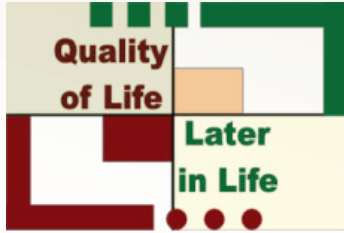


Burleigh County Senior Adults Program

THE SENIOR SENTINEL



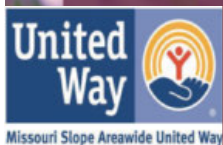
315 North 20th Street • Bismarck, North Dakota 58501

Vol. 8 August, 2025



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Advisory Committee



**SIGN UP FOR AUGUST
MEALS AND ACTIVITIES
WILL BEGIN ON JULY 23.**



Lifelong Learning

MOBILE MARKET

“THE STRONG FARM VEGGIE VAN”

The Strong Farm Veggie Van is Coming to You!

The **Strong Farm Veggie Van**, a mobile market filled with seasonal vegetables, will be making a final stop in the **Senior Center Parking Lot** on the Wednesday, August 6. 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!



HEARING LOSS RESOURCES

Navigating state and local services for hearing loss can seem daunting, but a variety of resources exist to help individuals find support, information, and assistance. Join Kathy Frelich from the ND School for the Deaf Adult Outreach Services on Tuesday, August 5 at 10:00 am in the **Connection Café** for a presentation on how to do just that!

AGING SERVICES RESOURCES

The ND Department of Health & Human Services-Aging Services Division has a wealth of information and services available to older adults. Jessie Markovic, a Community Services Coordinator at Aging Services will be here on Monday, August 11 at 10:00 am in the **Connection Café** to discuss a few of the services. Included in the discussion will be respite care, the ND Family Caregiver Support Program and the Lifespan Respite Care Grant.

A HOME FIT FOR AGING

“Aging in Place” refers to the ability to live independently and safely in your own home for as long as possible, even with changing health and mobility needs. What do you need to do to your residence to prepare it for these changes?

Attend this session with AARP on Tuesday, August 12 at 10:00 am in the **Connection Café** to learn how to make your residence a “Lifelong Home,” with ideas for modifications and fixes to make your space safer and more livable.

Benefit Auction

The Burleigh County Senior Adults Program is having a **Benefit Auction** to raise funds for a new projector and sound system for the **Connection Café**!



The **Benefit Auction** will start on Monday, August 25 at 8:00 am and end at 10:30 am on Wednesday, September 3. Drawings will be held following the noon meal on Wednesday, September 3.

Tickets:

1 ticket = \$1; 10 tickets = \$8
20 tickets = \$15; 30 tickets = \$21

HOW IT WORKS: Purchase tickets at the Client Services Desk. Legibly write your name and phone number on each ticket, or bring your address labels. Auction items will be on display in and around the Connection Café. Place tickets in the box(es) for the item(s) you would like to win.

On Center Stage in the Connection Café

3RD ANNUAL FALL JAMBOREE **THURSDAY, AUGUST 21, 12:30—3:30 PM**

12:30 pm Classic Rhythm
1:30 pm Square Butte
Country Boys
2:30 pm Randy Karr



An afternoon treat will be provided by HayCreek Lodge!

There will be no other afternoon activities!

If you would like to join us for the 12:00 noon meal prior to the Jamboree, you will need a ticket. Tickets are available at the Client Services Desk or by calling 255-4648. You DO NOT need a meal ticket if you just want to join us for the music.

*The number of meals is limited and **tickets are required for both congregate meals and drive-thru meals.**

The Senior Sentinel | 3



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Burleigh County Senior Adults Program, Bismarck, ND

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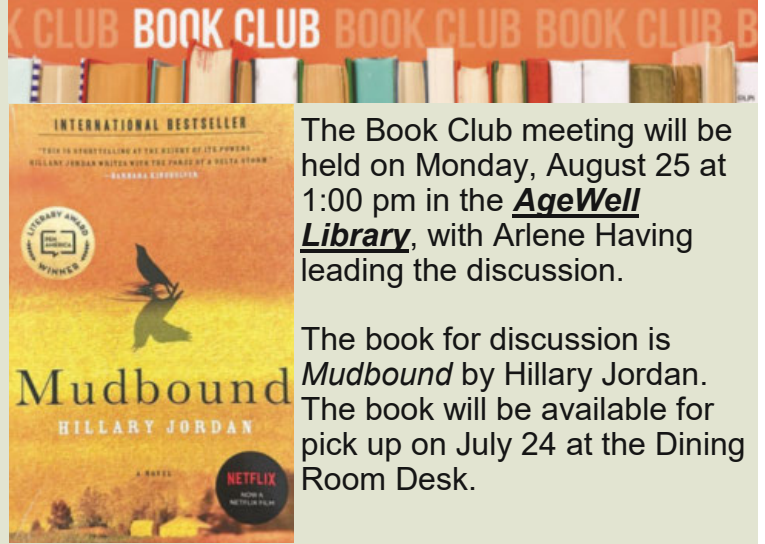
Lifelong Learning



CURIOSITY STREAM

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

- August 7:** **OOPS I Changed the World! Sleeping On the Job**
How a party drug from the 19th Century, and a banged knee, led to the invention of anesthetics. Electrotherapy and the true story behind the invention of the telephone. A dropped experiment shatters resulting in material of the future, smart dust. And an ancient attempt to make cheese gave us tofu.
- August 14:** **OOPS I Changed the World! Teas & Tipple**
The unexpected stories behind the inventions of the teabag, the gin & tonic, disulfiram, and American female politicians.
- August 21:** **No Curiosity Stream**
- August 28:** **OOPS I Changed the World! Lenin to Lady Gaga**
How a failed poison gas detector results in the invention of the smoke detector. A Russian genius tries to measure gas density, but ends up with musical instrument, the Theremin. A dropped beaker eventually leads to bulletproof glass. And the search for a new gunpowder that gives us iodine.

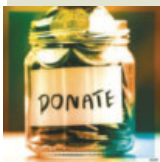


The Book Club meeting will be held on Monday, August 25 at 1:00 pm in the **AgeWell Library**, with Arlene Having leading the discussion.

The book for discussion is *Mudbound* by Hillary Jordan. The book will be available for pick up on July 24 at the Dining Room Desk.

Synopsis:

It is 1946, and city-bred Laura McAllan is trying to raise her children on her husband's Mississippi Delta farm--a place she finds foreign and frightening. In the midst of the family's struggles, two young men return from the war to work the land. Jamie McAllan, Laura's brother-in-law, is everything her husband is not--charming, handsome, and haunted by his memories of combat. Ronsel Jackson, eldest son of the black share-croppers who live on the McAllan farm, has come home with the shine of a war hero. But no matter his bravery in defense of his country, he is still considered less than a man in the Jim Crow South. It is the unlikely friendship of these brothers-in-arms that drives this powerful novel to its inexorable conclusion. The men and women of each family relate their versions of events, and we are drawn into their lives as they become players in a tragedy on the grandest scale.



ACTIVITY DONATIONS

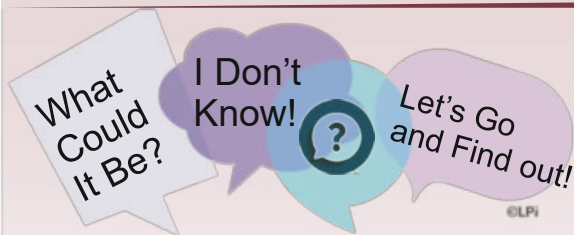
When you participate in an activity, please consider making a small donation to assist with the cost. For example, if you attend the Movie Matinee, donate \$1 to help pay for the movie license we are required to have. Donate a buck or two on a day when we offer music.

If you are playing pool or 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 is 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!

Save the Date ~ Special Announcement



Join us on Wednesday, September 3
for a Special Announcement
and a Day of Celebration!

SCHEDULE FOR THE DAY

- 8:30 am Complimentary Caramel Rolls & Coffee (until gone)
- 9:30 am Special Announcement
- 10:30 am Entertainment by Colleen Reinhardt
- Benefit Auction ends
- 12:00 Noon Meal (BBQ Ribs & all the fixings)*
Following the noon meal (approx. 12:45 pm), auction winners will be drawn.
Special Dessert will be served.



*Noon Meal Sign Up for this event will begin July 23. Space is limited, sign up early.
You do not need a meal reservation to participate in the other events of the day.

The Senior Sentinel | 5

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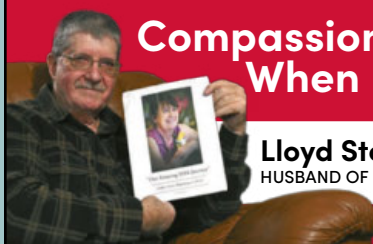
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Burleigh County Senior Adults Program, Bismarck, ND

B 4C 05-0634

Nutrition Program

BCSAP NUTRITION PROGRAM


The BCSAP Nutrition Program offers a variety of meal options for older adults. Congregate meals, drive-thru/take-out meals, home-delivered meals and frozen meals are options for you to choose from.

Congregate Meals are provided in a group setting with an opportunity for socializing with others. Congregate meals are available Monday through Friday at the Burleigh County Senior Center and Crescent Manor in Bismarck.

Drive-Thru/Take-Out Meals are available to those who choose to not participate in a congregate setting. These meals may be picked up by the client, or a family member, friend, case manager, etc. Drive-thru/take-out meals are available Monday through Friday at the Burleigh County Senior Center and Crescent Manor in Bismarck.

Home-Delivered Meals (hot or frozen) are provided to clients within Burleigh County. Within Bismarck city limits, meals are delivered Monday through Friday. Outside of city limits, meals are delivered weekly.

Frozen Meals are available for weekends and evenings. These meals are flash frozen at the Burleigh County Senior Center and are a great alternative to those found in the grocery store.

 **Mom's Meals** are available to clients in need of a medically-tailored meal or to those living in the rural areas of Burleigh County.

Meals are made fresh and shipped directly to your home. Meals will stay fresh in the fridge for up to 14 days. You may also place in the freezer for up to three months. After your initial shipment of meals, you are able to choose the meals you receive.

Medically-tailored meals include: lower sodium, vegetarian, pureed, renal-friendly, protein plus, heart-friendly, diabetes-friendly or gluten-free. A letter from your doctor is required to receive these meals. Rural residents will receive general wellness meals, unless they have need of a medically tailored meal.

For information on receiving Mom's Meals, please call 255-4648, Option 4.

OAA REQUIREMENTS

Under the Older Americans Act, each meal served must provide at least one third of the daily nutrition needs for older adults. It must also include a food item from every food group. Each meal includes:

Protein – minimum of 3 ounces
Vegetables – 2 servings
Fruit – 1 serving
Whole Grains – 2 servings
Dairy – 1 serving

Suggested donation is \$5.50/meal. The meal price for those under 60 is \$12.00. SNAP/EBT and credit/debit cards are accepted. No one 60 or older is denied meals due to their inability or unwillingness to make a donation.

OAA federal regulations require individuals age 60 and older to complete a meal assessment to participate in the Nutrition Program. Meal clients are required to update their assessment annually. Individuals are notified when their assessment is due for updating.

MEAL RESERVATIONS: PLEASE CALL AT LEAST ONE DAY IN ADVANCE TO MAKE A RESERVATION OR CANCEL YOUR MEAL!

—For Congregate, drive-thru/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

August at the Connection Café



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Tropical Cod Vegetable Fried Rice Sauteed Zucchini Mixed Fruit Medley
4 Garlic Ranch Chicken Herb Roasted Red Potatoes Sauteed Carrots Mandarin Oranges	5 Cranberry Meatballs Lime Cilantro Rice Fresh Vegetable Stir Fry Pineapple Chunks	6 Steak Cobb Salad Banana Pretzel Breadstick	7 Homestyle Turkey with Gravy Fresh Mashed Potatoes Normandy Blend Vegetables Applesauce Honey Wheat Roll	8 Salmon Glazed with Maple Bourbon Sauce Coconut Rice Capri Blend Vegetables Tropical Mixed Fruit
11 Baked Chicken Drumsticks O'Brien Potatoes Steamed Broccoli with Hollandaise Fresh Apple	12 Pork Stroganoff Fresh Mashed Potatoes Garlic Spinach Peaches Mini Croissant Roll	13 Egg Salad Croissant Sour Cream Potato Salad Broccoli Raisin Salad Fresh Plum	14 Baked Ham Scalloped Potatoes Peas & Carrots Fresh Orange	15 Shrimp Scampi Wild Rice Pilaf w/ Vegetables Roasted Vegetable Medley Cantaloupe
18 Chicken with Mushroom Cream Sauce Butter & Herb Gnocchi Italian Blend Vegetable Mandarin Oranges	19 Spaghetti with Meat Sauce Marinated Vegetable Salad Pineapple Chunks Garlic Breadstick	20 Chicken Chef Salad Banana Blueberry Muffin	21 Beef Roast with Gravy Fresh Mashed Potatoes Herb Roasted Vegetables Pears Fresh Baked WW Roll	22 Turkey Meatloaf Savory Sweet Potato Casserole Riviera Vegetable Blend Orange Juice Jello
25 Country Fried Steak with Gravy Herb Roasted Red Potatoes Green Beans Mandarin Oranges	26 Chicken Broccoli Alfredo Manicotti Fresh Asparagus Medley Pineapple Chunks Garlic Texas Toast	27 Lemon Baked Tilapia Fried Potatoes & Onions Parsley Carrots Fresh Pear or Peach	28 Beef Tips Fresh Mashed Potatoes Herb Sauteed Vegetables Strawberry Applesauce Fresh Baked Roll	29 Chicken Parmesan Garlic Pasta Garlic Spinach Tropical Fruit

***FALL JAMBOREE, THURSDAY, AUGUST 21 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!

August Activities at the Senior Center

Special Events and Support Groups

Monday	Tuesday	Wednesday	Thursday	Friday
THE COFFEE CORNER is open 8:00—11:00 am and 12:30—2:00 pm daily Wednesday is Caramel Roll Day, Beginning at 8:30 am! SCHEDULE IS SUBJECT TO CHANGE.				1 1:00 Movie Matinee
4 9:00 FitZone Class Registration	5 9:15 Advisory Comm. 10:00 Hearing Loss Resources 12:30 Birthday / Anniv. Celebration Tech Support by Appt	6 10:00 Low Vision Support Group 10:00 Grief Group 10:00 Mobile Market 1:30 Caregiver Connections	7 9:30 Curiosity Stream	8 1:00 Movie Matinee
11 10:00 Aging Services Resources	12 10:00 Home Fit for Aging 1:00 Quilting Group Tech Support by Appt	13 10:00 Grief Group 1:30 Caregiver Connections 1:30 Legal Services 1:50 Walking Wed @ Kiwanis Park	14 9:30 Yoga Talk 9:30 Curiosity Stream 10:00 Computer/ Phone Basics 11:00 Alliance for Hearing BOOKMOBILE	15 1:00 Movie Matinee
18 9:30 Art with Pauline 1:00 Senior Center Tour	19 10:30 Hearing Loss Support Group Tech Support by Appt	20 10:00 Coffee w/Cop 10:00 Grief Group 1:30 Caregiver Connections	21 12:30 Fall Jamboree (see page 3) No Players Club Activities	22 1:00 Movie Matinee
25 8:00 Benefit Auction Starts 1:00 Book Club	26 8:00 Quilting Group	27 10:00 Grief Group 1:30 Caregiver Connections 1:50 Walking Wed @ Kiwanis Park	28 9:30 Curiosity Stream	29 1:00 Movie Matinee

Players Club Activities

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Mahjong 12:45 5 Crowns 1:00 Pinochle 1:00 Samba	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 No activities 8/21!	1:00 Pinochle
Pool: 8:30—4:00 pm Daily				

The Fit Zone

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

Celebrate Your Inner Artist!



ART WITH PAULINE

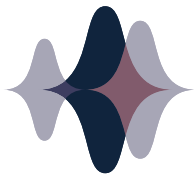
Join Pauline in the **Huddle Hut** on Tuesday, August 18 at 9:30 am as she leads a stress-free relaxing pencil coloring art class.

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 is meeting Tuesday, August 5 at 9:15 am in the *AgeWell Library*.

The Senior Sentinel | 9



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Burleigh County Senior Adults Program, Bismarck, ND

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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

- August 1:** ***Shall We Dance? PG-13***
A meek workaholic's life changes after the sight of a beautiful dance instructor inspires him to break out of his mold and sign up for some fancy footwork.
- August 8:** ***Twisters PG-13***
The blockbuster disaster epic returns with whirlwind thrills as Kate and Tyler, rival storm chasers with distinct styles, race to survive a tornado season like no other.
- August 15:** ***Friday Night Lights PG-13***
Based on the true story of Permian, TX, a town that lives and dies with its high school football team – and how players, coaches and families cope with the pressures of winning at all costs.
- August 22:** ***All My Life PG-13***
Inspired by a true love story, this romance follows the tale of a newly engaged couple whose relationship is rocked by a tragic diagnosis.
- August 29:** ***The Perfect Race PG***
Allee-Sutton Hethcoat returns as Coach Courtney Smith-Donnelly from "Remember the Goal" in "The Perfect Race". She works with a female athlete at a small Christian College who tries to overcome long odds and win a national title in the 800-meter run. Coach Donnelly's training methods and teachings about life both line up with the concept that in order to win...you first must lose.

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, August 5 at 12:30 pm.

COFFEE WITH A COP

Officer Caity Horne will join us on Wednesday, August 20 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, August 14 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, August 12 from 1:00—4:00 pm and Tuesday, August 26 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.

NO APPOINTMENTS ON TUESDAY, AUGUST 26!

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, August 18 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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Burleigh County Senior Adults Program, Bismark, ND

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The Fit Zone

THE FIT ZONE CLASSES

The current 8-week session ends on August 23.

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

Chair yoga instructors Bonny and Marlene are going “beyond the mat” to help you learn more about yoga! Join them on Thursday, August 14 at 9:30 am for *5th Chakra: Chakra - Clear Communication*.

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, August 13 and Wednesday, August 27 at 2:00 pm sharp (be there by 1:50 pm) at **Kiwanis Park, 318 S Washington**

Street (meet by the restrooms along Sweet Avenue) for *Walking Wednesday!*

This is a fun and social way to stay active and explore new routes in the company of others! 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.



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 August 4.** There is a limit of 12 people for this class. Sign up at the Client Services Desk or call 255-4648.

Players Club

PLAYERS CLUB!

OLPI

CARDS

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

Pinochle is played in **The Hangout.**

Hand & Foot and Somba are played in **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 August 5 and August 19 at
1:00 pm. Trivia is a great way to trick
your brain into learning and increasing your
capacity to recall!

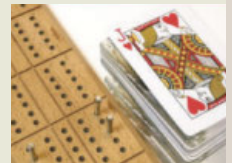


BUNCO

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.**



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, August 19 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, August 14 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, August 6 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, August 13 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.

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

We are accepting donations for the auction until August 15. Items needed include gift cards or new items for themed gift baskets. Donated items can be left at the Client Services Desk.

Thank you!

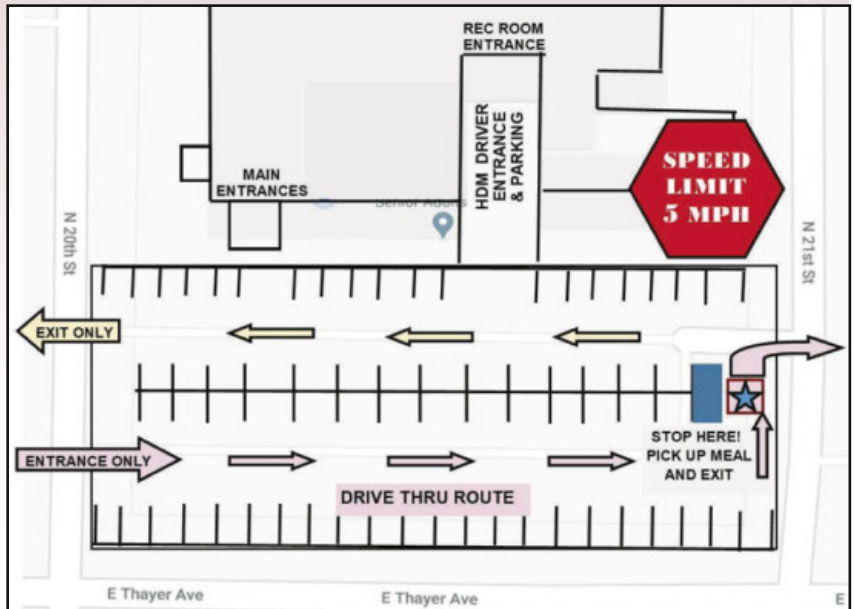
Drive-Thru Meals & Parking

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

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

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

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

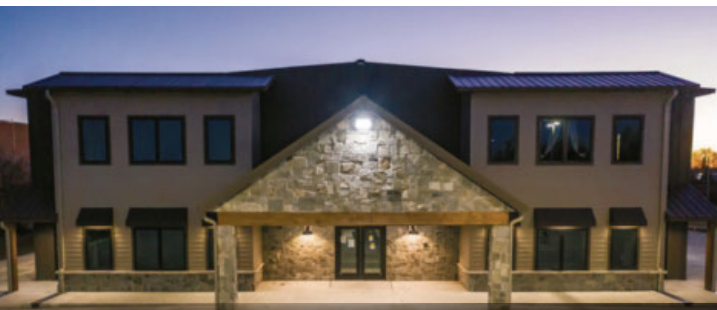


The Senior Sentinel | 15



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Burleigh County Senior Adults Program, Bismark, ND

E 4C 05-0634

Enjoy a Staycation with the Grandkids

Building a strong bond with your grandkids requires spending quality time together. During the school year, when children are busy with homework and extra-curricular activities, that can be difficult to do. This is especially true when families are geographically dispersed.



Summer may be ideal for an intergenerational vacation. The good news is you don't have to leave home or spend a lot of money to host the grandkids. You can plan fun days in your own home and neighborhood.

Building Strong Families

Intergenerational bonds are the backbone of strong families. Research shows both generations benefit from time spent together. The benefits are immediate and long-lasting.

For kids, spending time with family elders offers many unique benefits. From increased self-esteem to healthier attitudes about aging, these intergenerational relationships are important.

For older adults, the benefits of spending time with children and teens are varied, too. Grandparents find joy when they engage meaningfully with their grandchildren. Then there are the physical benefits of spending time with younger generations: they keep seniors active.

If you aren't sure how to go about planning activities for a staycation with your loved ones, we have a few ideas that will help you get started.

Planning an Intergenerational Summer Staycation

1. Don't overschedule your days

Don't feel like you must plan every minute of every day. Remember, the grandkids are on summer vacation. They will likely appreciate some time just to hang out and enjoy themselves.

You'll probably find spending downtime by the pool or playing video games together promotes conversation and bonding, too.

2. Involve the grandkids in planning

Planning your summer staycation together is another way to bond with the younger generation. If you live far from each other, you can plan via email, phone, or video chat.

You'll learn what the kids like doing so you can find places of interest to them. For example, if your grandchild is interested in baseball, explore your local community for options related to baseball. It might be attending a local baseball game or hitting a few balls at a nearby batting cage.

3. Create a list of options

Create a list of indoor activities for rainy days and outdoor activities for sunny days. Your local craft store will likely be a treasure trove of ideas and ready-to-make projects.

Then there are tried-and-true activities everyone enjoys: baking cookies, visiting a local park, playing board games, and browsing the toy store.

Don't overlook projects that might stretch your tech skills. For example, having the grandkids teach you how to create and edit a family video could be fun for both generations.

If the grandkids are staying for a week or more, come up with long-term projects you can engage in together. You could plant and nurture a garden. A container garden or window box can be fun if space is limited.

You could also create a family cookbook together. Type each recipe and add photos of the recipe or clip art. Print enough copies for everyone in the family.

The bottom line in planning your intergenerational staycation is simple. Schedule enough activities to keep the grandkids engaged and happy while allowing you time to get to know one another better.

©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:

- August 11: Wilton
- September 8: Wing
- September 23: 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.

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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.



DONATED ITEMS

Prior to donating any items to BCSAP, please check with the Executive Director. Space is limited, or we may not have any use for the items you wish to donate. Do not bring donated items unless they have been approved. Items left without approval will be disposed of.

Staff have the authority to decide the purpose each item will serve. Items will be rejected if they have an odor, are broken, or are not considered acceptable for other reasons. Receipts for items are provided upon request.

EMPLOYEES ONLY

Certain areas of the Burleigh County Senior Center/meal sites are designated as “Employees Only.” These include the Administrative Office, Client Services area, Kitchen, Boiler Room, Laundry Room, and Warehouse. Do not enter these areas unless you are an authorized volunteer or have an employee escort.

FIRE EMERGENCY

Fire alarm boxes are located at all exits of the Burleigh County Senior Center. The fire alarm boxes are labeled and are activated by pulling the handle, which sounds the alarm. The alarm is a loud continuous ring. The alarm also activates a call system that is forwarded to the Bismarck Fire Department.

Each staff member has an assigned area in the building for which they are responsible for evacuating. Please follow their directions. All staff and participants are to go to the southeast end of the parking lot and remain there until directions are received from the fire department.

FIRE DRILL/TORNADO DRILL

BCSAP will periodically conduct fire and tornado drills. The purpose of the drills is to ensure the staff is trained in how to handle an actual fire or tornado. Please cooperate and follow the instructions of staff.

FITZONE CLASSES

Most FitZone classes are offered as 8-week sessions. These include but are not limited to: Yoga, Strength Finders, Line Dancing, and “Feel the Drum”. Refer to page 12 for more information.

FITZONE ROOM

The Burleigh County Senior Center Fit Zone Room is available for everyone to enjoy. Various exercise classes are available as well as stationary bicycles and Wii games. BCSAP is not responsible for any injury or accidents that may occur while using the Fitness Room.

FOOD IN CENTER

Food prepared at home and brought into the Senior Center/meal site is not allowed. The purpose of this policy is to avoid food poisoning. 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.

FROZEN MEALS

BCSAP prepares flash frozen meals that are available to participants for evenings and weekends. The suggested donation is \$5.50 per meal. More information is available by stopping by the Client Services Desk.

Thank you for abiding by the policies of the Burleigh County Senior Adults Program!

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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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coverage



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

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Burleigh County Senior Adults Program, Bismark, ND

G 4C 05-0634

Volunteer Opportunities

Volunteers Needed



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.

Featured Volunteer



JAN HOUN

Jan Houn began volunteering at the Senior Center a little over a year ago. She works in the Connection Café helping with carrying trays and bussing tables and also works at the Coffee Corner.

Jan has been married to her husband Tim, for 49 years. She has been blessed to have a daughter and son, both who have great spouses. Her four grandchildren are the lights of her life! In her spare time Jan enjoys reading and spending time with her family—especially her grandchildren!

Prior to volunteering, Jan worked in the Pathology Lab at Sanford Health for 45 years. Jan initially came to the Senior Center at the encouragement of her daughter. She liked it so much, she decided to volunteer!

Jan says, “I have met so many wonderful clients, volunteers and employees — it makes me happy to see so many people getting together and laughing.”

**We think you are pretty wonderful too, Jan!
Thanks for all you do!**

MY SENIOR CENTER KIOSK

BCSAP is 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!

**Aging Services
Aging & Disability
Resource LINK**

1-855-462-5465

TTY 711

Website:

carechoice.nd.assistguide.net

Email: carechoice@nd.gov

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.

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.

Featured Volunteer

The Hit Inc. Aspire Program has volunteered for our home-delivered meals program since October 2024.

Before volunteering at the Senior Center, the program volunteered for another meal delivery organization. They took a month off after this organization closed, and then began volunteering at the Senior Center.

A large percentage of those in the group are competitively employed in the community and volunteer on their off days.

Fast food restaurants, Family Fare, Cashwise, CHI Hospital, Bismarck Public Schools, BECEP, Kist Livestock, Walmart, Sam's Club, YMCA, Fleet Farm, Tractor Supply Company, Lowe's, Bismarck Public Library, and gas stations, among others, all provide employment to individuals in this group.

In their free time, the group enjoys cooking classes, sewing, volunteering around the community, swimming, STEM projects, tours around the community, and many other recreational activities.

HIT's Aspire Program is designed to provide the safety and security of a day program for people who are competitively employed in the community and are looking for a social and recreational program in their free time. This program is choice-based that includes volunteer, educational, social, and recreational opportunities with a focus on inclusion within our community.

The goal of this program is to provide opportunities of developing meaningful relationships within the Bismarck-Mandan community by providing activities that include social programming (recreational, volunteer, and educational experiences). They currently have 37 individuals in the program with ten paid staff.



HIT Inc. Aspire Day Program

When asked “Why do you like to volunteer for the Senior Center?”

“From a staff perspective, the Senior Center is one of the most organized organizations that we’ve had the privilege of volunteering for. It is so nice to be able to see those we serve get to hang out at the Senior Center while they wait for meals and interact with the elderly population.”

—Miranda Magilke, Program Manager.

Below are words from HIT Group Members:

“I love doing home delivered meals because I love helping those in the community get the food they need.” *-Joey*

“Home delivered meals is fun because I get to meet new people.” *-Mike*

“I love to help people deliver meals because it is fun.” *-Maddie*

**Thank you Hit Inc. Aspire Program
for all you do! We appreciate you!**

Thank You Donors

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

Pearl Jorgenson
Burzloff Endowment Fund
Freeman Foundation Fund
ND Community Foundation
Classtiques Car Club
Anonymous

In Memory of Connie Skarphol
—Linda Beach

In Honor of Kelly Hickel's Birthday
—Katie Knudson



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:

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BCSAP

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GIVING LEVELS

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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.

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State: _____ Zip Code: _____

Telephone: _____

Thank you for your support!

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

The Senior Sentinel is published monthly by the Burleigh County Senior Adults Program.
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Monday - Friday, 8:00 am to 4:30 pm

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Darla Roggenbuck Finance Director
Penny Skjerseeth, Administrative Assistant/Receptionist

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Kristle Meier, Manager
Lori Koth, Program and Services Coordinator
Rachel Hastings, Client Services Specialist
Staci Caine, Client Services Specialist

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Milo Schuster, Maintenance
Levi Hlibichuk, Maintenance
Aaron Sebastian, Shuttle Driver

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Kristi Klein, RN

HDM/OUTREACH SERVICES PROGRAM

Ashly Norris, Manager
Julie Zent, Social Worker
Chantel Andersen, HDM Meal Services Coordinator
Jodie Welle, HDM/Nutrition Support Coordinator

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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

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