



April 2020

# The Silver Express

[www.gfseniorcenter.org](http://www.gfseniorcenter.org)

701-772-7245

## Grand Forks Senior Center: Coronavirus Outbreak Info

- Please take the time to read this entire newsletter, especially the **letter from Executive Director Colette Iseminger on pages 8-9** (many of you will have received this letter in the mail).
- We have **cancelled all Grand Forks Senior Center activities** through at least May 1, 2020, but possibly longer. This includes the Easter Feast.
- We are **still providing weekday hot, noon meals to our Meals on Wheels and Home Delivered Meals clients.**
- We have started a **hot, weekday noon meal drive-thru service each day from 11:30 am - 12:15 pm.**
- We also have **frozen meals available for pick-up in the drive-thru service (must call ahead to order the frozen meals) or for delivery.**
- All of these meal services will continue as long as we have the staff, supplies, and volunteers to continue to do so. We are planning and hoping to continue during the entire outbreak.
- See page 9 for information about being connected with a volunteer if you do not have family, friends, or neighbors to assist you at this time.
- **Check out [www.gfseniorcenter.org/safeseniors](http://www.gfseniorcenter.org/safeseniors) for our most up-to-date information** or call us at 701-772-7245.
- **'Like' and 'Follow' us on Facebook** for up-to-date info. To do this, log in to your Facebook account, type 'Grand Forks Senior Center' in the search bar. Click on the Grand Forks Senior Center info with our logo next to it. Then click on the 'Like' button under our large photo. You will now be following us on Facebook!

# Grand Forks Senior Center (GFSC) Phone Numbers

GFSC is an United Way Partner Agency



<b>GFSC General Number</b> .....	<b>701-772-7245</b>
Executive Director, <b>Colette Iseminger, MS, RD, LRD</b> ....	701-772-7245
Ass't Director/Development Officer, <b>Becky Broadwell</b> ...	701-757-4864
Meals on Wheels (MOW) Coordinator <b>Aubrey Malnourie</b>	701-757-2006
Home Delivered Meals (HDM) <b>Paula or Rhonda</b> .....	701-780-5169
MOW/HDM Service Coordinator, <b>Sue Quirk</b> .....	701-757-4874
Resources Manager & Nelson Co, <b>Joyce Austin</b> .....	701-757-4881
Resources Coordinator, <b>Libby Kathman</b> .....	701-772-7245
Resources Coordinator, <b>Lynn McGarry, MSW, LCSW</b> ...	701-757-4877
Resources Coordinator, <b>Nina Lovell, LSW</b> .....	701-772-7245
Activity Manager, <b>Ranea Johnson</b> .....	701-757-4866
Activity Assistant/Gaming, <b>Amber Hahn</b> .....	701-757-4873
Public Relations Manager, <b>Jami Schumacher</b> .....	701-757-4863
Kitchen Supervisor/Head Cook, <b>Gerri Davis</b> .....	701-757-4871
Health (Foot Care) Appointments .....	701-757-4878
Health Manager, <b>Shirley Lill, RN</b> .....	701-757-4868

## GFSC Board of Directors

### President

Rich Lehn

### Vice President

Bob Rost

### Secretary

Alice Mattern

### Treasurer

Brenda Sem

Karen Herrmann

Dean Kirkeby

Jason McCarthy

Emily Nielsen

Curt Sandberg

Mary Sears

Lisa Sonterre

Michael Venaccio

Dave Willprecht

Clair Zirnhelt

## Mission Statement

The mission of the Greater Grand Forks Senior Citizens Association, Inc. is providing opportunities for older adults to live to their full potential.

The Greater Grand Forks Senior Citizens Association, Inc. makes available all services and assistance without regard to race, color, religion, national origin, age, sex, political beliefs, disability, or status with respect to marriage or public assistance. If you feel you have been discriminated against, please contact one of the board members or the Executive Director.

## Building & Program Usage Guidelines

**Building and Activities:** For people 55 and older. Younger guests may accompany seniors occasionally.

**Senior Dining Meals:** For people 60 and older and their spouses. Younger guests may accompany seniors occasionally.

**Foot Care:** Only people 60 and older.

**Meals on Wheels:** For people 60 and older and their spouse or caregiver of any age.

**Home Delivered Meals:** Any age.

**Bingo:** People 18 and older, according to state gaming laws.

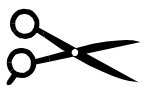
If you would like to receive this newsletter (either in the mail or by email), you **no longer wish to receive this newsletter, or your address is changing**, please contact the GF Senior Center at 701-772-7245 or [jamis@gfseniorcenter.org](mailto:jamis@gfseniorcenter.org).



# The Silver Express<sup>©</sup>

April 2020

- 4 From the Director's Chair
- 5 Completing the US Census
- 6 Annual Meeting Recap & New Board Members
- 7 April GFSC Calendar
- 8-9 Letter from Executive Director
- 10-11 Games
- 12 Fun Around the Center
- 13 GFSC 2020 Trips
- 16 Donations & Memorials
- 17-19 Giving Hearts Day Donors
- 20 Foot Care Schedule
- 21-22 April Menu
- Back Remaining Engaged



## Senior HAIR Services

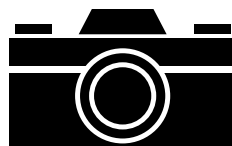
- Senior Haircuts \$14
- Shampoo/Sets \$15
- Color \$40 and up
- Perms w/Style \$40 and up

.....

**Tammy Erickson**  
Shears Salon  
2005 Gateway Dr, GF  
701.741.2013

*Call for appointments.*

**IN-HOME** services available. Travel fee.



While at the Grand Forks Senior Center (GFSC) or on GFSC trips, you may be recorded or photographed. Your presence at the GFSC constitutes your permission for us to use your likeness.

**Please be sure to complete your census form as soon as possible. The Grand Forks Senior Center's funding is determined by the census. The fewer seniors who fill out their census forms, the less money we receive.**

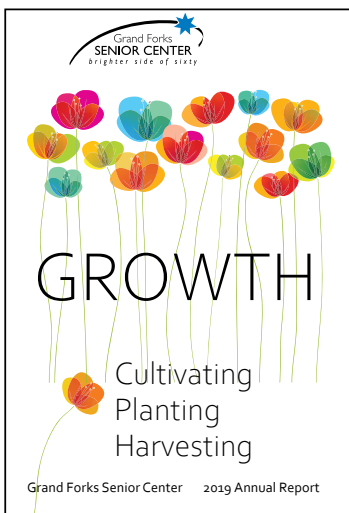
# From the Director's Chair by Colette Iseminger



## Recap of 2019

Members and donors should have received a copy of the 2019 Annual Report titled “*Growth: Cultivating, Planting, and Harvesting.*” I just want to highlight some of this report:

- Our Association assisted well over 4,000 people in 2019, including ten centenarians, who are still living in their homes.
- Meals served in a social setting in the city of Grand Forks rose 24% over 2018.
- Meals on Wheels saw a 6% increase in GF County meals.
- Home Delivered Meals were up 4%, largely due to a Nutrition Pilot program we have with the Altru Health Foundation to fund 30 meals for each senior at risk for readmission when discharged from the hospital.
- Resource client visits were up 8% over 2018. We expect this to continue as we received an Otto Bremer Trust grant to fund a Resource position for the next two years. Libby, Nina, and their team of volunteers saved seniors \$182,937 during the Medicare Part D Open Enrollment!



- Our Transportation Fare Assistance rides were up 17% over 2018.
- Activity participation rose 3% in 2019 and we paid out over \$59,000 in bingo.

I want to say thank you to the wonderful staff and volunteers, supportive board, and the giving hearts of all our donors for helping with the 2019 harvest. It was a

bountiful one and we couldn't have done it without them! This harvest is providing opportunities for older adults to live to their full potential on the Brighter Side of Sixty.

On another note, you should have received your 2020 Census letter by now. **Please be sure to either go online and complete your census or call the phone number and complete it over the phone. Whatever you do, please do not ignore this.** It's

probably one of the most important things you will do this year and it will affect all of us for the next ten years! Thank you, in advance, for completing your census.

Til Next Time,

Colette Iseminger  
MS, RD, LRD  
Executive Director

# Why is completing the US Census form important?



The Grand Forks Senior Center receives funds for meals and foot care based on Census numbers for people 60 and older. **The more older adults who complete the Census, the more funds the Senior Center has an opportunity to receive.**



The amount of federal funding the City of Grand Forks receives for projects and programs is dependent on Census counts.



**\$19,100**

For each person missed in the Census, it costs the state of North Dakota \$19,100 over a ten-year period (until the next Census).

**\$44,312**



For each household missed in the Census, it means \$44,312 of lost funds for the state over a ten-year period.



**Make sure you get counted. Complete your Census! Either fill your census form out online or call the number in your letter and complete the census over the phone.**



# Recap of Annual Meeting of the Association Membership on February 20, 2020

The following were elected:

1st term Board of Directors: **Jason McCarthy**, **Dave Willprecht**, and **Lisa Sonterre**

2nd term Board of Directors: **Rich Lehn** and **Brenda Sem**

2021 Nominating Task Force: **Alice Hoffert**, **Mary Sears**, **Al Sorensen**, and **Craig Knudsvig**

Two employees earned 5-year service awards: **Don Cox** and **Julie Kamrowski** (see p. 11). **Libby Kathman** earned her 15-year service award.

**John Warcup**, **Craig Knudsvig**, and **Jerry Ditullio**, all outgoing Board members, were thanked for their six years of service to the Board of Directors.

**Rich Lehn** will serve another year as president due to the resignation of the incoming president.

The Board of Directors met immediately after the Annual Meeting to elect officers: Vice President **Robert Rost**, Secretary **Alice Mattern**, and Treasurer **Brenda Sem**.

---

## Your New Board of Director Members



**Jason McCarthy** serves as a state district judge with chambers in Grand Forks. He was appointed to the judgeship in 2016. Prior to that he served as an assistant state's attorney in Grand Forks County. He is married to Leah, who is a teacher at Discovery Elementary school. They have three children: Chloe, Max, and Meredith.



**Lisa Sonterre** was raised in Grand Forks and graduated from Red River High School. She earned a Bachelor of Arts degree in communication from UND. She is married to Mark Sonterre, who works at J.R. Simplot, and they have three adult sons. Lisa has worked as a wealth management trust advisor for US Bank since 2016, but has worked in the financial sector since 2001. Lisa's primary interests are family time, camping, reading, and sports. She is also a volunteer with Junior Achievement and the Thompson Education Endowment Foundation.



**David Willprecht** has lived in Grand Forks since 1985, after graduating from Moorhead State University with a finance degree. After managing a retail store for ten years, he started his 23-year banking career, which ended with his retirement in May 2018 from Bremer Bank as a business banker and commercial lender. David has been married to Laurie for 30 years and they have one adult child, David Jr. David was Board president of United Way, ending in May 2018, and he currently services on the Board of Directors for Listen, Inc.



# April 2020 GFSC Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>2</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>3</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm
<b>6</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>7</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>8</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>9</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>10</b> CLOSED FOR GOOD FRIDAY <b>NO MEAL</b>
<b>13</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>14</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>15</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>16</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>17</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm
<b>20</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>21</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>22</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>23</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>24</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm
<b>27</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>28</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>29</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	<b>30</b> Activities cancelled Drive-thru meal from 11:30 am - 12:15 pm	

# CRITICAL INFORMATION: READ CAREFULLY

## A Letter from Executive Director Colette Iseminger Regarding the GFSC and the Coronavirus Outbreak



Grand Forks Senior Center  
620 4th Avenue South  
Grand Forks, ND 58201  
(701)772-7245; fax (701)772-0213  
[www.gfseniorcenter.org](http://www.gfseniorcenter.org)

March 20, 2020

Greetings, our dear friends. The Grand Forks Senior Center puts the health, well-being, and safety of older adults above all else. We are doing our best during this coronavirus outbreak to keep you equipped with accurate information and necessary services, so you can be as healthy and safe as possible.

Because we recognize seniors are the most vulnerable population during this outbreak, we are following public health guidelines and **have cancelled all of our activities and senior meals (when you gather here for a meal) through at least Friday, May 1, 2020. However, we are continuing to provide Meals on Wheels and Home Delivered Meals.**

Even though people will not be able to eat here, for older adults (60 and older) who are not on our meal delivery programs, we are offering **HOT MEALS through a DRIVE-THRU SERVICE**, as well as **FROZEN MEALS**. We believe this will help keep seniors out of public places and as healthy as possible.

**DRIVE-THRU SERVICE:** Each weekday from 11:30 am – 12:15 pm, seniors can pull up to the front of our Senior Center building (620 4th Ave S) and we will bring a hot meal out to you. **No suggested donations for meals are accepted at this time.** If you choose, you can keep track of how many meals you have received and you can donate later. For the daily menu, either call 701-772-7245 or go to [www.gfseniorcenter.org/menus](http://www.gfseniorcenter.org/menus). We will extend the hours of this service if necessary to accommodate all seniors. Feel free to pick up meals for neighbors as well. We will just need the full name and birthdate of each person receiving meals.

**FROZEN MEALS:** We also have frozen meals, which have been prepared here, available for seniors. If you use the internet, go to [www.gfseniorcenter.org/frozenmeals](http://www.gfseniorcenter.org/frozenmeals) for a current list of available meals. Whether you have access to the list or not, you can then place your order by calling 701-772-7245 or 701-757-4869. You can either pick up your frozen meal order at the drive-thru (**you must call your order in ahead of time**) or if you are unable to get here, call either of the numbers above and a volunteer or staff person will deliver the meals.



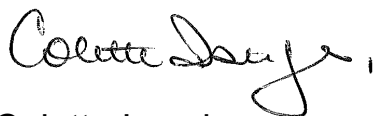
**IMPORTANT!** We ask that you reach out to any family members, friends, or neighbors who are nearby, younger, and available to help you with errands and other assistance. Most pharmacies deliver and so do Hugo's grocery stores. **It is critical that people 60 and older remain out of the public.** If you do not have anyone who is able to assist you, call 701-772-7245 to request a volunteer and we will do our best to assign one to you.

If you are experiencing a fever, cough, or shortness of breath and have had close-exposure to persons with confirmed COVID-19, or have traveled outside the country, please **call the 24/7 Coronavirus Screening Hotline at 701-780-6358 before visiting an Altru location.**

Finally, we are concerned about your emotional well-being as well. We know this kind of extended isolation is extremely difficult. This is a great time to call friends, family, and neighbors and just chat; **you don't need to wait for someone to call you.** Again, if you do not have anyone to visit with on the phone, let us know and we will arrange for a volunteer to call you for small phone chats.

The Grand Forks Senior Center will continue providing services for as long as we have staff, supplies, and volunteers to do so. For our most up-to-date information, see [www.gfseniorcenter.org/safeseniors](http://www.gfseniorcenter.org/safeseniors) or call 701-772-7245.

On behalf of the Grand Forks Senior Center staff, take care of yourself and be safe. We care about each of you.



Colette Iseminger  
GFSC Executive Director

# Rodeo Word Search

Find the hidden words related to rodeo.

R S R M G N I G G I R E E H F D G  
 G P A N Y N O I T I T E P M O C G  
 M N H V Y E I L L A D J C I G L R  
 P P D C E O Y K C O T S H G U O R  
 E R V N B R B P B A R R I E R F B  
 N M R O A V A W C W V B F P D A X  
 A A E R R R P G O B V O B H R N O  
 L R D B E E S T E C S U J R K O T  
 T K I E B P P K L S Q G E N V O I  
 Y O R L A O U I A O N L A P M R P  
 H U L D C R R L B I R R H S R A U  
 C T L D K U S U K A Y S U B D K G  
 O R U A Y E L C C O W G I R L C N  
 V U B S S L U E N J H A Z E R U U  
 E L R R S B R C B S T R I N G B H  
 R E O A A N E R A P S C T F O I S  
 H H P I C K U P M E N Z I L Z U U

ARENA  
 AVERAGE  
 BAREBACK  
 BARRELRACER  
 BARRIER  
 BUCKAROO  
 BUCKING  
 BULLS  
 BULLRIDER  
 COVER  
 COWBOY  
 COWGIRL  
 COMPETITION  
 DALLIE  
 HAZER  
 HORSES  
 HUNGUP  
 LASSO  
 MARKOUTRULE  
 PENALTY  
 PICKUPMEN  
 RANK  
 RIGGING  
 ROPER  
 ROUGHSTOCK  
 SADDLEBRONC  
 SPURS  
 STRING

## Sudoku Rules *for the puzzle on page 11 in the bottom right-hand corner*

A sudoku puzzle consists of a 9 by 9 grid. This grid is subdivided into nine 3 x 3 boxes. Some of the cells in the grid are prefilled with a number between 1 and 9, while many other cells are blank. Your job is to determine the correct number to be entered in each of the empty cells. To figure out which number between 1 and 9 belongs in a particular cell, you need to adhere to the following rules:

- The numbers 1 through 9 must appear exactly once in each row.
- The numbers 1 through 9 must appear exactly once in each column.
- The numbers 1 through 9 must appear exactly once in each 3x3 box.

# Baseball Word Search Puzzle

S S O K I N F I E L D E G L D  
 O C D Q W Y M A N A G E R S S  
 U O U W R E H C T I P Y E T D  
 V R G N S S D N A T S H H A R  
 E E O R F T E F D O B Z C D A  
 N T U O G Y U B V L O S T I O  
 I F T C N F L N E I X T A U B  
 R D O P I Z N A A I U R C M L  
 S L C O R K C Z M E F I B R L  
 S E S P E H D D S M P K V G I  
 K I A F E Q S T E A L E O Z B  
 A F M R H Y Z M A R G O R P D  
 K T S H C B A T T E R U Z O B  
 E U S I N G L E C A P T A I N  
 D O U B L E D I A M O N D G J

BATTER  
 BILLBOARDS  
 BLEACHERS  
 CAPTAIN  
 CATCHER  
 CHEERING  
 DIAMOND  
 DOUBLE  
 DUGOUT  
 INFIELD  
 MANAGER  
 MASCOT  
 OUTFIELD  
 PEANUTS  
 PITCHER  
 POPCORN  
 PROGRAM  
 SCORE  
 SINGLE  
 SOUVENIRS  
 STADIUM  
 STANDS  
 STEAL  
 STRIKEOUT

## Number Search

2	7	2	6	0	6
8	5	4	2	2	1
0	6	8	7	5	0
1	5	7	2	5	3
0	8	6	9	3	1
3	6	5	1	3	8

542

801

869

260

553

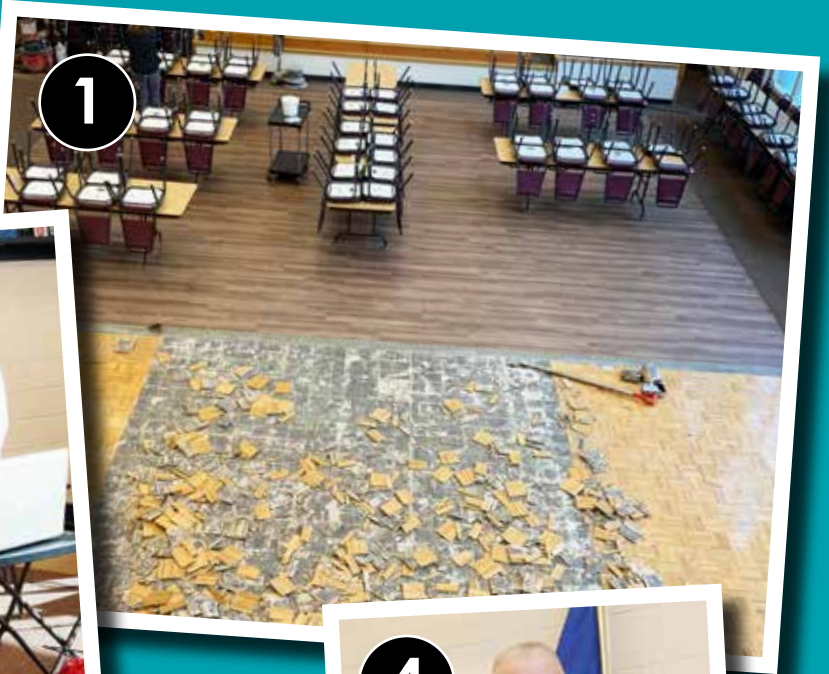
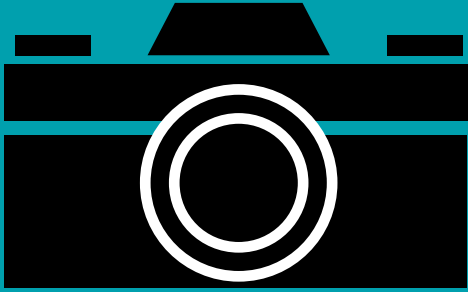
756

## Sudoku

See rules at the bottom of page 10.

	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	

# Fun around the Center



- 1 New flooring being installed in the dining room
- 2 Senior Center Talent Show
- 3 Olive Garden Sr Supper Outing
- 4 Senior Center Talent Show
- 5 Monthly Creations craft



# 2020 TRIPS

## RESCHEDULED TRIPS (due to Coronavirus issues)

NEW DATES August 5-6, 2020:  
**Twin Cities Theater & Shopping** - \*\$245. See 'Music Man' at the Chanhassen Theatre. Fun stops at Trader Joe's, Ingebretsen Scandinavian Foods & Gift Shop, and French Meadows Bakery & Cafe.  
**Deadline to sign up: July 3.**

NEW DATES October 18-24, 2020: **Branson Show Trip** - \*\$895. **ADMISSION TO EIGHT SHOWS:** Amazing Acrobats of Shanghai, Blackwoods Show, Showboat Branson Belle Dinner Cruise, John Denver Tribute Show, Presleys' Country Jubilee Show, Johnson Strings Show, and Dolly Parton's Stampede Dinner Show. One more show will replace Hot Rods & High Heels. **\$75 deposit for this trip. Deadline to sign up: September 11.**

## CANCELLED TRIP (due to Coronavirus issues) Washington, DC

## NEWLY ADDED TRIPS

- |                 |   |
|-----------------|---|
| July 12, 2020   | <b>The Producers at Fort Totten Little Theatre, \$59</b><br>Deadline to sign up: 6.26.20.   |
| July 26, 2020   | <b>Breaking Up is Hard to Do at Frost Fire Theatre, \$85</b><br>Deadline to sign up: 7.10.20  |
| August 13, 2020 | <b>Happy Together (60's songs tribute) at Jasper's Theater, \$62</b><br>Deadline to sign up: 7.28.20                                |
| Aug 18-19, 2020 | <b>Medora - *\$315.</b> Includes the Medora Musical, Pitchfork Fondue dinner, and a Gospel Brunch.<br>Deadline to sign up: 7.17.20. |

*\*Rate based on double occupancy. Must be a GFSC member to attend any GFSC trip.  
Trip sheets with detailed info near the GFSC front desk or at [www.gfseniorcenter.org/trips](http://www.gfseniorcenter.org/trips).  
Questions? Contact Ranea Johnson at 701-757-4866, [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org).*

# Apartment Living for Seniors



**Parkview Terrace**  
2396 27th Avenue South  
**Aspen Park**  
2450 27th Avenue South  
**Briarwood**  
2650 26th Avenue South

Amenities: elevator, heated underground parking, library, exercise room, central air, security building, washer/dryer, trash chute, storage lockers

For more information, call 701-780-8162.



*Maple View*  
MEMORY CARE COMMUNITY

Providing you and your family  
with peace of mind

- Full time residency
- Respite
- Adult day services

4650 S Washington St  
Grand Forks, ND 58201  
(701) 772-3400  
[www.lifetimeatmapleview.com](http://www.lifetimeatmapleview.com)

The total in bingo prizes given out  
during the month of February was  
**\$4,384.**





# HELP WANTED

## Meal Site Manager at The Link

Located at 300 Cherry Street

Monday through Friday: 10:30 am - 1 pm

Duties include: setting up, serving, and cleaning up from approximately 25 meals/day

Get an application at [gfseniorcenter.org/evopps](http://gfseniorcenter.org/evopps). Email the completed application to [director.gfsc@midconetwork.com](mailto:director.gfsc@midconetwork.com)

Open until filled. EOE

## From the Q and A Box in the Lobby

Someone wrote in and suggested we have more talent shows in the future. We will pass this suggestion on to our activity director.

Another person wrote in and explained that the little packets of sour cream are difficult to open. We have asked the kitchen to include scissors at the serving station so you can open your packets at that time.

---

### Would you consider switching to receive your *Silver Express* newsletter by email?

The GF Senior Center currently prints over 2,300 Silver Express newsletters each month and mails about 2,000 of them. Another 400 people receive the newsletter by email. If you would like to switch to receive the newsletter by email and save on resources, either stop by the front desk and provide your email address or email Jami at [jamis@gfseniorcenter.org](mailto:jamis@gfseniorcenter.org) and let her know.

---

Congratulations  
to Senior Center  
Employees on  
'Years of Service'  
Awards



Libby Kathman  
15 years



Don Cox  
5 years



Julie Kamrowski  
5 years



# Donations & Memorials

Thank you for these donations received Feb 11, 2020 to March 10, 2020. All Giving Hearts Day donors from February 13 are listed on pages 17-19. We greatly appreciate your generosity year-round. Thank you!

## Donations of \$1,000 or more

- Community Foundation of GF, EGF & Region - \$4,800 annual disbursement from the GFSC endowment

## Donations of \$100 or more

- Gate City Bank
- Nelson, John - In memory of Millie Powers Nelson
- Service Providers for Seniors
- Slaathaug, Mardene
- Thrivent Choice - Thrivent Choice Dollar donations from Pauline Bondy, Harold Gangelhoff (in memory of Mary Ann Gangelhoff), John Halstenson, Cecilia Kvande, John Lee, Lee Murdock

## Donations

- Aafedt, Brad and Gayle
- AmazonSmile

- Bethke, Gary and Gloria
- Hogan, Shirley
- Lund, Dorothy - For blinds and flooring
- Murphy, Spud
- Pedersen, Melvin
- Salimi, Akram and Mardani, Elkhas
- Staveteig, Robert

## Memorials

- In memory of Dean Tronson  
Lunde, Beverly
- In memory of Deanna Lane Hagler, Margaret
- In memory of James Smiley  
Knain, Vidette
- In memory of Mark Olson  
Knain, Vidette
- In memory of Paul Cox  
Lunde, Beverly
- In memory of Tracy Cardwell  
Akset, Orlin and Colleen

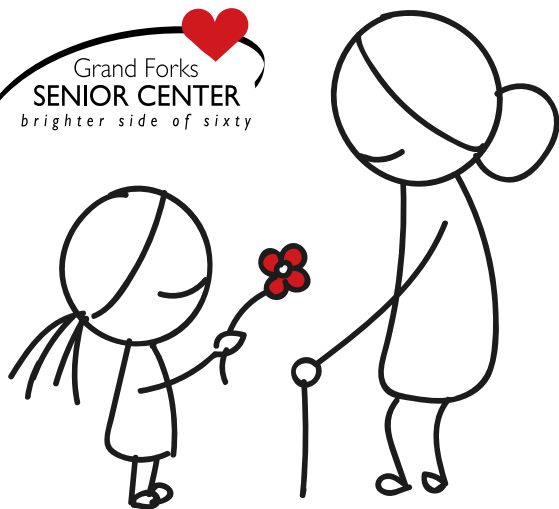
## Grants

- UND Denim Day - \$250 for meal delivery programs

## Brighter Side Society

If you would like to become an automatic monthly donor, contact Becky at [beckyb@gfseniorcenter.org](mailto:beckyb@gfseniorcenter.org) or 701-757-4864. Thank you to the following:

- Anonymous
- Broadwell, Ray and Becky
- Herrmann, Karen
- Iseminger, Carl and Colette
- Kirkeby, Dean
- Mattern, Roger and Alice
- McGarry, Dennis and Lynn
- Robinette, Paul and Mary
- Sandberg, Curt and Ione - For Meals on Wheels
- Schiele, Kathy - In memory of Don Schiele
- Schumacher, Matt and Jami
- Venaccio, Michael and Vicki
- Zirnhelt, Clair and Ronda



Thank you to all **269** Giving Hearts  
Day donors! YOU provided  
**\$28,936** to purchase and install  
new flooring (see picture on page  
12) and blinds for the dining room.  
Thanks again!

**\$5,000 & Up**

Nelson, Duane and Lila

**\$1,000-\$4,999**

Anonymous  
South Forks Lions Club  
Sundby, Robert

**\$500-\$999**

Alerus  
Anonymous  
Kieffer, Rick and Kelly  
Martin, Janell  
Minnkota Power Employees  
RETRAX Holdings, LLC

**\$250-\$499**

Advanced Business Methods  
Albrecht, Evelyn  
Anonymous (2X)  
Hertel, Mel and Kathleen  
Hoeger, Pat  
In memory of Richard Hoeger,  
DeAnna Lane  
Randall, Harold and Diana

**\$100-\$249**

Akset, Orlin and Colleen  
In memory of our parents  
Anonymous (3X)  
Austin, Kevin and Joyce  
Blomquist, Phyllis  
Bollman, Ginny  
Broadwell, Ray and Becky  
Bruhn, Val and Sheila

Buettner, Kevin  
Crary, Tim and Sandy  
Cronquist, Yvonne  
Dubourt, Joyce  
Dunham, Ray and Anita  
Elbert, Dennis and Dora  
Evenson, Donald  
Evers, Marilyn  
In memory of Mr & Mrs  
Lawrence Evers  
Fagerholt, Jim and Jamie  
Gate City Bank  
Guntzburger, Marshal and Carol  
In memory of our parents  
Hanson, Thomas and Kathleen  
Heap, Dennis and Barb  
In memory of Sid Nelsen, Don  
& Helen Heap  
Heidmann, Ron and Joyce  
Hoeger, Gordon and Dorothy  
In memory of Lydia Hoeger  
Hoselton, George and Altendorf,  
Diane  
Humble, Bob and Barbara  
Iseminger, Carl and Colette  
Iverson, Bob and Avis  
Jacobson, Corinne  
Kirkeby, Dean  
Kuchera, Joan  
Kuhn, Peter and Eunice  
LaMoine, Connie  
Leech, Jerry  
Lehn, Rich and Faye  
Luney, Daniel

Maddock, Patrick and Susan  
In memory of John J McLeod  
MD, Elwin 'Al' Kahlbaugh  
Manley, Judy  
Mattern, Roger and Alice  
McGurk, Connie  
McKenna, Terry and Mary Ann  
Miller, Al  
Millette, Keith and Rennae  
Myerchin, Gordon  
In memory of Karen Myerchin  
Nelson, Bart and Traci  
Nelson, Jerry and Marsha  
Page, Margaret  
Panico, Kristy  
Peters, William  
Peterson, Allison  
Rene, A Duane  
Robinson Excavating  
Rosencrans, Celia  
Rossow, Margaret  
Schiele, Kathy  
Schumacher, Matt and Jami  
Sears, Mary  
In memory of Tracy Ochs  
Cardwell  
Sondrol, Leroy and Judy  
Staveteig, Robert  
In memory of Mary Ann  
Staveteig  
Stoltman, Greg and Winnie  
Swanson, Andy and Gail  
*(cont. on next page)*

(cont. from previous page)

Swanson, Diane  
Tack, Ralph and Lou  
Thompson, Rod and Bonnie  
Thompson Knights of Columbus  
Tupa, John and Connie  
Vein, Jerry and Mary  
Watland, Diana  
Ye Ole Painters

### Up to \$99

Aamold, Lorna  
Alphson, Colleen  
Anderson, Julie  
Anderson, Dan and Deb  
Anderson, Gerri  
Anderson, Jeff  
Anonymous (12X)  
Ashe, Kathy  
Barrett, Mary  
Bartolomei, Betty  
Beach, Barb  
Berg, Cheryll  
    In memory of Idella Westacott  
Berggren, Arden and Patricia  
Berry, Arlene  
Bethke, Glenn and Sandra  
Bischoff, Denise  
Bjorgaard, Stacy  
Bowen, Diane  
Boyd, Bob and Dawn  
Buckley, Ann  
    In memory of my parents,  
    Clarence and Ruth  
Buethner, Tracee  
Burger, Rae Ann  
Burkholder, Frank  
Capouch, Lorraine  
Carlson, Kaye  
Carolin, Kirsten  
Christ, Ed and Kelly  
Christenson, Charles  
Church, Marion  
Connell, JoAnn  
Cournia, Linda

Cummings, William and Marilyn  
Davis, Gerri and Rick  
DeMontigny, Charlette  
    In memory of Laura Jane  
    Paulson  
Denault, Janis  
    In memory of Deanna Lane  
Ditullio, Jerry and Barb  
    In memory of Jeff Green  
Drees, Ken and Maureen  
Dubuque, Robin  
Dutot, Nancy  
Dvorak, Marlene  
Emery, Dale and Helen  
Erdmann, Rod and Michelle  
Erickson, Marlys  
Fast, Delores  
    In memory of DeAnna Lane  
Fettig, Carol  
Fick, John and Kathy  
Finneseth, Robert  
German, Ray and Arlene  
Gunderson, Robin and Arlene  
Hackett, Dolores  
Hahn, Jeff and Debbie  
Hamilton, Haley  
Hanson, Jeanne  
Hanson, Carrie  
Hastings, Donna  
Haugen, Paulette  
Hauser, Jeff  
Heffern, Hank and Sandy  
Herbst, Jami  
Herrmann, Karen  
Hettwer, Nancy  
Hillebrand, Amy  
Holweger, Marjorie  
Holweger, Veronica  
Honda, Ralph  
    In honor of Preston  
Hughes, Chuck and Jean  
Hurley, Patrick and Louise  
Infeld, Greg and Cathy  
Jackman, Nikki  
Jacobi, Ellen  
Jacobson, Marlin and Sally

Jenson, Mark and Sharon  
    In memory of Stanley Jenson  
Jobe, Brenda  
John, Sharon  
    In memory of Palma John  
Johnson, Tim and Mary  
Johnson, Gerald and JoAnn  
Johnson, Gary and Ranea  
Johnson, Diane  
Jurgens, Richard and Sharon  
Kaml, Judy  
Kjellberg, Rodney and Marlys  
Knabe, Stephanie  
Knain, Jolaine  
Knain, Vidette  
    In memory of George Sattler.  
    In honor of my grandchildren  
    and great grandchildren  
Knudson, John and Jackie  
Knudsvig, Craig and Renae  
Koppy, John and Roseann  
Korslien, Johan and Melissa  
Kraemer, Diane  
Krese, James and Mary  
Kvidt, Dave and Pam  
Lamb, Betty  
Lambeth, David and Cecilia  
Langer, Al and Barbara  
Langheid, Beverly  
    In memory of Tony Langheid  
Larson, Jeff and Kristi  
Larson, Mark and Nina  
Laternus, James  
LeClerc, Ray and Judy  
Lee, Paula  
Lemieux, Gary and Cheryl  
Lewis, Lisa  
Lileng, Pauline  
Lill, Dave and Shirley  
Lindquist, Liz  
Litzinger, Karen  
Madson, Avis  
    In memory of my husband  
    Ronald  
Maring, Peg  
Marvin, Judi  
McCoy, William and Brenda

McGarry, Dennis and Lynn  
 McMahan, Jacqueline  
 McNamee, Mike and Judy  
 Medd, Joel and Amy  
 Middleton, Jean  
 Mieke, Dennis  
     In memory of John  
     Hendrickson  
 Mikkelsen, Merle and Kaye  
 Mills, Faye  
 Mitchell, Bill and Mary  
 Moe, Patricia  
 Moen, Alice  
 Moen, Marlys  
 Murdock, Lee and June  
 Murphy, Spud  
 Nadeau, Raenett  
 Nelson, Eileen  
 Ness, Ken and Mavis  
 Newhouse, Verna  
 Nielsen, Forrest and Emily  
 Norman, Patti  
 Nowacki, Loren and Sheryl  
 O'Keefe, Michael  
 Olson, Beverly  
 Oversen, Kylie  
 Pearson, Joanna  
 Pederson, LeRoy and Louise  
     In memory of Del Westacott  
 Peterson, Joni  
     In memory of Harold & Doris  
     Sabo  
 Phalen, Ruth  
 Pierce, Jena  
 Pokrzywinski, Darline  
 Preston, Duane and Kay  
 Quirk, Bev and Sue  
     In honor of co-workers  
 Rethemeier, Jerilyn  
 Ringbloom, Pete  
 Rivard, Bill  
 Robertson, Gayle  
 Robinson, Doris  
 Rustad, Jeff and Kim  
 Saddler, Tom and Jackie  
 Samson, Daniel and Sandra  
 Sandahl, Andrea

Sandberg, Curt and Ione  
 Sather, Gordon and Margaret  
 Schill, Ken and Mary Jo  
 Schmidt, Joe and Becky  
 Shea, Pam  
 Shelton, Joseph  
 Shereck, Cynthia  
 Sherwood, Connie  
 Shjerve, Ida  
 Skelly, Beverly  
 Slominski, Julian and Gladys  
 Smart, Judy  
 Smith, Kirk and Joan  
     In memory of Laura Jane  
     Paulson  
 Snortland, Carol  
 Sorlie, Richard and Bette  
 Speare, Dave and Elaine  
 Stam, Bob and Dianne  
 Stark, Irv and Sandy  
 Steenerson, Gary and Georgia  
 Steffen, Raymond and Sharon  
 Steinke, John and Susan  
 Taylor, Patricia  
 Thompson, Debora  
 Vandeventer, Dan  
 Vanyo, Bernice  
     In memory of Stephen Vanyo  
 Warcup, John and Stacy  
 Waslior, Mary  
 Watland, Diana  
     In memory of Deanna Lane  
 Wolf, Christopher  
 Wolf, Michelle  
 Woodrow, Marjean  
 Yagla, Phil and Judy  
 Young, Patty  
 Zick, Charles and Colleen  
 Zimmerman, Denise

**Giving Hearts Day  
 Door Prize Winners**

- **Liz Lindquist** (scarf)
- **Al Miller** (\$25 IHOP)
- **Merle Mikkelsen** (mug & notebook)
- **Irv Stark** (\$25 Ruby Tuesday)



**AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at [www.smile.amazon.com](http://www.smile.amazon.com), you'll find the exact same low prices, vast selection, and convenient shopping experience as Amazon.com, with the added bonus that Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Support "Greater Grand Forks Senior Citizens Association Inc" at [www.smile.amazon.com](http://www.smile.amazon.com),**

# Foot Care Options

**IMPORTANT:** This newsletter went to the printing press on March 18, 2020. As of this date, we were still providing foot care at the Senior Center and the scheduled satellite foot care clinics. As the coronavirus situation intensifies, we will be forced to close our building to the public and stop foot care (we will still provide drive-thru meals, frozen meals, and Meals on Wheels/Home Delivered Meals). We will also need to shut down all satellite foot care clinics when/if the outbreak worsens. We will do our best to call each client, but if you are in doubt whether or not you still have your appointment, call us at 701-757-4878.



## Appointments at the GF Senior Center

To make an appointment to have your foot care done at the Grand Forks Senior Center (620 4th Ave S), please call **701-757-4878**. **REMEMBER TO BRING YOUR KEY TAG, please.** We are unable to take appointments for specific nurses. Suggested donation for foot care is \$25 for seniors 60 years of age or older and \$30 for seniors who are homebound. We do not provide foot care for people under 60 years of age. The foot care schedule is also at: [www.gfseniorcenter.org/footcare](http://www.gfseniorcenter.org/footcare)

## Satellite Foot Care Clinics

Below is a list of the GFSC's satellite foot care clinics. Appointments are required. For an appointment, either sign up at the foot care clinic location or call the GFSC Health Department at **701-757-4878**. Please bring your key tag.

Apr 2	Aneta Community Center 219 Main Ave., Aneta	1:00 pm - Finish
Apr 8	Tolna Lutheran Church 220 Main St., Tolna	9:30 am - Finish
Apr 15	Briarwood 2650 26th Ave S., GF	9:00 am - Finish
Apr 22	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Apr 23	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Apr 29	Parkview Terrace 2396 27th Ave S, GF	1:00 pm - Finish
Apr 30	Lutheran Church of McVile 112 W Vail Ave, McVile	9:30 am - Finish



## APRIL 2020 - Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$9.00. Please contribute what you can.

Suggested Donation is \$4.25. EBT/SNAP is accepted.

Those under 60 years of age are required to pay the full cost of the meal.

Wednesday Lunch: April 1		Thursday Lunch: April 2		Friday Lunch: April 3	
	3 oz Salisbury Steak in MR gravy (.5cs)	Chixburger on WW Bun (2cs) with lettuce/tomato	Salmon or 3 oz BBQ Pork Chop		
	1/2 c. Mashed Potato/gravy (1cs) 1/2 c Yams (1 cs) 1/2 c Mand Orange Sc (1cs)	8oz Vegetable Soup/crackers (.5cs) 1/2c Tapioca Pudding with fruit (1cs) Sm Cookie (2cs)	1/2 c Mixed Vegetable (.5cs) Angel Food Cake with 1/2 c Berries w/topping (1cs)		
Monday Lunch: April 6		Tuesday Lunch: April 7		Wednesday Lunch: April 8	
	3 oz Beef Stroganoff	2 oz Sloppy Joe on WW Bun (2 cs)	3 oz Turkey Tidbits in Gravy 1/2 c. Mashed Potato (1cs)	3 oz Swiss Steak with Onions and Tomatoes	
	1/2 c Egg Noodles (1 cs) 1/2 c Mixed Vegetables (.5 cs) Small Romaine/Spinach Salad with Dressing (.5 cs) 1/2 c Apricots (1 cs)	8 oz Corn & Potato Chowder (1 cs) 2 Carrot Sticks Angel Food Cake with 1/2 c Berries & Topping (1 cs)	1/2 c Corn (1 cs) 1/2 Orange (.5 cs) 1/2 c. Fruit Crisp w/top (2cs)	Small Baked Potato with Sour Cream (1 cs) 1/2 c Sliced Carrots 1/2 c Strawberry Whipped Fruit (1 cs)	<b>CLOSED</b> <b>GOOD</b> <b>FRIDAY</b>
Monday Lunch: April 13		Tuesday Lunch: April 14		Wednesday Lunch: April 15	
	3 oz Meatloaf (.5 cs)	3" Sq Lasagna (2 cs)	2 oz Hot Beef on 2 Slices WW Bread (2 cs)	3 oz Cranberry Chicken (1 cs) 1/2 c Cooked Cabbage	3 oz Baked Chicken Fried Steak (1 cs)
	1/2 c Parslied Buttered Potatoes (1 cs) 1/2 c Broccoli Cuts 1/2 c Applesauce (1 cs)	1/2 c Green Beans 1 c Romaine Salad with Dressing (.5 cs) 1 Slice French Bread (1 cs) 1/2 c Fruit In Gelatin (2 cs) No Other Bread	1/2 c Mashed Potatoes & Gravy (1 cs) 1/2 c Mixed Vegetables (.5 cs) Small Orange (1 cs) Bitzy Frosted Brownie (2cs)	Small Baked Potato (1 cs) 1/2 c Peach Sauce (1 cs)	1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Pear Sauce (1 cs)
Monday Lunch: April 13		Tuesday Lunch: April 14		Thursday Lunch: April 16	
	3 oz Meatloaf (.5 cs)	3" Sq Lasagna (2 cs)	2 oz Hot Beef on 2 Slices WW Bread (2 cs)	3 oz Cranberry Chicken (1 cs) 1/2 c Cooked Cabbage	3 oz Baked Chicken Fried Steak (1 cs)
	1/2 c Parslied Buttered Potatoes (1 cs) 1/2 c Broccoli Cuts 1/2 c Applesauce (1 cs)	1/2 c Green Beans 1 c Romaine Salad with Dressing (.5 cs) 1 Slice French Bread (1 cs) 1/2 c Fruit In Gelatin (2 cs) No Other Bread	1/2 c Mashed Potatoes & Gravy (1 cs) 1/2 c Mixed Vegetables (.5 cs) Small Orange (1 cs) Bitzy Frosted Brownie (2cs)	Small Baked Potato (1 cs) 1/2 c Peach Sauce (1 cs)	1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Pear Sauce (1 cs)

(Remainder of the menu on the other side)

Monday Lunch: April 20	Tuesday Lunch: April 21	Wednesday Lunch: April 22	Thursday Lunch: April 23	Friday Lunch: April 24
3oz Pork Chop in Gravy 1/2 c. Parslied Buttered Potato (1cs) 1/2 c Creamed Carrots (.5cs) 1/2 c. Pineapple Chunks (1cs)	1 c Chicken Noodle Casserole (1cs) 1/2 c. Green Peas (1cs) 1 c. Romaine Salad/dressing (.5cs) 1/2 c Peach Sc (1cs) Sm Cookie (2cs)	3oz Crispy Chicken (1cs) Sm Baked Potato (1cs) w/ Sr Crm 1/2c Green Bean Casserole (1cs) 1/2 c Plum Sc (1cs)	3oz Baked Chicken 1/2 c M. Potato/cream gvy (1cs) 1/2 c. Winter Mix Vegetables (.5cs) Orange Wedge (.5cs) 1/10 Fruit Pie w/top (2cs)	3oz Porcupine Meatballs in Gvy (.5cs) 1/2 c. Mashed Potato/gravy (1cs) 1/2 c Corn (1.5cs) 1/2 c Tropical Fruit Salad (1cs)
Monday Lunch: April 27	Tuesday Lunch: April 28	Wednesday Lunch: April 29	Thursday Lunch: April 30	
3oz BBQ Chicken (.5cs) 1/2 c Augratin Potato (1cs) 1/2 c. Harvard Beets (1cs) 1/2 c Mandarin Oranges (1cs)	Riblet on WW Bun (2cs) 8 oz Vegetable Soup (1cs) 1/2 c Coleslaw (.5cs) Angel Food Cake with 1/2c Berries w/top(1cs)	3 oz Chicken Royale (.5cs) 1/2 c Augratin Potato (2cs) 1/2c Green Beans 2 T Cranberry Sauce (1cs) 2" sq Pumpkin Bar w/frost (3cs)	3 oz Stuffed Pepper (.5 cs) 1/2 c Augratin Potatoes (2 cs) 1/2 c Peas (1 cs) 1/2 c Chunky Fruit Sauce (1 cs)	MENU SUBJECT TO CHANGE WITHOUT NOTICE
Check your site for their serving times. NO BREAKFAST OR TUES EVE MEALS UNTIL FURTHER NOTICE	Attn: Diabetics-These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts	DRIVE THRU MEAL PICK UP AT THE GRAND FORKS SENIOR CENTER FROM 11:30am-12:15; DINING ROOM IS CLOSED UNTIL FURTHER NOTICE		

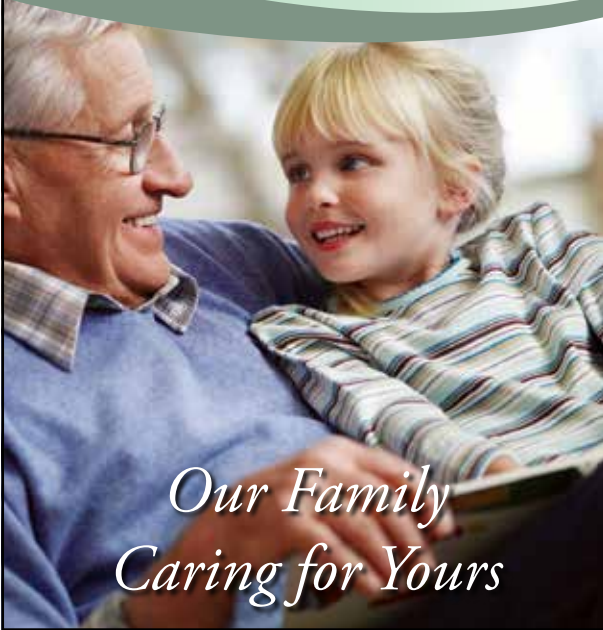
1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (2cs); and margarine are available with each dinner & supper.

Date: 2/24/2020 Licensed Registered Dietitian #13899

*Colette Seiminger, MEd*

Colette Seiminger, MS, RD, LRD

*Request Information or Schedule  
your Personal Tour Today!*



*Our Family  
Caring for Yours*

### **Senior Independent Living - Country Estates**

- A variety of elegant apartments
- Café, hair salon, exercise room, transportation

### **Assisted Living - Wheatland Terrace**

- Spacious apartments with 24/7 personal care
- Meals, transportation to medical included

### **Basic Care - Tufto Manor**

- Single and 2-room suites (Medicaid approved)
- Meals, transportation, personal care included

[valleyseniorliving.org](http://valleyseniorliving.org)  
701.787.7563



## **HOMETOWN HEARING SOLUTIONS**



- Free hearing aid evaluation
- Industry leading hearing aid technology
- Ask Dan if your insurance has benefits for hearing aids. Many are not advertised.

22 4th St NE, East Grand Forks, MN  
(located in the EGF Dental Care Office)

Call 701-738-8028 or 866-738-8028  
or check out [www.trfhearing.com](http://www.trfhearing.com)

## **Legal Services of North Dakota**

will be cancelling all of its visits at the Grand  
Forks Senior Center until further notice.

Call 701.852.4369 with questions.

## Cities Area Transit offers **SENIOR RIDER**

**Monday - Friday:**

6:00 am - 10:00 pm

**Saturdays:**

8:00 am - 10:00 pm



Call 787-9120 weekdays  
before 5:30 pm. Before  
using this service, you  
must complete an  
application with Cities Area Transit (**allow  
one week for processing**). If you call this  
number in the evening or on the weekends,  
you will need to leave a message. Call one  
business day in advance of when you need  
your ride after your application has been  
approved. Transportation Fare Assistance  
tickets available for qualifying individuals at  
the Grand Forks Senior Center front desk.  
Rides within GF and EGF city limits only.



620 4th Ave. S.  
Grand Forks, ND 58201  
701-772-7245  
[www.gfseniorcenter.org](http://www.gfseniorcenter.org)

Like us on Facebook!  
[www.facebook.com/gfseniors](https://www.facebook.com/gfseniors)

Non-Profit Organization  
Permit #20  
U.S. Postage Paid  
Grand Forks, ND



Grand Forks Senior Center  
M-F: 8 am-4:30 pm; 701-772-7245  
[www.gfseniorcenter.org](http://www.gfseniorcenter.org)  
[www.facebook.com/gfseniors](https://www.facebook.com/gfseniors)

We will be CLOSED on Friday,  
April 10 for the Easter holiday.

# Activities to Stay Engaged While Remaining Safe at Home

**We know home is the best place for older adults to remain right now, but we also know time will likely get long. Do your best to stay engaged and to limit the amount of news you watch, listen to, or read. Think of it as a "news-cleanse."**

**If you have internet access, we are starting up a new page on our website. Go to our homepage at [www.gfseniorcenter.org](http://www.gfseniorcenter.org) and click the 'Staying Engaged' button. We will include links to a variety of puzzles, games, trivia, etc.**

**If you don't have internet access, remember these tried and true activities: jigsaw puzzles, hidden word puzzles, crossword puzzles, listening to music, visiting with people on the phone, playing cards, taking a walk outside if you are able, and sending good thoughts and prayers for all people working in healthcare.**