



February 2022



# The Silver Express

## Provide a Meal And So Much More

*The demand for senior meals has been high over the past two years. Between the meal drive-thru, meals inside our building and delivering Meals on Wheels and Home Delivered Meals, the Senior Center is helping more seniors than ever!*

*But we need your help.*

*Please consider making a gift on Giving Hearts Day, Feb 10, to provide meals for older adults in our community. Your generosity means so much to those receiving a hot, nutritious meal.*

*Donations matched up to \$3,000.*

**See Page 13 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</b> .....	701-757-4868

## GFSC Board of Directors

### President

Bob Rost

### Vice President

Dave Willprecht

### Secretary

Alice Mattern

### Treasurer

Brenda Sem

Karen Herrmann

Alice Hoffert

Bobbie Kurtyka

Rich Lehn

Jason McCarthy

Emily Nielsen

Curt Sandberg

Lisa Sonterre

Michael Venaccio

Brad Westrum

Clair Zirnhelt

## Mission Statement

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

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

## Building & Program Usage Guidelines

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

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

**Foot Care:** People 60 and older.

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

**Home Delivered Meals:** Any age.

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

# Table of Contents



<b>04</b>	From the Director's Chair
<b>05</b>	Board of Director's Report
<b>06-07</b>	Activity Info
<b>08-09</b>	Activity Calendar
<b>10-11</b>	Rent Rebates/Property Tax Credit
<b>12</b>	Meet Joy
<b>13</b>	How to Donate on Giving Hearts Day
<b>14-15</b>	Donations & Memorials (Silver Campaign)
<b>16</b>	Powerful Tools for Caregivers Course Info
<b>17</b>	Foot Care Appointment Information
<b>18-19</b>	Fun Around the Center
<b>20</b>	Fire Department Home Safety
<b>21-22</b>	February Menu
<b>BACK</b>	Volunteers Needed

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.



**Tour the Senior Center**  
**Tuesday**  
**Feb 1 at 9am**

Meet in the lobby.  
All are welcome.  
No RSVPs Needed.

Tours are given the first Tuesday of each month. Plan for an hour. You will be seated most of the time.

# From the Director's Chair

by Colette Iseminger



In February 2020, my column said - "2019 was an extremely busy year for us. For the senior center, it means evaluating what we are doing well and what we need to work on." Boy if I only knew what was coming in the months and years to come! Now as we look back over those months, we are grateful for staff, senior vaccinations, and boosters, which allowed us to reopen our building. Next month I will be talking about our 2021 numbers and for most areas they are up from 2020, which were up from 2019.

By the time you read this, we could once again be in a COVID surge. Our plan is to remain open however there may come a time that we would need to close inside activities and sit-down meals again especially if our staff start getting sick and they need to stay home for 10 days. I encourage you to have some meals on hand in case our kitchen staff have an outbreak. We are a small staff so a few people out will make it difficult for us to continue to do everything. Our main priority is Meals on Wheels and Home Delivered Meals, then our drive-thru meals and off-sites. Of course, if our nurses get sick that department will have to close as you sure don't want me trimming your nails! (Not that I would be allowed to anyway.) As always, if you don't feel comfortable coming into our building, please utilize our drive-thru for meals and call us at 701-772-7245 for needs.

I know we are all very tired of masks. We ask that you continue to wear a mask when in and moving around our building. Once you sit down, you are on your own whether to remove your mask or not, however masks are required at all times in bingo, health, and resources. Also know that staff will not be getting within 6 feet of unmasked people and may require you to mask for assistance. There are many illnesses out there including the flu (and this year's flu shot may not be totally effective), stomach flu, and colds; we want to keep everyone healthy.

'Til next time,

A handwritten signature in black ink that reads "Colette Iseminger".

**Colette Iseminger**  
Executive Director



# Board Report:

The Board of Directors met on Dec 16, 2021. The following are the highlights:

- 2022 Budget for \$2,642,280 was approved.
- 2021 End of year staff bonuses were approved for \$34,740.
- Nominating slate of candidates was approved to forward to the Annual Meeting.
- Executive Director performance evaluation was presented and approved.
- Board voted to continue with the CDBG Bricks and Mortar application process for a kitchen addition.

The next board meeting will be:  
March 17th at 11am



Paid Advertisement

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

hrrv.org | (800) 237-4629



Celebrating **40** Years

Paid Advertisement



*Maple View*  
MEMORY CARE COMMUNITY

**Providing you and your family  
with peace of mind**

- Full time residency
- Respite
- Adult day services

4650 S Washington St  
Grand Forks, ND 58201  
(701) 772-3400  
[www.lifeatmapleview.com](http://www.lifeatmapleview.com)



# Coffee and Pie with a Cop

Tuesday, Feb 15th  
2:00 pm - 3:00 pm

Come have coffee and pie with Sergeant Kris Brown. Cherry pie with ice cream will be available for \$2.



# Music Monday

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

---

Feb 7 Joe Schmidt  
Feb 14 Carol & Cleo  
Feb 21 No Music Monday (Closed)  
Feb 28 Too Old to Die Young



# Tech Support

Feb 2nd & 16th (Afternoons)


Need help with your Cell phone, Tablet, Kindle, or Lap Top?

Call 701-757-4866 to schedule an appointment.




# AARP Driver's Safety Classes

Canceled until further notice.  
This class is always available online at [www.aarpdriversafety.org](http://www.aarpdriversafety.org)



# Constant Reader's Book Club



Monday, Feb 14th at 10:30 am (2nd Monday each month)

Will be watching "The Book Thief"

New people welcome! Book for the next month will be announced and handed out at this gathering.

**Please return any previous book club books at this meeting.**

# FREE Legal Services for Seniors

The GF Senior Center hosts Legal Services the third Thursday of each month from 9:30 am – 11:30 am. The next time they will be here is Thursday, February 17, 2022, from 9:30 am - 11:30 am. Call 701-852-4369 ext 331 to make an appointment ahead of time. Walk-ins accepted as time allows.



**EGF Campbell Library**  
**701-850-5174**

---

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

The AARP Tax Preparation Site will begin taking calls at 701-850-5174 to schedule an appointment starting January 31st, Monday - Friday from 10 am - 3pm.

If no one answers, leave your name and phone number; they will get back to you.

Packets can be picked up at the Grand Forks Senior Center or outside the EGF Campbell Library entrance beginning January 31.

There will be NO WALK-IN appointments available.

## Monthly Creations Flower Pot Decorating

**Feb 9th at 10am**

Bring a new Terra Cotta flower pot and saucer (any size you want) Dress for painting!

Cost is \$2.00 - Bring a sharp scissor

You must make a reservation.  
Call 701-757-4866 to reserve your spot.

Class size is limited to 10.



## Visually Impaired Senior Support Group

**Tuesday, February 8th**  
(2nd Tuesday of each month)  
**1-3 pm in the GFSC Library**

If you have any questions regarding this group, contact Tami at 701-795-3149.





# February 2022 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <p><b>9:00 am Monthly Tour</b>            9:30 am Men's Coffee            10:00 am Weight Loss Support Group            10:00 am Women's Coffee            3:30 pm Healthy Bones (Hope Church)</p>	<p><b>2</b></p> <p>9:30 am Men's Coffee            10:00 am Game Group            1:00 pm Bingo (\$2/card)            1:00 pm Whist &amp; Pinochle            1:30 pm Ready, Set, Stretch            3:30 pm Chair Yoga (Hope Church)  <b>Tech Support</b>  <b>Call for an appointment</b></p>	<p><b>3</b></p> <p>9:30 am Men's Coffee            9:30 am Wii Bowling League            1:00 pm Bingo (\$2/card)            1:30 pm Beginner Tai Chi            2:00 pm Experienced Tai Chi            3:30 pm Healthy Bones (Hope Church)</p>	<p><b>4</b></p> <p>9:00 am Gift Shop Crafters            9:30 am Men's Coffee            10:00 am Women's Coffee</p>
<p><b>7</b></p> <p>9:30 am Men's Coffee            1:00 pm Dominoes  <b>1:00 pm Music Monday</b>            1:00 pm Pinochle            1:30 pm Beginner Tai Chi            2:00 pm Experienced Tai Chi            2:30 pm Qigong            3:30 pm Chair Yoga (Hope Church)</p>	<p><b>8</b></p> <p>9:30 am Men's Coffee            10:00 am Weight Loss Support Group            10:00 am Women's Coffee  <b>1:00 pm Visually Impaired Senior Support Group</b>            3:30 pm Healthy Bones (Hope Church)</p>	<p><b>9</b></p> <p>9:30 am Men's Coffee  <b>10:00 am Monthly Creation Flower Pot Decorating</b>  <b>See page 7 for details</b>            10:00 am Game Group            1:00 pm Bingo (\$2/card)            1:00 pm Whist &amp; Pinochle            1:30 pm Ready, Set, Stretch            3:30 pm Chair Yoga (Hope Church)</p>	<p><b>10</b></p> <p>9:30 am Men's Coffee            9:30 am Wii Bowling League            1:00 pm Bingo (\$2/card)            1:30 pm Beginner Tai Chi            2:00 pm Experienced Tai Chi            3:30 pm Healthy Bones (Hope Church)</p> <p><b>♥ GIVING HEARTS DAY ♥</b></p>	<p><b>11</b></p> <p>9:00 am Gift Shop Crafters            9:30 am Men's Coffee            10:00 am Women's Coffee</p>
<p><b>14</b> </p> <p>9:30 am Men's Coffee  <b>10:30 am - Sr Center Book Club Constant Readers</b>            1:00 pm Dominoes  <b>1:00 pm Music Monday</b>            1:00 pm Pinochle            1:30 pm Beginner Tai Chi            2:00 pm Experienced Tai Chi            2:30 pm Qigong            3:30 pm Chair Yoga (Hope Church)</p>	<p><b>15</b></p> <p>9:30 am Men's Coffee            10:00 am Weight Loss Support Group            10:00 am Women's Coffee  <b>2:00 pm Pie and Coffee with a Cop</b>            3:30 pm Healthy Bones (Hope Church)</p>	<p><b>16</b></p> <p>9:30 am Men's Coffee            10:00 am Game Group            1:00 pm Bingo (\$2/card)            1:00 pm Whist &amp; Pinochle            1:30 pm Ready, Set, Stretch            3:30 pm Chair Yoga (Hope Church)  <b>Tech Support</b>  <b>Call for an appointment</b></p>	<p><b>17</b></p> <p><b>9:30 am Legal Services</b>            9:30 am Men's Coffee            9:30 am Wii Bowling League  <b>10:00 am Beltone Hearing Aid Cleaning</b>            1:00 pm Bingo (\$2/card)            1:30 pm Beginner Tai Chi            2:00 pm Experienced Tai Chi            3:30 pm Healthy Bones (Hope Church)</p>	<p><b>18</b></p> <p>9:00 am Gift Shop Crafters            9:30 am Men's Coffee            10:00 am Women's Coffee</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>21</b> <b>GFSC CLOSED</b> <b>PRESIDENT'S DAY</b></p> 	<p><b>22</b> 9:30 am Men's Coffee 10:00 am Weight Loss Support Group 10:00 am Women's Coffee 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>23</b> 9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist &amp; Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>24</b> 9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>25</b> 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p><b>28</b> 9:30 am Men's Coffee 1:00 pm Dominoes <b>1:00 pm Music Monday</b> 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p>				

**No Bunco this February.**



The Grand Forks Senior Center is in need of **larger transport wheelchairs (20 inches and larger for the width of the seat) in good condition** to add to our inventory of assistive medical equipment that can be checked out by seniors. A transport wheelchair does not have very large back wheels. To donate a chair, call Stacy at 701-757-4874.



# 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, 2022.



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

- If you received a 2020 renter's refund last year, you should receive a 2021 renter's refund application in the mail by the end of January 2022 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, 2022.

### 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.



# 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 2021 \_\_\_\_\_

## 2021 Income

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

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

Interest \_\_\_\_\_

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

## Medical expenses YOU paid in 2021

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) \_\_\_\_\_



To celebrate the wife's birthday, a local couple graciously purchased all the senior meals one day in December. They even purchased a cake that we sliced up and shared with seniors. Seniors dining inside that day were more than happy to sing Happy Birthday in return. What a fun way to give back to others on your birthday.  
**THANK YOU!**



Roger and Brenda Birkholz graciously donated funds to pay for 110 senior meals! They made the donation in honor of family and friends. THANK YOU so much for making sure seniors get hot, nutritious meals during the holidays!

# Meet...Joy Haynes!



Joy is our new cook at the Grand Forks Senior Center! She was born in Houston Texas, but is an experienced world traveler given her family's military background. She has lived in England, Italy, Turkey, Greece, and Germany, but just can't seem to stay away from the beautiful Grand Forks winters!



Joy has always had a passion for cooking and baking! When she lived in England, she started her own business, "Joy's Kakes - Cakes for all occasions" and still enjoys baking today. Joy has 15 years of experience cooking in local kitchens, including a college sorority where she met Stacy Narlock, our Resources Manager, and United Day Nursery.

Joy is a graduate of Red River High School. After graduating, she moved away for college in San Antonio, TX, but has been back in Grand Forks since 1994.

When she is not baking or playing with her grand-daughter, Joy enjoys curling up to read a good book!

Joy's husband, Michael is retired from the Air Force. He is a Juvenile Probation Officer and Program Director at the Grand Forks Youth Center. She has three children, and one grand-daughter.

She is excited to be at the Grand Forks Senior Center and can't wait to meet all of you. If you walk past the kitchen, make sure to say "hi!"

**Fun Fact: Joy's son Joey, played football for the NDSU Bison!**



## **A BIG thank you to local Brownie Troop 30704 in Grand Forks!**

The girls did a community service action and made random acts of kindness bags that had treats like a candy cane, hot chocolate pouch, and a note or handwritten joke. The hope was to make someone smile. They donated 190 of these bags for Meals on Wheels and Home Delivered Meals clients!





# Bad Weather

During bad weather, call the Senior Center to find out if we are open.

**(701) 772-7245**

You can also check

[www.gfseniorcenter.org](http://www.gfseniorcenter.org),

[valleynewslive.com](http://valleynewslive.com), or [www.facebook.com/seniors](http://www.facebook.com/seniors)

## FREE Hearing Aid Cleaning and Ear Inspection



Thursday, February 17  
10 am - 11:30 am  
GFSC Lobby



## Giving Hearts Day

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

- You can **SCHEDULE YOUR GIFT ONLINE up until Feb. 8**. 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 10** and you must indicate **'Giving Hearts Day'** in the memo line of your check. If we receive it after February 10, 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 10** and select 'Grand Forks Senior Center.'
- **OR BRING IN YOUR GIFT** (cash or check) on **Thurs, Feb 10, 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 10 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 our anonymous donors who are providing a \$3,000 match. Help us meet this match and more!



Thank you to our generous donors who have supported older adults from our area. All donations received from October 22, 2021, to the end of the year were counted as Silver Campaign gifts. **The gifts below were received from Dec. 6 to Dec. 31 2021.** The donors are listed in their **cumulative giving** categories for this short period. Thank you for your generous gifts! Silver Campaign gifts were accepted through Dec. 31. A donor's cumulative giving for the year will be in the annual report.

**2021 Silver Campaign raised \$107,285 to help older adults!**

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

Enbridge  
Grant for senior meals  
Marshall, F John  
Scheels  
For Meals on Wheels

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

Anonymous (2)  
Dakota Sales Co.  
For Home Delivered Meals  
Jensen, Heidi and Jason  
Martin, Janell  
In honor of MOW volunteers  
and awesome kitchen staff  
Rath, Brian and Emilie  
In honor of William Rath  
Reed, Mary  
In memory of Truman P  
Reed, Jr

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

Alerus  
Altru Health Foundation  
Grant for Nutrition Pilot  
Program  
Austin, Kevin and Joyce  
In honor of Colette, SC Board  
& Staff  
Bob & Jeanine Peabody Family  
Fund - For Meals on Wheels

Maddock, Patrick and Susan  
In memory of Wayne Westland,  
Lee Hamilton  
Neumann, Marie  
In memory of Arlene Berry,  
Alma Helm

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

American Crystal Sugar  
American Legion Post #6  
Hoeger, Gordon and Dorothy  
Jobe, Brenda  
In memory of Carol Jobe  
Kaltenberg, Gary and Carolyn  
Miller, Al  
In memory of Bruce Tufte,  
Russell Tim Harris  
Nelson, Duane and Lila Jane  
In honor of meal delivery  
volunteers  
Pecka, Gladys  
In memory of deceased family  
Rand, Tom and Alice Jean  
Roos, Leslie and Patricia  
University Lutheran Church WELCA  
For Home Delivered Meals  
Yagla, Phil and Judy

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

Anonymous  
Anonymous  
In honor of Vidette Knain, in  
memory of Eugene Knain  
Aubol, Linda

Augustana Lutheran Church Ext  
Ministries  
Barta, Maynard and Barbara  
Bruhn, Val and Sheila  
In honor of GFSC staff  
Brundell, Al  
Bundlie, Margaret  
Bunker, Russ and Vicki  
In memory of Berniece  
Fordyce  
Camburn, Neal and Joan  
Cox, Don and Lori  
Cronquist, Yvonne  
Drees, Ken and Maureen  
For Meals on Wheels  
Drees, Myrna  
Enget, Torrie and Amy  
In honor of Jan Enget  
Erickson, Dennis and Cheryl  
In honor of staff  
Ericson, Jerry and Cherylyn  
Evers, Marilyn  
In memory of Lawrence &  
Evelyn Evers  
Foss, Virgil  
Gilby Senior Center  
Haas, Gary  
Hager, Del and Jean  
Hale, Richard and Sarah  
In honor of Grace Hale  
Hallgrimson, Ken and Barbara  
In honor of Barbara  
Hallgrimson  
Hursh, Ken  
Infeld, Greg and Cathy

Iverson, Jack and Carol  
In memory of Muriel, Don &  
Bob Iverson  
Jarombek, Raymond and Joyce  
Johnson, Tim and Mary  
In memory of Lee & Rose  
Archibald, Joseph Johnson  
King, Patrick  
Knudsvig, Craig and Renae  
Knupp, Michele  
In memory of Larry Wheeler,  
Dan Peck  
Kohoutek, Linda  
Kraemer, Diane  
LaMoine, Connie  
Lopez, Evonne  
Lovelace, Kent and Karen  
McGrath, Thomas and Lynne  
In memory of Ed & Dolores  
McIntyre  
Medd, Joel and Amy  
In memory of Joan Smith  
Nelson, Dennis and Pamela  
O'Keefe, Michael  
Olson, Shirley  
Olson, Bev  
Pampered Paws  
In memory of Dr. K Warren  
Volker & Billy Volker  
Rengstorf, Lucas and Amanda  
Sellheim, Donavon and Jean  
Sem, Stacey and Brenda  
Sharon Lutheran Church WELCA  
St Germain, Bob and Sharon  
Tupa, Brad and Cheryl  
Tweten, John and Mary  
Umphrey, Margaret  
In memory of Douglas  
Umphrey  
Watt, Jim  
Welsh, Lloyd and Shirley  
In memory of our parents  
Welsh, Daniel and Yvonne  
In memory of Veraine Surface  
Westacott, Richard  
In memory of Wayne Johnson  
White, Barbara  
Zick, Roberta

Zirnhelt, Matthew  
In honor of Clair & Ronda  
Zirnhelt  
**Shining Stars (up to \$99)**  
Anonymous  
In memory of Roger Sundby  
Anonymous (4)  
Belcher, John and Ida  
In memory of Pauline Hesse  
Belobraydic, Matt and Rochelle  
Birkholz, Roger and Brenda  
In honor of Kim & Terri  
McGinnis  
Broadwell, Ray and Becky  
In memory of Arlene Berry  
Cull, Bob and Edythe  
In memory of Ralph & Ruth  
Loyd  
Ditullio, Jerry & Kjemhus, Barb  
In memory of Mike Foy, Jim  
Foy  
Gate City Bank  
Match for Christine Reed  
donation  
Halle, Scott and Brenda  
Hanson, Jeanne  
Hastings, Donna  
Herrmann, Karen  
In memory of Bev Skelly,  
Arlene Berry, Mary Thomas  
Hills, Helen  
Hogan, Shirley  
Hurley, Louise  
Iseminger, Colt and Samantha  
Iseminger, Carl and Colette  
Iverson, Avis  
In memory of Doug  
Eisenzimmer  
Jacobson, Marlin and Sally  
Johnson, Keith and Elizabeth  
Juntunen, James and Linda  
In memory of Alfred Juntunen  
Krese, James and Mary  
In memory of James Krese II,  
Al Perez  
Kuzel, Susan  
In memory of Lil Denney

Kvitne, Betty  
In memory of Gladys Ring,  
Beverly Skelly  
Lee, John and Lynn  
In memory of Robert Lee  
Lehn, Rich and Faye  
In memory of Arlene Berry  
Lemieux, Gary and Cheryl  
Liddy, Vince and Mary Lou  
In memory of Roger Kieffer  
Madson, Avis  
In memory of Nadine  
Gunderson  
Mahnke, Vickie  
In memory of Arlene Berry,  
Fred Foster  
Martin, Tom and Laurel  
Mattern, Alice  
McGarry, Dennis and Lynn  
Nielsen, Art and Diane  
In memory of Glenn & Millie  
Rudrud  
Nybo, Patricia  
In memory of Lee Nybo  
Pedersen, Melvin  
Reed, Christine  
Robison, Nancy  
Sandberg, Curt and Ione  
For Meals on Wheels  
Schiele, Kathy  
In memory of Don Schiele  
Schumacher, Matt and Jami  
Sieg, Wanda  
In memory of Dale Emery  
Sonterre, Lisa  
Staples, Dianne  
Staveteig, Robert  
Stennes, Malcolm and Lori  
Sulland, Steve and Linda  
Swenson, Ann  
Thielman, Gail  
Thrivent Choice Dollars from  
Kathy Schiele  
Venaccio, Michael and Vicki  
VFW Ladies Auxiliary Post 1874  
Zirnhelt, Clair and Ronda

# Powerful Tools for Caregivers Course

**Thursdays | 9:00 am - 10:30 am**  
**Feb 3, 10, 17, 24, Mar 3, & 10**  
**Grand Forks Senior Center**  
**Lower Level Activity Room**  
**Cost: FREE**

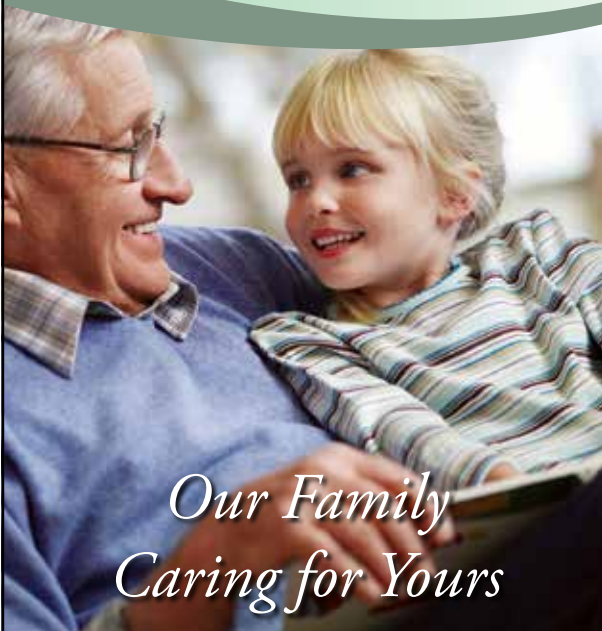


*Powerful Tools for Caregivers* is an educational program taught by NDSU Extension Service. It is designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This class series meets once a week for six weeks. **Class size is limited and registration is required.** For questions or to register, call the NDSU Extension Service at 701-780-8229.

*This project is supported by funding from the U.S. Department of Health & Human Services, Administration for Community Living, Administration of Aging, and granted through the North Dakota Department of Human Services, Aging Services Division.*

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





Is it difficult to take care of your toenails? Is your vision failing or do you have arthritis, which can make this task difficult? Whatever the reason, if you are 60 or over, you can have your foot care done by nurses at the Grand Forks Senior Center. Call today for an appointment.

# Foot Care Appointments

## APPOINTMENTS AVAILABLE-

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

<b>Feb 1</b>	Aneta Community Center 219 Main Ave. Aneta	9:00 am - Finish
<b>Feb 9</b>	Tolna Lutheran Church 220 Main Street, Tolna	9:30 am - Finish
<b>Feb 23</b>	Nelson Co. Courthouse 210 B Ave. West, Lakota	9:00 am - Finish
<b>Feb 24</b>	Nelson Co. Courthouse 210 B Ave. West, Lakota	9:00 am - Finish

Guidelines to keep clients and staff safe:

- Nurses are equipped with proper equipment.  
**Clients will wear a mask correctly during the entire foot care appointment.**
- You must call and reschedule your appointment if you are not feeling well in any way.

**If you are unvaccinated, you will need to reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 within two weeks prior to your appointment.**

# FUN AROUND THE CENTER



- 1 Betty Waller's Candy Cane Wreath from the December Monthly Creation Class
- 2 Monday Dominoes Group
- 3 Friday Women's Coffee Group
- 4 Dec 15th Chair Yoga Group at Hope Church
- 5-9 Christmas Feast Photos
- 10 Dec 23rd Dining Room & Drive-Thru Volunteers

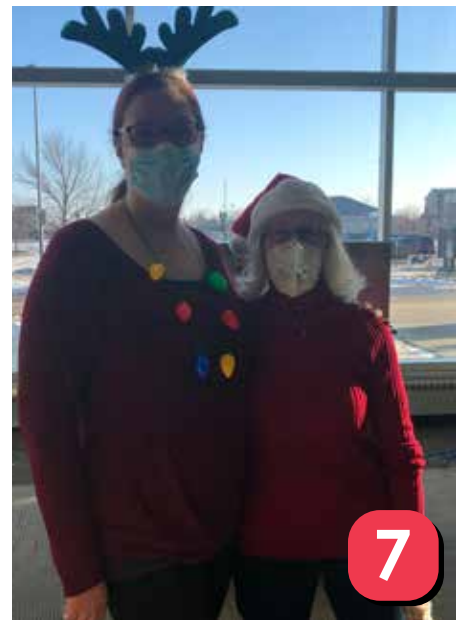




5



6



7



8



9



10



# Fire Department Home Safety



## Grand Forks Fire Department has a new program to help keep your home safe!

- Nearly 65% of the Grand Forks Fire Departments total call volume are to people's homes.
- Over 62% of fire related deaths occur to people over the age of 55.
- Over 65% of all residential structure fires are preventable.
- Over 50,000 people are hospitalized each year in the United States due to Carbon Monoxide poisoning.
- Falls are the second leading cause of unintentional injury and death each year.

Did you know smoke detectors have an expiration date? Do you know where your smoke detectors should be located? Did you know that fire extinguishers should be serviced every year? Do you have a carbon monoxide detector in your home? Does your family have an established fire escape plan?

If you answered "no" to any of those questions, you should have your local firefighters come out and help you reduce the chances of injuries, property loss or even death by walking through your home with you and giving you personalized safety advice.

If you live in Grand Forks, call the Fire Station today at **701-746-2566** to have your **FREE** Home Safety Visit scheduled!

**Gary Lorenz**  
Fire Chief  
1124 DeMers Avenue  
Grand Forks, ND



Business: (701) 746-2566  
Chief's Office: (701) 746-2565  
Fire Prevention: (701) 746-2566  
Fax: (701) 746-2530

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.

**February 2022 - Grand Forks Title III Older Americans Act Food Program**


The Full Cost of the meal is: \$6.00 Breakfast; \$11 Lunch. Please contribute what you can.

Suggested Donation is \$2.00 for Breakfast; \$4.25 for Dinner & Supper. EBT/SNAP and Credit Cards are accepted at GFSC only. You may call in to run your card.

Those under 60 years of age are required to pay the full cost of the meal.

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
2 Slices French Toast with Syrup (2 cs) 2 Scrambled Eggs 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Ham & Egg on WW Muffin (2 cs) 3/4 oz Cold Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Eggs Made to Order Hashbrowns (1 cs) 1 Slice WW Toast (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Sausage Egg WW Muffin (2 cs) 3/4 oz Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Small Denver Omelet (.5cs) Fried Potatoes (1cs) 1 WW Toast (1cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (2 cs) 8 oz 1% Milk (1 cs)
Monday Lunch:	Tuesday Lunch: Feb 1	Wednesday Lunch: Feb 2	Thursday Lunch: Feb 3	Friday Lunch: Feb 4
	8 oz Beef Stew (1cs) or Veg Lasagna (2cs) 1 garlic toast (1cs) 1/2 c Coleslaw 1/2 c Pear Halves (1cs)	3 oz Polynesian Meatballs (.5cs) or Stuffed Pepper (.5cs) 1/2 c Parslied Potato (1cs) 1/2 c. Green Peas (1cs) 1/2 c Mandarin Orange Sc (1cs)	Chicken Parmesan or 3 oz Meatloaf (1cs) Sm Baked Potato w/sr crm (2cs) 1/2 c Squash (1cs) 1/2 c Tapioca Pudding (2cs)	Chix in Gravy or 3oz Beef Tips in Gravy 1/2 c Buttered Egg Noodles (1cs) 1/2 c Green Beans 1/2 c Apple Crisp w/top (2cs)
Monday Lunch: Feb 7	Tuesday Lunch: Feb 8	Wednesday Lunch: Feb 9	Thursday Lunch: Feb 10	Friday Lunch: Feb 11
Spag Noodles w/meat sauce (2cs) or Pork Tidbits over noodles (2cs) 1/2 c Carrots (.5cs) 1/2 c Apricots (1cs) 1 Garlic Bread (1cs)	2oz Fishburger on WW Bun (2cs) or Chixburger on WW Bun (2cs) 8oz Vegetable Soup/crackers (.5cs) 1/2c Mixed Fruit (1cs) Sm Cookie (2cs)	3 oz Chicken Royale (.5cs) 1/2 c Augratin Potato (2cs) or 1 c Hungarian Goulash (1cs) 1/2c Green Beans 2" sq Pumpkin Bar w/frost (3cs)	3 oz Salisbury Steak in MR gravy (.5cs) or Chicken Parmesan 1/2 c. Mashed Potato/gravy (1cs) 1/2 c Yams (1 cs) 1/2 c Mand Orange Sc (1cs)	3 oz Cracker Crumb Fish (.5cs) or Tangy Baked Chix 1/2 c Escalloped Potato (2cs) 1/2 c Mixed Vegetables (.5cs) 1/2 c. Peach Crisp w top (2cs)



Monday Lunch: Feb 14	Tuesday Lunch: Feb 15	Wednesday Lunch: Feb 16	Thursday Lunch: Feb 17	Friday Lunch: Feb 18
Tuna Casserole (2cs) or Lasagna (2cs) 1/2 c Green Beans 1 c Romaine salad/dressing (.5cs) 1 sl garlic bread (1cs) 1/2 c Fruit Cup (1cs)	2oz Sloppy Joe on WW Bun (2cs) or Fishburger on WW Bun (2cs) 8oz Corn and Potato Chowder (1cs) 2 pkgs crackers (.5cs) 1/2 c Pear Sc (1cs) Small Cookie (2cs)	3 oz Bk. Chicken Fried Steak (1cs) or Salmon 1/2 c Mashed Potato (1cs) 1/2 c Creamed Peas (1cs) Angel Food Cake with 1/2 c Berries w/topping (1cs)	3 oz Swiss Steak w onions/tom or Orange Chicken (2cs) Sm Baked Potato w/sr crm (1.5cs) 1/2 c Carrots (.5cs) 1/2 c Cherry Crisp w top (2cs)	3 oz Roast Beef or Pork Roast in gravy 1/2 c. M. Potato/gravy (1cs) 1/2 c Broccoli 1/2 c Pineapple Chunks (1cs)
Monday Lunch: Feb 21	Tuesday Lunch: Feb 22	Wednesday Lunch: Feb 23	Thursday Lunch: Feb 24	Friday Lunch: Feb 25
<b>CLOSED PRESIDENTS DAY</b>	2 oz BBQ Chicken on Bun (2cs) or Tuna Melt (2cs) 1 c Tomato Soup (.5cs) w/ 2 soda crackers (.5cs) 1/2 c Fruit Cocktail (1cs) 1x2" Bitsy Brownie (2cs)	3 oz Meatloaf (.5cs) or Italian Chicken 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 or Sausage w/Kraut Sm Baked Potato w/sr crm (1.5cs) 1/2 c Peach Sc (1cs)	3 oz Meatballs in Gravy (1cs) or Pork Chop in gravy 1/2 c Buttered Rice (1cs) 1/2 c Oriental Blend Veg (.5cs) 1/2 c Blueberry Crisp w top (2cs)
Monday Lunch: Feb 28	Tuesday Lunch:	Wednesday Lunch:	Thursday Lunch:	Friday Lunch:
3 oz Stuffed Pepper (.5cs) or Fish Almondine Sm Baked Potato w/sr crm (1.5cs) 1/2 c Peas (1cs) 1/2 c Fruit Sc (1cs)		Serving Breakfast (8:30-9:00am), Lunch (Noon-12:15), served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices at the Senior Center only.	Each Lunch includes: 1 WW Bread (1cs) 8 oz 1% Milk (1 cs) 1 tsp butter or margarine Unless Noted	<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>
Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; 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). Reservations 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: __12/22/2021__ Licensed Registered Dietitian #13899 _____ Colette Iseminger, MS, RD, LRD				



**Thank you** to James Parise for donating nearly 1,300 canisters of sanitizing wipes! If you are in need of sanitizing wipes, please take some off of the “free” cart in the lobby.



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.

Paid Advertisement



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

**Contact us  
 today!**



**(800) 929-8891 | CareThatComesToYou.org**

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



We counted 49

Paid Advertisement

Aspen Park

Briarwood

Parkview Terrace



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



**www.immapartments.com • 701-780-8162**



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

Like us on Facebook!  
www.facebook.com/gfseniors

Non-Profit Organization  
Permit #20  
U.S. Postage Paid  
Grand Forks, ND



**CLOSED February 21st for President's Day.**

## ♥ Help Feed the Hungry ♥ Meal Delivery Volunteers Needed

The Grand Forks Senior Center is in need of meal delivery volunteers. Would you consider this special volunteer opportunity?

**Home Delivered Meals** run out of Altru hospital, needs volunteers on Mondays and Tuesdays. The time commitment is from 11:00 am – 12:30 pm.

**Meals on Wheels** run out of the Grand Forks Senior Center, needs volunteers on Mondays, Tuesdays, Thursdays, and Fridays and the time commitment is from 10:30 am - Noon.



**Both 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)). Thank you for helping keep our older adults fed & safe!