



Feb 2021

The Silver Express

www.gfseniorcenter.org

701-772-7245

SHOW SENIORS LOVE

Please donate on Thursday,
February 11, 2021

Sometime in February, the Grand Forks Senior Center will reach the 100,000 meal milestone - the number of meals we have provided in GF during this pandemic in order to keep older adults as healthy and as safe as possible. **Will you help us continue to feed older adults? Our goal is to raise \$25,000 on Giving Hearts Day - a 24-hour online fundraiser!**

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

- You can **SCHEDULE YOUR GIFT ONLINE up until Feb. 9**. Simply go to 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 11** and you must indicate **'Giving Hearts Day'** in the memo line of your check. If we receive it after February 11, 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 anytime on **Thurs, Feb 11** and select 'Grand Forks Senior Center.'
- **OR DROP OFF YOUR GIFT** (cash or check) on **Thurs, Feb 11, from 8 am – 4 pm**. Just pull up to the building under the canopy and stay in your vehicle. A member of the staff will run out and accept your gift.
- **OR** if you would like to **DONATE WITH A CREDIT CARD**, but do not want to donate online by yourself, you can call the Senior Center at 701-772-7245 anytime on **Thurs, Feb 11 from 8 am - 4 pm** and a member of the staff will take your information over the phone and make the gift online for you.



Thank you to our anonymous donors, who are providing a \$3,000 match. Help us meet this match and more!

Grand Forks Senior Center (GFSC) Phone Numbers

GFSC is an United Way Partner Agency



GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Ass't Director/Development Officer, Becky Broadwell ...	701-757-4864
Meals on Wheels (MOW) Coordinator, Grace Hale	701-757-2006
Home Delivered Meals (HDM) Paula or Rhonda	701-780-5169
Resources Manager & Nelson Co, Joyce Austin	701-757-4881
Activity Manager, Ranea Johnson	701-757-4866
Public Relations Manager, Jami Schumacher	701-757-4863
Kitchen Supervisor/Head Cook, Gerri Davis	701-757-4871
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN	701-757-4868

GFSC Board of Directors

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Mission Statement

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

The Greater Grand Forks Senior Citizens Association, Inc. makes available all services and assistance without regard to race, color, religion, national origin, age, sex, political beliefs, disability, or status with respect to marriage or public assistance. If you feel you have been discriminated against, please contact one of the board members or the Executive Director.

Building & Program Usage Guidelines

Building Currently CLOSED

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

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

Foot Care: People 60 and older.

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

Home Delivered Meals: Any age.

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

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



The Silver Express[©]

February 2021

Job Opening at the GFSC

The GF Senior Center presently has one job opening: **flex-time nurse in the Health Dept. providing foot care.** Great for someone who truly wants part-time work. Check out the details, as well as the application form, at www.gfseniorcenter.org/evopps or call 701-772-7245 to have the information mailed to you.

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AARPSM Tax Aide

AARP has been working on a plan to safely provide tax aide this spring. As of press time for this newsletter, arrangements and details were not yet firmed up. We will post details in the March *Silver Express* newsletter.

From the Director's Chair by Colette Iseminger



Colette's List: Some of the Best Things About Getting Older



The staff here at the Senior Center surprised me on my birthday with a flower balloon bouquet, a delicious cake, and all of them dressing in purple, my favorite color.

In January I celebrated a milestone birthday that now makes me eligible for the services of the Senior Center. Time for me to start 'Living on the Brighter Side of Sixty!' I thought I would share what I have found are 10 good things about getting older. I got a little help with this list from AARP and Lifestyle magazine.

1. **I've become less emotional and more thoughtful with my decisions.** There is good reason for this. Our bodies make less adrenaline, testosterone, and estrogen as we age. All of this newfound level-headedness feels so good. I don't miss the drama-queen, gnashing-teeth, or the hormone fluxes.
2. **I no longer sweat the small stuff.** I've been around the block a few times. Knowing what to worry about, basically only things I can affect, has reduced my anxiety greatly. This has made me a happier person.
3. **I just want to have fun and relax.** My grandkids say "come play with me" and more and more, I do.
4. **I have become kinder to myself and I like me.** I quit coloring my hair and I wear shoes and clothes that are comfy, not necessarily the latest fashion. I've become far less judgmental, more loving, more respectful, and in awe of all I've endured and triumphed over. Wrinkles and age spots should be worn with pride and represent the days of our lives, each telling a different story.
5. **All my years of living make me sound smart, especially to my grandkids.** All those days of learning, making mistakes, and getting back up again; it's just life. You can't have that knowledge until you've been through it.
6. **My children have become my friends.** My children have their own lives and dreams and, as a parent, my role has changed in a good way.

7. **I have learned to have more patience with, and respect unconditionally, my parents.** As an adult child, I have a better understanding of the trials, heartbreaks, and milestones my parents have gone through as they have aged.
8. **I no longer need to keep up with the Joneses.** I'm okay with what I can and can't do, what I have or don't have. There's no need to boast about my accomplishments or possessions. Stuff is less important than people and relationships.
9. **I don't always have to be right and I accept people as they are.** I have begun to understand that being right isn't nearly as important as listening and weighing every side of the argument.
10. **I am thankful for just being able to grow old.** The alternative is to die early. With age comes a gratitude and the knowledge that with every passing year we are privileged to have been given this time on earth.

I encourage you to make your own list about what have been the good things in your life about getting older.

From a new member of the senior generation,
Colette Iseminger MS, RD, LRD
Executive Director

Board Report

The Board of Directors met on Dec 17, 2020. Here are the highlights:

- 2021 budget was approved for \$2,156,246.
- End-of-year bonus checks were approved for a total of \$60,000.
- The cap on employee sick leave accumulation was removed.
- The executive director's performance appraisal was reviewed.
- The date for the annual meeting was changed to Feb 25, 2021 and the format will be different due to the pandemic (*see back cover for details*).

The next regular Board meeting will be March 18, 2021.

Foot Care Appointments Available

APPOINTMENTS - Please call 701-757-4878 to make a foot care appointment at the GF Senior Center or at one of the satellite foot care clinics listed here (by appt only).

Feb 4 Lutheran Church of McVile 9:30 am - Finish
112 W Vail Ave, McVile

Guidelines to keep clients and staff safe:

- Clients will need to **call the Foot Care department at 701-757-4878 and let them know they are waiting outside OR ring the doorbell near the front door.** Before entering the building, nurses will ask the client a few assessment **questions** and take the client's **temperature**.
- Nurses are equipped with proper equipment. Clients will **wear a mask correctly** around staff and in the building and will use hand sanitizer upon entry to the building. **Clients will be escorted to and from the appointment.**
- You must call and reschedule your appointment if you are not feeling well in any way. Also reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 in the two weeks before your appointment.

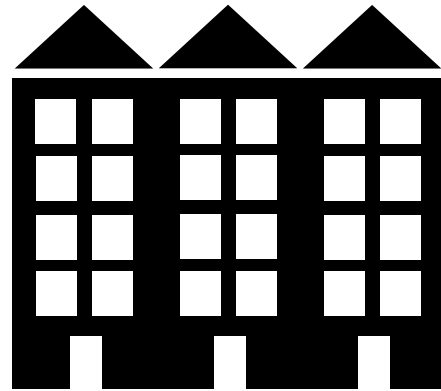


GFSC Resources

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 28, 2021.



To complete the Renter's Refund application yourself

- If you received a 2019 renter's refund last year, you should receive a 2020 renter's refund application in the mail by the end of January 2021 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 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 7 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 28, 2021.

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

- Complete the 'Renter's Refund Worksheet' on page 7.
- Call the Grand Forks 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
Nina, Lynn, & 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.

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 2020 _____

2020 Income

Social Security _____

Salary/wages _____

Interest _____

Income from other sources _____

Medical expenses YOU paid in 2020

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) _____

Donations & Memorials

Thank you for these donations received after the end of the Silver Campaign to Jan 12, 2021. A donor's cumulative giving for this period is listed.

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

- Alvis Amble Charitable Trust
- Calvary Lutheran Church- For Home Delivered Meals

Donations of \$500 - \$999

- Walz, Larry

Donations of \$250 - \$499

- Norby's Work Perks

Donations of \$100 - \$249

- Kadlec, Maynard and Phyllis
- Lofberg, Janice
- Murdock, Lee and June
- Our Saviors WELCA - For Home Delivered Meals
- Red River Lions Club
- Sharon Lutheran Church WELCA - For Home Delivered Meals
- Shereck, Cynthia
- Staveteig, Elizabeth - In memory of George Staveteig
- Stoltman, Greg and Winnie
- Twedell, Ray and Pat
- Yagla, Phil and Judy - In memory of Larry Wheeler

Donations of \$99 and Under

- Blackmore, Mae Marie
- Blomquist, Phyllis
- Bunde, Ardell and Fern - In memory of Phyllis Groven
- Burris, Donna - In memory of Phyllis Groven
- Delmore, Lois
- French, John and Lorie - In memory of Dorothy McEnroe
- Hogan, Shirley
- Kuznia, Dee

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Donations & Memorials

- Kvasager, Vicki
- Lieberg, Alden and Orpha
- Martin, Tom and Laurel
- Metzger, Jerry and Diane
- Nielsen, Forrest and Emily - In memory of Rose Raymond
- Oertwich, Mark and Janeen
- Opp, Dean and Haslerud Opp, Mary
- Rakowski, John
- Samuelson, Juanita
- Thurston, Richard - For Meals on Wheels

Grants

- Altru Health Foundation - \$1,893 for the Nutrition Pilot Program



Almost 800 people enjoyed Christmas meals from the Alerus Center drive-thru. These two Santas made an appearance, as well as this well-decorated Volkswagen Beetle.



For Crafters with Heart



**Pick up packets the week of
February 8-12, 2021**

At Drive-thru: 11:30 am - 12:15 pm

At Exercise Classes (see p.15)

No RSVPs required. **Fun craft activity to do at home!** Pick up packets during the drive-thru or at exercise classes (see info above).

Packets will be assembled to make Valentine candy bar wrappers for those who want to surprise someone special in their life with a candy bar Valentine. In the packet will be wrappers for candy bars (giant size down to miniature), Valentine labels for wine bottles, and other crafty items to add bling to your gift. You will need to purchase the candy bars and have available scissors, scotch tape, and glue. No cost for this craft activity.

FIND SAFE



What is Find Safe?

Find Safe is a program funded by a grant from the U.S. Department of Justice (DOJ), Office of Justice Programs (OJP), Bureau of Justice Assistance (BJA), to assist in the Reducing Injury and Death of Missing Individuals with Dementia and Developmental Disabilities Program. The Find Safe program works in conjunction with Project Lifesaver®, North Dakota law enforcement, and first responders.

The Find Safe goal is to collaborate with and support law enforcement and public safety agencies in their efforts to reduce and prevent injuries and deaths of missing individuals with dementia or developmental disabilities in the state of North Dakota.

How does Find Safe work?

Individuals enrolled in Project Lifesaver® wear a small transmitter on the wrist or ankle that emits an individualized frequency signal. If the individual goes missing, the caregiver notifies their local emergency responder. Trained emergency responders and law enforcement will then use the client's individualized frequency to locate their position. Knowledge given by the family is provided to the first responders so they will know how to best approach the individual once found and allow them to be brought back safely.

How do I enroll a loved one in Find Safe?

To enroll in the Find Safe program or for questions, please contact:
Vanessa Rovig, Find Safe Program Director
North Dakota Center for Persons with Disabilities
Minot State University
500 University Avenue W., Minot, ND 58707
1-800-233-1737
Vanessa.Rovig@MinotStateU.edu

For more information,
visit our website:
www.ndcpd.org/findsafe

Follow us:  

Silver Campaign 2020 Shines Bright

Record-setting \$151,068 was raised to support older adults

A record amount of donations. A record amount of donors. A total of \$151,068 was donated to support older adults during the 2020 Silver Campaign.

Your generosity is simply amazing and thank you doesn't begin to cover it! Our community is so wonderful when it comes to supporting older adults. While

2020 was a difficult year in so many ways, your generosity has shown through. Your support means hot and frozen meals are being distributed to seniors in our region to keep them safe and healthy. During the pandemic in 2020, over 89,000 meals were served to seniors! You made this happen. We are SO grateful and blessed for YOU!



*Thank you to our generous donors who supported the Senior Center's Silver Campaign to the benefit of older adults from our area. All donations received from October 23, 2020 to the end of the year were counted as Silver Campaign gifts. **The gifts below were received from December 9 to December 31, 2020.** The donors are listed in their **cumulative giving** categories for this short period. A donor's cumulative giving for the year will be in the annual report.*

Shooting Stars (\$10,000 & up)

Anonymous

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

Marshall, F John
Scheels

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

Christianson, Judy and Susan
Dakota Sales Co
For Home Delivered Meals
Gilmour, Edna
Iverson, Avis
In memory of Robert (Bob)
Iverson, Don Iverson
Jensen, Heidi and Jason
For Grand Forks seniors
RETRAX Holdings

Luminous Stars (\$500-\$999)

Alerus
Anonymous
Anonymous
In memory of Ida Mae
Barrett, Joyce
Barta, Maynard and Barbara
Bob and Jeanine Peabody Family
Fund
For Meals on Wheels
Hoselton, George and Altendorf,
Diane
Nelson, Duane and Lila Jane
In memory of Robert (Bob)
Iverson
Weston, Donnabelle

Dazzling Stars (\$250-\$499)

American Crystal Sugar
Austin, Kevin and Joyce
In honor of our siblings

Frette, Luther
Hagstrom, Merilyn
In honor of Agnes Hagstrom
Hoeger, Pat
In honor of GFSC crossing
guards and in memory of
Richard Hoeger
Kaltenberg, Gary and Carolyn
Martin, Janell
Millette, Keith and Rennae
Radi, Marjorie
In memory of my husband,
Ivan E Radi
Schumacher, Matt and Jami
In memory of Bob Huebner,
Larry Wheeler, Robert (Bob)
Iverson, Nancy Sondrol
Walker, Mike and Diane
In honor of Robert Staveteig

Glowing Stars (\$100-\$249)

Adams, Janet

10 Silver Express

Anderson, Mildred
Anonymous (6X)
Applegren, Ralph and Dawn
 In memory of Mary Ann
 Applegren
Boyce, Marlene
Breton, Peggy
Brickzin, June
Bruhn, Val and Sheila
 In honor of GFSC Staff
Bundlie, Margaret
 In memory of Margaret Gillette
Bushaw, Jeffrey
Bye, Don and Elaine
 In memory of Doug Bye
Drees, Ken and Maureen
Ellertson, Paul and Lindbo,
 Larenda
Erickson, Dennis and Cheryl
Estill, Barbara
 In memory of Ruth Bustin,
 Pauline Hewitt
Everson, David and Leslie
 In memory of Donald & Elva
 Johnson
Feilen, Mary
 In memory of Robert & Mary
 Kirkeby
Galstad, Stacey
GFSC Weight Loss Group
 In memory of seniors who
 have passed away from
 COVID
Graba, Michael and Michelle
Griggs, Patricia
 In memory of Lois Jeffrey
Haas, Gary
Halvorson, Brenda
Hanson, Sharon
Hastings, Bill and Linda
Hetletved, Clois
 In memory of Helen Hetletved
Higdon, Bill and Johnson, Phyllis
Hollifield, Laurie
Infeld, Greg and Cathy

Iseminger, Orrin and Cathy
 In memory of Robert (Bob)
 Iverson
Johnson, Ronald and Ardia
 In memory of Keith Johnson
King, Patrick
Kinzler, Milt and Marian
Kleven, Archie and Marlene
Knudsvig, Craig and Renae
Kohoutek, Linda
Konze, Warren and Gerri
 In memory of Novak and
 Konze parents
Koppy, John and Roseann
 In memory of Dale West
Kramer, Eugene
 In memory of my wife, Ann
Landis, Evelyn
 In honor of my family
Lapp, Greg and Yvonne
Larson, Glenn and Jessie
Larson, Mark and Nina
Ledbury, Joan
 In memory of Dave Ledbury
 and my son Philip Robinson
Lunseth Plumbing & Heating
 In memory of Phyllis Groven
Mallinger, Earl
Miller, Al
 In memory of Jeff Noel
Mohn, Gordon and Deb
 In memory of Lorraine Mohn,
 Penny (Kathleen) Eberhardt
Monson, Kenneth and Julie
Ness, Ron and Darlyne
 In memory of Robert (Bob)
 Iverson
Olson, Bev
Parton, Rich and Diana
 In memory of El Arntz
Paur, Gary
 In honor of Gail Confer
Pedersen, James and Connie
Petersen, James and Lois
Peterson, Doug
Rike, Else

Ring, Gladys and Family
 In memory of Wally Ring,
 Cindy Stoller, Bob Christopher,
 Aaron Christopher
Roos, Leslie and Patricia
Savoca, Charlene
Slater, Frank and Sandy
Spaeth, Ken and Sonia
Stark, Irv and Sandy
Strande, Jean; Iverson, Rick;
 Iverson, Carol Jean
 In memory of Robert (Bob)
 Iverson
Streitz, Delbert and Susan
Thompson, Rod and Bonnie
 In memory of Don & Aggie Behm
Umphrey, Margaret
 In memory of Doug Umphrey
United Lutheran Church Women
 For Home Delivered Meals
Waller, Betty
Westacott, Richard
 In memory of Idella Westacott
Wick, Sharon
Xcel Energy Foundation
 For Meals on Wheels

Shining Stars (up to \$99)
Anderson, Daniel and Loretta
Anonymous (4X)
Berg, Cheryll
Broadwell, Ray and Becky
Burger, Rae Ann
Business Wire
Camburn, Neal and Joan
 In memory of Katherine
 Lunski, Helen Wavra
Christenson, Charles
Cull, Bob and Edythe
Denney, Duane and Lil
Ditullio, Jerry and Kjemhus, Barb
 In memory of Jim Foy, Jeff
 Green, Brian Green

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Duray, Henry and Karen
In memory of Robert (Bob)
Iverson
Endrud, Marge
In memory of Stan Hoistad
Enget, Torrie and Amy
Gangelhoff, Harold
In memory of Robert (Bob)
Iverson
Groseth, Joyce
In memory of my parents
Hanson, Carrie
Helgeson, Arlene
In memory of Phyllis Groven
Hell, Patricia
In memory of Nancy Sondrol
Herrmann, Karen
Hewitt, Robert
In memory of Ruth Bustin
Hilde, Juel and Jan
Hogan, Shirley
Holter, Jim and Sharon
In memory of Robert (Bob)
Iverson
Hurley, Louise
Iseminger, Carl and Colette
In memory of Lonnie Laffen
Jehlicka, Paul and Rita
In memory of Marlys Berdal
Johnson, Keith and Elizabeth
Jurgens, Richard and Sharon
In memory of Richard
Beringer
Kaml, Judy
In memory of Nancy Sondrol
Keller, Edna
In memory of Phyllis Groven
Kenyon, Kathy
Kilbride, Penelope
In memory of Robert (Bob)
Iverson
Kirkeby, Dean

Knudsvig, Karen
In memory of Nancy Sondrol
Kraemer, Diane
Kurtyka, Bobbie
In memory of Robert (Bob)
Iverson
Legg, Elaine
Letnes, Fern
In memory of Nancy Sondrol
Liddy, Vince and Mary Lou
Lindquist, Liz
Lunde, Beverly
In memory of Bob Wolf, Verna
Johnson, Gene Rosholt
Lysne, David and Aida
In memory of Magnus M
Lysne
Mahnke, Vickie
In memory of Jeannette
Emerson, Judy Fossum,
Bernell Bachmeier
Mattern, Roger and Alice
McGarry, Dennis and Lynn
McHenry, Laurie
McMahon, Jacqueline
In memory of Peggy Rawson,
Gene Hayes
Muir, Linda, Dick, and Rick - In
memory of Robert (Bob)
Iverson, Don Iverson
Nelson, Jerome and Cathy
Osowski, Robert and Cheryl
In memory of Don Iverson,
Robert (Bob) Iverson
Pedersen, Melvin
Peppard, Jean
Peterson, Ramona
In memory of Veraine Surface
Pierce, Jena
Robinette, Paul and Mary
Sandberg, Curt and Ione
For Meals on Wheels
Schiele, Kathy
In memory of Don Schiele
Schill, Ken and Mary Jo

Sieg, Ruby
In memory of Gene Hayes
Spicer, Gary and Lona
Stahlberg, Rich and Deb
Swenson, Ann
Tenneson, Gevena
In memory of Robert (Bob)
Iverson
Thibert, Roy and Joyce
Thielman, Gail
Thorson, James and Suzy
In memory of Robert (Bob)
Iverson
Venaccio, Michael and Vicki
Vonasek, Toni
Ward, Jim and Cheryl
In memory of Phil Krump
Wells Fargo Foundation
Educational Matching Gifts
Program
White, Barbara
Wolfe, Harold and Conni
In memory of Robert (Bob)
Iverson, Don Iverson
Yagla, Phil and Judy
In memory of Robert (Bob)
Iverson
Zirnhelt, Clair and Ronda
Zirnhelt, Matthew
In honor of Clair Zirnhelt

**Thank you again for your
generous giving. The
Grand Forks Senior Center
was able to end 2020
financially stable because
of all of you.**



Meal Options During the Pandemic

1. A **weekday meal drive-thru** from 11:30 am - 12:15 pm (no reservations necessary).
2. **Frozen meals** which can be picked up during the drive-thru (call 701-772-7245 ahead of time to place order) or delivery arrangements made if necessary. Orders must be placed by 10:30 am if you would like to pick them up in that day's drive-thru.
3. **Meals on Wheels** (701-757-2006) and **Home Delivered Meals** (701-780-5169) programs.



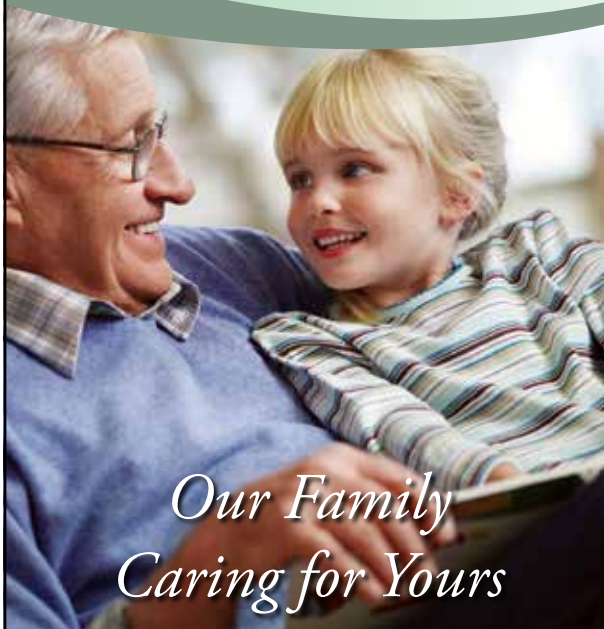
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valleyseniorliving.org
701.787.7563



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

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

Monday Lunch: Feb 1	Tuesday Lunch: Feb 2	Wednesday Lunch: Feb 3	Thursday Lunch: Feb 4	Friday Lunch: Feb 5
Spag Noodles w/meat sauce (2cs) 1/2 c Carrots (.5cs) 1/2 c Apricots (1cs) 1 Garlic Bread (1cs)	8 oz Beef Stew (1cs) 1/2 c Coleslaw 1/2 c Pear Halves (1cs) Sm Choc Chip cookie (1cs)	3 oz Polynesian Meatballs (.5cs) 1/2 c Parslied Potato (1cs) 1/2 c. Green Peas (1cs) 1/2 c Mandarin Orange Sc (1cs)	Meatloaf Sm Baked Potato (2cs) 1/2 c Stewed Tomato (.5cs) 1/2 c Fruit in 1/4c Tap Pud (2cs)	3oz Chicken in Gravy 1/2 c Buttered Egg Noodles (1cs) 1/2 c Green Beans 1/2 c Apple Raisin Crisp w/top (2cs)
Monday Lunch: Feb 8	Tuesday Lunch: Feb 9	Wednesday Lunch: Feb 10	Thursday Lunch: Feb 11	Friday Lunch: Feb 12
2 oz BBQ Chicken on Bun (2cs) 1 c Tomato Soup (.5cs) 1/2 c Fruit Cocktail (1cs) 1x2" Bitsy Brownie (2cs)	2oz Riblet on WW Bun (2cs) 8oz Vegetable Soup 1/2c Tapioca Pudding with fruit (1cs) Sm Cookie (2cs)	3 oz Chicken Royale (.5cs) 1/2 c Augratin Potato (2cs) 1/2c Green Beans 2" sq Pumpkin Bar w/frost (3cs)	3 oz Salisbury Steak in MR gvy (.5cs) 1/2 c. Mashed Potato/gravy (1cs) 1/2 c Yams (1 cs) 1/2 c Mand Orange Sc (1cs)	3 oz Roast Beef 1/2 c. M. Potato/gravy (1cs) 1/2 c Broccoli 1/2 c Pineapple Chunks (1cs)
Monday Lunch: Feb 15	Tuesday Lunch: Feb 16	Wednesday Lunch: Feb 17	Thursday Lunch: Feb 18	Friday Lunch: Feb 19
CLOSED PRESIDENTS DAY	2oz Sloppy Joe on WW Bun (2cs) 8oz Corn and Potato Chowder (1cs) Angel Food Cake with 1/2 c Berries w/topping (1cs)	Salmon 1/2 c Mashed Potato (1cs) 1/2 c Creamed Peas (1cs) 1/2 c Pear Sc (1cs)	3 oz Swiss Steak w onions/tom Sm Baked Potato (1.5cs) 1/2 c Sliced Ck Carrots (.5cs) 1/2 c Strawberry Wp Fruit (1cs)	3 oz Meatballs in Gravy (1cs) 1/2 c Buttered Rice (1cs) 1/2 c Oriental Blend Veg (.5cs) 1/2 c Peach Sc (1cs)
Monday Lunch: Feb 22	Tuesday Lunch: Feb 23	Wednesday Lunch: Feb 24	Thursday Lunch: Feb 25	Friday Lunch: Feb 26
3 oz Stuffed Pepper (.5cs) Sm Baked Potato (1.5cs) 1/2 c Peas (1cs) 1/2 c Fruit Sc (1cs)	3"sq Lasagna (2cs) 1/2 c Green Beans 1 sl garlic bread (1cs) 1/2 c Fruit in gelatin (2cs)	3 oz Meatloaf (.5cs) 1/2 c Parslied buttered Potato (1cs) 1/2 c Broccoli 1/2 c Applesauce w/cinn (1cs)	3 oz Cranberry Chicken (1cs) 1/2 c Cooked Cabbage Sm Baked Potato (1.5cs) 1/2 c Peach Sc (1cs)	3 oz Cracker Crumb Fish (.5cs) 1/2 c Escalloped Potato (2cs) 1/2 c Carrot Krinkles (.5cs) 1/2 c. Peach Raisin Crisp w top (2cs)
Drive Thru Meals Pick Up at the Grand Forks Senior Center from 11:30am-12:15pm; Dining Room is Closed Until Further Notice				
MENU SUBJECT TO CHANGE WITHOUT NOTICE Check your site for their serving times. Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31 g; Net Carbs 87 g; Fat 24.5 g Attn: Diabetics-These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2				

1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (2cs); and margarine are available with each meal.

Date: _12/23/2020_ Licensed Registered Dietitian #13899  Colette Iseminger, MS, RD, LRD

Aspen Park



Briarwood



Parkview Terrace



Our 55+ communities offer: heated indoor parking, elevator, controlled entry, in-unit laundry, library, community room, exercise room, central air, trash chute, storage lockers, 24/7 emergency maintenance and more!



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Bad Weather Info

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

GFSC Exercise Classes

GF Senior Center exercise classes are being held indoors at Hope Church, as long as COVID numbers in the county remain low. Must mask and distance. For more information, contact Ranea at 701-757-4866; activity@gfseniorcenter.org or go to www.gfseniorcenter.org/physicalactivities.

- Chair Yoga:** M & W at 3 pm
- Tai Chi for Arthritis & Fall Prevention w/ Bill from Altru:** T & Th at 1:30 pm
- Qigong with Harpreet:** T & Th at 2:30 pm
- Healthy Bones:** T & Th at 3:10 pm

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.



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

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The Grand Forks Senior Center's FEBRUARY 2021 Silver Express newsletter
Holiday CLOSINGS: February 15, 2021 for Presidents' Day.



Annual Meeting

The 2020 annual meeting of the Greater Grand Forks Seniors Citizens Association will be held **Thursday, February 25 at 2:00 pm** in the Grand Forks Senior Center's Garden Room. Only Grand Forks Senior Center Board of Directors and some staff will be allowed to be physically present. All others are invited to join us at 2:00 pm over Facebook Live or call into our conference line. Annual reports will be mailed at the end of February to all 2020 members and donors.

www.facebook.com/gfseniors
Conference call: 701-253-0260

Coronavirus Vaccine Rolling Out for Older Adults

At the time this newsletter went to the press, Grand Forks County was having people 75 and older call Altru's COVID hotline at 701-780-6358 to get on the waitlist for the vaccine. **If you fall in this age group and intend on getting the vaccine, please call immediately.** Once this group has been vaccinated, they will move on to the next subgroup within Tier 1B of the vaccination priorities. For the most up-to-date information, go to www.grandforksgov.com/vaccine.