

Grand Forks
SENIOR CENTER
brighter side of sixty
Dec 2020

The Silver EXPRESS

www.gfseniorcenter.org

701-772-7245



Drive-Thru



Christmas Feast

at the Alerus Center*
Tues, Dec 15, 2020

11:30 am - 12:30 pm (each person must have a ticket)

The GF Senior Center's Christmas FEAST (Swedish meatballs and mashed potatoes with gravy, cooked carrots, tossed salad, bread, and lemon meringue pie) will be served drive-thru style at the Alerus Center this year. **To reserve a ticket, call 701-772-7245 with the full name and birthdate of each person who would like a meal (only for people 60 and older & their spouses of any age).** Tickets will be mailed out. At the drive-thru, you can pick up meals for friends, family, and neighbors, as long as you have their tickets.

Deadline to reserve a ticket: Friday, December 4 (if tickets still available at this point). You may also call after December 4 and check if we have any tickets remaining.

On Tuesday, December 15, enter on the south side of the Alerus Center parking lot from 42nd Street. Look for signage or people to direct you. You will drive up to the building, **hand us your ticket(s)**, and receive your meals through your back window.

Suggested dinner contribution of \$5 for people 60+ and their spouses. A contribution envelope will be sent in the mail with your tickets. If you would like to make a contribution, please put your cash or check in the envelope and give that, along with your tickets, to the drive-thru attendant.

No Drive-thru at the Grand Forks Senior Center this day

Grand Forks Senior Center (GFSC) Phone Numbers

GFSC is an United Way Partner Agency



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 or Rhonda	701-780-5169
Resources Manager & Nelson Co, Joyce Austin	701-757-4881
Activity Manager, Ranea Johnson	701-757-4866
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

Building Currently CLOSED

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

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

Foot Care: People 60 and older.

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

Home Delivered Meals: Any age.

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

If you would like to receive this newsletter (either in the mail or by email), you no longer wish to receive this newsletter, or your address is changing, please contact the GF Senior Center at 701-772-7245 or jamis@gfseniorcenter.org. We currently print 2,200 Silver Express newsletters each month and mail about 2,000 of them. Another 400 people receive the newsletter by email. If you would like to switch to receive the newsletter by email and save on resources, email jamis@gfseniorcenter.org and let Jami know.



The Silver Express[©]

December 2020

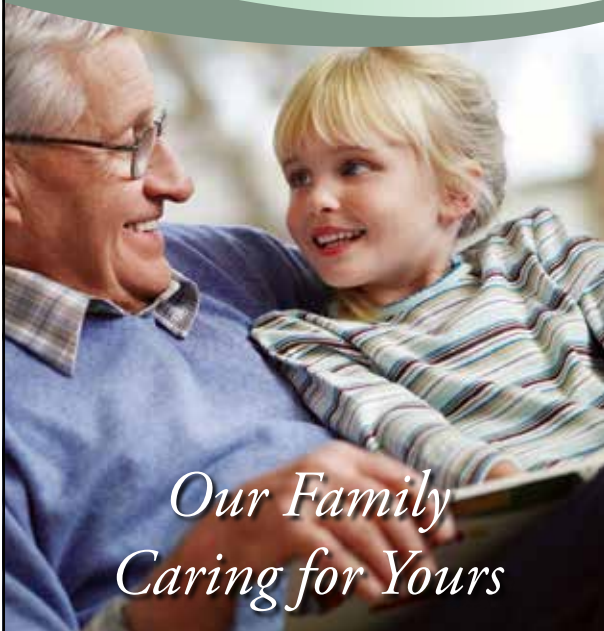
- 4-7 Assortment of Important Information
- 8 Christmas Wishes
- 9 Staying Safe From COVID & Share the Love
- 10-13 Silver Campaign Update & Donors
- 13 December menu
- Back Project Renew

A Sudoku for You

A sudoku puzzle consists of a 9 by 9 grid. This grid is subdivided into nine 3 x 3 boxes. Some of the cells in the grid are pre-filled with a number between 1 and 9, while many other cells are blank. Your job is to determine the correct number to be entered in each of the empty cells. To figure out which number between 1 and 9 belongs in a particular cell, you need to adhere to the following rules: the numbers 1 through 9 must appear exactly once in each row, once in each column, AND once in each 3x3 box.

				7				
	1						6	4
5			9					2
	4		5					
		7				3		8
		9						6
8			2				3	
				5	8			1
		3	6	4				

**Request information today
by calling 701-787-7563**



*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 - Tuft Manor

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

valleyseniorliving.org
701.787.7563



Signs Requested for Meal Drive-Thru



Winter is here and the person who checks you in at the meal drive-thru will be inside the building with the window only partially open. **We would like to ask each person to make a sign with large, clear and bold printing that says the name of each person receiving a meal. If you are coming for the first time, add your birthdate and year.** Even if the regular person who does the check-in knows who you are, still make a sign because sometimes other people fill in for this position. Hold up this sign once you get near the canopy and stop your vehicle. It will be much more difficult to hear each other from a distance, so this will keep the line moving well. THANK YOU!

Medicare Part D Open Enrollment



The Senior Center is no longer assisting with the Medicare Part D Open Enrollment for 2021. You can still do a comparison using one of the options below. Final deadline to enroll in a new Part D drug medication plan is December 7, 2020.

- **Log on to www.medicare.gov** and complete the comparison process for yourself.
- **Call Medicare directly** at 800-633-4227.



Change in 2021 Membership Process

There is a small change coming to the process of mailing out membership forms for 2021. Normally we would mail out the new membership forms around the end of November. From now on we are not going to mail them until December 31. We are doing

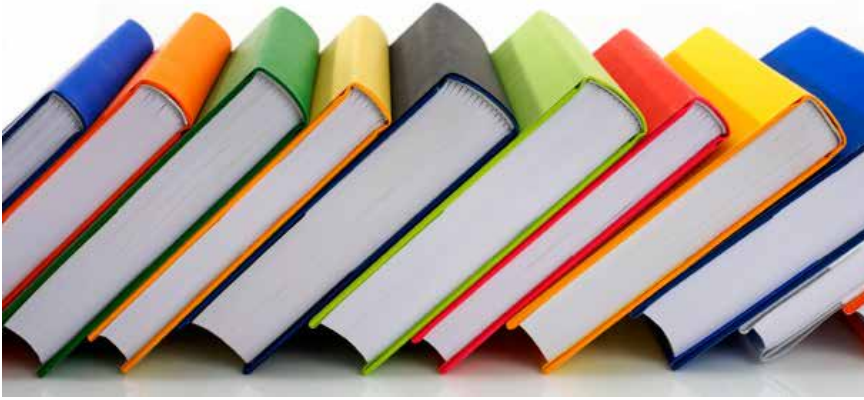
this for two reasons: 1) the front desk is very busy in November and December and we need to streamline things a bit, and 2) from the accounting end, it will be easier to have the membership money come in the same year as the membership. Thank you for your understanding and thank you for supporting the Senior Center with a membership.



GFSC Exercise Classes

All Grand Forks Senior Center exercise classes that were being held indoors at Hope Church were cancelled the month of November because of high COVID numbers in the County. We are unsure of when they will resume. To see if the classes have started up again, call us at 701-772-7245 or check out our website at www.gfseniorcenter.org/physicalactivities.

Return GFSC Library Books



If you have any books at your home from the Grand Forks Senior Center's library, please return them during our weekday drive-thru time from 11:30 am - 12:15 pm. If you come closer to noon, you shouldn't have to wait long. Consider picking up a hot meal at the same time!

Cannot Accept Donated Items

We know many people are taking this time to clean out closets, drawers, and cupboards. Normally we accept donations of some items for our craft room or free cart, but we are not accepting any of these kinds of donations during this pandemic. Thank you for your understanding.



Frozen Meals for People in Quarantine



If you find yourself in quarantine all of a sudden, please **DO NOT** go to the grocery store. You need to stay home to prevent the possible spread of COVID. If you need meals, consider the Senior Center's frozen meals (only for people 60 and older). Place an order by calling 701-772-7245. If you have the internet, first check out our list of current frozen meals at www.gfseniorcenter.org/frozenmeals. If you have someone who can pick up the meals for you, they can do that M-F from 11:30 am - 12:15 pm in our meal drive-thru (orders have to be called in first). If necessary, frozen meal delivery arrangements can be made. Frozen meals are not just for people in quarantine, they are for everybody 60 and older!

Two Job Openings at the GFSC



The GF Senior Center presently has two job openings: **flex-time nurse** in the Health Dept. providing foot care AND **Home Delivered Meals kitchen assistant** (located in the Altru kitchen). Both of these jobs have a low amount of hours each week. They are **great for someone who truly wants part-time work**. Check out the details, as well as the application form, at www.gfseniorcenter.org/evopps or call 701-772-7245 to have the information mailed to you.

Resource Coordinators Here for You

The Resource Team of the Grand Forks Senior Center continues providing services, addressing questions, sharing information, and making referrals as appropriate, by phone, email, or regular mail. Equipment Loan is available by appointment; please call 701-772-7245.

GFSC Resources coordinators:

- Help customers identify personal needs, goals, values, and preferences
- Provide education, information, and decision support in choosing and accessing services
- Encourage planning for long-term support and services
- Network with other service providers in the community
- Respect our customers' right to privacy and confidentiality



Important Pre-Retirement Information



Now available on the GFSC website at www.gfseniorcenter.org/links, '**Get Ready for Retirement Webinars from AARP**' on the very **important topics of Social Security and Medicare**. Once you follow this link, scroll down to 'Social Security Presentation' and 'Medicare Presentation.' While you will have to register through AARP to watch these videos, there is no cost and you can watch them immediately.

Do Not Call Timeframe

Please do not call the Grand Forks Senior Center between 11:15 am - 1:00 pm each weekday. The staff are busy with the drive-thru and then are having lunch. If you do call, you may need to leave a message.



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Meal Options During the Pandemic

We are working to keep older adults as healthy as possible. We offer three meal options:

1. A weekday **meal drive-thru** from 11:30 am - 12:15 pm (no reservations necessary)
2. **Frozen meals** which can be picked up during the drive-thru (call 701-772-7245 ahead of time to place order) or delivery arrangements made if necessary
3. **Meals on Wheels** (701-757-2006) and **Home Delivered Meals** (701-780-5169) programs

Questions? Call 701-772-7245

Foot Care Appointments Available

Guidelines to keep clients and staff safe:

- Clients will **wear a mask** while in the building and while interacting with staff. The **mask needs to be worn correctly** (over the nose). We know you are tired of doing this and of the pandemic, but these precautions are important.
- Clients will need to **call the Foot Care department at 701-757-4878 and let them know they are waiting outside OR ring the doorbell near the front door.**
- Before entering the building, nurses will ask the client a few assessment **questions** and take the client's **temperature**.
- Upon entry to the building, clients will use **hand sanitizer**.
- **Clients will be escorted to and from the appointment.** No stops along the way will be allowed. **Please only bring what you absolutely need to the appointment. No extra bags or other items allowed.**

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

Dec 2	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Dec 3	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Dec 10	Lutheran Church of McVile 112 W Vail Ave, McVile	9:30 am - Finish



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

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

Wish List

Grand Forks
SENIOR CENTER
brighter side of sixty



From the staff and Board of Directors of the Grand Forks Senior Center, We miss and care about each of you. Take care and be safe. See you in 2021!

Staying Safe from COVID

OUR HEARTS ARE BREAKING as seniors across the state are dying from COVID; don't put yourself at risk.

Please take these precautions:

- Don't assume your family and friends are COVID-free. You should behave as if each person you encounter could have COVID. Some people with COVID never experience symptoms, while others are contagious before they develop symptoms.
- Shop during the senior-only shopping times in stores to reduce the amount of people you come into contact with while shopping. Also, these times are often early in the morning when the store is the cleanest.
- Outside of your household, always wear a mask and physically distance from people.
- Come to the Senior Center's contact-free meal drive-thru each weekday from 11:30 am - 12:15 pm for a great, hot meal. No reservations are necessary.
- Think twice about attending gatherings. If you are going to a gathering, avoid any place where people are not masking and physically distancing.



Share the Love with Subaru & Meals on Wheels



Shopping for a new car? You could support Meals on Wheels! For the 13th year in a row, Subaru of America has invited Meals on Wheels to participate in its annual Share the Love Event! For every new Subaru vehicle sold or leased from November 19, 2020, through January 4, 2021, Subaru will donate \$250 to one of multiple charities (the customer gets to choose which one!), including Meals on Wheels America. If you're looking to purchase a car, stop by Grand Forks Subaru and be sure to choose Meals on Wheels! Meals on Wheels provides daily nutritious meals, companionship, and critical safety checks to homebound seniors. Each donation helps enable seniors to age with independence and dignity in their own homes, where they want to remain.



The
Silver Campaign
Grand Forks Senior Center
Annual Appeal

What a year it has been! The Grand Forks Senior Center is doing all it can to keep seniors as healthy and as safe as possible, but our work is not possible without your support. Thank you to our generous donors who have been supporting the Senior Center's annual Silver Campaign. All donations received from October 23, 2020, to the end of the year will be counted as Silver Campaign gifts. **The gifts below were received from Oct. 23 to Nov. 9, 2020.** The donors are listed in their **cumulative giving** categories for this period. Thank you for your generous gifts! Silver Campaign gifts are accepted through Dec. 31 at the GFSC, by mail, or online at www.gfseniorcenter.org/donate.

\$41,239 on our way to a goal of \$100,000

Brilliant Stars
(\$1,000-\$4,999)

Anonymous
Anonymous
For Home Delivered Meals
Gilmour, Edna
In memory of Kenneth
Gilmour
Lehn, Rich and Faye

Luminous Stars
(\$500-\$999)

Farder, Terry and Charleen
In memory of Leila Farder
Gate City Bank
German Law Group
Goodman, Bernie
Grove, Ruby
In memory of Douglas Grove
for Meals on Wheels
Hawthorne, David and Sandra
Hoffmann, Mark and Jan
Kuchera, Joan
Rand, Tom and Alice Jean
Swanson, Andy and Gail
United Valley Bank

Dazzling Stars
(\$250-\$499)

Birkmaier, Skip and Nancy
Bremer Bank
Britton, David and Denise
DeVries, Denby

Helmoski, Marty and Garlynn
In memory of Fred & Shirley
Maides
Herrmann, Karen
For the Grand Forks Senior
Center staff
Investors Management & Marketing
Iseminger, Gordon and Trudy
Jones, Roger and Cathy
Larson, Jeff and Kristi
In honor of Jami Schumacher
Lundberg, Marilyn
Maddock, Patrick and Susan
In memory of Sophie Maddock
Medalen, Rodney and Joyce
Nielsen, Forrest and Emily
In appreciation of exercise led
by Ranea, Harpreet, and Bill
Randall, Harold and Diana
Rene, A Duane
Sanford, Rep Mark and Gloria
Schroeder, William and Theresa
Smart, Judy
Westacott, Richard
In memory of Del Westacott
Woodrow, Jim and Marge
Ye Ol Painters

Glowing Stars
(\$100-\$249)

Advanced Business Methods
Akset, Orlin and Colleen
In honor of all Grand Forks
seniors

American Legion Auxiliary Unit #6
For meals and activities
Anonymous (14X)
Anonymous
In honor of Alvin & Violet
Warner
Anonymous
In memory of Marlene
Hjeldness
Anonymous
In memory of Suzan Huus
Apanian, Ronald
Arnold, David and LaVonne
Asay, Deanna
In memory of Darrell Asay
Aubol, Linda
In memory of Eunice Paulson
Bank, Beth
Beach, Barb
Berggren, Arden and Patricia
Blackmore, Mae Marie
Block, Neil
Blomquist, Phyllis
Bohlman, Terry
Bollman, Ginny
In memory of Jim Bollman
Bostrom, Joy
Brito, Luis
Christ, Ed and Kelly
Christianson, Ruth
In honor of Joyce Austin
Cole, Marie
In memory of Butch Cole

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Collings, John and Sherri
Connell, JoAnn
Crown Motors
Dalglish, Jim and Joanne
 In memory of our parents
DeHaan, Stephan and Dorrie
Deitz, Marijo
DeMaster, Craig and Helen
Devig, Patrick and Mary Ann
 Thanks for the incredible work
 you do to care for our elderly
 in Grand Forks!
Dubourt, Joyce
Dunham, Ray and Anita
Dunphy, Terry and Jolene
Dutot, Norm and Nancy
 For Thanksgiving meals
Dvorak, Marlene
 In memory of Stanley &
 Amelia Sobolik
Ellertson, Paul and Lindbo, Larenda
 In memory of Hazel Ellertson
Engen, Dennis and Rosie
Erdmann, Rod and Michelle
 In memory of Robert Cournia
Evers, Marilyn
 In memory of Evelyn &
 Lawrence Evers
Fladeland, Ardell and Connie
Fossum, Judy
Gangelhoff, Harold
 In memory of Mary Ann
 Gangelhoff
Gormsen, Dorothy
Gransberg, Janice
Gray, Irene
Groseth, Dean and Janine
Guntzburger, Marshal and Carol
Gustafson, Ione
Hagstrom, Agnes
 In memory of Jerome & Sylvia
 Bodahl
Halvorson, Ruth
Hanson, Sharon
Hanson, Tom and Kathy
Harvey, Michael and Margo
Haux, Norman and Betty

Hayes, Eugene
Heffern, Hank and Sandy
Heidmann, Ron and Joyce
Heier, Don and Judy
 In memory of our parents
Helgerson, Donna
 In memory of husband AJ
Henry, Kenneth and Cheryl
Hensrud, Evelyn
Herz, John and Mary
Hofferber, Charles
 In memory of Irene & Kenneth
 Hofferber
Hoffert, Rodger and Alice
Hogan, Shirley
Holm, Jane
Holman, Alice
 In memory of Al Holman
Holter, Jim and Sharon
Hoverson, Jean
Hricak, Jean-Pierre and Patty Jo
Humble, Bob and Barbara
Jacob-Forseth, Bonnie
Jarolimek, Alvin
 In memory of Matt E, Angela
 Jarolimek
Jarombek, Raymond and Joyce
Jensen, Grant and Genie
Jensen, Mark and Kristi
Jeska, JoAnn
 In memory of Robert Jeska
Johnson, Gerald and JoAnn
Johnson, Tim and Mary
Jore, Thelmer and Belle
Joyce, Gerry and Mary
Klemisch, Mike and Kathy
 In memory of Nadine Pistner
Knudson, John and Jackie
 In honor of GFSC Staff - thanks
 for all the great work you do
Knudsvig, Everett and Karen
Kobe, Mark
 In memory of Kobe & Miller
 deceased family members
Krom, Ken and Sandy
Kuhn, Peter and Eunice

Kulbacki, Joseph and Jan
Lamb, Betty
 In memory of Bill Lamb
Lambeth, David and Cecilia
 In memory of our parents
Laughlin, Clara
 In memory of Gudrun Giere
LeClerc, Ray and Judy
Lileng, Pauline
Little, William
Lively, Harriet
 In memory of Harry &
 Henrietta Gerszewski, Wally &
 Florence Welstad
Lovelace, Kent and Karen
Lykken, Glenn and Dawn
Manley, Judy
Martin, Gene and Kaye
Mattern, Roger and Alice
McCoy, William and Brenda
McGregor, Kenton and Marilyn
McKenna, Terry and Mary Ann
 In honor of the staff
Melicher, Barbara
Melland, Mel and Pat
 In memory of Al Perkerewicz
Midgarden, Kathy
Mieke, Dennis
 In honor of John Hendrickson
Mills, Faye
Mittelsteadt, Rod
 In memory of Alice Mittelsteadt
Murphy, Marlys
Murphy, Spud
Myerchin, Gordon
 In memory of Karen Myerchin
NCM Associates
Nelson, Duane and Lila Jane
Nelson, Eileen
 In memory of my mother Clara
 Simonson
Nelson, John
 In memory of Millie Powers
Nelson

(cont. on next page)

(cont. from previous page)

Nelson, Lowell and Marian
Neumann, Marie

In honor of Senior Center Staff

Nowacki, Loren and Sheryl

Ochs, Kasey

O'Connell, Tom and Peggy

Olson, Darell

In memory of Loraine Olson

Olson, Edwin and Bette

Opstad, Linda

Otremba, Sheryl

Palmiscno, Donald and Linda

Patridge, Michael and Marci

Pederson, Ann

Peters, William

Pokrzywinski, Clayton and Lillian

Preston, Duane and Kay

Puffe, Lyle and Jeanne

Qualheim, Adeline

Richards, Larry

Ricord, Gary and Barbara

Rivard, Bill and Judith

Roglla, David and Marie

In memory of Victor &

Florence Rogalla

Rost, Bob and Donna

Rustvang, Dan and Pam

In memory of Wallace &

Lavonne Rustvang

Saddler, Tom and Jackie

Samson, Daniel and Sandra

Sanders, Jack and Leona

Sanderson, John and Rita

Sather, Gordon and Margaret

Schlieman, John and Linda

Schmisek, Gail

In memory of Bill Schmisek

Schnell, Ellie

In memory of my parents

Schubert, George

In memory of Arline F

Schubert

Schumacher, Judy

Schuster, Ken and Judy

Schweitzer, Kate

In honor of Ashly Nupdal

Segovia, Chico

In memory of Clem Nadeau

Sellheim, Donavon and Jean

For the meal program

Sherman, Fr Edward

Sieg, Peggy

In memory of Norman Sieg,

Norma Lutz

Sieg, Ruby

In memory of my husband

Norman Sieg

Smith, Kirk and Joan

In memory of Laura Jane

Paulson

Smith, Patricia

Snyder, Bev

In memory of Millie Howard

Sondrol, Leroy and Judy

Sorlie, Richard and Bette

Speare, Dave and Elaine

In honor of Mary Fredricks

Spicer, Gary and Lona

Spong, Dale and Susan

Staples, Terri

Staveteig, Robert

Steffen, Raymond and Sharon

Steinke, John and Susan

Svoboda, John and Susan

Tack, Ralph and Lou

In memory of Lois Jeffrey

Tanke, Harold and Jeannette

Taylor, Dale and Bonnie

Tonder, Marsha

Triangle Coach

In honor of Dave Willprecht

Twedell, Ray and Pat

Tweten, Carol

In memory of Basil Tweten

VanderWolde, Bruce and Driscoll,

Doris

Walior, Mary

Walker, Mike and Diane

In honor of Robert Staveteig

Ward, Jim and Cheryl

In memory of Sylvia &

Dwayne Raymond

Willprecht, Dave

Wischer, Agnes

Yagla, Phil and Judy

Zick, Roberta

Shining Stars (up to \$99)

Abdulqader, Ameera

Allan, Beverly

Ameriprise

Anderson, Dan and Deb

Anderson, Marlene

Anonymous (11X)

Anonymous

In memory of Cecelia &

Francis Schreiner

Anonymous

In memory of Marie Hensrud

Bailey, Gayle

Berard, Sidney

In memory of Shirley Berard

Boyd, Bob and Dawn

Brueske, Jane

Buckley, Ann

In memory of Mary Herbeck

Burris, Donna

In memory of Mary Herbeck,

Eileen Pietron, Herb

Helgeson, Marlene Kuntz

Capouch, Lorraine

Clark, Delores

Crotty, Brad and Nancy

Cummings, William and Marilyn

Denis, Dan and Barbara

Dvorak, Jacob

In memory of Paulette Dvorak

Emery, Dale and Helen

Engelmann, Judith

In memory of Muriel Iverson

Erickson, Dennis and Cheryl

In honor of staff

Erickson, Marlys

Falck, Tom and Susan

French, John and Lorie

In memory of Phyllis French

Gabrielson, Tom and Margy

Geiszler, Carol
 Greenwood, Helen
 Gulson, Orris
 Gustafson, Roger and Sharon
 Halle, Scott and Brenda
 Hanson, Carrie
 In memory of Maynard Hanson
 Harpster, Barbara
 In memory of Lynn Harpster
 Heuchert, Larry and Ida
 Hughes, Chuck and Jean
 In memory of Don & Mary
 Herbeck
 Iseminger, Carl and Colette
 In memory of Muriel Iverson
 Johnson, Robert and Sandra
 Johnson, Steve and Brenda
 Kalal, Rosalie
 Keller, Edna
 In memory of Herb Helgeson,
 Marlene Kuntz
 King, Joyce
 Knain, Vidette
 In honor of Senior Center staff
 Kulas, Dale
 Kvasager, Vicki
 Larson, Mary Ellen
 In memory of Glenn Larson

Lee, Paula
 Litzinger, Karen
 In memory of Jim Schaefer
 Lunde, Beverly
 Lysne, David and Aida
 In memory of Magnus M
 Lysne
 Mahnke, Vickie
 In memory of Louis Raml
 McCormick, Wayne
 Meuwissen, Robert and Debbie
 Miller, Marlin
 Moe, Patricia
 Moen, Alice
 In memory of Allan Moen
 Novak, Wayne and Joan
 In memory of Mary Sluke
 Olson, Gary and Genevieve
 Oversen, Kylie
 In memory of Clarence Olson
 Paulson, Pauline
 In memory of Hardean L
 Paulson
 Pedersen, Melvin
 In memory of Lila Pedersen
 Peterson, Joni
 In memory of Harold & Doris
 Sabo

Phalen, Ruth
 Phelps, Steve and Sharon
 Ray, Richard and Roxanne
 Riske, Janet
 Scheffer, Betty
 In memory of John W Scheffer
 Schuh, Janice
 Shores, Arden and Irene
 Stanlake, Arlette
 Stranger, John and Sharon
 Stultz, Kenneth and Darlene
 Swen, Olive
 Vanyo, Bernice
 In memory of Stephen Vanyo
 Welsh, Lloyd and Shirley
 In memory of my parents
 Wilkening, Betty
 Winger, Steve and Annella
 In honor of Don Swartz
 Winters, Faye
 Wolf, Jacob and Michelle
 In memory of Jack & Bernice
 Wolf
 Zhorela, Don and Lynda
 In memory of my father and
 brother

Donations & Memorials

Thank you for these donations received Oct 14, 2020 to Oct 22, 2020.

Donations of \$99 and Under

- Boettner, Scott and Jodi - In memory of Mary Ann Crary
- Flemming, Donna - In memory of Peggy Rawson
- Letvin, Marian
- Middleton, Jean - In memory of Lolly Wohlfeil, Georgia Johnson for Meals on Wheels
- Neumann, Marie - In memory of Glendora DeGroot, Doug Grove
- Paulson, Rolf and Linda- In memory of Dr Mark Siegel

- St Germain, Bob and Sharon

Grants

- North Dakota Community Foundation - \$1,000 for senior meals
- North Dakota Dept of Agriculture - \$4,274 for a new freezer
- United Way - \$1,594 for meals

Brighter Side Society

- Anonymous
- Broadwell, Ray and Becky
- Hermann, Karen

- Iseminger, Carl and Colette
- Kirkeby, Dean
- Mattern, Roger and Alice
- McGarry, Dennis and Lynn
- Robinette, Paul and Mary
- Sandberg, Curt and Ione - For Meals on Wheels
- Schiele, Kathy - In memory of Don Schiele
- Schumacher, Matt and Jami
- Venaccio, Michael and Vicki
- Zimhelt, Clair and Ronda

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

DECEMBER 2020 - Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$9.75. Please contribute what you can. Suggested donation is \$4.25. EBT/SNAP is accepted

Monday Lunch	Tuesday Lunch: Dec 1	Wednesday Lunch: Dec 2	Thursday Lunch: Dec 3	Friday Lunch: Dec 4
MENU SUBJECT TO CHANGE WITHOUT NOTICE	Spag Noodles w/meat sauce (2cs) 1/2 c Carrot Raisin Salad (1cs) 1 Garlic Bread (1cs) 1/2 c Apricots (1cs)	3 oz Salmonloaf (.5cs) 1/2 c. Mashed Potato (1cs) 1/2 c Creamed Peas (1cs) 1/2 c Tropical Fruit Salad (1cs)	3 oz Cranberry Glazed Chicken (1cs) 1/2 c. Buttered Rice (1cs) 1/2 c Beets (.5cs) 1/2 c. Peach Crisp w/top (2cs)	1 c Chix Wild Rice Cass (2cs) 1/2 c. Mixed Veg (1cs) 1/2 c Peach Sauce (1cs)
Monday Lunch: Dec 7	Tuesday Lunch: Dec 8	Wednesday Lunch: Dec 9	Thursday Lunch: Dec 10	Friday Lunch: Dec 11
3 oz Meatloaf (.5cs) Sm Baked Potato (2cs) 1/2 c Capri Vegetable (.5cs) 1/2 c Cherry Sc (1cs)	6 oz Tuna Noodle Hotdish (1cs) 1 c Tomato Soup (1.5cs) 1 c Romaine Salad/dressing (.5cs) Small orange (1cs)	3 oz Meatballs in gravy (.5cs) 1/2 c Mashed Potato w/gravy (1cs) 1/2 c Carrots (.5cs) 1/2 c Tropical Fruit (1cs)	3 oz Turkey w/gravy 1/2 c M. Potato w/ gravy (1cs) 1/2 c California Blend Veg 1/2 c Blueberry Crisp w/top (2cs)	3 oz Pork Roast 1/2 c. Bk Sweet Potato (2cs) 1/2 c Peas (1cs) Cake with 1/2 c Frt/top(1cs)
Monday Lunch: Dec 14	Tuesday Lunch: Dec 15	Wednesday Lunch: Dec 16	Thursday Lunch: Dec 17	Friday Lunch: Dec 18
Tuna Melt (2cs) 1 c V-8 Hamb Soup (.5cs) 1/2 c Fruit Cocktail (1cs) 1x2" Bitsy Brownie (2cs)	** Drive Thru @ Alerus** 3 oz Swedish Meatballs (.5cs) 1/2 c M Pot (1cs)/1/2c carrots (.5cs) Tossed Salad/Bread (1cs) Lemon Meringue Pie (2 cs)	Philly Steak Sandwich w/peppers & onions (2cs) 1/2 c Baked Sweet Potato (1.5cs) 1/2 c Fruit for Salad (1cs)	3 oz Ginger Pork Chop 1/2 c Boiled Potato (1cs) 1/2 c Harvard Beets (2cs) 1/2 c Bread Pudding (1cs)	3 oz Beef Tips in Gravy 1/2 c Buttered Egg Noodles (1cs) 1/2 c Green Beans 1/2 c Apple Crisp w/top (2cs)
Monday Lunch: Dec 21	Tuesday Lunch: Dec 22	Wednesday Lunch: Dec 23	Thursday Lunch: Dec 24	Friday Lunch: Dec 25
2 oz Hot Dog on Bun (2cs) 1 c. Vegetable Soup (.5cs) 1/10 Pumpkin Pie w/top (2cs) No Extra Bread	Veg. Lasagna (2cs) 1/2 c Broccoli 1/2 c Pear Sc (1cs)	Chicken Parmesan Sm Baked Potato (2cs) 1/2 Stewed Tomato (.5cs) 1/2 c Fruit (1cs)	3 oz Ham 1/2 c Boiled Potato (1cs) 1/2 c Peas (1cs) Christmas Cookies (2cs)	CLOSED CHRISTMAS HOLIDAY
Monday Lunch: Dec 28	Tuesday Lunch: Dec 29	Wednesday Lunch: Dec 30	Thursday Lunch: Dec 31	Friday Lunch: Jan 1
3 oz Pork Chop in MR gravy 1/2 c Boiled Potato (1cs) 1/2 c Peas & Carrots (.5cs) 1/2 c Tropical Fruits (1cs)	Fish Amondine 1/2 c. Mashed Potato w/gravy (1cs) 1/2 c Stewed Tomato (1cs) 1/2 c Apricots (1cs)	3 oz Baked Chicken 1/2 M. Pot/Gravy (1cs) 1/2c Mixed Vegetables (1cs) 1/2c Peach Sc (1cs)	3oz BBQ Ribs Sm Baked potato (1cs) 1/2 c corn (1cs) 1/10 Cherry Pie/top (3cs)	CLOSED NEW YEAR'S HOLIDAY
DRIVE THRU MEAL PICK UP AT THE GRAND FORKS SENIOR CENTER CONTINUES FROM 11:30AM-12:15; DINING ROOM AND BUILDING ARE CLOSED UNTIL FURTHER NOTICE				
Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31 g; Net Carbs 87 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				
1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (1cs); and margarine are available with each meal				
Date: <u>11/3/2020</u> Licensed Registered Dietitian #13899 <u>Colette Sawyer, RRD</u> Colette Iseminger, MS, RD, LRD				

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!



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Bad Weather Info

During bad weather to find out if we are having exercise classes, our meal drive-thru, or if we are delivering meals, call the Sr Center at 701-772-7245, check www.gfseniorcenter.org, valleynewslive.com, or www.facebook.com/gfseniors.

Supporting Older Adults through the Silver Campaign Gifts to the Grand Forks Senior Center's annual appeal can be made by mailing a check in, donating online at www.gfseniorcenter.org/donate or dropping off a check during our weekday meal drive-thru from 11:30 am - 12:15 pm. To count towards the Silver Campaign, gifts must be received by noon on December 31 or by midnight online; however, the GF Senior Center is grateful for gifts of support throughout the year.

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.

Silver Express 15



620 4th Ave. S.
Grand Forks, ND 58201
701-772-7245
www.gfseniorcenter.org

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The Grand Forks Senior Center's DECEMBER 2020 Silver Express newsletter
Holiday CLOSINGS: Closing at 1 pm on Dec 24, Closed Dec 25, Closing at 1 pm on Dec 31

PROJECT renew

We have all been affected by COVID-19. Turn to LSSND for FREE counseling.

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