



March 2021

The Silver Express

www.gfseniorcenter.org

701-772-7245



11:30 am - 12:30 pm (each person must have a ticket)

The GF Senior Center's Easter FEAST (meatloaf and mashed potatoes with gravy, corn, tossed salad, dinner roll, and banana cake with whipped cream) will be served drive-thru style at the Alerus Center this year. **To reserve a ticket, call 701-772-7245 with the full name and birthdate of each person who would like a meal (only for people 60 and older & their spouses of any age).** Tickets will be mailed out. At the drive-thru, you can pick up meals for friends, family, and neighbors, as long as you have their tickets.

Deadline to reserve a ticket: Friday, March 12 (if tickets still available at this point). You may also call after March 12 and check if we have any tickets remaining.

On Tuesday, March 23, enter on the south side of the Alerus Center parking lot from 42nd Street. Look for signage or people to direct you. You will drive up to the building, **hand us your ticket(s)**, and receive your meals through your back window.

Suggested dinner contribution of \$5 for people 60+ and their spouses. A contribution envelope will be sent in the mail with your tickets. If you would like to make a contribution, please put your cash or check in the envelope and give that, along with your tickets, to the drive-thru attendant.

No Drive-thru at the Grand Forks Senior Center this day

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 & 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 2,200 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 jamis@gfseniorcenter.org and let Jami know.



The Silver Express[®]

March 2021

Job Openings

The GF Senior Center presently has two job openings: **Resources department manager** and **flex-time nurse in the Health department providing foot care**. Check out the details, as well as the application form, at www.gfseniorcenter.org/evopps or call 701-772-7245 to have the information mailed to you.

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- Back Meal Drive-thru: Passing Out Meals and Fun!



AARPSM Tax Aide

The AARP Tax Preparation Site has begun taking calls for appointments for the completion of tax returns.

Calls will be taken Monday-Friday from 10 am - 4 pm. Please call 701-850-5174. There will be NO WALK-INS.

From the Director's Chair by Colette Iseminger



2020: Pandemic Crisis & Response

2020 started out normal enough and then, in March - BOOM, the pandemic hit. We were notified by the state to close all our meal sites and our health services immediately. Our building was closed to the public and all activities were cancelled. The pandemic has ruled us ever since. Here are a few notes regarding the year.

SERVICES

Basically, we turned on our ears overnight. Feeding seniors became our top priority. Meals in Grand Forks were up even before the pandemic. By the end

of 2020, we saw a 19% increase in meals over the previous year. From mid-March to the end of 2020, 89,000 meals, made by the cooks in the Senior Center kitchen, were appreciated and enjoyed by older adults. We had **over 800 brand-new people** who have not dined with us before come through the meal drive-thru. That is amazing!

Social distancing and mask mandates limit what we can be doing, so the Activities department transitioned to exercise classes in the park over the summer, then

While not all services and programs are back, we have been able to safely bring back some services and staff/volunteers. We continue to take into account state mandates, county mandates, and public health recommendations in our planning.

It is a huge accomplishment for a small agency, such as ours, to pivot so quickly and continue to meet needs in these alternative ways for so long. **Many thanks to our clients for their patience.** Their routines have been uprooted by our multiple changes this year.

STAFFING

One-third of the staff temporarily stepped back, retired, quit, or were laid off, yet those who stayed worked hard to keep the meals and other services going.

Our 'Wall of Thanks' has been an inspiration to all of us and we read the messages on a regular basis.

The ability to take care of our staff in a safe, fair, and equal way, while still completing Senior Center business, was



This photo, taken from the roof of the Alerus Center, shows the line-up of cars for our drive-thru Christmas Feast. Although the line was long, 800 meals were picked up in a little over an hour.

moved indoors to Hope Church by mid-October. Health and Resources have changed how they do business, but still meet needs.

a major challenge this year.

Many thanks to the staff for sticking this out and doing jobs they may have not been hired to do. Only with the staff working as a team were we able to accomplish all we did this year.

PARTNERSHIPS

The pandemic did allow us to develop some great partnerships with area businesses. When the Senior Center could not scale up quickly enough to produce enough meals to meet needs, we reached out to a local restaurant. The Ground Round entrée purchase partnership was a win-win for both them and us. The Alerus Center holiday feasts, drive-thru style, allowed us to provide over 1,600 holiday meals for our clients. We did not have the capacity to make that many meals in-house. Target of Grand Forks has supplied tens of thousands of brand-new bags for meal delivery.

Many businesses supported us with meal delivery volunteers. Thank you so

much to Scheels, Midco, LISTEN, American Crystal Sugar, the Grand Forks Air Force Base, Grand Forks Board of Realtors, True North Equipment, Development Homes, Vilandre Heating & Air, the Lions Club, REM, Edgewood Vista Management, Target, and Altru. **We can't thank all of you enough who volunteered this past year. You have truly made a difference in the lives of so many older adults.**

FINANCIAL

Beginning in February, Giving Hearts Day raised funds for dining room blinds and flooring. We then were fortunate to receive multiple grants, many of which were pandemic-specific. We also secured a Paycheck Protection Program loan, which should move to grant status soon. Increased state meal contracts through the federal stimulus packages have been instrumental as we have been able to keep feeding all older adults who need food. A record Silver Campaign rounded out the

year and helped us end the year solidly in the black.

Many thanks to everyone who showed us how much they valued what we were doing by donating to our Center this past year.

We have a large profit at the end of 2020. This will allow us to be well-situated for what happens when the pandemic ends, including potentially leaner times ahead.

THE FUTURE

With the coronavirus vaccinations just ramping up in Grand Forks County, we look forward to reopening our doors to the public and offering new programs and services, along with some of the old favorites. We can't wait to see your smiling faces and go back to normal operations.

As you live on the Brighter Side of Sixty and await your vaccine, may 2021 find you healthy and safe!

Colette Iseminger
MS, RD, LRD
Executive Director



YOUR MEMBERSHIP MATTERS

While we know the Grand Forks Senior Center won't be opened in the first part of 2021, we would appreciate your support through the purchase of a 2021 membership. At the beginning of January you should have received a membership form. If you did not, call us at 701-772-7245. Please fill out the form completely and return it in the mail, along with a check. Thank you in advance for supporting older adults and the GF Senior Center.

Stimulus Payments for Seniors

DEBIT CARDS

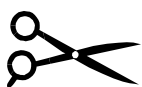
Some people have received their stimulus payments in the form of a debit card. This is a valid way of receiving your stimulus payment. Be sure to not throw it away.

HAVEN'T RECEIVED YOUR STIMULUS PAYMENT?

For those who believe they haven't received a stimulus payment, it may be that you need to file a tax return, even if you haven't filed for years. The form can be accessed and printed from www.irs.gov: 1040SR (for seniors).

BIG IMPACT!

Grand Forks Senior Center Resource coordinators worked with 62 clients this past fall helping them evaluate their Medicare Part D during the open enrollment period. These seniors are looking at a total potential savings of \$270,176.



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.*

Grand Forks County Rural Transportation



For information regarding Grand Forks County rural transportation, call between 8:30 am - 3:30 pm.

800-845-1715 or
701-636-5953

Be sure to call before making appointments as days for transportation are limited.



Introducing . . . Deb from HDM

Deb Christopherson is the new kitchen assistant for Home Delivered Meals. She is originally from Linton N.D., but has lived in Grand Forks for over 30 years.

Deb and her husband, Dale, have a 14-year old daughter. They love pets and have both cats and a dog. Her favorite hobby is reading a good book.

Welcome to the Grand Forks Senior Center team, Deb!

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).

Mar 2	Aneta Community Center 219 Main Ave., Aneta	9:00 am - Finish
Mar 10	Tolna Lutheran Church 220 Main St., Tolna	9:30 am - Finish
Mar 24	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Mar 25	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Mar 31	McVille Fire Hall 203 Baldwin St, McVille	9:30 am - Finish



Guidelines to keep clients and staff safe:

- 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.**
- Nurses are equipped with proper equipment. Clients will **wear a mask correctly** around staff and in the building and will use hand sanitizer upon entry to the building. **Clients will be escorted to and from the appointment.**
- 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.

COVID-19: All about Vaccines

You can help stop the pandemic by getting a COVID-19 vaccine. To stop this pandemic, we need to use all our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so your body will be ready to fight the virus if you are exposed (also called "immunity").

Vaccines are safe and effective. The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. Studies show that COVID-19 vaccines are very effective at keeping you from getting COVID-19. Experts also think that getting vaccinated may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease.

After COVID-19 vaccination, you may have some side effects. These are normal signs that your body is building protection. The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities. Most of these side effects should go away in a few days.

You will still need to wear a mask and socially distance after getting each shot of the vaccine. As experts learn more about how COVID-19 vaccination may help reduce spread of the disease, CDC will continue to use the latest science to update the recommendations for protecting communities.

Call the Covid-19 Hotline to Register for Vaccination Today:

701-780-6358



Vaccination is Key to Ending Pandemic

Remember how much fun it is to come to the Senior Center for a meal, a visit, an activity, or an event? We want to start having people in our building again, but we need to know most of our seniors have gotten vaccinated before we can open up to the public.

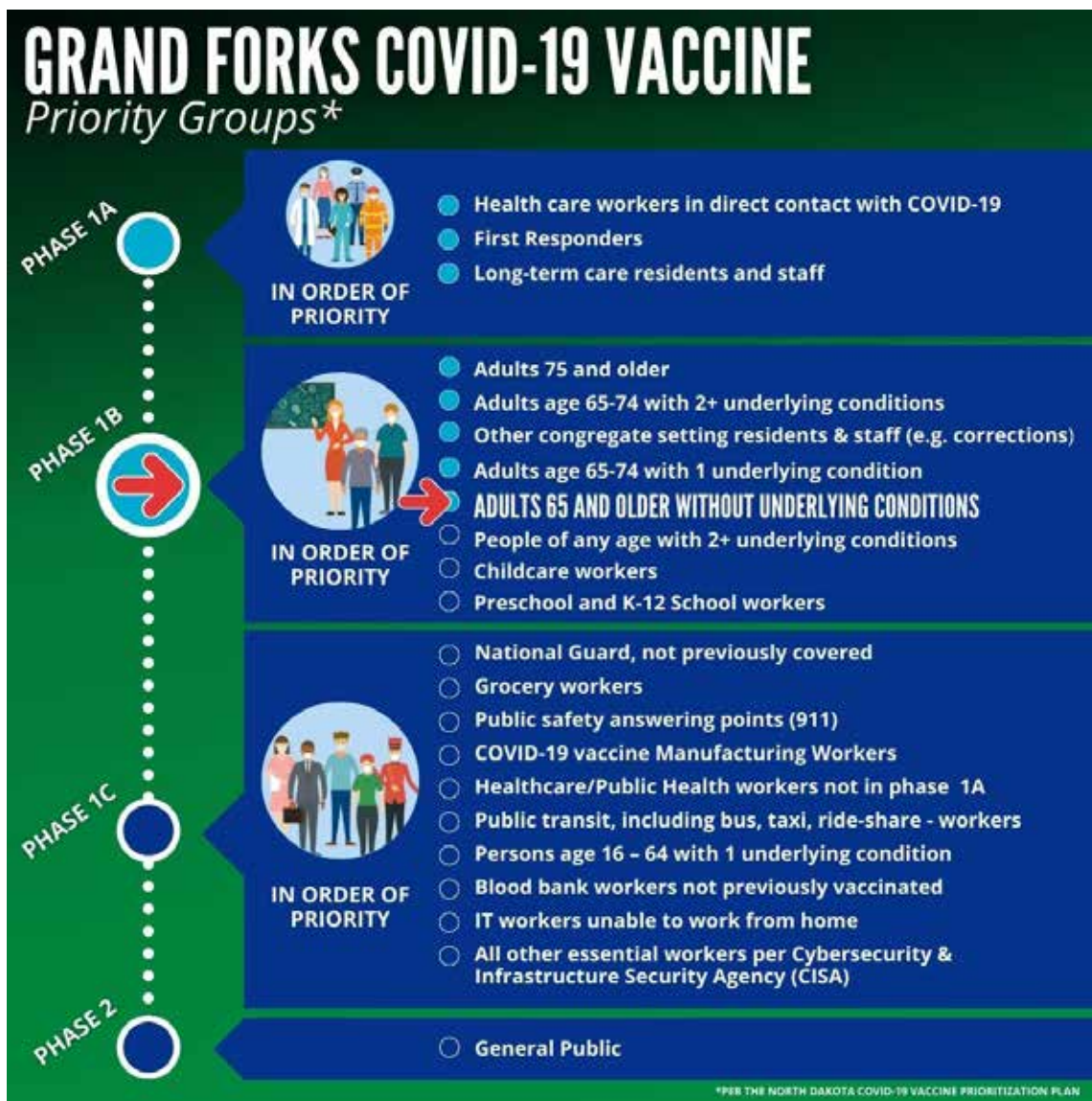
We have worked hard to keep older adults as healthy and as safe as possible during this pandemic. **Now each of you has the opportunity to be a part of ending this pandemic by getting vaccinated.**

If you have not gotten vaccinated yet, please call the COVID-19 hotline at 701-780-6358 to get on the waitlist for the vaccine. If staff answering phones are busy on other calls, the line will just keep ringing. Don't give up. Call back again. If you've already called the COVID-19 hotline and have been added to the waitlist, there is no need to call again, unless they have moved on to the next group and you think you should have already been called. Once on the vaccination waitlist, be sure to pick

up your phone when it rings (or check your email) as it could be regarding your appointment.

According to new CDC (Centers for Disease Control and Prevention) fully vaccinated persons who meet criteria will no longer be required to quarantine following an exposure to someone with COVID-19. Yet another benefit of vaccination!

It's been a long 11+ months, let's all do what we can to end this pandemic as soon as possible.





GFSC Resources

Turning 65 Soon?

Medicare Information for You

IF YOU ARE TURNING 65 AND NOT RETIRING

If you plan to continue receiving insurance from your employer, you do not need to sign up for Medicare just yet. You'll get a special enrollment period that begins the month after your employment/coverage ends and lasts for eight months.

Even though you don't need to sign up for Medicare, we do recommend you still sign up for Medicare Part A (hospital insurance) only. Most don't have to pay the Part A premium because you already pay for it with your Medicare taxes while working.

IF YOU ARE TURNING 65 AND WILL BE RETIRING OR ARE RETIRED

The Original Medicare OR Medicare Advantage plan sign-up period is 3 months before the month you turn 65, the month you turn 65, and 3 months after the month you turn 65.

Original Medicare includes Medicare Part A (hospital insurance), Part B (medical insurance), Part D (prescription drugs), and a supplemental insurance plan (covers what the rest doesn't cover). You have to sign up for each separately.

Medicare Part A and Part B

For Part A and Part B, you sign up through Social Security. You can sign up through the website (www.ssa.gov) or by phone (888-617-0456).

Medicare Part D

For Part D, you sign up through the company you choose after comparing all the companies that offer Part D. Find the one that best fits you and your medications. To do this, you can compare Part D plans through a tool on www.medicare.gov. You can also contact Nina at the Grand Forks Senior Center for assistance with the comparison. She would print off the top three plans for you and you would make your decision from those options.

Supplemental Plan

For the supplemental plan, you sign up with the company you find best suits you. Nina has a list of supplemental insurance companies she can mail/hand out. She can then highlight the companies most often used.

Supplemental insurance companies offer different plans - A, B, C, D, G, K, L, M, N. All plans are uniform. One company's Plan G is the same as another company's Plan G. It is important to compare these

GFSC Resources



(cont. from previous page)

plans and the companies that offer them; costs can vary between companies, even if the Plan is the same. These companies will accept you even with pre-existing conditions, as long as you sign up before your special enrollment ends. After, they may not accept you, or if they do, you may have to pay a more expensive premium. Plan G offers the most coverage and is the most popular plan.

Medicare Advantage Plan

Medicare Advantage Plans, sometimes called Part C or MA Plans, are an all-in-one alternative to Original Medicare. They are offered

by private companies approved by Medicare. If you join a Medicare Advantage Plan, you still have Medicare. These bundled plans include Part A, Part B, and usually Part D. Most Medicare Advantage Plans offer coverage for things Original Medicare doesn't cover, like some vision, hearing, dental, and fitness programs. If you decide to sign up for a Medicare Advantage Plan, you compare the plans and pick the one best for you. You can compare using www.medicare.gov.

Annual Open Enrollment

If you do not sign up for any of these programs during

your designated enrollment plan, you can sign up during the annual open enrollment period, which is October 15 through December 7 each year.

Also at this time, you can join, switch, or drop your current Part D plan/Medicare Advantage plan. You will, however, have a penalty for each month you do not have these programs.

Nina is the Senior Health Insurance Counselor (SHIC) at the GF Senior Center. You can contact her with questions. Call the Grand Forks Senior Center at 701-772-7245 and ask for Nina.

Four parts of Medicare

Part A
Hospital stays



Part B
Medical coverage



Part C
Medicare advantage



Part D
Prescription drugs



Donations & Memorials



Thank you for these donations received January 13, 2021 to February 10, 2021. A donor's cumulative giving from this period is listed. This includes Brighter Society Members.

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

Sowokinos, Joe and Janice

Donations of \$500 - \$999

Hayes, Philip

Donations of \$250 - \$499

Lambeth, David and

Volden, Cec

Donations of \$100 - \$249

Aubol, Linda

Chelliah, Noah

Drees, Ken and Maureen

For Meals on Wheels

Ellertson, Paul and Lindbo,

Larenda

Gilby Senior Center

For Resources

Haux, Norman and Betty

Hefta, Allen and Ardella

For meals

Kuchera, Joan

Neumann, Marie

In memory of Larry

Wheeler, Nancy Sondrol

Royal Neighbors of America

Chapter 138

For senior meals

Ryan, Jerry

In memory of Arlene

Vein, Richard Wold

Donations of \$99 and Under

Anonymous

Applegren, Ralph and Dawn

In memory of Eleanor

Mulleady, Anna Chaput

Broadwell, Ray and Becky

Burris, Donna

In memory of Jean

Danner from the Lunch

Bunch

Denis, Dan and Barbara

For Meals on Wheels

Drake, Armella "Melly"

In memory of Nancy

Sondrol

Fahey, Barbara

Glover, Ruth

In honor of the

Resources Dept

Hagstrom, Agnes

In memory of Shirley Arff

for foot care

Helgerson, Donna

In memory of Richard

Wold for drive-thru

meals

Herrmann, Karen

Holter, Jim and Sharon

In memory of Sally

Vandergon

Iseminger, Carl and Colette

In memory of Dorothy

Kulas

Iverson, Avis

In memory of Carol Jean

Iverson Sonnenberg

Janssen, Carol

In memory of Bob

Iverson

Johnson, Gary and Beverly

In memory of Dorothy

Johnson

Johnson, Marlene

In honor of volunteers

and the Senior Center

Kryzsko, Cec

Lively, Harriet

Madson, Avis

In memory of Eugene

Hayes

Mahnke, Vickie

In memory of Barbara

Denny, Duane Erickson

Mattern, Roger and Alice

McGarry, Dennis and Lynn

Midco Foundation

Nissen, Jon and Laura

In memory of Eugene

Hayes

Pedersen, Melvin

Robinette, Paul and Mary

Roos, Ruth

Sandberg, Curt and Ione

For Meals on Wheels

Schiele, Kathy

In memory of Don

Schiele

Schumacher, Matt and Jami

Twedell, Ray and Pat

In memory of Audrey

Shea

Zhorela, Don and Lynda

Zirnhelt, Clair and Ronda

Grants

Altru Health Foundation

\$1,893 for the Nutrition

Pilot program

Meal Options During the Pandemic

1. A **weekday meal drive-thru** from 11:30 am - 12:15 pm (no reservations necessary).
2. **Frozen meals** which can be picked up during the drive-thru (call 701-772-7245 ahead of time to place order) or delivery arrangements made if necessary. Orders must be placed by 10:30 am if you would like to pick them up in that day's drive-thru.
3. **Meals on Wheels** (701-757-2006) and **Home Delivered Meals** (701-780-5169) programs.



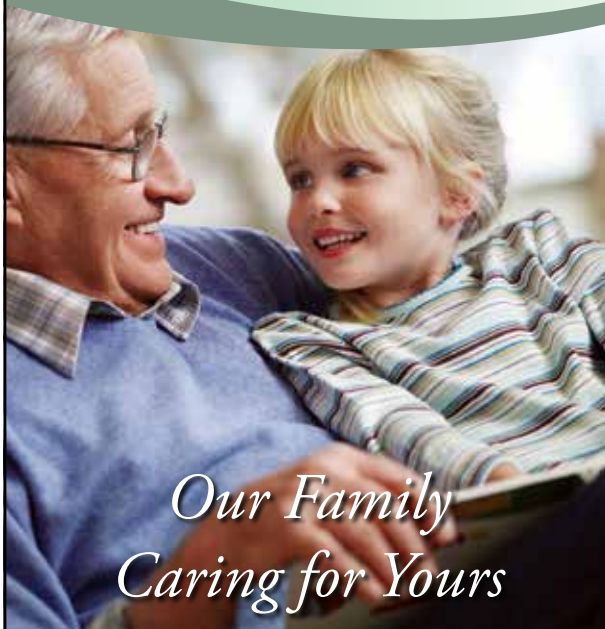
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- Meals, transportation, personal care included

valleyseniorliving.org
701.787.7563



MARCH 2021 - Grand Forks Title III Older Americans Act Food Program

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

Monday Lunch: March 1	Tuesday Lunch: March 2	Wednesday Lunch: March 3	Thursday Lunch: March 4	Friday Lunch: March 5
3oz Crispy Chicken (1cs) Sm Baked Potato (1cs) 1/2c Creamed Peas (1cs) 1/2 c Plum Sc (1cs)	Taco Salad (2cs) 1/2 c Peach Sc (1cs) Sm Cookie (2cs)	Pork Chop in Gravy 1/2 c Parslied Buttered Potato (1cs) 1/2 c Creamed Carrots (.5cs) 1/2 c Pineapple Chunks (1cs)	Baked Chicken (.5cs) 1/2 c M. Potato/cream gvy (1cs) 1/2 c Winter Mix Vegetables (.5cs) 1/10 Fruit Pie w/top (2cs)	Tilipia w/mango Sc (.5cs) 1/2c Boiled Potato (1cs) 1/2 c Mixed Vegetables (.5cs) 1/2 c Pear Sc (1 cs)
Monday Lunch: March 8	Tuesday Lunch: March 9	Wednesday Lunch: March 10	Thursday Lunch: March 11	Friday Lunch: March 12
3oz BBQ Chicken (.5cs) 1/2 c Augratin Potato (1cs) 1/2 c Harvard Beets (1cs) 1/2 c Mandarin Oranges (1cs)	Riblet on WW Bun (2cs) 8 oz Vegetable Soup (1cs) 1/2 c Coleslaw (.5cs) Frosted Special K Bar (2cs)	1c Chic Wild Rice Cass (2cs) 1/2 c Carrots (.5cs) 1/2 c Apricot Halves (1cs) Sm Cookie 2cs)	3oz Porcupine Meatballs in Gvy (.5cs) 1/2 c Mashed Potato/gravy (1cs) 1/2 c Corn (1.5cs) 1/2 c Tropical Fruit Salad (1cs)	3 oz Salmonloaf (.5cs) 1/2 c Boiled Potato (1cs) 1/2 c Creamed Peas (1cs) 1/2 c Blueberry Crisp w/top (2cs)
Monday Lunch: March 15	Tuesday Lunch: March 16	Wednesday Lunch: March 17	Thursday Lunch: March 18	Friday Lunch: March 19
3oz Cabbage Roll (.5cs) 1/2 c Boiled Potato (1cs) 1/2 c Beets (.5cs) 1/2 c Mand. Orange Sc (1cs)	2oz BBQ Pork on WW Bun (2cs) 8 oz Cream of Broccoli Soup 1/2 c Fruit (1cs) Bitzy Frosted Brownie (2cs)	3oz Turkey w/Gravy 1/2c Mashed Potato (1cs) 1/2 c Yams (1cs) 2"sq Pumpkin Crunch Dessert (2cs)	3oz Swedish Meatballs (.5cs) 1/2 c Mashed Potato (1cs) 1/2 c Carrots (.5cs) 1/2 c Tropical Fruit Sc (1cs)	3oz Baked Salmon Sm Baked Potato (1cs) 1/2 c Squash (1cs) 1/2 c Fruited Red Gelatin (2cs)
Monday Lunch: March 22	Tuesday Lunch: March 23	Wednesday Lunch: March 24	Thursday Lunch: March 25	Friday Lunch: March 26
8oz Chili (1cs) Sm Baked Potato (1cs) 1/2c Creamed Corn (1cs) 1/2 c Mandarin Oranges (1cs)	Meatloaf (.5cs) 1/2c Mashed Pot w/gravy (1cs) 1/2 c Corn (1cs) Dinner Roll (1cs) Tossed Salad/Dressing Banana Cake w/ Whip Cream (3cs)	3oz BBQ Ribs 1/2 c Boiled Potato (1cs) 1/2 c Broccoli 1/2 c Peach Sc (1cs)	Stuffed Pepper (.5cs) 1/2 c Green Beans 1/2 Orange (.5cs) 1/2 c Fruit Crisp w/top (2cs)	Fish Amondine 1/2 c Creamed Potato (1cs) 1/2 c Carrots (.5cs) 1/10 Pump Pie w/top (2cs)
Monday Lunch: March 29	Tuesday Lunch: March 30	Wednesday Lunch: March 31	Drive Thru Meals Pick Up at the Grand Forks Senior Center from 11:30am-12:15pm; Dining Room is Closed Until Further Notice	
3oz Hot Turkey 1/2 c M Potato/Gravy (1cs) 1/2 c Yams (1cs) 1/2 c Cherry Sc (1cs)	Meatballs in gravy (.5cs) 1/2c Mashed Pot w/gravy (1cs) 1/2 c Mixed Vegetables (.5cs) 1/2 c Fruit Cocktail (1cs)	3/4c Italian Spaghetti (1cs) 1/2 c French Green Beans 1 Garlic Toast (1cs) 1/10 Peach Pie w/top (2cs)	MENU SUBJECT TO CHANGE WITHOUT NOTICE	
March 23-Holiday Meal Pick Up @ Alerus Center Please call 772-7245 for your required reservation.				

Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31 g; Net Carbs 87 g; Fat 24.5 g

Attn: Diabetics-These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts

1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (1cs); and margarine are available with each meal.

Date: 1/20/2021 Licensed Registered Dietitian #13899

Colette Iseninger Colette Iseninger, MS, RD, LRD

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

Bad Weather Info

During bad weather to find out if we are having exercise classes, our meal drive-thru, or if we are delivering meals, call the Sr Center at 701-772-7245, check www.gfseniorcenter.org, valleynewslive.com, or www.facebook.com/gfseniors.

GFSC Exercise Classes

GF Senior Center exercise classes are being held indoors at Hope Church, as long as COVID numbers in the county remain low. Must mask and distance. For more information, contact Ranea at 701-757-4866; activity@gfseniorcenter.org or go to www.gfseniorcenter.org/physicalactivities.

- 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

Cities Area Transit offers **SENIOR RIDER**

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



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



620 4th Ave. S.
Grand Forks, ND 58201
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The Grand Forks Senior Center's MARCH 2021 Silver Express newsletter
Be sure to call 701-772-7245 for your Easter Feast tickets!

Meal Drive-thru: Passing Out the 100,000th meal and Passing Out Fun



On Tuesday, February 9, the Grand Forks Senior Center hit the 100,000 meal mark for meals provided to seniors in Grand Forks County since the beginning of the pandemic. We celebrated by surprising the person who was picking up that milestone meal in the drive-thru (picture on left). Also that same week, people had the opportunity to pick up a free craft bag to make Valentine's Day crafts (picture on right).