



BINGO is Back!

Finally, bingo is back at the Senior Center **beginning Wednesday, August 4!** At this time bingo will be played:

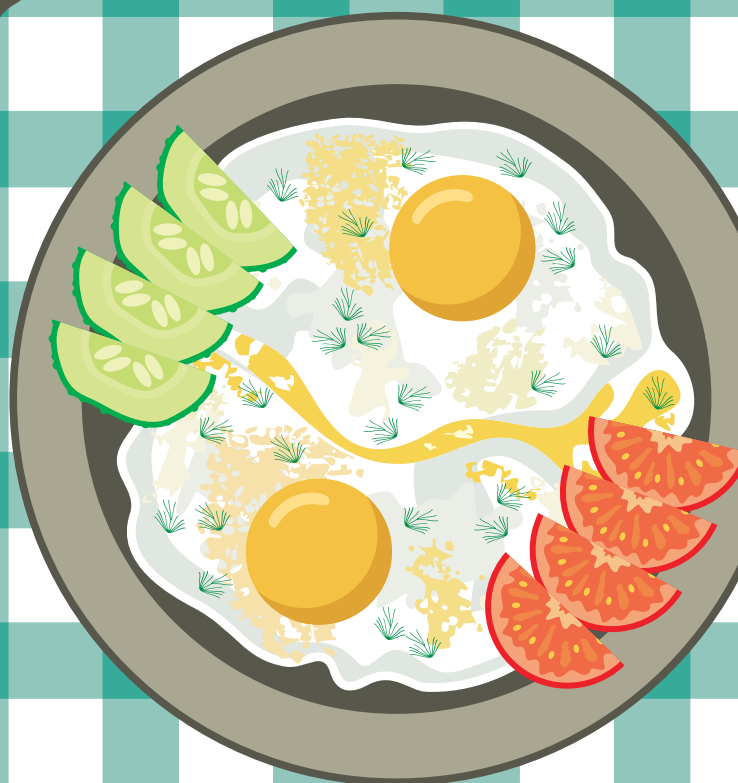
Wednesdays at 1:00 pm

Thursdays at 1:00 pm

NEW PRICE: \$2/card for 15 games and two jackpots, followed by four additional games. Jackpots at \$460 and \$110!

Breakfast is Back!

Breakfast is back at the Senior Center beginning on Monday, August 2. See the menu on page 21. **NEW SERVING TIME: 8:30 am - 9:00 am. Suggested donation of \$2.00/breakfast for people 60 and older.** For people under 60, the full cost of breakfast is \$5.75.



Grand Forks Senior Center (GFSC) Phone Numbers

GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Ass't 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
Senior Health Insurance Counselor Nina Lovell, LSW	701-772-7245
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, Jami Schumacher	701-757-4863
Kitchen Supervisor/Head Cook, Gerri Davis	701-757-4871
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN	701-757-4868

GFSC Board of Directors

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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

The GFSC building is open to the public. Unvaccinated people must mask the entire time in the building, except when eating in the dining room - then we ask that you distance yourself six feet. Vaccinated people do not have to mask now, except when meeting with staff in Health (foot care) or Resources or if a staff member asks them to mask. A senior may request any staff member wear a mask.

As before, our building is for people 55 and older.

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. If you would like to switch to receive the newsletter by email, email Jami at jamis@gfseniorcenter.org.



The Silver Express[©]

August 2021



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.

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Thank you to Quality Lawn Care for their in-kind donation of a weed control and fertilizer application.

Paid Advertisement

Tour of the Grand Forks Senior Center

Tuesday, August 3: 9:00 am
Gather in the lobby

Tours are given the first Tuesday of the each month, beginning again in August 2021. All are welcome and no RSVPs are needed. Plan for an hour. You will be seated for much of the tour.

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

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Celebrating **40** Years

From the Director's Chair by Colette Iseminger



Twenty Years

Twenty years ago this month, I started my job here at the Senior Center as your executive director. What a ride it has been! Once we worked through all of the issues at the time I started, we began a slow steady increase and expansion of what we were doing, who we were serving, and how we were doing it. Sometimes it has been a bumpy ride, but for the most part it was smooth sailing until March 2020.

Now I feel like we are starting all over again, building the customer base back up and expanding what we are doing. I do not know what the fall will bring as far as COVID-19. As always, we will follow guidance and instructions we receive from ND Aging Services, ND and Grand Forks County Public Health, and the CDC. Our goal is to keep our customers and staff safe, while still providing as many services as we can.

As we restart meals in our dining room, our drive-thru will remain open, giving you that option. My hope is that we will be back with most programs and services by the middle of September, except no trips in 2021. So thank you for a great 20 years and I look forward to many more!

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



June Board Report

The Board of Directors met on June 17, 2021. The following are the approved motions:

- 2020 financial audit was presented and approved.
- Treasurer will review the monthly transaction journal to give one more step of oversight.
- January-April financials were approved.
- Motion to increase wages to 100% of 2020 market value and longevity percentages as per our pay philosophy.
- Presented from Benefits Task Force: motion approved to make Christmas Eve a paid holiday from 1 pm - closing when it falls Monday-Thursday; new employees start earning and can use vacation and sick time immediately; mileage reimbursement will use the state rate.
- Motion to continue with the process to apply for CDBG funds to add on to the kitchen (north side of building).

The next meeting is September 16 at 11 am. Members can call into the conference line. Contact the office to get information on this process.

Stop Signs

As you come back to the Senior Center, please follow and be aware of the STOP signs located at both exits out of our parking lot and the STOP signs located on the canopy columns to protect the crosswalk from both sides.



Powerful Tools for Caregivers Course

Thursdays from 9:00 am - 10:30 am
Sept 16, 23, 30 & Oct 7, 14, 21
Grand Forks Senior Center
Lower Level Activity Room - Back Half
Cost: FREE

Powerful Tools for Caregivers is an educational program taught by NDSU Extension Service. It is designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This class series meets once a week for six weeks. **Class size is limited and registration is required.** For questions or to register, call the NDSU Extension Service at 701-780-8229.

This project is supported by funding from the U.S. Department of Health & Human Services, Administration for Community Living, Administration of Aging, and granted through the North Dakota Department of Human Services, Aging Services Division.

Scanning Key Tags Required Again



People participating in activities at the Senior Center or having a sit-down meal need to scan in their Grand Forks Senior Center key tag. If you do not have a key tag or have lost yours, just stop by the front desk. You can also sign in on our computers by using your first name and your phone number.

Volunteers Needed



As the GF Senior Center works to get back to more normal operations, we are once again in need of many volunteers. We have never been able to do all we do without our volunteers. Please consider one of the opportunities below.

For **Meals on Wheels** run out of the Grand Forks Senior Center, we need **VOLUNTEERS EVERY DAY** of the week since we are adding new routes. We also need **SUBSTITUTE** volunteers. The time commitment is from 10:30 am - Noon. If interested, please contact Meals on Wheels at 701-757-2006 or mow@gfseniorcenter.org.

For **Home Delivered Meals** run out of Altru hospital, we need **MONDAY, THURSDAY, and FRIDAY** volunteers, as well as **SUBSTITUTE** volunteers for all days. The time commitment is from 11:00 am – 12:30 pm. If interested, please contact Home Delivered Meals at 701-780-5169 or HDMeals@midconetwork.com.

Bingo volunteers are needed for Wednesdays & Thursdays from 12:15 pm to 3:00 pm beginning Aug 4. The payout volunteers need to be comfortable working with money. The bingo floor walkers need to be able to stand for a period of time. We also need bingo callers! Contact Activity Manager Ranea Johnson at 701-757-4866 or activity@gfseniorcenter.org.

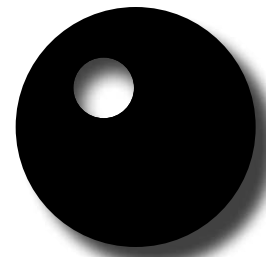
Two commodities volunteers are needed the 2nd Tuesday of each month from 10:15 am - Noon to pick up food packs from Northlands Rescue Mission and deliver them, with their own vehicles, to individual homes. Lifting is required. Contact Stacy Narlock at 701-757-4874 or stacyn@gfseniorcenter.org.

Book club coordinator to lead a book club once a month. If interested contact Activity Manager Ranea Johnson at 701-757-4866 or activity@gfseniorcenter.org.

Wii Bowling League Organizational Meeting

Tues, Aug 24 at 12:45 pm
Lower Level Activity Room

The meeting will determine when the Senior Center's Wii bowling league's season will start, what day/time they will meet each week, bowling partners, etc. A practice will follow. **New bowlers welcome!** This is a fun group of which to be a part.



Weight Loss Support Group



Tuesdays at 10:00 am
Lower Level Activity Room

Members have had success in losing weight. Minimal fees are associated with this group. You can just come to the meeting if interested. Questions? Contact Ranea at 701-757-4866 or activity@gfseniorcenter.org.

BUNCO: Looking for Additional Players



1st and 3rd Thursdays at 1:00 pm, \$2/person
Lower Level Activity Room

Our pre-pandemic bunco players are coming back, but we are looking for new players too for this fun, easy-to-learn game. We will teach new players! Questions? Contact Ranea at 701-757-4866 or activity@gfseniorcenter.org.

Healthy Bones Coming Back in the Mornings

Beginning Tuesday, September 7
Tuesdays & Fridays at 9 am, then stay for Women's Coffee
Lower Level Activity Room

Many of our seniors have been missing morning exercise classes, so we are pleased to announce Healthy Bones is coming back in the mornings to the Senior Center beginning September 7.



August 2021 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BREAKFAST IS BACK! 9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle 3:00 pm Chair Yoga (Lincoln Park)	3 9:00 am Monthly Tour 9:30 am Men's Coffee 10:00 am Weight Loss Support Group 2:30 pm Qigong (Lincoln Park) 3:10 pm Healthy Bones (Lincoln Park)	4 BINGO IS BACK! 9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:00 pm Chair Yoga (Lincoln Park)	5 BUNCO IS BACK! 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 2:30 pm Qigong (Lincoln Park) 3:10 pm Healthy Bones (Lincoln Park)	6 9:30 am Men's Coffee 10:00 am Women's Coffee
9 9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle 3:00 pm Chair Yoga (Lincoln Park)	10 9:30 am Men's Coffee 10:00 am Weight Loss Support Group 1:30 pm Tai Chi for Arthritis (Lincoln Park) 2:30 pm Qigong (Lincoln Park) 3:10 pm Healthy Bones (Lincoln Park)	11 9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:00 pm Chair Yoga (Lincoln Park)	12 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Tai Chi for Arthritis (Lincoln Park) 2:30 pm Qigong (Lincoln Park) 3:10 pm Healthy Bones (Lincoln Park)	13 9:30 am Men's Coffee 10:00 am Women's Coffee
16 9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle 3:00 pm Chair Yoga (Lincoln Park)	17 9:30 am Men's Coffee 10:00 am Weight Loss Support Group 1:30 pm Tai Chi for Arthritis (Lincoln Park) 2:30 pm Qigong (Lincoln Park) 3:10 pm Healthy Bones (Lincoln Park)	18 9:30 am Men's Coffee 10:00 am Game Group 11:45 am Party in the Park (reservations required) 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:00 pm Chair Yoga (Lincoln Park)	19 9:30 am Legal Services 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Tai Chi for Arthritis (Lincoln Park) 2:30 pm Qigong (Lincoln Park) 3:10 pm Healthy Bones (Lincoln Park)	20 9:30 am Men's Coffee 10:00 am Women's Coffee

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle 3:00 pm Chair Yoga (Lincoln Park)	24 9:30 am Men's Coffee 10:00 am Weight Loss Support Group 12:45 pm Wii Organizational Mtg 2:30 pm Qigong (Lincoln Park) 3:10 pm Healthy Bones (Lincoln Park)	25 9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:00 pm Chair Yoga (Lincoln Park)	26 9:30 am Men's Coffee 10:00 am Hearing Aid Cleaning & Ear Inspection 1:00 pm Bingo (\$2/card) 1:30 pm Tai Chi for Arthritis (Lincoln Park) 2:30 pm Qigong (Lincoln Park) 3:10 pm Healthy Bones (Lincoln Park)	27 9:30 am Men's Coffee 10:00 am Women's Coffee
30 9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle 3:00 pm Chair Yoga (Lincoln Park)	31 9:30 am Men's Coffee 10:00 am Weight Loss Support Group 12:30 pm - 4 pm PURSE SALE 1:30 pm Tai Chi for Arthritis (Lincoln Park) 2:30 pm Qigong (Lincoln Park) 3:10 pm Healthy Bones (Lincoln Park)			

Stay tuned for our September activity calendar when we add even more activities back in.

On August 18 you can choose to have lunch in the park, at the Senior Center, or pick it up in the drive-thru.

WHEN: Wednesday, August 18, 2021
Lunch from 11:45 am - 12:30 pm
(tickets required for lunch)

WHERE: Lincoln Park - Too Old To Die Young performing after lunch

We will enjoy a noon meal and then entertainment at Lincoln Park, with food provided by the Ground Round food truck and entertainment by Too Old to Die Young.

MENU

The food truck will be providing a lunch of either a hotdog or a 1/4 lb hamburger, served with kettle chips, pasta salad, and fresh fruit. When you make your reservation, indicate hotdog or a burger.

TICKETS

Call 701-772-7245 SOON to get your ticket for lunch or stop by the front desk of the Senior Center.

We need the name and birthdate of each person who would like a meal ticket. Suggested donation of \$5/

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PARTY — IN THE — PARK



ticket for people 60 and older & their spouse of any age. For people under 60, there is a set price of \$10, which will need to be paid when picking up the ticket.

A contribution envelope will be given to you with your tickets. If you choose to make a contribution, please put your cash or check in the envelope and bring that and your tickets with you to the Park. We ask that you come to the Senior Center to pick up the tickets ahead of time if you can. For those who can't, we will mail them out.

BRING YOUR OWN CHAIR

There is limited seating available in Shelter #3. Please bring your own lawn chairs for the meal and the entertainment.

Make the most of your Home Phone Number!



Now you can cancel your landline, keep your important home telephone number and save money every month. In addition, you can **BLOCK** annoying sales calls to your home number. Calls to your home number are forwarded to your cell number or any family member's cell number.

You can learn more at ouoldnumber.com or give our friendly, US based Support Team a call.

1-800-774-0530



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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, August 19, 2021, 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.



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Senior Independent Living - Country Estates

- A variety of elegant apartments
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Assisted Living - Wheatland Terrace

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

Basic Care - Tufte Manor

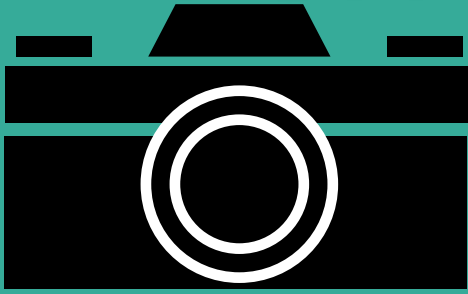
- Single and 2-room suites (Medicaid approved)
- Meals, transportation, personal care included

valleyseniorliving.org
701.787.7563



Valley Senior Living

Fun around the Center



- 1 Board President Bob Rost pouring coffee for the Women's Coffee Group.
- 2 Executive Director Colette and Dining Manager Mary during the drive-thru on July 3.
- 3 Come join the fun of playing cards!
- 4 It's so nice to have seniors back in the building enjoying meals.

Senior SUPPER OUTING



Senior Supper Outings are back! They will be the second Tuesday of each month at 5:00 pm. Limit of 30 people for this month. Must RSVP ahead of time by calling 701-772-7245 or stopping by the front desk to sign up. Each person pays for their own meal.

**Southgate (2525 S Washington St)
Tuesday, September 14 at 5:00 pm (yes, September)**

GFSC Outdoor Exercise Classes

Chair Yoga: M & W at 3 pm

Tai Chi for Arthritis & Fall Prevention w/Bill from Altru: T & Th at 1:30 pm
on the following dates (Aug 10, 12, 17, 19, 26, 31)

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

Healthy Bones: T & Th at 3:10 pm



For more information, contact Ranea at 701-757-4866; activity@gfseniorcenter.org or go to www.gfseniorcenter.org/physicalactivities. No membership is needed. These classes are open to people with a range of abilities, age 55 and older. Each person does what they are comfortable doing. NOTE: If it is really hot and/or humid, classes may be cancelled. Check www.facebook.com/gfseniors or call us at 701-772-7245 to find out if they have been cancelled. **Classes are held behind Shelter #3 at Lincoln Park (120 Euclid Ave, GF).**

FREE Hearing Aid Cleaning and Ear Inspection

**Thursday, August 26
10 am - 11:30 am
GFSC Lobby**



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TECH Talk

TECH Talk is a time to learn about the technology on which we are becoming more dependent. This article was written by a staff person from OurOldNumber.

Should You Keep Your Landline Telephone?

Do you still have a landline telephone in your home? If so, you are not alone. According to recent statistics, over 60 million Americans still have a landline telephone in their home.

With the advent of cellular phones, more and more of us are regularly using them in place of our landline telephones. So why do so many Americans still have landline telephones? And if you still have one, should you keep it, cancel it, or find an alternative?

Why keep your landline?

First, most people have kept their landline for one reason. They have had the same phone number for many, many years and they do not want to lose it. It is in the church directory, the doctor's office has it, and your friends and family know it. It is part of your identity in the community.

Second, if you have a home security

system connected to your landline, you need the landline for your security system to communicate with the monitoring service. Many security services now offer a

wireless connection as an alternative to the landline connection, and that wireless connection is often more secure; however, be sure to check with your security service before making any changes to your landline service.

Third, if you use a health monitoring device or service that is connected to your landline (such as Life Alert), you will want to maintain that vital communication connection.

Fourth, you may be uncomfortable relying on cellular technology alone or have concerns about the battery running out.

One myth about landlines is that they always work during a power outage. While that was and remains true, it only applies to phones directly connected to the phone company. If you use wireless phones



exclusively in your home or your phone service is provided by your cable or internet provider, the devices used to support them require power. If the power is out, these devices will also be out and, along with it, your landline telephone service.

Why get rid of your landline?

There are several possible reasons you may want to get rid of your landline.

First, the cost. The average cost of a landline telephone in the United States is \$37.58 per month. For a service you hardly use much anymore, that is a lot of money every year.

Second, those annoying telemarketers. As you have probably noticed, you are getting a lot of automated calls about automobile warranties, hotel deals, and other pitches, all with recorded messages. These are called 'Robo-Calls' and they are made by computers. If you answer you may be connected to a real person. Either way, these calls are annoying, growing, and not going away.

Third, if you are away during the winter months or just out running errands, you are not at home to answer a call to your home telephone.

Are there alternatives to having a landline?

If you decide you no longer need a landline phone, but want to keep your landline telephone number, there are alternatives.

There are several cloud-based services that offer the option to keep your landline telephone number, but then you would receive these calls to your cellular phone or any other working telephone number.



These services are based on secure and reliable technology and do not use in-home devices or your internet service. *They allow calls to your home telephone number to be forwarded to your cellular phone and to reach you wherever you might be, whether at home, the grocery store, or even while traveling.* Also, these services usually cost much less than a traditional landline service.

Your home number can still be listed in directory assistance if you wish at no additional cost.

With some of these alternative services, you can have other family members available as options to callers. For instance, when someone calls your home number and you do not answer, they may become concerned. They can redial your home number and reach another family member to make sure you are ok.

Best of all, these alternative services block 'Robo' calls that dial your home number so they cannot forward through to your cellular phone.

Only you can decide if keeping your landline telephone is right for you. Be sure to get more information before you decide.



COVID-19 Exploitation Scams

Scammers are offering Medicare beneficiaries COVID-19 tests and vaccinations and using their information to bill for additional, unrelated tests. Following are just a few of the alleged schemes:

- Marketers offer beneficiaries COVID-19 tests. While collecting specimens, fraudsters suggest additional lab tests that are supposedly free and covered by Medicare (e.g., allergy and genetic testing).
 - *These “additional” tests are medically unnecessary and more expensive.*
- Conspiring telemedicine providers are paid by marketers to authorize referrals for unnecessary testing.
 - *Consults with these providers are brief and do not validate the need for the testing.*
- Labs submit claims to Medicare and receive reimbursement for COVID-19 screening and other unrelated tests.
 - *Medicare pays for some of these tests, but beneficiaries may be responsible for any costs denied by Medicare.*

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 1-800-233-1737 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General’s Office at 1-800-472-2600.

How to Get Off Mailing Lists

Junk mail is advertising designed to get you to buy a product or service. You can contact the Direct Marketing Association’s Mail Preference Service (DMAchoice) to minimize the junk mail you receive (you should see a decrease in your junk mail in about 3 months):

Register by mail:

- Fill out the DMAChoice Mail-In form found on www.DMAchoice.org or send your name and address (with signature), and a \$3 processing fee (check or money order payable to ANA) to: DMAchoice, Consumer Preferences, P.O. Box 900 Cos Cob, CT 06807.

Online registration:

- Consumers can register at the DMA website: www.DMAchoice.org along with a processing fee of \$2 for a period of ten years.

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





HOURLY PAY INCREASED FOR NURSING JOB

Come join the team at the GF Senior Center! We are looking for a **flex-time nurse**. Do you have someone in your life who might be interested in this position? Stop by the Senior Center's front desk for a job description and an application or find them at www.gfseniorcenter.org/evopps. Online applications now accepted.



The Grand Forks Senior Center is in need of larger transport wheelchairs (20 inches and larger for the width of the seat) to add to our inventory of assistive medical equipment that can be checked out by seniors. A transport wheelchair does not have very large back wheels. To donate a chair, call Stacy at 701-757-4874.



Foot Care Appointments Available

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 here (by appt only).

Aug 10	Manvel Senior Center Main St., Manvel	9:00 am - Finish
Aug 11	Thompson Comm. Center 306 Pacific Ave, Thompson	8:30 am - Finish
Aug 17	Aneta Community Center 219 Main Ave, Aneta	9:00 am - Finish
Aug 25	Tolna Lutheran Church 220 Main St., Tolna	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 in the two weeks before your appointment.**



GFSC Resources

The GF Senior Center's Resources department runs a program where seniors can borrow pieces of assistive medical equipment for under 90 days. In upcoming newsletters we will be highlighting various pieces of medical equipment available to borrow. Call 701-772-7245 and ask for Resources if interested.

Wheelchair or a Transport Chair? Differences Between Them

The most significant difference between a wheelchair and a transport chair is that wheelchairs are built with very large back wheels for users to move themselves; whereas transport chairs have smaller wheels and the main use is for people to be pushed from behind by a caregiver.

Wheelchair Basics

The front wheels of a wheelchair tend to be smaller and are attached so they can swivel easily. The back wheels are significantly larger and do not swivel. A wheelchair is meant to be self-propelled, so even those with lower body paralysis or



lower body disabilities can use one independently. The average weight of a wheelchair is 25-45 lbs.

Transport Chair Basics

Transport chairs are more lightweight and compact than wheelchairs. Most importantly, they do not have large back wheels because they are not designed for independent use. Instead of being self-propelled like a wheelchair, transport chairs are pushed along by a second person. The average weight of a steel transport chair is 15-35 lbs, making these chairs a little easier to fold up and put in a vehicle.

If you would like to borrow a wheelchair or transport chair for under 90 days, call the Grand Forks Senior Center at 701-772-7245 and ask for Resources.



**Driver's Safety
Program**

BACK IN SESSION

The AARP Smart Driver course is offered at the Grand Forks Senior Center each month on the first Wednesday. The course runs from 10 am - 3 pm. The cost is \$20 for AARP members and \$25 for non-members. To register call 772-7245. Upcoming dates:

September 1, October 6

North Dakota Vocational Rehabilitation Assistance for Individuals with Vision Impairments

North Dakota has resources to assist individuals with vision deficits. North Dakota Vocational Rehabilitation (VR) can assist individuals seeking employment or individuals who are wanting to maintain their independence.

Vocational Rehabilitation

We provide high quality services to assist eligible individuals who are blind or visually impaired to obtain or maintain competitive employment. A team of specially trained vision rehabilitation specialists will work to accomplish employment needs in the home, community, workplace, or school.



Older Individuals who are Blind (OIB)

The OIB program is designed to assist individuals (over the age of 55 who have a vision deficit, are not employed, and not in a nursing facility) improve their independence in their homes and communities by enhancing their quality of life.



Employment Services include (but not limited to):

- Vocational Guidance & Counseling
- Vocational Exploration
- On-the-job Training
- Job Placement
- Resume Writing
- Interviewing Skills
- Assistive Technology
- Information and Referral

OIB Services include (but not limited to):

- Advocacy Training & Support
- Assistive Technology Devices
 - Magnifiers
 - Lighting
 - Glare control
- Assistive Technology Training
- Communication Skills
- Independent Living Skills
- Information and Referral

Please contact us at:

Toll Free: 800-755-2745

ND Relay TTY: 800-366-6888

Email: dhsvr@nd.gov

Donations & Memorials



Thank you for these donations received June 14, 2021 to July 13, 2021. A donor's cumulative giving from this period is listed. This includes Brighter Society Members. Thank you all for your generosity!

Donations of \$10,000 & up

- Meals on Wheels America - \$24,500 grant for steam stable, freezer for kitchen, two garage doors, two computers, four insulated bags and heaters, insulated bags for frozen meals, and money for meals

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

- Gilmour Edna
- Larimore Sr Center - For rural Resource support and senior meals in Larimore
- Letvin, Marian
- Meals on Wheels America - Subaru 2020 Share the Love event

Donations of \$500 - \$999

- Richard and Bonnie Cavell Charitable Foundation - In memory of Phyllis Kannowski
- Skelly, Beverly

Donations of \$250 - \$499

- Ryan, Jerry

Donations of \$100 - \$249

- Anonymous - For help during the BIG EVENT
- Anonymous (2X)
- Drees, Ken and Maureen - For Meals on Wheels

- Erickson, Dennis and Cheryl - For Meals on Wheels
- Lofberg, Janice
- McKinnon, George
- Westacott, Richard - In memory of Don Hoffarth

Donations of \$99 and Under

- Albrecht, Bernadine - In memory of Roger Mattern
- Anonymous
- Belobraydic, Rochelle
- Broadwell, Ray and Becky
- Camburn, Neal and Joan - In memory of Gary Gowan, Betty Scheffer
- Cummings, Judy - In memory of Bob Norton
- Farrell, Kenneth and Helen - In memory of Roger Mattern
- Goeke, Jenny
- Hagen, Richard and Marilyn - In memory of Roger Mattern
- Herrmann, Karen
- Hewitt, Mark - In memory of Bob Hewitt
- Iseminger, Carl and Colette
- Kathman, Ron and Libby - In memory of Roger Mattern
- Mahnke, Vickie - In memory of Betty Scheffer, Jimmy Bakken

- Manley, Judy - In memory of Roger Mattern
- Mattern, Alice
- McGarry, Dennis and Lynn
- Pedersen, Melvin
- Randall, Harold and Diana - In memory of Roger Mattern
- Samuelson, Juanita - In memory of Mary Sears
- Sandberg, Curt and Lone - For Meals on Wheels
- Schiele, Kathy - In memory of Don Schiele
- Schumacher, Matt and Jami
- Solberg David and Bonnie - In memory of Roger Mattern
- Sonterre, Lisa
- Trzynka, Keith and Ginger - In memory of Roger Mattern
- United Way - Donor-designated funds
- Venaccio, Michael and Vicki
- Wood, Allen and Wendy - In memory of Leona Bakken for Home Delivered Meals
- Yagla, Phil and Judy - In memory of Bob Hewitt
- Zirnhelt, Clair and Ronda

For August, **entree options are only available to our Meals on Wheels clients.** In September entree options will be available for sit-down meals at the Senior Center. Menu is subject to change based on availability of food and supplies.

AUGUST 2021 - Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$5.75 Breakfast; \$9.75 Lunch. Please contribute what you can.

Suggested Donation is \$2.00 for Breakfast; \$4.25 for Dinner. 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: It's Back!	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
Ham Egg WW Muffin (2cs) 3/4 oz Cereal (1cs)	2 Eggs Made to Order Hashbrowns (1 cs) 1 Slice WW Toast (1 cs)	2 Pancakes w/ Syrup (3cs) 2 Scrambled Eggs	1 Omelet Fried Potatoes (1cs) 1 Slice WW Toast (1 cs)	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)	1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1cs) 8 oz 1% Milk (1cs)	1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (2 cs) 8 oz 1% Milk (1 cs)	1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)
Monday Lunch: Aug 2	Tuesday Lunch: Aug 3	Wednesday Lunch: Aug 4	Thursday Lunch: Aug 5	Friday Lunch: Aug 6
3 oz Baked Cod or Stuffed Pepper (1 cs)	2 oz Sloppy Joes on WW Bun (3 cs) or Chickenburger on WW Bun (2 cs)	3 oz Cranberry Glazed Chicken (1 cs) or 4 oz Beef Stroganoff	3 oz Swedish Meatballs (1 cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Cooked Carrots (.5 cs) or Romaine & Mandarin Orange Salad* (3 cs)	3oz Pork Roast with gravy 1/2 c. Mashed Potatoes (1cs) 1/2 Mixed Vegetables (.5cs) or Southwestern Caesar Salad* (3 cs)
1/2 c Au gratin Potatoes (1.5 cs) 1/2 c Green Peas (1 cs) 1/2 c Mandarin Oranges (1 cs)	1/2 c Pea-Cheese Salad (1 cs) 1/2 c Corn (1 cs) 1/2 c Strawberries (1 cs) No Bread	Buttered Egg Noodles (1 cs) 1/2 c Beets (.5 cs) 1/2 c Cantaloupe Cuts (1 cs)	1/2 c Peach Crisp with Topping (2 cs)	1/10 Pumpkin Pie w/Topp (3cs)
Monday Lunch: Aug 9	Tuesday Lunch: Aug 10	Wednesday Lunch: Aug 11	Thursday Lunch: Aug 12	Friday Lunch: Aug 13
3 oz BBQ Baked Chicken (1 cs) or Tilapia	Taco Salad (2-3cs) or 2 oz Fishwich on WW Bun w/Tartar Sauce (2.5 cs)	8 oz Hungarian Goulash (2cs) or 3 oz Polish Sausage & Sauerk on WW Bun (2 cs)	3 oz Pork Chop in Mushroom Gravy	Baked Chicken Fried Steak (.5 cs) or 3 oz Crax Crumb Fish (.5 cs)
1/2 c Creamed Potatoes (2 cs) 1/2 c Beets (.5 cs) 15 Grapes (1 cs)	1/2c Peas (.5cs) 1/2 c Carrots (.5 cs) 1/2 c Blueberry Crisp with Topping (2 cs) N Bread	1/2 c. Coleslaw 1/2 c Watermelon (1 cs)	1/2 c Buttered Egg Noodles (1 cs) 1/2 c Mixed Vegetables (.5 cs) or Turkey & Melon Salad* (3 cs) 1/2 c Strawberries (1 cs)	1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/10 Cherry Pie with Topping (3 cs)
Monday Lunch: Aug 16	Tuesday Lunch: Aug 17	Wednesday Lunch: Aug 18	Thursday Lunch: Aug 19	Friday Lunch: Aug 20
3 oz. Baked Chicken (1cs) or BBQ Ribs	3 oz Breaded Pork Chop (.5 cs) or 3 oz Meatloaf (.5 cs)	3 oz Hot Roast Beef Sand (2 cs) or Hot Turkey Sandwich (2 cs)	Porcupine Meatballs (.5 cs) or 3 oz Liver with Onions (.5 cs)	3 oz Salisbury Steak 1/2 c Rice with gravy (1 cs)
1/2 c Macaroni Salad with Veggies (1cs)	1/2 c Mashed Potatoes with Gravy (1 cs)	1/2 c Whipped Potatoes with Gravy (1 cs)	Baby Potatoes (1 cs) 1/2 c Broccoli Cuts	1/2 c Mixed Vegetables (1 cs) or Southwestern Ceasar Salad* (3 cs)
1/2 c Green Peas (.5 cs) 1/2 c Peach Sc. (1 cs)	1/2 c Baked Beans (.5 cs) 15 Fresh Grapes (1 cs)	1/2 c Country Trio Vegetables 1/2 c Cantaloupe Cuts (1 cs)	1/2 c Rhubarb Crisp with Top (2cs)	1/2 c Watermelon (.5 cs)

Monday Lunch: Aug 23	Tuesday Lunch: Aug 24	Wednesday Lunch: Aug 25	Thursday Lunch: Aug 26	Friday Lunch: Aug 27
1 c Beef Stew (1 cs) or 3 oz Lemon Pepper Fish/Lemon 1/2 c Boiled Potatoes (1 cs) 1/2 c Carrot Slices (.5 cs) 1/2 c Fruit Cocktail (1 cs)	3 oz Chicken Supreme or 6 oz Chili (1 cs) Baked Potato w/Sour Cream (2 cs) 1/2 c Green Beans 1/2 c Fresh Fruit (1 cs) Small Cookie (2 cs)	Salmon Loaf (.5 cs) or Cabbage Roll (.5cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Peach Sauce (1 cs) Special K Bar (2cs)	3/4 c Turkey Tidbits w/Gravy (.5 cs) 1/2 c Whipped Potatoes (1 cs) 1/2 c Mixed Vegetables (.5 cs) or Mediterranean Chicken Salad *(3 cs) Angel Food Cake w/1/2 c Berries & Topping (1 cs)	3 oz Meatloaf (.5 cs) 1/2 c Potato Salad (1 cs) 1/2 c Buttered Carrots (2 cs) or Berry Burst Salad (3cs) 1/2 c Pear Sauce (.5 cs)
Monday Lunch: Aug 30	Tuesday Lunch: Aug 31	Wednesday Lunch:	Thursday Lunch:	Friday Lunch:
3 oz Oven Fried Chicken (1 cs) or Lasagna (3 cs) 1/2 c Sweet Potato (1 cs) 1/2 c French Green Beans Brownie (2 cs)	3 oz Meatballs in Gravy or 3 oz Fish Almondine (.5 cs) 1/2 c Mashed Potatoes with Cream Gravy (1 cs) 1/2 c Peas (1 cs) 1/2 c Fruit Cup (1 cs)	MENU SUBJECT TO CHANGE WITHOUT NOTICE	Breakfast at Sr Ctr restarts 8/2 serving 8:30-9am only Senior Center Dining Room serving from 12-12:15 Entrée is first choice Entrée choice returns Sept 1	Drive Thru entree is the first choice each day. Serving from 11:30-Noon Homestead & Link entrée is the first choice each day. See pick up times below
Breakfast (8:30-9:00am), Lunch (12-12:15) Served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices are for MOW only in August.	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 S) unless it is for a holiday meal or other special meal where noted. Reservations required at the satellite sites listed below. Visit your site by noon the day before to make your reservation. Homestead-1639 24th Ave. South 11:45-12 The Link-300 Cherry Street 11:15-11:30		

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

Date: 7/5/2021 Licensed Registered Dietitian #13899 Colette Iseninger, MS, RD, LRD

Please join us for breakfast (serving 8:30 am - 9 am) or
a noon sit-down meal (serving 12:00 pm - 12:15 pm)

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Silver Express 23



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Grand Forks, ND 58201
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Purse Sale!

August 2021

A fun shopping atmosphere and a chance to buy gently-used handbags, tote bags, backpacks, and wallets at a great price!

Checks and cash only when purchasing purses. NO CREDIT CARDS allowed for purse purchases.

Tuesday, August 31

12:30 pm - 4:00 pm

Outside under the canopy

(in case of rain, in the dining room)



PURSE DONATIONS NEEDED!

We need donations of gently-used purses, wallets, and totes for our annual Purse Sale (no jewelry please). We will **start accepting donations immediately and the deadline for purse donations is Wednesday, August 25**. Bring to the GFSC front desk.