home, Otto Ringling, a confirmed skeptic, is not amused. Six days on the road with an enigmatic holy man who answers every question with a riddle is not what he'd planned. But in an effort to westernize his passenger -- and amuse himself -- he decides to show the monk some "American fun" along the way. From a chocolate factory in Hershey to a bowling alley in South Bend, from a Cubs game at Wrigley field to his family farm near Bismarck, North Dakota, Otto is given the remarkable opportunity to see his world -- and more importantly, his life -- through someone else's eyes. Gradually, skepticism yields to amazement as he realizes that his companion might just be the real thing.

## 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.**



# Just for Fun!

## CORNHOLE TOURNAMENT

Tuesday, July 22  
1:00 – 4:00 pm  
The Hangout

Random drawing for partners prior to start of tournament.

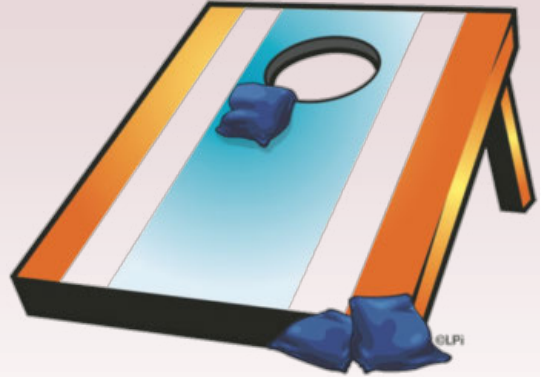
Double elimination.

Games play to 21. If team exceeds 21, they must go back to 11.

Prizes awarded for first, second and third place.

Limited to 24 participants. Early sign up is encouraged.

To register, stop by the Client Services Desk or call 255-4648.



The Senior Sentinel | 5



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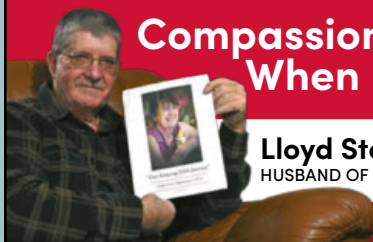
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Burleigh County Senior Adults Program, Bismarck, ND

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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

# July at the Connection Café




Monday	Tuesday	Wednesday	Thursday	Friday
	1 Fall Apart Pork Roast Baby Baked Potatoes Brussel Sprouts & Squash Chilled Tropical Fruit	2 BBQ Beef Sandwich On WW Bun Potato Wedges Creamy Coleslaw Peaches & Blueberries	3 Chicken Kiev Tri-Color Potatoes Mixed Vegetables Strawberry Applesauce	4 <b>CLOSED</b> 
7 Country Fried Steak with Gravy Mashed Potatoes Parslied Carrots Fresh Plum	8 Garlic & Sage Chicken Thighs Roasted Fingerling Potatoes Roasted Squash Chunky Fruit	9 Asian Shrimp Salad Garlic Naan Bread 2 Clementine Oranges	10 Orange Chicken over Vegetable Lo Mein Vegetable Pot Stickers Fortune Cookie Chilled Pineapple	11 Cheese Manicotti with Red Meat Sauce Marinated Vegetable Salad Italian Vegetable Blend Garlic Toast Snicker & Apple Salad
14 Honey Roasted Pork Chop Buttered Red Potatoes Herbed Zucchini Sunburst Pears	15 Breaded Chicken Drumstick Chive Mashed Potatoes Buttered Corn Chilled Dark Cherries	16 Chicken Dijon Summer Corn Pilaf Roasted Butternut Squash Fruit Cocktail	17 <b>INDOOR PICNIC</b> Bratwurst on a Bun with Sauerkraut Calico Beans Cucumber & Tomato Salad Watermelon Feed	18 Baked Lemon Cod Garlic Vegetable Butter Rice Capri Vegetable Blend Cookie Fruit Salad
21 Rosemary Orange Chicken Cilantro Lime Rice Garden Vegetable Blend Caramelized Pineapple	22 Savory Beef Tips with Mushroom Gravy served over Onion Mashed Potatoes Green Bean Almondine Fresh Pear	23 Chicken Alfredo over Herbed Noodles Steamed Broccoli Garlic Breadstick Fruit Cocktail	24 Honey Citrus Salmon Wild Rice Pilaf Seasoned Snow Peas Seasonal Fresh Fruit	25 Turkey Meatloaf Mashed Sweet Potatoes Pacific Vegetable Blend Cranberry Relish
28 Shrimp Scampi Herbed Lemon Pasta Steamed Vegetable Blend Berry Applesauce	29 BBQ Pork Burnt End Loaded Baked Potato Broccoli Slaw Blueberry Fluff	30 Ham Salad on Croissant Potato Wedges Cabbage & Apple Slaw Fresh Grapes	31 Swedish Meatballs Garlic Mashed Potatoes Seasoned Carrots Oranges & Pineapple	

**\*INDOOR PICNIC, THURSDAY, JULY 17 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.**

**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!**

# July Activities at the Senior Center

## Special Events and Support Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<b>THE COFFEE CORNER</b> is open 8:00—11:00 am and 12:30—2:00 pm daily	1 9:30 Art with Pauline 12:30 Birthday / Anniv. Celebration Tech Support by Appt	2 10:00 Grief Group 10:00 Low Vision Group 1:30 Caregiver Connections	3 9:30 Curiosity Stream	4 <b>CLOSED</b> 
7 <b>Wednesday is Caramel Roll Day, Beginning at 8:30 am!</b>	8 8:00 Quilting Group 9:00 Christmas in July with Alice 10:00 Swallowing Prob. Tech Support by Appt	9 8:30 Nutrition Q&A 10:00 Grief Group 1:30 Caregiver Connections 1:30 Legal Services 1:50 Walking Wed @ Pioneer Park	10 9:30 Curiosity Stream 10:00 Computer/ Phone Basics 11:00 Alliance for Hearing <b>BOOKMOBILE</b>	11 1:00 Movie Matinee
14	15 10:00 6 Pillars Brain Health 10:30 Hearing Loss Support Group Tech Support by Appt	16 10:00 Coffee w/Cop 10:00 Mobile Market 10:00 Grief Group 1:30 Caregiver Connections	17 10:00 Indoor Picnic (See Page 3) <b>No Players Club  Activities</b>	18 1:00 Movie Matinee
21 1:00 Senior Center Tour	22 10:00 Communicate Effectively 12:30 Tech Support 1:00 Cornhole Tourney Tech Support by Appt	23 8:30 Assistive Tech 10:00 Mobile Market 10:00 Grief Group 1:30 Caregiver Connections 1:50 Walking Wed @ Pioneer Park	24 9:30 Curiosity Stream	25 1:00 Movie Matinee
28 10:00 Smart Driver	29 Tech Support by Appt	30 10:00 Mobile Market 10:00 Grief Group 1:30 Caregiver	31 9:30 Curiosity Stream	<b>SCHEDULE  IS SUBJECT  TO CHANGE.</b>

## 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 <b>No activities 7/17!</b>	1:00 Pinochle
<b>Pool: 8:30—4:00 pm Daily</b>				

## 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
<b>No Classes June 29—July 5</b>				



# Celebrate Your Inner Artist!

## CHRISTMAS IN JULY WITH ALICE



Join Alice in the **Huddle Hut** on Tuesday, July 8 at 9:00 am as she leads a class in creating these cute Christmas ornaments.

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

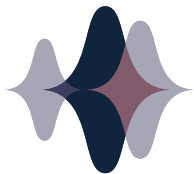
Join Pauline in the **Huddle Hut** on Tuesday, July 1 at 9:30 am as she leads a stress-free relaxing pencil coloring art class.



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.

**The BCSAP Volunteer Advisory Committee does not meet in July. The next meeting is on Tuesday, August 5 at 9:15 am in the AgeWell Library.**

The Senior Sentinel | 9



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# Join Us for Activities!



## AT THE MOVIES!

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

**July 4: Closed**

**July 11: *If I Could Ride*, PG-13**

A young girl's dream is to ride horses, but she can't because of a disability. She meets Bridget, the reigning equestrian champion, who suffers an injury, and asks her to compete in her place at the next competition. As she begins training, the two girls must come together to learn the importance of friendship, family, following your dreams, and never giving up.

**July 18: *Hoosiers*, PG**

Based on the true story of the Milan (Indiana) Indians, the film depicts a coach with a checkered past and an unconventional assistant coach leading the team on an unlikely run to the championship. It explores themes of redemption, second chances, and the importance of teamwork in the face of adversity.

**July 25: *Tender Mercies*, PG**

Tells the story of a washed-up alcoholic country singer named Mac Sledge who finds redemption and a new life in a small town. He gets a job with a kind widow, Rose Lee, and her young son, and slowly starts to rebuild his life, confronting his past with his present.

**A Benefit Auction will be held August 25 through September 3 to raise funds for a new projector and sound system in the Connection Café.**

**We are seeking donations to help with this. Items needed include gift cards or new items for themed gift baskets (i.e., coffee beans, lotions, movie tickets, etc.). Donated items can be left at the Client Services Desk. Thank you!**

## 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, July 1 at 12:30 pm.

## COFFEE WITH A COP

Officer Caity Horne will join us on Wednesday, July 16 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, July 10 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, July 8 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, July 21 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 | 11

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# The Fit Zone

## THE FIT ZONE CLASSES

The current 8-week session ends on August 23. There are no classes the week of June 29—July 5, 2025. Registration for the next 8-week session (August 24—October 25) will begin on **August 4 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

Yoga Talk will not be offered in July.

## WALKING WEDNESDAY



Join Katie Johnke from Bismarck-Burleigh Public Health on Wednesday, July 9 and Wednesday, July 23 at 2:00 pm sharp (be there by 1:50 pm) at **Pioneer Park, 1500 River Road** 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**. No class on July 14. There is a limit of 12 people for this class. Sign up at the Client Services Desk or call 255-4648.

**The Burleigh County  
Senior Adults Program  
is CLOSED  
Friday, July 4th for  
Independence Day!**

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

Pinochle is played in **The Hangout.**  
Hand & Foot is played in **A Quiet Place.** 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 **The**  
**Hangout.** This month, Trivia will be  
held on July 1 and July 15 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.

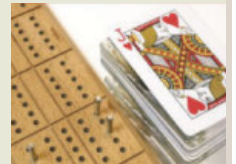


### BUNCO

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 **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**

# 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, July 15 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, July 10 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, July 2 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, July 9 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.



# Drive-Thru Meals & Parking

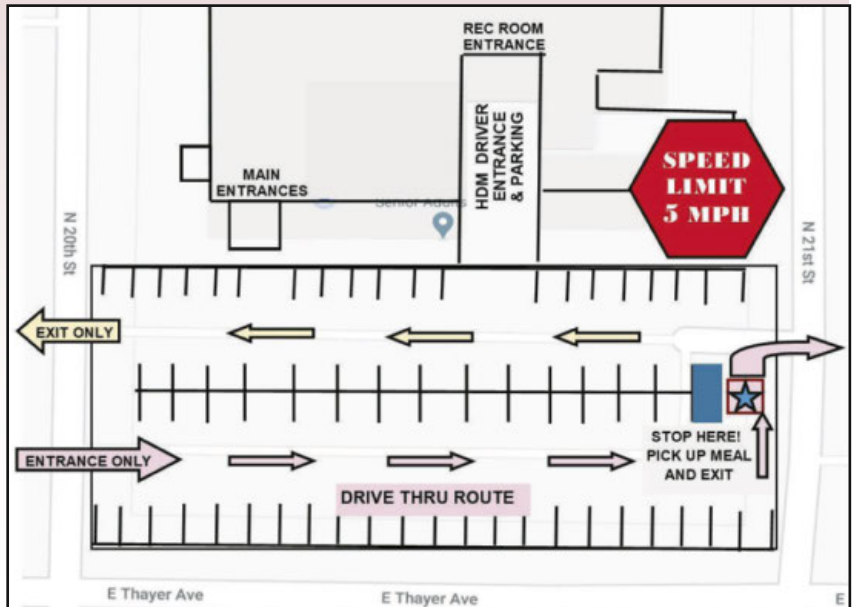
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 priority!

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

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

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

Thank you for your cooperation!

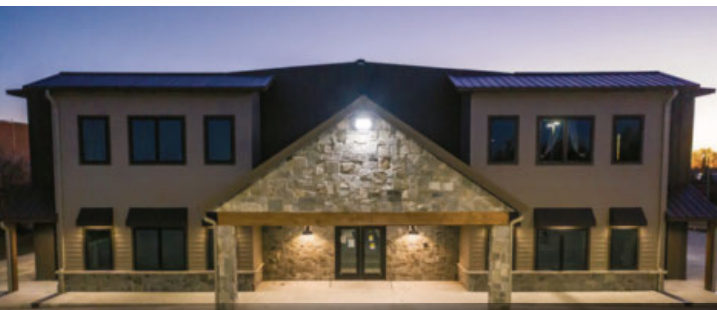


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## DaWise Perry

### 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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Burleigh County Senior Adults Program, Bismark, ND

E 4C 05-0634

# *The Health Benefits of Watermelon*

As the weather heats up, so does our need for hydration and healthy snacks. A ripe, juicy watermelon satisfies your thirst and goes the extra mile toward helping maintain a healthy diet. But did you know that not only does this picnic staple taste sweet and is delicious, but is also rich in lycopene and Vitamin C?

Lycopene, an antioxidant, can be found mostly in red fruits and vegetables, such as tomatoes, watermelons, red oranges, pink grapefruits. You may be surprised to learn this health-boosting nutrient can also be found in apricots, red cabbage, and asparagus. Watermelon has more of this nutrient than any other fruit or veggie — even tomatoes. To load up on lycopene, choose a ripe melon with bright red flesh and opt for the seedless variety as it has more lycopene than those with seeds.

## **Try Watermelon to Protect Your Cells**

Antioxidants play a significant role in protecting your cells against free radicals (natural and environmental occurring), which may play a role in heart disease, cancer, and other diseases.

Watermelon is no one health trick pony; it also contains vitamin C, which the body needs to boost immunity and produce collagen, promoting healthy skin. Studies suggest that vitamin C may reduce the risk of age-related skin damage, such as wrinkling. If watermelon had not already made enough of a case as to why it should be added to a healthy diet, this show-off fruit boasts a few more health benefits. It is even more pleasing to the palate for anyone looking to boost their vitamin intake; watermelon includes these nutrients: Vitamin A, Potassium, Magnesium, and Vitamins B1, B5, and B6.

For most adults, their body consists of 60% water, and to function optimally; it needs proper hydration. Drinking enough water each day is vital for regulating body temperature, keeping joints lubricated, preventing infections, delivering nutrients to cells, and keeping organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. As the thermometer rises, so does our need for more water.

## **Sneak in Water Through This Tasty Treat**

If you struggle to meet the recommended 6-8 glasses of water a day, fresh fruits, like watermelon, which is 92% water (probably could have guessed that from the name), can be a delicious solution for adding more water into your diet. This health-conscious melon is a versatile food, try cutting it up and add to a summer beverage or a salad, or freeze and use as ice cubes in your favorite lemonade. Want something a little more filling? Blend watermelon, strawberries, yogurt, and a drizzle of honey, for a delicious breakfast smoothie.

While watermelon can be consumed any time of the year, summer seems to be its sweet spot offering the perfect combination of refreshment and nutrition. Maybe you'll experience one more unexpected benefit, as this summertime classic invokes memories that will bring a smile to your face.

Want to kick up your watermelon consumption, without raising the temperature in the kitchen? Try this simple salad:

## **Watermelon Salad with Cucumber & Feta**

Watermelon

Feta cheese (squares or crumbles)

Mini cucumbers

Fresh herbs such as basil or mint

Lemon or balsamic vinegar

Cube and chill watermelon

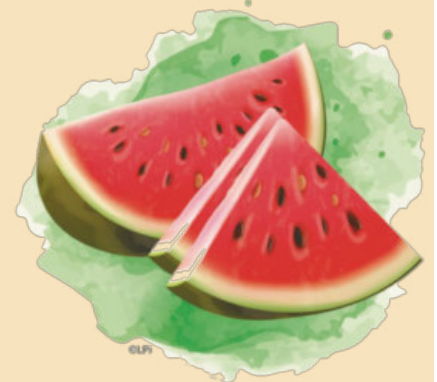
(the quantity varies on the desired servings).

Slice mini cucumbers (leave unpeeled for added crunch and nutrition).

Tear or chiffonade herbs.

Toss cubed

watermelon with the feta cheese, sliced cucumbers, and herbs. Serve chilled and top with a squeeze of lemon or drizzle of balsamic vinegar.



# 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:**

- July 14: Wing
- July 22: Sterling
- August 11: Wilton

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

The Senior Sentinel | 17

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### — NEED HELP! —

## **Errands Run For You**

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Burleigh County Senior Adults Program, Bismarck, ND

F 4C 05-0634



# 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.

## COPIER/FAX MACHINE/PUBLIC USE PC'S

The Burleigh County Senior Center has a copier and fax machine available for participants. Copies are 25 cents per copy for a black/white copy or 40 cents per color copy. Enlargement copies will be an additional 10 cents per sheet used. There is no charge for faxing. Only BCSAP staff are allowed to operate the copy and fax machine.

Participants using BCSAP's public computers are expected to use the Internet responsibly and productively. The following are unacceptable uses of public computers:

- Sending or posting discriminatory, harassing, defamatory, or threatening messages or images.
- Using computers to perpetrate any form of fraud, and/or software, film, or music piracy.
- Downloading, copying, or pirating software and electronic files that are copyrighted or without authorization.
- Hacking into unauthorized websites.
- Introducing malicious software onto the organization's computers.

-Viewing or downloading any pornographic, or otherwise immoral, unethical internet sites.

Participants found violating this policy will be asked to leave the Senior Center and will be advised not to return.

Participants may use the public printer provided. Printing is limited to ten (10) sheets of paper supplied by BCSAP per day. Additional sheets may be purchased at .25 cents each. Please be considerate and limit your time on computers so that others may also have a chance to use them.

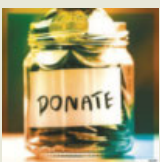
## CREDIT CARDS

BCSAP accepts Visa, Master Card, Discover and American Express, for transactions greater than \$10.00.



# Activity Donations

## Dear Patrons of the Senior Center:



Just like you, the Burleigh County Senior Adults Program (BCSAP) is facing tighter budgets and increasing uncertainty about the future. Currently, funding for activities and special

programming relies entirely on donations from our generous patrons.

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!

# Is Medicare Advantage right for you?



Join during  
open enrollment  
Oct. 15–Dec. 7

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

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benefits



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benefits



Fitness  
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drug  
coverage



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management

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

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Burleigh County Senior Adults Program, Bismark, ND

G 4C 05-0634

# 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.

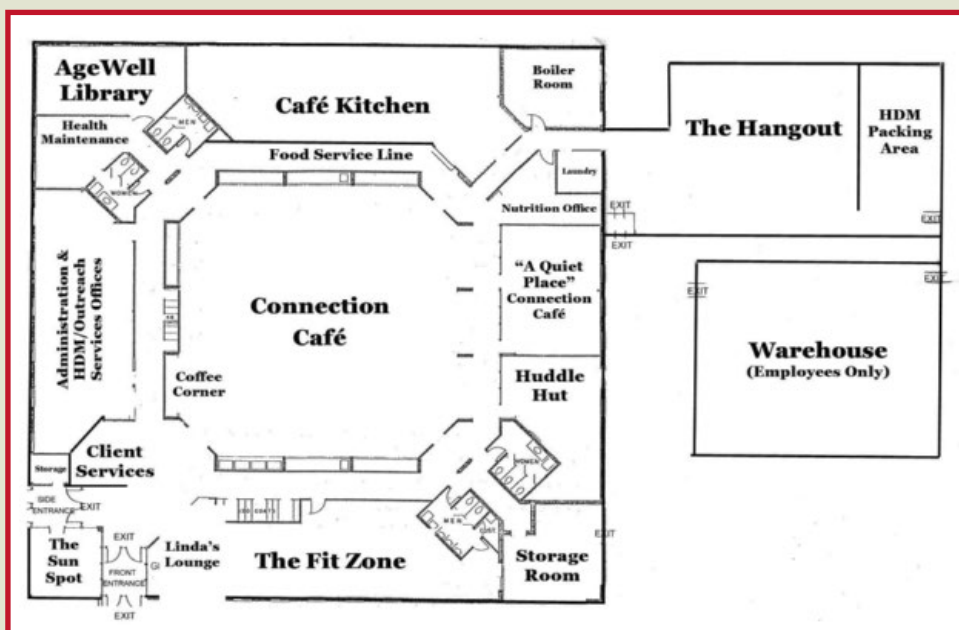
Please check in on the *MySeniorCenter Kiosk* each time you come to the Senior Center and/or volunteer to log your hours. This is how we track Information about the number of participants coming to the Senior Center and the number of volunteer hours that have been donated to our organization. This information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

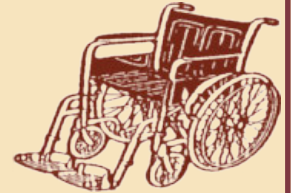
If you have Covid, RSV, the flu or another virus, please do not come to the Senior Center until you feel better and have been fever free for 24 hours.

**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*



## *Featured Volunteer*



### DICK JOSE

Dick has been a volunteer with the Burleigh County Senior Adults Program for seven years.

Dick began volunteering as a Home Delivered Meal driver and then moved into being a shuttle driver.

Dick enjoys driving the shuttle and assisting the passengers.

Dick likes to do paint by number! They are so intricate that when done, they need to be framed! Dick also likes to work on crossword puzzles and word search.

Dick also enjoys taking his 1951 Plymouth out and about when he can, but it is more of a down the highway runner verses town driving. It needs to go fast!

Dick spent 24.5 years in the Army as a medic and engineer. Dick was stationed all over the world. He then went to work for ND Department of Transportation as a maintenance foreman for 38 years.

After Dick retired from DOT he drove for Bismarck Transit and Touchmark. Dick was also a Judge Advocate for State Amvets for five years.

For Dick's 65<sup>th</sup> birthday he went skydiving!

Dick was married for 51 years before his wife Bernie passed away in 2017. Dick has two sons, four grandchildren and one great grandchild.

Dick started coming to the Senior Center for something to do, and for the good meals because he doesn't cook! The bonus was to meet new people and make more friends.

**Thank you, Dick, for your service!**



# Thank You, Donors

We sincerely thank the following individuals and/or businesses for their generous donations.  
(Listed donations were received between May 1—31, 2025.)

## *In Memory of Leo Schmidt*

—Sherleen McCarty  
—Susan Kadrmas  
—Joel & Karen Anderson

## *In Memory of Donald Olson*

—Susan Kadrmas  
——"Just Get It Done Someday" Quilters Group



## 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

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Please send acknowledgement of my memorial/honorarium to:

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### BCSAP

315 North 20th Street  
Bismarck, ND 58501



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

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***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](http://www.BismarckSeniorCenter.org)  
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