

FUNDING

The Health program at the Grand Forks Senior Center is funded by the Title III Older Americans Act, Mill Levy funds, grants, local contributions, donations, and memorials.

The Greater Grand Forks Senior Citizens Association (legal name) is committed to the policy that all persons shall have equal access to its programs.
AA/EEO

OFFICE HOURS

The Grand Forks Senior Center office hours are Monday through Friday from 8:00 a.m. - 4:30 p.m.

To make a GFSC Health appointment, please call

701-757-4878

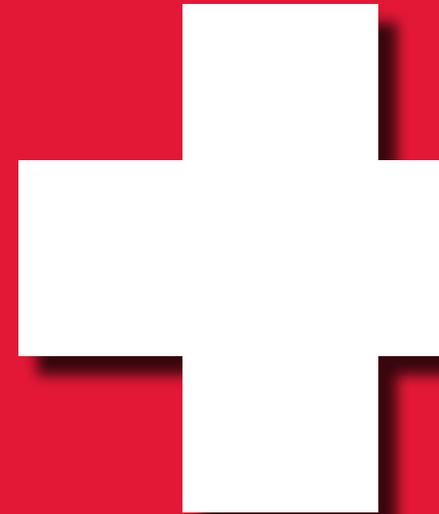


Grand Forks Senior Center
620 4th Ave S
Grand Forks, ND 58201
General Phone: 701-772-7245
Fax: 701-772-0213
www.gfseniorcenter.org
www.facebook.com/gfseniors



Health

The Health Department of the Grand Forks Senior Center provides foot care, blood pressure screenings & referrals, and medication setup.



Providing opportunities for older adults to live to their full potential.

The services of the Health Department at the Grand Forks Senior Center (GFSC) are open to any person 60 years of age or older. They are intended to be an aid to you in your long-term well-being. They are NOT to replace regular visits with your physician.

FOOT CARE

Caring for one's feet is an important part of a person's overall health. Foot care at the GFSC includes a foot assessment, nail trimming, callus or corn care, foot care education, and referral if needed. The GFSC employs licensed nurses, and the majority of their time is spent attending to our customers' foot care needs. As agility and vision issues become more prevalent in older age, caring for one's feet becomes more difficult.

Individual appointments can be made or a customer can just come in when there is a Walk-in Foot Care Clinic offered at the GFSC. A person can also sign up at other Foot Care Clinics offered around town. Clinics are advertised

"My feet feel so good once the nurses have completed my foot care, I feel like dancing!"

in the *Silver Express* newsletter, at www.gfseniorcenter.org/footcare, or in the *Grand Forks Herald*. For homebound older adults, our nurses can provide foot care in the home.

BLOOD PRESSURE SCREENINGS & RAPID INSPECTION

Customers may set up an appointment or just come in to have their blood pressure checked. At that time GFSC nurses will also do a rapid inspection, which may alert them to any obvious health issues. If health issues are detected, they will recommend that the customer see his/her health professional.

MEDICATION SETUP

Sometimes it is difficult for a person to keep track of their medications due to failing vision, physical inability, or just being overwhelmed with multiple



medications and dosages. GFSC nurses can portion out customers' medication into their own daily/weekly pill planners. Appointments for medication setup are available.

COSTS

There is a suggested contribution for each service offered by the GFSC Health Department. All of these suggested contribution amounts are listed on the back of this brochure. While the GFSC does receive limited government funding for our Health Department, it is not enough to cover all expenses. Contributions are necessary to continue providing these services.