



January 2024

The Silver Express

WINTER WEEK RETURNS!

Shake off the winter chill and join the festive fun at Winter Week, Jan 22-26, at the Grand Forks Senior Center!

Monday Jan 22 Plaid/Flannel Day

Grab your favorite flannel shirt and join us for Music Monday with Mark Ryan

Tuesday Jan 23 Hat Day

Wear your favorite hat as you enjoy Joe's Magic Show!

Wednesday Jan 24 Wacky Wednesday

Wear your favorite, fun clothing...even if it doesn't match!

Thursday Jan 25 Beach Day

Let's pretend we are on a Hawaiian vacation today! Wear your favorite beach themed shirt and join us for pineapple pork chop for lunch followed by bingo!

Friday Jan 26 Sports Day

Wear your favorite team's colors on this day!

www.gfseniorcenter.org

701-772-7245

Grand Forks Senior Center (GFSC) Phone Numbers

GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Assistant Director/Development Officer, Becky Broadwell	701-757-4864
Meals on Wheels (MOW) Coordinator, Roxie Honkola	701-757-2006
Home Delivered Meals (HDM) Paula Altepeter, Rhonda Stephan	701-780-5169
Resources Manager Stacy Narlock, BSW	701-757-4874
Grand Forks Resources, Josee Locken, BSW	701-757-4883
Rural (GF & Nelson) Resources, Bethany Markwardt, LBSW	701-757-4872
Activities Manager, Amanda Rengstorf	701-757-4866
Bingo Coordinator, Cheryl Ramberg	701-757-4873
Communications Coordinator, Paul McCullough	701-757-4863
Food Services Manager, John Ferguson	701-757-4871
Sit-Down Meal Information & Frozen Meals, Mary Johnson	701-757-4869
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN, BSN	701-757-4868

GFSC Board of Directors

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Alice Hoffert

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Kathy Snider

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Clair Zirnelt

Mission Statement

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

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

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

Building & Program Usage Guidelines

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

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



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

PLEASE stay home if you are at all sick.

We cannot emphasize this enough. There are many illnesses circulating and the population we serve has a Janreased immune system. Also, if too many staff get sick, we will be unable to serve you at full capacity. If you are at the Grand Forks Senior Center and staff sees that you are under the weather, we will ask you to leave. Our main priority is to keep everyone healthy!



From the Director's Chair by Colette Iseminger

January Tidbits!

- Just a reminder that any checks written to the senior center for any of our services need to be made out to Grand Forks Senior Center; GFSC; GF Senior Center or Greater Grand Forks Senior Citizens Assoc. Otherwise, checks will be returned to us by the bank and we will be contacting you for a corrected check.
- You will be receiving a membership form for 2024 in January. Your membership is valid for the calendar year. Seniors do not need a membership to access the federal meals and health programs. Certain activities such as trips and exercise classes require membership. We hope you will support us with a membership.
- The senior center closes at 1:30 pm on Fridays. Please plan accordingly so staff can secure the building and be ready to leave at that time.
- The state has added a policy about the right for agencies to suspend or terminate services for clients who threaten the health or safety of other clients or staff; racially discriminate against other clients or staff; sexually harass other clients or staff; make unreasonable demands for services; or repeated inappropriate behavior. The senior center will enforce this new policy as all clients and staff should feel safe utilizing or providing our services. If you feel any of these situations apply to you, please reach out to our Resources Dept. and they will take your information.
- Addition Update: the City is moving forward with issuing construction contracts for a Spring 2024 start on the addition to the north side of the building. Thank you to the City of Grand Forks staff and City Council!

'Til next year,

Colette Iseminger
Executive Director

If you would **like to receive this newsletter** (either in the mail or by email), you **no longer wish to receive this newsletter, or your address is changing**, please contact the GF Senior Center at 701-772-7245 or pr@gfseniorcenter.org. If you live outside of Grand Forks or Nelson county, you will need to become a member in order to get the newsletter by mail.

GF SENIOR CENTER EXERCISE CLASSES

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

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

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

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

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

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

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

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

Requirements

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

Classes are held at the GFSC in the lower level activity room or at Hope Church in their common area. Hope Church is located inside Grand Cities Mall. Class location is in parentheses in the list above, but keep an eye out on our Facebook page for up-to-date information. Changes may occur throughout the month as there may be times when locations change or classes are canceled. If you want to find out if more about exercise classes, either call the Senior Center at 701-772-7245 or visit www.gfseniorcenter.org.

Wish List

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

Resources Department:

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

Dining Room:

- Coffee
- Hot Chocolate (individual cocoa packets preferred)

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

Check out the GFSC Amazon wish list!

Type <https://rb.gy/bm4xs> in your internet search bar to see the GFSC needs.



Activity Info

GFSC CLOSED

**Monday, Jan 1
for New Years Day**

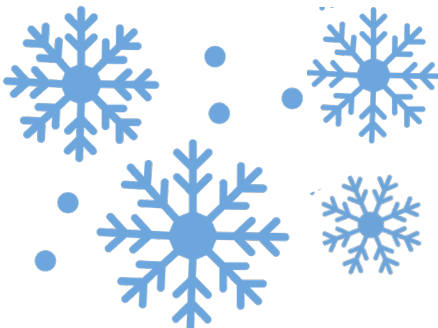
**Monday, Jan 15
for Martin Luther
King Jr. Day**

Tour the Senior Center

**Tuesday, Jan 2
at 9 am**

Discover what the Senior Center has to offer! Whether you have been attending the Grand Forks Senior Center for years or exploring it for the first time, you will discover something new about our facility and programs.

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



AARP Driver's Safety

**Wednesday, Jan 3
from Noon - 4 pm**

The AARP Driver's Safety course teaches valuable driving skills and gives a refresher on the rules of the road. You may also qualify for a discount on your car insurance by completing this course! Call your insurance agent to see if you are eligible!

Cost: \$20 for AARP members, \$25 for non-AARP members (cash/check only). Call the GFSC front desk at 701-772-7245 to register. Class size limited.

Music Monday

Mondays at 1 pm

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

- Jan 8** Elvis Birthday Bash
- Jan 15** **GFSC Closed**
- Jan 22** Mark Ryan
- Jan 29** Too Old to Die Young

Constant Reader's Book Club



**Monday, Jan 8
at 10:30 am**

We will be discussing **Carnegie's Maid** by Marie Benedict. Book for February will be distributed at the January meeting.

Visually Impaired Senior Support Group



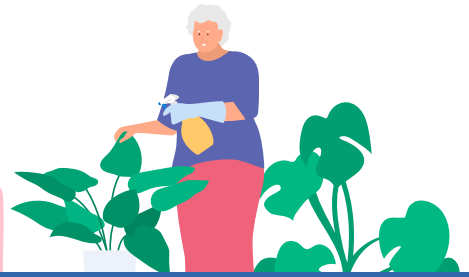
**Tuesday, Jan 9
at 1 pm**

In the GFSC Activity Room. Contact Pam at 701-795-2719 with any questions.

Monthly Creations

**Wednesday, Jan 10
at 10 am**

Join Amanda for a **card making class**. Call 701-757-4866 or register at the GFSC front desk. Class size is limited. All supplies will be provided. \$2 for the class.



FREE Legal Services for Seniors

**Thursday, Jan 11
from 9 am - 11 am**

**Thursday, Jan 25
from 2 pm - 4 pm**

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

Coffee & Pie with a Cop

**Tuesday, Jan 16
at 1:30 pm**

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

Trivia

**Thursday, Jan 11
Thursday, Jan 25
at 1 pm**

Come play Trivia at the Grand Forks Senior Center! Engage your mind, connect with fellow enthusiasts, and enjoy a friendly atmosphere. Test your wits in a welcoming community of trivia lovers!

Diabetes Prevention Class

**Fridays
at 10 am**

Join this class to work toward a healthier lifestyle, focusing on weight loss, increased activity, and preventing Type 2 diabetes. See **page 19** for details.

Winter Week

Jan 22- 26

Scare the winter blues away at Winter Week at the Grand Forks's Senior Center.

Each day will have a fun theme and special activities. Please see the front cover for more information on this fun filled week!

No Bingo

**Wednesday, Jan 10
Thursday, Jan 11**

There will be no bingo January 10 and 11 due to stage construction.

Regularly scheduled bingo will resume January 17.

Thank you for understanding!




Bad Weather


During bad weather, call the GF Senior Center at: **701-772-7245** to find out if we are open.

Notice will also be posted on:

www.gfseniorcenter.org, valleynewslive.com and facebook.com/gfseniors.


January 2024 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>GFSC Closed Happy New Year!</p> 	<p>2</p> <p>9:00 am Healthy Bones AM 9:00 am Tour 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 3:30 pm Healthy Bones (GFSC)</p>	<p>3</p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:00 pm AARP Driver's Safety Class 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>4</p> <p>9:30 am Men's Coffee 10:00 am Crochet Group 1:00 pm Bunco (\$2) 1:00 pm Bingo (\$2/card) 3:30 pm Healthy Bones (Hope Church)</p>	<p>5</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Diabetes Prevention Class</p>
<p>8</p> <p>8:30 am Red Hat Society Meeting: Breakfast (GFSC) 9:30 am Men's Coffee 10:30 am Book Club 1:00 pm Dominoes 1:00 pm Pinochle 1:00 pm Music Monday Elvis Birthday Bash 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>9</p> <p>9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Weight Management 10:00 am Ladies Coffee 1:00 pm Alzheimer's Association Presentation 1:00 pm Vision Support Group 1:00 pm Farkle 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 3:30 pm Healthy Bones (Hope Church)</p>	<p>10</p> <p>9:30 am Wii Bowling League 9:30 am Men's Coffee 9:30 am Game Group 10:00 am Monthly Creations (\$2) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p> <p style="text-align: center;">No Bingo due to stage project</p>	<p>11</p> <p>9:00 am - 11:00 am Free Legal Services 9:30 am Men's Coffee 1:00 pm Trivia 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>12</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Diabetes Prevention Class</p>



Dive into the joy of reading at the GFSC Library this winter season!
 Whether you fancy a cozy mystery for a snowy night or a timeless classic,
 our library is your literary haven.

Simply sign in, pick your books, and carry the magic home.
 When you finish, return the books to the bin in the library,
 our volunteers will take care of the rest!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 GFSC Closed in observance of Martin Luther King Jr. Day	16 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle 1:30 pm Coffee & Pie w/ a Cop 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 3:30 pm Healthy Bones (GFSC)	17 9:30 am Wii Bowling League 9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	18 9:30 am Men's Coffee 10:00 am Crochet Group 1:00 pm Bunco (\$2) 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	19 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Diabetes Prevention Class
22 Winter Week Plaid/Flannel Day	23 Winter Week Hat Day	24 Winter Week Wacky Wednesday	25 Winter Week Beach Day	26 Winter Week Sports Day
9:30 am Men's Coffee 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Joe's Magic Show 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 3:30 pm Healthy Bones (Hope Church)	9:30 am Wii Bowling League 9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	9:30 am Men's Coffee 1:00 pm Trivia 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm - 4:00 m Free Legal Services 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Diabetes Prevention Class
29 9:30 am Men's Coffee 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	30 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 3:30 pm Healthy Bones (Hope Church)	31 9:30 am Wii Bowling League 9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)		Library, computers for senior use and billiards available anytime GFSC is open

Prescription Scams

Online Pharmacy dangers: According to the FDA and the National Boards of Pharmacy (NABP), using online pharmacies can come with several risks. The NABP reports that at least 40,000 online pharmacies do not comply with patient safety laws; and about 95% of websites offering prescription-only drugs are operating illegally.

What does this mean for you? When using online pharmacies, you don't always know who you are dealing with. It could be a pharmacy in another country that doesn't have the same level of quality control that the United States does, or it could even be a fake pharmacy that appears legitimate. You may be risking more than your health. These fake pharmacies are looking to steal your personal information which puts you at risk for medical and identity theft.

How to safely order from online pharmacies: Here are some signs to watch for:

- Is the online pharmacy licensed with a state board of pharmacy?
- Does the online pharmacy have a physical address and phone number?
- Does the online pharmacy ask for a doctor's prescription?
- Does the online pharmacy have a licensed pharmacist available to answer your questions?
- Does the online pharmacy have prices that "are too good to be true"?
- Do they state that they will not sell your personal information?

Another way to know if the online pharmacy is genuine is to use NABP's Buy Safely tool which allows you to type in an online pharmacy website to see if it has been verified by the NABP. The website to use is: safe.pharmacy/buy-safely where you will type in the online pharmacy website address (not the pharmacy name). You can also look for a symbol on the online pharmacy website that shows if it is NABP-accredited. The symbol resembles a vertical infinity sign (like the number 8) inside a circle and has the words "NABP Accredited Digital Pharmacy."



Before ordering online, check with your local pharmacy. Sometimes you can find prices that are just as good.

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: Health (25 Nov 23). *Script Scams*. Retrieved from: [Bismarcktribune.com](https://bismarcktribune.com)

North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580
For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

Paid Advertisement

Aspen Park

Briarwood

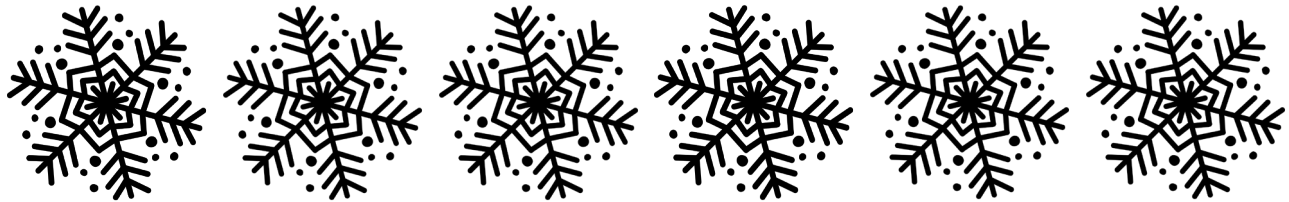
Parkview Terrace



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



Paid Advertisement



Maple View
 MEMORY CARE COMMUNITY

Providing you and your family
 with peace of mind

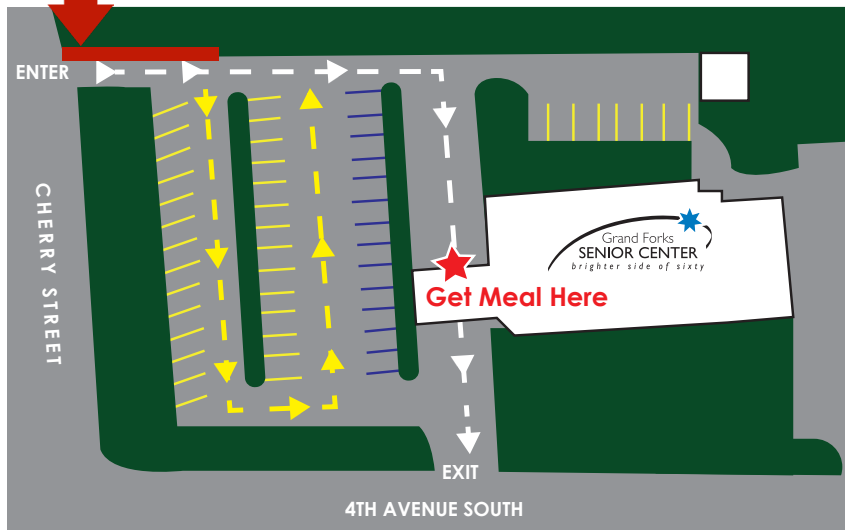
- Full time residency
- Respite
- Adult day services

4650 S Washington St
 Grand Forks, ND 58201
 (701) 772-3400
www.lifeatmapleview.com

Drive-Thru Lunch Route Map

Monday - Friday | 11:30 am to Noon

No parking or waiting in this area



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

Enter lot from **Cherry Street**

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

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

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



ATTENTION NORTH DAKOTA HOMEOWNERS

PRIMARY RESIDENCE

PROPERTY TAX CREDIT

As a North Dakota Homeowner,
You May Qualify for a New Property Tax Credit.

NORTH DAKOTA HOMEOWNERS MAY RECEIVE UP TO A \$500 TAX CREDIT!

- CREDIT REFLECTED ON NEXT YEAR'S PROPERTY TAX STATEMENT
- NO AGE OR INCOME RESTRICTIONS
- PROPERTY MUST BE RESIDENT'S PRIMARY HOME

ONLY ONE CREDIT AVAILABLE PER HOUSEHOLD

APPLY JANUARY 1, 2024 - MARCH 31, 2024 AT
[TAX.ND.GOV/PRC](https://tax.nd.gov/prc)

LEARN MORE AT [TAX.ND.GOV](https://tax.nd.gov)



RESOURCE DEPARTMENT STAFF ARE AVAILABLE TO ASSIST
WITH THE ONLINE APPLICATION
CALL 701-772-7245 FOR AN APPOINTMENT.

Effective Communication Strategies



Class Description

Effective Communication Strategies is a program provided by the Alzheimer's Association® that explores how communication takes place when someone has Alzheimer's disease. By the end of the program, attendees will be able to:

- Explain the communication changes that take place throughout the course of the disease.
- Decode the verbal and behavioral messages delivered by someone with dementia and respond in ways that are helpful to the person.
- Identify strategies to connect and communicate at each stage of the disease

Upcoming Class

Tuesday, January 9, 2024

1:00 PM to 2:00 PM

Location: Grand Forks Senior Center-

620 4th Ave S, Grand Forks, ND 58201

Presenter: Julie Praska-Moser, Program Manager



\$119,396 on our way to a goal of \$130,000

Thank you to our generous donors who have been supporting the Senior Center's annual Silver Campaign. All donations received from October 20, 2023, to the end of the year will be counted as Silver Campaign gifts. The gifts below were received from Nov. 13 to Dec. 10, 2023. The donors are listed in their cumulative giving categories for this period. (Brighter Side Society Members are designated by the * symbol.)

Thank you for your generous gifts! Silver Campaign gifts are accepted through Dec. 31 at the GFSC, by mail, or online at www.gfseniorcenter.org/donate.

Shooting Stars (\$10,000 and up)

Medica Foundation
For senior meals

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

Altru Health Foundation Grant
For Home Delivered Meals
Gransberg, Janice
Iverson, Avis
In memory of Robert Iverson
Martin, Janell
In honor of Meals on Wheels
volunteers
Mutual of America
Saddler, Tom and Jackie

Luminous Stars (\$500-\$999)

Alerus
Altendorf, Diane
Anonymous
Broadwell, Ray and Becky*
In memory of Robert and
Linda Cournia
Devig, Mary Ann
In honor of Gordon Sather
Iseminger, Carl and Colette*
In memory of Bruce Hoeger
and Robert Iverson
Knauf, Diane
Nelson, Duane
In memory of Lila Jane Nelson
Pariseau, Pamela

Dazzling Stars (\$250-\$499)

American Legion Post #6

Anonymous
Bundlie, Margaret
Evers, Marilyn
In memory of Lawrence and
Evie Evers
German Law Group
Hertel, Mel and Kathleen
Johnson, Tim and Mary
In memory of Lee, Rose and
Henry Archibald and Joe
Johnson
Medalen, Rodney and Joyce
Narlock, Joe and Stacy
Olson, Ervin
In memory of Mylah Olson
and Charlotte Moen
Sansburn, Charles
Vollrath, Rob and Joann
In memory of Laura Jane
Paulson

Glowing Stars (\$100-\$249)

Anonymous (x5)
Anonymous
In memory of Lillian Buck
Arnold, Dave and LaVonne
Aubol, Linda
Austin, Kevin and Joyce
Banner Lodge #4 Independent
Order of Odd Fellows
Belobraydic, Matt and Rochelle*
Bott, Al and Donna
Budge, Pat
Bures, Frank and Judy
Bye, Don and Elaine
In memory of Clarence and
Donna Bye, Doug Bye, Laurie
Bye
Campbell, Jim

Christianson, Judy and Susan
Clemens, Beverly
In memory of Garfield
Clemens, Hank Paulson, and
Evelyn Feltman

Cole, Marie
In memory of Butch Cole
Cox, Don and Lori
DeVries, Denby
Elbert, Dennis and Dora
Erickson, Dennis and Cheryl*
Fladeland, Ardell and Connie
Fraternal Order of Eagles Aerie
350

Garver, Bob and Veriena
In memory of Rob Hanson
and Dakota Garver

Geiselhart, JoAnn
In memory of Lyle Geiselhart

Gormsen, Dorothy
Grabanski, Dolores and Merlyn
In memory of Bryan Grabanski

Graupe, Owen and Marlene
Groseth, Dean and Janine
Hager, Del and Jean

Hass, Brad
Hergert, Mike and Linda
Hilde, Wayne

In memory of Melanie Hilde
Hoeger, Gordon and Dorothy
In memory of Bruce Hoeger

Hoffert, Larry and Mary
Hoffmann, Mark and Jan
In memory of Ralph Bray

Holman, Alice
Honkola, Roxie
Humble, Robert and Barbara

Iverson, Jack and Carol
 In memory of Gary, Bob and
 Don Iverson
 Jehlicka, Rita
 Jobe, Brenda
 Jore, Thelmer and Belle
 Joyce, Gerry and Mary
 Koppy, John and Roseann
 Kvasager, Vickie
 LeClerc, Judy
 Lien, Vicki and Gary
 Lill, Dave and Shirley
 Lofberg, Janice
 McFarland, Deanna
 Meagher, Albert and Shirley
 Meuwissen, Robert and Debbie
 Mikkelsen, Merle and Kaye
 Mills, Faye
 Murphy, Spud
 Nadeau, RaeNett
 In memory of Clem Nadeau
 Nowacki, Loren and Sheryl
 Nyberg, John
 In memory of Mary Nyberg
 O'Brien, Marie
 Olson, Darell
 In memory of Loraine Olson
 Otremba, Sheryl
 In honor of my parents,
 Clarence and Beatrice Geir
 Paul and Krista Kuhlman Family
 Endowment Fund
 Patridge, Michael and Marci
 Pilon, Daniel
 Rengstorf, Luke and Amanda
 Rike, Else
 Royal Neighbors of America
 Chapter 138
 Samson, Dan and Sandy
 Shores, Arden and Irene
 Skavlem, Allan
 Sondrol, Leroy and Judy
 Sorlie, Richard and Bette
 Staples, Terri
 In memory of Paul Ness
 Thrivent Choice
 Torblaa-Multhaupt, Randy and
 Laurel
 Ward, Jim and Cheryl
 In memory of Jeff Raymond
 Wischer, Agnes

Shining Stars (up to \$99)
 Andres, Julie
 Anonymous (x8)
 Ashe, Kathy
 In memory of Ginny Lynch
 and Ray Lynch

Bethke, Glenn and Sandra
 Buckley, Ann*
 Dvorak, Marlene*
 In memory of Cheryl Vreeland
 Dybwad, Irene*
 In memory of Kathy
 Midgarden
 Gillespie, Paul and Lois
 Guthmiller, Ronald and Patricia
 Hafner, Duane and Sue
 Hammerstrom, Lloyd (Tooker)*
 Hannestad, Sandra
 Haynes, Michael and Joy
 In memory of Darnell
 Thompson
 Heffern, Izola
 In memory of John Heffern
 Helgerson, Donna*
 In memory of my husband,
 Arral (AJ)
 Hogan, Shirley
 Janssen, Jerry and Carol
 Johnson, Joan
 In memory of Cheryl Vreeland
 Juntunen, James and Linda
 In memory of my brother
 Alfred Juntunen
 Jurgens, Richard and Sharon
 Kaste, Ryan
 In memory of Norman and
 Linda Kaste
 Kastner, Elda
 Keller, Edna-Mae
 In memory of Marlene Kuntz
 Kjelaas, Renee
 Kjemhus, Jerry and Barb
 In memory of Bill Peterson
 Kraft, Sherene
 Kryzsko, Cec
 Legg, Elaine
 Locken, Josee
 Lunde, Beverly
 Markwardt, Bethany
 Mattern, Alice*
 McCue, Kathy
 In memory of Marilyn Bjerke,
 Pat McCue
 Middleton, Janice
 Miller, Maureen
 Moe, Ronald and Patricia
 Nelson, Nancy
 Novacek, Alta
 In memory of Anthony
 Kozojed
 PayPal Giving Fund
 Ramberg, Cheryl
 Reuter, Neil and Colleen
 Ruud, David

Sandberg, Curt and Ione*
 For Meals on Wheels
 Schiele, Kathy*
 In memory of Don Schiele
 Schumacher, Matt and Jami*
 Staveteig, Elizabeth
 Stephan, Jeff and Rhonda
 Sulland, Steve and Linda*
 Thrivent Choice
 In memory of Arthur Schroder
 Vein, Jerry and Mary*
 Vonasek, Wayne and Toni
 In memory of Engelhardt and
 Vonasek families
 Westrum, Brad and Yvonne*
 Winger, Steve and Annella
 In honor of Don Swartz
 Winters, Faye
 Zirnhelt, Clair and Ronda*

Volunteers Needed!

- **Home Delivered Meals,** located in Altru Hospital, needs delivery volunteers weekdays, from 11 am - 12:30 pm. Call HDM at 701-780-5169, or email HDMeals@midconetwork.com to help.
- **Meals on Wheels,** located in the GF Senior Center needs delivery volunteers weekdays, from 10:30 am - Noon. Please call Roxie at 701-757-2006, or email mow@gfseniorcenter.org to help.
- **Bingo Volunteers**
- **Tech Support**
- **Dining Room Volunteers**
- **Trivia Leader**

FAQs about Hand Washing:



Here are some FAQs about hand washing, hand sanitizer, and how to help maintain your health during cold and flu season:

Q: How can washing your hands make you healthy?

A: Handwashing removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related illnesses and 1 in 5 respiratory infections, such as a cold or the flu.

Q: Soap or hand sanitizer; which is better?

A: According to the CDC, traditional hand washing with soap and water is more effective at removing visible dirt, grease, and soils in which germs can stick to. Soap will work to remove any type of germs, including viruses and hardier bacteria.

Q: Should hand sanitizer be avoided?

A: No; hand sanitizers that contain at least 60% alcohol are effective at removing many types of germs when the hands are clean. Using hand sanitizer is more beneficial to health than not using anything at all.

Q: Is antibacterial soap better than regular soap?

A: No; studies have shown that antibacterial soap is no more effective at removing germs than regular soap. Antibacterial soap has also been found to contribute to antibiotic resistance.

Q: Towel drying or air drying; which is better?

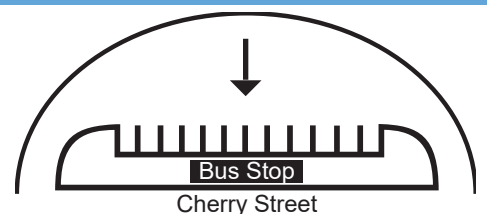
A: Drying hands with a cloth or paper towel is recommended over air drying because the physical friction created between the hands and the towel helps detach germs from the skin.

Q: When hand washing, does the water temperature matter?

A: Yes; soap is a surfactant, a type of compound that makes water “wetter” to better wash away grime and germs. Surfactants are able to maximize their effectiveness when used with warm to hot water.

Parking Info: For Mondays, Tuesdays, and busy days

No street parking on Cherry Street on Mondays and no street parking on 4th Avenue S. on Tuesdays. Extra parking is available at the Link, across Cherry Street. Park in the spots closest to the street.



Foot Care Appointments

Is it difficult to take care of your toenails? Is your vision failing or do you have arthritis, which can make this task difficult? Whatever the reason, if you are 60 or over, you can have your foot care done by nurses at the Grand Forks Senior Center. Call today for an appointment. Suggested donation of \$30 for foot care at the Grand Forks Senior Center and \$35 for home visits or visits in rural communities.

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

Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

Jan 3 McVille Fire Hall, 203 Baldwin Street, McVille 9:30 am - Finish

Jan 30 Aneta Community Center, 219 Main Avenue, Aneta 9:00 am - Finish

Revised guidelines to keep clients and staff safe:

- Nurses are properly equipped for the safety of all individuals.
- Client masks are optional. Please bring one with you if you want to wear a mask. The Grand Forks Senior Center will no longer provide masks.
- You must call and reschedule your appointment if you are not feeling well!

Please help to keep our nurses healthy to serve you!

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

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*Request Information or Schedule
your Personal Tour Today!*



*Our Family
Caring for Yours*

Senior Independent Living - Country Estates

- A variety of elegant apartments
- Café, hair salon, exercise room, transportation

Assisted Living - Wheatland Terrace

- Spacious apartments with 24/7 personal care
- Meals, transportation to medical included

Basic Care - Tuft Manor

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

valleyseniorliving.org
701.787.7563

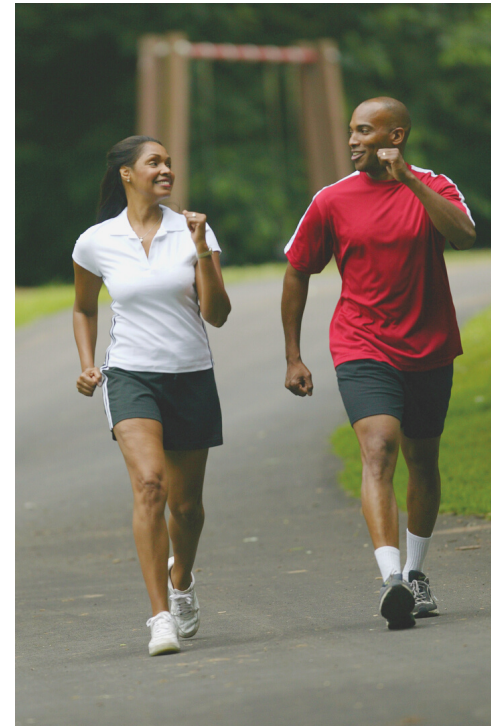


Fun In The Center

1-4 Thanksgiving Feast

5-9 Christmas Feast





NATIONAL DIABETES PREVENTION PROGRAM

The National Diabetes Prevention Program is a lifestyle change program designed to help people lose weight, be more active, and to prevent the onset of type 2 diabetes. The program provides education and support for people with prediabetes and those who are at high risk for developing prediabetes.

Participants meet for a year - weekly for 13 weeks, twice a month for 4 months and then once a month for 4 months, to maintain healthy lifestyle changes. Together participants celebrate their successes and find ways to overcome obstacles.

Upcoming Class

FRIDAYS STARTING JANUARY 5, 2024
 10:00-11:00AM | GRAND FORKS SENIOR CENTER
 620 4TH AVE. S, GRAND FORKS

REGISTER TODAY AT: WWW.NDC3.ORG
 OR CONTACT TAMMIE AT 701-787-8152 ;
TAMMIE.NADEAU@NDSU.EDU

space is limited

COULD YOU HAVE PREDIABETES?

1 In 4 adults in ND have prediabetes. Only 10% know they do.

RISK FACTORS



Over age 45



High blood pressure



Overweight



History of gestational diabetes



Family history of diabetes



Sedentary lifestyle





On your own, but never alone.

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

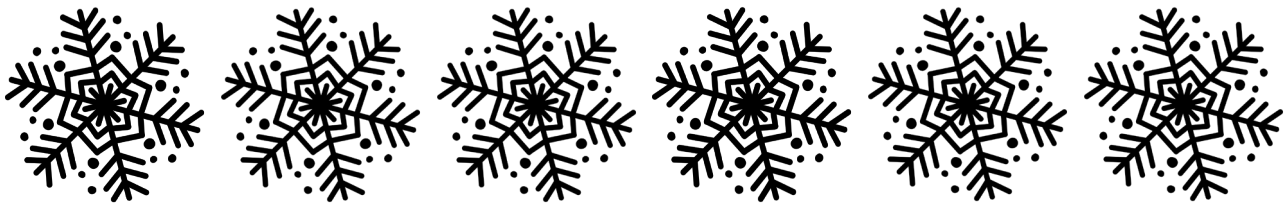
Services available include:

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

Now Offering ~ Respite Care Services

Full-time care can take its toll.

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




Edgewood
Cottage Homes
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A 55+ community in South Grand Forks

FOR SALE

MEGGEN SANDE
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msande@greenbergrealty.com | greenbergrealty.com

January 2024 - Grand Forks Title III Older Americans Act Food Program

Suggested contribution for seniors is \$2 for Breakfast; \$4.25 for Lunch. Please contribute what you can. Cash, Check, EBT/SNAP and Credit Cards are accepted at the GFSC. You may call 701-772-7245 to pay with your card. Those under 60 years are required to pay the actual cost of the meal unless your spouse is over 60. The actual cost of the meals are: \$6.50 for Breakfast; \$11.75 for Lunch. The second entree option is available for sit-down meals at the Senior Center. Menu is subject to change based on availability of food and supplies.

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
Ham & Egg on WW Muffin (2 cs) 3/4 oz Cold Cereal (1 cs) 1/2 c Fruit Sauce or OJ (1 cs) 8 oz 1% Milk (1 cs)	Omelet (.5cs) 2 WW Toast (2cs) 1/2 c Fruit Sauce or OJ (1 cs) 8 oz 1% Milk (1 cs)	1/2 c Fruit Sauce or OJ (1cs) Sausage Egg Muffin (2cs) Whole Grain Cereal (1cs) 8 oz 1% milk (1cs)	2 Eggs Made to Order Hashbrown Patty (1 cs) 2 WW Toast (2 cs) 1/2 c Fruit Sauce or OJ (1 cs) 8 oz 1% Milk (1 cs)	2 Slices WW Cinn French Toast Scrambled Egg 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)
Breakfast: Toast with a meal includes margarine, jelly and peanut butter choices; Syrup, SF syrup and margarine are available with pancake, waffle and french toast meals.				
Monday Lunch: Jan 1	Tuesday Lunch: Jan 2	Wednesday Lunch: Jan 3	Thursday Lunch: Jan 4	Friday Lunch: Jan 5
CLOSED HAPPY NEW YEAR	8 oz Hung Goulash (1cs) or Chix Wild Rice Cass (1cs) 1/2 c Green Beans 1 c. Tossed Salad/dressing 1/2 c Fruit Sc.(1cs) 1 WW Bread (1cs)	3oz Swedish Meatballs (1cs) or Salmon 1/2 c. Parslied Noodles (1cs) 1/2c Multicolor Carrots 1/2c Apple Crisp/Topping (2cs) 1 WW Bread (1cs)	3oz Meatloaf (.5cs) or Pork Roast 1/2 c M. Potato/gravy (1cs) 1/2 c Brussel Sprouts 1/2 c. Fruit Cocktail (1cs)	3 oz Bk Chix Fried Steak (.5cs) or S&S Meatballs (.5cs) 1/2 c M. Potato/gravy (1cs) 1/2 c Glazed Baby Carrots (.5cs) Small Orange (1cs)
Monday Lunch: Jan 8	Tuesday Lunch: Jan 9	Wednesday Lunch: Jan 10	Thursday Lunch: Jan 11	Friday Lunch: Jan 12
Apple Spiced Pork Chop (.5cs) or 3oz Baked Fish 1/2c Squash (1cs) 1/2 c Mixed Veggies (.5cs) 1/2c Applesauce w/Cinn (1cs)	3 oz Roast Turkey 1/2 c M Pot/Gravy (.5 cs) 1/4 c Dressing (.5 cs) or Cheese Ravioli w/Sc (1cs) 1/2 c Yams (1.5 cs) 1 oz Cranberries (.5 cs) 1/2c Pears (1cs)/1 WW Bread (1cs)	3oz BBQ Chicken(1cs) or Applesauce Ribs(1cs) Sm Baked Potato (1cs) 1/2c Green Beans 1/10 Pumpkin Pie W/Topping (2 cs)	Beef Enchilada (2cs) or S&S Chix over Rice (1cs) 1/2 c Seasoned Black Beans (1cs) 1/2c Corn (1cs) 1/2c Mandarin Oranges (1cs) No Bread	Chicken Pot Pie (1cs) 1/2c Stewed Tomatoes (.5cs) or Taco Salad (3cs)/Salsa Lettuce/Tomato/Bl. Olives Tortilla Chips (1cs) 1 WW Bread (1cs) 1/2 c. Peaches (1cs)
Monday Lunch: Jan 15	Tuesday Lunch: Jan 16	Wednesday Lunch: Jan 17	Thursday Lunch: Jan 18	Friday Lunch: Jan 19
CLOSED Martin Luther King Day	Stloppy Joe on WW Bun (2cs) or Tunamelt (2cs) 8 oz Tomato Soup (-.5cs) 1/2 c. Steamed Broccoli 1/2 c Cherry Sc. (1cs) No bread	Pork Chop in gravy or 3 oz Roast Beef w/gravy 1/2c M. Potato/Gravy (1 cs) 1/2c Sweet Potato(1cs) 1/2 c Peach Crisp/Topping (2cs)	8 oz Chili (1cs) or Crax Crumb Fish (.5cs) 1/2c Mixed Veggies (.5cs) Sm Baked Potato (1cs) 2"x2" Cornbread (1cs); No Bread 1/2 c Pears (1cs)	3 oz Chicken in Gravy or 3oz Swiss Steak/gravy 1/2 c. M. Potato/gravy (1cs) 1/2c Carrots 1 small Orange (cs)

Monday Lunch: Jan 22	Tuesday Lunch: Jan 23	Wednesday Lunch: Jan 24	Thursday Lunch: Jan 25	Friday Lunch: Jan 26
3oz Crispy Chicken (1cs) or Stuffed Pepper(.5cs) 1/2c Sweet Potato (1cs) 1/2c Steamed Broccoli 1/2c Peach Sc (1cs)	Stuffed Shells in Sauce (2cs) or 8oz Tator Tot Cass (2cs) 1/2c Wax Beans 1 WW Bread (1cs) 1/2c Mandarin Oranges (1cs)	3oz Porcupine Meatballs (.5cs) or Fish Almondine 1/2c M. Potato/Gravy (1cs) 1/2c Green Beans 1/2c Pear Crisp/Topping (2cs)	3oz Salmonloaf (.5cs) or P/A Glazed Pork Chop (.5cs) 1/2c M. Potato (1cs) 1/2c Creamed Mixed Veggies (.5cs) 1/2c. Tropical Fruit (1cs)	3oz Herbed Chicken or Liver/Onions 1/2c Scalloped Potatoes (1cs) 1/2c Multicolored Carrots 1/2c Applesauce w/Cinn (1cs)
Monday Lunch: Jan 29	Tuesday Lunch: Jan 30	Wednesday Lunch: Jan 31		
Chix Kiev over Rice Blend (1cs) or Beef Tips/gravy over Rice Blend (1cs) 1/2 Boiled Potato (1cs) 1/2c Peas (1cs) 1 WW Bread (1cs) 1/2 c Mandarin Orange (1cs)	3oz Ham or Lemon Pepper Tilipia Sm Baked Potato (1cs) 1/2 Roasted Brussel Sprouts 1/2c Tropical Fruit (1cs)	2x3"Lasagna (2cs) 8oz Chix Noodle Casserole(2cs) 1/2c Green Beans 1c. Romaine Salad/dressing (.5cs) 1 WW Bread (1cs) 1/2c Peach Crisp/Topping (2cs)	<p>Each Lunch includes: 2 WW Bread (2cs) 8 oz 1% Milk (1 cs) 1 tsp butter or margarine Unless Noted</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	
<p>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</p> <p>Attn: Diabetics-These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts</p> <p>Serving Breakfast (8:30am-9), Lunch (11:45-12:15pm) at the GF Senior Center. Entree choice at the GF Senior Center only. No reservations required at the Grand Forks Senior Center (620 4th Ave South). Drive Thru 11:30-12. Reservations required at these sites: Homestead-1639 24th Ave South from 11:45-12; The Link-300 Cherry Street from 11:15-11:30. Visit your site by the day before to make your reservations.</p>				

Date: 11/22/2023 Licensed Registered Dietitian #13899 Colette Iseninger Colette Iseninger, MS, RD, LRD



Sit-Down Breakfast - Served 8:30 am - 9 am
Drive-Thru Lunch - Served 11:30 am - Noon
Sit-Down Lunch - Served 11:45 - 12:15 pm

Don't be late, or you won't get a plate!
Please be considerate of serving times!

Cities Area Transit offers
SENIOR RIDER

Monday - Friday:
 6:00 am - 10:00 pm
Saturdays:
 8:00 am - 10:00 pm



Call **787-9120** weekdays before 5:30 pm. Before using this service, you must complete an application with Cities Area Transit (**allow one week for processing**). If you call this number in the evening or on the weekends, you will need to leave a message. Call one business day in advance of when you need your ride after your application has been approved. **Masks and social distancing are encouraged.** Rides within GF and EGF city limits only.

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 Private Residential Elderly Care Home**

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 2367 38th St. S
 Grand Forks, ND 58201

**ND Aging
 &
 Disability
 Resource
 Link**

for information on senior services in North Dakota, you may contact the following:
 Phone:
 1-855-462-5465
 Website:
carechoicend.assistguide.net



**Transportation
 to FARGO**

The Walsh County Transportation Program takes a bus to Fargo the second Monday of each month for \$15 round trip. The bus departs at 9:00 am from the I-29 South Truck Stop (Flying J) in GF and leaves Fargo at 3:00 pm to come back. Call 701-284-7980 by noon the Friday before for reservations.

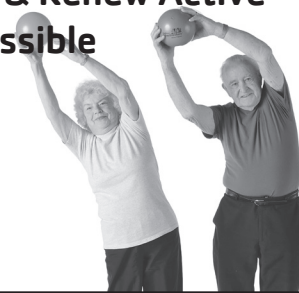
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- Group Classes
- Cardio & Strength Equipment
- Med Fit & Cardiac Pulmonary
- Parkinson Wellness
- Insurance Wellness Plans Like SilverSneakers® & Renew Active®
- Wheelchair Accessible Equipment

Financial Assistance Available

For information call:
701-775-2586

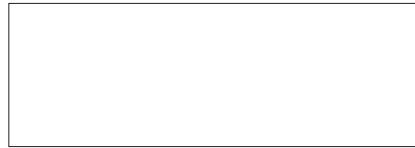




620 4th Ave. S.
Grand Forks, ND 58201
701-772-7245
www.gfseniorcenter.org

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Grand Forks, ND



Grand Forks Senior Center
January 2024
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

Closed Monday, January 1
Monday, January 15



YOUR MEMBERSHIP MATTERS

We would greatly appreciate your purchase of a 2024 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, or bring it to the GF Senior Center. You can pay with cash, check (made out to the Grand Forks Senior Center) or debit/credit card at the Senior Center. Membership is \$20 for an single or \$30 for a double at the same residence for the calendar year. Membership is required to go on a trip or attend exercise classes, and is required for those living outside of Grand Forks or Nelson counties who would like to receive the newsletter by mail. We highly encourage memberships to support the center. Thank you for supporting the Grand Forks Senior Center!