



August 2022

The Silver Express *Purse Sale*

Tuesday, August 16, 2022

12:30 pm - 4:00 pm

Outside under the canopy

(Dining room if weather is bad.)

It's Back! A fun shopping atmosphere and a chance to buy gently-used handbags, tote bags, backpacks, wallets, and gift shop items at a great price!

Cash and checks only.
CREDIT CARDS will NOT
be accepted for purse sale
purchases.



www.gfseniorcenter.org

701-772-7245

Grand Forks Senior Center (GFSC) Phone Numbers

GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Assistant Director/Development Officer, Becky Broadwell	701-757-4864
Meals on Wheels (MOW) Coordinator, Grace Hale	701-757-2006
Home Delivered Meals (HDM) Paula Altepeter, Rhonda Stephan	701-780-5169
Resources Manager Stacy Narlock, BSW	701-757-4874
Grand Forks Resources, Bailey Kitko, LBSW	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

Dave Willprecht

Vice President

Alice Hoffert

Secretary

Alice Mattern

Treasurer

Brenda Sem

Brenda Jobe

Bobbie Kurtyka

Rich Lehn

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Curt Sandberg

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Michael Venaccio

Brad Westrum

Clair Zirnheld

Mission Statement

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

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

Building & Program Usage Guidelines

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

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

Foot Care: People 60 and older.

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

Home Delivered Meals: Any age.

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

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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.



In order to continue with our current schedule, we ask that you do not come to the Grand Forks Senior Center if you are at all sick. If we see someone who is sick, you will be asked to leave in order to protect others.

COVID is very much still around! If too many of the staff get sick or test positive we won't be able to continue to do all we are doing.

We will continue to have at-home COVID test kits for you to use which you can pick up in the lobby. Take some home to have on hand if needed, and make sure your kits at home are not out-of-date.

If you are positive for COVID, even if you are not sick, you need to stay home for at least 5 days and wear a mask at all times on days 6 through 10.

From the Director's Chair

by Colette Iseminger



We share meals with friends and family to strengthen our bodies and bonds. We eat balanced meals to achieve nutritional goals and for energy. We eat to live and sometimes, live to eat. Good nutritional status is closely associated with an older adult's ability to function and remain independent. Hospitalized older adults suffer from many adverse effects when malnourished, which happens when you don't eat properly. Yet with age, obstacles to healthy eating may begin to appear.

Here are 5 Things That May Be Sabotaging Your Appetite

1. Are you just not hungry? The reason for appetite loss can range from loneliness, chronic illness, medication side effects and changing physiology. Be sure to talk with your doctor about not being hungry. You can also try to do some physical activity as this is a great way to kindle your appetite and boost your mood. Go for a walk now when the weather is so nice. You can also make each bite count by focusing on quality rather than quantity by choosing nutrient-rich foods.

2. Have you lost your joy in cooking? Arthritis and other physical conditions can make standing at the stove, bending or stretching to reach pots & bowls, and gripping utensils uncomfortable, painful, or even impossible. When it's difficult to cook, some older adults may eat less, or even stop eating. One way to keep enjoying the benefits of healthy eating is utilizing meals through our senior center. We have a wide variety of meal options from sit down breakfast (8:30 am - 9:00 am) and lunch (Noon - 12:15 pm) at the center, frozen meals for you to heat in a microwave when you want to eat, a drive-thru meal pick up to get a hot meal Monday through Friday (11:30 am - Noon), and meals delivered to you if you are homebound. Give us a call at 701-772-7245 for more information or visit our website at www.gfseniorcenter.org

3. Do you feel like food has lost its flavor? You haven't changed an ingredient in a favorite dish, yet it doesn't taste the way it used to. What you may be experiencing is aging's effects on the senses. Sensitivity to taste starts to decline after age 60. Talk to your doctor about this one too as some nasal and sinus conditions or medications can affect your sense of smell and taste. Consider experimenting with a variety of spices and seasonings to liven up your food.

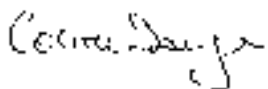
4. Does it hurt when you eat? It's hard to follow a balanced meal plan when tooth decay or loss, sore gums, or ill-fitting dentures are causing discomfort. Make a call to your dentist's

office for an exam. If you can't afford dental services, call our Resources Department to see if you qualify for donated dental services. Maintain healthy eating at home throughout any dental discomfort by enjoying nutritious soft foods like oatmeal, yogurt, scrambled eggs, cooked vegetables, and soups.

5. Are food prices impacting your ability to afford healthy food? Food prices are rising which is a top reason why older adults may not eat enough, ultimately leading to poor nutrition. A list of local food assistance resources can be found in the resource column of this newsletter on page 12, or you can call 701-772-7245 and ask for the "Resources Department". They will help with additional resources such as finding out if you are eligible for Supplemental Nutrition Assistance Program (SNAP); and offer other food resources. In addition, meals from the senior center are on a suggested donation basis so you pay what you can afford, making them a great option when money is tight.

Nutritious meals and snacks, tailored to older adults, reduce the risk of chronic diseases and related disabilities, prevent nutritional deficiency, and improve health over the long term.

'Til next time,

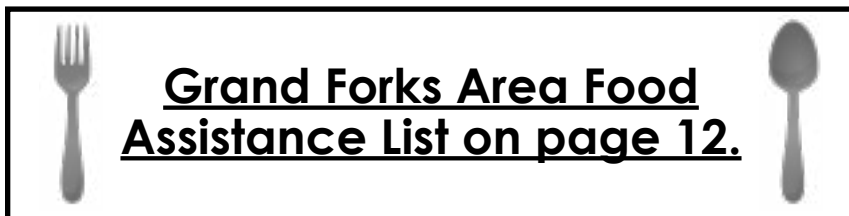


Colette Iseminger

MS, RD, LRD

Executive Director

(Many thanks to National Council on Aging for parts of this article.)



Board of Director's Report:

The Board of Directors met on June 16, 2022.

The following are the highlights:

- Approval to hire a part time (25 hours/week) kitchen worker due to the high demand for meals that continues.
- The current Strategic Plan was reviewed, revised and extended to 2025 and approved.
- Mission Moment was done by Ranea Johnson, Activity Manager
- Board discussed ideas for getting more volunteers for MOW and HDM delivery as we are reaching the point that we may have to limit meals if we can't get enough volunteers.

The next board meeting will be: September 15th at 11 am

Senior's got TALENT

Monday, October 10 at 12:45 pm

We are looking for any and all acts for the GFSC Talent Show. No act or talent is too small! Acts for Senior's Got Talent must sign up by Wednesday, October 5. Contact Ranea at 701-757-4866 or activity@gfseniorcenter.org

Presentation:
**Mental Health
As We Age**

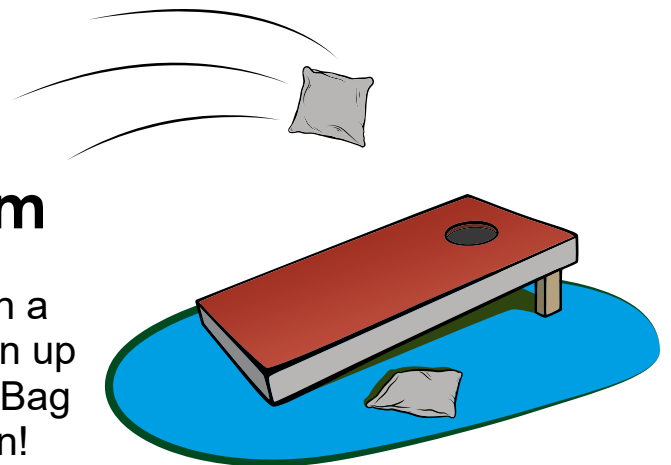
**Monday August 29
at 3:30 pm**

Julie Riddle, LICSW, from ANew Therapy will be joining us to talk about how we can take care of our mental health. Open to the Public.

Bean Bag Tournament

Tuesday, August 23 at 1 pm

We are celebrating National Senior Day with a Bean Bag Tournament. Get a partner and sign up your team by Friday, August 19 for the Bean Bag Tournament or just come and watch the fun!



Monthly Creations Paper Sunflowers

August 10 at 10 am

Cost is \$2.00 - Bring a sharp scissor

You must make a reservation.
Call 701-757-4866 to reserve your spot.

Class size is limited to 10.



**Keep this sheet
for reference**

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

FREE for People 55+

No GFSC membership required

Let's Get Moving!



GF SENIOR CENTER EXERCISE CLASSES

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

Ready, Set, Stretch: M at 2:30 pm (*Hope Church*) **NEW TIME**

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

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

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

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

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

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

Requirements

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

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

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



Tech Support

August 3 & 17
(Afternoons)

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

Call 701-757-4866 to schedule an appointment.



Coffee & Pie with a Cop

Tuesday, August 16
2 pm - 3 pm

Come have coffee and pie with Sergeant Kris Brown. Coconut Cream Pie with ice cream will be available for \$2




AARP Driver's Safety Class

Wednesday, September 7 from Noon - 4 pm

Call Ranea at 701-757-4866 to register.

Class size is limited.
(August 3 class is full.)


Driver's Safety

TECH Talk Class

Thursday, Aug 4 at 10:30 am
at the Grand Forks Senior Center

August's topic will be - **Cyber Security**
Wyatt Illg from Networking Specialists will be teaching. Call 701-757-4866 to register. Class size is limited.

Audio books on CD at the GFSC Library



Did you know we have a section of books on CD in our library? No library card needed, no checkout needed! Just take, read/listen and return to the bin in the corner of the library.


FREE Hearing Aid Cleaning and Ear Inspection



Thursday, August 25
10 am - 11:30 am
GFSC Lobby

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, Aug 18 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.



Wish List

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

- 1 lb. and 2 lb. hand weights for exercise classes
- XL Incontinence Pads (Also known as Depends)
- Electric Fans (New or gently used)
- Coffee
- Hot Chocolate

If you have these items, or if you would like to purchase them for the Senior Center, please drop them off at the front desk during regular business hours.

Crochet Class/ Gathering Group

For those who want to learn the basics, to seasoned crocheters who would like a refresher or helpful tips, all are welcome!



Thursday, August 4 & 18 at 10 am (the 1st and 3rd Thursdays) This class will meet on the Lower Level in Meeting Room A. If you are just starting out, bring a skein of light colored worsted weight yarn, and a size "H" or "I" crochet hook. We also have a few extra hooks and yarn if needed.

Class size is limited. Call Ranea at 701-757-4866 to register.



Constant Reader's Book Club

Monday, August 8 at 10:30 am (2nd Monday each month)
We will be discussing "The Storied Life of A.J. Fikry" by Gabrielle Zevin

New people welcome! Book for September will be handed out at this meeting.



Music Monday

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

August 1	Theresa and the Plow Boys
August 8	Joe Schmidt
August 15	Chuck Gust
August 22	Carol & Cleo
August 29	Too Old to Die Young

Tour the Senior Center

Tuesday, August 2 at 9 am

Meet in the lobby. All are welcome. No RSVP needed.



Tours are given the first Tuesday of each month. (July's date changed due to holiday) Plan for an hour. You will be seated most of the time.





August 2022 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30 am Men's Coffee 12:45 pm Open Wii Bowling 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)</p>	<p>2</p> <p>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 Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>3</p> <p>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) Tech Support - Call for an appointment</p>	<p>4</p> <p>9:30 am Men's Coffee 10:00 am Bus leaves for Jasper Trip from Hugo's 10:00 am Crochet Class 10:30 am Tech Talk 1:00 pm Bingo (\$2/card) 1:00 pm Bunco 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>5</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>8</p> <p>9:30 am Men's Coffee 10:30 am Book Club 12:45 pm Open Wii Bowling 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)</p>	<p>9</p> <p>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 1:00 pm Dementia Conversations 1:00 pm Farkle 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>10</p> <p>9:30 am Men's Coffee 9:30 am Game Group 10:00 am Monthly Creations Paper Sunflowers (pg. 6) 1:00 pm Bingo (\$2 per card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>11</p> <p>9:30 am Men's Coffee 1:00 pm Bingo 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>12</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 10:30 am Silvertones Practice</p>
<p>15</p> <p>9:30 am Men's Coffee 12:45 pm Open Wii Bowling 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)</p>	<p>16</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 12:30 - 4:00 pm Purse Sale 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Coffee & Pie w/ a Cop (\$2 for pie) 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>17</p> <p>9:30 am Men's Coffee 9:30 am Game Group 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>18</p> <p>9:30 am Legal Services 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 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>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">22</p> <p>9:30 am Men's Coffee 12:45 pm Open Wii Bowling 1:00 pm Music Monday 1:00 pm Dominoes 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p align="center">23</p> <p>6:30 am Bus leaves for Medora, ND from Hugo's 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 12:45 pm Bean Bag Tournament 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)</p>	<p align="center">24</p> <p>9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p align="center">25</p> <p>9:30 am Men's Coffee 10:00 am Free Hearing Aid Cleaning by Beltone 1:00 pm Bingo (\$2/card) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p align="center">26</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 10:30 am Silvertones Practice</p>
<p align="center">29</p> <p>9:30 am Men's Coffee 12:45 pm Open Wii Bowling 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church) 3:30 pm "Mental Health As We Age" Presentation</p>	<p align="center">30</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 12:45 pm Trivia 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 align="center">31</p> <p>9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>Remember to dress in layers when coming to the Grand Forks Senior Center. We strive to keep the temperature at a comfortable number, but depending on the person, that may be a little too hot or a little too cold.</p>  	



Presentation Rescheduled:

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Tuesday August 9 at 1 pm

Mary Ann Devig from the Alzheimer's Association will be presenting.

This presentation is open to the public.

GFSC Resources

Grand Forks Area Food Assistance

NORTHLANDS RESCUE MISSION

420 Division
Avenue,
Grand Forks
(701) 772-6600
ext. 206



**Food boxes Monday-Friday from
10 am – 4 pm (until 7 pm Wednesdays)**

- Call to leave a message & reserve a food box.
- Pick up box between 10 am – 4 pm on the day you call. Call at least a half hour before you pick up your box.
- Pick up box at Door #2 & ring the doorbell.

**Community meals available every day at
12 pm and 5 pm.**

- Go to the front office to request a meal.

RED RIVER VALLEY COMMUNITY ACTION

1013 N 5th Street,
Grand Forks
(701) 746-5431

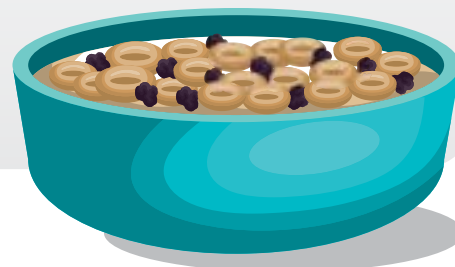
Food pantry / Fresh Food Distribution:
Tuesdays by appointment only.
Must call one week in advance.



ST. JOSEPH'S FOOD PANTRY

620 8th Ave South,
Grand Forks
(701) 864-0108

Tuesday, Wednesday, & Thursday at 2 pm
Pick up at Door #3.
Must call from 10 am – 12 pm on the day you
would like food.



HC COMMUNITY CARE CENTER & FOOD PANTRY

1726 South Washington,
Grand Forks
(701) 757-3480

(in the Grand Cities Mall behind Thrive Church)

Open Monday - Thursday by appointment only.

Call Monday or Tuesday 9 am – 4 pm to make an appointment.

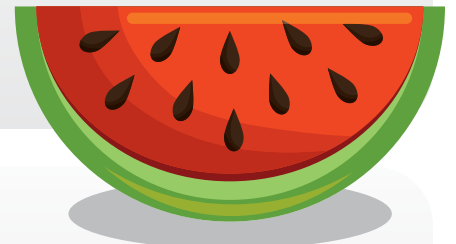
More info on Facebook and online at gfcarecenter.org

EAST GRAND FORKS FOOD SHELF

1715 3rd Ave NW,
East Grand Forks
(218) 773-8083

Monday & Wednesday from 10 am – 5 pm and Friday from 10 am – 2 pm

Call to schedule a pick-up time.

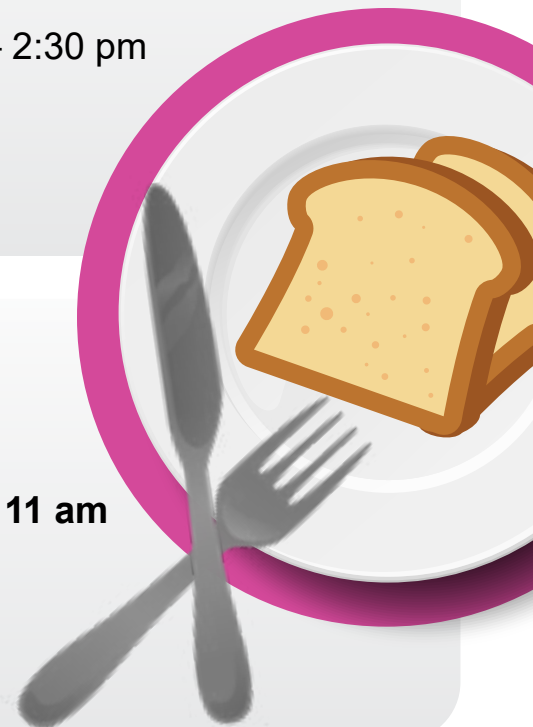


SALVATION ARMY

1600 University Avenue,
Grand Forks
(701) 775-2597

Open Monday – Friday

from 9 am – 11:30 am & 1 pm – 2:30 pm



FREEDOM CHURCH CARES

6 N 3rd Street,
Grand Forks
(701) 772-3117

Open Thursday from 10 am – 11 am

Donations & Memorials

Thank you for these donations received June 7, 2022 to July 10, 2022. A donor's cumulative giving from this period is listed, including Brighter Side Society Members. (Brighter Side Society Members are designated by the * symbol.) Thank you all for your generosity!

Donations of \$5,000 - \$9,999

- Citizen's Assistance Program
Grant for Home Delivered Meals

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

- Elsie Asche Estate

Donations of \$100 - \$249

- American Legion Post #157
- Anonymous
- Erickson, Dennis and Cheri*
- Evers, Marilyn
In memory of Bev Skelly
- Hackenberg, Delores
- Lofberg, Janice
- Manley, Judy
In memory of my sister, Lois Reardon
- Tweten, John and Mary

Donations of \$99 and Under

- Akset, Orlin and Colleen
In memory of Gad Sommerfeld, Ron
Amundson, Bev Skelly
- Anonymous*
- Belobraydic, Matt and Rochelle*
- Broadwell, Ray and Becky*
- Buckley, Ann*
In memory of deceased friends at
Grand Forks Senior Center
- Connell, JoAnn
In memory of Lois Reardon
- Cummings, Judy
In memory of Pat Robertson
- Gage, Sharon
- Helgerson, Donna*
In memory of my husband, Arral (AJ)
- Herrmann, Karen*
In memory of Lois Reardon

- Hogan, Shirley
- Iseminger, Carl and Colette*
- Iverson, Avis
In memory of Gad Sommerfeld
- Lysne, David and Aida
In memory of Magnus Lysne
- Mattern, Alice*
- Novak, Wayne and Joan
In memory of Denice Meyer
- Pedersen, Melvin
- Sandberg, Curt and Lone*
For Meals on Wheels
- Schiele, Kathy*
In memory of Don Schiele
- Schumacher, Matt and Jami*
- Sieg, Wanda
In memory of Pat Roberson, Melba
Antonson
- Sulland, Steve and Linda*
- Thompson, Jean
In memory of David Straus
- Venaccio, Michael and Vicki*
- Zirnhelt, Clair and Ronda*

* Brighter Side Society

If you would like to become an automatic monthly donor, contact Becky at 701-757-4864.





NOW HIRING FOR 2022-23 SEASON!

Our part-time positions offer flexible hours, an exciting atmosphere and earlier hockey game start times (7pm Friday/6pm Saturday).

- Work with your friends or meet new ones
- Enjoy discounts at the Sioux Shop and concessions
- \$100 rookie bonus
- \$50 referral bonus
- Plus many more benefits!

Visit theralph.com/workattheralph
or call Stacy at (701) 777-6607.

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 \$25 for foot care.

Foot Care Appointments

APPOINTMENTS AVAILABLE

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

Aug 10	Nelson County Courthouse 210 B Ave. West, Lakota	9:00 am - Finish
Aug 11	Nelson County Courthouse 210 B Ave. West, Lakota	9:00 am - Finish
Aug 17	McVille Fire Hall 203 Baldwin Street, McVille	9:30 am - Finish

Guidelines to keep clients and staff safe:

- Nurses are equipped with proper equipment.

Clients will wear a mask correctly during the entire foot care appointment.

- You must call and reschedule your appointment if you are not feeling well in any way.
If you are unvaccinated, you will need to reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 within two weeks prior to your appointment or you test positive within 10 days prior to your appointment.

Cities Area Transit offers
SENIOR RIDER

Monday - Friday:
 6:00 am - 10:00 pm

Saturdays:
 8:00 am - 10:00 pm



Call **787-9120** weekdays before 5:30 pm. Before using this service, you must complete an

application with Cities Area Transit (**allow one week for processing**). If you call this number in the evening or on the weekends, you will need to leave a message. Call one business day in advance of when you need your ride after your application has been approved.

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

Paid Advertisement



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

**Contact us
 today!**



(800) 929-8891 | CareThatComesToYou.org

**June's Drive-Thru Medication
 Take-Back collected 30
 pounds of medication!**

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

Monthly Giving Is Available



Brighter Side
Society

In 2022 alone, tens of thousands of meals have been served. Access was provided to services. Thousands of toenails have been trimmed. And loneliness was reduced through fun, engaging activities. Donations to support older adults have made all of this possible!

Would you like to support the programs at the Senior Center? We invite you to join the Brighter Side Society, which allows you to choose an amount to donate through automatic payment each month. Will you join us?

Why donate monthly?

1

CONVENIENCE

Donations are made through automatic secure bank withdrawal or credit card charge. And spreading support throughout the year makes generosity easier on your budget.

2

PEACE OF MIND

Your membership in this Society automatically renews and is always active, so you will never again have to look back to see when you last donated.

3

FLEXIBILITY

You're in control because you can increase, decrease, pause, or stop your contributions at any time by calling 701-757-4864.

4

SATISFACTION

Knowing that your support is an investment in older adults and will strengthen the programs and services you expect from the Grand Forks Senior Center. Your contribution will also help reduce administrative costs.

Getting started with the Brighter Side Society is easy! Simply stop at the front desk to complete a form or visit www.gfseniorcenter.org/brightersidesociety to print the form. If you have additional questions call Becky Broadwell at 701-757-4684 or email beckyb@gfseniorcenter.org

Fun in the Center

1-8 June 27 Party in the Park

9-10 Card Playing Group

11 Sheriff Andy Schneider stopped by to join his grandma, Vidette, for Bingo.



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**Thank you so much to Bob and
Barbara Humble for donating a U.S. Flag.**

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

Suggested contribution for seniors is \$2 for Breakfast; \$4.25 for Lunch.

Cash, Check, EBT/SNAP and Credit Cards are accepted. 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. The actual cost of the meal is: \$6 Breakfast; \$11 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:
Ham Egg WW Muffin (2cs) 3/4 oz Cereal (1cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Eggs Made to Order Hashbrowns (1 cs) 1 Slice WW Toast (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Cinn French Toast (2cs) 2 Scrambled Eggs 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1cs) 8 oz 1% Milk (1cs)	1 Denver Omelet Fried Potatoes (1cs) 1 Slice WW Toast (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (2 cs) 8 oz 1% Milk (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)
Monday Lunch: Aug 1	Tuesday Lunch: Aug 2	Wednesday Lunch: Aug 3	Thursday Lunch: Aug 4	Friday Lunch: Aug 5
3 oz Baked Cod or Stuffed Pepper (1 cs) 1/2 c Au gratin Potatoes (1.5 cs) 1/2 c Green Peas (1 cs) 1/2 c Mandarin Oranges (1 cs)	2 oz Sloppy Joes on WW Bun (3 cs) or Chickenburger on WW Bun (2 cs) 1/2 c Pea-Cheese Salad (1 cs) 1/2 c Corn (1 cs) 1/2 c Strawberries (1 cs) No Bread	3 oz Cranberry Glazed Chicken (1 cs) or 4 oz Beef Stroganoff Buttered Egg Noodles (1 cs) 1/2 c Beets (.5 cs) 1/10 Pumpkin Pie w/Topp (3cs)	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 Cantaloupe Cuts (1 cs)	3 oz Swedish Meatballs (1 cs) or 3/4 c Turkey Tidbits w/Gravy (.5 cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Cooked Carrots (.5 cs) 1/2 c Peach Crisp with Topping (2 cs)
Monday Lunch: Aug 8	Tuesday Lunch: Aug 9	Wednesday Lunch: Aug 10	Thursday Lunch: Aug 11	Friday Lunch: Aug 12
3 oz BBQ Baked Chicken (1 cs) or Tilapia 1/2 c Creamed Potatoes (2 cs) 1/2 c Beets (.5 cs) 1/2 c Pear Sc (1 cs)	Taco Salad (2-3cs) or 2 oz Fishwich on WW Bun w/Tartar Sauce (2.5 cs) 1/2c Peas (.5cs) 1/2 c Carrots (.5 cs) 1/2 c Blueberry Crisp with Topping (2 cs) No Bread	8 oz Hungarian Goulash (2cs) or 3 oz Polish Sausage & Kraut on WW Bun (2 cs) 1/2 c. Green Beans 1/2 c Watermelon (1 cs)	3 oz Pork Chop in Mushroom Gravy 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)	Baked Chicken Fried Steak (.5 cs) or 3 oz Crax Crumb Fish (.5 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 15	Tuesday Lunch: Aug 16	Wednesday Lunch: Aug 17	Thursday Lunch: Aug 18	Friday Lunch: Aug 19
3 oz. Baked Chicken (1cs) or BBQ Ribs 1/2 c Macaroni Salad with Veggies (1cs) 1/2 c Green Peas (.5 cs) 1/2 c Peach Sc. (1 cs)	3 oz Breaded Pork Chop (.5 cs) or 3 oz Meatloaf (.5 cs) 1/2 c Mashed Potatoes with Gravy (1 cs) 1/2 c Baked Beans (.5 cs) 15 Fresh Grapes (1 cs)	3 oz Hot Roast Beef Sand (2 cs) or Hot Turkey Sandwich (2 cs) 1/2 c Whipped Potatoes with Gravy (1 cs) 1/2 c Country Trio Vegetables 1/2 c Cantaloupe Cuts (1 cs)	Porcupine Meatballs (.5 cs) Baby Potatoes (1 cs) 1/2 c Broccoli Cuts or Chef's salad (3cs) 1/2 c Rhubarb Crisp with Top (2cs)	3 oz Salisbury Steak 1/2 c Rice with gravy (1 cs) or Chick Wild Rice hotdish (1cs) 1/2 c Mixed Vegetables (1 cs) 1/2 c Watermelon (.5 cs)

Monday Lunch: Aug 22	Tuesday Lunch: Aug 23	Wednesday Lunch: Aug 24	Thursday Lunch: Aug 25	Friday Lunch: Aug 26
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 Baked Potato (2 cs) 1/2 c Green Beans or Seafood Supreme Salad* (3 cs) 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) 1/10 Peach Pie w/Top (3cs)	3 oz Oven Fried Chicken (1 cs) or Lasagna (3 cs) 1/2 c Sweet Potato (1 cs) 1/2 c Coleslaw Brownie (2 cs)	3 oz Meatballs in Gravy or 3 oz Fish Almondine (.5 cs) 1/2 c Mashed Potatoes with Gravy (1 cs) 1/2 c Peas (1 cs) 1/2 c Fruit Cup (1 cs)
Monday Lunch: Aug 29	Tuesday Lunch: Aug 30	Wednesday Lunch: Aug 31	MENU SUBJECT TO CHANGE WITHOUT NOTICE	
3 oz Meatloaf (.5 cs) or S&S Chicken (1cs) 1/2 c Potato Salad (1 cs) 1/2 c Buttered Carrots (2 cs) 1/2 c Pear Sauce (.5 cs)	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) 1/2c Honeydew melon (1cs)	3 oz Salmon or 3 oz Liver with Onions (.5 cs) Baked Potato (2cs) 1/2 c. French Gr Beans Angel Food Cake w/1/2 c Berries & Topping (1 cs)		
Check other sites for their serving times. Entree choices at the Gand Forks 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-Noon The Link-300 Cherry Street from 11:15-11:30. Visit your site by the day before to make your reservations.	

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

Date: 6/22/2022 Licensed Registered Dietitian #13899 Colette Iseminger Colette Iseminger, MS, RD, LRD

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

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

THANK YOU

Thank you to Quality Lawn Care for the Spring weed control and fertilization application!



Meal Delivery Volunteers Needed

Home Delivered Meals, located in Altru Hospital, needs volunteers on Wednesdays and Fridays from 11:00 am – 12:30 pm.

Meals on Wheels, located in the Grand Forks Senior Center, needs volunteers on Fridays, from 10:30 am - Noon.

Both meal delivery programs are in need of substitutes!

Please contact Home Delivered Meals (701-780-5169, HDMeals@midconetwork.com) or Meals on Wheels (701-757-2006, mow@gfseniorcenter.org) if you'd like to volunteer. Thank you for helping keep our older adults fed & safe!

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.

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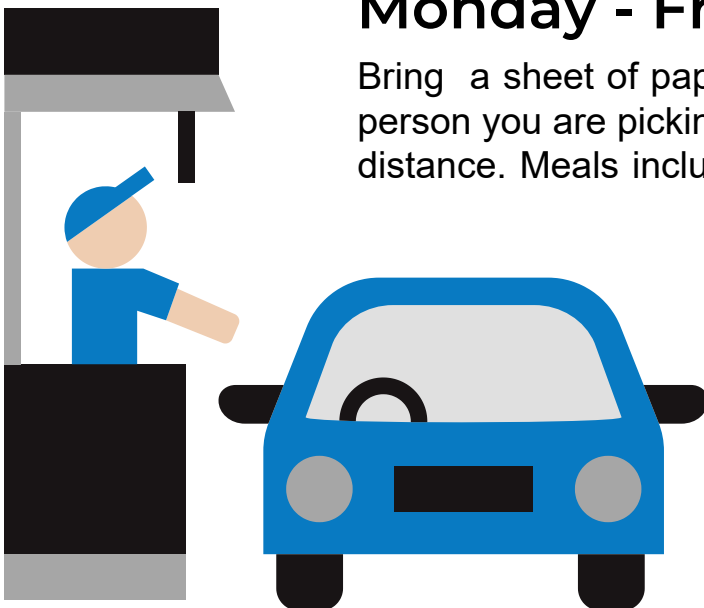


The Grand Forks Senior Center
Open Monday- Thursday: 8 am - 4:30 pm and Friday 8 am - 1:30 pm

Drive-Thru Lunch

Monday - Friday, 11:30 am to Noon

Bring a sheet of paper with the name and birthdate of each person you are picking up a meal for that we can read from a distance. Meals include an entree, potato, vegetable, bread, milk, and fruit.



Drive-Thru meals are a suggested contribution of \$4.25 per meal. We accept cash, check, EBT/SNAP, and credit/debit cards. Call 701-772-7245 to pay for your meals over the phone.