

What's Our Plan for the Rest of the Summer?

Please see page 11 to see the motion approved at the June 18 Grand Forks Senior Center Board of Directors meeting.



FOOT CARE

GFSC nurses are seeing clients for foot care at the Grand Forks Senior Center (see page 13 for details), with safety guidelines in place. At this time the Grand Forks Senior Center will not have foot care clinics anywhere else in Grand Forks, other than the Senior Center. Please call 701-757-4878 for a foot care appointment.

MEALS for SENIORS

The Grand Forks Senior Center's dining site will remain closed to the public through at least August 31, 2020. We will continue with our weekday, contact-free drive-thru from 11:30 am - 12:15 pm during this time. We have also reinstated weekday meal delivery to our Meals on Wheels clients (we had been delivering a week's worth of meals just once a week). We continue to deliver weekday meals for Home Delivered Meals clients. Frozen meals are also available to all people, 60 and older. Call 701-772-7245 to place an order.



ACTIVITIES

The Grand Forks Senior Center will remain closed to the public through at least August 31, 2020; however, we are offering some outdoor exercises classes at Lincoln Park (see page 4 for additional information). We also encourage people to visit our website for ways to stay engaged (see page 4 for more information), including following along with our Healthy Bones and Qigong videos, which recently were filmed at the Grand Forks Senior Center.

RESOURCES

The Resources department of the Grand Forks Senior Center is available by telephone and email to provide information about our services and community resources (see page 6 for additional information). There are no in-home or Senior Center visits during this time.



Grand Forks Senior Center (GFSC) Phone Numbers

GFSC is an United Way Partner Agency



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

GFSC Board of Directors

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Mission Statement

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

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

Building & Program Usage Guidelines

Building Currently CLOSED

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

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

Foot Care: People 60 and older.

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

Home Delivered Meals: Any age.

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

If you would like to receive this newsletter (either in the mail or by email), you no longer wish to receive this newsletter, or your address is changing, please contact the GF Senior Center at 701-772-7245 or jamis@gfseniorcenter.org. We currently print over 2,300 Silver Express newsletters each month and mail about 2,000 of them. Another 400 people receive the newsletter by email. If you would like to switch to receive the newsletter by email and save on resources, email Jami at jamis@gfseniorcenter.org and let her know.



The Silver Express[©]

July 2020



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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



Let's Get Moving!



OUTDOOR SENIOR EXERCISE CLASSES

Chair Yoga: M & W at 3 pm

Building Better Balance w/Bill from Altru: T & Th at 2 pm

Qigong w/Harpreet: T & Th at 2:30 pm

Healthy Bones: T & Th at 3 pm

**FREE for
People 60+**

Requirements

- Bring your own chair
 - Bring your own water bottle
- Must social distance
- Must have signed exercise consent form (ask leader if needed)

Location: Lincoln Park (120 Euclid Ave, GF). Meeting behind Picnic Shelter #3. Close to parking and bathrooms.

Weights: If you would like to borrow Senior Center weights, call Ranea at 701-757-4866 and let her know what you need and she will bring them to class.

Classes began on Monday, June 15.

No classes if the heat is extreme or if it is raining.

Check Out the Senior Center's Website

www.gfseniorcenter.org

Safe Seniors Updates (www.gfseniorcenter.org/safeseniors): Check here to see the most recent updates for the Grand Forks Senior Center.

Staying Engaged (www.gfseniorcenter.org/stayingengaged): Page full of links to other sites to keep you engaged while at home. Includes virtual tours of national parks and world famous sites, exercise classes, games, TED Talks, and more! TRICKSTER (www.trickstercards.com) is a way to play cards online with family and friends. Want to learn how to Zoom? Check out, on this webpage, links to YouTube videos teaching you how to Zoom.

Let's Get Moving (www.gfseniorcenter.org/physicalactivities): List of OUTDOOR EXERCISE classes, as well as exercise videos to follow along from home.

Donate (www.gfseniorcenter.org/donate): You can feed older adults during this pandemic by making an online gift to the Grand Forks Senior Center.

Coronavirus: Specific Instructions for High-Risk Populations

Source: North Dakota Department of Health

As North Dakota continues efforts to understand the characteristics of the coronavirus, **special emphasis must be placed on behaviors that help protect high-risk individuals.** This will enable the public health strategy to transition from guidelines that affect entire populations to targeted interventions that protect high-risk individuals.

"High-risk individuals" include those over 65, those living at senior living facilities, individuals who are sheltered, and those of all ages with underlying medical conditions and/or developmental disabilities, including chronic lung disease, asthma, heart conditions, severe obesity, chronic kidney disease, liver disease, or otherwise immunocompromised (undergoing cancer treatment, smoker, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune-weakening medications).

HOW WE ALL CAN PROTECT HIGH-RISK INDIVIDUALS:

- Wearing face coverings/ masks when within a six-foot distance of others.

- Asymptomatic individuals follow proper hygiene standards and social distancing guidelines, especially around high-risk individuals.
- Limited visitation to hospitals, nursing homes, and other residential care facilities.
- Retail settings create an established window of time for high-risk groups to come in without pressure from crowds.
- Pharmacies waive prescription delivery fees for high-risk individuals.
- Workplaces minimize face-to-face contact, assign tasks that allow high-risk individuals to maintain a six-foot distance from other workers or customers, or allow them to telework.
- Provide temporary or alternative shelter for individuals of domestic violence, those without a permanent residence, and/or experiencing homelessness.

HOW HIGH-RISK INDIVIDUALS CAN PROTECT THEMSELVES:

- Limit travel; if telework is not possible, limit travel to work-related travel only.
- Limit visiting friends or family without urgent need.
- Limit attending gatherings of

any number of people outside your household or residence, especially with other high-risk individuals.

- Do not visit hospitals, nursing homes, and other residential care facilities.
- Those who are, or work with, vulnerable populations should undergo daily screening/ symptom monitoring and should be tested if they develop symptoms. High-risk populations should take extra precaution to avoid close contact with multiple people, including having the same caretakers whenever possible.
- Households with vulnerable individuals should consider providing more intensive precautions and should conduct themselves as if they are a significant risk to the vulnerable individual, including wearing a face covering or mask and washing hands frequently before interacting with the person, such as by feeding or caring for the person. If possible, provide a protected space for vulnerable household members, and ensure all utensils and surfaces are cleaned regularly.

Help Feed the Hungry Meals on Wheels Volunteers Needed



The Grand Forks Senior Center is in need of MEALS ON WHEELS VOLUNTEERS. Earlier in this pandemic we switched to delivering our Meals on Wheels clients one hot meal and six frozen meals each week, so we only made contact with them once a week. Beginning the week of June 15, we RESUMED OUR WEEKDAY DELIVERY. Precautionary measures are taken to keep volunteers and clients safe. Volunteer commitment time is 10:30 am - Noon, loading up at the Grand Forks Senior Center. We ask that volunteers commit to delivering one day a week. **We are also looking to build our substitute volunteer list. Interested? Contact Aubrey at 701-757-2006 or mow@gfseniorcenter.org.** Thank you for helping us feed older adults!

GF Senior Center Resources Department

To protect the health and safety of seniors in our region, the GF Senior Center Resources department currently is not making in-home visits. We also are restricting access to our offices.

But the GFSC Resources department is just a phone call away. We can provide information and make referrals for the following resources:

- Meals on Wheels/Home Delivered Meals
- Drive-thru and Frozen Meals from the Senior Center
- Transportation
- SNAP Benefits (formerly Food Stamps)
- Home Health Care
- Housing
- Emergency Response Life Line
- Veteran's Benefits
- Equipment Loan
- Advance Directives
- Caregiver Support & Respite Programs
- Commodities & Food Pantries
- Hearing & Vision Services
- Homemaker Services
- Legal Assistance
- Medical Assistance

If you have questions about resources available in Grand Forks or Nelson counties for older adults, call the Grand Forks Senior Center at 701-772-7245 and ask to speak to Resources.



The information on this page was provided to us
by North Dakota Senior Medicare Patrol.

Protecting Yourself from Medicare Fraud

Every year seniors are targeted by scammers who want to steal their personal information, including Medicare numbers, to do things like rack up fake health care charges and commit identity theft. Individuals who are 60-plus are nearly five times more likely than people between the ages of 20 to 59 to fall victim to tech-support fraud, three times more likely to be conned by imposters posing as friends or relatives, and more than two times as likely to fall for sweepstakes or lottery scams. In 2018, individuals 60-plus filed more than 256,000 fraud reports with losses of nearly \$400 million. Older consumers who are victims of fraud tend to lose a lot more money, often their entire life savings!

How to Spot Medicare Fraud: One of the latest scams is “free” genetic testing with scammers claiming Medicare will cover the cost. Scammers want your Medicare number to use it to commit fraud and identity theft. Other Medicare scams include offers for free or reduced-pricing for medical equipment, braces, consultations, or other health services. These scams can happen anywhere, through telemarketing calls, health fairs, and even door-to-door representatives.

Do’s and Don’ts to protect yourself from fraud:

- **DO** protect your personal information. Treat your Medicare number and Social Security number like you would a credit card.
- **DO** remember that nothing is ever “free.” Don’t accept offers for free money, gifts or medical care such as treatments for the coronavirus.
- **DO** review your Medicare claims for errors or problems, like fake charges, double billing, or other fraudulent activity.
- **DON’T** show your Medicare card or give your Medicare number to anyone except your doctor or people you know should have it.
- **DON’T** accept medical supplies, equipment, or genetic testing kits at from door-to-door salespersons or from callers claiming to be from Medicare.
- **DON’T** let anyone persuade you to receive health care services you don’t need, only make those types of decisions with your doctor.

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 1-800-233-1737 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General’s Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: AARP Bulletin/Real Possibilities. *People over 60 most at risk from scams.* December 2019.

North Dakota Senior Medicare Patrol Phone: 800-233-1737 or (701) 858-3580
For more information or to locate your SMP, visit www.ndcpd.org/smp

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

A SIMPLE GUIDE TO READING FOOD LABELS 🍏

Eating right and staying healthy is important at any age. As we age, certain nutrients become especially important. Follow this simple guide to learn what nutrients are the ones to keep an eye out for, and more importantly, why!

#1: Serving Size- This tells you the recommended serving size and how many of that serving are in the package.

#2: Saturated Fat- You want this number to be *as low as possible*. Saturated fat is solid fat that can lead to many harmful effects if too much is consumed, such as heart disease.

#3: Sodium: The less, the better! High sodium foods can lead to high blood pressure and water retention (edema).

#4: Dietary Fiber: The more, the better! Fiber aids in digestion & prevents constipation. It improves bowel movement & bowel health, and can lower cholesterol.

#5: Protein: Protein aids in maintaining **muscle mass**, which is even more important as we age. It also helps maintain skin integrity.

#6: Calcium: This is extremely important for bone health and strength! Getting adequate calcium can reduce the risk of osteoporosis.



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

#7: Potassium: This is important in maintaining kidney function. Some meds such as diuretics & laxatives can reduce absorption, so adequate intake is important.

<https://www.eatright.org/health/wellness/healthy-aging/special-nutrient-needs-of-older-adults>

Assistive Equipment

available to borrow (for under three months)



We have canes, walkers, rollators, wheelchairs, reachers, bed rails, shower stools, toilet risers, plus tennis balls for walkers. Call 701-772-7245 and ask for Joyce in Resources. Contributions are appreciated for the short-term (under three month) use of these items.

From Medicare.gov

Mental Health Support is Available

If you're feeling anxious or depressed during these stressful and uncertain times, make sure you call your doctor or a healthcare professional. **Medicare covers a number of services to support you**, including outpatient mental health services like a depression screening, individual and group psychotherapy, and family counseling.

Counseling services via telehealth may be available to you. Be sure to check, as some healthcare providers and plans are reducing or waiving the amount you pay for telehealth visits during the COVID-19 pandemic.

Always take care of your mental health, and call your healthcare provider if stress gets in the way of your daily activities for several days in a row.



Visit Medicare.gov or CDC.gov for more information or call Medicare at 800-633-4227.

Sincerely,
The Medicare Team

Challenge Your Brain!

Summer Word Search

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

SUMMER

SUNNY

SUNSCREEN

POOL

LEMONADE

BEACH

SWIMSUIT

BUGS

VACATION

BASEBALL

JUNE

JULY

HOT

AUGUST

SUNGLASSES



Sudoku Rules

A sudoku puzzle consists of a 9 by 9 grid. This grid is subdivided into nine 3 x 3 boxes. Some of the cells in the grid are prefilled with a number between 1 and 9, while many other cells are blank. Your job is to determine the correct number to be entered in each of the empty cells. To figure out which number between 1 and 9 belongs in a particular cell, you need to adhere to the following rules:

- The numbers 1 through 9 must appear exactly once in each row.
- The numbers 1 through 9 must appear exactly once in each column.
- The numbers 1 through 9 must appear exactly once in each 3x3 box.

There are two separate Sudoku puzzles on this page.

	8			1		2		
				4				1
	2	3		6	8	7		
								7
7				3		1		4
	6				9		3	
2		6						3
			2		7			
	5		6			9		

			5	8		2		4
3			6	2			1	
9					4			
		6	8					5
				3				1
7		2	9					
	4	3	1	9				
8		7						
5	1				6		3	

GFSC Board of Directors June 18 Meeting

The Grand Forks Senior Center Board of Directors met on June 18 and approved the following motion:

- The Grand Forks Senior Center will continue in Phase I of its reopening plan. This includes: the building remains closed to the public through August 31, 2020; the meal drive-thru will continue through August 31, 2020; weekday delivery of Home Delivered Meals and Meals on Wheels will continue; foot care will continue; and limited Resources and outside activities.
- The Board will vote at the August 20, 2020 special meeting regarding plans for Phase II+, which will be developed by Grand Forks Senior Center staff.

Clarification: When people receive meals from the drive-thru, frozen meals, or meal delivery and they choose to make a contribution for their meals (even if it's above and beyond a meal amount), the money goes in our meal fund, unless otherwise indicated. Meal fund money is not listed on this page. On the other hand, people who send us a check or make a gift online just to support the Senior Center or to support others receiving meals, those gifts are listed here. If you are receiving meals, but would still like to make a donation above and beyond what you are contributing for the meals, just indicate that in a note. Call 701-772-7245 with questions.

Donations & Memorials

Thank you for these donations received May 7, 2020 to June 14, 2020.
A donor's cumulative giving from this period is listed.

Donations of \$20,000 & Up

- Beringer, David - In memory of Richard E Beringer for Meals on Wheels

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

- Anonymous
- Anonymous - For senior meals
- Dakota Medical Foundation - Helping Hands COVID-19 boosts
- Hope Evangelical Covenant Church

Donations of \$500 - \$999

- Grove, Doug and Ruby
- Hoeger, Pat
- Independent Order of Odd Fellows - Banner Lodge #4
- Joyce, Gerry and Mary

Donations of \$250 - \$499

- Ault, Jameson and Kalen
- Frette, Luther
- Vaaler Insurance - From the employees' denim day funds
- Walker, Mike and Diane

Donations of \$100 - \$249

- Anonymous (2X)
- Bratteli, Truman and Judy
- Drees, Myrna

- Erickson, Dennis and Cheryl
- Frandsen Bank & Trust
- Holter, Jim and Sharon
- Jacobi, Ellen
- Kaml, Judy
- Kohoutek, Linda
- Lyons, John and Sherry
- Lysne, David and Aida - In memory of Magnus M Lysne
- Mallinger, Earl
- Nelson, Duane and Lila Jane
- Neumann, Marie
- Ochs, Kasey
- Sather, Gordon and Margaret
- Schill, James and Judy
- Schubert, George - In memory of Arline Schubert
- Snyder, Bev - In memory of Millie Howard
- Thompson, Earl and Mary
- Timpe, Ron and Marie

Donations of \$99 and Under

- AmazonSmile
- Belcher, John and Ida
- Broadwell, Ray and Becky - In memory of Lloyd Staveteig
- Business Wire
- Drees, Ken and Maureen
- Engelmann, Judith
- Herrmann, Karen - In memory of Charlie Murphy, Russell Schmidt, Norman Sieg
- Hogan, Shirley

- Iverson, Muriel
- KC Ladies
- Lien, Cory - In memory of Sharon Jensen
- McNamee, Mike and Judy
- Pedersen, Melvin - In memory of Lila Pedersen
- Schnell, Ellie
- Sondrol, Nancy - In memory of Norman Sieg

Grants

- Altru Health Foundation - \$694 grant for the Nutrition Pilot Program
- North Dakota Community Foundation - \$3,000 COVID-19 grant
- Otto Bremer Trust - \$7,500 COVID-19 grant

Brighter Side Society

If you would like to become an automatic monthly donor, contact Becky at 701-757-4864. Thank you to the following monthly donors:

- Anonymous
- Broadwell, Ray and Becky

(cont on next page)

(cont from previous page)

- Herrmann, Karen
- Iseminger, Carl and Colette
- Kirkeby, Dean
- Mattern, Roger and Alice
- McGarry, Dennis and Lynn
- Robinette, Paul and Mary
- Sandberg, Curt and Ione - For Meals on Wheels
- Schiele, Kathy - In memory of Don Schiele
- Schumacher, Matt and Jami
- Venaccio, Michael and Vicki
- Zirnheld, Clair and Ronda



We are providing good, nutritious food to older adults during this pandemic. Will you help us?

The Grand Forks Senior Center appreciates any monetary donations as we work to feed older adults during this pandemic. If you would like to make a gift for this effort, please mail it to Grand Forks Senior Center, 620 4th Ave S, Grand Forks, ND 58201 or make it online at www.gfseniorcenter.org/ donate. You can also call 701-772-7245 with a credit card. Thank you!

Foot Care Appointments Available



New guidelines to keep clients and staff safe:

- Clients will **wear a mask** while in the building and while interacting with staff.
- Clients will need to **call the Foot Care department at 701-757-4878 and let them know they are waiting outside OR ring the doorbell near the front door.**
- Before entering the building, nurses will ask the client a few assessment **questions** and take the client's **temperature**.
- Upon entry to the building, clients will use **hand sanitizer**.
- **Clients will be escorted to and from the appointment.** No stops along the way will be allowed.

APPOINTMENTS

At this time, we are not offering off-site foot care clinics, nor visits to people's homes. Please call 701-757-4878 to make a foot care appointment at the GF Senior Center. We look forward to seeing you and serving your foot care needs.

We are doing everything we can to keep you safe while you are here, but please only come if you are comfortable. Nurses are equipped with proper equipment.

Also, you must call and reschedule your appointment if you are not feeling well in any way. Also reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 in the two weeks before your appointment.

JULY 2020 - Grand Forks COVID-19 Senior Meal Program

The Full Cost of the meal is: \$9.00; Suggested Donation is \$4.25. EBT/SNAP is accepted. Please contribute what you can.

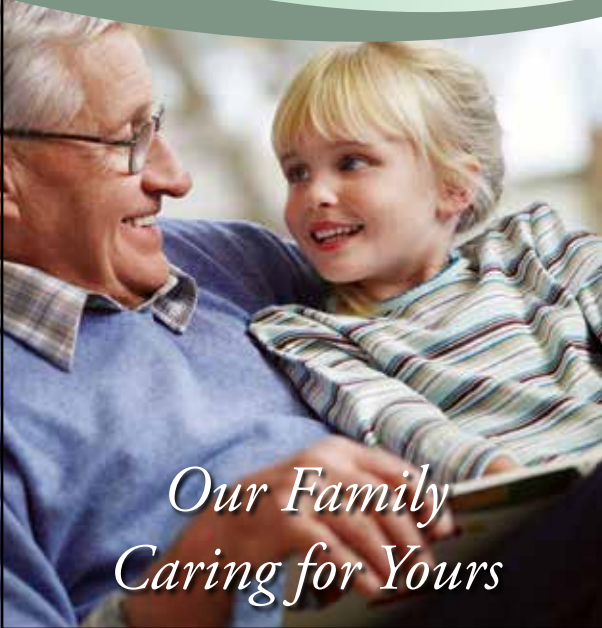
This is the Senior Center's July menu for the meal drive-thru and Meals on Wheels program. Menu is subject to change based on availability of food and supplies.

Wednesday Lunch: July 1	Thursday Lunch: July 2	Friday Lunch: July 3
DRIVE THRU MEAL PICK UP AT THE GRAND FORKS SENIOR CENTER FROM 11:30AM-12:15; DINING ROOM IS CLOSED UNTIL FURTHER NOTICE PER ND AGING SERVICES	DRIVE THRU MEAL PICK UP AT THE GRAND FORKS SENIOR CENTER FROM 11:30AM-12:15; DINING ROOM IS CLOSED UNTIL FURTHER NOTICE PER ND AGING SERVICES	DRIVE THRU MEAL PICK UP AT THE GRAND FORKS SENIOR CENTER FROM 11:30AM-12:15; DINING ROOM IS CLOSED UNTIL FURTHER NOTICE PER ND AGING SERVICES
Monday Lunch: July 6	Tuesday Lunch: July 7	Wednesday Lunch: July 8
1 c Beef Stew (1 cs) 1/2 c Boiled Potatoes (1 cs) 1/2 c Carrot Slices (.5 cs) 1/2 c Fruit Cocktail (1 cs)	3 oz Meatloaf (.5 cs) 1/2 c Potato Salad (1 cs) 1/2 c Buttered Carrots (2 cs) Rice Krispie Bar (2cs)	Salmon Loaf (.5 cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Peach Sauce (1 cs)
Monday Lunch: July 13	Tuesday Lunch: July 14	Wednesday Lunch: July 15
Philly Sandwich (2 cs) 1/2 c Potato Salad (2 cs) 1/2 c Green Peas (1 cs) 1/2 c Mandarin Oranges (1 cs)	Tuna Melt (2 cs) 1/2 c Au gratin Potatoes (1.5 cs) 1/2 c Mixed Vegetables (1 cs) 1/10 Cherry Pie w/Topping (2 cs)	3 oz Cranberry Glazed Chicken (1 cs) Small Baked Potato (1 cs) 1/2 c Beets (.5 cs) Cantaloupe Wedge (.5 cs)
Monday Lunch: July 20	Tuesday Lunch: July 21	Wednesday Lunch: July 22
3 oz Salmon (1 cs) Small Baked Potato (1 cs) 1/2 c Beets (1 cs) 1/2 c Mandarin Oranges (1 cs)	Taco Salad (2-3 cs) 1/2 c Blueberry Crisp with Topping (2 cs)	BBQ Chicken on WW Bun (2cs) 1/2 c Potato Salad (1 cs) 1/2 c Carrots (.5 cs) 1/2 c Fruit Cup (1 cs)
Monday Lunch: July 27	Tuesday Lunch: July 28	Wednesday Lunch: July 29
3 oz Oven Fried Chicken (1 cs) Sm Baked Potato (1 cs) 1/2 c Green Beans 1/2 c Peach Sauce (1 cs)	3 oz Tilipia 1/2 c Mashed Potatoes(1cs) 1/2 c Creamed Peas (1cs) 1/2c Cherry Crisp w/top(2cs)	3 oz Beef Tips in Gravy 1/2 c Buttered Egg Noodles (1cs) 1/2 c Broccoli 15 Fresh Grapes (1 cs)
Monday Lunch: July 3	Tuesday Lunch: July 4	Wednesday Lunch: July 5
6 oz Roast Beef in Gravy 1/2 c M. Potato/Gvy (1 cs) 1/2 c Mixed Vegetables (1 cs) 1/2 c Fruit (1 cs)	3 oz Stuffed Pepper (.5 cs) Sm Baked Potato (2 cs) 1/2 c Broccoli Cuts 1/2c Apple Crisp w/top(2cs)	3 oz Swedish Meatballs (1 cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Cooked Carrots (.5 cs) 1/2 c Peach Crisp/Topping (2 cs)
Monday Lunch: July 10	Tuesday Lunch: July 11	Wednesday Lunch: July 12
3 oz Chicken Supreme Baked Potato (2 cs) 1/2 c Green Beans 1/2 c Fresh Fruit (1 cs)	3 oz Swiss Steak 1/2 c Boiled Potatoes (1 cs) 1/2 c Broccoli Cuts 15 Grapes (1 cs)	3 oz Sweet/Sour Meatballs (1 cs) 1/2 Sweet Potato (1 cs) 1/2 c Peas (.5 cs) 1" x 2" Special K Bar (3 cs)
Monday Lunch: July 17	Tuesday Lunch: July 18	Wednesday Lunch: July 19
3 oz Baked Pork Chop (.5 cs) 1/2 c M. Potato w/Gvy (1cs) 1/2 c Corn (.5 cs) 1/10 Fruit of Forest Pie w/Topp (2 cs)	1 c. Chicken Wild Rice Casserole (2 cs) 1/2 c Stewed Tomatoes (1 cs) Brownie (2-3 cs)	1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (1cs); and margarine are available with each meal.
MENU SUBJECT TO CHANGE WITHOUT NOTICE		

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

Date: 5/29/2020 Licensed Registered Dietitian #13899 Colette Iseninger, MS, RD, LRD

Request information today
by calling 701-787-7563



*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 - Tuftte Manor

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

valleyseniorliving.org
701.787.7563



HOMETOWN HEARING SOLUTIONS



- Free hearing aid evaluation
- Industry leading hearing aid technology
- Ask Dan if your insurance has benefits for hearing aids. Many are not advertised.

22 4th St NE, East Grand Forks, MN
(located in the EGF Dental Care Office)

Call 701-738-8028 or 866-738-8028
or check out www.trfhearing.com

Legal Services of North Dakota

will be cancelling all of its visits at the Grand
Forks Senior Center until further notice.

Call 701.852.4369 with questions.

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. **Beginning June 15, fares are once again collected. Masks and social distancing are encouraged.** Rides within GF and EGF city limits only.

Silver Express 15



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

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We will be CLOSED on Friday, July 3 for Independence Day. New SUMMER hours: Monday through Thursday: 8 am - 4:30 pm; Friday: 8 am - 1:30 pm

Masks Are Important: Wear Them in Public

From the CDC (Centers for Disease Control & Prevention)

Cover your MOUTH AND NOSE with a cloth face cover/mask when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep at least 6 feet between yourself and others whenever possible. **The cloth face cover is not a substitute for social distancing.**

NEED A CLOTH MASK? Come through our drive-thru (M-F, 11:30 am - 12:15 pm) if you are a senior and need a cloth mask. No charge because they have been donated to us.

Thank You for Cloth Masks

Thank you to all of the people who have made and donated cloth masks to the Grand Forks Senior Center. This includes members of Sharon Lutheran sewing group, members of the ND Face Mask Warriors group, and many individuals. We appreciate your assistance in keeping our seniors safe!