

# The Silver Express

All drivers coming through the meal drive-thru are now required to wear masks. That will help keep the staff of the Grand Forks Senior Center safe.

## Card Party for Retirees: Libby & Sue



This pandemic has taught us to get creative in our celebrations, so we will be throwing a **"Card Party"** for **Libby Kathman and Sue Quirk**, both of whom have retired from the GF Senior Center since the pandemic began. If you would like to congratulate or show your appreciation for Libby and/or Sue, please send individual cards no later than August 31, 2020. Below is an example of how you can address the cards. Better yet, cut out these address labels!

Grand Forks Senior Center  
Att'n: Libby Kathman  
620 4th Ave S  
Grand Forks, ND 58201

Grand Forks Senior Center  
Att'n: Sue Quirk  
620 4th Ave S  
Grand Forks, ND 58201



In September 1986, **Libby Kathman** started working at the Senior Center. She worked in various areas, but most recently as a resource coordinator and senior health insurance counselor. At one point she left the Senior Center for four years, but returned in April 2004.

Libby said the most enjoyable thing about her job was helping people access programs they needed to make their lives a little better. With the SHIC (senior health insurance counseling) program, she was able to help seniors understand the choices they had when choosing

*(see **Kathman**, continued on pg. 5)*



**Sue Quirk** was hired as a resource coordinator in February 2011 and eventually became the Meals on Wheels/Home Delivered Meals service coordinator. She also served as a backup to the Meals on Wheels coordinator.

The part of Sue's job she enjoyed most was helping seniors, but also visiting with them and listening to their stories. Because she stepped back when COVID-19 became more prevalent in our community, she regrets not having been able to say good-bye. Sue

*(see **Quirk**, continued on pg. 5)*

# 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 .....	701-757-2006
Home Delivered Meals (HDM) <b>Paula or Rhonda</b> .....	701-780-5169
Resources Manager & Nelson Co, <b>Joyce Austin</b> .....	701-757-4881
Activity Manager, <b>Ranea Johnson</b> .....	701-757-4866
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

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## 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 Currently CLOSED

**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.

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). We currently print 2,200 Silver Express newsletters each month and mail 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, email Jami at [jamis@gfseniorcenter.org](mailto:jamis@gfseniorcenter.org) and let her know.



# The Silver Express<sup>®</sup>

August 2020



### MEMBERSHIP NOTE!

GFSC memberships are now half-price for the remainder of the year. \$10 for an individual and \$15 for a couple. You can either print and mail a form from [www.gfseniorcenter.org/membership](http://www.gfseniorcenter.org/membership) or call 701-772-7245.

Support the GFSC with a membership.

- 4 From the Director's Chair
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- Back \$20,000 Beringer Gift

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](http://www.immapartments.com) • 701-780-8162



# From the Director's Chair by Colette Iseminger



## And It Goes On . . .

We are as frustrated with this pandemic as you are! As I write this, we are four months into having our building closed and doing a drive-thru for meal pick up. Because of the population we serve, that might not end for a long time. Please know we are busy trying to meet all of your needs, but we have hurdles to overcome.

- In April and May, we had ten staff who were laid off or stepped back. That's one-third of our staff. Two have since retired and four have been called back.
- Each area we reopen has to have a safety plan completed and in place to make sure you and the staff are safe.
- We have space issues, which makes it difficult to do anything in our building with the social distancing guidelines. Because the number of meals we prepare is up substantially, most of our dining room is currently used for storage and preparation for the Meals on Wheels and drive-thru meals.
- ND Aging Services officially closed all of the state's congregate meal sites in



*I am reminded of the opening line to a popular soap opera, "Like sands through the hourglass, so are the days of our lives."*

mid-March. We know they will remain closed through the end of August for sure. As of this writing, active cases in Grand Forks are going up again, which puts you and our staff at risk if we were to reopen the dining room.

- We are currently conducting a phone survey of people who were in our building from November through March. We are checking in with them to see if they live alone, if they have family or friends who are assisting them or can assist them, and if they have internet and a computer, tablet, or smartphone. We are also updating addresses and phone numbers at this time. So if you see a call from the Senior Center and you weren't expecting one, it's probably for the survey.

Hang in there, everyone. We will get through this together. Before you know it, we will be opened up again with a lot of fun activities planned.

Til Next Time,  
Colette Iseminger  
MS, RD, LRD  
Executive Director

*(Kathman, continued from cover)*

Medicare drug plans and supplemental insurance. Living on fixed incomes sometimes leaves seniors with unmet needs. Being able to help them find programs that fit those needs was rewarding for Libby.

Libby's favorite work memory is of a low-income, 96 year-old widow referred to her by one of the Health nurses. She helped the widow get a Housing Choice Voucher to lower her rent, got her on Medicaid and Food Stamps, helped her get coverage for an expensive medication, and placed a Senior Companion for weekly visits.

Libby always told people she couldn't

wave a magic wand to make them wealthy, but often she could connect them with programs to help ease their financial crunch (property tax credit, rent rebate, low income subsidy, commodities, etc.).

When asked about her retirement plans after the pandemic, she said, "It's hard to picture when the pandemic is 'over.' Right now I stay busy with my yard, I read a lot, and I am working on a book of family history for my grandchildren. My grandchildren are able to visit several times a week, so I am never bored. I am looking forward to visiting the Senior Center as an official senior when it is operational again." ■

*(Quirk, continued from cover)*

said, "It has been a privilege and honor to work with each of you. You have enriched my life in ways you will never know. Thank you for that."

Sue shared the part of her job that she felt was most valuable to older adults was educating them on available services and assisting them with getting the services they needed. So often seniors would tell her they didn't know all of these services were available in our community for seniors.

A favorite work memory for Sue was

when the staff, in October 2014, dressed up in Wizard of Oz costumes and performed a dance for seniors on Halloween. Sue was the cowardly lion.

As far as retirement plans after the pandemic, Sue said, "I don't have any big plans. I will spend time reading, watching westerns (ha ha), playing my guitar, and visiting with friends and neighbors. I'm looking forward to spending more time with my family. I would also like to go out to eat and shop once in a while." ■

## Have You Been Invited to Zoom?

Have you been invited to Zoom? Zoom is a popular video communication tool. While the Grand Forks Senior Center cannot provide this kind of technical



assistance, the UND Geriatrics department has provided us with easy-to-use Zoom instructions for either desktop computers or smartphones/tablets.

You can find these instructions on the Senior Center's website at [www.gfseniorcenter.org/stayingengaged](http://www.gfseniorcenter.org/stayingengaged).

After going through these instructions, if you are still having problems using Zoom, contact Meghan Jeanotte at the UND Geriatrics department at 701-777-6936 and leave a message. She will have a UND student return your call and assist you.

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
<p><b>List 3 things:</b> you love about your favorite TV show or movie</p>	<p><b>Complete:</b> 20 arm curls 20 knee lifts 20 ankle rolls</p>	<p>Take a Walk <b>OR</b> Get some Sun!</p>	<p><b>Take 3 deep breaths!</b> In through your nose, count 1...2...3... Hold, count 1...2...3... Out through your mouth, count 1...2...3...</p>	<p><b>Clean out your junk drawer!</b> Throw away garbage and wash the drawer</p>
<p><b>List 3 things:</b> that you are grateful for today!</p>	<p><b>Call:</b> a senior center friend or a family member!</p>	<p><b>Clean out your pantry/cupboards.</b>  How many expired items do you have?</p>	<p><b>Share:</b> an easy recipe</p>	<p><b>Name all 50 States!</b> NO CHEATING!</p>
<p><b>Drink 64 oz. of water in one day!</b>  Daily Suggestion Source: webmd.com</p>	<p><b>Stimulate your mind!</b>  Complete one crossword, word search, Sudoku or other puzzle</p>		<p><b>Reminisce!</b>  Look through old photos</p>	<p><b>Listen to music that makes you happy!</b></p>
<p><b>Take a selfie!</b> Send to a friend</p>	<p><b>Write about:</b> A positive &amp; memorable time in your life.</p>	<p>How many words can you come up with in two minutes using the letters from: <b>CORONAVIRUS</b></p>	<p><b>Mail:</b> a friend or family member a letter</p>	<p><b>Play a Card Game!</b></p>
<p><b>Make something creative</b> (Ex. Cooking, drawing, craft, etc...)</p>	<p><b>Pay it forward!</b> Give someone a compliment</p>	<p><b>List 3 things:</b> you love about your local Senior Center!</p>	<p><b>Write down:</b> a piece of advice you would give to younger generations.</p>	<p><b>Purge!</b> Go through your purse, glove compartment, or wallet and clean it out well.</p>

**HOW TO PLAY:** Complete a row vertically, horizontally, or diagonally. When you have achieved a BINGO, call Ranea at 701-757-4866 or the general number at 701-772-7245. **We will enter one ticket into a raffle with your name and phone number on it.** Only one entry per person, but we challenge you to bingo as many times as you can just for the fun of it. The winner of the raffle will be drawn in early September and notified by phone.



The information on this page was provided to us  
by North Dakota Senior Medicare Patrol.

## Turn the Tables on Scammers

**Scammers follow the headlines.** As the headlines change, so will the scams. With so many people isolated due to coronavirus, more people are emotionally vulnerable to a scammer's deception. Scammers use psychological tricks, exploiting fears fueled by the COVID-19 pandemic.

When someone is alone, a friendly voice on the phone or a message on social media can be a bright spot in their day. In uncertain times, everyone, not just seniors, rely on what other people tell us.

- Scam callers may sound like official-sounding sources such as the IRS or Centers for Disease Control and Prevention (CDC), misreporting or making up advice from experts.
- Sometimes scammers use the individual's intelligence against them by complimenting their intelligence and ability to understand the so-called opportunity.
- Schemes involving fake charities, online romance partners in need and grandchildren stranded away from home without cash are the types of scams that ask for help in hard times.
- Scammers manipulate individual's fears in these uncertain times of job loss, stock market tumbles and virus risks by offering too-good-to-be-true opportunities. These types of scams work by relieving consumer anxieties.

How to you take charge and turn the tables on these scammers:

- **Cut them off.** Hang up on callers or delete email messages with unsolicited offers and don't answer the phone if it is an unknown number.
- **End suspicious online friendships.** This is not the time to trust strangers!
- **Nurture real friendships.** Be in touch with family, trusted friends and neighbors.
- **Do your homework.** If a caller claims to be from the IRS or even your bank, call to verify, but remember to look up the number, don't use the number showing on caller ID, this could be a "spoofed" number.

**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](mailto:ndsmp@minotstateu.edu) or call 1-800-233-1737 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: AARP Bulletin/Real Possibilities. *The psychological tricks of COVID-19 scammers.* June 2020.

**North Dakota Senior Medicare Patrol Phone: 800-233-1737 or (701) 858-3580**  
For more information or to locate your SMP, visit [www.ndcpd.org/smp](http://www.ndcpd.org/smp)



Frost Fire Theatre is a favorite day trip for the Grand Forks Senior Center. This summer there is an opportunity to enjoy it virtually. See the directors' notes on the next page.

*The Show Must Go On!*  
**Frost Fire Summer Theatre**  
Presents

**Just 4 You**TUBE

A Virtual Entertainment Series

Produced and Directed by Amy Jo & David Paukert



July 25 - 31



August 1 - 7



August 8 - 14



August 15 - 21

**SAVE THE DATES**

Join us this summer  
as we present four musical comedy shows  
made **Just 4 You** by our talented Frost Fire performers.

It is a virtual experience you won't want to miss!

**More Information To Come Soon**



**Note from Frost Fire Directors Amy Jo & David Paukert** (see previous page)

If our audience can't come to Frost Fire, then we'll bring Frost Fire to our audience. That's when the "Just 4 You" Virtual Entertainment Series was born. It includes four weeks of music and comedy, airing July 25 through August 21. Each week will celebrate a different genre or era of music and comedy, including "Grand Ole Country," "Swing Time," and "Fabulous Fifties." The fourth show in the series is a special "Alumni Concert," featuring some of Frost Fire's most notable performers over the past 35 years.

We are very excited to be working with Twin Tandem Productions to help film and produce our series. Each show is forty minutes long and includes classic music and comedy you are sure to remember. This will coincide with our "The Show Must Go On!" pledge drive to get us through this difficult time and to help fund future improvements.

In the near future, we will be posting more information about how you can access our virtual entertainment series. Either like us on Facebook at [www.facebook.com/frostfiresummertheatre](http://www.facebook.com/frostfiresummertheatre) or follow us on our website at [frostfirepark.org/summer-theatre](http://frostfirepark.org/summer-theatre).

Interested in  
Becoming a GFSC  
Board Member?

Contact Executive Director Colette Iseminger if you think you may be interested in serving a three-year term on our Board of Directors. The term begins in February 2021. Colette's info: 701-772-7245 or [director.gfsc@midconetwork.com](mailto:director.gfsc@midconetwork.com)

# Chair Yoga in the Park!

(see p. 12 for a list of outdoor senior exercise classes)



**Clarification:** When people receive meals from the drive-thru, frozen meals, or meal delivery and they choose to make a contribution for their meals (even if it's above and beyond a meal amount), the money goes in our meal fund, unless otherwise indicated. Meal fund money is not listed on this page. On the other hand, people who send us a check or make a gift online just to support the Senior Center or to support others receiving meals, those gifts are listed here. If you are receiving meals, but would still like to make a donation above and beyond what you are contributing for the meals, just indicate that in a note. Call 701-772-7245 with questions.

# Donations & Memorials

Thank you for these donations received June 15, 2020 to July 13, 2020.  
A donor's cumulative giving from this period is listed.

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

- Tooker

## Donations of \$500 - \$999

- Ag Country Farm Credit Services
- Westacott, Richard - In memory of Del Westacott

## Donations of \$100 - \$249

- Anonymous
- Berglund, Wayne
- Blomquist, Phyllis
- Bryant, Jeff and Patty - In memory of Stanley Hoistad
- Drees, Ken and Maureen
- Emily Jean birthday fundraiser on Facebook
- Erickson, Dennis and Cheryl
- Glimsdahl, Jon
- Gormsen, Dorothy
- Altendorf, Diane - In memory of Don Benson
- Lunde, Beverly
- Lysne, David and Aida - In memory of Magnus M Lysne
- Samson, Daniel and Sandra
- Stanlake, Arlette - Meals for others

## Donations of \$99 and Under

- Broadwell, Ray and Becky - In memory of Stanley Hoistad
- Brown, Sally
- Hoffert, LouAnn
- Hogan, Shirley
- Kastner, Elda - In memory of Stanley Hoistad
- McMahon, Jacqueline - In memory of Don Benson, Bev Bleken, Juel Halstenson, Doug Umphrey
- Nybo, Patricia - In memory of Doug Umphrey
- Pedersen, Melvin
- Spicer, Gary and Lona
- Tack, Ralph and Lou - In memory of Lloyd Staveteig
- Tangen, Joel and Carolyn - In memory of Gladys Trytten
- Thrivent Choice allocation from Kathy Schiele

## Grants

- Meals on Wheels - \$50,000 COVID-19 grant

## Brighter Side Society

If you would like to become an automatic monthly donor, contact Becky at 701-757-4864. Thank you to the following monthly donors:

(cont from previous page)

- 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

## Wish List



A vaccine for this pandemic.

### Help Feed the Hungry Meals on Wheels Volunteers Needed



The Grand Forks Senior Center is in need of MEALS ON WHEELS VOLUNTEERS. Earlier in this pandemic we switched to delivering our Meals on Wheels clients one hot meal and six frozen meals each week, so we only made contact with them once a week. We have since RESUMED OUR WEEKDAY DELIVERY. Precautionary measures are taken to keep volunteers and clients safe. Volunteer commitment time is 10:30 am - Noon, loading up at the Grand Forks Senior Center. We ask that volunteers commit to delivering one day a week. **We are also looking to build our substitute volunteer list. Interested? Contact: 701-757-2006 or [mow@gfseniorcenter.org](mailto:mow@gfseniorcenter.org).** Thank you for helping us feed older adults!



### Will you provide good, nutritious food to older adults during this pandemic?

If you would like to make a donation for this effort, please mail it to Grand Forks Senior Center, 620 4th Ave S, Grand Forks, ND 58201 or make it online at [www.gfseniorcenter.org/donate](http://www.gfseniorcenter.org/donate). You can also call 701-772-7245 with a credit card. Thank you!

**Thank you to Quality Lawn Care for their in-kind donation of spring weed control and fertilization application.**



**WE'VE ALL BEEN  
AFFECTED BY  
COVID-19**





**TURN TO  
LSSND FOR  
FREE  
COUNSELING**

**PROJECT  
renew**

LSSND.ORG/PROJECTRENEW | 701-223-1510

A North Dakota  
Behavioral Health  
Initiative

You may be feeling anxious, stressed, worried, sad, depressed, lonely, or frustrated during these times. **Project Renew** (from Lutheran Social Services) is here to help by offering free support services to those who may be experiencing these natural feelings in the wake of the coronavirus pandemic. Brief support services are free and anonymous to call. Get help today. Call 701-223-1510 or email [renew@lssnd.org](mailto:renew@lssnd.org)

## Important Information from the Social Security Administration

The Social Security Administration wants you to know they are still available to assist by phone. A local representative is available to take your call **(800-325-0778)** weekdays from 9 am - 4 pm. They may be able to schedule an appt. for you if they cannot help you by phone. Please do not go to their local offices. They are not accepting walk-in visitors. You may also visit [SSA.gov](http://SSA.gov).



## Grand Forks Senior Center's OUTDOOR EXERCISE CLASSES

These classes are located behind Picnic Shelter #3 at Lincoln Park (120 Euclid Ave, GF). This spot is close to parking and bathrooms.

**Chair Yoga:** M & W at 3 pm

**Building Better Balance** Class w/Bill from Altru: T & Th at 2:00 pm

**Qigong with Harpreet:** T & Th at 2:30 pm

**Healthy Bones:** T & Th at 3 pm

Requirements for the class: bring your own chair & water bottle, must social distance, and must have signed exercise consent form (ask leader if needed). These classes are FREE for people 60+. You do not have to have a Senior Center membership to attend these classes. Classes will be cancelled if the heat is extreme or if it is raining.

## 12 Silver Express

## Haven't Completed Your Census Yet?

The GF 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. 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). 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. Either fill out your paper form and mail it in or call the number in your letter and complete the census over the phone. **Census workers are now going out to households who haven't completed their census yet. Complete yours today!**



# Foot Care Appointments Available

New guidelines to keep clients and staff safe:

- Clients will **wear a mask** while in the building and while interacting with staff.
- Clients will need to **call the Foot Care department at 701-757-4878 and let them know they are waiting outside OR ring the doorbell near the front door.**
- Before entering the building, nurses will ask the client a few assessment **questions** and take the client's **temperature.**
- Upon entry to the building, clients will use **hand sanitizer.**
- **Clients will be escorted to and from the appointment.** No stops along the way will be allowed.

## APPOINTMENTS

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 below. We look forward to seeing you and serving your foot care needs.

Aug 12	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Aug 13	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Aug 19	Lutheran Church of McVille 112 W Vail Ave, McVille	9:30 am - Finish



**IMPORTANT:** We are doing everything we can to keep you safe, but please only come if you are comfortable. Nurses are equipped with proper equipment.

Also, you must call and reschedule your appointment if you are not feeling well in any way. Also reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 in the two weeks before your appointment.

# New Frozen Meal Guidelines

The guidelines for frozen meals have changed. **Each person, 60 and older, is now allowed to order as many as 28 frozen meals in a two-week period.** This change is so we can help older adults stay as healthy as possible with proper nutrition and keep them out of the public as much as possible. View the current frozen meal list at [www.gfseniorcenter.org/frozenmeals](http://www.gfseniorcenter.org/frozenmeals) if you are able. Whether or not you are able to view the list, call 701-772-7245 to place your order and then pick up your frozen meals (or have someone else pick them up) during our meal drive-thru each weekday from 11:30 am - 12:15 pm. Delivery arrangements can be made if necessary.



This is the Senior Center's August menu for the meal drive-thru and Meals on Wheels program. Menu is subject to change based on availability of food and supplies.

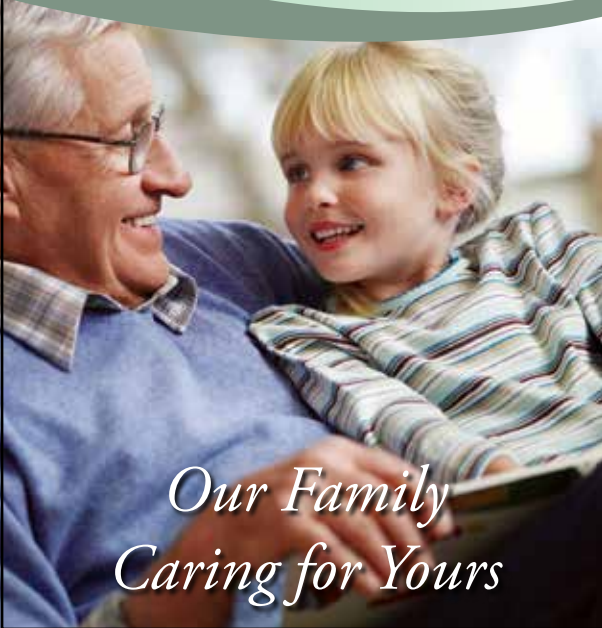
## AUGUST 2020 - Grand Forks COVID 19 Senior Meal Menu

The Full Cost of the meal is: \$9.00. Please contribute what you can. Suggested Donation is \$4.25. EBT/SNAP is accepted.

Monday Lunch: Aug 3	Tuesday Lunch: Aug 4	Wednesday Lunch: Aug 5	Thursday Lunch: Aug 6	Friday Lunch: Aug 7
3 oz BBQ Baked Chicken (1 cs) 1/2 c Creamed Potatoes (2 cs) 1/2 c Beets (.5 cs) 15 Grapes (1 cs)	Taco Salad (2-3cs) 1/2 c Blueberry Crisp with Topping (2 cs)	3 oz Polish Sausage & Sauerkraut on WW Bun (2 cs) Sm Baked Potato (2 cs) 1/2 c Watermelon Wedge (1 cs)	3 oz Pork Chop in Gvy 1/2 c Egg Noodles (1 cs) 1/2 c Mixed Vegetables (.5 cs) 1/2 c Strawberries (1 cs)	Baked Chicken Fried Steak (.5 cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Cherry Crisp w/top(2cs)
Monday Lunch: Aug 10	Tuesday Lunch: Aug 11	Wednesday Lunch: Aug 12	Thursday Lunch: Aug 13	Friday Lunch: Aug 14
3 oz. Baked Chicken (1cs) 1/2 c Macaroni Salad (1cs) 1/2 c Green Peas (.5 cs) 1/2 c Peach Sc. (1 cs)	3 oz Breaded Pork Chop (.5 cs) 1/2 c Mashed Potatoes with Gravy (1 cs) 1/2 c Green Beans 15 Fresh Grapes (1 cs)	3 oz Hot Roast Beef 1/2 c Whipped Potatoes with Gravy (1 cs) 1/2 c Country Trio Vegetables 1/2 c Cantaloupe Cuts (1 cs)	3 oz Meatballs in Gravy 1/2 c Mashed Potatoes with Cream Gravy (1 cs) 1/2 c Corn (1 cs) 1/2 c RhubCrisp with Top (2cs)	3 oz Salisbury Steak 1/2 c Augratin Potatoes (3 cs) 1/2 c Mixed Vegetables (1 cs) 1/2 c Watermelon (.5 cs)
Monday Lunch: Aug 17	Tuesday Lunch: Aug 18	Wednesday Lunch: Aug 19	Thursday Lunch: Aug 20	Friday Lunch: Aug 21
1 c Beef Stew (1 cs) 1/2 c Carrot Slices (.5 cs) 1/2 c Fruit Cocktail (1 cs)	3 oz Chicken Supreme Baked Potato (2 cs) 1/2 c Green Beans Small Cookie (2 cs)	Salmon Loaf (.5 cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Peach Sauce (1 cs)	3/4 c Turkey Tidbits w/Gravy (.5 cs) 1/2 c Whipped Potatoes (1 cs) 1/2 c Mixed Vegetables (.5 cs) Cake w/Berries & Top (1cs)	3 oz Meatloaf (.5 cs) 1/2 c Potato Salad (1 cs) 1/2 c Broccoli 1/2 c Pear Sauce (.5 cs)
Monday Lunch: Aug 24	Tuesday Lunch: Aug 25	Wednesday Lunch: Aug 26	Thursday Lunch: Aug 27	Friday Lunch: Aug 28
2 oz Sloppy Joes on WW Bun (3 cs) 1/2c. Baked Beans (1cs) 1/2 c Corn (1 cs) 1/2 c Apricot Halves (1 cs)	3 oz Cranberry Chicken (1cs) Small Baked Potato (1 cs) 1/2 c Beets (.5 cs) 1/2 c Cantaloupe Wedge (1 cs)	3 oz Swedish Meatballs (1 cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Cooked Carrots (.5 cs) 1/2 c Peach Crisp w/top (2cs)	3 oz Baked Cod 1/2 c Augratin Potatoes (1.5 cs) 1/2 c Green Peas (1 cs) 1/2 c Mandarin Oranges (1 cs)	Tuna Melt (2 cs) 1/2 c Potato Salad (2 cs) 1/2 c Vegetables (1 cs) 1/10 Cherry Pie w/Topping (2 cs)
Monday Lunch: Aug 31				
<p style="text-align: center;"><b>DRIVE THRU MEAL PICK UP AT THE GRAND FORKS SENIOR CENTER FROM 11:30AM-12:15; DINING ROOM IS CLOSED UNTIL FURTHER NOTICE PER ND AGING SERVICES</b></p>				
<p><b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b></p>				
<p><b>Attn: Diabetics-</b>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. 1CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts 1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (1cs); and margarine are available with each meal.</p>				

Date: \_\_6/16/2020 Licensed Registered Dietitian #13899 Colette Iseninger, MS, RD, LRD

Request information today  
by calling 701-787-7563



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## Grand Forks Public Library Curbside Pickup

While the GF Public Library is still closed, patrons are now available to pick up items through curbside pickup.

To do this, place items on hold through [gflibrary.com](http://gflibrary.com) if you can. If you need assistance placing holds, call 701-772-8116. If the line is busy when you call,

leave a message with your name and phone number, and they will call you back to gather your hold requests. Limit of five holds per library card. Once you receive a hold confirmation letter via email or mail, you can pick up your available items on the next curbside pickup day. Pickup details will be included in the hold letter.



Park in a curbside pickup spot designated by colorful flags, open your trunk, then call the library with your name and parking spot color. A library worker will bring your holds and place them in your trunk. Wait until the library worker is at least six feet away if you need to exit the vehicle to close your trunk.

## 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. **Beginning June 15, fares are once again collected. Masks and social distancing are encouraged.** Rides within GF and EGF city limits only.

Silver Express 15



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Grand Forks, ND 58201  
701-772-7245  
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**SUMMER hours: Monday through Thursday:  
8 am - 4:30 pm; Friday: 8 am - 1:30 pm**

## Newest Legacy Society Member Richard Beringer: \$20,000 Estate Gift to Benefit Meals on Wheels

Our deepest appreciation to the late **Richard Beringer** for including the Grand Forks Senior Center's Meals on Wheels program in his estate, thus becoming a lifetime member of the Legacy Society. There was no way Richard could have known how much these funds would be needed this year. Thank you, Richard!



Richard E. Beringer was born on December 29, 1933, the son of William and Martha (Wupper) Beringer in Madison, Wisconsin. In 1969 Richard and his wife Luise moved to Grand Forks, where he taught in the history department at the University of North Dakota, was chair of the department from 1993-97, and retired in 1999. He was designated Chester Fritz Distinguished Professor at the University of North Dakota in 1988. Richard passed away on February 19, 2020 in Grand Forks.