

Grand Forks
SENIOR CENTER
brighter side of sixty
December 2021

The Silver Express

www.gfseniorcenter.org

701-772-7245



Tues, Dec 14, 2021

Drive-Thru Christmas Feast



at the Alerus Center*

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. 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 may be mailed out. At the drive-thru feast, you can pick up meals for friends, family, and neighbors, as long as you have their tickets.

Deadline to reserve a ticket: Friday, December 3 (if tickets are still available at this point). You may also call after December 3rd to check if we have any tickets remaining.

On Tuesday, December 14, 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 given 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 or sit down lunch at the Grand Forks Senior Center this day.

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, Tanya Barron | 701-757-4872 |
| 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 | 701-757-4868 |

GFSC Board of Directors

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Alice Mattern

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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 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.

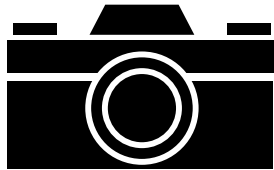
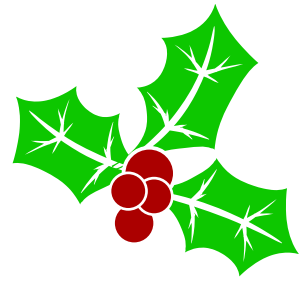
Meals on Wheels: For people 60 and older and their spouse or caregiver of any age.

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.

GFSC Exercise Classes

Exercise classes are held at the Senior Center and at Hope Church. Must mask until in place. For more information, contact Ranea at 701-757-4866; activity@gfseniorcenter.org or go to www.gfseniorcenter.org/physicalactivities.

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

Ready, Set, Stretch: W at 1:30 pm (*GFSC*)

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

Beginner Tai Chi for Arthritis & Fall Prevention:

M & Th at 1:30 - 2:00 pm (*GFSC*)

Experienced Tai Chi for Arthritis & Fall Prevention:

M & Th at 2:00 - 2:30 pm (*GFSC*)

Qigong w/Harpreet: M at 2:30 pm (*GFSC*)

NO CLASSES AT HOPE DEC 27 - DEC 30

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 would like to switch to receive the newsletter by email pr@gfseniorcenter.org.

From the Director's Chair

by Colette Iseminger



We are experiencing many shortages and outs in our ordering, especially in the food area. Unfortunately, sometimes it is a short notice outage so we have to just go with what we have. Our goal is to be able to continue to offer some kind of meal even if it's not exactly what we advertised on the menu. Substitutions will be as close to the original item as possible. I am very sorry about this but it is out of our hands. And due to the large number of meals we are providing, we can't just run to the grocery store to get something.


Next, we need volunteers to deliver Meals on Wheels and Home Delivered Meals. There are 15 routes a day that deliver hot meals to those who really need them in the city of Grand Forks. That's a lot of volunteers and we thank everyone who is delivering for us (or has in the past)! It only takes about an hour to do a route so if you can help, please give us a call.

Call now and get your tickets reserved for the Christmas Feast at the Alerus on December 14th. This will be a contactless drive-thru meal pick up to keep all safe. We hope you will take advantage of this good meal.

And finally, from the Board of Directors, myself and the staff we wish you all the best this holiday season. Merry Christmas and Happy New Year!

Til Next Time,

Colette Iseminger



Executive Director



Assistive Equipment

available to borrow (for up to three months)

We have canes, walkers, rollators, knee scooters, wheelchairs, transport chairs, reachers, bed rails, shower stools, toilet risers, plus tennis balls for walkers. Call 701-772-7245 and ask for Resources. Contributions are appreciated for the short-term (up to three month) use of these items.



Volunteers Needed



We are still in need of volunteers. We have never been able to do all we do without our volunteers. We need **VOLUNTEERS EVERY DAY** of the week. We also need **SUBSTITUTE** volunteers. Please consider one of the opportunities below.

For **Meals on Wheels** which run out of the Grand Forks Senior Center. The time commitment is from 10:30 am - Noon. If interested, please contact Meals on Wheels at 701-757-2006 or mow@gfseniorcenter.org.

For **Home Delivered Meals** which run out of Altru hospital. The time commitment is from 11:00 am – 12:30 pm. If interested, please contact Home Delivered Meals at 701-780-5169 or HDMeals@midconetwork.com.

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



Need Gift Ideas?

You are in luck! The Grand Forks Senior Center has unique gift ideas for older adults.

- 10-punch meal tickets (Breakfast \$20, Lunch \$42.50)
- Senior Rider bus cards (\$30) for 10 one-way trips
- Footcare certificate (\$25)
- Gift Shop Crafts

Visit the front desk to purchase any of these items.



Bad Weather

During BAD WEATHER to find out if we are open, call the GF Senior Center at 701-772-7245. www.gfseniorcenter.org, valleynewslive.com, or www.facebook.com/gfseniors.



Tech Support

Need help with your Cell phone, Tablet, Kindle, or Lap Top? Tech Support is now available on Dec 1 and Dec 15 (1st & 3rd Wednesdays) in the afternoon. Call Ranea at 701-757-4866 for an appointment.

Constant Reader's Book Club

Monday, Dec 13 (2nd Monday each month) at 10:30 am

Discussing "Library of the Lost and Found" by Phaedra Patrick

New people welcome! Book for the next month handed out at this gathering. For info regarding the book club, see GFSC Activity Manager Ranea Johnson or call her at 701-757-4866.



Coffee and Pie with a Cop

Tuesday, Dec 21

2:00 pm - 3:00 pm

Join Sargent Kris Brown for coffee and pecan pie with vanilla ice cream (pie and ice cream will cost \$2). Coffee with a Cop is held the 3rd Tuesday of each month.



Music Mondays

Join us in the GFSC dining room on Mondays at 1:00 pm as we gather and appreciate the talents of local musicians.

- December 6** Barb Graff
- December 13** Too Old to Die Young
- December 20** Christmas Music with the Fantastic MBP
- December 27** Chuck Gust (Accordion)



Christmas Trivia

Tuesday, Dec 21 at 1:00 pm
in the GFSC Dining Room

Canceled Activities in December

The Senior Center will be closed all day Dec 24 and Dec 31. There are a lot of canceled activities in December on multiple dates. Please be sure to check the calendar on pages 8-9 to see if your activity is taking place.

Monthly Creations Candy Cane Wreath Craft



**Dec 8 at 10:00 am,
In the Activity Room
\$7.00 per person**

Payment and reservations due by Dec 6. Sign up is limited to 10 people.

The candy cane frame and supplies will be provided. You must bring a scissor and be able to cut and tie onto the wire frame.

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.

WISH LIST

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

- Panty Liners
- Napkins
- Unopen Packs of Disposable Incontinence Pads - Ladies, size Lg (Also referred to as "Depends")
- Rack-o game in good condition
- Coffee
- Paper Towels

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



December 2021 Activity Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| | | <p>1</p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment</p> | <p>2</p> <p>9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 3:30 pm Healthy Bones (Hope Church)</p> | <p>3</p> <p>9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p> |
| <p>6</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday Barb Graff Performing 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p> | <p>7</p> <p>9:00 am Monthly Tour 9:30 am Men's Coffee 10:00 am Weight Loss Support Group 3:30 pm Healthy Bones (Hope Church)</p> | <p>8</p> <p>9:30 am Men's Coffee 10:00 am Game Group 10:00 am Monthly Creations Candy Cane Wreath Craft (See page 7 for info) 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church)</p> | <p>9</p> <p>9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 3:30 pm Healthy Bones (Hope Church)</p> | <p>10</p> <p>9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p> |
| <p>13</p> <p>9:30 am Men's Coffee 10:30 am - Sr Center Book Club Constant Readers 1:00 pm Dominoes 1:00 pm Music Monday Too Old to Die Young 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p> | <p>14</p> <p>9:30 am Men's Coffee 10:00 am Weight Loss Support Group 11:30 - 12:30 CHRISTMAS FEAST at the Alerus Center 1:00 pm Vision Support Group 3:30 pm Healthy Bones (Hope Church)</p> | <p>15</p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment</p> | <p>16</p> <p>9:30 am Legal Services 9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 3:30 pm Healthy Bones (Hope Church)</p> | <p>17</p> <p>9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| <p align="center">20</p> 9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday Christmas Music with the Fantastic MBP 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church) | <p align="center">21</p> 9:30 am Men's Coffee 10:00 am Weight Loss Support Group 1:00 pm Christmas Trivia 2:00 pm Pie and Coffee with a Cop 3:30 pm Healthy Bones (Hope Church) | <p align="center">22</p> 9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church) | <p align="center">23</p> 9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 3:30 pm Healthy Bones (Hope Church) | <p>24</p> <p>GFSC CLOSED</p> |
| <p align="center">27</p> 9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday Chuck Gust (Accordion) 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong | <p align="center">28</p> 9:30 am Men's Coffee 10:00 am Weight Loss Support Group | <p align="center">29</p> 9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 1:30 pm Ready, Set, Stretch | <p align="center">30</p> 9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi | <p>31</p> <p>GFSC CLOSED</p> |

No exercise classes at Hope Church Dec 27 - Dec 31!

AARP Driver's Safety Classes

will be held at the Grand Forks Senior Center on

Wednesday, Jan 12, from 12:15 pm - 4:15 pm

Class size is limited to 12. It will be held in the back half of the Activity Room.

Call Ranea at 701-757-4866 to reserve your spot.

This class is always available online at www.aarpdriversafety.org



Learn about Sock Aids & Leg Lifters

From the GFSC Resources Department



Putting on and taking off socks or lifting your legs can become challenging and frustrating if you suffer from arthritis, joint damage, pain, stiffness, limited range of motion, fatigue, have had a stroke, or have other disabilities.

We will tell you a little bit more about two devices you can rent from the Grand Forks Senior Center that can make putting on socks and lifting your legs a little bit easier.

What is a sock aid?

A sock aid is a tool that will help you slip on socks easily without causing pain.

There are many different types of sock aids. Sock aids can be either flexible or stiff. There may be one handle or two. The sock slips onto the top of the sock aid and is held open. Once the sock is slipped onto the assistive device, drop it to the floor while you hold onto the handles. Your foot is then slipped into the sock opening. With the handles, you pull back and upward so your foot slips into the sock and out of the sock aid.

How does it work?

Step 1: Place the sock aid between the knees and pull the sock or stocking aid over the end without straps.

Step 2: While seated, place the sock aid out in front of your foot on the floor.

Step 3: Insert your toes into the sock/stocking opening.

Step 4: Pull straight back on the handle until your toes are well in the sock/stocking.

Step 5: When the sock/stocking reaches your heel, pull at an upward angle towards the ceiling in order to move the sock/stocking around your heel.

Step 6: Pull the sock aid out of the sock/stocking. Finish pulling the sock/stocking on.

What is a leg lifter?

A leg lifter is an assistive device that is used to help you move your legs from one place to another.

How does it work?

It typically consists of a large loop attached to a handle. The user places the loop around their leg and uses the device to lift the foot or thigh and place it.

Where do you find a sock aid or leg lifter?

The resources team at the Grand Forks Senior Center has these and many other items available to loan. Call 701-772-7245 to schedule an appointment. Donations are appreciated.



Source:

How to Pick the Best Sock Aid for You. (2019). Performancehealth.Com. Retrieved November 2021, from <https://www.performancehealth.com/article/how-to-pick-the-best-sock-aid-for-you>

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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









Thank you to our generous donors who have been supporting the Senior Center's annual Silver Campaign. All donations received from October 22, 2021, to the end of the year will be counted as Silver Campaign gifts. **The gifts below were received from Oct. 22 to Nov. 5, 2021.** 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.

\$41,315 on our way to a goal of \$100,000

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

Cournia, Linda
Gate City Bank
Gilmour, Edna
In memory of Ken Gilmour
Lehn, Rich and Faye

Luminous Stars (\$500-\$999)

Buck, Dennis and Carol
Farder, Terry and Charleen
In memory of Orville & Leila Farder
Jensen, Mark and Kristi
Maddock, Patrick and Susan
In memory of Selma Robbins, Sophie Maddock
Nord, Ruth
Sandberg, Curt and Ione
Sanford, Mark and Gloria
Schumacher, Matt and Jami
In honor of the seniors and GFSC staff
Swanson, Andy and Gail

Dazzling Stars (\$250-\$499)

Ames, Vince and Valerie
Anonymous (2)
Bremer Bank
Devig, Patrick and Mary Ann
In honor of Gordon Sather

Dietrich, Wayne
Ellertson, Paul & Lindbo, Larenda
In memory of my parents,
Orvin & Hazel Ellertson
Helmoski, Marty and Garlynn
In memory of Fred & Shirley
Maides

Hoffmann, Mark and Jan
Iseminger, Carl and Colette
In memory of Robert Iverson
Jones, Roger and Cathy
Knauf, Diane

In memory of Huldie Lindgren
McKinnon, George
In honor of the Meals on
Wheels volunteers

Medalen, Rodney and Joyce
In memory of our parents

Randall, Harold and Diana
Rydland, Garth and Christine
Schmisek, Gail

In memory of Bill Schmisek
Swanson, Steve and Diane
Vollrath, Rob and Joann
In memory of Laura Jane
Paulson

Westrum, Brad and Yvonne
Woodrow, Jim and Marge
Ye Ol Painters

Glowing Stars (\$100-\$249)

Adams, Steve and Mary

Akset, Orlin and Colleen
In honor of our grandchildren,
In memory of our parents

Anonymous
In memory of Lucille J Adams
Anonymous (10)
Anonymous

In honor of Louis O'Brien
Anonymous
In honor of the health of
Beverly O'Shea

Apanian, Ronald
Arnold, David and LaVonne
Balke, Victor
Bank, Beth
Beal, Earl and Donna

In memory of Elwood Seifts
Benson, Ray and Mary
Bethke, Glenn and Sandra
Bjorlie, Kathy

In memory of Mary Herbeck
Blomquist, Phyllis
Bostrom, Joy
Boushee, Evelyn
In memory of my mom,
Vi Sivertson

Bring, Derril and Doris
Bures, Frank and Judy
Burkholder, Frank

Carroll, Amy
Christ, Ed and Kelly
Christianson, Ruth
In memory of Dale
Christianson

Chruszch, Marilyn
 Clemens, Beverly
 Comeau, Leon
 Connell, JoAnn
 DeHaan, Stephan and Dorrie
 Denney, Duane and Lil
 Dickson, Ellen
 Drees, Ken and Maureen
 Dunham, Ray and Anita
 Dunphy, Terry and Jolene
 Egstad, Elsie
 In memory of Louie Egstad
 Engen, Dennis and Rosie
 Erickson, Marlys
 Erickson, Dennis and Cheryl
 Fladeland, Ardell and Connie
 Friebohle, John
 In memory of Glenice
 Friebohle
 Geiszler, Carol
 Gellner, Becky
 German Law Group
 Goodman, Bernie
 Gransberg, Janice
 Gray, Irene
 In memory of Rose Taylor
 Green, Thorey
 In honor of Thorey Green
 family
 Griggs, Patricia
 In memory of Joan Smith
 Gunderson, Robin and Arlene
 In memory of Margaret Medd,
 Hazel Gunderson
 Gustafson, Ione
 Hadlich, Carole
 In memory of Robin K. Hadlich
 Hafner, Duane
 Hagstrom, Agnes
 In memory of Merilyn
 Hagstrom
 Hanson, Tom and Kathy
 Harvey, Michael and Margo
 Hastings, Bill and Linda
 Heffern, Hank and Sandy
 Heidmann, Ron and Joyce
 Hermans, David and Vicki
 Hertel, Mel and Kathleen
 Herz, John and Mary
 Hjeldness, Michael and
 MonnaRae
 In loving memory of
 Christopher Hjeldness
 Hoffart, Larry and Mary
 Hoffert, Rodger and Alice
 Holm, Jane
 In memory of Larry Holm
 Holter, Jim and Sharon
 Humble, Bob and Barbara
 Jacob-Forseth, Bonnie
 Jehlicka, Paul and Rita
 In memory of our parents
 Johnson, Brian and Kathy
 Johnson, Laurel and Barbara
 In memory of our parents, the
 Johnsons and Torbensons
 Jonson, Marion
 Kirkeby, Dean
 Klemisch, Mike and Kathy
 In memory of Nadine Pistner
 Knain, Vidette
 Knudson, John and Jackie
 In honor of GFSC staff
 Kuhn, Peter and Eunice
 Kvistad, Bob and Marietta
 Lamb, Betty
 In memory of Bill Lamb
 Larson, Glenn and Jessie
 Larson, Omer and Patricia
 Larson, Ellis and Linda
 Laughlin, Clara
 Lieberg, Alden and Orpha
 In honor of all healthcare
 workers
 Loven, Duane and Arleen
 Lundberg, Marilyn
 Lundeen, James
 Lunseth Plumbing & Heating
 Manley, Judy
 Martin, Robert
 In memory of Mary Beth
 Martin
 Mattern, Alice
 McGregor, Kenton and Marilyn
 McKenna, Terry and Mary Ann
 In memory of Joan Smith
 Meagher, John
 Meagher, Albert and Shirley
 Melicher, Barbara
 In memory of Reed Melicher
 Mittelsteadt, Rod
 In memory of Alice
 Mittelsteadt
 Moe, Patricia
 Moen, Helen
 Murphy, Spud
 Myerchin, Gordon
 In memory of Karen Lea
 Myerchin
 Nadeau, RaeNett
 Nelson, Lowell and Marian
 In memory of our parents
 Nelson, Jerry and Marsha
 In memory of Mildred &
 Richard Wert
 Nelson, Jerome and Cathy
 In memory of Hiro & Evelyn
 French
 Ness, Paul
 Nielsen, Forrest and Emily
 Norby's Work Perks
 Novacek, Alta
 Nowacki, Loren and Sheryl
 Olson, Darell
 In memory of Loraine Olson
 Otremba, Sheryl
 In memory of Beatrice &
 Clarence Geir
 Oversen, Kylie
 In memory of Clarence Olson
 Palmiscno, Donald and Linda
 Parton, Rich and Diana
 In memory of Cliff & Eleanora
 Arntz
 Patridge, Michael and Marci
 Pearson, Clayton and Zona
 Pedersen, Melvin
 In memory of Lila Pedersen

(cont. from previous page)

Pederson, LeRoy and Louise
Peters, William
Pilon, Daniel
Pokrzywinski, Clayton and Lillian
Qualheim, Adeline
Reis, Sharon
Ricord, Gary and Barbara
Rogalla, David and Marie
 In memory of Mr & Mrs Victor
 Rogalla
Rost, Bob and Donna
Rowan, Robert and Dolly
Saddler, Tom and Jackie
Sanborn, Arthur and Mary Ann
Sanders, Jack and Leona
Sather, Gordon and Margaret
Schall, David and Heather
Schneider, Bernard
Schnell, Ellie
 In memory of Tim Rygh, my
 son-in-law
Schuster, Ken and Judy
Schweitzer, Kathleen
Snyder, Bev
 In memory of Gladys Snyder
Spong, Dale and Susan
Stallman, Derrick and Cheri
Staveteig, Robert
 In memory of Mary Ann
 Staveteig
Stromsodt, Terry and Ronda
Sundby, Robert
Swanson, Gary and Dorothy
Tanke, Harold and Jeannette
Ternquist, Evelyn
 In memory of Clayton
 Ternquist
Thibert, Joyce
 In memory of Roy O. Thibert
Thompson, Rod and Bonnie
 In memory of Cody Holte
Thompson, Evelyn
Thorson, Ruth

Tingelstad, Inez
 In memory of Maynard
 Tingelstad
Tonder, Marsha
United Valley Bank
Vanyo, Bernice
 In memory of Stephen Vanyo
Walior, Mary
Ward, Jim and Cheryl
Willprecht, Dave and Laurie
Wilson, Rod and Arlene

Shining Stars (up to \$99)

Aamold, Lorna
Ameriprise
Anderson, Dan and Deb
Anonymous (4)
Anonymous
 In memory of Stanley Jenson
Belcher, John and Ida
Bondy, Pauline
 In memory of Gordon Bondy
 & great-grandson Casey
 Trutman
Boyd, Bob and Dawn
Buckley, Ann
 In honor of GFSC Staff
Capouch, Lorraine
Carlson, Judy
 In memory of Juliet Peden
Christenson, Charles
Collison, Heidi
Dvorak, Marlene
 In memory of Larry Wheeler
Fillion, Roy
Fischer, Donald and Debra
Greenwood, Helen
Gulson, Orris
 In memory of Ann Gulson
Hanson, Carrie
Hilde, Juel and Jan
Hughes, Chuck and Jean
 In memory of Don & Mary
 Herbeck

Johnson, Bob and Sandra
Kime, Suzanne
 In memory of Ted & Rose
 Block, Joan Smith
King, Joyce
Legg, Elaine
Lutheran Women's Missionary
 League - For Home Delivered
 Meals
Lysne, David and Aida
 In memory of Magnus Lysne
McCormick, Wayne
Meuwissen, Robert and Debbie
Monroe, Bob and Colette
Newhouse, Verna
 In memory of friends and
 relatives
Nord, Angeline
 In memory of Alvera Vigness
Peterson, Marlene
 In memory of Fred Peterson
Phelps, Steve and Sharon
Prior, Warren
Red Hatters
 In memory of Alma Helm
Robinson, Doris
Roch, Larry and Kay
Samuelson, Juanita
 In memory of Rose Jacobson
Sanderson, John and Rita
Schuh, Janice
Schumacher, Judy
Segovia, Chico
 In memory of Clem Nadeau
Speare, Dave and Elaine
Stanlake, Arlette
Stultz, Kenneth and Darlene
Vonasek, Wayne and Toni
Winger, Steve and Annella
 In honor of Donald Swartz
Wockovich, Marlys
 Facebook birthday fundraiser
 (in March 2021)

Donations & Memorials

Thank you for these donations received Oct 11, 2021 to Oct 21, 2021.

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

- Altru Alliance - Grant for Home Delivered Meals

Donations of \$250 - \$499

- UND - Jeans Give Back

Donations of \$100 - \$249

- Aubol, Linda
In memory of Donna Thorson
- Mikkelsen, Merle and Kaye
- Nelson, Duane and Lila Jane
In memory of Dick Ramsay

Donations of \$99 and Under

- Anonymous

- Belobraydic, Matt and Rochelle
- Broadwell, Ray and Becky
- Burger, Kim and Jerry
In memory of John Ronald Paulson Sr.
- Herrmann, Karen
- Iseminger, Carl and Colette
- Iverson, Avis
In memory of Adeline Urness
- Mattern, Alice
- McGarry, Dennis and Lynn
- McMahan, Jacqueline
In memory of Chris Peterka

- 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

You can Support Older Adults



With a gift to the Silver Campaign, you will be providing nutritious meals and engaging activities for older adults in our community. To donate: mail a check, drop a check off in person, call us (701-772-7245) to donate with a credit card, or go to www.gfseniorcenter.org/donate.

To count towards the Silver Campaign, gifts must be received by 4:30pm on December 30 or online by midnight on December 31. However, gifts are gratefully accepted throughout the year.

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

**Contact us
today!**



(800) 929-8891 | CareThatComesToYou.org

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, December 16, 2021, from 9:30 am - 11:30 am.** Call 701-852-4369 ext 331 to make an appointment ahead of time. Walk-ins accepted as time allows.



Fun around the Center



- 1-2 Staff Dressed up for Halloween
- 3 Dennis Heap Ready to call BINGO
- 4 Coffee with a Cop on Nov 16
- 5 Wii Bowling Fun on Nov 4
- 6 Theresa and the Plow Boys performing for Music Monday on October 25

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.



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.

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).

| | | |
|---------------|--|------------------|
| Dec 7 | Aneta Community Center 219 Main Ave, Aneta | 9:00 am - Finish |
| Dec 15 | Tolna Lutheran Church 220 Main Street, Tolna | 9:30 am - Finish |
| Dec 29 | Nelson Co. Courthouse 210 B Ave. West, Lakota | 9:00 am - Finish |
| Dec 30 | Nelson Co. Courthouse 210 B Ave. West, Lakota | 9:00 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.

Paid Advertisement

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trusting us with
life's most
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Celebrating **40** Years



**Washington DC Trip
April 20 - 28, 2022
*\$1,699/person**

Upcoming 2022 trip offered by the
GFSC and West Pic Travel.

This trip will require a lot of walking.
*\$1,699/person is based on double
occupancy Checks only (no credit
cards). Sign up with complete
tour information will be available in the
January newsletter.

Visually Impaired Senior Support Group



Tuesday, December 14
(2nd Tuesday of each month)
1-3 pm in the GFSC Library

If you have any questions regarding this group, contact Pam at 701-795-2719.

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!



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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.

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

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

Suggested Donation is \$2.00 for Breakfast; \$4.25 for Lunch. EBT/SNAP and Credit Cards are accepted at GFSC only. You may call in to run your card. Those under 60 years of age are required to pay the full cost of the meal unless your spouse is over 60.

| Monday Breakfast: | Tuesday Breakfast: | Wednesday Breakfast: | Thursday Breakfast: | Friday Breakfast: | |
|---|---|--|---|--|----------------------|
| Omelet (.5cs) Fried Potatoes (1cs) 1 WW Toast (1cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 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) | 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 Small Pancakes (3 cs) Scrambled Egg 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs) | 2 Slices Cinn French Toast with Syrup (2 cs) Scrambled Egg 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs) | |
| Monday Lunch: Dec 6 | | Tuesday Lunch: Dec 7 | Wednesday Lunch: Dec 8 | Thursday Lunch: Dec 9 | Friday Lunch: Dec 10 |
| 3 oz Meatloaf (.5cs) OR 3 oz Baked Fish Sm Baked Potato w/sr crm (2cs) 1/2 c Capri Vegetable (.5cs) 1/2 c Cherry Sc (1cs) | 6 oz Tuna Noodle Hotdish (1cs) OR Hungarian Goulash (1cs) 1 c Tomato Soup (1.5cs) w/ 2 soda crackers (.5cs) 1/2 c. Coleslaw 1/2 c Fresh Fruit (1cs) | 3 oz Meatballs in brown gravy (.5cs) OR BBQ Chicken (.5cs) 1/2 c Mashed Potato w/gravy (1cs) 1/2 c Carrots (.5cs) 1/2 c Tropical Fruit (1cs) | 2 oz Hot Turkey Sandwich (2cs) OR Hot Beef Sandwich (2cs) 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 OR Applesauce Ribs 1/2 c. Bk Sweet Potato (2cs) 1/2 c Peas (1cs) Angel Food Cake 1/2c Berries (1cs) | |
| Monday Lunch: Dec 13 | Tuesday Lunch: Dec 14** | Wednesday Lunch: Dec 15 | Thursday Lunch: Dec 16 | Friday Lunch: Dec 17 | |
| Tuna Melt on Bun (2cs) OR 2 oz BBQ Chicken on WW Bun (2cs) 1 c Vegetable Soup (.5cs) w/ 2 soda crackers (.5cs) 1/2 c Fruit Cocktail (1cs) 1x2" Bitsy Brownie (2cs) | 3 oz Swedish Meatballs (.5cs) 1/2 c Mashed Potato (1cs) 1/2 c Glazed Baby Carrots (.5cs) Tossed Salad w/dressing (.5cs) Lemon Meringue Pie (2 cs) Dinner Roll (1 cs) ** See Note on back page | 8 oz Chili (1cs) OR 3 oz Liver with onions (.5cs) Sm Baked Potato (1cs) 1/2 c Fruit for Salad (1cs) Sm Peanut Butter Cookie (2cs) | 3 oz Ginger Pork Chop OR Baked Fish (.5cs) 1/2 c Boiled Potato (1cs) 1/2 c Harvard Beets (2cs) 1/2 c Bread Pudding w/Raisins (1cs) | 3 oz Beef Tips in Gravy OR Chicken 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 20 | Tuesday Lunch: Dec 21 | Wednesday Lunch: Dec 22 | Thursday Lunch: Dec 23 | Friday Lunch: Dec 24 |
|--|---|--|---|---|
| Spag Noodles w/meat sauce (2cs) OR Pork Tidbits over noodles (2cs) 1/2 c Carrot Raisin Salad (1cs) 1 Garlic Bread (1cs) 1/2 c Apricots (1cs) | Chicken Parmesan OR 3 oz Meatloaf (1cs) Sm Baked Potato w/sr crm (2cs) 1/2 Stewed Tomato (.5cs) 1/2 c Tapioca Pudding (1cs) | Veg. Lasagna (2cs) OR 8 oz Beef Stew (1cs) 1 c Romaine Salad w/dressing (.5cs) 1/2 c Pear Sc (1cs) Garlic toast (1cs) | 3 oz Ham OR Salmon 1/2 c Boiled Potato (1cs) with cream gravy 1/2 c Peas (1cs) Christmas Cookies (3cs) | CLOSED CHRISTMAS HOLIDAY |
| Monday Lunch: Dec 27 | Tuesday Lunch: Dec 28 | Wednesday Lunch: Dec 29 | Thursday Lunch: Dec 30 | Friday Lunch: Dec 31 |
| 3 oz Pork Chop in MR gravy OR Beef Pattie in Gravy 1/2 c Boiled Potato (1cs) 1/2 c Peas & Carrots (.5cs) 1/2 c Tropical Fruits (1cs) | Fish Amondine OR 3oz Chicken Fried Steak-Gravy (1cs) 1/2 c. Mashed Potato w/gravy (1cs) 1/2 c Stewed Tomato (1cs) 1/2 c Peach Crisp w/top (2cs) | 2 oz Hot Dog on Bun (2cs) OR Philly Steak Sandwich w/peppers & onions (2cs) 1 c. Vegetable Soup (.5cs) w/ 2 soda crackers (.5cs) 1/10 Pumpkin Pie w/top (2cs) | 3oz Baked Chicken OR Roast Beef 1/2 c Mashed Potato w/gravy (1cs) 1/2 c. Mixed Vegetables (1cs) 1/2 c mand orange sauce (1cs) | CLOSED NEW YEAR'S HOLIDAY |

****Note: Dec 14th: No drive thru or sit down lunch that day at the GF Senior Center. Holiday Christmas meal drive thru at the Alerus Center parking lot 11:30-12:30. TICKETS REQUIRED- Call for yours today**



| | | |
|--|---|---|
| Breakfast (8:30-9:00am), Lunch (12:00-12:15) Served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices at the Senior Center and MOW only. | Menu meets the required <u>average</u> 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 | No reservations required at the Grand Forks Senior Center (620 4th Ave S) unless it is for a holiday meal or other special meal. Reservations required at the satellite sites listed below. Visit your site by the day before to make your reservation. Homestead-1639 24th Ave. South 11:45-12:15 The Link-300 Cherry Street 11:15-11:30 |
|--|---|---|

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

Date: 10/19/2021 Licensed Registered Dietitian #13899 Colette Iseminger, MS, RD, LRD Colette Iseminger, MS, RD, LRD

Breakfast serving 8:30 am - 9:00 am

Lunch Meal drive-thru pick up 11:30 am - 12:00 pm; Lunch sit-down meal serving 12:00 pm - 12:15 pm



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Thank you to James Parise for the donation of over 1,000 bottles of hand sanitizer. If you are in need of hand sanitizer, we have bottles on our freebie cart.



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www.gfseniorcenter.org

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The Grand Forks Senior Center's DECEMBER 2021 Silver Express newsletter
Holiday CLOSINGS: Closed Dec 24 and Dec 31

Share the Love with Subaru & Meals on Wheels



For the 14th 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 18, 2021, through January 3, 2022, 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.