

The Silver Express

You are Cordially Invited to

“A ROYAL AFFAIR”
TEA & STYLE SHOW

**Tuesday, April 25th at 1:30 pm
at the Grand Forks Senior Center**

\$7/Person - Tickets Required

Tickets go on sale Monday, April 3rd at 8 am.

Dress up as if you were having tea with royalty, and join us for cheesecake, served with tea in our beautiful teacup collection. All while appreciating a fashion show featuring timeless looks curated by

Cherie Johnson. Cherie's collection is centered around fashion of the British Royal Family and the Kentucky Derby. Limited tickets available and this event is expected to sell out, so don't wait!

Purchase your tickets at the GFSC front desk.

Unpaid tickets will not be held.



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, Josee Locken, BSW	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, BSN	701-757-4868

GFSC Board of Directors

President

Alice Hoffert

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Brad Westrum

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Kathy Snider

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Mission Statement

The mission of the Greater Grand Forks Senior Citizens Association, Inc. is to provide 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 homebound people 60 and older and their spouse or caregiver of any age.
- **Home Delivered Meals:** Homebound, people of any age.
- **Bingo:** People 18 and older, according to state gaming laws.

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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.

Paid Advertisement

Safe, caring living environment

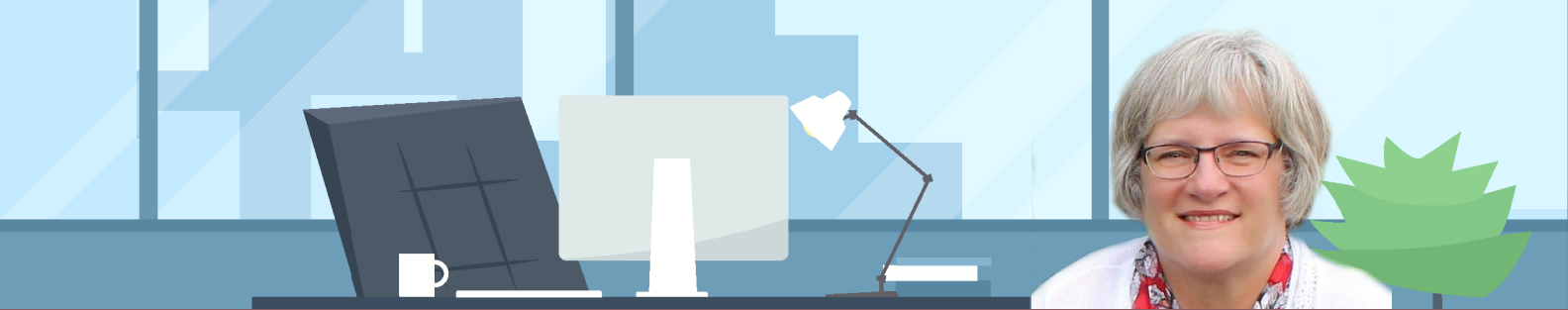


a Basic Care Facility with adjoining affordable senior housing apartments

Nursing care, activities, meals, and other services

Government assistance accepted.

stannesguesthome.org
(701) 746-9401



From the Director's Chair by Colette Iseminger

It's time to get back to a more normal operation here at the Grand Forks Senior Center. Starting in April, we will be backing off most COVID precautions.

- You will no longer be required to wear a mask in the health department and their plastic hanging dividers are going to come down. Nurses will continue to mask.
- Masks are optional now, but feel free to protect yourself by wearing one. Masks will no longer be provided so if you would like to wear a mask while at the Grand Forks Senior Center, you will need to bring your own.
- The front desk will be keeping their plastic dividers as it has helped keep the staff in that area healthy.
- **PLEASE stay home if you are at all sick.** We cannot emphasize this enough. There are many illnesses circulating and the population we serve has a decreased immune system. Also, if too many staff get sick, we will be unable to serve you at full capacity. If you are at the Grand Forks Senior Center and staff sees that you are under the weather, we will ask you to leave. Our main priority is to keep everyone healthy!
- Free COVID test kits will continue to be available in our lobby until GF Public Health runs out of their supply.
- If you are positive for COVID, even if you are not sick, you need to stay home for at least five days and wear a mask at all times on days six through ten.

Enjoy the beautiful days of spring!

'Til Next Time,

Colette Iseminger
Executive Director





Saturday, April 29, 8 am - Noon
Drive thru event at the Grand Forks Senior Center

Shred Event

Fight fraud, shred instead! Join AARP North Dakota and the Fraud Watch Network for a free document shredding

drive thru/ drop-off event under the canopy at the Grand Forks Senior Center. Register today. For convenience and efficiency, pick an hourly time slot between 8 a.m. and 12 p.m. on Saturday, April 29, 2023. Register at <https://events.aarp.org/ShredGF>. For people who do not have access to a computer, you may call 1-877-926-8300 to get registered.

Please note that the lines can be long right away in the morning, so you may want to choose a time from mid- to late-morning for faster service. Limit two boxes. Registration confirmation will be sent.



Activity Info

Music Monday

Mondays at 1 pm

Join us select Mondays at 1 pm as we gather and appreciate the talents of local musicians.

April 3

Joe Schmidt

April 10

Barb Graf

April 17

Chuck Gust

April 24

Too Old to Die Young

Tour the Senior Center

**Tuesday, April 4
at 9 am**

Meet in the lobby. All are welcome. No RSVP needed. Tours are given the first Tuesday of each month. Plan for an hour. You will be seated most of the time.

AARP Driver's Safety



**Wednesday, April 5
from Noon - 4 pm**

The AARP Driver's Safety course teaches valuable defensive driving skills and gives a refresher on the rules of the road. You may also be eligible for a discount on your car insurance by completing this course! Call your insurance agent to see if you qualify!

Cost of the course is \$20 for AARP members and \$25 for non-members (cash or check only). Call the GFSC front desk at 701-772-7245 to register. Class size limited.

KNOX Update

**Thursday, April 6
at 7:45 am**

Tune in to KNOX radio to listen to our monthly update with Denny Johnson! 1310 AM or 107.9 FM

Tech Talk Class

**Thursday, April 6
at 10:30 am**

How to transfer your photos from your device to the Google Cloud.

If you are running out of space on your phone or tablet, this is a great way to free up that space and to be able to access your photos from anywhere! It is recommended to sign up for a google email account before attending this class. Call 701-772-7245 to register. Class size limited.

GFSC Closed April 7

Friday, April 7, 2023, the GFSC will be closed in observance of Easter.

Bingo Payouts

February bingo payouts totaled \$2,980.25! Join us every Wed and Thurs at 1 pm for Bingo! \$2/Card.



Constant Reader's Book Club



**Monday, April 10
at 10:30 am**

(2nd Monday each month)
We will be discussing "The Round House" by Louise Erdrich. New people welcome! Book for May, "America's First Daughter" by Stephanie Dray and Laura Kamoie will be handed out at the April meeting.

Tech Support

**Wednesday,
April 12 & 19
By appointment in
the afternoon**

Need help with your cell phone, tablet, Laptop or another device? Call 701-772-7245 to schedule an appointment for tech support.

Coffee and Pie with a Cop

**Tuesday, April 18
at 1:30 pm**

Join Sergeant Kris Brown for coffee, pie and conversation. The topic for this month will be "DUIs". Blueberry pie and ice cream will be available to purchase for \$2.

FREE Legal Services for Seniors

**Thursday, April 13
from 9 am - Noon**

**Thursday, April 27
from 1 pm - 4 pm**

Call 701-852-4369 ext: 330 to make an appointment ahead of time. Walk-ins accepted as time allows.

Volunteers Needed!

Volunteers are needed for the following:

- Volunteers to deliver Meals on Wheels & Home Delivered Meals
- A volunteer to help seniors with tech support

If you would like to volunteer, please visit the GFSC or call 701-772-7245.

Visually Impaired Senior Support Group



**Tuesday, April 11
from 1 pm - 3 pm**

(2nd Tuesday of each month) in the GFSC Activity Room. If you have any questions regarding this group, contact Pam at 701-795-2719.

Thank you volunteers!

Check out the list of our wonderful 2022 volunteers on pages 12-13!



April 2023 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:30 am Men's Coffee 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	9:00 am Healthy Bones AM 9:00 am Tour 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management Support Group 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	9:30 am Men's Coffee 9:30 am Game Group 12:00 pm AARP Driver's Safety Class 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	7:45 am KNOX Update 9:30 am Men's Coffee 10:00 am Crochet Class 10:30 am Tech Talk 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	GFSC CLOSED Easter Weekend
10	11	12	13	14
9:30 am Men's Coffee 10:30 am Book Club 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management Support Group 11:00 am Medication Take Back - Indoors 1:00 pm Vision Support Group 1:00 pm Farkle 3:30 pm Healthy Bones (Hope Church)	9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment	9:00 am - Noon Free Legal Services 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee

Open Wii Bowling

Starting on Wednesday, April 26 at Noon

Want to learn how to bowl on a Wii gaming system?
 Join this fun group for open Wii bowling! No previous
 experience is needed. We will teach you!

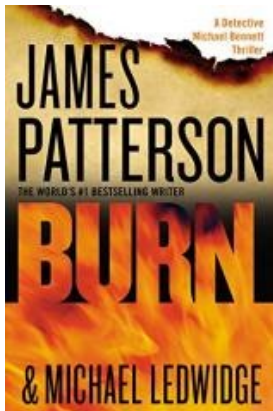
Wish List

The Grand Forks Senior Center is in need of the following:

- Size XL Depends
- 1 pound weights for exercise classes
- Toilet riser with arms

If you have these items, or if you would like to purchase them
 for the GFSC please drop them off at the front desk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>17</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>18</p> <p>9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 1:00 pm Farkle 1:30 pm Coffee & Pie w/ a Cop (\$2 for blueberry pie & ice cream) 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>19</p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment</p>	<p>20</p> <p>9:30 am Men's Coffee 10:00 am Crochet Class 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>21</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>24</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>25</p> <p>9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 1:30 pm "A Royal Affair" Tea and Style Show 3:30 pm Healthy Bones (Hope Church)</p>	<p>26</p> <p>9:30 am Men's Coffee 9:30 am Game Group Noon Open Wii Bowling 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>27</p> <p>9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:00 pm - 4:00 pm Free Legal Services 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>28</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
				<p>SATURDAY</p>
				<p>29</p> <p>8:00 am - Noon AARP Shredding Event at the GFSC. Details on Pg 5</p>



Check out our library!

Did you know we have an abundance of James Patterson books?! There is an entire shelf of hard cover books, an entire shelf of soft cover books, plus a couple of large print books all written by him. James Patterson is the world's bestselling author. He has written multiple series, as well as many stand-alone thrillers, non-fiction, and romance novels. Titles in our library include "Criss Cross", "Burn", "Cross the Line", and "Toys". Check out these or many other books from our library, located on the 2nd floor of the Grand Forks Senior Center.

ND SMP Scam of the Month

Top Scams to Watch For in 2023

Scammers respond to the latest news and trends to find new ways to scam people. Here are some emerging scams that anti-fraud experts are tracking in 2023:

Cryptocurrency and Romance Scam

Scammers combine crypto scams and romance scams, posing as internet love interests so they can convince people to download an app and invest in fake crypto accounts.

Tip: monitor your investment opportunities, keep your guard up.

Payday Loan Scam

Scammers exploit inflation offering workers fake payday loans that they claim will help people pay their pills, however, there is an upfront application fee that goes into the criminal's pocket and the applicant gets nothing in return.

Tip: be wary of anyone who asks you to pay any sort of loan fee with a gift card or some other nontraceable form of payment.

One-time Password Bot Scam

Scammers use "bots" (automated programs) to trick people into sharing the two-factor authentication codes sent to them by text or email from financial institutions. The bot makes a robocall or sends a text that appears to come from a bank asking you to authorize a transaction. It is actually the "bot" that is trying to log into your bank account.

Tip: never share authentication codes or provide other information in response to an unsolicited phone call or text.

Puppy Purchase Scam

Scammers will try to exploit animal lovers by offering cute puppies for sale on the web. Most of these are fake websites.

Tip: If you spot a puppy on a website, do a reverse image search to make sure it's not a photo stolen from another site.

You can also go to your local animal shelter and check out pets that are available there before searching online.

Insist on seeing the pet in person before paying any money.

Check Washing Scam

Checks are still used by some scammers to exploit money from unknowing people. One trick is "check washing." The scammer steals checks from mailboxes and then bathes them in household chemicals to erase the original name and dollar amount, leaving blank spaces they can fill in.

Tip: The Postal Service recommends depositing your outgoing mail in blue collection boxes. At home, avoid leaving mail in your mailbox overnight.

Free-gift QR Code Scam

Scammers put fake codes over real ones to exploit people who like the convenience of barcodes to look at restaurant menus or to make payments. Then a scammer may call and say they are sending a QR code to your phone, in reality, the QR code may take you to a malicious website.

Tip: If you receive a QR code out of the blue, contact the person or company that supposedly sent it to make sure it is real.

Scammers are Targeting Taxpayers

The IRS is cautioning people to watch out for scammers who target taxpayers, especially during tax season. Scammers attempt to get unsuspecting people to turn over their tax returns and even threaten jail time or arrest. Scammers will also tell people there was a problem with their tax return and request personal information.

Tip: If such a call comes in, hang up immediately. Do not engage them any further. Under no circumstances give them any money or any personal information.

New Medicare Cards

Scammers are calling Medicare beneficiaries asking them to verify their Medicare number so they can issue a new card. **Medicare is NOT issuing new Medicare cards**, not plastic cards, not microchipped cards, not cards with a magnetic strip, and Medicare is certainly not issuing cards with **new enhanced benefits**.

Tip: Medicare will never call and ask for your Medicare number, they already have that information. Medicare DOES NOT make unsolicited phone calls to beneficiaries.

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

This project was supported, in part, by grant number 90MPPG0021, from the Administration for Community Living, Department of Health and Human Services. Points of view or opinions do not necessarily represent official Administration for Community Living policy. Like us on Facebook: North Dakota Senior Medicare Patrol

The information provided is intended to be a general summary only. Source of information: Kiger, P. (04 Jan 2023) AARP Website. Information retrieved from: <https://www.aarp.org/money/scams-fraud/info-2023/top-scammer-tactics-2023.html> and Senior Medicare Patrol Program. (8 March 2022). People report Medicare card scams. *SMP Resource Center*.



2022 Volunteers - Our volunteers are extraordinary!

235 volunteers/groups of volunteers provided 13,317 hours of service in 2022!

Presidential Awards

GOLD (500+ hrs)

Laternus, Jim (1128)

SILVER (250-499 hrs)

Akset, Colleen (319)
 Altendorf, Diane (258)
 Hoselton, George (392)
 Lund, Alice (381)
 Nelson, Dennis (286)
 Rost, Robert (305)

BRONZE (100-249 hrs)

Albrecht, Evelyn (154)
 Aymond, Anthony (104)
 Bekkedahl, Isabelle (223)
 Berry, Connie (121)
 Denault, Janis (162)
 Fischer, Maria (238)
 Gapp, Connie (108)
 Heap, Dennis (200)
 Hoffert, Alice (234)
 Hoffert, Rodger (214)
 Hursh, Ken (136)
 Huss, Rex (115)
 Iverson, Avis (147)
 Johnson, Beverly (102)
 Johnson, Merritt (139)
 Knupp, Michele (104)
 Lehn, Faye (107)
 Larson, Nina (100)
 Samson, Daniel (236)

Samson, Sandra (100)
 Schaper, Nancy (108)
 Schumacher, Judy (120)
 Venaccio, Michael (165)
 Walz, Larry (104)
 Westrum, Bradley (100)
 Wood, Allen (100)

18-99 hours

Allan, Beverly
 Alvey, Jacob
 Anthony, Michael
 Bethke, Glenn
 Borkowski, Joyce
 Brito, Luis
 Britton, David
 Buckley, Ann
 Burud, Austin
 Carlton-Krese, Jasmin
 Clark, Janet
 Coleman, Michael
 Collings, Sherri
 Davis, Craig
 Deitz, Marijo
 Dickson, Jill
 Drees, Kenneth
 Drees, Maureen
 Dunham, Jean
 Dunnigan, Faye
 Dutot, Nancy
 Farrell, Joe
 Feist, Gloria
 Fenske, Claire
 Froelich, Brooke

Gause, Cully
 Graf, Barbara
 Guthmiller, Patricia
 Guthmiller, Ronald
 Hager, Delwyn
 Hanson, Carrie
 Hanson, James
 Hanson, Jeanne
 Hart, Sarah
 Hartsough, Walter
 Hendrickson, Elton
 Herrmann, Karen
 Hines, Jennifer
 Hjeldness, Robert
 Hoeger, Dorothy
 Hoeger, Patricia
 Hoffarth, Camryn
 Hoffert, LouAnn
 Humble, Robert
 Johnson, Melody
 Johnson, Roger
 Kaml, Judy
 Keeley, Charles
 Keeley, Rose
 Knutson, Kara
 Krueger, Laurie
 Kuhn, Mark
 Kvamme, Pauline
 Larson, Tom
 Lehn, Rich
 Lies, Renee
 Lileng, Pauline
 Martin, Janell
 Melvin, Makayla
 Metelmann, Roxanne
 Meuwissen, Debbie
 Middagh, Roberta

Middleton, Jean
 Mikkelson, Darlene
 Molmen, Karen
 Morin, Erin
 Norgard, Phyllis
 Odenbach, Danielle
 O'Keefe, Michael
 Olson, Kari
 Osborne, Caylee
 Pederson, Sharon
 Peterson, Joni
 Plestad, Guillermo "Enrique"
 Putbrese, David
 Reck, Phyllis
 Rohme, Gayle
 Ronkowski, Becky
 Ronkowski, Mary
 Ross, Colleen
 Rustad, Keaton
 Sandberg, Curt
 Sanford, Beverly
 Stephan, Jeff
 Stich, Max
 Thompson, Earl
 Thompson, Mary
 Thompson, Vicki
 Venaccio, Victoria
 Wahlstrand, Marcia
 Wahlstrand, Scott
 Walz, Genevieve
 Watland, Diana
 Williamson, Gary
 Willprecht, David
 Wood, Wendy
 Yagla, Judy
 Yelton, Jean

"By sharing your time and passion, you are helping discover and deliver solutions to the challenges we face - solutions that we need now more than ever. We are living in a moment that calls for hope and light and love. Hope for our futures, light to see our way forward, and love for one another.

Through your service, you are providing all three."

- From President Joe Biden's letter to the Presidential Award recipients

Thank you, volunteers! You continue to help keep older adults safe and healthy! 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 from all of us at the Grand Forks Senior Center!

Under 18 hours

Abel, Maleah
 Aipperspach, Luke
 Akset, Orlin
 Anderson, Jessa
 Anthony, Michael
 Argall, Chester
 Austin, Joyce
 Barstad, Elaine
 Bauer, JoAnn
 Bedard, Linda
 Beland, Paul
 Berg, Barbara
 Breidenbach, Joe
 Brusegaard, Beverly
 Bye, Elaine
 Clemens, Beverly
 Clinton, Brittney
 Colter, John
 Connell, Carol
 Dalton, Brooke
 Dickson, Ellen
 Dvorak, Marlene
 Fincher, Maci
 Foss, Virgil
 Frol, Beatrice
 Funk, Terry
 Gorder, Daniel
 Graham, Katie
 Grainger, Tony
 Gray, Katie
 Grzadzielewski, Senta
 Han, Sarah

Hart, Charlie
 Hart, Madyson
 Hillebrand, Casey
 Iseminger, Carl
 Iseminger, Charlie
 Iseminger, Christian
 Jobe, Brenda
 Kippley, Chelse
 Kmecik, Rachel
 Knaeble, Kate
 Knudson, Doris
 Kotowicz, Caitlin
 Kramer, Jim
 Kurtyka, Bobbie
 Lee, John
 Leeson, Lorraine
 Linback, Nancy
 Madson, Avis
 Maring, Peg
 Mattern, Alice
 Maxson, Schuy
 McCarthy, Jason
 McMahan, Jacqueline
 McNamara, Judynne
 McVeigh, Dana
 Mindeman, Becky
 Moen, Alice
 Nadeau, RaeNett
 Nielsen, Emily
 Olson, Taya
 Olson, Zach
 Oncken, John
 Pariseau, Pamela

Peterson, Noah
 Reed, Christine
 Robertson, Kandy
 Russell, Chase
 Schweitzer, Kathleen
 Sem, Brenda
 Smith, Rebeccah
 Sonterre, Lisa
 Sorby, Peyton
 Sowokinos, Joseph
 Stevens, Darlene
 Stoltman, Winnie
 Taber, Glenn
 Thielman, Gail
 Tweten, Coleen
 Uecker, Mallory
 Vaule, Cleo
 Vodden, MacKenzie
 Weisenberger, James
 Weshenfelder, Carol
 Wililamson, Linda
 Willprecht, Laurie
 Zirnhelt, Clair

GROUPS

Grand Forks Air Force
 Base
 Grand Forks Lions
 Club
 Yorhom
 Development Homes
 Scheels
 LISTEN

American Crystal
 Sugar
 Midco
 Bears Home Solutions
 Rydell
 Maurie C Byrne
 Chapter of Credit
 Unions
 True North Equipment
 GF Board of Realtors
 Dakota Commercial
 Sharon Lutheran
 Church
 Gate City Bank
 Vaaler

Please consider sharing 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.

Giving Hearts Day 2023



Keeping Seniors Healthy in 2023

Thank you to the **354** Giving Hearts Day donors for your generosity! YOU provided **\$34,225** for senior meals and a new chair for our health department. You are all amazing!

\$1,000-\$4,999

South Forks Lions Club

\$500-\$999

Alerus

Bakken, Art

Dunnigan, Faye

Martin, Janell

In honor of Meals on Wheels
volunteers

McCoy, Bill and Brenda

In memory of Claudette
McCoy

Rosencrans, Celia

In honor of Vana Blaufuss

Wetsch, Rochelle

\$250-\$499

Altendorf, Diane

Birkmaier, Skip and Nancy

Buettner, Kevin

Hagstrom, Agnes

In memory of Bud, Dale and
Merilyn Hagstrom

Hoeger, Pat

In memory of Richard Hoeger

Iseminger, Carl and Colette

Johnston, Doug and Beth

Maddock, Patrick

Millette, Keith and Rennae

Powers, Ann

Sanford, Mark and Gloria

Soli, Edith and Patricia

Vanyo, Bernice

In memory of Stephen Vanyo,

Wayne Vanyo and Angela
Theodoseau

\$100-\$249

Aafedt, Brad and Gayle

Adams, Tina

Akset, Orlin and Colleen

Albrecht, Evelyn

Anderson, Julie

Anonymous(6)

Austin, Kevin and Joyce

Berg, Betty

Bergeron, Robert and Denise

In memory of Veraine Surface

Berggren, Arden and Patricia

Blair, Alex and Stephanie

Blomquist, Phyllis

Bonzer, Ann

Bratager, David and Debra

Britton, David and Denise

Broadwell, Ray and Becky

Brueckner, Gene and Kaye

Bushaw, Jeffrey

Bushaw, Lorraine

Byzewski, Leah and Jeff

Clemens, Beverly

Construction Engineers, Inc

Cook, Leann

Cox, Dione

Cronquist, Yvonne

DeHaan, Steve and Dorrie

Deitz, Marijo

DeMars, Julie

In memory of Dale Smith

Drees, Ken and Maureen

Dunham, Ray and Anita

Dutot, Norm and Nancy

Egstad, Elsie

Elbert, Dennis and Dora

Erdmann, Ashleigh

Erdmann, Rod and Michelle

In memory of Robert Cournia

Erickson, Dennis and Cheri

Feilen, Mary

Feltman, Evelyn

Forks First Networking Group

Garske, John

Garster, Beverly

Gray, Irene

Gunderson, Robin and Arlene

Guntzburger, Marshal and Carol

Hackenberg, Delores

Hansen, James

Hastings, Donna
Hegg, Kelly
 In memory of Earl and Shirley Hegg
Heidmann, Ron and Joyce
Herrmann, Karen
Hilde, Wayne
 In memory of Melanie Hilde
Hoffert, Rodger and Alice
Hurst, Terry and Susan
 In memory of Amos and Esmer Restad
Iverson, Avis
Jacobi, Ellen
Jacobson, Corinne
Jarombek, Raymond and Joyce
Jensen, Mark and Kristi
Johnson, Bob and Carol
Johnson, Tim and Mary
Knupp, Michele
Korfhage, Mary Lou
Kuhn, Peter and Eunice
Kvidt, Dave and Pam
Lambeth, David and Cecilia
LaMoine, Connie
Lehn, Rich and Faye
Lien, Vicki and Gary
Lopez, Evonne
Luney, Daniel
Mattern, Alice
 In memory of Roger Mattern
McKenna, Terry and Mary Ann
Medd, Joel and Amy
 In memory of Dr. Stuart Grant
Melicher, Barbara
Miller, George and Jean
Mills, Faye
Mork, James and Irene
Murphy, Spud
Narlock, Joe and Stacy
Nelson, Bart and Traci
Nelson, Jerry and Marsha
Ness, Ken and Mavis
Oehlke, Jason and Amy
O'Keefe, Michael
Olson, Robert and Rose
Panico, Kristy
Pariseau, Pamela

Peterson, Kris and Allison
Peterson Farms
Prather, Loretta
Prime Steel Car Club
Red River Valley Paralegal
Reimer, James
 In memory of Vicki Reimer
Relling, Laura
Rieger, Nicole
Rowan, Dolly
Ryan, Jerry
Sanford, Beverly
Schmisek, Gail
Schommer, Darlene
Schroeder, William and Theresa
Schubert, George
Schumacher, Matt and Jami
 In honor of GFSC staff and all the seniors
Schumacher, Warren and Susan
 In memory of Stan and Dorothy Hoistad
Schweitzer, Kate
Shelton, Joe and Deborah
Shilman, Nate and Angie
 In honor of Joyce and Kevin Austin
Sieg, Peggy
 In memory of Norman Sieg
Sieg, Ruby
 In memory of Norman Sieg
Slominski, Gladys
Snyder, Bev
 In memory of Millie Howard and Gladys Snyder
Srur, George
 In memory of Albert G. Srur
Steenerson, Gary and Georgia
Stiles, Marlene and Rob
Stoltman, Greg and Winnie
Swanson, Steve and Diane
Thompson, Rod and Bonnie
 In memory of Gerri Thompson
Tonder, Marsha and Richard
Tupa, Connie
Twedell, Ray and Pat
Tweten, John and Mary
Tweton, Phyllis

Walior, Mary
Ward, Jim and Cheryl
Watland, Diana
Watling, Pauline
Westacott, Richard
Westrum, Brad and Yvonne
Williamson, Gary and Linda
Willprecht, Dave and Laurie
Woodrow, Jim and Marge
Youshefski, Jean
Zick, Roberta

Up to \$99

Aamold, Lorna
Anderson, Dan and Deb
Anderson, Sharon
Anonymous
 In honor of Gary and Elle
Anonymous (7)
Argall, Chester
Armbrust, Leland and Elaine
 In memory of Carissa
Baessler, Marilyn
Bang, Cindy
Barrett, Mary
Beach, Barb
Bedard, Lowell and Linda
Beland, Paul and Becky
Belcher, Ida
Berglund, Wayne
Bergstrom, Gary
Bjornstad, Carl
Boettner, Scott and Jodi
Bohm, Lisa
Bollman, Ginny
Borkowski, Joyce
Bostad, Curtis and Susan
Bower, Robert
Brouillard, Pat
Bruhn, Val and Sheila
 In honor of GFSC Staff
Buckley, Ann
Buethner, Tracee
 In memory of Scott Fossum
Carlson, Bruce and Judy
Carolin, Kirsten

Continued on page 16

Christ, Ed and Kelly
Christianson, Karen
Clark, Janet
Connell, Jennifer
Connell, JoAnn
Cournia, Linda
Davis, Gerri
Demmers, Deb
Denault, Janis
Dennison, Colleen
Ditullio, Jerry and Barb
Dominguez, Catarino
Drake, Melly
Elgin, Shari
 In honor of Pauline Kvamme
Ericson, Jerry and Cherylyn
Feist, Gloria
Fick, John and Kathy
Finck, James and Rosemary
Foss, Virgil
Fristad, Jim
Goeke, Jennifer
Grimes, Bonnie
Groseth, Joyce
Guenthner, Marcia
Gustafson, Bonnie
Hadlich, Carole
 In memory of Robin K. Hadlich
Hale, Richard and Sarah
 In honor of Grace Hale and
 Jacob Alvey
Hanson, Carrie
Hanson, Jeanne
Hass, Brad
Haugen, Richard and Deborah
Haynes, Joy
Heffern, Hank and Sandy
Heffern, Izola
 In memory of John Heffern
Helmstetler Gorby, Anna
Henderson, Chris
Hendrickson, Elton and Carol
Hoeger, Gordon and Dorothy
Holweger, Marjorie
Hoselton, George
Hughes, Chuck and Jean
Huss, Rex

Infeld, Greg and Cathy
Ista, Zachary
Jacobson, Marlin and Sally
Johnson, Gerald
Johnson, Jennifer
Johnson, Ken and Kathy
Johnson, Peter
Julson, Claire
Jurgens, Richard and Sharon
Kadlec, Maynard and Phyllis
Kaml, Judy
Keenan, Gerry
Kjellberg, Rodney and Marlys
Kloos, Gary and Jeanne
Knudsvig, Craig and Renae
Kolling, Deb
Koppy, John and Roseann
Korslien, Johan and Melissa
 In honor of GFSC Staff
Kotrba, Joe and Carol
Kraemer, Diane
Krese, James and Mary
Krom, Ken and Sandy
Krueger, Loren and Laurie
Kulbacki, Joseph and Jan
Kuntz, Linda
Kupitz, Phyllis
Laager, Bernice
LaBree, Heidi
 In memory of Edith Aasen
Larson, Jeff and Kristi
Larson, Mark and Nina
Larson, Van and Dee
Laternus, James
Lauster, Cheryl
LeClerc, Judy
Legg, Elaine
Lileng, Pauline
Lill, Dave and Shirley
Lindell, Neil and Kay
Lindquist, Liz
Litzinger, Karen
Lizakowski, Gloria
Loff, Carmen
Loken, Wanda
Lunde, Beverly
Lysne, David and Aida
 In memory of Magnus Lysne

Mahnke, Vickie
Martin, Evelyn "Kaye"
Marvin, Judi and Bill
Mayhair, Roland and Carol
McGurran, MaryBeth
McNamee, Judy
Mieke, Dennis
Miller, Joe and Kristin
Mitchell, Bill and Mary
Moen, Marlys
Myerchin, Gordon
Nadeau, RaeNett
 In memory of Clem and
 Danette Nadeau
Narlock, Robbie
 In memory of Richard
 Gerszewski
Nelson, Dennis and Pamela
Newhouse, Verna
Nielsen, Forrest and Emily
Nordeng, Betty
Novacek, Alta
Novotny, Jill
Nygord, Fred and Mary
Nyhlen, Bruce and Cheryl
Olson, Angela
Olson, Bev
Olson, Janelle
Olson, Kylie Jo
Olson, Pat
Papp, Monica
Paukert, David
Pederson, Haley
Peters, William
Peterson, Delores
 In memory of Glenn Peterson
 for Meals on Wheels
Peterson, Joni
Phalen, Ruth
Pic, Cynthia
Pokrzywinski, Heidi
Powell, Douglas and Renee
Pribula, Peggy
Ray, Daniel
Real Good Cookies
Rengstorf, Lucas and Amanda
Riendeau, Wayne and Mary
Ringbloom, Pete

Robertson, Dave and Gayle
Robertson, Kandy
Roos, Ruth
Rustad, Jeff and Kim
Rygg, Rick
Samson, Dan and Sandy
Sather, Gordon
Schiele, Kathy

In memory of Don Schiele
Schill, James and Judy
Schill, Ken and Mary Jo
Schmidt, Joe and Becky
Schuh, Janice
Segovia, Chico
In memory of Clem Nadeau
Severson, Lois

Sherwood, Connie
Shjerve, Shoni
Skibicki, Laurel
Soeby, Mark and Molly
Sorlie, Richard and Bette
Speare, Dave and Elaine
Spicer, Gary and Lona
Spong, Dale and Susan
St Germain, Bob and Sharon
Stahlberg, Rich and Deb
Stam, Bob and Dianne
Staples, Terri
Staveteig, Robert
Sundby, Maureen
Swangler, Frank
Swanson, Deland

Swanson, Gary and Dorothy
Taylor, Patricia
In memory of Bernice and Bill
Hollarn, Leona Czapiewski
Thibert, Joyce
Waller, Betty
Walsvik, David
Weiland, Anita
Welsh, Lloyd and Shirley
Wilkening, Betty
Wilson, Amanda
Wischer, Agnes
Wolf, Christopher
Wolfgram, Wesley and Emmy
Wunderlich, Julie
Young, Patty

Donations & Memorials

Thank you so much to our generous donors who support older adults! Brighter Side Society Members are designated by the * symbol. The gifts below were received from February 10, 2023 to March 6, 2023.

Donations of \$1,000-\$4,999

Altru Health Foundation
Grant for Nutrition Pilot
Program
RETRAX
Sowokinos, Joe and Janice

Donations of \$100-\$249

American Legion Post #157
Anonymous
Bank, Beth
In memory of James Novacek
Drees, Ken and Maureen
Gate City Bank
Dennis Elbert match
Graupe, Owen and Marlene
Lofberg, Janice
Midland National Life Insurance
Corinne Jacobson match
Pedersen, Melvin
Wakefield, Richard and Aida

Donations up to \$100

AmazonSmile
4th quarter distribution
Belobraydic, Matt and Rochelle*
Broadwell, Ray and Becky*
Buckley, Ann*
Coauette, Shirley
Dvorak, Marlene*
Halverson, Mary Jane
Hammerstrom, Tooker*
Hanson, Dennis and Barbara
Hebert, Robert and RoyLene
Helgerson, Donna*
In memory of my husband,
Arral (AJ)
Herrmann, Karen*
Iseminger, Carl and Colette*
Lunde, Beverly
In memory of Doris Vinger
Mattern, Alice*

Meals on Wheels America

Jiffy Lube Do More
Fundraising Campaign
Meta Payments
Ryan, William and Kerry
Sandberg, Curt and Lone*
For Meals on Wheels
Schiele, Kathy*
In memory of Don Schiele
Schumacher, Matt and Jami*
Sulland, Steve and Linda*
Vein, Jerry and Mary*
Venaccio, Michael and Vicki*
Verke, Karen
In memory of Mardene
Slaathaug for the meal
program
Westrum, Brad and Yvonne*
Yagla, Phil and Judy
Zirnhelt, Clair and Ronda*



1

Fun in the Center

- 1 Breakfast crowd
- 2 MOW volunteers have fun dressing up!
- 3 Coffee & Pie with a cop
- 4 Big group for chair yoga!
- 5-8 Giving Hearts Day 2023



2



5



3



6



4



7



8

Seniors & SNAP: 5 Myths Busted

Get help paying for healthy food!

The Supplemental Nutrition Assistance Program (SNAP) helps over 4 million seniors aged 60+ buy healthy food every day. Get the facts—then see how to apply at www.BenefitsCheckUp.org/getSNAP.

1 Myth

SNAP is only for families with children.

Fact

SNAP is for everyone who qualifies, including seniors.



2 Myth

I'll only get \$15 a month, so it's not worth applying.

Fact

The average national SNAP benefit for a senior living alone is \$104 a month.



3 Myth

Other people need SNAP more than I do.

Fact

Everyone who enrolls in SNAP will get help. By applying, you are not taking benefits away from others.



4 Myth

No stores near me accept SNAP.

Fact

Over 250,000 grocery stores and farmers markets across the country accept SNAP to pay for food.



5 Myth

It's too hard to apply for SNAP.

Fact

Depending on where you live, you can apply online, by mail, or in person—and get one-on-one help if you need it.



Visit www.BenefitsCheckUp.org/getSNAP to get your application now!
You can also call the Grand Forks Senior Center at 701-772-7245 and ask for "Resources"

Foot Care Appointments

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. Suggested donation of \$30 for foot care at the Grand Forks Senior Center and \$35 for home visits or visits in rural communities.

APPOINTMENTS AVAILABLE: Please call 701-757-4878 to make a foot care appointment at the GF Senior Center (Open Monday-Friday during regular business hours) or at one of the satellite foot care clinics listed here (by appointment only).

Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

April 25 Aneta Community Center, 219 Main Avenue, Aneta 9:00 am - Finish

Revised guidelines to keep clients and staff safe:

- Nurses are properly equipped for the safety of all individuals.
- Client masks will be optional starting April 3rd. Please bring one with you if you want to wear a mask. The Grand Forks Senior Center will no longer provide masks.
- You must call and reschedule your appointment if you are not feeling well!

Please help to keep our nurses healthy to serve you!

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

APRIL 2023 - Grand Forks Title III Older Americans Act Food Program

Suggested contribution for seniors is \$2 for Breakfast; \$4.25 for Lunch. Please contribute what you can. Cash, Check, EBT/SNAP and Credit Cards are accepted at the GFSC. You may call 701-772-7245 to pay with your card. Those under 60 years are required to pay the actual cost of the meal unless your spouse is over 60. The actual cost of the meals are: \$6.50 for Breakfast; \$11.75 for Lunch. 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.

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
Sausage Egg WW Muffin (2 cs) Whole Grain Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs)	Egg Made to Order Hashbrowns (1 cs) 2 WW Toast (2 cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs) 1 margarine	Egg on WW Muffin (2 cs) Whole Grain Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs)	Small Omelet (.5cs) 2 WW Toast (2cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs) 1 margarine	Oatmeal (1.5cs) 1 Hard boiled egg 1 sm Bran muffin (1cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs) 1 margarine
Monday Lunch:	Tuesday Lunch:	Wednesday Lunch:	Thursday Lunch:	Friday Lunch:
Sit-Down Breakfast - Served 8:30 am - 9 am Drive-Thru Lunch - Served 11:30 am - Noon Sit-Down Lunch - Served Noon - 12:15 pm		You will see some changes to the menus as we move to be back in compliance with the federal and state nutrient requirements. Meals need to supply 1/3 of the Dietary Reference Intake AND meet the Dietary Guidelines for Americans 2020-2025. We are also trying some new recipes and ways of cooking over the next few months.		
Monday Lunch: April 3	Tuesday Lunch: April 4	Wednesday Lunch: April 5	Thursday Lunch: April 6	Friday Lunch: April 7
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) 1 bread (1cs)	2 oz Sloppy Joe on WW Bun (2 cs) or Fishburger on WW Bun (2 cs) 8 oz Corn & Potato Chowder (1 cs) 3 Carrot Sticks Angel Food Cake with 1/2 c Berries & Topping (1 cs) No Additional Bread	1 c Hungarian Goulash (1cs) OR 3 oz Chicken Royale (.5cs) 1/2 c Au gratin Potato (2cs) 1/2c Green Beans 2" sq Pumpkin Bar w/frost (3cs) 1 bread (1cs)	3 oz Swiss Steak with Onions and Tomatoes or Orange Chicken (2 cs) over 1/2c Rice Blend (1cs) Small Baked Potato (1cs) 1/2 c Sliced Carrots 1/2c Tapioca Pudding (1cs) 1 Bread (1cs)	CLOSED GOOD FRIDAY

Frozen meals

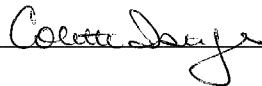
Are available for pick-up anytime we are open. Call 701-757-4869 to place an order. Frozen meals are a suggested contribution of \$3.50 each. A list of current frozen meals can be found at gfseniorcenter.org/frozenmeals. This list is updated daily.

Monday Lunch: April 10	Tuesday Lunch: April 11	Wednesday Lunch: April 12	Thursday Lunch: April 13	Friday Lunch: April 14
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) No additional bread	3 oz Hot Beef or Hot Turkey 1/2 c Mashed Potatoes & Gravy (1 cs) 1/2 c Mashed Sweet Potato(1 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 Spiced Peaches (1 cs)	3 oz Salmon w/Dill Sc OR 3 oz Baked Chicken Fried Steak (1 cs) over 1/2c Rice Blend (1cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Pear Sauce (1 cs) 1 bread (1cs)
Monday Lunch: April 17	Tuesday Lunch: April 18	Wednesday Lunch: April 19	Thursday Lunch: April 20	Friday Lunch: April 21
3oz Pork Chop in Cream 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) No bread	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) 1/2c. Roasted Brussels Sprouts 1/10 Fruit Pie w/top (2cs)	3oz Porcupine Meatballs in Gvy (.5cs) or Lemon Pepper Fish 1/2 c. Mashed Potato/gravy (1cs) 1/2 c Corn (1.5cs) 1/2 c Tropical Fruit Salad (1cs)
Monday Lunch: April 24	Tuesday Lunch: April 25	Wednesday Lunch: April 26	Thursday Lunch: April 27	Friday Lunch: April 28
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) 1 bread (1cs)	3oz Polynesian Meatballs (.5cs) or Pineapple Glazed Pork Chop 1/2 c Rice Blend (1cs) 1/2 c. Oriental Blend Veg (.5cs) Med Apple (2cs) 1 Bread (1cs)	3 oz Herb Chicken Small Baked Potato (1 cs) or 8 oz Beef Stew (.5 cs) 1/2 c Lemon Parsley Carrots 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); 2 Whole Wheat Bread (unless noted) (2cs); and 1 margarine are available with each lunch .

Date: 2/14/2023

Licensed Registered Dietitian #13899



Colette Iseminger, MS, RD, LRD

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.

**ND Aging &
Disability
Resource Link**

for information
on senior services
in North Dakota, you
may contact the
following:

Phone:

1-855-462-5465

Website:

carechoicend.
assistguide.net

theBIGevent
one big day. one big thanks.

UND's Big Event is still taking task submissions. Tasks include, but are not limited to: raking, painting, picking up garbage, washing windows, (these items can be in the garage, but not in the house).

Submit job requests online at <https://tinyurl.com/BigE23> or by calling Kristi at UND at 701-777-6468. **The deadline for job request submittal is April 7. The Big Event will take place on Saturday, April 29, 2023.**

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 pr@gfseniorcenter.org. If you live outside of Grand Forks or Nelson county, you will need to become a member in order to get the newsletter by mail.



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



Grand Forks Senior Center
April 2023
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

Grand Forks Senior Center
will be closed Friday, April 7
in observance of Easter

Medication Take Back Event

Tuesday, April 11, 11:00 am - Noon

Unused medications kept at home can be a danger if young children visit. In partnership with the GF Sheriff's Department, Safe Kids GF will be hosting a Medication Take Back event **inside** the Grand Forks Senior Center. Bring any outdated or unused over-the-counter or prescription medications for disposal in their original containers and someone from the Sheriff's office will be here to collect them in the lobby.

