



April 2022

The Silver Express

**Our Volunteers:
Dedicated, Celebrated, Appreciated**

See page 10 for the 2021 list of exceptional volunteers!



Grand Forks Senior Center (GFSC) Phone Numbers

GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Assistant Director/Development Officer, Becky Broadwell	701-757-4864
Meals on Wheels (MOW) Coordinator, Grace Hale	701-757-2006
Home Delivered Meals (HDM) Paula Altepeter, Rhonda Stephan	701-780-5169
Resources Manager Stacy Narlock, BSW	701-757-4874
Grand Forks Resources, Bailey Kitko, LSW	701-757-4883
Rural (GF & Nelson) Resources, Joyce Austin	701-757-4881
Activity Manager, Ranea Johnson	701-757-4866
Gaming Supervisor, Dennis Nelson	701-757-4873
Public Relations Manager, Amanda Rengstorf	701-757-4863
Kitchen Supervisor/Head Cook, Gerri Davis	701-757-4871
Sit-Down Meal Information & Frozen Meals, Mary Johnson	701-757-4869
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN	701-757-4868

GFSC Board of Directors

President

Dave Willprecht

Vice President

Alice Hoffert

Secretary

Alice Mattern

Treasurer

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Brenda Jobe

Bobbie Kurtyka

Rich Lehn

Jason McCarthy

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Bob Rost

Curt Sandberg

Lisa Sonterre

Michael Venaccio

Brad Westrum

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: 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.

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**A Moment of
Laughter**
Thursday, April 14
11:15am - 11:45am

Ted Hoberg will be entertaining us with some comedy to get you rolling before lunch on International Moment of Laughter Day.

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.



**Tour the
Senior Center**
Tuesday
April 5 at 9am

Meet in the lobby.
All are welcome.
No RSVPs Needed.

Tours are given the first Tuesday of each month. Plan for an hour. You will be seated most of the time.

From the Director's Chair

by Colette Iseminger



Mindful Eating 101

Mindful eating is a technique that helps you gain control over your eating habits. It has been shown to promote weight loss, reduce binge eating, and help you feel better. Mindful eating is about using mindfulness to reach a state of full attention to your experiences, cravings, and physical cues when eating. We've all seen the commercials about the guy who figures out that he has been conditioned to clean his plate or the girl who figures out she is eating mindlessly while watching TV. Both are advertising apps for your phone that help you be more mindful of what you are eating and when.

Mindful eating involves:

- Eating slowing and eliminating distractions by turning off the TV and putting down your phone.
- Listening to physical hunger cues and eating only until you are full.
- Engaging your senses by noticing colors, smells, sounds, textures, and flavors and really appreciating your food.
- Learning to cope with guilt and anxiety about food (it's OK to not clean your plate).
- Eating to maintain overall health and well-being by mindfully choosing foods that are healthy.
- Noticing the effects food has on your feelings and waistline and only eating when you are truly hungry.

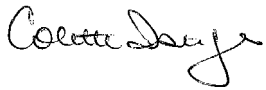
These things allow you to replace automatic thoughts and reactions with more conscious, healthier responses.

Why should you try mindful eating? Today's fast-paced society tempts people with an abundance of food choices. On top of that, distractions have shifted attention away from the actual act of eating especially when we are alone, toward TVs, computers and

smartphones. Eating has become a mindless act, often done quickly. Remember it takes 20 minutes for your stomach to tell your brain that you are full. By eating mindfully, you restore your attention and slow down, making eating an intentional act instead of an automatic one. This allows you to increase your awareness of physical hunger and fullness cues.

Mindful eating is a powerful tool to regain control of your eating, but it takes practice. Remember to try to eat more slowly, chew thoroughly, remove distractions, and stop eating when you are full.

'Til next time,



Colette Iseminger
MS, RD, LRD
Executive Director

Paid Advertisement



**Do you have difficulty leaving home?
Our doctor and nurse practitioners
come to you.**

**Contact us
today!**



(800) 929-8891 | CareThatComesToYou.org



Silvertones Choir

We're back! Join the Grand Forks Senior Center Choir! Practices will be Friday, April 8 & 22 at 10:30am. This group performs in the community throughout the year.

Paid Advertisement

Aspen Park



Briarwood



Parkview Terrace



Our 55+ communities offer: heated indoor parking, elevator, controlled entry, in-unit laundry, library, community room, exercise room, central air, trash chute, storage lockers, 24/7 emergency maintenance and more!



www.immapartments.com • 701-780-8162



Coffee and Pie with a Cop

**Tuesday, April 19
2:00 pm - 3:00 pm**

Come have coffee and pie with Sergeant Kris Brown. French Silk Pie will be available for \$2.



Tech Support

**April 6 & 20
(Afternoons)**

Need help with your Cell phone, Tablet, Kindle, or Lap Top?

Call 701-757-4866 to schedule an appointment.

Monthly Creations Wooden Spring Sign

April 13 at 10am
Dress for painting!

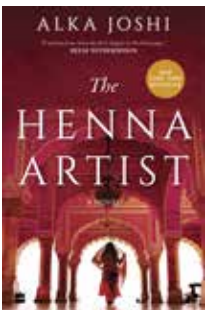
Cost is \$3 You must make a reservation.
Call 701-757-4866 to reserve your spot.
Class size is limited to 10.




AARP May Driver's Safety Class

Monday, May 4 from Noon - 4pm.
Call Ranea at 701-757-4866 to register. Class size is limited.

Driver's Safety



Constant Reader's Book Club


Monday, April 11 at 10:30 am (2nd Monday each month)

Will be discussing "The Henna Artist" by Alka Joshi

New people welcome! Book for the next month will be "Eleanor Oliphant is Completely Fine" by Gail Honeyman and it will be handed out at this gathering.

FREE Legal Services for Seniors

The GF Senior Center hosts Legal Services the third Thursday of each month from 9:30 am – 11:30 am. The next time they will be here is **Thursday, April 21 from 9:30 am - 11:30 am.** Call 701-852-4369 ext 331 to make an appointment ahead of time. Walk-ins accepted as time allows.



GFSC 2022 TRIPS



July 13, 2022 - The Sound of Music at Frost Fire
Cost - \$91 per person

*Must be a GFSC member to attend any GFSC trip. Proof of vaccination is required for this trip. Trip sheets with detailed info are at the GFSC front desk. Questions? Contact Ranea Johnson at 757-4866 or activity@gfseniorcenter.org.



Mackinac Island/Duluth

September 19-23, 2022
**More details in the May
Silver Express newsletter**

Wish List

The Grand Forks Senior Center is in need of **Napkins** and **Coffee**. If you have these items, or if you would like to purchase them for the Senior Center, please drop them off at the front desk during regular business hours.



April 2022 Activity Calendar

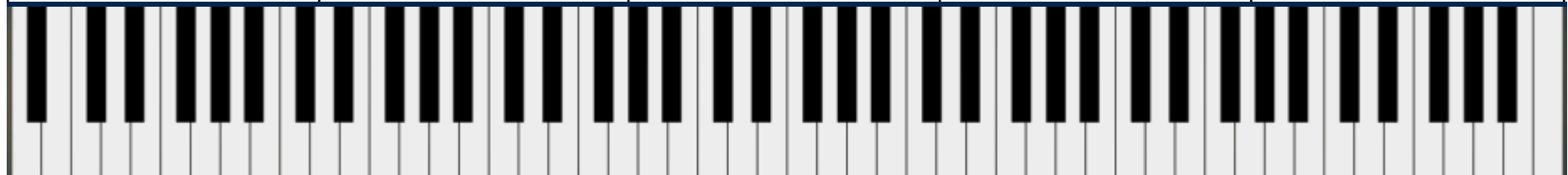
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 am Healthy Bones 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee
4 9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)	5 9:00 am Monthly Tour 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Loss Support Group 10:00 am Women's Coffee 1:00 pm Farkle 3:30 pm Healthy Bones (Hope Church)	6 9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment	7 9:00 am Wii Bowling League 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:00 pm Bunco 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	8 9:00 am Healthy Bones 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee 10:30 am Silvertones Practice
11 9:30 am Men's Coffee 10:30 am - Sr Center Book Club Constant Readers 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)	12 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Loss Support Group 10:00 am Women's Coffee 1:00 pm Homestead Credit 1:00 pm Visually Impaired Senior Support Group 2:30 pm Tech Talk - Computer Class 3:30 pm Healthy Bones (Hope Church)	13 9:30 am Men's Coffee 10:00 am Monthly Creations - Wooden Spring Sign 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church)	14 9:00 am Wii Bowling League 9:30 am Men's Coffee 11:15 am A Moment of Laughter 1:00 pm Bingo (\$2/card) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	15 GFSC CLOSED HAPPY EASTER! 

Visually Impaired Senior Support Group

Tuesday, April 12 (2nd Tuesday of each month)
1-3 pm in the GFSC Library

If you have any questions regarding this group,
contact Tami at 701-795-3149.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p>	<p>19</p> <p>9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Loss Support Group 10:00 am Women's Coffee 1:00 pm Farkle 2:00 pm Coffee and Pie with a Cop 3:30 pm Healthy Bones (Hope Church)</p>	<p>20</p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment</p>	<p>21</p> <p>9:00 am Wii Bowling League 9:30 am Legal Services 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:00 pm Bunco 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>22</p> <p>9:00 am Healthy Bones 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee 10:30 am Silvertones Practice</p>
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Music Monday

Join us in the GFSC dining room on Mondays at 1:00 pm as we gather and appreciate the talents of local musicians.

- April 4 **Chuck Gust & Sharon Myron**
- April 11 **Theresa and The Plow Boys**
- April 18 **Joe Schmidt**
- April 25 **Too Old to Die Young**

2021 VOLUNTEERS



Dedicated, Celebrated, Appreciated

Thank you, volunteers! You helped us keep older adults as safe and healthy as possible during this pandemic. Your dedication does not go unnoticed. We want to take this moment to celebrate you and show you how much you are appreciated by us all! Thank you again!

215 volunteers/groups of volunteers provided 10,989 hours of service in 2021!

Presidential Awards

GOLD (500+ hrs)

Laternus, Jim (568)

SILVER (250-499 hrs)

Bekkedahl, Isabelle
(360)

Brito, Luis (278)

Fischer, Maria (256)

Nelson, Dennis (424)

Rost, Robert (400)

BRONZE (100-249 hrs)

Akset, Colleen (129)

Albrecht, Evelyn (158)

Altendorf, Diane (148)

Hoffert, Alice (183)

Hoffert, LouAnn (127)

Hoffert, Rodger (106)

Hoselton, H. George
(162)

Hursh, Ken (102)

Iverson, Avis (100)

Lund, Alice (158)

Molmen, Karen (100)

Nelson, Jared (142)

Samson, Daniel (229)

Samson, Sandra (179)

Schaper, Nancy (228)

Thomas, Mary (150)

Venaccio, Michael
(141)

Walz, Larry (108)

18-99 hours

Allan, Beverly

Alvey, Jacob

Belcourt, Joe

Berglund, Wayne

Berry, Connie

Borkowski, Joyce

Britton, David

Brusegaard, Beverly

Buckley, Ann

Christianson, Gary

Coleman, Michael

Dargbeh, Emile

Davis, Craig

Denault, Janis

Dickson, Jill

Downs, Katrina

Drane, Olivia

Drees, Kenneth

Drees, Maureen

Duff, Quinn

Dunham, Jean

Dunnigan, Faye

Dutot, Nancy

Engesether, Bailey

Erickson, Anna

Farrell, Joe

Ford, Paul

Gause, Cully

Gorder, Derek

Grainger, Tony

Guthmiller, Patricia

Guthmiller, Ronald

Hanson, Carrie

Hanson, James

Hanson, Jeanne

Hartsough, Walter

Heap, Dennis

Hendrickson, Elton

Herrmann, Karen

Hines, Jennifer

Hjeldness, Robert

Hoeger, Dorothy

Hoffarth, Camryn

Hoornaert, Emerson

Howe, Sharon

Humble, Robert

Huss, Rex

Johnson, Beverly

Johnson, Merritt

Johnson, Roger

Knutson, Kara

Krueger, Laurie

Kuhn, Mark

Kvamme, Pauline

Lantz, Mason

Lehn, Faye

Lehn, Rich

Lies, Renee

Lileng, Pauline

Lunde, Tristin

Martin, Janell

Martin, Jennifer

Melvin, Makayla

Middleton, Jean

Morrison, Elizabeth

O'Keefe, Michael

Papachek, Kelsey

Peterson, Joni

Peterson, Noah

Piepkorn, Kathy

Putbrese, David

Ross, Colleen

Rustad, Keaton

Sandberg, Curt

Schumacher, Judy

Schweitzer, Kathleen

Sorby, Peyton

Sowokinos, Joseph

Sugar, Crystal

Thompson, Earl

Thompson, Mary

Trahan, Mason

Trenda, Anne

Trenda, Gary

Wahlstrand, Marcia

Wahlstrand, Scott

Watland, Diana

Westrum, Bradley

Whetham, Bernadette

Willprecht, David

Wood, Allen

Wood, Wendy

Yagla, Judy

Yelton, Jean

Under 18 hours

Adorno, Francisco

Aipperspach, Luke

Altepeter, Jared

Austin, Joyce

Aymond, Anthony

Bailey, Patricia

Beland, Becky

Beland, Paul
Boettner, Eric
Boltz, Shawn
Breidenbach, Joe
Bye, Elaine
Clark, Janet
Colter, John
Cooper, Lateefah
Cox, Diane
DeBoer, Katie
Deitz, Marijo
Dickson, Molly
Ekberg, Jennifer
Evenson, Vickie
Fabian, Erik
Feist, Gloria
Froelich, Brooke
Funk, Terry
Gader, Darin
Garcia, Isaac
Gardina, Kelly
Gorder, Daniel
Graf, Barbara
Grant, Charlotte
Gray, Katie
Hager, Delwyn
Hale, Elizabeth
Han, Sarah

Hanson, Jennifer
Hausauer, Ciara
Herbeck, Madison
Iseminger, Carl
Jannarone, Breanna
Johnson, Matthew
Jones, Caleb
Kmecik, Rachel
Knupp, Michele
Kresel, Marney
Kurtyka, Bobbie
Lam, Myron
Laternus, BettyJean
Lopez, Beth
Lunski, Jeanne
Maggart, Tevin
Mattern, Alice
McCarthy, Jason
McMahon, Jacqueline
Meuwissen, Debbie
Middagh, Roberta
Morin, Erin
Moskvichova, Maria
Nelson, Don
Nickell, Amy
Nielsen, Emily
Oatridge, Seth
Olson, Seth
Olson, Zach

Ondracek, Alexis
Osborne, Caylee
Pederson, Sharon
Ponce, Megan
Prochko, Russ
Ronkowski, Mary
Sand, Mary
Sears, Mary
Sem, Brenda
Shereck, Cynthia
Smith, Kaitlyn
Smith, Sydney
Sonterre, Lisa
Stephan, Jeff
Stewart, Briana
Stimac, Gracie
Thielman, Gail
Troutman, Leone
Venaccio, Victoria
Vodden, MacKenzie
Walford, John
Whetham, Allen
White, Kacey
Youngberg, Cadence
Zirnhelt, Clair

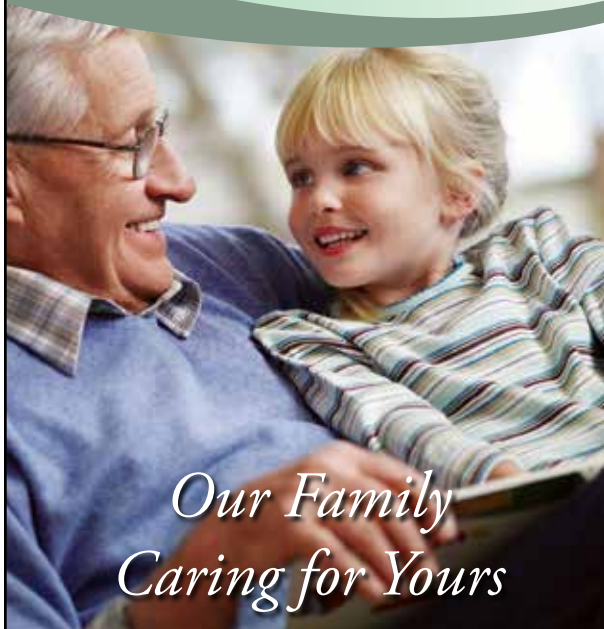
GROUPS
Development Homes

Grand Forks Air Force
Base
Grand Forks Board of
Realtors
Grand Forks Lions
Club
Listen Center
Midco
Scheels
True North Equipment

As we continue to reopen in 2022, think about if you would like to share your gift of time by volunteering in some way for the Grand Forks Senior Center. If so, you can pick up a volunteer form at the front desk or go online to www.gfseniorcenter.org/evopps, where you can either fill out an online form or print a volunteer form and bring it in.

Paid Advertisement

*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 - Tuft Manor

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

valleyseniorliving.org
701.787.7563



Giving Hearts Day 2022



**Meals were provided..
and so much more!**

Thank you to all **399** Giving
Hearts Day donors for your
generosity! YOU provided
\$48,458 for senior meals.
You are all wonderful!

\$10,000 & up
Gate City Bank

\$1,000-\$4,999

Anonymous
Martin, Janell
In honor of MOW volunteers
and GFSC staff
Rath, Brian and Emilie
In honor of William Rath
South Forks Lions Club

\$500-\$999

Alerus

\$250-\$499

Anonymous
Buettner, Kevin
Crary, Tim and Sandy
Denault, Dennis
Drees, Ken and Maureen
Dunnigan, Faye
In honor of bingo workers

Hagstrom, Agnes
In memory of Merrill (Bud)
Hagstrom, Dale Hagstrom,
Merilyn Hagstrom
Iseminger, Carl and Colette
Johnston, Doug and Beth
Knauf, Diane
Maddock, Patrick and Susan
Panico, Kristy
In memory of my
grandparents
Randall, Harold and Diana
Soli, Edith
Sundby, Robert

\$100-\$249

Aafedt, Brad and Gayle
Acme Tools
Akset, Orlin and Colleen
Albrecht, Evelyn
Altendorf, Diane
Anderson, Julie
Anonymous (3)
Austin, Kevin and Joyce
Bell Bank
Bergeron, Robert and Denise
Birkmaier, Skip and Nancy

Blomquist, Phyllis
Broadwell, Ray and Becky
Bruhn, Val and Sheila
Burkholder, Frank
Bushaw, Jeffrey
Christianson, Judy and Susan
Clemens, Beverly
Cole, Marie
In memory of Butch Cole
Construction Engineers, Inc.
Cox, Dione
Cronquist, Yvonne
DeHaan, Stephan and Dorrie
Deitz, Marijo
Devig, Patrick and Mary Ann
Dunham, Ray and Anita
Durick, Lisa
Egstad, Elsie
Elbert, Dennis and Dora
Erdmann, Rod and Michelle
In memory of Robert Cournia
Erickson, Dennis and Cheri
Fontaine, Ann
In memory of Doris Burket
Garske, John
Garster, Beverly
Garver, Bob and Veriena

Gray, Irene
Hansen, James
Hastings, Donna
Heap, Dennis and Barb
Herbst, Jami



In memory of Laura Jane
Paulson

Herrmann, Karen
Herte, Mel and Kathleen
Hilde, Wayne

In memory of Melanie
Hoffert, Rodger and Alice
Hogan, Shirley
Holm, Jane

For equipment lending
program

Horner, Herb and Judy
Hurst, Terry and Susan

Huss, Rex
Iverson, Avis



Jacobi, Ellen
Jacobson, Corinne
Jensen, Mark and Kristi
Jobe, Brenda

Johnson, Tim and Mary
Johnson, Merritt

Johnson, James
Johnson, Gerald and JoAnn

Kohoutek, Linda
Korfhage, Mary Lou

Kuhn, Peter and Eunice
Lambeth, David and Volden,

Cecilia

LaMoine, Connie

Landis, Evelyn

Larson, Jill

Lehn, Rich and Faye

Lien, Vicki

Lillibridge, Randy and Cheryl

Lindquist, Liz

Lopez, Evonne

Magenau, Doris

Manley, Judy

Martin, Gene and Kaye

Mattern, Alice

In memory of Roger Mattern

McKenna, Terry and Mary Ann

Medd, Joel and Amy

Melicher, Barbara

In memory of Reed Melicher

Miller, Jean

Mills, Faye

Murphy, Spud

Mutcher, Katherine

In memory of Bernice Nielsen

Nadeau, RaeNett

In memory of Clem Nadeau
and Danette Nadeau

Nelson, Marian

In memory of Lowell Nelson

Nelson, Duane and Lila Jane

Nelson, Nick

In memory of Ivan Nelson

Nelson, Bart and Traci

Nelson, Jerry and Marsha

Ness, Paul

Ness, Ron and Darlyne

Norgard, Phyllis

Opp, Helen

Palmer, Emma

Peters, William

Peterson, Allison

Peterson Farms

Petsinger, Gayl

Pokrzywinski, Clayton and Lillian

Reichert, Alex and Blair,

Stephanie

Relling, Laura

Robinson Excavating

Rosencrans, Celia and

Blaufuss, Vana

Rowan, Robert and Dolly

Saddler, Tom and Jackie

Sanders, Jack and Leona

Schiele, Kathy

In memory of Don Schiele

Schill, Gary

Schmisek, Gail

Schroeder, William and Theresa
Schubert, George

In honor of Arline Schubert

Schultz, Kenneth and Patricia

Schumacher, Matt and Jami

In honor of GFSC staff and all
the seniors

Schumacher, Warren and Susan

In memory of Stan and

Dorothy Hoistad

Shelton, Joseph

Shilman, Angie

In honor of Joyce and Kevin
Austin

Shjerve, Ida

Sieg, Peggy

In memory of Norman Sieg

Sieg, Ruby

In memory of Norman Sieg

Snyder, Bev

Spong, Dale and Susan

Steenerson, Gary and Georgia

Stoltman, Greg and Winnie

Swanson, Steve and Diane

Thompson, Rod and Bonnie

Timpe, Ron and Marie

Tonder, Marsha

Tupa, Connie

Twedell, Ray and Pat

Tweton, Phyllis

Walior, Mary

Walz, Larry and Genevieve

Ward, Jim and Cheryl

Westacott, Richard

Westrum, Brad and Yvonne

Ye Ol Painters

Youshefski, Jean



Zick, Roberta



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Up to \$99

Aamold, Lorna 
Acme Tools
Adams, Mary
Adams, Tina
Allan, Beverly
Altendorf, Joel
Anderson, Gerri
 In memory of Art and Ella
 Anderson, Wilbert and Esther
 Eide
Anderson, Sharon
Anderson, Dan and Deb
Anonymous (11)
Anonymous
 In honor of Jim Laternus
Argall, Chester
Asche Insurance Agency
Ashe, Kathy
Baessler, Marilyn
Bakes, Dottie
Ballingrud, Marlyce
Bang, Cindy
Barrett, Mary
Beach, Barb
Berggren, Arden and Patricia
Bergstrom, Gary
Bethke, Glenn and Sandra
Bjornstad, Carl Bjornstad
Boettner, Scott and Jodi
Bohlman, Dorothy
Bonlie, Lucille
Boyd, Bob and Dawn
Brueske, Jane
Bryan, Rebecca 
Buckley, Ann
Buethner, Tracee
Burckhard, Bob
Bures, Frank and Judy
Byzewski, Leah
Campobell, Jim
Carlson, Judy
 In memory of Juliet Peden

Christ, Ed and Kelly
Christenson, Charles
Comeau, Leon
Confer, Gail
Connell, JoAnn
Connell, Jennifer
Cournia, Linda
 In memory of Robert Cournia
Cox, Donald
 In memory of Evelyn Kennedy
DeBeltz, Marian
DonorDock 
Drees, Myrna
Dutot, Norm and Nancy
Elgin, Shari
 In memory of Pauline
 Kvamme
Emery, Helen
 In memory of Dale Emery
Erickson, Laurie and Steve
Ericson, Jerry and Cherylyn
Falck, Tom and Susan
Feist, Gloria
Fick, John and Kathy
Finney, Jane
Folson, Barry
Fontaine, Ann
 In memory of Doris Burket
Gagnon, Al and Mary
Glessner, Mary
Goeke, Jennifer and
 Walsvik, David
Gray, Irene 
Greenwood, Helen
Grow, Debra
Gustafson, Bonnie
Hackenberg, Delores
Hadlich, Carole
 In memory of Robin K Hadlich
Hafner, Duane
Hager, Del and Jean
Hale, Richard and Sarah
 In honor of Grace Hale and
 Jacob Alvey
Hanson, Carrie

Heap, Dennis and Barb
Heffern, Hank and Sandy
Heffern, Izola
 In memory of John Heffern
Heggar, Larry 
Heier, Judy
Henderson, Chris
Hensey, Sharon
Hettwer, Nancy
Hoiberg, Harvey and Donna
Holweger, Marjorie
Honda, Ralph
Hughes, Chuck and Jean
Humble, Mark
Jackman, Nikki
Jackson, Rick
Jacobson, Marlin and Sally
Jarombek, Raymond and Joyce
Johnson, Sam and Mary Ann
Johnson, Ken and Kathy
Johnson, Gary and Ranea
Johnston, Doug and Beth
Julson, Claire
Juntunen, James and Linda
Jurgens, Richard and Sharon
Kaml, Judy
Keenan, Gerry
Kelsch, Dale
Kitko, Bailey
Kjellberg, Rodney and Marlys
Kloos, Gary and Jeanne
Knudson, John and Jackie
Kobe, Mark
Kochevar, Katherine and Ronald
Koppy, John and Roseann
Korslien, Johan and Melissa
 In honor of GFSC staff
Kotrba, Joe and Carol
Kraemer, Diane
Krause, Donna
Krese, James and Mary
Krom, Ken and Sandy
Krueger, Loren and Laurie
Kuzel, Susan
 In memory of Gladys
 Schubert

Kvidt, Dave and Pam
Kvitne, Betty
LaBree, Heidi
In memory of Edith Aasen
Lanners, Colleen

In honor of Janell Martin
Larson, Mark and Nina
Larson, Jeff and Kristi
Lee, Jan
Legg, Elaine
Lemieux, Gary and Cheryl
Lewis, Lisa
Lien, Cory

In memory of Sharon Jensen
Lileng, Pauline
Lill, Dave and Shirley
Lindell, Neil and Kay
Litzinger, Karen
Lizakowski, Melany

In memory of Ellen Tetrault
Loff, Carmen
Lunde, Beverly
Luney, Daniel
Lysne, David and Aida

In memory of Magnus M Lysne
Mahnke, Vickie
Malm, Gary and Carol
Marti, Kerry
Marvin, Judi and Bill
Mayotte, Ed and Deana
McNamee, Mike and Judy
Medalen, Rodney and Joyce
Meester, Deborah and Derry

In memory of Anneus Meester
Michelsen, Kim
Middagh, Roberta
Middleton, Jean
Mieke, Dennis
Mitchell, Bill and Mary
Moe, Patricia
Mork, James and Irene
Motl, Kirk
Narlock, Joe and Stacy
Nelson, Dennis and Pamela
Nelson, Elaine
Newhouse, Verna

Nielsen, Forrest and Emily
Nordeng, Betty
Nordling, Lee and Sheila
Novotny, Jill
Nygord, Fred and Mary
Oehlke, Jason and Amy
O'Keefe, Michael
Olson, Pat
Olson, Bev
Oversen, Kylie
Paukert, David
Pearson, Joanna
Pedersen, Melvin
Perkins, Betsy
Peterson, Joni
Phalen, Ruth
Pic, Cynthia
Pierce, Jena
Powell, Renee

In memory of my mom and
dad

Reed, Christine
Rengstorf, Lucas and Amanda
Reuter, Neil and Colleen
Ringbloom, Pete
Ritteman, Dagny
Robertson, Dave and Gayle
Robinson, Rose
Roth, Allen and Linda
Rustad, Jeff and Kim
Ryan, William and Kerry
Ryan, Jerry
Samson, Daniel and Sandra
Sandahl, Andrea
Sather, Gordon
Schill, Ken and Mary Jo
Schmidt, Joe and Becky
Schnell, Ellie

In memory of Tim and Stacy
Rygh
Shadle, Leonard
Shea, Pam
Sherwood, Connie
Slominski, Julian and Pecka,
Gladys
Smart, Judy

Soeby, Mark and Molly
Sorlie, Richard and Bette
Speare, David
St Germain, Bob and Sharon
In honor of the GFSC staff
Stam, Bob and Dianne
Staveteig, Robert
Stocker, Allan
Swanson, Gary and Dorothy
Sweetland, Mary
Tangen, Joel and Carolyn
Taylor, Patricia
Thibert, Joyce
Thompson, Mark and June
Tibbitts, Shelia
Tweten, John and Mary
Waller, Betty
Walski, Johanna
Weiland, Anita
Wilkening, Betty
Williams, Joni
Wilson, Amanda
Winger, Steve and Annella
Wischer, Agnes
Wixo, Jean
Wolf, Christopher
Wunderlich, Julie
Yagla, Phil and Judy
Young, Patty
Zeman, Sherry

In memory of Peggy Freitag
Zygarlicke, Eileen

**Totals for over 500 nonprofits
participating in Giving
Hearts Day 2022:**

- \$26,236,099 Raised
- 89,890 Total Donations
- 40,714 Total Donors
- 803 Volunteer Pledges
- 248 Goods Pledged

**Thank You For Helping
Someone!**

Donations & Memorials

Thank you for these donations received February 5, 2022 to March 6, 2022. A donor's cumulative giving from this period is listed (not including Giving Hearts Day donations). This includes Brighter Side Society Members
Thank you all for your generosity!

Donations of \$500 - \$999

- RETRAX
- United Lutheran Church
For Home Delivered Meals

Donations of \$100 - \$249

- Aubol, Linda
In memory of Debby Paulson, Leon Fjestad, Marlys Schmidt
- Erickson, Dennis and Cheri
- Facebook Payments
Janet's birthday fundraiser
- Heier, Judy
In memory of Don Heier
- Hoverson, Jean
In honor of Mary Ellen Larson, Laurine Hodney, & Denise Ramsdale's birthdays
- Manley, Judy
In memory of Joann Binder
- Royal Neighbors of America Chapter 138
- Sanders, Jack and Leona
- Wakefield, Richard and Aida

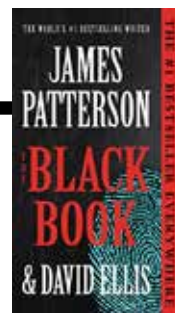
Donations of \$99 and Under

- Anonymous
- Bateman, William and Kristin
- Belobraydic, Matt and Rochelle
- Broadwell, Ray and Becky
- Herrmann, Karen
- Iseminger, Carl and Colette
- Mattern, Alice
- Network For Good
- Pedersen, Melvin

- Sandberg, Curt and Lone
For Meals on Wheels
- Schiele, Kathy
In memory of Don Schiele
- Schumacher, Matt and Jami
- Severson, Lois
- Sorlie, Richard and Bette
In honor of Bette Sorlie
- Sulland, Steve and Linda
- Thrivent Choice
- Venaccio, Michael and Vicki
- Wilson, Neil and Ann
- Zirnhelt, Clair and Ronda

GFSC Library

THANK YOU!
for the 40+ current, mint
condition best
sellers that were donated!



You should come and check them out at our library on the 2nd floor of the Senior Center! No library card needed – no checkout needed-- just take, read and return!

Homestead Credit

Sheila from the City Assessors office will be at the Grand Forks Senior Center to speak about the Senior Homestead Credit on April 12 at 1:00 pm.

Guard Your Card



Securing today
and tomorrow

Your Social Security card is *not an identification document* and, in many situations, you only need to know your Social Security number (you do not need to show the physical card).

Do You Need to Show Your Social Security Card?



Evidence for Work



Several documents can be used instead of your Social Security card. Other acceptable evidence includes:

- Birth Certificate
- Permanent Resident Card or Alien Registration Receipt
- Employment Authorization Document
- Form I-94 or Form I-94A

Evidence for Department of Motor Vehicles or Driver License (REAL ID)



The only state that requires you to show your physical Social Security card is Pennsylvania. For all other states, other acceptable evidence includes:

- W-2 forms
- Form SSA-1099
- Non-SSA-1099 forms
- Pay Stubs

For Other Benefits



You should not need to show your physical Social Security card to apply for certain benefits. You can simply provide your Social Security number for benefits like:

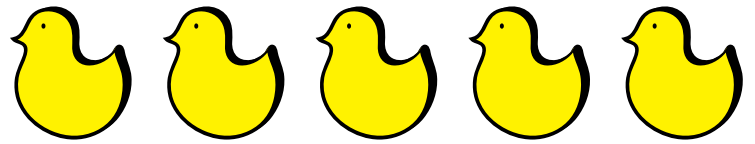
- Housing
- Health Insurance
- Food Assistance

For Tax Purposes



You do not need your Social Security card, you only need to know your Social Security number.

FUN AROUND THE CENTER



1

- 1 March Monthly Creations Easter Votive Class
- 2 Bunco is back! 1st and 3rd Thursdays.
- 3-5 Phoenix Elementary decorated bags for our Meals on Wheels clients. Thank you so much to the students for making all of us smile with your beautiful artwork! The clients were very happy to see the bags!
- 6-7 Our Wii Bowling League knows how to have a great time! We can hear them laughing and it makes us smile!



2



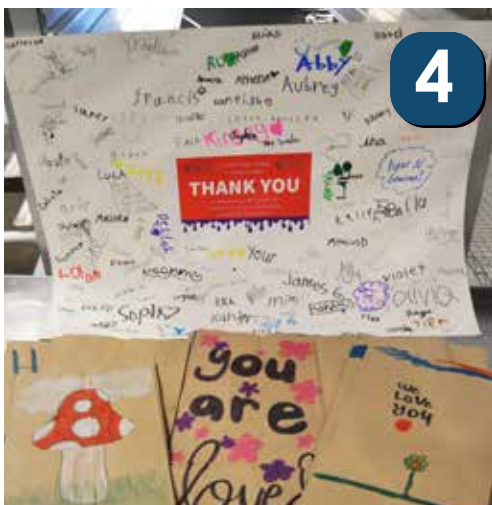
3



5



6



4



7

**Keep this sheet
for reference**

*All exercise class fees
are waived at this time.*

FREE for People 55+

No GFSC membership required

Let's Get Moving!



GF SENIOR CENTER EXERCISE CLASSES

Chair Yoga: M & W at 3:30 pm (*Hope Church*)

Ready, Set, Stretch: W at 1:30 pm (*GFSC*)

Healthy Bones AM: T & F at 9:00 am (*GFSC*)

Healthy Bones Parkview: M, W & F at 8:30 am (*Parkview Terrace - 2396 27th Ave S*)

Healthy Bones PM: T & Th at 3:30 pm (*Hope Church*)

Beginner Tai Chi for Arthritis & Fall Prevention: M & Th at 1:30 - 2:00 pm (*GFSC*)

Experienced Tai Chi for Arthritis & Fall Prevention: M & Th at 2:00 - 2:30 pm (*GFSC*)

Qigong w/Harpreet: M & Th at 2:30 pm (*GFSC*)

Requirements

- **Arrive 15 minutes before class**
- **Bring your own water bottle**
- **Social distance**
- **Bring your key tag to sign in**
- **Masks are optional**



Classes will either be held at the GFSC in the lower level activity room or, for the larger classes, at Hope Church in their commons area. Hope Church is located inside Grand Cities Mall. Class location is in parentheses in the list above.

We will continue with classes as long as the COVID numbers do not get too high. If you want to find out if we are having exercise classes, either call the Senior Center at 701-772-7245 or check www.gfseniorcenter.org or www.facebook.com/gfseniors.

Is it difficult to take care of your toenails?
Is your vision failing or do you have arthritis,
which can make this task difficult? Whatever the
reason, if you are 60 or over, you can have your
foot care done by nurses at the Grand Forks
Senior Center. Call today for an appointment.

Foot Care Appointments

APPOINTMENTS AVAILABLE-

Please call 701-757-4878 to make
a foot care appointment at the
GF Senior Center or at one of the
satellite foot care clinics listed here
(by appointment only).

Apr 6	Tolna Lutheran Church 220 Main Street, Tolna	9:30 am - Finish
Apr 20	Nelson Co. Courthouse 210 B Ave. West, Lakota	9:00 am - Finish
Apr 21	Nelson Co. Courthouse 210 B Ave. West, Lakota	9:00 am - Finish
Apr 27	McVille Fire Hall 203 Baldwin Street, McVille	9:30 am - Finish

Guidelines to keep clients and staff safe:

- Nurses are equipped with proper equipment.
Clients will wear a mask correctly during the entire foot care appointment.
- You must call and reschedule your appointment if you are not feeling well in any way.

If you are unvaccinated, you will need to reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 within two weeks prior to your appointment.

The second entree option is available for sit-down meals at the Senior Center.
Menu is subject to change based on availability of food and supplies.

APRIL 2022- Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$6 Breakfast; \$11 Lunch. Please contribute what you can.

Suggested Donation is \$2.00 for Breakfast; \$4.25 for Lunch. EBT/SNAP and Credit Cards are accepted at GFSC only. You may call in to run your card. Those under 60 years of age are required to pay the full cost of the meal.

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
Sausage Egg WW Muffin (2 cs) 3/4 oz Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Small Blueberry Pancakes (3 cs) 2 oz Turkey Sausage 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Ham & Egg on WW Muffin (2 cs) 3/4 oz Cold Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Small Denver Omelet (.5cs) Fried Potatoes (1cs) WW Toast (1cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Eggs Made to Order Hashbrowns (1 cs) 1 WW Toast (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)
Monday Lunch:	Tuesday Lunch:	Wednesday Lunch:	Thursday Lunch:	Friday Lunch: April 1
MENU SUBJECT TO CHANGE WITHOUT NOTICE				Fish Amondine or Baked Chicken (1cs) 1/2 c. Creamed Potato (1cs) 1/2 c. Carrots (.5cs) 1/10 Peach Pie w/top (2cs)
Monday Lunch: April 4	Tuesday Lunch: April 5	Wednesday Lunch: April 6	Thursday Lunch: April 7	Friday Lunch: April 8
3oz Pork Tidbits in Gravy OR 3 oz Beef Stroganoff 1/2 c Egg Noodles (1 cs) 1/2 c Mixed Vegetables (.5 cs) 1/2 c Apricots (1 cs)	2 oz Sloppy Joe on WW Bun (2 cs) or Fishburger on WW Bun (2 cs) 8 oz Corn & Potato Chowder (1 cs) 2 Carrot Sticks Angel Food Cake with 1/2 c Berries & Topping (1 cs)	1 c Hungarian Goulash (1cs) OR 3 oz Chicken Royale (.5cs) 1/2 c Augratin Potato (2cs) 1/2c Green Beans 2" sq Pumpkin Bar w/frost (3cs)	3 oz Swiss Steak with Onions and Tomatoes or Orange Chicken (2 cs) Small Baked Potato (1cs) 1/2 c Sliced Carrots 1/2c Tapioca Pudding (1cs)	3 oz Salmon OR 3 oz Baked Chicken Fried Steak (1 cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Pear Sauce (1 cs)

Sit-Down Breakfast - Served 8:30am - 9am

Drive-Thru Lunch - Served 11:30am - Noon

Sit-Down Lunch - Served Noon - 12:15pm

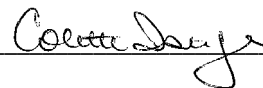
Frozen Meals available for pick-up anytime. Call 701-757-4869 to place an order. Frozen meals are \$3.50 each.

Monday Lunch: April 11	Tuesday Lunch: April 12	Wednesday Lunch: April 13	Thursday Lunch: April 14	Friday Lunch: April 15
3 oz Meatloaf (.5 cs) or Italian Chicken 1/2 c Parslied Buttered Potatoes (1 cs) 1/2 c Broccoli Cuts 1/2 c Applesauce (1 cs)	3" Sq Lasagna (2 cs) or Tuna Casserole (2 cs) 1/2 c Green Beans 1 Slice French Bread (1 cs) 1/2 c Fruit In Gelatin (2 cs)	3 oz Hot Beef or Hot Turkey 1/2 c Mashed Potatoes & Gravy (1 cs) 1/2 c Mixed Vegetables (.5 cs) Small Orange (1 cs) Bitzy Frosted Brownie (2cs)	3 oz Cranberry Chicken (1 cs) 1/2 c Cooked Cabbage or Sausage with Kraut Small Baked Potato (1 cs) 1/2 c Peach Sauce (1 cs)	CLOSED GOOD FRIDAY
Monday Lunch: April 18	Tuesday Lunch: April 19	Wednesday Lunch: April 20	Thursday Lunch: April 21	Friday Lunch: April 22
3oz Pork Chop in Gravy or 3oz Baked Fish 1/2 c. M. 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) OR Taco Salad (2cs) 1/2 c Peach Sc (1cs) Sm Rice Krispie Bar (2cs)	3oz Crispy Chicken (1cs) or Pork Roast w/ gravy Sm Baked Potato (1cs) 1/2c Green Bean Casserole (1cs) 1/2 c Plum Sc (1cs) Sm Cookie (2cs)	3 oz Salisbury Steak in gravy (.5cs) or Chicken Parmesan 1/2 c M. Potato/gravy (1cs) 1/2 c. Cooks Choice Vegetables (.5cs) 1/10 Fruit Pie w/top (2cs)	3oz Porcupine Meatballs in Gvy (.5cs) or Applesauce Ribs (1 cs) 1/2 c. Mashed Potato/gravy (1cs) 1/2 c Corn (1.5cs) 1/2 c Tropical Fruit Salad (1cs)
Monday Lunch: April 25	Tuesday Lunch: April 26	Wednesday Lunch: April 27	Thursday Lunch: April 28	Friday Lunch: April 29
3oz BBQ Chicken (.5cs) or 3 oz Stuffed Pepper (.5 cs) 1/2 c Augratin Potato (1cs) 1/2 c. Harvard Beets (1cs) 1/2 c Mandarin Oranges (1cs)	Tator Tot Hotdish (2cs) or Chix Wild Rice Cass (2cs) 1/2 c Coleslaw (.5cs) Sm Orange (1cs) Sm Rice Krispie Bar (2cs)	3oz Polynesian Meatballs (.5cs) or Pork Chop in Gravy 1/2 c Buttered Rice (1cs) 1/2 c. Oriental Blend Veg (.5cs) 1/2 c Pear Sauce (1cs)	3 oz BBQ Chicken Small Baked Potato (1 cs) or 8 oz Beef Stew (.5 cs) 1/2 c Whole Baby Carrots (.5 cs) 1/2c Peach Crisp w/top (2cs)	3oz Cabbage Roll (.5cs) or Fish Almondine 1/2 c Buttered Potatoes (1 cs) 1/2 c Peas (1 cs) 1/2 c Fruit Cocktail Sauce (1 cs)
Breakfast (8:30-9:00am) and Lunch (Noon-12:15) Served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices at the Senior Center only.	Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g 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		No reservations required at the Grand Forks Senior Center (620 4th Ave South). Reservations required at these sites: Homestead-1639 24th Ave South from 11:45-12:15; The Link-300 Cherry Street from 11:15-11:30. Visit your site by the day before to make your reservations.	

1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (1cs); and margarine are available with each lunch .

Date: 2/14/2022

Licensed Registered Dietitian #13899



Colette Iseminger, MS, RD, LRD



Thank you to Ryan Potato Company for donating over 600 pounds of potatoes to the Grand Forks Senior Center!

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. **Masks and social distancing are encouraged.** Rides within GF and EGF city limits only.

Paid Advertisement

**Thank you for
trusting us with
life's most
tender moments.**

hrrv.org | (800) 237-4629



Celebrating **40** Years

Meal Delivery Volunteers Needed

The Grand Forks Senior Center is in need of meal delivery volunteers. Would you consider this special volunteer opportunity? Please contact the Senior Center at 701-757-7245 if you are interested in helping deliver meals between 10:30am-12:30 pm, Monday-Friday. Thank you for helping keep our older adults fed & safe!

Paid Advertisement



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.lifeatmapleview.com



620 4th Ave. S.
Grand Forks, ND 58201
701-772-7245
www.gfseniorcenter.org

Like us on Facebook!
www.facebook.com/gfseniors

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



The Grand Forks Senior Center will be CLOSED Friday, April 15, 2022

TECH **Talk** Classes

Tuesday, April 12 at 2:30pm

TECH Talk Classes are a time to learn about technology on which we are becoming more dependent. Amanda will be teaching a class the 2nd Tuesday of each month on a different tech topic. April's topic will be "Navigating the GFSC Website and Facebook Page." Bring your tablet, phone or lap top to participate. Call 701-757-4866 to register. Class size is limited.

