



February 2023

# The Silver Express

## Keeping Seniors Healthy in 2023

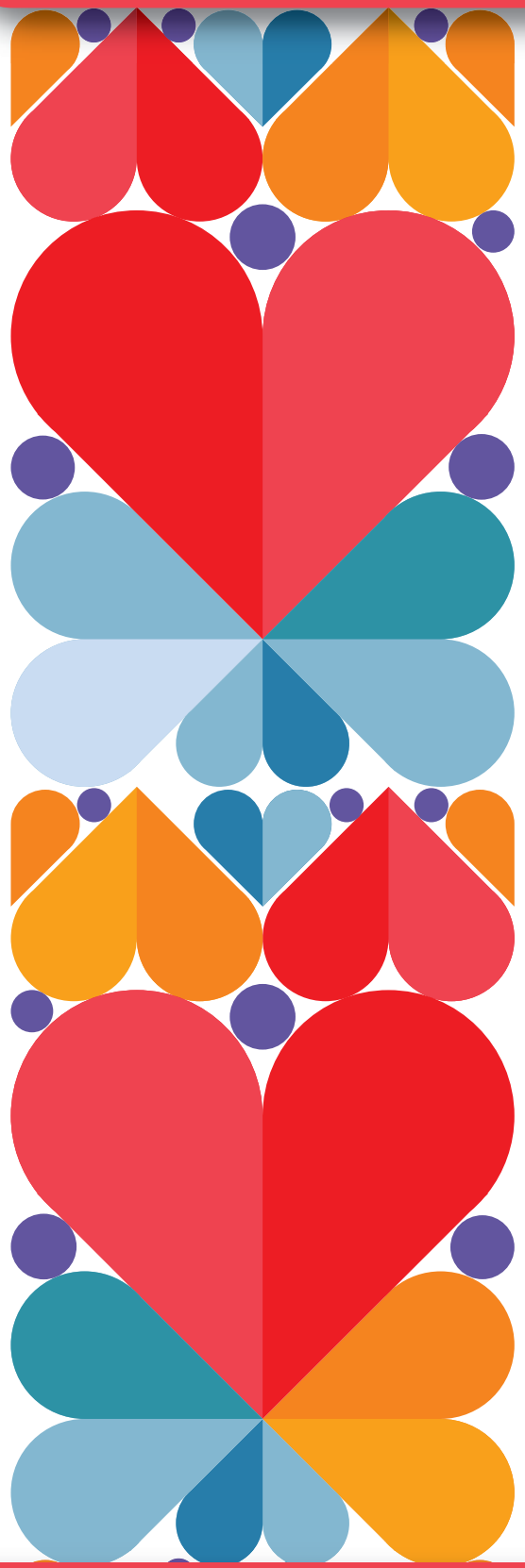
Eating a balanced meal and staying mobile are two key ways for older adults to stay healthy.

**Will you donate on Giving Hearts Day to support the independence of older adults?**

Funds raised on Giving Hearts Day 2023 will be used to provide nutritious meals for older adults. In 2022 we served 8,100 more meals than the year before! Seniors are looking for great meals to keep them healthy and your donation will make sure meals are available for them. Funds will also purchase an exam chair for our health department. This will make it more comfortable, and easier, for seniors with poor hip and leg health to receive foot care.

Donations matched up to \$3,000 by the University Lutheran Church Mission Endowment Fund.

See page 12 for donation information.



# Grand Forks Senior Center (GFSC) Phone Numbers

|   |                     |
|---|---------------------|
| <b>GFSC General Number</b> .....  | <b>701-772-7245</b> |
| Executive Director, <b>Colette Iseminger, MS, RD, LRD</b> .....         | 701-772-7245        |
| Assistant Director/Development Officer, <b>Becky Broadwell</b> .....    | 701-757-4864        |
| Meals on Wheels (MOW) Coordinator, <b>Grace Hale</b> .....              | 701-757-2006        |
| Home Delivered Meals (HDM) <b>Paula Altepeter, Rhonda Stephan</b> ..... | 701-780-5169        |
| Resources Manager <b>Stacy Narlock, BSW</b> .....                       | 701-757-4874        |
| Grand Forks Resources, <b>Bailey Kitko, LBSW</b> .....                  | 701-757-4883        |
| Rural (GF & Nelson) Resources, <b>Joyce Austin</b> .....                | 701-757-4881        |
| Activity Manager, <b>Ranea Johnson</b> .....                            | 701-757-4866        |
| Gaming Supervisor, <b>Dennis Nelson</b> .....                           | 701-757-4873        |
| Public Relations Manager, <b>Amanda Rengstorf</b> .....                 | 701-757-4863        |
| Kitchen Supervisor/Head Cook, <b>Gerri Davis</b> .....                  | 701-757-4871        |
| Sit-Down Meal Information & Frozen Meals, <b>Mary Johnson</b> .....     | 701-757-4869        |
| Health (Foot Care) Appointments .....                                   | 701-757-4878        |
| Health Manager, <b>Shirley Lill, RN, BSN</b> .....                      | 701-757-4868        |

## GFSC Board of Directors

### President

Dave Willprecht

### Vice President

Alice Hoffert

### Secretary

Alice Mattern

### Treasurer

Brenda Jobe

Brenda Sem

Bobbie Kurtyka

Rich Lehn

Jason McCarthy

Emily Nielsen

Bob Rost

Curt Sandberg

Lisa Sonterre

Michael Venaccio

Brad Westrum

Clair Zirnheld

## Mission Statement

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

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

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

## Building & Program Usage Guidelines

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

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



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

**How many hearts can you find in the February newsletter?**

We counted 59



**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.gfseniorcenter.org](http://www.gfseniorcenter.org), [valleynewslive.com](http://valleynewslive.com) and [facebook.com/gfseniors](https://facebook.com/gfseniors).



## From the Director's Chair by Colette Iseminger

- Why get a membership in our Association? A membership shows your support for our organization. It gives you voting rights at the annual meeting. If you receive our monthly newsletter it costs us almost \$10 to print and mail 12 newsletters to you. That's half your membership cost. Hopefully you think the newsletter is worth that small amount of \$20/year. We would appreciate your support!
- The suggested donation for foot care has gone up this year. The supply cost for a foot care went up \$1-2 per footcare depending on if the dremel is used or not. Plus, wage increases so we can keep our nurses paid competitively and a cut in our state/federal contract all forced us to implement a suggested donation increase. Please remember this is a suggested amount. If you can pay it, great. If not, please don't forgo the service as healthy feet are a very important part of staying healthy and active in later life. You will notice our Giving Hearts Day emphasis is our health department this year. We hope to raise some funds to offset those who can't afford the increase.
- The suggested donation for meals will remain the same until we see what happens in the ND legislative session and what our contract looks like that will start 7/1/23.
- Yes, it's true that the city is going to put an addition on the north side of our building. This will add to our kitchen, including a drive thru pick up window, and second floor offices. Our meals are up 41% from pre-pandemic levels so this will add much needed space as we continue our drive thru and expanded frozen meal programs. Many thanks to the drive thru volunteers who are braving the elements this winter and have been for the past two winters. Additionally, thank you to all the Meals on Wheels and Home Delivered Meal volunteers; they have had some brutal days out there! The time frame for construction is still up in the air as we go to press. Look for more information to come.

Hearts of Thanks for allowing us to serve you! Stay warm and healthy!

'Til Next Time,

**Colette Iseminger**, Executive Director






## Board of Director's Report

The board of directors met on Dec 15, 2022. The following were the motions:

- 2023 Budget of \$3,011,062 was approved.
- 2022 end of year bonus for staff was approved.
- The Nominating Committee presented the 2023 slate of candidates for the board of directors. Motion approved to forward to the Annual Meeting for approval.
- Brenda Jobe was elected as Treasurer of our Association.
- Executive Director performance evaluation was presented.
- Association and Foundation 990 tax forms were presented.
- The Cash Disbursement policy was updated and approved.

The next regular board meeting is March 16, 2023 at 11 am.



Thank you to everyone who donated to our December Reverse Advent Calendar Food Drive! The food collected for the drive was donated to the Hope Food Pantry. 

Paid Advertisement



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MEMORY CARE COMMUNITY

Providing you and your family  
with peace of mind

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- Adult day services

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Grand Forks, ND 58201  
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[www.lifeatmapleview.com](http://www.lifeatmapleview.com)



## Activity Info

### AARP Driver's Safety



**Wednesday, February 1  
Noon - 4 pm**

Once a month AARP hosts a course that teaches valuable defensive driving skills and also gives a refresher on the rules of the road. You may also be eligible for a discount on your car insurance by completing this course!

Cost of the course is \$20 for AARP members and \$25 for non-members (cash or check only). Call 701-772-7245 to register. Class size is limited.

### KNOX Update

**Thursday, February 2  
at 7:45 am**

Tune in to KNOX radio to listen to our monthly update with Denny Johnson!  
1310 AM or 107.9 FM

### Tech Talk Class

**Thursday, February 2  
at 10:30 am**

February's Topic:  
**Email Etiquette**  
Call 701-757-4866 to register. Class size is limited.

### Tour the Senior Center

**Tuesday, February 7  
at 9 am**

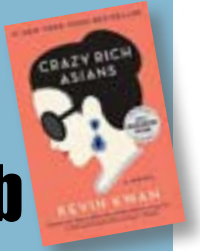
Meet in the lobby. All are welcome. No RSVP needed. Tours are given the first Tuesday of each month. Plan for an hour. You will be seated most of the time.

### AARP Presentation

**Wednesday, February 8  
at 11 am**

Join us for a presentation put on by speakers from AARP on "Brain Health".

### Constant Reader's Book Club



**Monday, February 13  
at 10:30 am**

(2nd Monday each month)  
We will be discussing "Crazy Rich Asians" by Kevin Kwan. New people welcome! Book for March, "Orphan Train" by Christina Baker Kline, will be handed out at the February meeting.

### Music Monday

**Mondays at 1 pm**

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

**February 6**

Barb Graf

**February 13**

Theresa and the Plow Boys

**February 27**

Chuck Gust



## Visually Impaired Senior Support Group



**Tuesday, February 14  
1 pm - 3 pm**

(2nd Tuesday of each month) in the GFSC Activity Room. If you have any questions regarding this group, contact Pam at 701-795-2719.

## Tech Support

**Wednesday,  
February 1 & 15  
By Appointment in  
the Afternoon**

Need help with your cell phone, kindle, tablet, kindle, Laptop or another device? Call 701-757-4866 to schedule an appointment for tech support.

**GFSC will be closed  
Monday, Feb. 20, 2023**

## Coffee and Pie with a Cop

**Tuesday, February 21  
at 2 pm**

Join Sergeant Kris Brown for coffee, pie and conversation. Cherry pie and ice cream will be available for \$2.

## Trivia

**Tuesday, February 28  
at 12:45 pm**

Join us in the Dining Room! Teams will be formed before the start. New people always welcome!

## FREE Legal Services for Seniors

Free Legal Services are back at the Grand Forks Senior Center, and now twice a month; the 2nd & 4th Thursdays of each month.

**Thursday, February 9  
from 9 am - Noon**

**Thursday, February 23  
from 1 pm - 4 pm**

Call 701-852-4369 ext: 330 to make an appointment ahead of time. Walk-ins accepted as time allows.

## Volunteers Needed!

A "Royal Affair" Style Show, Tea and Dessert, will take place on Tuesday, April 25, 2023 at 1:30 pm. We are in need of 20-25 volunteers to model clothing ranging from sizes 2-30. The clothes are all glamorous/fancy and


fitting for Tea with the Queen or the Kentucky Derby. If you would like to volunteer, please call Ranea at 701-757-4866. Ticketing and event information will be in the April newsletter.

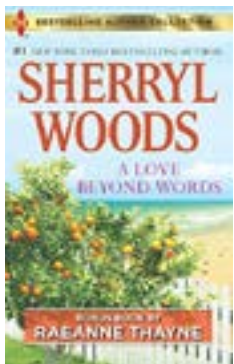


# February 2023 Activity Calendar

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
|   |  | <p><b>1</b></p> <p>9:30 am Men's Coffee<br/>9:30 am Game Group<br/><b>12:00 pm AARP Driver's Safety Class</b><br/>1:00 pm Bingo (\$2/card)<br/>1:00 pm Whist &amp; Pinochle<br/>3:30 pm Chair Yoga (Hope Church)<br/><b>Tech Support - Call for an appointment</b></p> | <p><b>2</b></p> <p><b>7:45 am KNOX Update</b><br/>9:30 am Men's Coffee<br/>10:00 am Crochet Class<br/><b>10:30 am Tech Talk</b><br/>1:00 pm Bingo (\$2/card)<br/>1:00 pm Bunco (\$2)<br/>1:30 pm Beginners Tai Chi<br/>2:00 pm Experienced Tai Chi<br/>2:30 pm Qigong<br/>3:30 pm Healthy Bones (Hope Church)</p> | <p><b>3</b></p> <p>9:00 am Healthy Bones<br/>9:00 am Gift Shop Crafters<br/>9:30 am Men's Coffee<br/>10:00 am Women's Coffee</p>     |
| <p><b>6</b></p> <p>9:30 am Men's Coffee<br/>1:00 pm Pinochle<br/>1:00 pm Dominoes<br/><b>1:00 pm Music Monday</b><br/>2:30 pm Ready, Set, Stretch (Hope Church)<br/>3:30 pm Chair Yoga (Hope Church)</p>                                | <p><b>7</b></p> <p>9:00 am Healthy Bones AM<br/><b>9:00 am Tour</b><br/>9:30 am Men's Coffee<br/>10:00 am Women's Coffee<br/>10:00 am Weight Management Support Group<br/>1:00 pm Farkle<br/>1:30 pm Beginner Tai Chi<br/>2:00 pm Experienced Tai Chi<br/>2:30 pm Qigong<br/>3:30 pm Healthy Bones (Hope Church)</p> | <p><b>8</b></p> <p>9:30 am Men's Coffee<br/>9:30 am Game Group<br/>12:45 pm Wii Bowling League<br/>1:00 pm Bingo (\$2/card)<br/>1:00 pm Whist &amp; Pinochle<br/>3:30 pm Chair Yoga (Hope Church)</p>  | <p><b>9</b></p> <p>9:30 am Men's Coffee<br/>1:00 pm Bingo (\$2/card)<br/>1:30 pm Beginners Tai Chi<br/>2:00 pm Experienced Tai Chi<br/>2:30 pm Qigong<br/>3:30 pm Healthy Bones (Hope Church)</p> <p></p>   | <p><b>10</b></p> <p>9:00 am Gift Shop Crafters<br/>9:00 am Healthy Bones<br/>9:30 am Men's Coffee<br/>10:00 am Women's Coffee</p>    |
| <p><b>13</b></p> <p>9:30 am Men's Coffee<br/><b>10:30 am Book Club</b><br/>1:00 pm Pinochle<br/>1:00 pm Dominoes<br/><b>1:00 pm Music Monday</b><br/>2:30 pm Ready, Set, Stretch (Hope Church)<br/>3:30 pm Chair Yoga (Hope Church)</p> | <p><b>14</b></p> <p>9:00 am Healthy Bones AM<br/>9:30 am Men's Coffee<br/>10:00 am Women's Coffee<br/>10:00 am Weight Management Support Group<br/><b>1:00 pm Vision Support Group</b><br/>1:00 pm Farkle<br/>3:30 pm Healthy Bones (Hope Church)</p>  | <p><b>15</b></p> <p>9:30 am Men's Coffee<br/>9:30 am Game Group<br/>12:45 pm Wii Bowling League<br/>1:00 pm Bingo (\$2/card)<br/>1:00 pm Whist &amp; Pinochle<br/>3:30 pm Chair Yoga (Hope Church)<br/><b>Tech Support - Call for an appointment</b></p>               | <p><b>16</b></p> <p>9:30 am Men's Coffee<br/>10:00 am Crochet Class<br/>1:00 pm Bingo (\$2/card)<br/>1:00 pm Bunco (\$2)<br/>1:30 pm Beginner Tai Chi<br/>2:00 pm Experienced Tai Chi<br/>2:30 pm Qigong<br/>3:30 pm Healthy Bones (Hope Church)</p>  | <p><b>17</b></p> <p>9:00 am Healthy Bones AM<br/>9:00 am Gift Shop Crafters<br/>9:30 am Men's Coffee<br/>10:00 am Women's Coffee</p> |

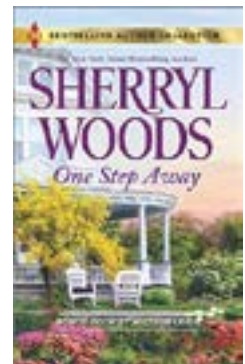


| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| <p><b>20</b></p> <p><b>President's Day</b></p> <p><b>GFSC<br/>CLOSED</b></p>  | <p><b>21</b></p> <p>9:00 am Healthy Bones<br/>9:30 am Men's Coffee<br/>10:00 am Women's Coffee<br/><b>2:00 pm Coffee &amp; Pie w/ a Cop (\$2/Cherry pie &amp; ice cream)</b><br/>1:00 pm Farkle<br/>1:30 pm Beginner Tai Chi<br/>2:00 pm Experienced Tai Chi<br/>2:30 pm Qigong<br/>3:30 pm Healthy Bones (Hope Church)</p> | <p><b>22</b></p> <p>9:30 am Men's Coffee<br/>9:30 am Game Group<br/>12:45 pm Wii Bowling League<br/>1:00 pm Bingo (\$2/card)<br/>1:00 pm Whist &amp; Pinochle<br/>3:30 pm Chair Yoga (Hope Church)</p>  | <p><b>23</b></p> <p>9:30 am Men's Coffee<br/>1:00 pm Bingo (\$2/card)<br/>1:30 pm Beginners Tai Chi<br/>2:00 pm Experienced Tai Chi<br/>2:30 pm Qigong<br/>3:30 pm Healthy Bones (Hope Church)</p> | <p><b>24</b></p> <p>9:00 am Gift Shop Crafters<br/>9:00 am Healthy Bones<br/>9:30 am Men's Coffee<br/>10:00 am Women's Coffee</p> |
| <p><b>27</b></p> <p>9:30 am Men's Coffee<br/>12:45 pm Wii Bowling League<br/>1:00 pm Dominoes<br/>1:00 pm Pinochle<br/><b>1:00 pm Music Monday</b><br/>2:30 pm Ready, Set, Stretch (Hope Church)<br/>3:30 pm Chair Yoga (Hope Church)</p> | <p><b>28</b></p> <p>9:00 am Healthy Bones<br/>9:30 am Men's Coffee<br/>10:00 am Weight Management Support Group<br/>10:00 am Women's Coffee<br/><b>12:45 pm Trivia</b><br/>1:30 pm Beginner Tai Chi<br/>2:00 pm Farkle<br/>2:00 pm Experienced Tai Chi<br/>2:30 pm Qigong<br/>3:30 pm Healthy Bones (Hope Church)</p>       | <p><b>Giving Hearts Day - February 9</b></p> <p><b>Please consider a donation to the Grand Forks Senior Center to help keep seniors healthy!</b><br/>See page 12 for more info.</p>  |  |   |



## Check out our library!

If you like a good romance novel, you should check out our collection by Sherryl Woods! Sherryl is the author of nearly 150 romance and mystery novels, including two that have become television series, Chesapeake Shores on the Hallmark Channel and Steel Magnolias on Netflix. You can find an entire shelf of books by Sherryl, as well as many others available to borrow for free at the Grand Forks Senior Center library, located on the 2nd floor.





# GFSC Resources - Renter's Refunds for Older Adults

- Are you 65 years of age or older OR permanently and totally disabled (and at least 60 years old)?
- Is your annual income less than \$42,000 after deducting medical expenses?
- Are you a renter?

**If you answered “yes” to the questions above,** you may qualify for a Renter’s Refund. Completed applications are due to the ND State Tax Commissioner’s office by May 31, 2023.

## To complete the Renter's Refund application yourself:

- If you received a 2021 renter's refund last year, you should receive a 2022 renter's refund application in the mail by the end of January 2023 with your personal account identifying bar code in the upper right corner.
- If you did not receive a renter's refund last year, you can get an application after January 25 by calling 701-328-3127 (ext. 6) or going online to [www.nd.gov/tax](http://www.nd.gov/tax) and typing 'Renter's Refund' in the search box in the upper right corner.
- We strongly recommend you complete the 'Renter's Refund Worksheet' on page 11 for the information needed to complete the application.
- Once the application is completed (both sides), mail it to the Office of the State Tax Commissioner address, which is found on the application, by May 31, 2023.

## To complete the Renter's Refund application with a GFSC Resource Coordinator's assistance:

- Complete the 'Renter's Refund Worksheet' on page 11.
- Call the GF Senior Center at **701-772-7245** and ask to speak with Resources. An appointment will be scheduled to complete your application over the phone.
- The cost to provide Resource services is \$25/half hour. Donations to Resources are appreciated to help cover costs and keep services available.

**Grand Forks Senior Center Resources Team  
Stacy, Bailey & Joyce**

### Mobile Home Owners

A qualifying owner of a mobile home located on a rented lot may apply for the Homeowner’s Property Tax Credit on the mobile home AND a Renter’s Refund of part of the lot rent paid.

### Assistive Equipment

Available to borrow (for up to 3 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 use of these items.



# Renter's Refund Worksheet

If completing the application yourself, you do not need to fill in the first two lines.

**Appt date & time** \_\_\_\_\_

**Resource Coordinator** \_\_\_\_\_

**Rent you paid in 2022** \_\_\_\_\_

Does your **landlord pay** for any of the following:

heat  water  garbage  electrical

## 2022 Income

Social Security \_\_\_\_\_  
(Excluding Medicare)

Salary/wages \_\_\_\_\_

Interest \_\_\_\_\_

Income from other sources \_\_\_\_\_

## Medical expenses YOU paid in 2022

Medical insurance premiums \_\_\_\_\_

Medicare Part D premiums \_\_\_\_\_

Prescription medicine and drugs (*order printout from pharmacy*) \_\_\_\_\_

Doctor \_\_\_\_\_

Dentist \_\_\_\_\_

Hospital \_\_\_\_\_

Eyeglasses \_\_\_\_\_

Dentures \_\_\_\_\_

Hearing aids & batteries \_\_\_\_\_

Assistive equipment purchased (*lift chair, compression hose, etc.*) \_\_\_\_\_

Home nursing care \_\_\_\_\_

Nursing home \_\_\_\_\_

Nursing home insurance premiums \_\_\_\_\_

Transportation costs for medical care  
(total miles X .575) \_\_\_\_\_



# Valentine's Day Crossword Puzzle



Find and cross out all of the listed words. The words may be horizontal, vertical, or diagonal. The remaining letters will spell a secret word.

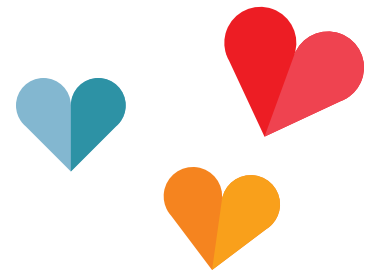
|           |                 |            |
|-----------|-----------------|------------|
| ADORER    | FIRST KISS      | RENDEZVOUS |
| ARROW     | GROOM           | RING       |
| BOUQUET   | HEART           | ROMEO      |
| BRIDE     | HUGS            | ROSES      |
| CARDS     | ISEULT          | RYE        |
| CARESS    | JULIET          | SCENTS     |
| CHOCOLATE | <del>LOVE</del> | SENSE      |
| COUPLE    | LUCK            | SONG       |
| CUPID     | LYRE            | SWEET      |
| DATE      | ODE             | TRISTAN    |
| DATING    | POEM            | WEDDING    |
| DEVOTION  | PRESENT         |            |
| EMBRACE   | QUEEN           |            |

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| J | U | L | I | E | T | C | A | R | E | S | S |
| W | E | D | D | I | N | G | R | O | M | E | O |
| C | H | O | C | O | L | A | T | E | R | G | F |
| B | O | U | Q | U | E | T | T | E | S | R | I |
| S | W | E | E | T | S | L | R | U | T | O | R |
| P | E | V | E | T | U | O | O | N | E | O | S |
| B | O | N | N | E | D | V | N | R | A | M | T |
| L | R | E | S | A | Z | O | Y | G | R | T | K |
| R | C | I | M | E | I | L | S | D | R | T | I |
| S | I | E | D | T | Q | G | U | A | O | R | S |
| C | R | N | O | E | U | U | E | C | W | I | S |
| A | E | V | G | H | N | H | E | E | K | S | D |
| R | E | E | M | B | R | A | C | E | E | T | A |
| D | A | T | I | N | G | S | R | S | N | A | T |
| S | C | O | U | P | L | E | O | Y | S | N | E |
| C | U | P | I | D | P | R | E | S | E | N | T |

Hidden Word: \_\_\_\_\_



# Giving Hearts Day



## How to Donate **AHEAD** of Giving Hearts Day

- You can SCHEDULE YOUR GIFT ONLINE **up until Feb. 7**. Simply go to [givingheartsday.org](http://givingheartsday.org), select 'Grand Forks Senior Center,' and be sure you have the box checked next to 'Schedule this Gift' in your cart review.
- **OR** if you would like to MAIL A CHECK, we **must receive it no later than Feb. 9 and you must indicate 'Giving Hearts Day' in the memo line of your check**. If we receive it after February 9, it is still a donation to the Senior Center, but it won't be counted in our Giving Hearts Day total.

## How to Donate **ON** Giving Hearts Day

- To DONATE ONLINE, simply go to [givingheartsday.org](http://givingheartsday.org) anytime on **Thurs, Feb. 9** and select 'Grand Forks Senior Center.'
- **OR BRING IN YOUR GIFT** (cash or check) on **Thurs, Feb. 9, from 8 am – 4 pm**.
- **OR** if you would like to DONATE WITH A CREDIT CARD, but do not want to donate online by yourself, you can stop into the Senior Center or call us at 701-772-7245 anytime on **Thurs, Feb. 9 from 8 am - 4 pm** and a member of the staff will take your information and make the gift online for you.

**Thank you to the University Lutheran Church Mission Endowment Fund** who is providing a **\$3,000 match!** Help us meet this match and more!

**AARP**<sup>SM</sup>  
**Tax Aide**

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**By Appointment only at the  
 EGF Campbell Library  
 701-850-5174**

The AARP Tax Preparation Site will begin taking calls to schedule appointments starting Monday January 23rd, Monday - Friday from 10 am - 3 pm. If no one answers, leave your name and phone number; they will get back to you. Packet information will be given to you when you schedule your appointment. There will be **NO WALK-IN** appointments available.

**Help us win**  
**\$100,000!**

Gate City Bank is going **BIG** on Giving Hearts Day. One lucky charity will win \$100,000 along with donations of \$5,000 each to five additional charities!

**Please nominate the Grand Forks Senior Center!** Nominations are accepted January 18 through February 2, 2023 at:  
[www.GateCity.Bank/GivingHeartsDay](http://www.GateCity.Bank/GivingHeartsDay)  
 or through Gate City Bank's social media sites. You can nominate us as many times as you want, so spread the word to your friends and family, too.

**Thanks!!**

# GF SENIOR CENTER EXERCISE CLASSES

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

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

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

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

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

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

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

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

## Requirements

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

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

If you want to find out if more about exercise classes, either call the Senior Center at 701-772-7245 or visit [www.gfseniorcenter.org](http://www.gfseniorcenter.org).

## Wish List

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

- **Volunteers to teach exercise classes**
  - A volunteer to lead the Silvertones
  - 20-25 Volunteers for the Style Show
  - New crafts to sell in the gift shop
  - Size Small Depends
  - 1 pound weights for exercise classes
  - Wheelchairs & Transport Chairs  
19 inches and greater
  - Toilet riser with arms
- If you have these items, if you would like to purchase them, or are interested in one of the volunteer opportunities, please visit the front desk or call 701-772-7245 during regular business hours.

**THANK YOU!**

# 2022 Silver Campaign You donated \$144,663!

Thank you so much to our generous donors who support older adults! A donor's cumulative giving for the year will be in the 2022 annual report. Brighter Side Society Members are designated by the \* symbol. The gifts below were received from Dec. 2, 2022 to Jan. 3, 2023.

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



Myra Foundation  
Grant for senior meals, Meals on Wheels, Home Delivered Meals

## Radiant Stars (\$5,000-\$9,999)

Citizens Assistance Program  
For Home Delivered Meals  
Scheels  
Walski, Frank and Nicole

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

Altru Health Foundation  
Grant for Nutrition Pilot Program  
Anonymous (2)  
Anonymous  
For Meals on Wheels  
Cournia, Linda  
Dakota Sales Co  
For Home Delivered Meals  
Gilmour, Edna  
In memory of Kenneth J Gilmour  
Iverson, Avis  
In honor of Colette Iseminger,  
In memory of Bob Iverson  
Jensen, Heidi and Jason

## Luminous Stars (\$500-\$999)

Anonymous (2)  
Austin, Kevin and Joyce  
EAPC  
Hoeger, Pat  
In memory of Richard Hoeger  
Martin, Janell  
In honor of Meals on Wheels volunteers  
Nord, Ruth  
Pariseau, Pamela  
Staples, Terri

## Dazzling Stars (\$250-\$499)

Anonymous(2)  
Birkmaier, Skip and Nancy  
Drees, Ken and Maureen  
Evers, Marilyn  
In memory of Lawrence and Evelyn Evers  
Hastings, Donna  
Hoeger, Gordon and Dorothy  
Leech, Jerry  
Miller, Al  
Nelson, Duane and Lila Jane  
Rydland, Garth and Christine  
University Lutheran Church  
WELCA

## Glowing Stars (\$100-\$249)

Ackre, George and Susan  
Adams, Janet  
Anonymous (7)  
Anonymous  
In memory of Gene Martin  
Anonymous  
In memory of Leon Dierker  
Apanian, Ronald  
Barta, Maynard and Barbara  
Berglund, Wayne  
Bostrom, Joy  
Bruhn, Val and Sheila  
Cox, Don and Laurie  
Cronquist, Yvonne  
DeVries, Denby  
Enget, Torrie and Amy  
In memory of Dale and Jan Enget  
Erickson, Dennis and Cheryl\*  
Everson, David and Leslie  
In memory of Donald Johnson  
Foss, Virgil  
In memory of Geoffrey Swanson and Patrick Durkin  
Garske, John  
Garver, Bob and Veriena  
In memory of family and friends

Geiselhart, JoAnn  
In memory of my husband,  
Lyle  
Geiszler, Carol  
Gellner, Becky  
Gilby Senior Center  
Granger, Marvin  
Gregory, Michael and Gerri  
Groseth, Dean and Janine  
Haas, Gary  
Hager, Del and Jean  
Heier, Judy  
In memory of Don Heier  
Holter, Jim and Sharon  
Jensen, Marlys  
Jobe, Brenda  
Kjelaas, Renee  
In memory of Cecilia Plante  
Knain, Jolaine  
Knudsvig, Craig and Renae  
Konze, Warren and Gerri  
Kraemer, Diane  
Kuhlman, Krista  
Kurtyka, Bobbie  
Kvasager, Vickie  
Larson, Ellis and Linda  
Legacy Dental  
Staff jeans day fund  
Lively, Harriet  
In memory of Wally &  
Florence Welstad, Harry &  
Henrietta Gerszewski  
Lofberg, Janice  
Lopez, Evonne  
Lundeen, James  
In memory of Linda Lundeen  
McGregor, Kenton and Marilyn  
Medd, Joel and Amy  
In memory of Rea Medd  
Meta Payments  
Midco Foundation  
Match for Amy Enget donation  
Neumann, Marie  
Olson, Bev  
Opp, Dean and Mary  
Pedersen, Melvin  
Reis, Sharon  
Rodgers, Wally and Sue



Roos, Leslie and Patricia  
Rowan, Dolly  
Ryan, Jerry  
Sather, Laurie  
In honor of Gordon Sather  
Schneider, Jerome and Yvette  
In memory of Eugene Knain  
Schubert, George  
Sellheim, Donavon and Jean  
Sharon Lutheran Church WELCA  
For Home Delivered Meals  
Shores, Arden and Irene  
Sieg, Peggy  
In honor of Norman Sieg  
Sieg, Ruby  
In memory of Norman Sieg  
Sondrol, Leroy and Judy  
In honor of friends  
Steenerson, Gary and Georgia  
Thompson, Rod and Bonnie  
In memory of Donald and  
Aggie Behm  
Tweton, Phyllis  
Walker, Michael  
Ward, Jim and Cheryl  
In memory of Dwayne and  
 Sylvia Raymond  
Watt, Jim  
Weisenberger, James and Sherryl  
Westacott, Richard  
In memory of Del Westacott  
Wick, Sharon  
Zick, Charles and Colleen  
Zirnhelt, Matthew  
In honor of Clair and Ronda  
Zirnhelt

**Shining Stars  
(up to \$100)**



Anonymous (7)  
Beach, Barb  
Belcher, Ida  
Belobraydic, Matt and Rochelle\*  
Bethke, Gloria  
Broadwell, Ray and Becky\*  
Buckley, Ann\*  
Deitz, Marijo

Ditullio, Jerry and Barb  
In memory of Mike Foy and  
Jim Foy  
Dvorak, Marlene\*  
Guthmiller, Ronald and Patricia  
Halle, Scott and Brenda  
Hammerstrom, Lloyd 'Tooker'\*  
Hanson, Carrie  
Helgerson, Donna\*  
In memory of my husband,  
Arral (AJ)  
Herrmann, Karen\*  
Infeld, Greg and Cathy  
Iseminger, Carl and Colette\*  
Iseminger, Colt and Samantha  
Johnson, Keith and Elizabeth  
Krese, James and Mary  
In memory of Jimbo  
LeClerc, Judy  
Liddy, Vince and Mary Lou  
Lindquist, Liz  
Lysne, David and Aida  
In memory of Magnus Lysne  
Mahnke, Vickie  
Mattern, Alice\*  
McMahon, Jacqueline  
In memory of Naomi Neuman,  
Barb Lundby and Roma Kae  
Landis  
McNamee, Mike and Judy  
Miller, Marlin  
Murphy, William 'Spud'  
Nybo, Patricia  
Olson, Gary and Genevieve  
Palmer, Emma  
Peppard, Jean  
Puffe, Lyle and Jeannie  
Rakowski, John and Lucille  
Robertson, Kandy  
In memory of Patrick  
Robertson  
Robinson, Doris  
Robison, Nancy  
Roch, Larry and Kay  
In memory of Brian Case

(Continued on page 16.)

(Silver Campaign donors list continued from page 15.)

Royal Neighbors of America  
Chapter 138

Sandberg, Curt and Lone\*  
For Meals on Wheels

Schiele, Kathy\*

In memory of Don Schiele

Schumacher, Judy

Schumacher, Matt and Jami\*

Shadle, Leonard

Staples, Dianne

Staveteig, Elizabeth

In memory of George

Staveteig

Sulland, Steve and Linda\*

Thompson, Mark and June

Vein, Jerry and Mary\*

VFW Ladies Auxiliary Post 1874

Walski, Johanna

In memory of Clarence Walski

Westrum, Brad and Yvonne\*

Winters, Faye

Wischer, Agnes

Zirnhelt, Clair and Ronda\*

**End-of-Year Donation Receipt**  
If you would like an end-of-year donation receipt for tax purposes, please contact Becky Broadwell at 701-757-4864 or [beckyb@gfseniorcenter.org](mailto:beckyb@gfseniorcenter.org). This document will include all of your gifts made to the Grand Forks Senior Center in 2022.

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

[hrrv.org](http://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:

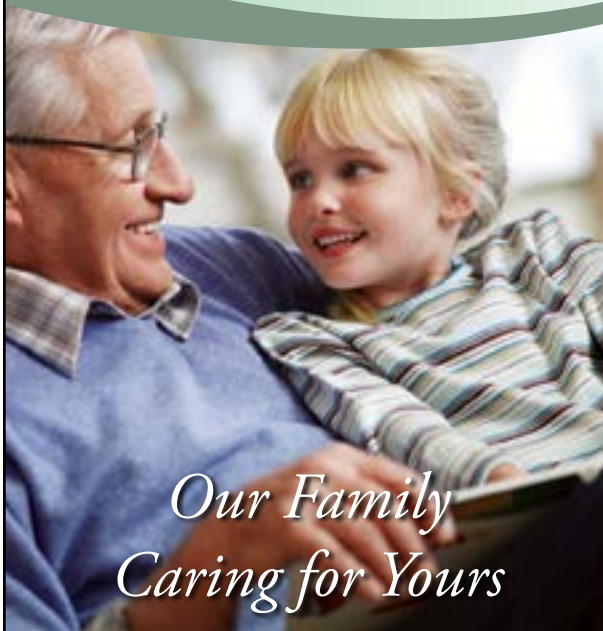
1-855-462-5465

Website:

[carechoicend.assistguide.net](http://carechoicend.assistguide.net)

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*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 - Tuft Manor

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

[valleyseniorliving.org](http://valleyseniorliving.org)  
701.787.7563





## **ND SMP Scam of the Month**

### **Beware of Common Medical Equipment Scams**

As different types of scams come and go, one type remains constant: durable medical equipment, or DME, schemes. DME includes medical devices and supplies that are prescribed by a person's doctor, can withstand repeated use, serve a medical purpose, and can be used in the home. Examples include braces, orthotics, and mobility aids such as walkers, canes, crutches, and wheelchairs.

Scammers call people and offer 'free' braces, claiming that Medicare will fully cover these materials. Medicare only covers 80% for DME, and if you are in pain, you should always talk to your doctor about what they recommend. We have received reports of beneficiaries agreeing to be mailed one back brace but receive packages holding multiple, unneeded braces for a variety of body parts. Many of these braces cost almost \$1,000, meaning that this type of fraud increases the cost of Medicare for everyone.

Beneficiaries who give out their Medicare numbers are also at risk of having their medical identities stolen. They may receive equipment or genetic testing kits they don't want or need and could even be left responsible for large bills for these items. This type of fraud can be stopped. The SMP suggests people take the following steps:

- Be sure your doctor has assessed your condition and orders any necessary equipment or supplies.
- Never sign a blank form from your health care provider or equipment supplier.
- Always read your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB). Look for charges for equipment you do not need, never requested, or did not receive.
- If you rent and return medical equipment, always get a dated receipt.
- Protect your Medicare and Social Security cards as you would your credit cards.
- Do not accept products or services from strangers who call or knock on your door.
- Do not give out your Medicare number to a supplier during a sales pitch or an unsolicited phone call.
- Do not accept money, gifts, or unnecessary equipment or supplies from a supplier in exchange for your Medicare number.

**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](mailto:ndsmp@minotstateu.edu) or call 1-833-818-0029 or 701-858-3580. 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: Senior Medicare Patrol Program. (September, 2021). Press Release for DME. *SMP Resource Center*.

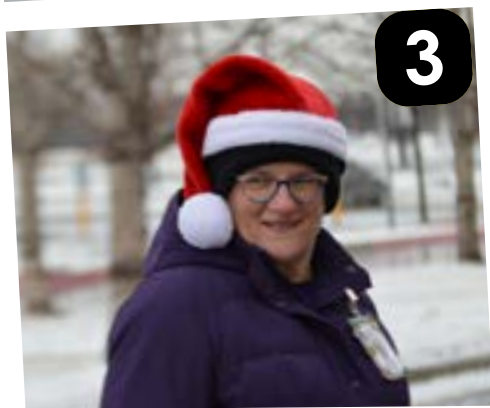
**North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580**

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

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



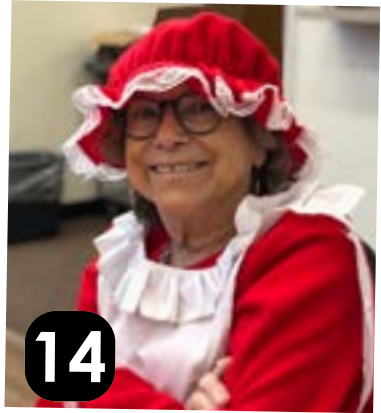
**Like us on Facebook:** North Dakota Senior Medicare Patrol



# Fun in the Center

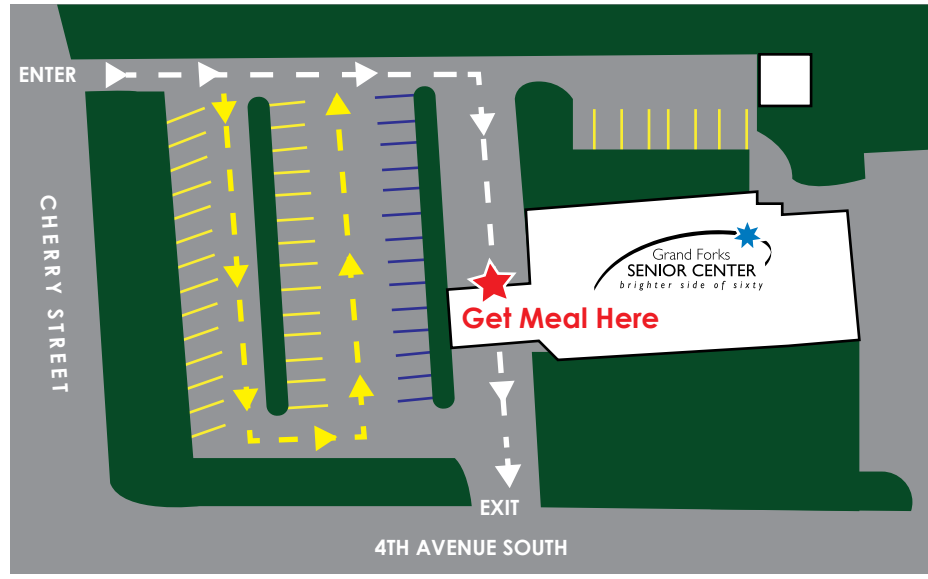
- 1-8 Christmas Feast
- 9-12 Monthly Creations - Tree Decorating
- 13-14 Silvertone's Christmas Sing-A-Long





# Drive-Thru Lunch Route Map

Monday - Friday | 11:30 am to Noon



Please use **EXTREME CAUTION** while in the Senior Center Parking Lot!  
**Enter lot from Cherry Street**  
Do not come into lot before 11:25 am.

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

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

# 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 (Open Monday-Friday during regular business hours) or at one of the satellite foot care clinics listed here (by appointment only).

## Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

|                |  |                  |
|----------------|--|------------------|
| <b>Feb. 1</b>  | McVille Fire Hall, 203 Baldwin Street, McVille | 9:30 am - Finish |
| <b>Feb. 28</b> | Aneta Community Center, 219 Main Avenue, Aneta | 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 or you test positive within 10 days prior to your appointment.**

## Meal Delivery Volunteers Needed

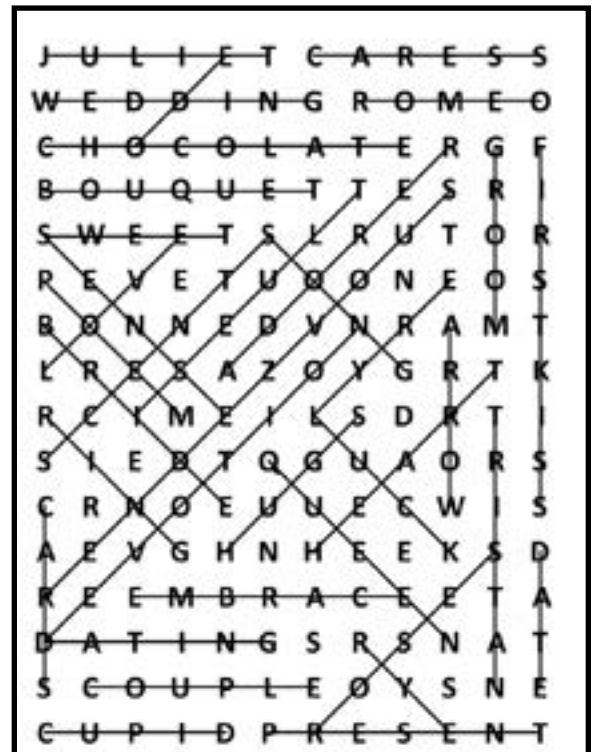
**Home Delivered Meals**, located in Altru Hospital, needs volunteers weekdays, from 11 am - 12:30 pm.

**Meals on Wheels**, located in the GF Senior Center needs volunteers weekdays, from 10:30 am - Noon.

**Both meal delivery programs are in need of substitutes as well!**

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

Answers to Crossword on page 11.  
Hidden Word: TENDERNESS



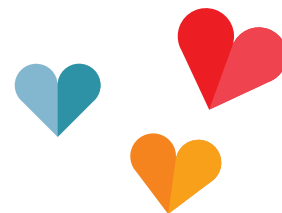
# FEBRUARY 2023 - Grand Forks Title III Older Americans Act Food Program

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:   |
|---|--|--|--|---|
| 2 Slices French Toast with Syrup (2 cs)<br>2 Scrambled Eggs<br>1/2 c Fruit Sauce Choice (1 cs)<br>4 oz Orange Juice (1 cs)<br>8 oz 1% Milk (1 cs) | Ham & Egg on WW Muffin (2 cs)<br>3/4 oz Cold Cereal (1 cs)<br>1/2 c Fruit Sauce Choice (1 cs)<br>4oz Orange Juice (1 cs)<br>8 oz 1% Milk (1 cs)    | Small Omelet (.5cs)<br>Fried Potatoes (1cs)<br>1 WW Toast (1cs)<br>1/2 c Fruit Sauce Choice (1 cs)<br>4 oz Orange Juice (2 cs)<br>8 oz 1% Milk (1 cs)    | 2 Eggs Made to Order<br>Hashbrowns (1 cs)<br>1 Slice WW Toast (1 cs)<br>1/2 c Fruit Sauce Choice (1 cs)<br>4 oz Orange Juice (1 cs)<br>8 oz 1% Milk (1 cs) | Sausage Egg WW Muffin (2 cs)<br>3/4 oz Cereal (1 cs)<br>1/2 c Fruit Sauce Choice (1 cs)<br>4 oz Orange Juice (1 cs)<br>8 oz 1% Milk (1 cs)                |
| Monday Lunch:   | Tuesday Lunch:   | Wednesday Lunch: Feb   | Thursday Lunch: Feb 2  | Friday Lunch: Feb 3   |
|   |  | 3 oz Polynesian Meatballs (.5cs)<br>or Stuffed Pepper (.5cs)<br>1/2 c Parslied Potato (1cs)<br>1/2 c. Green Peas (1cs)<br>1/2 c Mandarin Orange Sc (1cs) | Chicken Parmesan<br>or 3 oz Meatloaf (1cs)<br>Sm Baked Potato w/sr crm (2cs)<br>1/2 c Squash (1cs)<br>1/10 Dutch Apple Pie w/top (2cs)                     | Chix in Gravy<br>or 3oz Beef Tips in Gravy<br>1/2 c Buttered Egg Noodles (1cs)<br>1/2 c Green Beans<br>1/2 c Apple Crisp w/top (2cs)                      |
| Monday Lunch: Feb 6   | Tuesday Lunch: Feb 7   | Wednesday Lunch: Feb 8   | Thursday Lunch: Feb 9  | Friday Lunch: Feb 10  |
| Spag Noodles w/meat sauce (2cs)<br>or Pork Tidbits over noodles (2cs)<br>1/2 c Carrots (.5cs)<br>1/2 c Apricots (1cs)<br>1 Garlic Bread (1cs)     | Chixburger on WW Bun (2cs)<br>or 2oz Fishburger on WW Bun (2cs)<br>8oz Vegetable Soup/crackers (.5cs)<br>1/2c Mixed Fruit (1cs)<br>Sm Cookie (2cs) | 8 oz Tator Tot Hotdish (1.5cs)<br>or 3 oz Chicken Royale (.5cs)<br>1/2 c Augratin Potato (2cs)<br>1/2c Green Beans<br>2" sq Pumpkin Bar w/frost (3cs)    | 3 oz Salisbury Steak in MR gravy (.5cs)<br>or Turkey in gravy<br>1/2 c. Mashed Potato/gravy (1cs)<br>1/2 c Yams (1 cs)<br>1/2 c Mand Orange Sc (1cs)       | 3 oz Cracker Crumb Fish (.5cs)<br>or Tangy Baked Chix<br>1/2 c Escalloped Potato (2cs)<br>1/2 c Mixed Vegetables (.5cs)<br>1/2 c. Peach Crisp w top (2cs) |

If you are new to the Senior Center, you can go to the front desk and ask for paperwork to fill out in order to get meals. If you are new to the drive-thru, you show up between 11:30 am and Noon and the volunteers will hand you paperwork to fill out for each person getting a meal. You will be given a key-tag with a barcode to scan every time after that to check-in for meals. To pay for meals in the drive-thru, simply hand the money to our volunteers. To pay inside the Senior Center, you can place your contribution in the wooden box in the dining room. If you would like to pay in advance, you can also purchase a 10-meal punch card at the front desk.

**Sit-Down Breakfast - Served 8:30 am - 9 am**  
**Drive-Thru Lunch - Served 11:30 am - Noon**  
**Sit-Down Lunch - Served Noon - 12:15 pm**



| Monday Lunch: Feb 13   | Tuesday Lunch: Feb 14   | Wednesday Lunch: Feb 15   | Thursday Lunch: Feb 16   | Friday Lunch: Feb 17  |
|--|---|---|--|---|
| Tuna Casserole (2cs)<br>or Lasagna (2cs)<br>1/2 c Green Beans<br>sm Rice Krispy Bar (1cs)<br>1/2 c Fruit Cup (1cs)   | 2oz Sloppy Joe on WW Bun (2cs)<br>or BBQ Pork on WW Bun (2cs)<br>8oz Corn and Potato Chowder (1cs)<br>2 pkgs crackers (.5cs)<br>1/2 c Pear Sc (1cs)<br>Small Cookie (2cs) | 3 oz Bk. Chicken Fried Steak (1cs)<br>or Salmonloaf (.5cs)<br>1/2 c Mashed Potato (1cs)<br>1/2 c Creamed Peas (1cs)<br>Angel Food Cake with 1/2 c<br>Berries w/topping (1cs)                      | 3 oz Swiss Steak w onions/tom<br>or Orange Chicken (2cs)<br>Sm Baked Potato w/sr crm (1.5cs)<br>1/2 c Carrots (.5cs)<br>1/2 c Cherry Crisp w top (2cs) | 3 oz Roast Beef<br>or Pork Roast in gravy<br>1/2 c. M. Potato/gravy (1cs)<br>1/2 c Broccoli/Caulif Mix<br>1/2 c Pineapple Chunks (1cs)                      |
| Monday Lunch: Feb 20   | Tuesday Lunch: Feb 21   | Wednesday Lunch: Feb 22   | Thursday Lunch: Feb 23   | Friday Lunch: Feb 24  |
| <b>CLOSED<br/>PRESIDENTS<br/>DAY</b>   | 2 oz BBQ Chicken on Bun (2cs)<br>or Tuna Melt (2cs)<br>1 c Tomato Soup (.5cs) w/<br>2 soda crackers (.5cs)<br>1/2 c Fruit Cocktail (1cs)<br>1x2" Bitsy Brownie (2cs)      | 3 oz Meatloaf (.5cs)<br>or Italian Chicken<br>1/2 c Parslied buttered Potato (1cs)<br>1/2 c Broccoli<br>1/2 c Applesauce w/cinn (1cs)   | 3 oz Cranberry Chicken (1cs)<br>1/2 c Cooked Cabbage<br>or Sausage w/Kraut<br>Sm Baked Potato w/sr crm (1.5cs)<br>1/2 c Peach Sc (1cs)                 | 3 oz Meatballs in Gravy (1cs)<br>or Pork Chop in gravy<br>1/2 c Buttered Rice (1cs)<br>1/2 c Oriental Blend Veg (.5cs)<br>1/2 c Blueberry Crisp w top (2cs) |
| Monday Lunch: Feb 27   | Tuesday Lunch: Feb 28   | Wednesday Lunch:  | Thursday Lunch:  | Friday Lunch:   |
| 8 oz Chili (1cs)<br>or Fish Almondine<br>Sm Baked Potato w/sr crm (1.5cs)<br>1/2 c Peas (1cs)<br>1/2 c Fruit Sc (1cs)  | 8 oz Beef Stew (1cs)<br>or Veg Lasagna (2cs)<br>1 WW dinner roll (1cs)<br>1/2 c Coleslaw<br>1/2 c Pear Halves (1cs)   | Serving Breakfast (8:30-9:00am),<br>Lunch (Noon-12:15), served at the<br>Grand Forks Senior Center. Check<br>other sites for their serving times.<br>Entrée Choices at the Senior Center<br>only. | Each Lunch includes:<br>1 WW Bread (1cs)<br>8 oz 1% Milk (1 cs)<br>1 tsp butter or margarine<br>Unless Noted   | <b>MENU SUBJECT<br/>TO CHANGE<br/>WITHOUT NOTICE</b>  |
| Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily;<br>Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g  |   |   |  |   |
| Attn: Diabetics-These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts |   |   |  |   |
| No reservations required at the Grand Forks Senior Center (620 4th Ave South).<br>required at these sites: Homestead-1639 24th Ave South from 11:45-12:15; The Link-300 Cherry Street from 11:15-11:30. Visit your site by the day before to make your reservations.                     |   |   |  |   |
| Date: <u>12/21/2022</u> Licensed Registered Dietitian #13899 <u>Colette Iseminger</u> Colette Iseminger, MS, RD, LRD   |   |   |  |   |

## Frozen meals

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



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?  
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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](mailto: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  
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**Grand Forks Senior Center**  
**January 2023**  
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

**We will be CLOSED**  
**Monday, February 20**



# YOUR MEMBERSHIP MATTERS

We would greatly appreciate your support through the purchase of a 2023 membership to help support the Grand Forks Senior Center. You should have received your membership renewal form in the mail at the very beginning of January. Please fill it out completely and return it in the mail, along with a check or bring it into the Senior Center. If you did not get one in the mail, you can pick up a form at the front desk. Thank you for supporting the Grand Forks Senior Center.