

The Silver Express

Purse Sale

Tuesday, August 8

Join us for the Purse Sale at the Grand Forks Senior Center!

Sale runs from 12:30 pm to 4:00 pm under the canopy.

Other items on sale include travel bags, wallets, and totes!

All items are priced to sell. Open to the public.

AARP Driver
Safety Returns!
More on Page 6

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, Roxie Honkola	701-757-2006
Home Delivered Meals (HDM) Paula Altepeter, Rhonda Stephan	701-780-5169
Resources Manager Stacy Narlock, BSW	701-757-4874
Grand Forks Resources, Josee Locken, BSW	701-757-4883
Rural (GF & Nelson) Resources, Bethany Markwardt, LBSW	701-757-4872
Activities Manager, Amanda Rengstorf	701-757-4866
Bingo Coordinator, Cheryl Ramberg	701-757-4873
Public Relations Manager, Paul McCullough	701-757-4863
Kitchen Supervisor/Head Cook, Gerri Davis	701-757-4871
Sit-Down Meal Information & Frozen Meals, Mary Johnson	701-757-4869
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN, BSN	701-757-4868

GFSC Board of Directors

President

Alice Hoffert

Vice President

Brad Westrum

Secretary

Alice Mattern

Treasurer

Brenda Jobe

Amy Enget

Bobbie Kurtyka

Dave Willprecht

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Emily Nielsen

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Curt Sandberg

Kathy Snider

Michael Venaccio

Clair Zirnhelt

Mission Statement

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

The Greater Grand Forks Senior Citizens Association, Inc. makes available all services and assistance without regard to race, color, religion, national origin, age, sex, political beliefs, disability, or status with respect to marriage or public assistance.

If you feel you have been discriminated against, please contact one of the board members or the Executive Director.

Building & Program Usage Guidelines

- **Building and Activities:** For people 55 and older. Younger guests may accompany seniors occasionally.
- **Senior Dining Meals:** For people 60 and older and their spouses. Younger guests may accompany seniors occasionally.
- **Foot Care:** People 60 and older.
- **Meals on Wheels:** For homebound people 60 and older and their spouse or caregiver of any age.
- **Home Delivered Meals:** Homebound, people of any age.
- **Bingo:** People 18 and older, according to state gaming laws.

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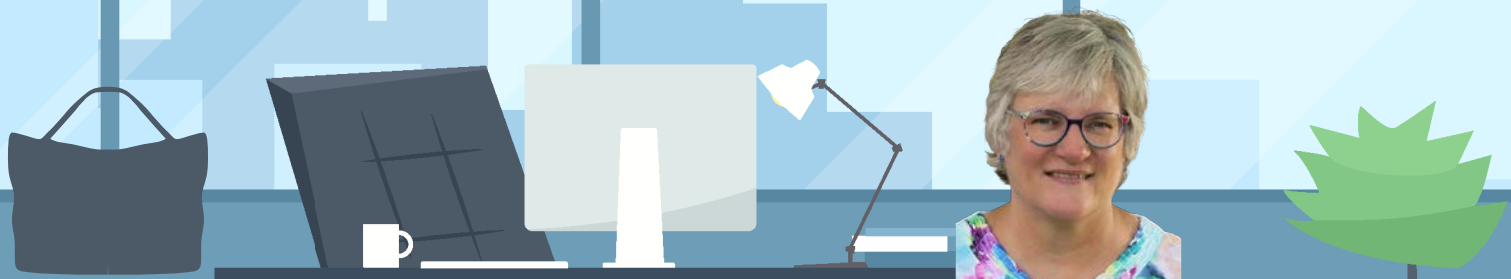
While at the Grand Forks Senior Center (GFSC) or on GFSC trips, you may be recorded or photographed.



Your presence at the GFSC constitutes your permission for us to use your likeness.

PLEASE stay home if you are at all sick.

We cannot emphasize this enough. There are many illnesses circulating and the population we serve has a decreased immune system. Also, if too many staff get sick, we will be unable to serve you at full capacity. If you are at the Grand Forks Senior Center and staff sees that you are under the weather, we will ask you to leave. Our main priority is to keep everyone healthy!



From the Director's Chair by Colette Iseminger

Here are some August tidbits for you!

The state has made a few changes to our meal program policies that began July 1st.

- **You can now take home your leftovers.** You do need to provide your own containers. Please bring a cooler if you will not be going home right after the meal. We do not have extra refrigerator space to keep your food temperature safe. Once you leave the meal site or meal time is done, food safety is the responsibility of the older adult.
- **All eligible clients who eat meals with us will be required to fill out the meal assessment form annually.** You can refuse to answer any question, except your name and birthdate.
- **New menus have been developed for our use.** There is not much leeway, but if there is something you would like to see on the menu, please contact me.

Please join me for **Q and A with Colette** in August. There have been many questions about the recent changes at the Senior Center, so I will take the opportunity to address these questions directly. In the meantime, here are some answers to questions I have heard:

- **There will be an addition on the north side of the building** to expand the kitchen, move the Resources dept to the 2nd floor and have a Tech Education Center in the basement (where Resources is currently). Our meals are up 40% over pre-pandemic (2019) and we want to use more fresh and homemade items on the menus which take up more space for storage and prep.
- **There have been many staff changes in the last 7 months as staff move and retire.** Amanda is now the Activity Manager (the new Ranea) and Paul McCullough has taken Amanda's Public Relations Manager job. He will be doing our newsletter, teaching tech classes and getting all the information about what's happening at the center to our clients and community. You will also see him at the front desk on a regular basis, as he will oversee that area and our IT department.
- **Tuesday night meals will not restart.** The numbers were dwindling pre-pandemic and we cannot justify the staff time for so few meals.

'Til Next Time,

Colette Iseminger,
MS, RD, LRD
Executive Director

Board of Director's Report:

The Board of Directors met on June 15, 2023.

The following are the highlights:

- The board voted to remove the match requirement for staff for the retirement plan and just do a straight 6%. This is so the agency can pass the non-discrimination testing of the plan.
- The board voted to add the following to our donation policy-“Real Estate: Gifts of real estate will be considered on a case-by-case basis. The proposed donation will be reviewed by the Executive Director and Board of Directors to ensure accepting the property is in the best interest of the Association.”
- Board voted to adjust some staff wages based on 2022 market values from Job Service ND (one immediately and several on January 1, 2024).
- Health insurance premiums are going up 15% on July 1. This is a 2 year rate.
- Building addition update.
- New guidelines were approved for members who wish to speak at board meetings. The member guest must notify the President or Executive Director of the wish to speak and the topic(s) to be addressed ahead of the meeting. Members and clients are encouraged to bring issues to a dept manager or the Executive Director first.

The next board meeting is September 21, 2023 in the lower level of the senior center. Members are welcome. If you wish to speak, please see the above guidelines.



Silver Express Purse Scavenger Hunt

To help us get excited for the Purse Sale, purses have been hidden inside this edition of the Silver Express. Find the solution on **page 15**.

Volunteers Needed!

- **Home Delivered Meals**, located in Altru Hospital, needs volunteers weekdays, from 11 am - 12:30 pm. Call HDM at 701-780-5169, or email HDMeals@midconetwork.com to help.
- **Meals on Wheels**, located in the GF Senior Center needs volunteers weekdays, from 10:30 am - Noon. Please Call Roxie at 701-757-2006, or email mow@gfseniorcenter.org to help.
- **Both meal delivery programs are in need of substitutes as well!**
- **Bingo Volunteers**
- **Tech Support**



Activity Info

Tour the Senior Center

Tuesday, August 1
at 9 am

Come and discover what the Senior Center has to offer! Whether you have been attending the Grand Forks Senior Center for years or exploring it for the first time, you will undoubtedly discover something new about our facility and programs.

Plan for an hour. You will be seated most of the time.

Everyone is welcome!

KNOX Update

Thursday, August 3
at 7:45 am

Tune in to KNOX radio to listen to our monthly update with Brian Michaels.
1310 AM or 107.9 FM

Tech Talk Class

Thursday, August 3
at 10:30 am

August's Tech Talk will cover **the Social Security Administration website**. Patty Hoffman from SSA will show you how to use the website. No need to register! Just show up!

AARP Driver's Safety



Wednesday, Aug 2
from Noon - 4 pm

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

Cost: \$20 for AARP members, \$25 for non-AARP members (cash/check only). Call the GFSC front desk at 701-772-7245 to register. Class size limited.

Purse Sale!

Tuesday, August 8
at 12:30 pm - 4 pm

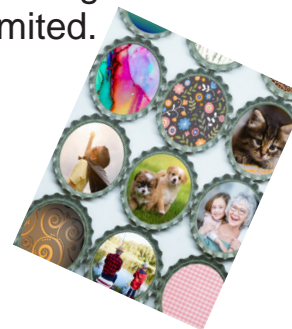
Join us under the canopy for the annual Purse Sale! The sale will move to the Dining room if there is bad weather. Cash or check recommended.



Monthly Creations

Wednesday, August 9
at 10 am

Join Amanda as she teaches you how to make bottlecap magnets for your refrigerator! Each person will make 4. We encourage you to bring photos that fit in a 1- inch circle to make your magnets more personal. Cost is \$2 per person. Call 701-757-4866 to register. Class size is limited.





Constant Reader's Book Club



Monday, August 14
at 10:30 am

We will be discussing "The Life-Changing Magic of Tidying Up: the Japanese Art of Decluttering and Organizing" by Marie Kondo.

Book for September, "The Book Woman of Troublesome Creek" by Kim Michele Richardson will be distributed at the meeting. New people welcome!

Coffee and Pie with a Cop

Tuesday, August 15
at 1:30 pm

Join Sergeant Kris Brown in the Grand Forks Senior Center dining room for coffee, pie and conversation.

Key lime pie will be available to purchase for \$2.

FREE Legal Services for Seniors

Thursday, August 10
from 9 am - 10:30 am

Thursday, August 24
from 2 pm - 3:30 pm

Legal Services of ND provides free legal assistance twice a month at the Grand Forks Senior Center. Call 701-852-4369 ext: 330 to make an appointment. Walk-ins accepted as time allows.

Music Monday

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

- Aug 7** Charles Jackson Rerick (ukulele, cello, singing and harmonica)
- Aug 14** Peat Moss
- Aug 21** Chuck Gust
- Aug 28** Too Old to Die Young

Vision Support is **canceled for August.**
It will resume in September.

Q&A with Colette

Tuesday, August 22
at 9:00 am & 1 pm

Do you have questions about the Grand Forks Senior Center? Want to learn about the future of the Senior Center and see what big things are coming up? Join our Executive Director, Colette on Tuesday, August 22 at 9 am or 1pm for a Q&A session!

Wii Bowling

Wednesday,
Aug 30 at 12:45 pm

Open Wii Bowling on Wednesdays at 12:45 pm (Not the first Wednesday) will switch to "Wii Bowling League" starting August 30.

If you are interested in playing leagues, join us for the informational meeting!

August 2023 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7</p> <p>9:30 am Men's Coffee 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>1</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 Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>2</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)</p>	<p>3</p> <p>7:45 am KNOX Update 9:30 am Men's Coffee 10:00 am Crochet Class 10:00 am Jasper Trip Leaves 10:30 am Tech Talk 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (GFSC)</p>	<p>4</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>7</p> <p>9:30 am Men's Coffee 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>8</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 12:30 pm Purse Sale 1:00 pm Trivia 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:00 pm Farkle 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>9</p> <p>9:30 am Men's Coffee 9:30 am Game Group 10:00 am Monthly Creations 12:45 pm Open Wii Bowling 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>10</p> <p>9:00 am - 10:30 am Free Legal Services 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>11</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>14</p> <p>9:30 am Men's Coffee 10:30 am Book Club 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>15</p> <p>7:00 am Medora Trip Leaves 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management 1:00 pm Farkle 1:30 pm Coffee & Pie w/ a Cop 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>16</p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Open Wii Bowling 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church) Medora Trip Returns</p>	<p>17</p> <p>9:30 am Men's Coffee 10:00 am Crochet Class 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>18</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
21 9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	22 9:00 am Q&A with Colette 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 1:00 pm Q&A with Colette 1:00 pm Farkle 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	23 9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Open Wii Bowling 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	24 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:00 pm - 3:30 pm Free Legal Services 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	25 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
28 9:30 am Men's Coffee 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)	29 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 1:00 pm Trivia 2:00 pm Farkle 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	30 9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Wii Bowling League Informational meeting 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	31 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	Library, computers for senior use and billiards available anytime GFSC is open



Our library contains a variety of books by Nora Roberts. Roberts has written over 225 novels, and many of her novels have been adapted into TV movies and miniseries. Her books, Keeping Secrets and Hideaway, and many more, can be found in our library.

Check out these books by Nora Roberts, as well as many others on the 2nd floor in our Library! Sign-in on the sheet in the library and take your books home with you. When you finish them, place the books in the bin in the corner of the library and our volunteers will put them back.



Be a Part of the Action!

The Ralph is now hiring for the 2023-24 events season!

Looking for a great way to spend your time, meet new people, and be a part of an exhilarating atmosphere on the weekends? Join us at the Ralph this season!

New this season:

Most positions starting at \$16/hour



Apply Today!



SCAN ME

Visit theralph.com/workattheralph or call Erika at (701) 777-6656.





GRAND FORKS MOSQUITO CONTROL

What is the Best Way to Prevent West Nile?



Public Health
Prevent. Promote. Protect.

Grand Forks Public Health

The easiest and best way to avoid WNV is to prevent mosquito bites.

- When you are outdoors, use insect repellent containing DEET. Follow the directions on the package.
- Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.
- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.

If you have any questions or concerns relating to mosquito control visit our website at www.gfmosquito.com or contact the Grand Forks Public Health Department at 701-787-8110



Preventing Medicare Fraud

ND SMP Scam of the Month

Warning! Watch out for COVID test kits you didn't order!

Some Medicare beneficiaries are receiving COVID test kits (sometimes by the dozen) in their mail that they never requested. Others are reporting they are not getting the test kits but see the charges on their Medicare statements. This is a sign that scammers may be using a beneficiary's Medicare number to falsely bill Medicare. Frauds like the COVID testing scam and other billing mistakes cost Medicare an estimated \$60 billion each year.

In April 2022, Medicare agreed to pay for eight COVID-19 tests per month for those with Medicare Part B. When the public health emergency ended on May 11, Medicare stopped paying for the over-the-counter COVID test kits. Medicare continues to pay for COVID testing provided in a clinic or a doctor's office and processed in a lab. Some Medicare Advantage plans may still pay for at-home tests. Contact your plan for more information.

How to prevent being a victim of Medicare fraud:

- Never give anyone your Medicare number over the phone.
 - Protect it like you would a credit card.
 - Callers who offer "free supplies or lab tests", or say you need a new Medicare card are scammers. They are trying to get your Medicare number.
 - **Remember, the real Medicare will never ask you for your number...they already have it!!**
- Review your Medicare statements.
 - When you read your statement, look for services (like COVID test kits) or equipment Medicare paid for, but you didn't get.
 - Check if the statements show double charges for services or equipment, or things you didn't ask for.
- If you see a charge that you think may be Medicare fraud, call your medical provider or insurance plan and ask them to explain the charges. If you are not satisfied with the response, contact ND SMP or call Medicare at 1-800-633-4227.

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

The information provided is intended to be a general summary only. Source of information: Small, B. (8 June 20). *Federal Trade Commission Consumer Advice*. Medicare fraud prevention: What's on your statement?

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

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

This project was supported, in part, by grant number 90MPPG0021, from the Administration for Community Living, Department of Health and Human Services. Points of view or opinions do not necessarily represent official Administration for Community Living policy.

Like us on Facebook: North Dakota Senior Medicare Patrol



Meet Paul!

Paul McCullough is our new Public Relations Manager. In his position, Paul will be dedicated to keeping our clients and the community up-to-date about the happenings at the Senior Center, with a special focus on the newsletter.

Paul first learned about Senior Centers through his grandfather, who delivered for Meals on Wheels in Oakes, ND for many years. When he is not at the Senior Center, you can find Paul outside, most likely riding his bicycle or in his garden. Make sure to say hi to Paul when he is at the front desk!

Tech Talk Social Security Website

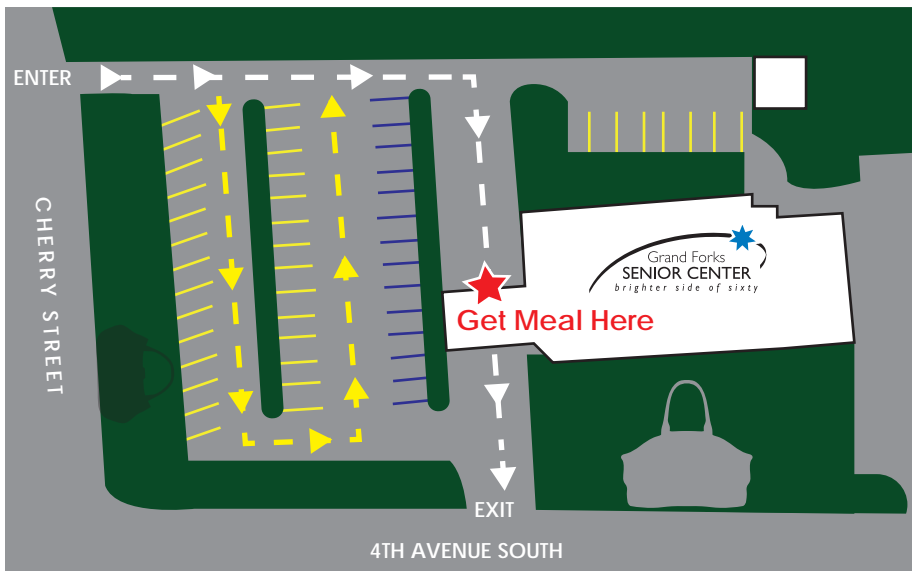
Are you having issues signing into your Social Security account online? Do you need help enrolling in programs on the Social Security website?

Patty Hoffman from the SSA will be hosting our Tech Talk on **Thursday, August 3rd, at 10:30 am**. She will provide guidance and insights to help you navigate the Social Security website. Hope to see you there!



Drive-Thru Lunch Route Map

Monday - Friday | 11:30 am to Noon



Please use **EXTREME CAUTION** while in the Senior Center Parking Lot!

Enter lot from **Cherry Street**

Do not come into lot before 11:25 am.

You may choose between sit-down or drive-thru meals. If you are using our drive-thru, please follow the route shown.

Follow the **white** arrows if the line is short. Follow the **yellow** arrows if the line gets long.

Donations & Memorials

Thank you so much to our generous donors who support older adults! Brighter Side Society Members are designated by the * symbol. The gifts below were received from June 12, 2023 to July 13, 2023.

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

Zespy Estate

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

Altru Alliance-

Grant for Home Delivered
Meals

HOPE Church

Donations of \$500-\$999

VFW Post 3817

Donations of \$250-\$499

Altendorf, Diane

American Crystal Sugar
employees

For Meals on Wheels

Hanson, Karen

Westacott, Richard

In memory of Kenny Schill

Donations of \$100-\$249

Anonymous (x2)

Drees, Ken and Maureen*

For Meals on Wheels

Pedersen, Melvin

Donations up to \$100

Belobraydic, Matt and Rochelle*

Broadwell, Ray and Becky*

Buckley, Ann*

Deraney, Pat

In memory of James Novacek

Dvorak, Marlene*

Facebook Donation

Fish, Mary and William

In memory of Margaret Fish

Fish, JoAnn

In memory of Margaret Fish

Hammerstrom, Tooker*

Helgerson, Donna

In memory of my husband,
Arral (AJ)

Herrmann, Karen*

Hogan, Shirley

Iseminger, Carl and Colette*

Kryzsko, Carolyn

In memory of Francis and
Bennett Kryzsko

Langowski, Vernon and Christine

Lizakowski, David and Penny

Lunde, Beverly

In memory of Ken Krom

Mattern, Alice*

Puffe, Lyle and Jeanne

In memory of Gary Swanson

Sandberg, Curt and Ione*

For Meals on Wheels

Schiele, Kathy*

In memory of Don Schiele

Schumacher, Matt and Jami*

Sulland, Steve and Linda*

Vein, Jerry and Mary*

Venaccio, Michael and Vicki

Westrum, Brad and Yvonne*

Zirnhelt, Clair and Ronda*

Wish List



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

- Coffee
- Napkins
- Paper Towels
- Wheelchairs &
Transport Chair 19
inches and greater

If you are able to
contribute please drop
off needed items at the
front desk.

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

Silver Express Purse Scavenger Hunt

We've counted **21 purses** in the Silver Express! How many did you find?

Paid Advertisement



Maple View
MEMORY CARE COMMUNITY

Providing you and your family
with peace of mind

- Full time residency
- Respite
- Adult day services

4650 S Washington St
Grand Forks, ND 58201
(701) 772-3400
www.lifeatmapleview.com

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*)

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*) (*Aug 3 @ GFSC*)

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
- Social distance
- Bring your key tag to sign in
- Masks are optional

Classes are held at the GFSC in the lower level activity room or at Hope Church in their common area. Hope Church is located inside Grand Cities Mall. Class location is in parentheses in the list above, but keep an eye out on our Facebook page for up-to-date information. Changes may occur throughout the month as there may be times when locations change or classes are canceled. If you want to find out if more about exercise classes, either call the Senior Center at 701-772-7245 or visit www.gfseniorcenter.org.

July Event Recap: German Law Group

The July presentation by German Law drew a packed audience. John Oelke, from German Law Group, covered a range of topics including Estate Planning, Elder Law/Medicaid Services, Trust Administration/Probate, and Legacy Planning. Photo from the event on page 19.

Foot Care Appointments

Is it difficult to take care of your toenails? Is your vision failing or do you have arthritis, which can make this task difficult? Whatever the reason, if you are 60 or over, you can have your foot care done by nurses at the Grand Forks Senior Center. Call today for an appointment. Suggested donation of \$30 for foot care at the Grand Forks Senior Center and \$35 for home visits or visits in rural communities.

APPOINTMENTS AVAILABLE: Please call 701-757-4878 to make a foot care appointment at the GF Senior Center or at one of the satellite foot care clinics listed here.

Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

Aug 15	Aneta Community Center, 219 Main Avenue, Aneta	9:00 am - Finish
Aug 23	Tolna Lutheran Church, 220 Main Street, Tolna	9:30 am - Finish

Revised guidelines to keep clients and staff safe:

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

Please help to keep our nurses healthy to serve you!

Paid Advertisement

*Request Information or Schedule
your Personal Tour Today!*



*Our Family
Caring for Yours*

Senior Independent Living - Country Estates

- A variety of elegant apartments
- Café, hair salon, exercise room, transportation

Assisted Living - Wheatland Terrace

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

Basic Care - Tufte Manor

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

valleyseniorliving.org
701.787.7563



Fun In The Center

- 1-6 Photos from Party in the Park
- 7-10 Photos from July's Monthly Creations Class
- 11 A little helper joins for Meals on Wheels deliveries!
- 12-13 Photos from German Law presentation.





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The Homestead Property Tax Credit Program Changes

The Homestead Property Tax Credit program, which is designed to provide qualified homeowners receive a credit to reduce property taxes on their home, has been expanded for the 2023 tax year.

Qualifications have changed:

There is no longer a limit on assets, and it only requires:

1. The homeowner to be 65 years of age or older, or permanently and totally disabled.
2. Net income of \$70,000 or less.

The expanded program also reduces the credit levels from 6 levels to 2. The levels have changed to the following:

1. If the net income is less than \$40,000, the credit will provide property tax relief of \$9,000 of taxable value, equivalent to \$200,000 of true and full value.
2. If the net income is \$40,001 to \$70,000, the program will provide property tax relief of \$4,500 of taxable value, equivalent to \$100,000 of true and full value.

In essence, if your home is assessed at \$200,000 and your net income is less than \$40,000, you will have no tax liability. If your home is assessed at \$200,000 and your net income is between \$40,001 & \$70,000, you will pay general real estate tax on \$100,000.

Please call the **City of Grand Forks Assessing Department at 746-2611** for details.

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

Suggested contribution for seniors is \$2 for Breakfast; \$4.25 for Lunch. Please contribute what you can. Cash, Check, EBT/SNAP and Credit Cards are accepted at the GFSC. You may call 701-772-7245 to pay with your card. Those under 60 years are required to pay the actual cost of the meal unless your spouse is over 60. The actual cost of the meals are: \$6.50 for Breakfast; \$11.75 for Lunch. The second entree option is available for sit-down meals at the Senior Center. Menu is subject to change based on availability of food and supplies.

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
1/2 c Fruit Sauce or OJ (1cs) 2 Eggs Made to Order Hashbrown Patty (1cs) 2 WW Toast (2cs) 8 oz 1% milk (1cs)	1/2 c Fruit Sauce or OJ (1cs) Sausage Egg Muffin (2cs) Whole Grain Cereal (1cs) 8 oz 1% milk (1cs)	4oz Orange Juice (1cs) 1/2 c Fruit Sauce (1cs) 2 Cinnamon French Toast (2cs) 1 scrambled egg 8 oz 1% milk (1cs)	1/2 c Fruit Sauce or OJ (1cs) Omelet (.5cs) 2 WW Toast (2cs) 8 oz 1% milk (1cs)	4oz Orange Juice (1cs) 1/2 c Fruit Sauce (1cs) 2 Blueberry Pancakes (3cs) 2oz Turkey Sausage 8 oz 1% milk (1cs)
Breakfast: Toast with a meal includes , margarine, jelly and peanut butter choices; Syrup and margarine are available with pancakes and french toast meals				
Monday Lunch: Aug 7	Tuesday Lunch: Aug 1	Wednesday Lunch: Aug 2	Thursday Lunch: Aug 3	Friday Lunch: Aug 4
BBO Ribs (1cs) or Cranberry Chicken (1cs) 1/2 c Sweet Potato (1cs) 1/2 c Mixed Vegetables (.5cs) 1/2 c Pear Sc (1cs)	8 oz Chicken Wild Rice Cass (2cs) or Lemon Pepper Fish over Rice Blend (1cs) 1/2c Buttered Potatoes (1cs) 1/2c Yams (1cs) Apple (1cs) 1 WW Bread (1cs)	Baked Chicken (.5cs) or Salisbury Steak 1/2 c. M. Potato/Gravy (1cs) 1/2 c Sicilian Blend Veg (.5cs) 1/2 c Mandarin Orange Sc (1cs)	2 Beef Enchiladas (2cs) 1/2 c Southwest Corn (1cs) 1/2 c Seasoned Black Beans (1cs) or Seafood Supreme Salad* (3cs) 1/2 c Cantaloupe (1cs) No Bread	Swiss Steak or 4 oz Chicken Kiev (1cs) 1/2 c. O'Brien Potatoes (1cs) 1/2 c Green Beans 1/2 c Pear Crisp (2cs)
Monday Lunch: Aug 7	Tuesday Lunch: Aug 8	Wednesday Lunch: Aug 9	Thursday Lunch: Aug 10	Friday Lunch: Aug 11
BBO Ribs (1cs) or Cranberry Chicken (1cs) 1/2 c Sweet Potato (1cs) 1/2 c Mixed Vegetables (.5cs) 1/2 c Pear Sc (1cs)	Hawaiian P/A Chicken w/cheese on WW Bun (2cs) or Hamburger on WW Bun (2cs) 1/2 c Potato Salad (1cs) Lettuce Leaf, Tomato, Onion 1/2 c. Steamed Broccoli Orange (1cs)	Pork Roast or Beef Roast 1/2 c. M. Potato/Gravy (1cs) 1/2 c. Carribean Veg (.5cs) 1/2 c. Strawberries (1cs)	Lasagna (2cs) 1 c Romaine Salad (.5cs) 1/2 c Herbed Green Beans or Chicken Caesar Salad* (3cs) 1/2 c Cantaloupe (1cs) 1 WW Bread (1cs)	4 oz Grilled Salmon or Meatballs in Gravy 1/2 c. Roasted Potatoes (1cs) 1/2 c Dilled Carrots 15 Grapes (1cs)
Monday Lunch: Aug 14	Tuesday Lunch: Aug 15	Wednesday Lunch: Aug 16	Thursday Lunch: Aug 17	Friday Lunch: Aug 18
3 oz Orange Chicken Breast or Liver and onions 1/2 c Rosemary Potatoes (2cs) 1/2 c Mixed Vegetables (.5cs) 1/2 c Rosy Applesauce (1cs)	Stuffed Bell Pepper (1cs) or Potato Crusted Pollock (1cs) 1/2 c Mashed Potato/gravy (1cs) 1/2 c Steamed Broccoli 1/2 c. Honeydew (1cs) 1 WW Bread (1cs)	3oz Swedish Meatballs (1cs) or Bk Chix Fried Steak (.5cs) over 1/2 c Rice Blend (1cs) 1/2 c Mashed Pot/Gravy(1cs) 1/2 c Broccoli Normandy (.5cs) 1/2 c Strawberries (1cs) 1 WW Bread (1cs)	3 oz Meatloaf (.5cs) 1/2 c Potato Salad (1cs) 1/2 c. Peas & Carrots (.5cs) or BBQ Chicken Salad* (3cs) 15 Grapes (1cs)	8 oz Chili (1cs) or Pork Roast/Gravy 1/2 c Baby Potatoes (1cs) 1/2 c Glazed Carrots (.5cs) Med Orange (2cs)

Monday Lunch: Aug 21	Tuesday Lunch: Aug 22	Wednesday Lunch: Aug 23	Thursday Lunch: Aug 24	Friday Lunch: Aug 25
Chicken Parmesan or 4 oz Cabbage Roll (.75cs) 1 sm Baked Potato (1cs) 1/2 c Green Bean Almondine(.5cs) 1/2 c. Tropical Fruit (1cs)	Italian Pasta Bake (3cs) 1/2 c Seasoned Zucchini 1c Romaine Salad (.5cs) or Chef's Salad* (3cs) 1/2 c. Cantaloupe (1cs) 1 WW Bread (1cs)	Tarragon Chicken over Rice Blend (1cs) or Spaghetti Hotdish (2cs) 1/2 c. Sweet Potato (1cs) 1/2 c Strawberries (1cs) 1 WW Bread (1cs)	Taco Salad (3cs) or Salmonloaf (.5cs) 1/2 c. M. Potato (1cs) 1/2 c. Creamed Peas (1cs) 1/2 c. Berry Crisp/Topping (2cs) 1 WW Bread (1cs)	Pork Chop in Gravy or Beef Tips/Gravy 1/2 c Mashed Potato (1cs) 1/2 c. Parsliled Carrots Apple (1cs)
Monday Lunch: Aug 28	Tuesday Lunch: Aug 29	Wednesday Lunch: Aug 30	Thursday Lunch: Aug 31	
3 oz Baked Salmon or P/A glazed Pork Chop (.5cs) 1/2 c Scalloped Potato (1cs) 1/2 c. Green Beans 1/2 c. Peaches (1cs)	3oz Italian Chicken or Meatloaf (.5cs) Sm Baked Potato (1cs)/ Sr Cream 1/2 c Fresh or Steamed Broccoli 1/2 c. Cantaloupe (1cs)	Spaghetti w/ Meat Sc (2cs) 1c. Romaine Salad/dressing (.5cs) or Berry Burst Chix Salad* (3cs) 1/2 c. Honeydew (1cs) 1 Garlic Bread (1cs) No extra bread	3 oz Salisbury Steak w/ Mushroom Gravy or Chicken in Gravy 1/2 c. Mashed Potato/gravy (1cs) 1/2 c.Citrus glazed carrots (.5cs) 1/2 c. Strawberries (1cs)	MENU SUBJECT TO CHANGE WITHOUT NOTICE
Breakfast (8:30-9:00 am), Lunch (12-12:15) Served at the Grand Forks Senior Center. Entrée Choices are for MOW & Senior Center only. The state now allows you to take home your leftovers. Please bring your own containers and a cooler if your items need refrigeration.	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.		

8 oz 1% Milk (1cs); 2 Whole Wheat Bread (unless noted) (2cs); and margarine are available with each lunch

Date: 7/3/2023

Licensed Registered Dietitian #13899



Colette Iseminger, MS, RD, LRD



Cities Area Transit offers
SENIOR RIDER

Monday - Friday:
6:00 am - 10:00 pm
Saturdays:
8:00 am - 10:00 pm



Call **787-9120** weekdays before 5:30 pm. Before using this service, you must complete an application with Cities Area Transit (**allow one week for processing**). If you call this number in the evening or on the weekends, you will need to leave a message. Call one business day in advance of when you need your ride after your application has been approved. **Masks and social distancing are encouraged.** Rides within GF and EGF city limits only.

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following:

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Website:
carechoicend.
assistguide.net



**Transportation
to FARGO**

The Walsh County Transportation Program takes a bus to Fargo the second Monday of each month for \$15 round trip. The bus departs at 9:00 am from the I-29 South Truck Stop (Flying J) in GF and leaves Fargo at 3:00 pm to come back. Call 701-284-7980 by 3:00 pm the Friday before for reservations.

If you would **like to receive this newsletter** (either in the mail or by email), you **no longer wish to receive this newsletter, or your address is changing**, please contact the GF Senior Center at 701-772-7245 or pr@gfseniorcenter.org. If you live outside of Grand Forks or Nelson county, you will need to become a member in order to get the newsletter by mail.



620 4th Ave. S.
Grand Forks, ND 58201
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Grand Forks Senior Center
August 2023
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

Q&A with Colette



Tuesday, August 22
Two Separate Sessions
9 am & 1 pm

Do you have questions about the Grand Forks Senior Center?
Want to learn about the future of the Senior Center and see
what big things are coming up?

Join our Executive Director, Colette, on Tuesday, August 22 at
either 9 am or 1 pm for a Q&A session!