



December 2023

The Silver Express

Alerus Parking Note:
Consider carpooling with others or be dropped off if mobility is an issue. Enter through doors 5 or 6. If taking Senior Rider, make reservations early.



Christmas

FEAST FOR SENIORS

Tuesday, December 12, 2023

SIT-DOWN MEAL AT THE ALERUS CENTER

The Alerus Center (Doors 5 and 6)

10 am

Doors open

11 am

Opening

11:30 am

Meal

Entertainment

GF Central Madrigal Singers

Please arrive by noon.

The GF Senior Center's Christmas Feast meal (Swedish meatball dinner) is a sit-down at the Alerus Center. Suggested dinner contribution of \$5 for people 60 years and older & their spouses. For all others, meal cost is \$20.

For sit-down at the Alerus: You must indicate if you would like the vegetarian meal when making your reservation. We will not be taking any table reservation requests. There will be plenty of tables, so if a group wants to sit together, have someone from your group arrive at 10 am to hold a table.

Drive thru meals will also be available from 11:30 am - Noon at the GF Senior Center!

Reservations are required for BOTH sit-down at the Alerus Center and drive thru at the GF Senior Center. Each individual must have a ticket. To reserve tickets, stop by the GF Senior Center or call 701-772-7245 for reservations. When taking reservations, **we need the full name, phone number and birthdate of each person who would like a meal.**

Pick up tickets ahead of time at the GF Senior Center (620 4th Ave S) if possible.

Breakfast will be on as scheduled. Home Delivered Meals, Meals on Wheels, Link and Homestead clients will receive the Swedish meatball meal at the normal delivery time.

www.gfseniorcenter.org

701-772-7245

Grand Forks Senior Center (GFSC) Phone Numbers

GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Assistant Director/Development Officer, Becky Broadwell	701-757-4864
Meals on Wheels (MOW) Coordinator, 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
Communications Coordinator, Paul McCullough	701-757-4863
Food Services Manager, John Ferguson	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

<p>GFSC Board of Directors</p> <p>President Alice Hoffert</p> <p>Vice President Brad Westrum</p> <p>Secretary Alice Mattern</p> <p>Treasurer Brenda Jobe</p> <p>Amy Enget Bobbie Kurtyka Dave Willprecht Jason McCarthy Kari Goelz Emily Nielsen Bob Rost Curt Sandberg Kathy Snider Michael Venaccio Clair Zirnhelt</p>	<p>Mission Statement</p> <p>The mission of the Greater Grand Forks Senior Citizens Association, Inc. is to provide opportunities for older adults to live to their full potential.</p> <p>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.</p>	<p>Building & Program Usage Guidelines</p> <ul style="list-style-type: none"> • 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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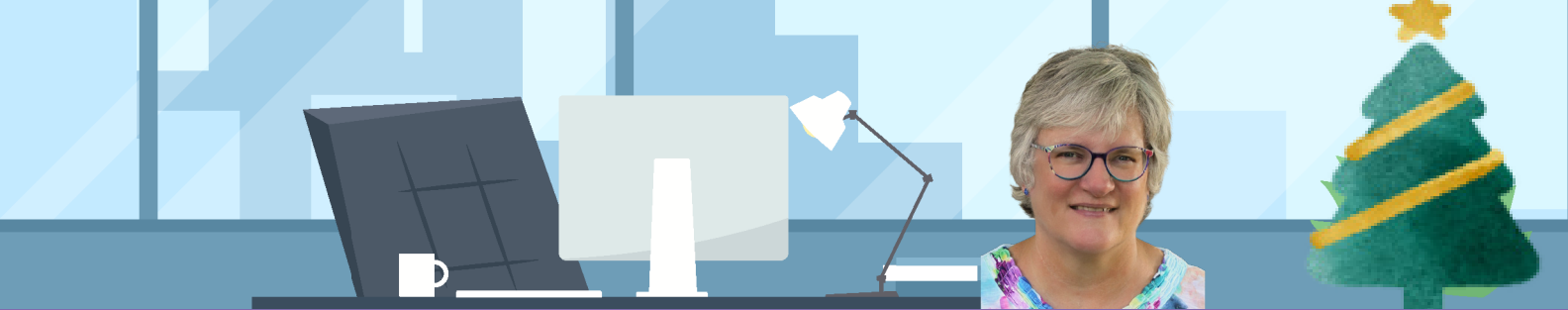
While at the Grand Forks Senior Center (GFSC) or on GFSC trips, you may be recorded or photographed.



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

This month we celebrate. Merry Christmas and Happy New Year! I remember as a child and with my own children, having an advent calendar. There are many different kinds. Ranging from a piece of chocolate every day to a special bible verse each day. We have many in our community who are struggling to feed their families with the cost of everything going up this year. Many of us have plenty. This is the time of year that we share what we have with others. This year I thought about that advent calendar and feeding those who need food. So, I offer that those who can afford to, do a reverse advent calendar and fill a box with shelf stable food that can be donated to a local food pantry. Here's what you do. Get a box or some bags and every day add the item below or something similar to your box. Then the week of Christmas bring your box to the senior center and we will make sure they get delivered to a local food pantry. Please have all boxes to the senior center by the afternoon of December 27th. If you need help carrying in, there is a cart in the entryway, just pull up and unload, or call ahead and we can help you!

- December 1 – box of cereal
- December 2 – peanut butter
- December 3 – stuffing mix
- December 4 – boxed potatoes
- December 5 – macaroni and cheese
- December 6 – canned fruit
- December 7 – canned tomatoes
- December 8 – canned tuna
- December 9 – dessert mix
- December 10 – can of applesauce/fruit
- December 11 – canned sweet potatoes
- December 12 – cranberry sauce

- December 13 – canned beans
- December 14 – box of crackers
- December 15 – rice
- December 16 – oatmeal
- December 17 – pasta
- December 18 – can of spaghetti sauce
(no glass jars please)
- December 19 – chicken noodle soup
- December 20 – tomato soup
- December 21 – can of corn
- December 22 – can of mixed vegetables
- December 23 – can of carrots
- December 24 – can of green beans



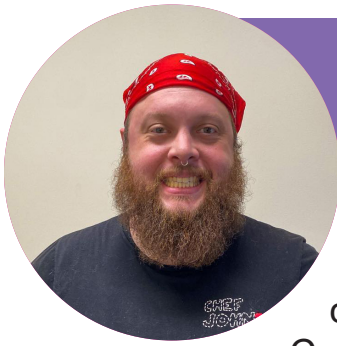
'Til next year,

Colette Iseminger

Colette Iseminger
Executive Director



P.S. Enjoy the sights and sounds of the season!



Meet John

We're excited to introduce John Ferguson as the Grand Forks Senior Center's Food Service Manager!

A Grand Forks native and culinary expert, John returned to our community in 2008 after studying at Le Cordon Bleu College of Culinary Arts in Minneapolis.

John's dedication extends to his family life; he's a husband and father of three. Beyond the kitchen, he shares his passion for music with his family and enjoys working on and riding motorcycles. We're excited to have John on board, and we invite you to join us in extending a warm welcome to him!

Volunteers Needed!

- **Home Delivered Meals**, located in Altru Hospital, needs delivery 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 delivery volunteers weekdays, from 10:30 am - Noon. Please Call Roxie at 701-757-2006, or email mow@gfseiorcenter.org to help.
- **Bingo Volunteers**
- **Tech Support**
- **Dining Room Volunteers**



Bad Weather

During bad weather, call the GF Senior Center at: 701-772-7245 to find out if we are open. Notice will also be posted on: www.gfseiorcenter.org valleynewslive.com and facebook.com/gfseiors.

Wish List



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

Resources Department:

- Large depends
- Commode
- Toilet Riser with handles
- Bathtub safety rail
- Wheelchairs & Transport Chair (19 inches and greater)

Dining Room:

- Coffee

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



The Grand Forks Senior Center now has an Amazon wish list!

Scan the QR code above with your cell phone (open the camera on your phone and hold over the square), or type <https://rb.gy/bm4xs> in your internet search bar to see what the GFSC needs.



Activity Info

Music Monday

Mondays at 1 pm

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

- Dec 4** Chuck Gust
- Dec 11** Christmas Sing-a-long with The Odds & Ends
- Dec 18** Too Old to Die Young
- Dec 25** **GFSC Closed**

Tour the Senior Center

Tuesday, Dec 5 at 9 am

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 discover something new about our facility and programs.

Plan for an hour. You will be seated most of the time. Everyone is welcome!

AARP Driver's Safety

Wednesday, Dec 6 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!

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.

KNOX Update

Thursday, Dec 7 at 7:45 am

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

Christmas Flea Market

Thursday, Dec 7 9 am - 3:30 pm

See back cover for details!

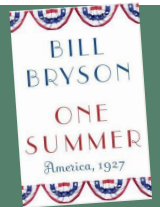
Billiard Buddies



Fridays in December at 10:30 am

Come play pool! Looking for someone to play pool with? Join in on Fridays at 10:30 am. Beginners and experienced welcome! We have a volunteer who will teach you if you'd like to learn how to play.

Constant Reader's Book Club



Monday, Dec 11 at 10:30 am

We will be discussing **One Summer: America 1927** by Bill Bryson. Book for January, **Carnegie's Maid** by Marie Benedict, will be distributed at the December meeting.




Christmas

FEAST FOR SENIORS

Tuesday, Dec 12

See the cover for more info about the feast!



Visually Impaired Senior Support Group

Tuesday, Dec 12 at 1 pm

In the GFSC Activity Room. If you have any questions regarding this group, contact Pam at 701-795-2719.

Monthly Creations

Wednesday, Dec 13 at 10:00 am

Join Amanda as she teaches you how to decorate an artificial wreath with festive items.

Call 701-757-4866 or register at the GFSC front desk. Class size is limited. All supplies will be provided. \$5 for the class.



FREE Legal Services for Seniors

Thursday, Dec 14 from 9 am - 11 am

Legal Services of ND provides free legal assistance at the Grand Forks Senior Center. Call **701-222-2110** to make an appointment. Dial "330" when the recording starts. (The recording will not give Grand Forks as an option. The Fargo office makes appointments for Grand Forks.)

Coffee & Cookies with a Cop

Tuesday, Dec 19 at 1:30 pm

Join Sergeant Kris Brown in the Grand Forks Senior Center dining room for coffee, cookies and conversation. **Christmas cookies and ice cream** will be available to purchase for \$2.

Christmas Bingo



Thursday, Dec 21 at 1 pm

Get into the festive spirit at the Grand Forks Senior Center's Christmas Bingo game! Join us for a chance to win our \$100 Must-Go prize, don your most cheerful holiday attire, and participate in a jolly afternoon filled with exciting prizes. Don't miss out!

Board Meeting

Thursday, Dec 21 at 11 am

Members are welcome to speak at meetings; notify the President or Executive Director in advance. Please bring issues to a department manager or the Executive Director initially.

GFSC CLOSED

Monday, Dec 25 for Christmas Day

Monday, Jan 1 for New Years Day

December 2023 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Library, computers for senior use and billiards available anytime GFSC is open</p> <p>4 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>5 9:00 am Healthy Bones AM 9:00 am Tour 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 3:30 pm Healthy Bones (Hope Church)</p>	<p>6 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>7 7:45 am KNOX Update 9 am - 3:30 pm Christmas Flea Market 9:30 am Men's Coffee 10:00 am Crochet Group 1:00 pm Bingo (\$2/card) 3:30 pm Healthy Bones (Hope Church)</p>	<p>1 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:30 Billiard Buddies</p>
<p>11 9:30 am Men's Coffee 10:30 am Book Club 11:30 am Red Hat Society Meeting (Olive Garden) 1:00 pm Dominoes 1:00 pm Pinochle 1:00 pm Christmas Sing-a-Long 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>12 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 11:00 am Christmas Feast (Alerus Center Ballroom) 11:30 am Christmas Drive-thru (GFSC) 1:00 pm Vision Support Group 1:00 pm Farkle 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 3:30 pm Healthy Bones (Hope Church)</p>	<p>13 9:30 am Wii Bowling League 9:30 am Men's Coffee 9:30 am Game Group 10:00 am Monthly Creations 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>14 9:00 am - 11:00 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 2:00 pm Trivia 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>15 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:30 Billiard Buddies</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 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)	19 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Weight Management 10:00 am Ladies Coffee 1:00 pm Farkle 1:30 pm Coffee & Cookies w/ a Cop 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 3:30 pm Healthy Bones (Hope Church)	20 9:30 am Wii Bowling League 9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	21 9:30 am Men's Coffee 10:00 am Crochet Group 1:00 pm Bunco (\$2) 1:00 pm Christmas Bingo \$100 Giveaway (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (GFSC)	22 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:30 Billiard Buddies
25 Merry Christmas! GFSC Closed	26 9:30 am Men's Coffee 10:00 am Weight Management 10:00 am Ladies Coffee 1:00 pm Farkle	27 9:30 am Wii Bowling League 9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle	28 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card)	29 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:30 Billiard Buddies
No exercise classes all week 😊				
11/1/2024 Happy New Year! GFSC Closed				

Unwrap the gift of reading at the GFSC Library this holiday season!

Whether you're seeking a cozy mystery to curl up with on a snowy evening or literary classic, our library has it all.

Sign in at the library, select your books, and take them home. When you're done, return them to the designated bin, and our dedicated volunteers will handle the rest!

GFSC
Library



Preventing Medicare Fraud

ND SMP Scam of the Month – November 2023

Beware of Medicare Open Enrollment Scams

The annual open enrollment period for changing Medicare Advantage and Part D prescription plans begins October 15 and ends December 7. Even though Medicare fraud is a year-round concern, scammers use the open enrollment time to step up their game. Medicare beneficiaries should be on fraud alert during open enrollment. Avoid being a victim of identity theft or Medicare fraud by guarding your Medicare number and other personal information.

Tips to avoid being scammed:

- Shop and compare plans to ensure you are getting the plan that best meets your needs.
- Don't fall for high-pressure sales pitches.
- Never give your Medicare number or other personal information to callers.
- Be suspicious of calls claiming to be from Medicare.
 - Medicare will never call to ask you to verify your Medicare number.
- Don't trust caller ID. Scammers use technology that spoofs the telephone number to look like a call coming from the government.
 - If your caller ID shows a 202-area code number or says 'government' it could be anyone calling from anywhere!
- If anyone claims to be an "official Medicare agent" and tries to sell you Medicare insurance, this is a scam.
 - There are NO Medicare representatives.
 - And Medicare does not send representative door-to-door.
- Don't take calls from anyone saying you MUST join their prescription plan or you will lose your Medicare coverage. Prescription plan coverage is voluntary.
- Be aware of advertisements that look like they are from the government but are really from private companies selling plans. They usually have a disclaimer, but it is often buried in small print.

If you need help with Medicare Advantage or Part D prescription plans during open enrollment, contact Medicare at 800-633-4227, ND SHIP at 1-888-575-6611 or ND SMP.

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: Michigan Dept of Attorney General. Retrieved (10/9/2023) from <https://www.michigan.gov/ag/consumer-protection/consumer-alerts/consumer-alerts/scams/medicare-open-enrollment>

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.

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WE ARE HERE TO HELP

CALL, TEXT, OR CHAT 988



About 988

People can call or text 988 on their phone or chat online at 988lifeline.org. Individuals may call for themselves or if they are worried about a loved one who may need crisis support.

988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crises
- Emotional distress

Too many people are experiencing suicidal crisis or mental health-related distress without the support and care they need, and sadly, the pandemic only made a bad situation worse when it comes to mental health and wellness in America. There are urgent realities driving the need for crisis service transformation across our country. In 2021:

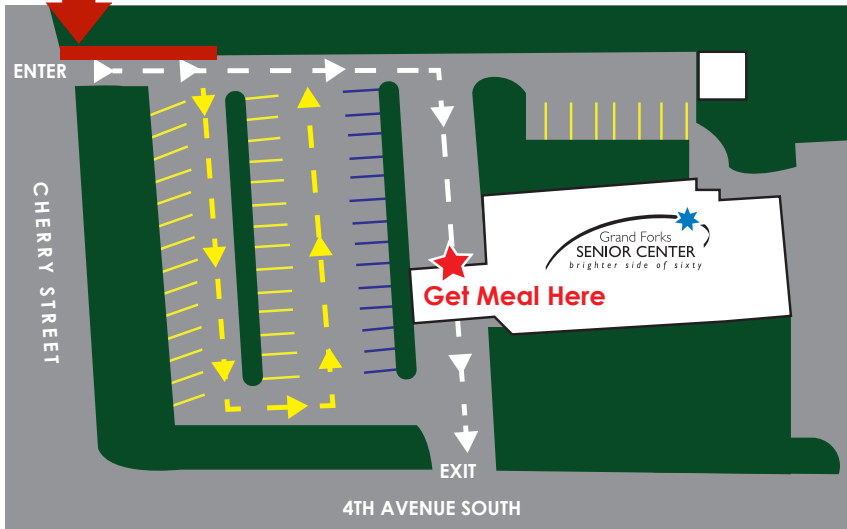
- The U.S. had one death by suicide about every 11 minutes
- For people aged 10–14 and 25–34 years, suicide was the second-leading cause of death
- Suicide rates increased significantly among non-Hispanic Black & American Indian and Alaska Native people
- Nearly 900,000 youth aged 12-17 and 1.7 million adults attempted suicide
- About 107,000 people died from drug overdoses

Yet, there is hope. The 988 Lifeline helps thousands of people struggling to overcome suicidal crises or mental health-related distress every day.

Drive-Thru Lunch Route Map

Monday - Friday | 11:30 am to Noon

No parking or waiting in this area



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

Enter lot from **Cherry Street**

Do not come into fire lane in front of building before 11:30 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.



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\$70,210 on our way to a goal of \$130,000

Thank you to our generous donors who have been supporting the Senior Center's annual Silver Campaign. All donations received from October 20, 2023, to the end of the year will be counted as Silver Campaign gifts. The gifts below were received from Oct. 20 to Nov. 12, 2023. The donors are listed in their cumulative giving categories for this period. (Brighter Side Society Members are designated by the * symbol.)

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.

Shooting Stars (\$10,000 and up) Anonymous

Radiant Stars (\$5,000-\$9,999) Grand Forks Public Health Grant

Brilliant Stars (\$1,000-\$4,999) Gate City Bank Gilmour, Edna Lehn, Rich and Faye Mikkelson, Dan and Jolene

Luminous Stars (\$500-\$999) Farder, Terry and Charleen Hawthorne, David and Sandra Helmoski, Marty and Garlynn In memory of Fred & Shirley Maides ICS, Inc For Meals on Wheels Krom, Sandy In memory of Ken Krom Sandberg, Curt and Ione

Dazzling Stars (\$250-\$499) Birkmaier, Skip and Nancy Dolan, Barbara In memory of Frank Dolan Erdmann, Rod and Michelle In memory of Robert & Linda Cournia Leech, Jerry

Mattern, Alice
Middleton, Nancy
Nelson, Yvonne
In memory of Ivan Nelson
Norgard, Phyllis
Randall, Harold
Robinson Excavating
Sanford, Mark and Gloria
Swanson, Andy
In memory of Gail Swanson
Swanson, Steve and Diane
Tonder, Marsha and Richard
Walz, Larry and Genevieve
Westacott, Richard
In memory of Rick Aamodt
Westrum, Brad and Yvonne
Woodrow, James and Marjean
Ye Ol Painters

Glowing Stars (\$100-\$249) Ackre, George and Susan Advanced Business Methods Akset, Orlin and Colleen In honor of the wonderful GFSC staff Ames, Vince and Valerie Anonymous (x9) Anonymous In honor of Meals on Wheels Anonymous In honor of GFSC cooks Anonymous In honor of Maureen Lindeman Apanian, Ronald Bank, Beth Beland, Paul and Becky Benson, Ray and Mary

Bergstrom, Janet and Gary
Bring, Derril and Doris
Britton, David and Denise
Brouillard, Pat
In memory of Eddie & Lois
Ososki
C&R Cleaners & Laundry
Christ, Ed and Kelly
Clemetson, Arlene
Coauette, Shirley
In memory of Violet Doda, my
mother
Connell, JoAnn
Dalglish, Jim and Joanne
In memory of our parents
Dunham, Ray and Anita
Dunnigan, Michael and Gerri
Dunphy, Terry and Jolene
Dybwad, Irene
In honor of Georgia
Steenerson, In memory of
Kathy Midgarten
Egstad, Elsie
Engen, Dennis and Rosie
In memory of Carol Tweten for
footcare
Erickson, Dennis and Cheryl*
Ericson, Jerry and Cherylyn
Farrell, Kenneth and Helen
In memory of John Murphy,
our grandson
Fleur, Bob and Rachel
In memory of John & Betty
Fleur, Lawrel & Hilda Palm
Frol, Beatrice and Donald
Garske, John
Gates, Marian
In memory of Chuck Gates
Geiszler, Carol

Gellner, Becky
Grimes, Ed and Bonnie
In honor of Harriet Naas, my
mother
Gunderson, Robin and Arlene
In memory of Tootie Medd
Gustafson, Ione
Hagstrom, Agnes
Harvey, Michael and Margo
Hastings, Bill and Linda
In honor of Bill & Lillian
Hastings
Hasz, Herb and Gail
In memory of Ted & Lillie Hasz
Heffern, Hank and Sandy
Herz, John and Mary
Hoffert, Rodger and Alice
Holm, Jane
Holter, Jim and Sharon
Hurley, Louise
Jacob-Forseth, Bonnie
Janes, Allen and Rita
Jarombek, Raymond and Joyce
Jensen, Mark and Kristi
Jenson, Bobbie
Johnson, Bob and Sandra
Johnson, Gerald
In memory of JoAnn Johnson
Jones, Roger and Cathy
Keenan, Gerry
Kerr, Bob and Sue
Klemisch, Mike and Kathy
In memory of Nadine Pistner
Knauf, Diane
Knudson, John and Jackie
Korfhage, Mary Lou
In memory of Donald D
Korfhage
Krueger, Loren and Laurie
Kuzel, Susan
Kvande, Cecilia
In memory of Selmer Kvande
Lamb, Betty
In memory of Bill Lamb
Lambeth, David and Cecilia
LaMoine, Connie
Lieberg, Alden and Orpha
Lundeen, James
In memory of Linda
Manley, Judy
In memory of Carolyn Flom
from the Tuesday Sewing
Sisters
Manly, Janice
Martin, Robert
In memory of Mary Beth
Martin
McGregor, Kenton and Marilyn

McKenna, Terry and Mary Ann
In honor of my support friends
at the GFSC and GFSC staff
Melicher, Barbara
In memory of Reed Melicher
Mittelsteadt, Rod
In memory of Alice
Mittelsteadt, Marilyn Fischer
Monsebroten, Margaret
Murdock, Lee and June
Musich, Mark and Monica
Nelson, Jerome and Cathy
In memory of Hiro & Evelyn
French
Ness, Ron and Darlyne
In memory of Ernest, Gladys
Liska and Helmer, Florinda
Ness
Nielsen, Forrest and Emily
Noblin, Jan
In memory of Karen Herrmann
Novacek, Alta
In memory of deceased family
members
Novak, Jody
Olien, Nancy
In memory of Louis Belisle
Olson, Gary and Genevieve
Pedersen, Melvin
Peterson, Joni
Phalen, Ruth
Pribula, Peggy
In memory of Howard Pribula,
Lyla Daschendorf
Rand, Tom and Alice Jean
Ray, Richard and Roxanne
Reis, Sharon
In memory of Leona
Schwartzberger
Robertson, Kandy
In memory of Patrick
Robertson
Rogalla, David and Marie
In honor of Victor & Florence
Rogalla
Sanford, Beverly
Sather, Gordon
Sattler, Steve and Dianne
In memory of Carolyn Flom
Schiele, Kathy
Schmisek, Gail
In memory of Bill Schmisek
Schneider, Bernard
Schubert, George
In memory of Arline Schubert
Schuster, Ken and Judy
Segovia, Chico
In honor of Clem Nadeau

Sem, Stacey and Brenda
Skinner, Russell
Snider, Kathy
Snyder, Bev
In memory of Millie Howard
Spicer, Gary and Lona
In memory of Karen Herrmann
Spong, Dale and Susan
Stocker, Allan
Stultz, Kenneth and Darlene
Svoboda, John and Susan
Tack, Ralph and Lou
Thompson, Mark and Sharla
Thorson, Ruth
Timpe, Ron and Marie
In memory of Fr Bill Sherman,
Fr Ed Sherman
Tupa, Connie
Twedell, Ray and Pat
Tweton, Phyllis
UND Jeans Give Back
For Meals on Wheels and
Home Delivered Meals
Walior, Mary
Welsh, Lloyd and Shirley
Wetsch, Rochelle
In memory of Ed Wetsch for
senior meals
Wieler, Kari and Gina
Willprecht, Dave and Laurie
Wilson, Rod and Arlene
Yagla, Phil and Judy
In memory of Alex & Ivah
Drumheller, Laura Gail & Cliff
Yagla
Yelton, Jean
In memory of Mary Mannes
Zick, Charles and Colleen

Shining Stars (up to \$99)

Aamold, Lorna
Anonymous
In memory of Monica Dukart,
Norman & JoAnn Heintz
Anonymous (x7)
Anonymous
In loving memory of
Christopher Hjeldness
Belcher, Ida
Bratvold, Robert and Nancy
Brueske, Jane
Burris, Donna
Christianson, Ruth
Christopher, Shari
Denney, Duane
Donarski, Delores

Falck, Tom and Susan
 Fillion, Roy and Linda
 In memory of Elsie Fillion
 First Lutheran Church
 For Home Delivered Meals
 Gillig, Donna
 Grassel, Gail
 In memory of Lisa Henry
 Swanson
 Hanson, Tom and Kathy
 Hanson, Dennis and Barbara
 Hanson, Carrie
 Hart, Darrell
 Helt, Mary and Winslow
 In memory of Ted & Emma
 Endres
 Holweger, Marilyn
 Hughes, Chuck and Jean
 In memory of Don & Mary
 Herbeck
 Johnson, Steve and Brenda

Kobe, Mark
 In memory of Kobe and Miller
 families
 Laager, Bernice
 Litzinger, Robert and Janet
 Loken, Wanda
 In memory of Gertie Kraft
 Lysne, David and Aida
 Mahnke, Vickie
 In memory of Cheryl Vreeland
 McNamee, Judy
 In memory of Michael
 McNamee
 Morken, Dawn
 In honor of Penny Morken,
 Carl Morken
 Nygard, Fred and Mary
 Prochko, Russ and Thana
 Putbrese, Dave
 Radi, Wallace
 Ray, Daniel
 For senior meals

Rider, Mary Ellen
 Roch, Larry and Kay
 Roehrick, Gary and Shelly
 In memory of Marlys Jenson
 Samuelson, Juanita
 In honor of Kim Samuelson
 Schill, Ken and Mary Jo
 Seabloom, Nikki
 Sherlock, Carl and Ilene
 In memory of Sandy Blair
 Stanlake, Arlette
 Swenson, Ann
 In memory of Cheryl Vreeland
 Warcup, Devera
 Welsh, Daniel and Yvonne
 In memory of Veraine Surface
 Williamson, Aaron
 Wolfe, Harold and Conni
 In memory of Tommy Aaker,
 John P. Dunn

Donations & Memorials

Donations of \$1,000 - \$4,999
 RETRAX Employees
 For senior meals

Donations of \$99 and Under
 Belobraydic, Matt and Rochelle*
 Guntzburger, Marshal and Carol
 In memory of Alan Larson
 Pedersen, Melvin
 In memory of Lila Pedersen
 Westrum, Brad and Yvonne*

Thank you for these donations received
 Oct 17, 2023 to Oct 20, 2023.



**THANK YOU
FOR SPONSORING**



There's Still Time to Support Older Adults!

For seniors, having access to a balanced, nutritious meal is not always easy. One in two seniors who live alone lack enough income to meet their basic needs. And many are unable to stand long enough to make a meal. Hunger is a stark reality for many seniors.

On average, the Senior Center serves between 400-500 meals each day. Your support will make sure seniors continue getting nutritious meals to fill their bellies.

Will you make a donation of \$100, or whatever you can give?

You can mail a check, call us (701-772-7245) to donate with a credit card, or go to www.gfseniorcenter.org/donate.

Silver Campaign gifts must be received **by noon on Friday, December 29, 2023 (December 31 at midnight for online gifts)**. Please donate today! Thank you!



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.

Dec 5	Aneta Community Center, 219 Main Avenue, Aneta	9:00 am - Finish
Dec 13	Tolna Lutheran Church, 220 Main Street, Tolna	9:30 am - Finish
Dec 27	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
Dec 28	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 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!

- *If you are having a procedure or surgery done, please check with your doctor to see when it is safe to have foot care done before and after.*

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

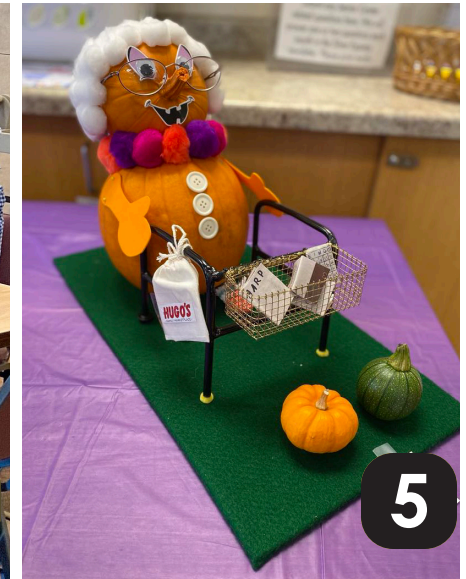
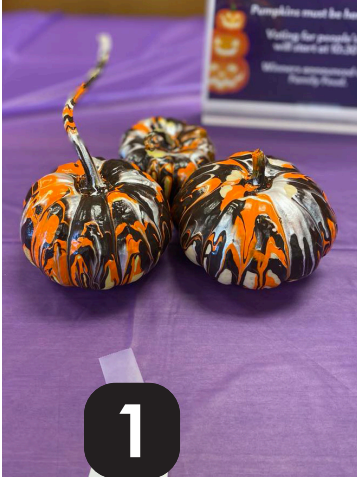
- Single and 2-room suites (Medicaid approved)
- Meals, transportation, personal care included

valleyseniorliving.org
701.787.7563

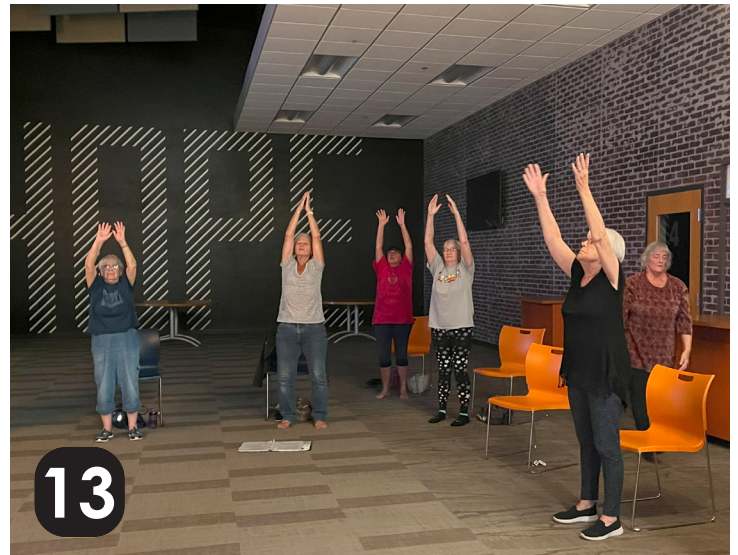


Fun In The Center

- 1-5 Halloween Bash
- 6-7 Volunteers teaching seniors how to play cribbage
- 8-10 Bingo at the GFSC
- 11-13 Chair Yoga at Hope Church
- 14 Peat Moss (aka Greg Norman) performs at Music Monday



18 Silver Express





On your own, but never alone.

Caregivers who genuinely care about your well-being. And a welcoming community of new neighbors – and new friends.

Services available include:

- 24-hour staffing
- Scheduled activities
- Dining
- Local transportation
- Weekly Housekeeping
- Beauty Salon
- Nurse Practitioner on site
- Healthcare Services
- Chapel & Libraries
- And more . . .

Now Offering ~ Respite Care Services

Full-time care can take its toll.

Take time for yourself to rest & recharge by using respite care services for your loved one.

Next Month at the Senior Center:

Diabetes Prevention Class

NDSU Extension will be leading a **Diabetes Prevention Class:**

- 10 am on Fridays, starting in January.



Elvis's Birthday Bash

Join Paul Beland as Elvis Presley as we celebrate what would have been Elvis's 89th Birthday!

- January 8 at 1 pm


***More information about these events will be provided in the January newsletter**

December 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:
4oz Orange Juice (1cs) 1/2 c Fruit Sauce (1cs) 2 Blueberry Pancakes (3cs) 2oz Turkey Sausage 8 oz 1% milk (1cs)	8 oz 1% Milk (1 cs) 1/2 c Fruit Sauce or OJ (1cs) Whole Grain Cereal (1cs) Cinnamon Roll (2cs) Scrambled Egg	1/2 c Fruit Sauce or OJ (1cs) Omelet (.5cs) 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)	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)
Breakfast: Toast with a meal includes margarine, jelly and peanut butter choices; Syrup, SF syrup and margarine are available with pancake, waffle and french toast meals.				
Friday Lunch: Dec 1				
MENU SUBJECT TO CHANGE WITHOUT NOTICE				Chicken Pot Pie (2cs) or 8 oz Cheeseburger Pie (2cs) 1/2 c Peas (1cs) 1 WW Dinner Roll (1cs); No Bread 1 c Coleslaw 1/2 c. Peach Sc (1cs)
Friday Lunch: Dec 8				
Monday Lunch: Dec 4	Tuesday Lunch: Dec 5	Wednesday Lunch: Dec 6	Thursday Lunch: Dec 7	Friday Lunch: Dec 8
3 oz. BBQ Chicken (1cs) or Sausage w/Kraut Sm Baked Potato (1cs)/Sr Cream 1/2 c. Steamed Broccoli 1/2 c Mandarin Oranges (1cs)	3 oz Baked Salmon or Swiss Steak 1/2 c M. Pot/Gravy (1cs) 1/2c Green Beans 1/2 c. Peaches (1cs)	8 oz Beef Stew (1cs) or Chicken Enchilada (2cs) 1/2 c. Green Peas (1cs) 1/2 c Pears (1cs)	3oz Salisbury Steak/MR gravy or Chicken Royale (.5cs) 1/2 c M. Pot/Gravy (1cs) 1/2 c Parslied Carrots 1/2 c Fruit Cocktail (1cs)	3 oz Roast Pork w/gravy or Chix Kiev (1cs) 1/2 c Augratin Potatoes (1cs) 1/2 c Roasted Brussel Sprouts 1/2 c Peach Crisp/topping (2cs)
Friday Lunch: Dec 15				
Monday Lunch: Dec 11	Tuesday Lunch: Dec 12**	Wednesday Lunch: Dec 13	Thursday Lunch: Dec 14	Friday Lunch: Dec 15
3oz Meatloaf (.5cs) or Pork Chop in gravy over 1/2c Rice Blend (1cs) 1/2 c M. Potato/gravy (1cs) 1/2 c Mixed Vegetables (.5cs) 1 WW Bread (1cs) 1/2 c Mandarin Oranges (1cs)	3 oz Swedish Meatballs (.5cs) 1/2 c Mashed Potato/gravy (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	3 oz BBQ Pork or 3 oz Italian Chix Breast on WW Bun (2cs)/No Bread 8 oz Pot & Corn Chowder (1cs) 1/2 c Pears (1cs) Sm Rice Krispy Bar (1cs)	3 oz Bk Chix Fried Steak (.5cs) or S&S Meatballs (.5cs) 1/2 c M. Potato/gravy (1cs) 1/2 c Harvard Beets (2cs) Small Orange (1cs)	8oz Chix Wild Rice Cass (1cs) or 8 oz Hung Goulash (1cs) 1/2 c Green Beans 1/2c Corn (1cs) 1/2 c Peaches (1cs) 1 WW Bread (1cs)

Merry Christmas and Happy New Year from the staff of the Grand Forks Senior Center!

Monday Lunch: Dec 18	Tuesday Lunch: Dec 19	Wednesday Lunch: Dec 20	Thursday Lunch: Dec 21	Friday Lunch: Dec 22
3 oz Cranberry Chicken (1cs) or Stuffed Pepper (1cs) 1/2 c M. Potato/gravy (1cs) 1/2 c Steamed Broccoli 1 sl WW Bread (1cs) 1/2 c Tropical Fruit (1cs)	3 oz Sloppy Joe or S&S Chicken (1cs) on WW Bun (2cs)/No bread 8 oz Veggie Soup 1/2 c. Pear Crisp/Topping (2cs)	3 oz PIA Pork Chop (.5cs) or 8 oz Chili w/Beans (1cs) Sm Baked Potato/Sr Crm (1cs) 1/2c Carrots 1/2c. Grapes (1cs)	8 oz Spaghetti/Noodles (1cs) or 8 oz Chicken Noodle Cass (1cs) 1/2 c. Peas (1cs) 1/2 c Wax Beans 1 sl WW Bread (1cs) 1/2 c Applesauce (1cs)	BBQ Ribs (.5cs) or Crax Crumb Fish (.5cs) 1/2 c Sweet Potato (1cs) 1/2c Roasted Brussel Sprouts 1/2 c Peaches (1cs) Christmas Cookies (4cs)
Monday Lunch: Dec 25	Tuesday Lunch: Dec 26	Wednesday Lunch: Dec 27	Thursday Lunch: Dec 28	Friday Lunch: Dec 29
CLOSED	8 oz Tator Tot Cass (1cs) or 8 oz Tuna Noodle Cass (1cs) 1/2 c. Mixed Vegetables (.5cs) 1 WW Bread (1cs) 1/2 c Cherry Sc (1cs)	Chicken Creole or 8 oz Beef Stronganoff over 1/2 c Noodles (1cs)/1 WW Bread (1cs) 1/2c Buttered Beets 1/2 c Broccoli 1/2 c Peaches (1cs)	3 oz Roast Turkey or 3 oz Beef Roast 1/2 c. M. Pot/Gravy (1cs) 1/2 c Stuffing/gravy (1cs) 1/2 c Carrots Small Apple (1cs)/1 Bread (1cs)	3 oz Chicken/gravy or Cabbage Roll (1cs) 1/2 c M Potato/gravy (1cs) 1/2 c. Green Beans 1 WW Bread (1cs) 1/10 Pumpkin Pie/top (2cs)
				
<p>**Note: Dec 12th: No sit down lunch that day at the GF Senior Center. Sit down Holiday Thanksgiving meal at the Alerus Center 11am. Drive Thru at GF Senior Center 11:30-12. TICKETS REQUIRED for both-Call for yours today. MOW, HDM, Homestead & Link meals (meatball menu) delivered at normal times.</p>				
Breakfast (8:30-9am), Lunch (11:45-12:15). Served at the Grand Forks Senior Center. Drive Thru 11:30-noon. Check other sites for their serving times. The state now allows you to take home your leftovers. Please bring your own containers and a cooler if your items need refrigeration.	<p>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</p> <p>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</p>		<p>No reservations required at the Grand Forks Senior Center (620 4th Ave S) unless it is for a holiday meal or other special meal.</p> <p>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 The Link-300 Cherry Street 11:15-11:30</p>	
<p>1% Milk (1cs); 2 Whole Wheat Bread (unless noted) (2cs); and margarine are available with each lunch.</p>				

Date: 10/25/2023 Licensed Registered Dietitian #13899 Colette Iseninger Colette Iseninger, 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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**Do you have difficulty leaving home?
Our doctor and nurse practitioners
come to you.**

**Contact us
today!**



(800) 929-8891 | CareThatComesToYou.org

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

hrrv.org | (800) 237-4629



Celebrating **40** Years

**ND Aging &
Disability
Resource Link**

for information
on senior services
in North Dakota, you
may contact the
following:

Phone:
1-855-462-5465
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 noon 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
701-772-7245
www.gfseniorcenter.org

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www.facebook.com/gfseniors

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Grand Forks, ND



Grand Forks Senior Center
December 2023
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

Closed Monday, December 25
Monday, January 1



Christmas Flea Market

Thursday, December 7th, 9 am to 3:30 pm

We will be selling donated and gently used Christmas items such as

- Decorations
- Christmas tree decor
- Knickknacks
- Lights

Live up your home with new-to-you items!

