



Three Changes in June

1. **Foot care clinics** coming back to **Manvel and Thompson** (see p. 21)
2. The **meal drive-thru time** will shorten. It will operate from **11:30 am - Noon** each weekday, beginning Tuesday, June 1.
3. **Exercise classes move outdoors** to Lincoln Park (behind Shelter #3), **beginning Monday, June 7.**

Updated Mask Policy

Effective May 17, 2021 - We are following the CDC guidelines that say masks are no longer required for vaccinated people. **Unvaccinated people must ALWAYS wear masks in the building, so no coffee.** However, masks will still be required for all in Health (foot care) and Resources or whenever requested by staff. A senior may also request any staff member wear a mask. **We trust you will follow these guidelines.** We will not be checking vaccination cards because it is **on-your-honor.** Physical and verbal abuse of staff will not be tolerated.



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, Grace Hale	701-757-2006
Home Delivered Meals (HDM) Paula or Rhonda	701-780-5169
Resources Manager	701-772-7245
Rural (GF & Nelson) Resources, 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

The GFSC building is now open to the public. Unvaccinated people must mask the entire time in the building. Vaccinated people do not have to mask now, except when meeting with staff in Health (foot care) or Resources or if a staff member asks them to mask. A senior may request any staff member wear a mask.

Exercise classes are being offered (see page 13).

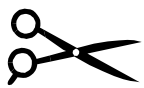
As before, our building is for people 55 and older.

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. If you would like to switch to receive the newsletter by email and save on resources, email Jami at jamis@gfseniorcenter.org.



Flashing stop signs have been installed on the four columns supporting the canopy at the GFSC. All drivers must stop, coming from either direction to protect pedestrians.

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Senior HAIR Services

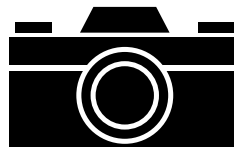
Senior Haircuts \$14



IN-HOME services also available. Travel fee.

Tammy Erickson
Tammy @ Shears Salon
2005 Gateway Dr, GF
701.741.2013

Call for information or appointments.



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.

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

hrrv.org | (800) 237-4629



Celebrating **40** Years

From the Director's Chair

by Colette Iseminger



Re-entry into the World



Photo by NASA - <http://spaceflight.nasa.gov/gallery/images/apollo/apollo14/html/s71-18753.html>, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=437813>

One of my sons wanted to be an astronaut when he was growing up. We even visited the Houston Space Center when he was a young boy. So when I came across an article that compared Senior Centers reopening during the pandemic to re-entry from space, it struck a chord with me.

There is one issue we may not be adequately prepared for as we resume regular operations after 14 months of isolation, and that is the difficulty of 're-entry.' Psychologists suggest many seniors may experience difficulty in 're-entering' as they make their way back into the world. I would suggest our staff may experience some difficulty too.

Psychologists suggest many seniors may experience difficulty in 're-entering' as they make their way back into the world.

'Re-entry' is a word often associated with NASA and the space program. At first glance it may seem like a strange analogy to compare the space program to the re-opening of our Senior Center; however, we believe there is much to learn from NASA's focus on ensuring a safe and well-planned 're-entry' into the world.



Consider this. While we all have remained firmly planted on earth living in the same communities and even residing in the same houses for the past year or more, we really have been dwelling in a different world. In many ways it was as unfamiliar to us as outer space. All of us, to one extent or another, were socially isolated. The inevitable result of such an experience is that we have all changed to some degree, but it has not been witnessed by others. For example, we all grew older, but if we haven't seen people in more than a year, the aging process appears more rapid.

More significantly, psychologists note many of us have lost the sense of belonging that is critical to health and happiness. In part that is due to the tension we experienced when the 'real world' as we had known it was forced to take a back seat to the pandemic world. Metaphorically speaking, it was like travelling to and temporarily residing in outer space. Now, happily, it is time to return to life on earth as we knew it, to resume old routines, and to engage again with old friends.

Who do we naturally expect to be most eager to re-enter the world and benefit from it? Logically, it would be those who live alone. But if people have lost that critical sense of belonging, the desire to re-engage isn't there, say the social scientists. That becomes an impediment to returning to life-enhancing activities.

More significantly, psychologists note many of us have lost the sense of belonging that is critical to health and happiness.

NASA and the space program had it right. Even a short stint in an unfamiliar world can have long-range psychological and physical consequences. The good news is these changes need not be permanent, as long as we acknowledge them and take concrete steps to rid ourselves of them.



























Senior Centers, in particular, need to be cognizant that re-entry may be difficult for seniors. That is one reason why you see a slow reopening of our building. We want to ease and encourage the re-entry of those who have been caught in the orbit of solitude and isolation for so long. I would encourage you to just come to the Senior Center, walk around, look at the artwork, see the changes to the building, see a friendly face. And I would ask that you have patience with the staff as they deal with their own re-entry. Everything we did totally changed, so we have to acknowledge and adjust too. We want the return of our Senior Center to be as worthy of celebration as any re-entry 'splash down' could ever be.

My thanks to National Foundation to End Senior Hunger for much of this article.

'Til Next Time,
Colette Iseminger MS, RD, LRD
Executive Director

Choosing Safer Activities

Accessible link: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

	Unvaccinated People	Examples of Activities	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, wheelchair roll, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

Get a COVID-19 vaccine



Prevention measures not needed



Take prevention measures
Wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.



Safe Travels

I was just remembering the great bus trips we have hosted. My favorites were Medora, Frost Fire, Branson, Yellowstone, and who could forget our eventful Washington DC trip! There are such great trip memories, such as the six-foot collectable doll in our luggage compartment. I also remember some ladies who had ice cream at every stop we made.

As much fun as we all have on our trips, **we have made the difficult decision that the Grand Forks Senior Center will not offer any trips in 2021.**

If you do choose to travel, consider the following questions:

- Have you been vaccinated against COVID-19?
- Are you at increased risk for severe illness?

- Do you live with someone who is at increased risk for severe illness?
- Does your destination have any requirements or restrictions for travelers?

The Mayo Clinic has a great online article “Covid-19 Travel Advice” (www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-safe-travel-advice/art-20486965) that explores these questions and covers the topics of car, bus, and air travel. Take some time to read and consider the information given.

GFSC Activity Manager

Ranea

VOLUNTEERS NEEDED!

If you are interested in helping with our weekday meal drive-thru, please call Ranea **after June 15** at 701-757-4866.

SMALL GROUPS at the GFSC

If you were active in a small group, 10 people or fewer, that met here before the pandemic and you want to restart your group, give Ranea a call **after June 15** at 701-757-4866 and we will discuss getting your group back on the schedule.



Supplemental Nutrition Assistance Program

Getting support is a **SNAP** with Great Plains Food Bank! Formerly known as Food Stamps, SNAP provides monthly funds for groceries so you can eat better and feel better.

The Supplemental Nutrition Assistance Program (SNAP), sometimes known as food stamps, helps families and individuals access food when times get hard. SNAP provides monthly funds for food to help people who might be facing the choice of paying for food or other bills, such as healthcare, prescriptions, or housing.

As a result of the COVID-19 pandemic, families have been facing deeper needs. So the USDA implemented increases in benefits to help fill that gap. Here in North Dakota, using SNAP is easy. Your benefits

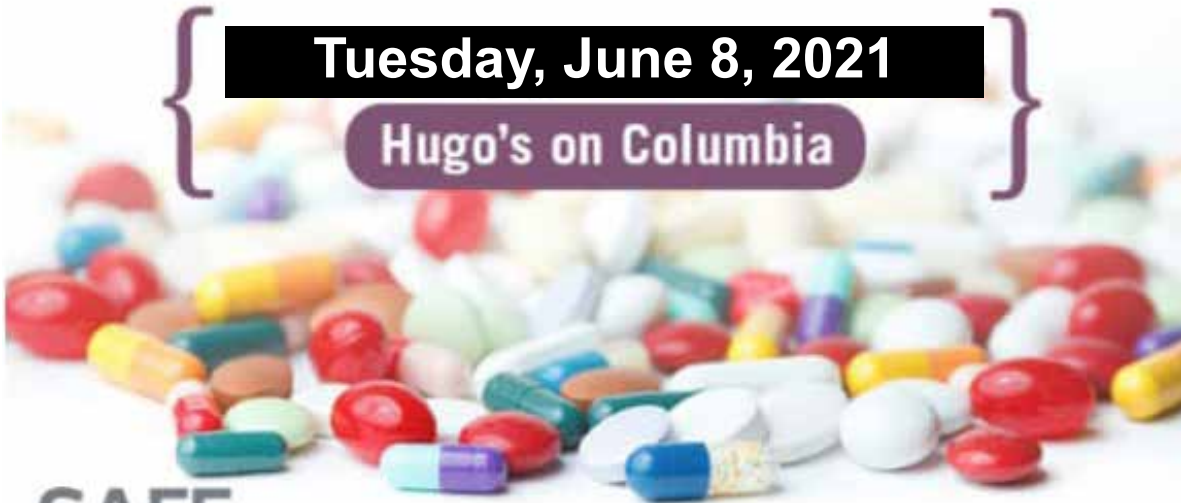
are loaded directly onto an EBT card at the start of each month and you use that like a debit card when paying for groceries. There is no limit to the number of families that can apply. Benefits are available to all who are eligible. The exact amount you could receive each month depends on your income and household size.

To see if you are eligible, call the Great Plains Food Bank SNAP Hotline at 855-405-0000. We have staff who can help you submit an application and navigate other available resources in your community.

BATTLE OF THE BADGES
MEDICATION
TAKE BACK DAY

Tuesday, June 8, 2021

Hugo's on Columbia



For more information visit altru.org/drugdisposal

GFSC Room Closures

We are seeing more and more people come in our doors each day. If you feel comfortable, we hope you will call your friends and plan to meet at the Senior Center. We do have a few room closures in June to keep in mind when planning your gatherings.

Main Dining Room

Closed June 3, 1:30 - 2:30 pm

Activity Room (basement)

Closed on Tuesdays from 1 - 4:30 pm

Closed June 17 from 10 am - 12:30 pm

COVID & Flexibility

The Grand Forks Senior Center appreciates your flexibility as we continue to navigate this world of COVID-19. We also appreciate your understanding if things change quickly based on COVID-19 numbers in the community or guidance from the CDC.

Important Information for Our Summer Months

Tornado Watch or Warning?

Information from the National Weather Service.

What is the difference between a Tornado Watch and a Tornado Warning?

Tornado Watch

Be Prepared! Tornadoes are possible in and near the watch area. Review and discuss your emergency plans and check supplies and your safe room. Be ready to act quickly if a warning is issued or you suspect a tornado is approaching. Acting early helps save lives! Watches are issued by the Storm Prediction Center for counties where tornadoes may occur. The watch area is typically large, covering numerous counties or even states.

Tornado Warning

Take Action! A tornado has been sighted or indicated by weather radar. There is imminent danger to life and property. Move to an interior room on the lowest floor of a sturdy building. Avoid windows. If in a mobile home, a vehicle, or outdoors, move to the closest substantial shelter and protect yourself from flying debris.

Warnings are issued by your local forecast office. Warnings typically encompass a much smaller area (around the size of a city or small county) that may be impacted by a tornado identified by a forecaster on radar or by a trained spotter/law enforcement who is watching the storm.

Why Are the City's Sirens Sounding?

Grand Forks sirens are tested the first Wednesday of each month at 1:00 pm.

Aside from practice drills, there are four reasons sirens may sound in Grand Forks.

1. A tornado warning has been issued in Grand Forks (or the surrounding area) by the National Weather Service.
2. A funnel cloud has been spotted near the city of Grand Forks.
3. A 'wall cloud,' which can produce a tornado, is near or moving toward Grand Forks.
4. Straight-line winds have been clocked in excess of 58 mph in the Grand Forks area.

All of the sirens have the same sound. When the Grand Forks sirens sound (apart

from the practice drills), they are for real emergencies. They are designed to warn people who are outdoors to seek immediate shelter. They are not designed to warn people who are indoors.

If the sirens do sound, please DO NOT call the Grand Forks 9-1-1 center to ask what is going on. Rather, turn on your TV (for Midco Cable) and you will see the Emergency Alert scrolling on all channels. Local stations often break into regular programming if needed. In situations of bad weather, KNOX (1310 AM) radio will often have live broadcasting, covering the weather situation.





Come Use Our Library!

For people 55 and older, the Grand Forks Senior Center's library is located on the 2nd floor and is open when our building is open. Our library has the best check-out policy in town. You take the books you want to read and return them when you are done.



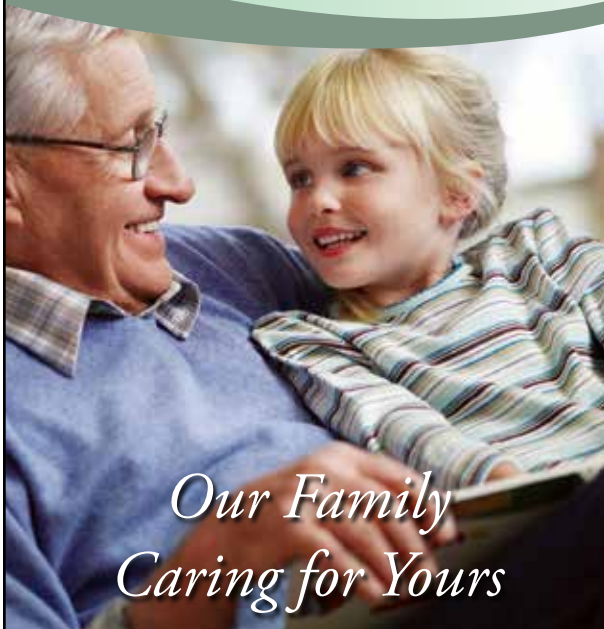
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valleyseniorliving.org
701.787.7563



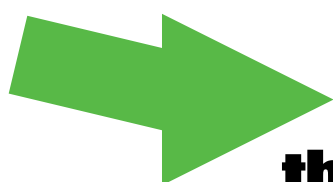
Fun around the Center



1 Thank you to Mary Thomas, who has crocheted seven baby afghans during COVID. Her work is flawless and the afghans are so soft. REMINDER: These afghans and other handmade items are available in the GF Senior Center gift shop, located in the Senior Center's lobby.

2-5 The rest of the pictures were taken the week the Grand Forks Senior Center building reopened to the public at the beginning of May. It's so good to have seniors back in our building again.

GFSC Exercise Classes



UPDATE: Classes at Hope Church through June 3. Beginning June 7, the classes are behind Shelter #3 at Lincoln Park (120 Euclid Ave, GF)

Hope Church asks that unvaccinated people wear masks as they come into the building and take their place to exercise. All are encouraged to distance during class. For more information, contact Ranea at 701-757-4866; activity@gfseniorcenter.org or go to www.gfseniorcenter.org/physicalactivities. No membership is needed. These classes are open to people with a range of abilities, age 55 and older. Each person does what they are comfortable doing.

Chair Yoga: M & W at 3 pm

Tai Chi for Arthritis & Fall Prevention w/Bill from Altru: T & Th at 1:30 pm

Qigong with Harpreet: T & Th at 2:30 pm

Healthy Bones: T & Th at 3:10 pm

GF Public Schools Referendum Election Absentee Voting

A special election will be held on June 22 in Grand Forks. On the ballot will be two questions about long-term building and infrastructure investments for Grand Forks Public Schools. You can either vote in person on Tuesday, June 22 at the Alerus Center from 7 am to 7 pm or you can vote by absentee ballot. In order for your absentee ballot to count, **the ballot either needs to be returned by June 21 or postmarked June 21.**

There are **TWO STEPS** to vote by absentee ballot:

1. The first is to **fill out an application to receive an absentee ballot.** You can either pick up an application at the GF County Building (151 S 4th St # S101 - Phone: 701-780-8200) or the Mark Sanford Education Center (2400 47th Ave S - Phone 701-746-2200). You can

also call either of these places and request that an application be mailed to you. Once you have filled out the application, return it immediately using the instructions on the application.

2. **After your application has been received, the GF County Auditor's office will mail you a ballot.** Fill out the ballot and return it immediately by mail or in person to the Grand Forks County office building.

ALTERNATIVE PROCESS

If you choose to go to the GF County building to pick up your application, you can fill it out right there and they can immediately give you the ballot to fill out and hand in.

Questions about any of this? Call the GF County Auditor's Office at 701-780-8200.



Congratulations to Laurie Krueger, our Home Delivered Meals kitchen assistant, on her retirement!



Creamy Garlic Pasta with Shrimp and Vegetables

Sarah Klym, UND Dietetics Student

Vegetables for a long-lasting life

A common issue in the diets of older adults is the lack of diversity in their consumption of vegetables. It is especially important for older adults to meet the recommendations of five daily servings of vegetables a day. You can easily add more vegetables to your diet with this delicious and nutritious pasta recipe. While vegetables are an essential food group for your health, it is also important to consume a variety of food groups. This one meal contains four out of the five food groups: vegetables, protein foods, grains, and dairy. This recipe can be very flexible by adding or removing certain vegetables depending on what you like or have in your home at the time. Here are some health facts about the veggies in this dish:

Asparagus:

- Has anticancer and disease properties
- Can reduce blood pressure and maintain blood cholesterol
- Improves digestion

Red Bell Pepper:

- Packed with the antioxidant beta-carotene, which aids in good eye health
- Rich in vitamin A and C
- Improves immune system

Peas:

- Improves digestive and cardiovascular health
- Good source of fiber

Ingredients:

- 3 ounces of whole-wheat spaghetti pasta
- 6 ounces of peeled and deveined shrimp
- ½ bunch of asparagus, chopped into 1-inch pieces
- ½ of a large red bell pepper, thinly sliced
- ½ cup of fresh or frozen peas
- 2 small cloves or 1 large clove of garlic
- ½ tsp of salt
- ¼ tsp of black pepper
- ¾ cup of plain low-fat or nonfat yogurt
- 2 tbsp chopped flat-leaf parsley or 1 tsp of dried parsley
- 1 and ½ tbsp of lemon juice
- 1 and ½ tsp of extra-virgin olive oil

Instructions:

Step 1: Bring a large pot of water to a boil. Add spaghetti and cook 2 minutes less than package directions. Add shrimp, asparagus, bell pepper and peas, and cook until the pasta is tender and the shrimp are cooked, 2 to 4 minutes more. Drain well.

Step 2: Mash garlic and salt in a large bowl until a paste forms. Whisk in the yogurt, parsley, lemon juice, oil, and pepper. Add the pasta mixture and toss to coat.

Step 3: Serve and Enjoy!

Recipe makes 2 servings

Nutrition facts: 403 calories, 35.9 g of protein, 54g carbohydrates, 6.2 g of fat 10.2 g of fiber 13.6 g of sugar

How to Say Goodbye to a Loved One

Goodbyes are hard. We simply do not want to say goodbye to the people we love. And saying goodbye when a friend, family member, or loved one approaches end-of-life can feel like an impossible task. There are ways to prepare for saying goodbye, and if you practice now in your own way, it can help soften the memory of loss later.

- **Prepare early.** Take time to think about what you want to say and to whom you want to say it. You will have different goodbyes for different circumstances. Sometimes the ending is a death, sometimes it's another type of parting.
- **Practice.** Don't delay saying what you mean until the last moment.
- **Expect emotions.** You might cry, and that's OK. Or sometimes we laugh because we can't cry, at least not yet. Expect your emotions; they have a way of catching you off guard.

There are many ways to say goodbye. Some of the most common are:

- **“I love you.”** These three words compose the greatest phrase to use in goodbyes. Practice saying it.
- **“I forgive you.”** or **“I’m sorry.”** These are powerful goodbye words and can transform you and the person who receives them.
- **“Thank you”** is another comforting goodbye phrase. When it is used within a significant, shared story, it honors what made your relationship unique and meaningful.
- **“I understand you need to go.”**

You may not be able to tell your loved one it's okay for them to go, but perhaps you can tell them you understand they need to go.

You may not be able to tell your loved one it's okay for them to go, but perhaps you can tell them you understand they need to go. It will never feel okay to you, but sometimes people are waiting for a cue they can go. People who are dying may feel they cannot pass if they are too worried about how the family will cope without them.





Sometimes people say, “We don’t do goodbyes. We do ‘See you later.’” That counts, as long as you all really know what you are saying, and you are not skirting around an important message. Goodbye has the etiology of meaning, “God be with you,” so saying goodbye is bestowing a blessing. And for a person whose faith tradition anticipates seeing one another again after a parting or after a death, “See you later” rings true.

Take hints from your loved one. You can ask, “Is there anything that would be most important to you to talk about today?” Take your cues from your own inner self. What do you most need to hear? That may be the best clue about what you might need to say.

Sometimes the most touching gesture you can offer are no words at all—just being

there, a hug, holding a hand, rubbing a shoulder, crying.

Saying goodbye is an important signal to your loved ones and recognizes an ending point in your journey together. It also signifies we can say goodbye and still be alright. We are now at the fork in the road, and it is okay to travel separately because we’ve each had the pleasure of traveling together for a time that mattered. It’s a way of saying, “Thank you, I’ll be okay, and you’ll be okay.” Your words may be an essential gift of peace to someone who is worrying if you can handle their leaving.

We are now at the fork in the road, and it is okay to travel separately because we’ve each had the pleasure of traveling together for a time that mattered.

Are you concerned about saying goodbye too soon? If you say your heartfelt goodbye and see your loved one again, it’s a gift. ■

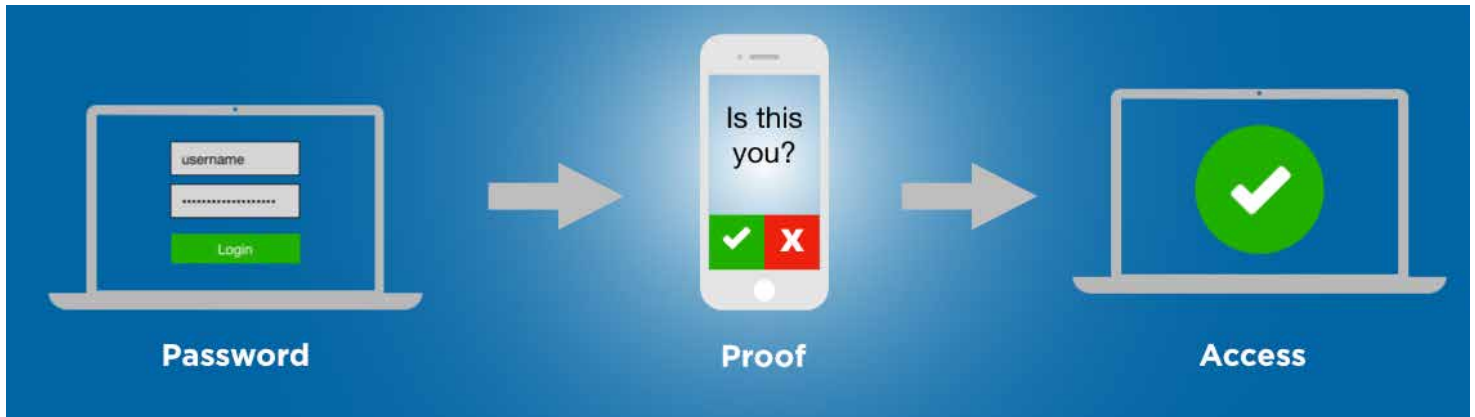
If you are having difficulty coping with your grief, you don’t have to grieve alone. Hospice of the Red River Valley offers free grief support services to community members in Grand Forks and the surrounding communities. For more information, call 800-237-4629 and ask for the grief department or visit www.hrrv.org.

Thank you to Hospice of the Red River Valley for this important article about how to say goodbye.

TECH Talk

TECH Talk is a time to learn about the technology on which we are becoming more dependent. Written by GFSC staff.

Two-factor Authentication



What is Two-factor Authentication?

Two-factor authentication (also called multi-factor authentication) is an electronic verification method that increases your security online. It does this by requiring multiple ways to prove you are you and not a hacker. The extra information, or factors, you provide fall into three categories: something you know (like a password or a security question), something you have (like a cell phone or credit card), or something you are (like your fingerprint or Face ID for Apple products).

How to Use Two-factor Authentication

Every website/company will have their own policies, procedures, and requirements; however, the premise remains the same. You enter in your username/password like normal, but instead of instantly gaining access to what you are trying to get into, you will be required to provide another

piece of information. Depending on the company and what you are trying to access, you may be sent a text message or email with a code, you may be asked to answer security questions, or to scan your fingerprint or face (Apple products).

For example, a bank may have you enter your username/password, but then a code is also sent to your cell phone via text message. You would need to enter that code on the bank website before accessing your online bank account. The username/password would be your first factor (or piece of information) and the code to your cell phone would be your second factor (or piece of information), thus two-factors were required to verify that you are you. What are the chances a hacker would know your username/password AND also have access to get the code from your cell phone?

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Who Uses Two-factor Authentication?

Many large businesses, banks, hospitals, and most universities are beginning to require two-factor authentication to access your information with them. Two-factor authentication should be used on an account that has sensitive information, such as financial information, health information, Social Security numbers, etc. At this time, most two-factor authentication is still optional, but strongly encouraged.

Two-factor authentication should be used on an account that has sensitive information. . .

Why is Two-factor Authentication Important?

Passwords that are weak, stolen, or have been reused are still one of the leading causes for security breaches. Even with strong passwords, hackers can sometimes still access your private information. Two-factor authentication is a strong, dependable method to help prevent hacking. It is essentially an extra layer of protection when operating online. It may seem like a hassle and a time commitment, but the alternative of putting your private information at risk may be worth the extra time. ■

PARTY

— IN THE —

PARK



WHEN: July 28, 2021
August 18, 2021

WHERE: Lincoln Park

WHY: Good food and fun!

We will enjoy a noon meal together at the park, with food provided by the Ground Round food truck. Then after lunch we will have entertainment, also at the park. More detailed information will be available in the July and August *Silver Express* newsletters. **Check the JULY newsletter for when tickets will be available for this event. Do not call now for tickets.**

Donations & Memorials



Thank you for these donations received April 12, 2021 to May 11, 2021. A donor's cumulative giving from this period is listed. This includes Brighter Society Members. Thank you all for your generosity!

Donations of \$5,000- \$9,999

- Enbridge - \$5,000 grant for senior meals

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

- RETRAX Holdings - For senior meals

Donations of \$500 - \$999

- Hoeger, Pat - In memory of Richard Hoeger. In honor of the cooks, staff, and all of the volunteers.

Donations of \$250 - \$499

- Dakota Medical Foundation - Rising Star award for GHD 2021

Donations of \$100 - \$249

- Anonymous
- Connell, JoAnn
- Deitz, Marijo
- Ellertson, Paul and Lindbo, Larenda - For senior meals
- Erickson, Dennis and Cheryl
- Fettig, Carol
- Goodman, Bernie - In memory of Dorothy McEnroe

- Gray, Irene - For the Transportation Fare Assistance program for Senior Rider so others can use this service
- Hackenberg, Delores
- Kirkeby, Dean
- Mallinger, Earl
- Schubert, George - In memory of Arline Schubert
- Ward, Jim and Cheryl
- Yagla, Phil and Judy

Donations of \$99 and Under

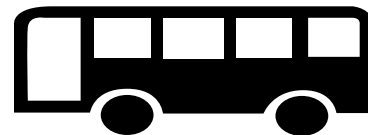
- Anonymous (4X)
- Arnold, Dolly
- Belobraydic, Rochelle
- Bergeron, Robert and Denise - In memory of Judy Bolton
- Broadwell, Ray and Becky
- Business Wire
- Camburn, Neal and Joan - In memory of Carrol & Isabel Lebacken, Darlyne Martin
- Choice Bank
- Everett, Denna - For senior meals
- Herrmann, Karen
- Hogan, Shirley
- Iseminger, Carl and Colette - In memory of Alexandro 'Al' Perez, Beatrice Bangs

- Jochim, Mason
- Lysne, David and Aida - In memory of Magnus Lysne
- Mattern, Roger and Alice
- McGarry, Dennis and Lynn
- Pedersen, Melvin
- Rossow, Margaret
- Sandberg, Curt and Lone - For Meals on Wheels
- Schiele, Kathy - In memory of Don Schiele
- Schumacher, Matt and Jami
- Sieg, Ruby - In memory of Bernadette Peterson
- Sonterre, Lisa
- Venaccio, Michael and Vicki
- Zirnhelt, Clair and Ronda

Thank you to the Dollar Tree on South Washington for their in-kind donation of 45 bottles of hand sanitizer for Meals on Wheels/Home Delivered Meals and many more small bottles of hand sanitizer for Health to give away.

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 am from the I-29 South Truck Stop (Flying J) in GF and leaves Fargo at 3:00 pm to come back. Call 701-284-7980 by 3 pm the Friday before for reservations.



Assistive Equipment

available to borrow (for up to three months)



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

Foot Care Appointments Available

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

June 15	Manvel Senior Center Main St., Manvel	9:00 am - Finish
June 16	Thompson Comm. Center 306 Pacific Ave, Thompson	8:30 am - Finish
June 22	Aneta Community Center 219 Main Ave, Aneta	9:00 am - Finish



Guidelines to keep clients and staff safe:

- Nurses are equipped with proper equipment. Clients will **wear a mask correctly during the entire foot care appointment.**
- You must call and reschedule your appointment if you are not feeling well in any way. **If you are unvaccinated, you will need to reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 in the two weeks before your appointment.**

JUNE 2021 - Grand Forks COVID-19 Senior Meal Program

The Full Cost of the meal is: \$9.75; Suggested Donation is \$4.25. EBT/SNAP is accepted. Please contribute what you can.

22 Silver Express

Monday Lunch: May 31	Tuesday Lunch: June 1	Wednesday Lunch: June 2	Thursday Lunch: June 3	Friday Lunch: June 4
5/31 Closed	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 Beets (.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 Cooked Carrots (.5 cs) Cantaloupe Wedge (1 cs)
Menu Subject To Change Without Notice				
Monday Lunch: June 7	Tuesday Lunch: June 8	Wed Lunch: June 9	Thursday Lunch: June 10	Friday Lunch: June 11
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)	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 14	Tuesday Lunch: June 15	Wed Lunch: June 16	Thursday Lunch: June 17	Friday Lunch: June 18
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 21	Tuesday Lunch: June 22	Wed Lunch: June 23	Thursday Lunch: June 24	Friday Lunch: June 25
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 28	Tuesday Lunch: June 29			
1c Hungarian Goulash (2cs) 1/2 c Corn (1 cs) 1/2 c Fresh Fruit (1 cs)	3 oz Baked Cod 1/2 c AuGratin Potatoes (1.5 cs) 1/2 c Green Peas (1 cs) Watermelon Wedge			
<p>DRIVE THRU MEAL PICK UP AT THE GRAND FORKS SENIOR CENTER FROM 11:30AM-12 Noon- NOTE Time Change; DINING ROOM IS CLOSED UNTIL FURTHER NOTICE PER ND AGING SERVICES</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>1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (1cs); and margarine are available with each meal.</p>				

Date: __4/16/2021__ Licensed Registered Dietitian #13899  Collette Iseminger, MS, RD, LRD

Aspen Park

Briarwood

Parkview Terrace



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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 are required.** Rides within GF and EGF city limits only.



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

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Grand Forks, ND



June 2021

Grand Forks Senior Center



Do you want to be a part of a GREAT team? Come join the team at the Grand Forks Senior Center! We have two very part-time positions open, one as a **Home Delivered Meals kitchen assistant** and the other as a **flex-time nurse**. Do you have someone in your life who might be interested in one of these positions? Stop by the Senior Center's front desk for a job description and an application or find them at www.gfseniorcenter.org/evopps.