



January 2022

# The Silver Express

Start your year off right with Exercise Classes at the GF Senior Center

- *Tai Chi for Arthritis & Fall Prevention*
- *Ready, Set, Stretch*
- *Healthy Bones*
- *Chair Yoga*
- *Qigong*

See page 8 for the exercise class schedule.



# 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>Tanya Barron</b> .....	701-757-4872
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



04	Volunteers Needed
06	From the Director's Chair
07	GFSC Resources for Homeowners
08	Exercise Class Schedule
09	Activity Info
10-11	Activity Calendar
12-13	Prevent the Fall: How to Stay Vertical
14-16	Donations & Memorials (Silver Campaign)
17	Prevent Serious Falls Outside in the Winter
18-19	Photos from the Drive-Thru Thanksgiving Feast
21-22	January Menu
23	Foot Care Appointment Information
<b>BACK</b>	Membership Renewal Information

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  
Jan 4 at 9 am

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.

# Volunteers Needed



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

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

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

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



## 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 - Back Half**  
**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.*



# 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)

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](http://www.immapartments.com) • 701-780-8162

## Visually Impaired Senior Support Group

**Tuesday, January 11**  
 (2nd Tuesday of each month)  
 1-3 pm in the **GFSC Library**

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



# From the Director's Chair

by Colette Iseminger



## A Different Perspective

One of our neighbors, Jennifer Storz took this picture of our maple tree on the south side of our building. This tree is gorgeous anytime but I was just amazed at the beauty she captured in this unique perspective of our tree. How many of us have ever laid under a tree and looked up?

As we start another year, I challenge you to make a resolution to look for those unique and different perspectives! Happy New Year! May 2022 find you healthy and happy!!

'Til Next Time

A handwritten signature in black ink that reads "Colette Iseminger". The signature is written in a cursive, flowing style.

**Colette Iseminger,**  
Executive Director



# GFSC Resources for Homeowners

## Property Tax Credit

(also known as the Homestead Tax Credit)

1. Are you 65 years of age or older OR permanently and totally disabled?
2. Is your annual income less than \$42,000 after deducting medical expenses?
3. Do you have assets less than \$500,000, including the market value of your home?

If you **answered “yes” to all three questions, you may qualify for reduced taxes** in the form of a property tax credit, a disabled Veteran's property tax credit, or a Blind Exemption for qualifying individuals. Applications should be filed with your local assessor's office **by February 1, 2022** or as soon as possible for the year in which your property is assessed and for which the credit is requested. **Grand Forks homeowners, contact the City Assessor's office (701-746-2611) for assistance in completing any of these applications.** The Grand Forks Senior Center does not assist with this process.

If taxes are paid in full prior to February 15, 2022, you will qualify for a 5% discount.



*Happy New Year from the Grand Forks Senior Center Resources Team. Office hours are Monday through Thursday from 8:00 am - 4:30 pm; Friday from 8:00 am - 1:30 pm.*

*Call 701-772-7245 for information assistance. — Stacy, Tanya, and Joyce*

Keep this sheet  
for reference

All exercise class fees  
are waived at this time.

**FREE for People 55+**

No GFSC membership required

**Let's Get Moving!**



# GF SENIOR CENTER EXERCISE CLASSES

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

**Ready, Set, Stretch:** W at 1:30 pm (GFSC) (*No Class Jan 12*)

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

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

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

## Requirements

- Bring your own water bottle
- Social distance
- Bring your key tag to sign in
- Must mask until in place

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.

We will continue with classes as long as the COVID numbers do not get too high. If you want to find out if we are having exercise classes, either call the Senior Center at 701-772-7245 or check [www.gfseniorcenter.org](http://www.gfseniorcenter.org) or [www.facebook.com/gfseniors](https://www.facebook.com/gfseniors).

## 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, January 20, 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.





# Wish List



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

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

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



## Tech Support

Jan 5 & Jan 19  
(Afternoons)

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

Call 701-757-4866 to schedule an appointment.



## Coffee and Pie with a Cop

Tuesday, Jan 18  
2:00 pm - 3:00 pm

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



## AARP Driver's Safety Classes

will be held at the Grand Forks Senior Center on **Wednesday, Jan 12 from 12:15 pm - 4:15 pm**  
Class size is limited to 12. It will be held in the back half of the Activity Room.

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

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



## Constant Reader's Book Club


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


Discussing "The Book Thief" by Markus Zusak

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



# January 2022 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</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>4</b></p> <p>9:00 am Monthly Tour                      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>5</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 - Call for an appointment</b></p>	<p><b>6</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>7</b></p> <p>9:00 am Gift Shop Crafters                      9:30 am Men's Coffee                      10:00 am Women's Coffee</p>
<p><b>10</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>11</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 Vision Support Group</b>                      3:30 pm Healthy Bones                      (Hope Church)</p>	<p><b>12</b></p> <p>9:30 am Men's Coffee                      10:00 am Game Group  <b>12:15 pm AARP Driver's Safety</b>                      1:00 pm Bingo (\$2/card)                      3:30 pm Chair Yoga                      (Hope Church)</p>	<p><b>13</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>14</b></p> <p>9:00 am Gift Shop Crafters                      9:30 am Men's Coffee                      10:00 am Women's Coffee</p>
<p><b>17</b></p> <p><b>GFSC CLOSED MLK DAY</b></p> 	<p><b>18</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>19</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 - Call for an appointment</b></p>	<p><b>20</b></p> <p><b>9:30 am Legal Services</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>21</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>24</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>25</b></p> <p>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>26</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)</p>	<p><b>27</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>28</b></p> <p>9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p><b>31</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>	<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <h2 style="margin: 0;">Come Use Our Library!</h2> <p>For people 55 and older, the Grand Forks Senior Center's library is located on the 2nd floor and is open when our building is open. Our library has the best check-out policy in town. You take the books you want to read and return them when you are done.</p> </div> </div>			

No Bunco this January or February.



# 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.

- Jan 3 Barb Graf
- Jan 10 The Fantastic MBP
- Jan 17 No Music Monday (Closed)
- Jan 24 Chuck Gust
- Jan 31 Theresa & The Plow Boys

# Prevent the Fall: How to Stay Vertical

Every  seconds, an older adult is rushed to the **emergency room** for a fall.

## Exercise Interventions

- Regular physical activity in individuals 65+ can help prevent falls
- Exercise helps to maintain healthy bones, muscles, and joints
- Exercise improves coordination and balance




**Walking 30 minutes per day is recommended**



**Yoga will help to maintain and improve balance and coordination**



**Strength exercises 2x per week can increase bone strength and muscular fitness**

 94%  
of seniors 65+ take a fall-risk increasing medication

## Questions to ask your Doctor or Pharmacist:



- Am I taking any medications that can increase my risk for falls?
- Can I switch any medications to safer options?
- Am I able to stop any medications I am taking?
- Can any of my medication doses be lowered?

## Medication Management

- Review medications with your provider or pharmacist **including prescription drugs, over-the-counter medications, and herbal supplements** to prevent drug interactions that may make you more likely to fall

## Home Safety Tips

- Have emergency numbers handy
- Wear non-slip footwear
- Don't rush to answer the phone
- Have well-lit hallways, stairs, and paths
- Declutter hallways, stairs, and walkways
- Tape all area rugs to the floor or remove area rugs
- Have grab bars in shower and near the toilet
- Place rubber mats in the bathtub



Every



minutes, an older adult **dies** from a fall.



95%

of hip fractures are caused by falling

**UND** UNIVERSITY OF  
**NORTH DAKOTA**

Sources:

<https://www.cdc.gov/homeandrecreationalafety/falls/adulthipfx.html>

<https://www.cdc.gov/steady/pdf/STEADI-FactSheet-MedsLinkedtoFalls-508.pdf>

The Grand Forks Senior Center can assist you in fall protection. We offer a variety of exercise classes for adults 55+. A class schedule can be found on page 8 of this newsletter. In addition, our Resources Department can help with any additional needs to help modify your home to make it safer. Bed rails, shower chairs, canes, walkers, and rollators are just a few items we offer for short term rental. Call 701-772-7245 to ask about resource rentals.



*Thank you to our generous donors who have been supporting the Senior Center's annual Silver Campaign. All donations received from October 22, 2021, to the end of the year will be counted as Silver Campaign gifts. The gifts below were received from Nov. 6 to Dec. 5, 2021. The donors are listed in their cumulative giving categories for this period. Thank you for your generous gifts! Silver Campaign gifts are accepted through Dec. 31 at the GFSC, by mail, or online at [www.gfseniorcenter.org/donate](http://www.gfseniorcenter.org/donate).*

## \$78,700 on our way to a goal of \$100,000

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

Gransberg, Janice

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

Iverson, Avis

In memory of Robert (Bob)

Iverson

Rene, A. Duane

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

Altendorf, Diane

Anonymous

Kvidt, Dave & Pam

Magenau, Doris

In memory of my husband,

Arnold Magenau

Radi, Marjorie

Ryan, Jerry

Staples, Terri

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

American Legion Post #157

Anonymous

Broadwell, Ray & Becky

Herrmann, Karen

In memory of my husband,

Norbert

Millette, Keith & Rennae

Narlock, Joe & Stacy

Pariseau, Pamela

In honor of all seniors

In memory of Gary Pariseau

Robinson Excavating

Sondrol, Leroy & Judy

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

Abrams, Annette

Advanced Business Methods

American Legion Auxiliary Unit #6

Anonymous (5)

Anonymous

In honor of John Scott

Anonymous

In honor of My Kids

Asche Insurance Agency

Beach, Barb

Berg, Betty

Bethke, Gloria

In memory of Gary Bethke

Birkholz, Roger & Brenda

Bott, Al & Donna

Brito, Luis

Budge, Pat

In memory of Gayle Budge

Bunde, Ardell & Fern

Bye, Don & Elaine

In memory of Doug Bye,

Clarence & Donna Bye &

family

Crown Motors

Depue, Ronald

DeVries, Denby

Dolan, Barbara

In memory of Frank Dolan

Dutot, Norm & Nancy

Elbert, Dennis & Dora

Erdmann, Rod & Michelle

In memory of Robert Cournia

Erickson, Dennis & Cheryl

Finneseth, Robert

Frandsen Bank & Trust

Gate City Bank

Matching gift for Dennis Elbert

Gray, Irene

Gregory, Michael & Gerri

Grimes, Bonnie

In memory of my mom, Harriet

Naas

Hackenberg, Delores

Hansen, Charles & Carol

Heap, Dennis & Barb

In honor of bingo

In memory of Don & Helen

Heap, Sid Nelsen

Helgeson, Diane

Hoff, Milt

Hoiberg, Harvey & Donna

Holman, Alice

In memory of Al Holman

Hoverson, Jean

Janssen, Jerry & Carol

In memory of Robert D (Bob)

Iverson

Johnson, Marlene

Johnson, James

Johnson, Gary & Ranea  
Johnson, Gerald & JoAnn  
Johnson, Gary & Beverly  
    In memory of Dorothy  
    Johnson  
Joyce, Gerry & Mary  
Kiefat, Mark  
Kleven, Archie & Marlene  
Kuchera, Joan  
Kurtyka, Bobbie  
    In memory of Billy Volker  
LeClerc, Judy  
Leech, Jerry  
    In memory of Dr. Warren  
    Volker  
Lill, Dave & Shirley  
Lively, Harriet  
    In memory of Harry &  
    Henrietta Gerszewski, Wally  
    & Florence Welstad  
Lofberg, Janice  
Lunde, Beverly  
    In memory of Gladys Ring,  
    Agnes Hamerlik  
Madson, Avis  
    In memory of my son-in-law,  
    Douglas Carlson, & parents  
    Harry & Mabel Johnson  
Martin, Gene & Kaye  
McCoy, William & Brenda  
McMahon, Jacqueline  
    In memory of the McMahon  
    family  
Melland, Mel & Pat  
Miller, Marlin  
Mills, Faye  
Moen, Alice  
    In memory of Allan Moen  
Ness, Ron & Darlyne  
Olson, Edwin & Bette  
Our Saviors WELCA  
Pribula, Peggy  
    In memory of Howard Pribula,  
    Lyla Daschendorf  
ReMax Grand LLC  
Rike, Else  
Royal Neighbors of America  
    Chapter 138

Samson, Daniel & Sandra  
Schiele, Kathy  
    In memory of Don Schiele  
Shadle, Leonard  
Shereck, Cynthia  
    In memory of Ruby Hurd  
    Boese  
Shores, Arden & Irene  
Smart, Judy  
Steenerson, Gary & Georgia  
    In memory of Lillian Kuster  
Steffen, Raymond & Sharon  
Steinke, John & Susan  
Tack, Ralph & Lou  
Twedell, Ray & Pat  
Walski, Johanna  
    In memory of Clarence Walski  
Ward, Jim & Cheryl  
    In memory of Leona & Merle  
    Anderson  
Westacott, Richard  
    In memory of Shirley  
    Westacott  
Zick, Charles & Colleen  
Zirnhelt, Clair & Ronda  
    In memory of Wayne  
    Westland

### **Shining Stars (up to \$99)**

AmazonSmile  
Anderson, Don & Ellen  
    In memory of Pearl & Harold  
    Wald  
Anonymous (8)  
Ashe, Kathy  
    In memory of Ginny Lynch  
Belobraydic, Matt & Rochelle  
Bondy, Pauline  
    In memory of Gladys Ring  
Buckley, Ann  
    In memory of my folks, Ruth  
    & Clarence  
Capouch, Lorraine  
    In memory of Dr. Warren  
    Volker  
Conley, DeLaine  
Connell, JoAnn  
    In memory of Gladys Ring

Deery, Chuck & Dee  
Denis, Dan & Barbara  
Dondoneau, Vern & Joan  
    In memory of Lil Denney  
Falck, Tom & Susan  
Gaulke, Ken & Pam  
    In honor of Louise Nord's  
    100th birthday  
Gillig, Donna  
Glover, Ruth  
Guthmiller, Ronald & Patricia  
Hogan, Shirley  
Holweger, Marilyn  
    In memory of Harvey  
    Holweger  
Iseminger, Gordon & Trudy  
Iseminger, Carl & Colette  
Johnson, Steve & Brenda  
Jurgens, Richard & Sharon  
    In memory of Steve Passa  
Kaste, Ryan  
    In memory of Norman & Linda  
    Kaste  
Kvasager, Vickie  
Laager, Bernice  
Lancaster, Jim & Sandy  
Lindeman, Maureen  
Mahnke, Vickie  
    In memory of Ione Kjelaas,  
    Bruce Kjelaas, Alma Helm  
Mattern, Alice  
McGarry, Dennis & Lynn  
Middleton, Jean  
    In memory of Lolly Wohlfeil  
Pedersen, Melvin  
Peppard, Jean  
Peterson, Delores  
    In memory of Dale Emery  
Phalen, Ruth  
Sandberg, Curt & Ione  
    For Meals on Wheels  
Schill, Ken & Mary Jo  
Schumacher, Matt & Jami  
Sonterre, Lisa  
  
*(cont. on next page)*

(cont. from previous page)

Srur, George  
Thomas, Mary  
Twite, Doug & Kathy  
Waale, Steve & Linda  
Wilson, Neil & Ann  
Winters, Faye  
Wischer, Agnes



Paid Advertisement

*Request Information or Schedule  
your Personal Tour Today!*



**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



Paid Advertisement

**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.  
This document will  
include all of your gifts  
made to the Grand  
Forks Senior Center in  
2021.

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

[hrrv.org](http://hrrv.org) | (800) 237-4629



Celebrating **40** Years

**Thank you to Sam's Club in  
Grand Forks for donating a  
\$100 gift card to purchase  
Depends for seniors in need.**



# Prevent Serious Falls Outside in the Winter

- Wear shoes or boots with rubber soles
- Always use handrails; turn lights on
- Limit walking to areas that have been cleared
- Take shorter steps; keep your hands free
- Slow down
- Be careful when getting into the car
- Use your cane, walker, or other assistive device. If you need one call the Senior Center at 701-772-7245.
- If there is carpet, stay on it wherever you can





**Thank You to all who came out to the Feasts and to those who helped make the Drive-Thru Feasts possible! Here are some photos from our Drive-Thru Thanksgiving Feast. 800 meals were handed out at this event!**

(Photos from the Drive-Thru Christmas Feast will be in next month's newsletter.)





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**

**Businesses,**  
Would you like to advertise  
in our newsletter?

Contact Amanda at 701-757-4863 or  
email [pr@gfseniorcenter.org](mailto:pr@gfseniorcenter.org) for more  
information.

**Bingo T-Shirts for Sale!**  
Inquire at the front desk.

Happiness is yelling



at the  
**Grand Forks Senior Center**

## Bad Weather

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



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.

### JANUARY 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 for Breakfast; \$4.25 for Lunch. EBT/SNAP and Credit Cards are accepted at GFSC only. You may call in to run your card.

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

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
4 oz Oatmeal w/Raisins (1.5 cs) 1 HB Egg; 1 Bran Muffin (1cs) 1 T. Peanut Butter (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	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)	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 (1 cs) 8 oz 1% Milk (1 cs)	2 Eggs Made to Order Hashbrowns (1 cs) 1 WW Toast (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)
Monday Lunch: Jan 3	Tuesday Lunch: Jan 4	Wednesday Lunch: Jan 5	Thursday Lunch: Jan 6	Friday Lunch: Jan 7
6 oz Tuna Noodle Hotdish (1cs) OR Spaghetti Bake (2cs) 1 c Tomato Soup (1.5cs) w/ 2 soda crackers (.5cs) 1/2 c Fruit (1cs)	3 oz Meatballs in brown gravy (.5cs) OR BBQ Chicken (.5cs) 1/2 c Mashed Potato w/gravy (1cs) 1/2 c Carrots (.5cs) 1/2 c Tropical Fruit (1cs)	1 c Chix Noodle Casserole (1cs) OR Beef Stroganoff (1cs) 1/2 c Broccoli 1/2 c. Mandarin oranges (1cs) Sm Molasses Cookie (1cs)	3 oz Roast Beef OR Roast Turkey 1/2 c Mashed Potato w/gravy (1cs) 1/2 c. Squash (1cs) 1/10 Pumpkin Pie/topping (2cs)	3 oz Salmon OR Salisbury Steak 1/2c. Whipped Potato w/gravy (1cs) 1/2 c. Scand Vegetables (1cs) 1/2 c Peach Sauce (1cs)
Monday Lunch: Jan 10	Tuesday Lunch: Jan 11	Wednesday Lunch: Jan 12	Thursday Lunch: Jan 13	Friday Lunch: Jan 14
3oz Chicken Fried Steak-Gravy (1cs) OR Fish Amondine 1/2 c. Mashed Potato w/gravy (1cs) 1/2 c Stewed Tomato (1cs) 1/2 c Apricots (1cs)	2oz Hamburger on WW Bun (2cs) OR BBQ Pork on WW Bun (2cs) 1 c Vegetable Soup (.5cs) w/ 2 Soda Crackers (1cs) Rice Krispie Bar (2cs) 1/2 c Fruit Cocktail (1cs)	Baked Chicken (.5cs) OR 3 oz Liver with Onions (.5cs) Sm Baked Potato w/ sr crm (2cs) 1/2 c Yams (1cs) 1/2 c Cherry Cobbler w/top (2cs)	3 oz Swiss Steak (.5cs) OR Herb Chicken 1 sm Baked Poato w/ sr crm (2cs) 1/2 c Broccoli 1/2 c Blushing Pear (1cs)	3 oz Baked Tilapia with <b>1 T Mango Salsa (1cs)</b> OR 3oz Porcupine Meatballs(.5cs) 1/2 c Parslied Potato (1cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Peach Sc (1cs)
Monday Lunch: Jan 17	Tuesday Lunch: Jan 18	Wednesday Lunch: Jan 19	Thursday Lunch: Jan 20	Friday Lunch: Jan 21
CLOSED Martin Luther King Day	3 oz Lemon Pepper Fish OR Chicken Strips (.5cs) 1/2 c. M. Potato with crm gravy (1cs) 1/2 c Green Beans 1/2 c Applesauce w/cinn (1cs)	2oz Sloppy Joe on WW Bun (2cs) OR Tuna Melt on WW Bun (2cs) 1 c Potato & Corn Chowder (1cs) w/2 soda crackers (1cs) 1/10 Dutch Apple Pie w/top (2cs)	Taco Salad (2cs) OR 1 c Chix Wild Rice Cass (2cs) 1 c Romaine Salad w/ dressing (.5cs) 1/2 c Peach Sauce (1cs) Sm Rice Krispy Bar (1cs)	3 oz Applesauce Ribs OR Sweet & Sour Chicken (.5cs) Sm Baked Potato w/ sr crm (2cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Pears (1cs)



Monday Lunch: Jan 24	Tuesday Lunch: Jan 25	Wednesday Lunch: Jan 26	Thursday Lunch: Jan 27	Friday Lunch: Jan 28
<b>Lasagna (2cs)</b> OR 3 oz P/A glazed Pork Chop (.5cs) 1/2 c Boiled Potato (1cs) <b>1/2 Capri Vegetables (.5cs)</b> <b>1/2c Pears (1cs)</b>	<b>3oz Chickenburger on WW Bun (2cs)</b> OR Riblet on WW Bun (2cs) <b>1 c. Cream of Broccoli Soup (1cs)</b> <b>w/2 soda crackers (1cs)</b> <b>1/2 c Pineapple Chunks (1cs)</b> <b>Sm Oatmeal Raisin Cookie (1cs)</b>	<b>3 oz Swedish Meatballs (.5cs)</b> OR Crispy Chicken <b>1/2 c Mashed Potato/Gravy</b> <b>1/2 c. Carrots (.5cs)</b> <b>1/2 c Choc Pudding w/top (2cs)</b>	<b>Meatloaf (1cs)</b> OR Cranberry Glazed Chicken (1cs) <b>Sm. Baked Potato/ Sr. Crm (1cs)</b> <b>1/2 c Corn (.5cs)</b> <b>1/10 Pumpkin Pie w/top (2cs)</b>	<b>3 oz Salmonloaf (.5cs)</b> <b>1/2 c. Mashed Potato (1cs)</b> OR Tator Tot Hotdish (1.5cs) <b>1/2 c Creamed Peas (1cs)</b> <b>1/2 c Tropical Fruit Salad (1cs)</b>

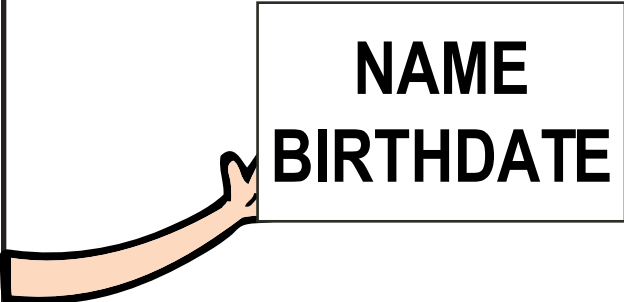
Monday Lunch: Jan 31				
<b>Hungarian Goulash (1cs)</b> OR 3 oz Baked Chicken 1/2 c Mashed Potato/gravy (1cs) <b>1/2 c Mixed Vegetables (1cs)</b> <b>Tapioca Pudding (2cs)</b>	Serving Breakfast (8:30-9:00am), Lunch (Noon-12:15), served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices at the Senior Center only.	<b>Each Lunch includes:</b> <b>1 WW Bread (1cs)</b> <b>8 oz 1% Milk (1 cs)</b> <b>1 tsp butter or margarine</b> <b>Unless Noted</b>		<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) unless it is a holiday meal. 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: 11/16/2021 Licensed Registered Dietitian #13899 Colette Iseminger, MS, RD Colette Iseminger, MS, RD, LRD



## Reminder: Drive-Thru Meal Signs

Winter is here and the person who checks you in at the meal drive-thru will be inside the building with the window only partially open. **We would like to ask each person to make a sign with large, clear and bold printing that says the name of each person receiving a meal. If you are coming for the first time, add your birthdate and year.** Even if the regular person who does the check-in knows who you are, still make a sign because sometimes other people fill in for this position. Hold up this sign once you get near the canopy and stop your vehicle. It will be much more difficult to hear each other from a distance, so this will keep the line moving well. **THANK YOU!**

# Transportation to FARGO

The Walsh County Transportation Program takes a bus to Fargo the second Monday of each month for \$15 round trip. The bus departs at 9:00 am from the I-29 South Truck Stop (Flying J) in GF and leaves

Fargo at 3:00 pm to come back. Call 701-284-7980 by 3:00 pm the Friday before for reservations.



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

## Foot Care Appointments

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

**Jan 5** McVile Fire Hall 9:30 am - Finish  
203 Baldwin Street, McVile

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.**



620 4th Ave. S.  
Grand Forks, ND 58201  
701-772-7245  
[www.gfseniorcenter.org](http://www.gfseniorcenter.org)

Like us on Facebook!  
[www.facebook.com/gfseniors](http://www.facebook.com/gfseniors)

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



CLOSED for December 31 for New Year's and January 17 for  
Martin Luther King, Jr Day.



# YOUR MEMBERSHIP MATTERS

We would greatly appreciate your support through the purchase of a 2022 membership to help support the Senior Center. You will receive your membership form in the mail the very beginning of January. Please fill it out completely and return it in the mail, along with a check. Thank you for supporting the Grand Forks Senior Center.