Grand Forks SENIOR CENTER
brighter side of sixty

The Illuminator

Sharing What We Do with What We've Been Given

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YOU are making the lives of older adults in our community better and brighter. THANK YOU!

Food, Fun, and You Don't Have to Cook!

Even before entering the dining room, one can hear the sounds of laughter and the clank of dishes. Delicious smells of slowly roasted meat are wafting through the building. Because it's finally spring, the sun is still shining at 5 pm through the large dining room windows, creating a beautiful glow off of the parquet floors. Friends are gathered for food and companionship. It's Tuesday night at the Grand Forks Senior Center (GFSC).

> One night for old friends to gather and for new friendships to form.

Only one night a week is the GFSC open for supper. One night for people to enjoy food, fellowship, and maybe a speaker or musical entertainment. One night for old friends to gather and for new friendships to form.

Old Friends

Take Lou (Louella) Tack and Jean Johnson, for example. Lou and Ralph Tack have been married for 60 years and Jean was a bridesmaid for their wedding. Lou and Jean sit across from one another and giggle when they pose for a picture. Roommates before each of them was married, they worked together at The Golden Hour Café, which was located at 12 N 4th Street across from Norby's Department store. Lou and Ralph, along with Jean and her husband Keith, have been coming to the GFSC on Tuesday nights for at least 10 years, but maybe longer. When asked why she comes for Tuesday night supper at the GFSC, Lou responds, "To eat of course, and I don't have to cook." Jean chimes in, "To visit with people."

Lou & Ralph Tack, Keith & Jean Johnson

(cont. on the next page)

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The Three Amigos

At the next table are three men who all started coming because of a friend who invited them. This friend, John Hendrickson, has since passed away, but the three continue to gather. Jerry Ditullio, Al Sorensen, and Dennis Mieke eat together most weeknights at a variety of places in the community, but always at the GFSC on Tuesdays. Jerry and Al especially enjoy the Swiss and Salisbury steaks, while cabbage rolls are a favorite for Dennis. When taking a picture of the three together, Jerry and Al give Dennis a hard time about whether or not he should keep his hat on for the picture. The chuckles emanating from these men show an ease with one another that comes from time spent in friendship.

Ditullio, Sorensen, Mieke

Now Widowed

At the same table as the three amigoes are Judy Smart and a few others. Judy was widowed last year, but used to come to the GFSC with her husband Paul. He was retired and started attending on his own while Judy was still working. Paul said to her, "Jude, you've got to start coming. You're going to love it." So they did, enjoying meals together on Tuesday nights at the GFSC. The bonus for Judy, while she was still working, was a night during the week when she didn't have to cook. But now retired and with Paul gone, Judy comes for a different reason. "Since Paul has passed away, it gives me a lot of people to visit with. I feel good about it. I would feel comfortable sitting down at any table."

New Friends

At a table further down in the dining room is Elaine Smith from Edmore, N.D. She is in town visiting a friend in the hospital. When Elaine gets to Grand Forks, she tries to come to the GSFC for a meal, usually two or three times a year. Even though she just met the two women she is seated next to, Elaine is comfortable in conversation with them. Elaine expresses, "It's inclusive here. I wish I could come more often."

The two ladies with whom Elaine sits are Diane Idalski and Rita Zahradka. Diane raves about what a deal it is to have a Tuesday night meal at the GFSC. "They serve an excellent meal at a great price. The beverage is included and there is no tipping. You can't beat it. You get to meet new people too." Rita reiterated Diane's sentiment, but also added, "The service is awesome and so are the hosts."

More Room at the Table

We have more room at the table, so please join us soon. Your body, mind, and spirit will be better for it! ■

SENIOR DINING

The GFSC has many opportunities for older adults to dine together: weekday breakfasts from 8:30 am – 9:30 am; weekday dinners from 11:30 am – 12:15 pm; and the Tuesday night supper at 5:00 pm. Please come and join us anytime. Reservations are encouraged, but not required. To make a reservation, call 701-757-4869 or email meals@gfseniorcenter.org.

Thank You to Our Donors

*Below is a list of donors and their **cumulative giving from Jan. 22, 2018 to Apr. 17, 2018**, with the exception of Giving Hearts Day. A list of the 2018 Giving Hearts Day donors is found on pages 4-6.*

$5,000 and Up
Community Foundation of GF, EGF & Region - Distribution from the GFSC Endowment
Ray Siver Estate

$1,000 - $2,499
Dakota Sales Co, Inc

$500 - $999
Sowokinos, Joseph and Janice
Sweet, Jack and Helen
Thrivent Choice designated allocations
United Lutheran Church

$250 - $499
Jeff and Robin Properties: Jeff & Robin Snell

$100 - $249
American Legion Post #157
Anonymous
Gate City Bank
Halas, Edward and Loubelle
Kirkeby, Dean
Nelson, David
St. Paul's Lutheran Church of Honeyford
Xcel Energy Foundation

Up to $99
AmazonSmile
Anonymous
Austin, Kevin and Joyce
Bondy, Pauline
Bures, Frank and Judy
Christopher, Shari
Connell, JoAnn
Cournia, Becky
Cummings, Judy
Eccles, Steve
Evenson, Marilyn
Fahy, Mary
Gaides, Roberta
Geiselhart, Lyle and JoAnn
Gillespie, Paul and Lois
Gulson, Orris
Hagen, Frances
Hangsleben, Barbara
Herrmann, Karen
Honda, Ralph
Iseminger, Carl and Colette
John, Sharon
Knain, Vidette
Koppy, John and Roseann
Krause, Donna
Kuchera, Joan
Lindell, Neil and Kay
Lunde, Beverly
MacIver, Rebecca
Madson, Avis
McMahon, Jacqueline
Nelson, Duane and Lila Jane
Ness, Tim and Kathy
Pedersen, James and Connie
Postel, Lolly
Ring, Gladys
Ring, Larry
Roberts, Don and Betty
Rossow, Margaret
Salimi, Akram and Mardani, Elkhas
Schultz, Kenneth and Patricia
Schumacher, Matt and Jami
Sears, Mary
Sieg, Norman and Ruby
Smart, Judy
Sondrol, Nancy
Stahlberg, Deb and Rich
Staveteig, Robert
Stoller, Harold
Tops ND #163
Venaccio, Michael and Vicki
Wolfe, Harold and Conni
Wood, Allen and Wendy

Grants
- Altru Alliance - $10,000 grant for Home Delivered Meals
- Service Providers for Seniors - $270 for two Meals on Wheels bags
- United Way - $1,678 grant for Meals on Wheels, Resources

Partnering to Keep Seniors Healthy

Seniors being discharged from Altru, who meet certain criteria, are being sent home with an extra prescription. In late April the Grand Forks Senior Center began a partnership with Altru Health System to provide two weeks of Home Delivered Meals at no charge to seniors who qualify. The main goal of this partnership is to ensure seniors receive the nutrition they need to heal from an illness or surgery. We also hope to keep these seniors at home instead of seeing them be readmitted to the hospital. This eight-month nutrition pilot program is being funded by the Altru Foundation. ■

Giving HEARTS Day

Thank you to our 2018 Giving Hearts Donors!

$1,000-$4,999
Gate City Bank
Giving Hearts Day match and employee volunteer hours
RETRAX Holdings, LLC
Giving Hearts Day match

$500-$999
Alerus
Hoeger, Gordon and Dorothy
Giving Hearts Day match
Schlichtmann, Lorna
Zirnhelt, Clair and Ronda

$250-$499
Crary, Tim and Sandy
Hertel, Mel and Kathleen
Kirkeby, Dean
Randall, Harold and Diana

$100-$249
Albrecht, Evelyn
In honor of Michael Albrecht
Anonymous (3X)
Austin, Kevin and Joyce
Beal, Earl and Donna
Birkmaier, Skip
Blackmore, Mae Marie
Blomquist, Phyllis
Britton, David and Denise
Bruhn, Val and Sheila
Buettner, Kevin
Christ, Ed and Kelly
Cournia, Becky
Culinex Fargo
Deraney, Mary
In memory of Phillip Deraney
Dunham, Ray and Anita
Elbert, Dennis and Dora
Evenson, Donald
Evers, Evelyn
Evers, Marilyn
Hayes, Philip
Helm, Alma
Hoeger, Pat
In memory of Richard Hoeger
Hoffert, Rodger and Alice
Holm, Jane
Iseminger, Carl and Colette
In memory of our grandparents
Iverson, Bob and Avis
James, Susan
In honor of my parents, Homer & Phyllis Rovelstad
Johnson, Phyllis E and Higdon, Bill
Knauf, Commissioner Diane
In honor of Huldie Lindgren
Kuchera, Joan
Larson, Jeff and Kristi
Lewis, Lisa
MacGregor, Fred and Lois
Maple View Memory Care
Martin, Janell
In honor of Meals on Wheels volunteers
Meagher, John
Nelson, Bart and Traci
Nelson, Duane and Lila Jane
In honor of Bart Nelson
Nielsen, Forrest and Emily
Peterson, Jeff and Jeanne
Phelps, Cliff and Pat
Reichert, Alex and Blair, Stephanie
Rene, A Duane
Robinson Excavating
Rosencrans, Celia
Schumacher, Matt and Jami
Staveteig, Lloyd and Beulah
In memory of our parents
Staveteig, Robert
In memory of Mary Ann Staveteig
Stoltman, Lois
In memory of Ernie
Sure Foot Corporation
Swanson, Andy and Gail
Umphrey, Margaret and Douglas
Warcup, John and Stacy
Williams, Herman and June
Yelton, Jean
In memory of Mary Mannes

Up to $99
Aafedt, Brad and Gayle
Aamold, Lorna
Adams, John and Lucille
In memory of Mary Lou Osowski
Ahles, Rita
In memory of Paul Smart
Akset, Orlin and Colleen
In honor of our grandchildren
Altendorf, Diane
Althoff, Ken
In memory of my parents, Gail's parents
Ames, Valerie
Anderson, Dan and Deb
Anderson, Gerri
Anderson, Julie
Anonymous (6X)
Ashe, Kathy
Aubol, Linda

Bakke, Laurie
Barrett, Mary
Bartolomei, Betty
In honor of all the people here
Beach, Barb
Belgarde, Martha
Berg, Cheryll
Berggren, Arden and Patricia
Berry, Arlene
Bollman, Ginny
In memory of Jim Bollman
Bostrom, Joy
Bostrom, Steven
Bowen, Diane
Boyd, Bob and Dawn
Brown, Terry D
Bruhn, Haley
In honor of Lucille Vasek
Buchanan, Carol
In memory of Ed Buchanan
Buckley, Ann
Burthold, Margo
Bushaw, Heather
Carlson, Judy
Carlson, Kaye
Chandler, Leroy
Confer, Charles and Gail
In memory of Ted and Rose Paur
Connell, JoAnn
Cournia, Linda
In memory of Robert Cournia
Davis, Gerri and Rygg, Rick
Davis, John and Joann
In memory of Sean
Demmers, Nikki
DeMontigny, Charlette
In memory of my 7 siblings
Denney, Duane and Lil
DeVries, Denby
In honor of Janelle Dalke
Ditullio, Jerry
In memory of Brian Green, Jeff Green
Drees, Ken and Maureen
DuFault, Kim
Elgin, Mike and Shari
In memory of Vie Grove
Emery, Dale and Helen
Erdmann, Rod and Michelle
In memory of Robert Cournia
Erlander, Leatrice G
Feist, Gloria
Foster, Monica
Fristad, Jim
Gagner, Clarence
In honor of Arlene Berry
Gaides, Roberta
Gasparini, Andrew
Geller, Arthur and Kotb, Malak
German, Ray and Arlene
Grand Forks Housing Authority - Friday Fund
Grote, Suzi
Groven, Phyllis
Gunderson, Robin and Arlene
In memory of Tootie Medd
Gustafson, Roger and Sharon
Hager, Kay
Halvorson, Marie
Hangsleben, Barbara
Hanson, Carrie
Harpster, Barbara
In memory of Michelle Fisher
Hartwig, Shannon
Hastings, Donna
Hayes, Eugene
Hendrickson, Elton and Carol
Herbst, Jami
Herrmann, Karen
Hettwer, Nancy
Homstad, Richard
Huebner, Bob
In memory of Kenneth & Rose Huebner
Hughes, Chuck and Jean
Jacobson, Marlin and Sally
Jehlicka, Paul and Rita
Jobe, Brenda
Johnson, Betty
Johnson, Dianne
In honor of Geneva Anderson
Johnson, Gary and Ranea
Johnson, Keith and Elizabeth
Johnson, Ken and Kathy
Jones, Dr Michael and Kathy
Jurgens, Richard and Sharon
Kaml, Judy
Kamrowski, Julie
Kilbride, Penelope
Kinzler, Bev
In memory of Ray Kinzler
Kinzler, Milt and Marian
Kjellberg, Rodney
Kjemhus, Barb
In memory of Brian Green, Jeff Green
Knain, Vidette
Knudsvig, Craig and Renae
Koob, Maureen
Koppy, John and Roseann
Korslien, Johan and Melissa
In memory of Harold Stroklund
Kotrba, Joe and Carol
Kraemer, Diane
Kraft, Lois
In memory of Sidney Charleson, John Kraft
Kramer, Don
Krese, James and Mary
Kuhn, Peter and Eunice
Kurtz, Sharley
Kvidt, Dave and Pam
Lamb, Betty
Langer, Al and Barbara
Lapp, Greg and Yvonne
Laturnus, Jim
In honor of foot care
Lee, John and Lynn
Lee, Paula
Leeson, Lorraine
In memory of Keith Leeson
Lehn, Rich and Faye

(more Giving Hearts Day donors continued on the next page)

(Giving Hearts Day donors continued from previous page)

Lileng, Pauline
Lindell, Neil and Kay
Lindeman, Maureen
Lindquist, Liz
Lindquist, Michael and Paulette
Litzinger, Karen
Luney, Daniel
Malm, Commissioner Gary and Carol
Manley, Judy
Mattern, Roger and Alice
Mayhair, Roland and Carol
McCoy, William and Brenda
McGarry, Dennis and Lynn
McNamee, Mike and Judy
Mieke, Dennis
Miller, Joe and Kristin
Millette, Keith and Rennae
Mohn, Lorraine
Motl, Kirk and Lori
Murphy, Spud
Musich, Monica
Nadeau, Raenett
In memory of Clem, Danette
Norman, Julie
Noyes, Rose
Obregon, Fanny
In memory of Penny Eberhardt
O'Keefe, Michael L
Oversen, Kylie
Panico, Kristy
In honor of Mildred Romfo
Paulson, Pauline
Paulson, Peter and Karen
Pazderic, Dennis and Margaret
In memory of Iola Kvasager
Perkins, Betsy
Peterson, Allison
Peterson, Glenn and Delores
Peterson, Joni
Peterson, Ramona
In memory of Veraine Surface
Petron, Douglas and Michele
In memory of Mom, Dad, Holly, Eric, Ivy
Phalen, Ruth
Pierce, Jena
Pietron, Eileen
In memory of Mary Ellen Serviss
Pokrzywinski, Darline
Preston, Duane and Kay
Reed, Christine
Rivard, William and Judith
Rossow, Margaret
In memory of Jack Rossow
Rustvang, Daniel
Saddler, Tom and Jackie
Samson, Daniel and Sandra
In memory of Lynn Harpster
Sandberg, Curt and Ione
Sandell, David
Schiele, Kathy
In memory of Don Schiele
Schuh, Janice
Sears, Mary
In memory of Pete and Brad
Segovia, Moises "Chico"
In memory of Clem Nadeau
Shea, Pam
Shelton, Joseph
Sieg, Norman and Ruby
In honor of our three great grandsons
Sieg, Peggy
In memory of Norma Lutz
Skelly, Beverly
Smith, Kirk and Joan
Snortland, Carol
Soeby, Molly
Sorlie, Richard and Bette
St. Germain, Bob and Sharon
Staggs, Karen
Stam, Bob and Dianne
Staples, Terri
Stark, Irv and Sandy
Staveteig, Elizabeth
In memory of George Staveteig
Steenerson, Gary and Georgia
Steffen, Raymond and Sharon
Steinke, Sharon
In memory of Veraine Surface
Strinden, Cleone
Swanson, Diane
Swenson, Ann
Syvertsen, Roger and Florence
Tack, Ralph and Lou
Tangen, Joel and Carolyn
Taylor, Patricia
In memory of Wilford Hollarn
Thompson, Bob and Deb
Thompson, Deb
Thorson, Kyle
Trygstad, Jacque
In memory of Colleen Stewart
Urlacher, Angela
Valley Petroleum
Vanyo, Bernice
In memory of Steven Vanyo
Welsh, Daniel and Yvonne
In memory of Veraine Surface
Westacott, Richard and Idella
Weston, Donnabelle
Winger, Steve and Annella
In honor of Donald Swartz
Wolfe, Harold and Conni
Yagla, Phil and Judy
Young, Patty
Zick, Charles and Colleen
Zygarlicke, Eileen

Check out the next page to see what the Giving Hearts Day 2018 funds were used to purchase.

THANK YOU from the bottom of our hearts!

On Giving Hearts Day 2018, **286 donors gave $20,327**. Your generosity allowed us to buy multiple pieces of equipment for our frozen meals program. Thank you!

BLAST FREEZER

The new blast freezer is here and is filling up fast! With all the talk about how great our frozen meals are, the number of meals and people buying them have nearly doubled from February to April! Word is spreading fast about these meals and now we have a reliable freezer where we can store them.

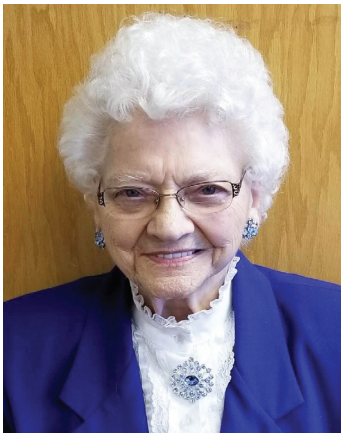
FOOD STEAMER

The new food steamer has also arrived and has been put to good use. With hundreds of meals made each day, and vegetables always on the menu, this steamer is a lifesaver in the kitchen!

LABEL MAKER

As an added bonus, because you were SO generous on Giving Hearts Day, we were also able to purchase a label maker for the frozen meals. It autofills the entree and 'best by' date. As you can imagine, handwriting over 1,000 labels each month takes a lot of time and this labeler is a wonderful new addition to our kitchen!

Donor Q & A: Vidette Knain



How did you learn about the Grand Forks Senior Center?
After I retired from UND I wanted to volunteer. I chose the Meals on Wheels program at the Senior Center.

What prompted your first gift to the Senior Center?
I enjoy helping others in need. Even after retiring from delivering Meals on Wheels for 12 years, I am still able to help others in need through my donations.

Why do you continue to financially support the Senior Center?
It is very important to support the Senior Center. They have great programs and the staff is awesome; they're always willing to help when asked.

When you think of the Senior Center, what words or phrases come to your mind?
The fellowship of friends; live by faith, not by sight; giving thanks in all circumstances.

What do you most enjoy about the Senior Center?
I really enjoy Bone Builders, the foot care, bingo, and the wonderful music on Fridays. ■

Grand Forks
SENIOR CENTER
brighter side of sixty

620 4th Ave. S.
Grand Forks, ND 58201
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www.gfseniorcenter.org

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Grand Forks, ND

Volunteer Q & A: Kathy Piepkorn

How did you learn about the GF Senior Center?
While at church one day, I was reading the bulletin and it mentioned that the Senior Center was looking for volunteers for their Meals on Wheels program. It seemed like something I would be interested in.

Where did your passion for helping older adults come from?
When I was young I was a Candy Striper at the local hospital and enjoyed working/helping people of all ages. Seemed like most of them happened to be older.

In which areas do you volunteer?
Meals on Wheels – 3 days a week

Why do you enjoy volunteering at the Grand Forks Senior Center?
I'm a stay-at-home mom that used to volunteer in my kids' classrooms, but now that they're in middle school they no longer need me to volunteer at school. So I wanted to find something to get out of the house and feel like I'm making a difference. It might only be a few days a week and an hour at a time, but it feels good to give back. I may also be the only person some of these people see all day – so it's nice to be able to have little conversations with them during my stop. They're all wonderful people that are so appreciative of the service!

What would you tell someone who is thinking of volunteering at the Senior Center?
I would say to do it. Working with the senior meal program has been very rewarding! ■