



June 2020

The Silver Express

IMPORTANT: The Grand Forks Senior Center's senior dining and activities will remain cancelled through at least June 30, 2020.

We **WILL** continue with the meal drive-thru through at least June 30, 2020.

www.gfseniorcenter.org

701-772-7245

Foot Care Reopened May 18

On May 11, the GF Senior Center was given the go-ahead by the State to reopen our Health dept. for foot care. Due to the Coronavirus situation, we have implemented new guidelines to keep clients and staff safe:

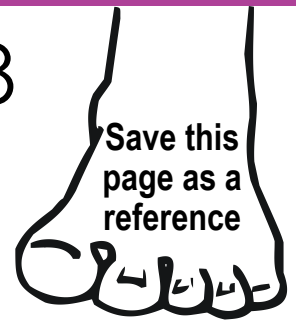
- Clients will **wear a mask** while in the building and while interacting with staff. If clients do not have a mask (please try to acquire one on your own), we will provide one.
- Clients will need to **call the Foot Care department at 701-757-4878 and let them know they are waiting outside**, then a staff member will come get them. **If a client does not have a cell phone, ring the doorbell near the front door.** Senior Center doors are locked and no extra visitors are allowed in the building.
- Before entering the building, nurses will ask 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

Each appointment is scheduled for an hour so thorough cleaning can be done in between clients. This means we will have fewer appointments per day and, of course, we are already very backed up, so we ask for your patience and understanding in scheduling.

For clients who had an appointment cancelled, we will be calling you. And we will need to reschedule some other upcoming appointments, so we will call these clients as well.

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 appt if you have come into contact with someone who has tested positive for COVID-19 in the two weeks before your appointment.

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[®]

June 2020

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IMPORTANT! Atypical Symptoms of COVID-19 in Older Adults

Dr. Jurivich, DO, UND Professor of Geriatrics, contacted the Senior Center with the following message: *"A critical concern of mine is the Atypical Manifestations of Covid-19 in older adults. Folks need to know about this so they can contact their primary care providers if they develop new symptoms other than fever and cough. Most of our older adult senior patients in Fargo with Covid-19 have runny nose, sneezing and diarrhea. These atypical symptoms are being widely reported globally."*



WISH LIST: Adult-sized cloth face masks, made with elastic ear loops.

We would like to have some available to offer seniors when they can start going out in public.

Please call 701-772-7245 to make arrangements for drop off.

Discrimination is Prohibited

If you are otherwise qualified, your rights to receive the services or benefits provided at this facility without regard to your race, color, religion, sex, national origin, age, or handicap are protected by Federal Law. If you believe you have been discriminated against, contact Colette Iseminger at 620 4th Ave S, Grand Forks, ND 58201, 701-772-7245, or contact one of our Board of Directors (see list on opposite page).

From the Director's Chair by Colette Iseminger



Update from the GF Senior Center

First of all, I hope you are all doing ok, or as well as can be expected with having to stay home all the time. Second, we miss seeing all of you in our building so much!

Here is an update:

- **The meal sites and building will remain closed through the month of June for sure.** The date for reopening may be pushed out even more, depending on what is happening in the state (i.e., the number of COVID-19 cases).
- **Because our clientele is older and many have underlying health conditions, the state is not going to allow us to put people in a position where they could catch the virus.** And we don't want to put our seniors in that position either. We know the outcome could be bad if our seniors develop COVID-19 after being infected with Coronavirus.
- Many of our staff have stepped back from the Senior Center during this pandemic and are staying at home. That,

of course, is impacting some of our services.

- The state has allowed us to reopen our Health Dept (foot care) on Monday, May 18. Please read the guidelines on the front page. Our nurses are equipped with proper equipment and we are doing everything possible to keep both the client and nurse safe.
- Because our building is closed, **we are not holding any activities in June and all 2020 trips have been cancelled.** It is NOT a good time for traveling!
- Finances: At this time the Senior Center is financially sound. We have received a Paycheck Protection Program loan and an additional amount of federal money for meals. We also owe many thanks to our donors and granting organizations, who are helping us out as we provide older adults with healthy meals during this crisis.
- Masks will be required for many appointments, activities, entrances to stores/ restaurants, etc., so **get yourself a cloth mask and**

wear it whenever you go out. It will keep your germs to yourself and it will remind you not to touch your face, eyes, and mouth. Then remember to wash and dry your mask frequently with some element of heat to kill any potential viruses.

- **Use hand sanitizer or wipes to keep hands clean as you are out and about. Wash your hands frequently,** but especially as soon as you come into your home from being out.
- As tempting as it is to go visiting, please make wise choices. **If you are going to be around people, practice the 6 feet of social distancing at all times.** It could save your life.

'Til Next Time (and hopefully we will see each other soon)

Colette Iseminger
MS, RD, LRD
Executive Director

Why is completing the US Census form important?



The Grand Forks Senior Center receives funds for meals and foot care based on Census numbers for people 60 and older. **The more older adults who complete the Census, the more funds the Senior Center has an opportunity to receive.**



The amount of federal funding the City of Grand Forks receives for projects and programs is dependent on Census counts.



\$19,100

For each person missed in the Census, it costs the state of North Dakota \$19,100 over a ten-year period (until the next Census).

\$44,312



For each household missed in the Census, it means \$44,312 of lost funds for the state over a ten-year period.



Make sure you get counted. Complete your Census! By now you should have received a paper form if you haven't completed your census yet. Either fill that out and mail it in or call the number in your letter and complete the census over the phone.



We so wished we could have honored all of our **2019 volunteers** in person at our annual banquet. Because we cannot do that, we want to honor them and thank them here. **Thank you, volunteers!** You are so valuable in providing an array of programs and services for older adults. Their lives and our lives are better because of your service. Thank you again!

GOLD (500+ hours)

Laternus, Jim (1,276)

SILVER (250-499 hrs)

Buckley, Ann (276)
Hoffert, Alice (261)
Venaccio, Michael (263)

BRONZE (100-249 hrs)

Akset, Colleen (161)
Albrecht, Evelyn (128)
Arnold, Alberta (105)
Bauer, JoAnn (122)
Beal, Donna (117)
Bekkedahl, Isabelle (208)
Borkowski, Joyce (134)
Bye, Elaine (109)
Denault, Janis (211)
Dunnigan, Faye (183)
Fischer, Maria (189)
Hanson, James (120)
Hanson, Jeanne (130)
Heap, Dennis (166)
Hoeger, Dorothy (121)
Hoffert, Rodger (158)
Huebner, Robert (132)
Humble, Robert (119)
Iverson, Avis (154)
Johnson, Merritt (186)
Johnson, Robert (108)
Knupp, Michele (128)
Konerza, Dave (180)
Kramer, Eugene (112)
Lehn, Faye (185)
Lund, Alice (168)
Madson, Avis (222)
Middagh, Roberta (107)

Moen, Alice (213)
Nelson, Dennis (193)
Nelson, Jared (114)
O'Keefe, Michael (162)
Piepkorn, Kathy (161)
Sandberg, Curt (130)
Schaper, Nancy (161)
Smart, Judy (117)
Swartz, Don (108)
Wahlstrand, Marcia (129)
Wahlstrand, Scott (198)

18-99 hours

Ames, Valerie
Austin, Joyce
Barstad, Elaine
Beland, Paul
Benson, Mary
Benson, Ray
Berg, Barbara
Berry, Arlene
Bethke, Gary
Bethke, Glenn
Blue, Special (Eden)
Britton, David
Brusegaard, Beverly
Bushaw, Katy
Chase, Sydney
Dent, Zachary
Deziel, Patricia
Drees, Kenneth
Drees, Maureen
Dunham, Anita
Dunham, Jean
Dutot, Nancy
Dvorak, Marlene
Eckert, Miranda
Finney, Zach

Frederikson, Jennifer
Gagnon, Mary
Goetz, Darlene
Grainger, Tony
Gause, Cully
Gustafson, Bruce
Guthmiller, Ronald
Hagness, Tom
Hagstrom, Aggie
Hanson, Carrie
Hartsough, Walter
Heffern, Izola
Hendrickson, Elton
Herrmann, Karen
Hines, Jennifer
Hjeldness, Marlene
Hjeldness, Robert
Hollifield, Laurie
Hutchison, Shalon
Hvidston, Jim
Iseminger, Carl
Jackman, Nikki
Johnson, Brenda
Kaml, Judy
Kinzler, Milt
Kirkeby, Dean
Knupp, Gary
Komprood, Sarah
Kramer, Barbara
Krueger, Laurie
Kuhn, Mark
Kujawa, Kara
Kurtyka, Bobbie
Kvernen, Margaret
Larson, Vicki
Laternus, BettyJean
Ledbury, Joan
Legerski, Anthony
Lehn, Rich
Lies, Renee
Lileng, Pauline

Lord, Roxana
Ludwig, Christyn
Manley, Judy
Martin, Janell
Mattern, Alice
Mattson, Donna
Mattson, Ron
Medearis, Rod
Meuwissen, Debbie
Middleton, Jean
Morken, Penny
Morton, Diane
Myers, Noel
Narog, Lise
Nelson, Don
Neumann, Marie
Nielsen, Emily
Olson, Seth
Osowski, Connie
Paulson, Linda
Perdue, Linda
Perdue, William
Peterson, Joni
Ploof, Alyssa
Price, Annika
Prochko, Russ
Qualheim, Adeline
Ramos, Gary
Renden, Sharon
Riesinger, Beth
Robison, Nancy
Ronkowski, Becky
Sand, Mary
Schall, Heather
Scheving, Stacy
Schommer, Darlene
Schroeder, Jade
Schultz, Kenneth
Schultz, Patricia
Sears, Mary
Sherette, Delina

Smith, Wilma
Sorlie, Bette
Sorlie, Richard
Sowokinos, Joseph
Stephan, Jeff
Suganuma, Paiea
Swartz, Todd
Sye, Eric
Thomas, Mary
Thompson, Earl
Thompson, Mary
Trenda, Anne
Trenda, Gary
Troutman, Leone
Wagner, Lou
Waller, Betty
Walters, Marlene
Watland, Diana
Westrum, Bradley
Wheeler, Larry
Whetham, Bernadette
Winger, Annella
Wood, Allen
Wood, Wendy
Yagla, Judy
Youngberg, Cadence
Zirnhelt, Clair

Under 18 hours

Aipperspach, Luke
Allan, Beverly
Altepeter, Jared
Altepeter, Paula
Althoff, Ken
Anderson, Bernadette
Anderson, Marlene
Argall, Chester
Bang, Cindy
Bartolomei, Betty
Barwin, Bruce
Berg, Cheryll
Berggren, Arden
Birkmaier, George
(Skip)
Bohlman, Berniece
Boltz, Shawn
Boushee, Tyler
Boushey, Chris
Breidenbach, Joe
Briggs, Robert (Bobby)
Broadwell, Becky
Bruhn, Sheila
Burianek, Josh
Chmielewski, Rory
Citrowske, Cedric

Clavo, Gabrielle
Clinton, Brittney
Coalwell, Shawna
Conklin, Jeremy
Cox, Diane
Dahlen, Andrea
Degroot, Glendora
Demmers, Deb
Deraney, Mary
Ditullio, Jerry
Duray, Kathy
Duray-Ramstad, Linda
Dvorak, Britney
Engen, James
Enget, Amy
Erickson, Mark
Erickson, Marlys
Evenson, Vickie
Fahey, Barbara
Farrell, Joe
Farrell, Paul
Feist, Gloria
Flynn, Amber
Foradory, Henry
Galstad, Stacey
Gamache, Donny
Geiger, Paula
Gorder, Daniel
Gorder, Scott
Gormsen, Dorothy
Gowan, Allie
Graf, Barbara
Grassel, Gail
Grove, Doug
Grove, Ruby
Guthmiller, Patricia
Hagen, Allan
Hahn, Debbie
Hammerstrom, Lloyd
Hansen, Traci
Harford, Lindsey
Harris, Sarah
Hartmann, Lynda
Heggar, Larry
Heilig, Kevin
Hermegiste, Ngoma
Hertel, Kathleen
Hilts, Cassie
Hoeger, Pat
Hoffert, Louann
Iverson, Robert
Johanson, Rachel
Johnson, Georgine
Johnson, Matthew
Johnson, Merlin

Johnson, Roger
Kaste, Kiri
Kinzler, Marian
Kloos, Jeanne
Kmecik, Rachel
Knudsvig, Craig
Koopman, Marilee
Kowalski, Judith
Kraft, Russell
Krueger, Carla
Kulas, Dennis
Kwon, Se
Lamoine, Connie
Lane, Deanna
Larson, Hannah
Larson, Nina
Lebacken, Jay
Lee, Daniel
Leeson, Lorraine
Linback, Nancy
Lopez, Beth
Lovelace, Sarah
Lubag, Rogelio
Mahnke, Vickie
Mann, Paige
McCormick, Wayne
Middleton, Janice
Mitzel, Elizabeth
Morgan, Lonnie
Morken, Carl
Morken, Dawnn
Murdock, June
Murdock, Lee
Murray, Sonja
Nelson, Deb
Nelson, Jarod
Nelson, Ronald (Duane)
Olson, Zach
Oncken, John
Peck, Daniel
Peterson, Jeff
Posey, DaKaysian
Prochko, Thana
Pulkrabek, Lori
Quaintance, Kati
Reistad, Tony
Robles, Jonathan
Rockwell, Nina
Rodewald, Pamela
Ronkowski, Mary
Rost, Robert
Samson, Daniel
Samson, Sandra

Sandberg, Ione
Schmidt, Rebecca
Schober, Theresa
Schroeder, Marsy
Schuh, Patricia
Schweitzer, Kathleen
Seals, David
Sem, Brenda
Singh, Harpreet
Skelly, Beverly
Skjold, Denice
Sondrol, Nancy
Stark, Irvine
Steien, Nicole
Stephan, Rhonda
Stroh, Jim
Sturges, Denyse
Sugden, Aimee
Swanson, Andrew
Thielman, Gail
Thomas, Dawn
Thompson, Bill
Twetén, Coleen
Vasquez, Jurgen
Venaccio, Victoria
Walior, Mary
Walski, Johanna
Wangen, Jason
Warcup, John
Westacott, Richard
Whetham, Allen
Whetzel, Don
Wifall, Charlene
Winterquist, Steve
Wischer, Agnes
Woolever, Ted
Zabel, Nicole

GROUPS

Alerus Bank South
Altru HR Dept
American Crystal Sugar
Development Homes
Edgewood Management
Edgewood Vista
Grand Forks Air Force
Base
LISTEN Day Services
(258 hours)
Oxford Realty
REM Homes
Scheels
Target

Behind the Scenes

at the Center during the Pandemic





Here is a behind the scenes look at the Senior Center right now. Things are different.

- 1 Lots of entrees being prepared for home delivery, the meal drive-thru, and frozen meals.
- 2 Julie dishing up meals in trays.
- 3 Ranea sealing the trays.
- 4 Ranea transporting the cold bags to the lobby for the meal drive-thru.
- 5 It takes many hands to get everything ready for the meal drive-thru.
- 6 Colette getting names and number of meals from each car.
- 7 Lots of cars lined up in the meal drive-thru. The week of May 4-8, we averaged 199 meals in the drive-thru.
- 8 Mary placing the meals through the window into the backseat.
- 9 Because we need so many supplies, some are currently kept in the dining room.
- 10 Meals on Wheels volunteers load in the back of the building. The loads are large

because clients receive a week's worth of meals at a time.

- 11 Mary fulfilling an order for frozen meals. The meals are then transferred to another freezer awaiting pickup or delivery.
- 12 Joyce, from Resources, still works to assist seniors with a variety of needs.
- 13 We needed a little help to keep up with all of the meals, so Ground Round is providing some of our entrees.
- 14 When we are feeling tired and/or frustrated by the current situation, your kind words and notes of gratitude lift us up.

Introducing . . . Aubrey Malnourie Meals on Wheels Coordinator

Hello. My name is Aubrey Malnourie and I am from Bismarck, North Dakota and I am the new Meals on Wheels coordinator. In 2016 I moved to Grand Forks to attend the University of North Dakota. I am very excited to graduate in August with a bachelor's degree in social work and psychology, as well as an associate's degree in gerontology (the study of aging). For a few weeks last November I briefly moved back to Bismarck, but found my heart missing the city I called home. I came back to Grand Forks and continued to find opportunities to become more involved in our community.

With previous experience as a dietary aid, a CNA, and a Bismarck Senior Center Meals on Wheels volunteer, I knew I wanted to be in an environment again that provides opportunities and services for older adults to live to their full potential. I was eager to begin working as the Meals on Wheels Coordinator, however, I wasn't sure what to expect due to COVID-19 (I

started mid-March). As I began to be trained in, fellow staff members have been nothing but supportive and helpful during these not-so-normal times. The volunteers have also been amazing and continue to make it possible to serve our community's homebound seniors.



When I am not at work, especially during the summer months, you can find me cruising around Grand Forks on my bright red moped. Feel free to

smile and wave if you see me! Otherwise on my days off I enjoy spending time with my family and friends. Some of the activities we like doing together include going on walks, hammocking, kayaking, fishing, and camping. I also enjoy a mean potato salad and anything off the grill.

I look forward to meeting and getting to know all of you. Feel free to give me a call if you ever have any questions or just want to say hi.



2020 TRIPS

Unfortunately we have cancelled all 2020 trips due to the Coronavirus. If you have made a deposit on a trip, we will be returning it to you.

10 Silver Express

COVID-19 Scams

Fraudsters are preying on people's fears during this pandemic, so beware of frauds and scams offering treatments or cures. As of right now, there is no known cure for COVID-19, which is caused by the Coronavirus.

COVID-19 Prevention Pill & Cure FRAUD

Fraudsters solicit investments in a company that pushes pills and cures for COVID-19, claiming they can cure patients in two or three days. Do not send money or give your credit card information.

Coronavirus Medical Kit FRAUD

Operators of this fraud scheme offer consumers access to what they claim to be World Health Organization vaccine kits in exchange for a shipping charge of \$4.95. Of course, you enter your credit card information for the "shipping" and then they have your private credit card information.

AARPTM



**Driver's Safety
Program**

ONLINE

AARP Smart Driver class is offered online. The Senior Center is unsure when it will be able to host a class in person again, so if you want to take the class, this would be a good way to do it. The advantages of this online class:

- **The class has a self-paced format for flexible learning and is available 24/7.**
- **The class is customized to your state's traffic laws.**

**To sign up: www.aarpdriversafety.org
\$19.95 for AARP members, \$24.95 for non-members. Questions? Call 800-350-7025 or email customerservice@aarpdriversafety.org.**

Apartment Living for Seniors



Parkview Terrace
2396 27th Avenue South
Aspen Park
2450 27th Avenue South
Briarwood
2650 26th Avenue South

Amenities: elevator, heated underground parking, library, exercise room, central air, security building, washer/dryer, trash chute, storage lockers

For more information, call 701-780-8162.

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 March 11, 2020 to May 6, 2020.

A donor's cumulative giving from this period is listed.

Donations of \$5,000 & Up

- Olga Neal Estate - Remainder of Olga's estate. Thank you!

Donations of \$2,500 - \$4,999

- United Way (from Choice Bank)

Donations of \$1,000 - \$2,499

- Anonymous
- Country Financial - For Meals on Wheels
- Evenson, Donald

Donations of \$500 - \$999

- Anonymous (2X)
- Bremer Bank
- Lambeth, David and Volden, Cecilia
- Nelson, Duane and Lila Jane
- South Forks Lions Club
- Vaaler, Bruce and Renee

Donations of \$250 - \$499

- Birkmaier, Skip and Nancy
- Bushaw, Jeffrey
- Hertel, Mel and Kathleen

- Lehn, Rich and Faye
- Murdock, Lee and June
- Rand, Tom and Alice Jean
- Thrivent Choice Dollar allocations from Kathy Schiele, Inez Drake, Robert Staveteig, Carl Iseminger

Donations of \$100 - \$249

- Altendorf, Diane
- Anonymous (5X)
- Bratager, David and Bratager Larson, Debra
- Dalglish, Jim and Joanne
- Deraney, Pat
- Devig, Patrick and Mary Ann
- Durick, Lisa
- Einarson, Einar and Elaine
- Erickson, Dennis and Cheryl
- Evers, Marilyn
- Goodman, Bernie - In memory of Dorothy Westlund
- Hartsough, Ross and Brenda
- Heffern, Hank and Sandy

- Heier, Don and Judy
- Hennessy, John - For the meal program
- Herrmann, Karen - In memory of Dorothy Busch, Gladys Trytten
- Hoffmann, Mark and Jan
- Holm, Jane
- Knudson, John and Jackie
- Krause, Elizabeth
- Kuhn, Peter and Eunice
- Kvidt, Dave and Pam
- LaMoine, Connie
- Larson, Mark and Nina
- Lee, John and Lynn
- Lewis, Lisa
- Lofberg, Janice
- Lopez, Evonne
- McEnroe, Dorothy
- Meagher, John
- Medd, Joel and Amy
- Melicher, Barbara
- Midland National Life Insurance
- Murphy, Spud
- Palmiscno, Donald and Linda
- Peterson, Cindy
- Puffe, Lyle and Jeanne - For Meals on Wheels
- Randall, Harold and Diana

- Rice, Scott and Debbie
- Ricord, Gary and Barbara
- Saddler, Tom and Jackie - For the meal program
- Samson, Daniel and Sandra
- Schiele, Kathy
- Shereck, Cynthia
- St. Paul's Lutheran Church of Honeyford
- Stark, Irv and Sandy
- Taylor, Dale and Bonnie
- Twedell, Ray and Pat
- Walior, Mary

Donations of \$99 and Under

- Aafedt, Brad and Gayle
- Anonymous (2X)
- Berggren, Arden and Patricia
- Bina, Irene
- Bjorgaard, Stacy
- Burckhard, Jim - In memory of Marlene Burckhard
- Christ, Ed and Kelly
- Church, Marion
- Drees, Ken and Maureen
- Eelkema, Robert and Virginia
- Fegley, Tracie - For home meal delivery
- Grove, Doug and Ruby
- Hansen, Earlys
- Hauser, Jeff
- Hogan, Shirley
- Iverson, Bob and Avis - In memory of Meredith Sansburn
- Jaeger, Adeline
- Johnson, Steve and Brenda
- Knauf, Diane

- LeClerc, Ray and Judy
- Litzinger, Karen
- Lysne, David and Aida
- Men's Coffee Group
- Metzger, Jerry and Diane
- Olson, Gary and Genevieve
- Pedersen, Melvin - In memory of Lila Pedersen
- Schmidt, Joe and Becky - In memory of Marvin Heil
- Schnell, Ellie
- Schumacher, Judy
- Spicer, Gary and Lona
- St Germain, Bob and Sharon
- Staveteig, Robert
- Tack, Ralph and Lou - In memory of Dick Walsh, Meredith Sansburn
- Vatnsdal, Judy - In memory of Eileen Pietron
- Winger, Steve and Annella
- Zhorela, Don and Lynda

Grants

- Altru Health Foundation - \$5,022 for the Nutrition Pilot program from Dec '19 through Mar '20.
- Community Foundation of GF, EGF & Region - \$2,500 COVID-19 grant
- Enbridge - \$5,000 COVID-19 grant
- Meals on Wheels America - \$15,000 COVID-19 grant
- North Dakota Community Foundation - \$3,000 COVID-19 grant

The GF Senior Center appreciates any monetary donations as we work to feed older adults during this pandemic. If you would like to make a gift, you can mail it to GF 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 in advance!

Brighter Side Society

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

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

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

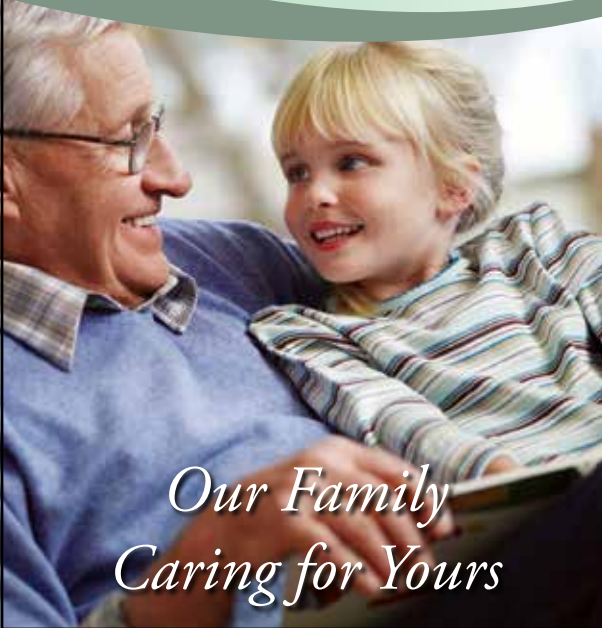
JUNE 2020 - Grand Forks COVID-19 Senior Meal Program

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

Monday Lunch: June 1	Tuesday Lunch: June 2	Wednesday Lunch: June 3	Thursday Lunch: June 4	Friday Lunch: June 5
3 oz Baked Cod 1/2 c Augratin Potatoes (1.5 cs) 1/2 c Green Peas (1 cs) 1/2 c Mandarin Oranges (1 cs)	Tuna Melt (2 cs) 1/2 c Potato Salad (2 cs) 1/2 c Mixed Vegetables (1 cs) 1/8 Pumpkin Pie w/Topping (2 cs)	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 with Topping (2 cs)	2 oz Sloppy Joes on WW Bun (2cs) 1/2 c Macaroni Salad (1 cs) 1/2 c Corn (1 cs) 1/2 c Apricot Halves (1 cs)	3 oz Cranberry Glazed Chicken (1 cs) Small Baked Potato (1 cs) 1/2 c Beets (.5 cs) Cantaloupe Wedge (1 cs)
Monday Lunch: June 8	Tuesday Lunch: June 9	Wed Lunch: June 10	Thursday Lunch: June 11	Friday Lunch: June 12
3 oz Pineapple Pork Chop (1 cs) Small Baked Potato (1 cs) 1/2 c Beets (1 cs) 1/2 c Mandarin Oranges (1 cs)	Stuffed Cabbage Roll (1 cs) 1/2 c Baby Red Potatoes (1 cs) 1/2 c Baked Squash (1 cs) 1/2 c Cherry Crisp with Topping (2 cs)	3 oz. Salmon 1/2c Wild Rice Mix (1cs) 1/2c Creamed Carrots (.5cs) 1/2 c Fruit Cup (1 cs)	3 oz Roast Beef 1/2 c Whipped Potatoes with Gravy (1 cs) 1/2 c Country Trio Vegetables Cantaloupe Wedge (1 cs)	Applesauce Ribs (.5 cs) 1/2 c Mashed Potatoes with Cream Gravy (1 cs) 1/2 c Broccoli Cuts 15 Fresh Grapes (1 cs)
Monday Lunch: June 15	Tuesday Lunch: June 16	Wed Lunch: June 17	Thursday Lunch: June 18	Friday Lunch: June 19
3 oz. Baked Chicken (1cs) 1/2 c Macaroni Salad with Veggies (1cs) 1/2 c Green Peas (.5 cs) Rice Krispie Bar (2cs)	3 oz BBQ Meatballs (.5 cs) 1/2 c Potatoes Augratin (3 cs) 1/2 c Stewed Tomatoes (1 cs) 1/2 c Pear Sauce (1 cs)	3 oz Pork Roast with Gravy 1/2 c Boiled Potatoes (1 cs) 1/2 c Green Beans Cantaloupe Wedge (1 cs)	3 oz Herb Chicken 1/2 c MashPot w/Gvy (1cs) 1/2 c Carrot Krinkles (.5 cs) 1/2 c Apple Crisp with Topping (2 cs)	3 oz Cracker Crumb Fish (.5 cs) 1/2 c Mashed Potatoes with Cream Gravy (1 cs) 1/2 c Peas w/Pearl Onions (1 cs) 1/2 c Fruit Cup (1 cs)
Monday Lunch: June 22	Tuesday Lunch: June 23	Wed Lunch: June 24	Thursday Lunch: June 25	Friday Lunch: June 26
3 oz BBQ Baked Chicken (1 cs) 1/2 c Creamed Pot (2 cs) 1/2 c Beets (.5 cs) 15 Grapes (1 cs)	2 oz Hamburger on WW Bun (2 cs) 1/2 c Potato Salad (1 cs) 1/2 c Baked Beans (2 cs) Cantaloupe Wedge(1 cs)	3 oz Pork Chop in Gvy 1/2 c Buttered Egg Noodles (1cs) 1/2 c Mixed Vegetables (.5 cs) 1/2 c Strawberries (1 cs)	3 oz Polish Sausage & Saurkra on WW Bun (2 cs) Sm Baked Potato (2cs) Watermelon Wedge (1 cs) Small Cookie (2 cs)	3oz Salmonloaf (.5cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Blueberry Crisp with Topping (2 cs)
Monday Lunch: June 29	Tuesday Lunch: June 30	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		
1c Hungarian Goulash (2cs) 1/2 c Corn (1 cs) 1/2 c Fresh Fruit (1 cs)	3 oz Oven Fried Chicken (1 cs) Small Bk Potato (1 cs) 1/2 c Green Beans Watermelon Wedge	**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 choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts				

Date: 5/4/2020 Licensed Registered Dietitian #13899  Collette Iseninger, MS, RD, LRD

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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. During this pandemic, rides are
currently free. Rides within GF and EGF
city limits only.

Silver Express 15



620 4th Ave. S.
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www.facebook.com/gfseniors

IMPORTANT: All activities and senior dining are cancelled through at least June 30, 2020. The meal drive-thru WILL continue through at least June 30, 2020.

Staying Engaged: Exercise Classes Online

On the Grand Forks Senior Center's website, we have added the **Senior Center's Healthy Bones class** (led by Ranea) and **Altru's Building Better Balance class** (led by Bill). To get your exercises in while at home, follow along with either or both of these exercise videos. They can be found two different places on our website:

www.gfseniorcenter.org/stayingengaged
www.gfseniorcenter.org/physicalactivities

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Reaching Out to Others



We just want to remind people again, if you are feeling lonely, you don't need to wait for people to reach out to you. Call someone, write a letter, or step outside and see if you can visit, from a safe distance, with a neighbor. Start by engaging with others and see what happens!