

# The Silver Express

## Nutritious Meal Options At The Grand Forks Senior Center

*There are many different ways people 60+ and their spouses of any age can eat delicious meals prepared by talented cooks at the Grand Forks Senior Center!*

*Sit-Down Breakfast - Served 8:30am-9:00am*

*Drive-Thru Lunch - Served 11:30am-Noon  
- Pull your car up to our drive-thru line and a volunteer will place a meal in the back seat.  
(Will need name and birthdate of each person receiving a meal written on paper.)*

*Sit-Down Lunch - Served Noon-12:15pm  
- Choose from two entrees each day to eat in-house at the Senior Center.*

*Frozen Meals To-Go - Enjoy anytime!  
- Call ahead or stop by to pick up frozen meals.*

*For detailed information and an updated frozen meal list, visit <https://www.gfseniorcenter.org/nutrition>*



# Grand Forks Senior Center (GFSC) Phone Numbers

<b>GFSC General Number</b> .....	<b>701-772-7245</b>
Executive Director, <b>Colette Iseminger, MS, RD, LRD</b> .....	701-772-7245
Assistant Director/Development Officer, <b>Becky Broadwell</b> .....	701-757-4864
Meals on Wheels (MOW) Coordinator, <b>Grace Hale</b> .....	701-757-2006
Home Delivered Meals (HDM) <b>Paula Altepeter, Rhonda Stephan</b> .....	701-780-5169
Resources Manager <b>Stacy Narlock, BSW</b> .....	701-757-4874
Grand Forks Resources, <b>Bailey Kitko, LSW</b> .....	701-757-4883
Rural (GF & Nelson) Resources, <b>Joyce Austin</b> .....	701-757-4881
Activity Manager, <b>Ranea Johnson</b> .....	701-757-4866
Gaming Supervisor, <b>Dennis Nelson</b> .....	701-757-4873
Public Relations Manager, <b>Amanda Rengstorf</b> .....	701-757-4863
Kitchen Supervisor/Head Cook, <b>Gerri Davis</b> .....	701-757-4871
Sit-Down Meal Information & Frozen Meals, <b>Mary Johnson</b> .....	701-757-4869
Health (Foot Care) Appointments .....	701-757-4878
Health Manager, <b>Shirley Lill, RN</b> .....	701-757-4868

## GFSC Board of Directors

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Bob Rost

### Vice President

Dave Willprecht

### Secretary

Alice Mattern

### Treasurer

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Karen Herrmann

Alice Hoffert

Bobbie Kurtyka

Rich Lehn

Jason McCarthy

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Michael Venaccio

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Clair Zirnhelt

## 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 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.

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



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



## Tour the Senior Center Tuesday

**March 1 at 9am**

Meet in the lobby.  
All are welcome.  
No RSVPs Needed.

Tours are given the first Tuesday of each month. Plan for an hour. You will be seated most of the time.



# From the Director's Chair

by Colette Iseminger



March is National Nutrition Month so I thought I would put on my dietitian hat and talk about “Portion Distortion”. Portions have grown during the past few decades. For instance, a typical bagel in the mid-1980s measured about 3” in diameter. Today’s standard bagels are twice as wide-about 6”. This trend is not unique to bagels. From restaurant plates to fast-food meals, portion distortion may be leading people to overeat. And over time, this can cause unwanted weight gain, contribute to obesity, and increase your risk of developing certain chronic illnesses.

It’s important to distinguish between the terms “portion” and “serving size”. While a portion is the amount you decide to eat at a given meal or snack, a serving is measured, like 8 oz of milk. So, one portion of a food or drink can contain multiple servings. A bottle of soda purchased in the 1980s, for example, contained a single serving of 6.5 oz and 85 calories. Today, a bottle of soda packs 3 servings, or 20 oz and 250 calories and most of us would finish the bottle.

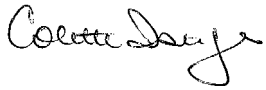
Finding balanced portions that are right for your needs is an ongoing process. You may find that you eat a little more or a little less, depending on your health, age, and activity level. Here are a few tips for keeping portions realistic:

- Check the nutrition label for the serving size. But keep in mind that serving sizes are based on a 2000-calorie diet, which may not reflect your needs. As you age, you need less calories.
- Use visual aids as you try to figure out what a good portion is for you. Such as a piece of meat the size of a deck of cards is roughly a 3 oz serving.
- Skip the supersize. Upgrading can be tempting, as who doesn’t want to get more for your money, but most of us don’t need all that food and rarely would we save it for later.
- At restaurants, ask for half portions, smaller portions or bring a container and take home some for another meal or two.
- At home, consider using a salad plate instead of a dinner plate.

• At the grocery store, buy snack foods in individually packaged servings. This is a good visual on what is a serving. If you have the willpower and you know what a serving size is, you can then go back to larger packages and save some money.

Portion distortion is an effect in which you eat more if you are served more food-sometimes more than your body needs. Frequently overeating leads to unwanted weight gain and health problems in the long run.

'Til next time,



**Colette Iseminger**  
MS, RD, LRD  
Executive Director



Paid Advertisement

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

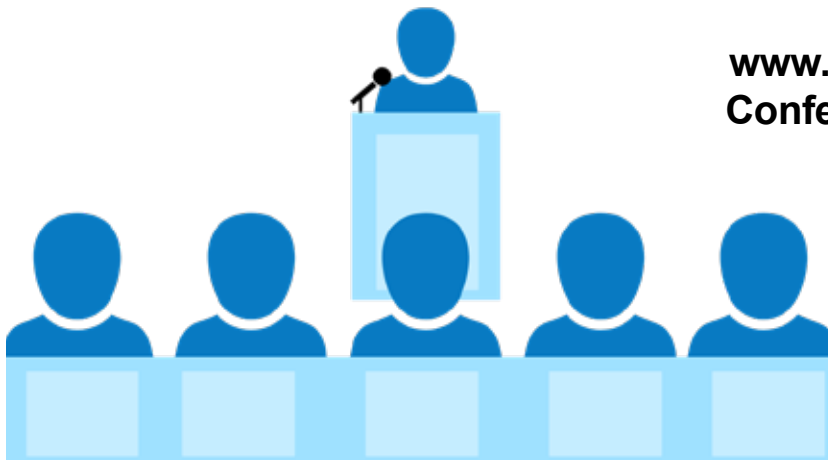
hrrv.org | (800) 237-4629



Celebrating **40** Years

# Annual Meeting

The 2021 annual meeting of the Greater Grand Forks Seniors Citizens Association will be held **Thursday, March 17th at 10:00 am** in the Grand Forks Senior Center's lower level activity room. Only Grand Forks Senior Center Board of Directors and some staff will be allowed to be physically present. All others are invited to join us at 10:00 am over Facebook Live or call into our conference line. Annual reports will be mailed at the end of March to all 2021 members and donors.



[www.facebook.com/gfseniors](https://www.facebook.com/gfseniors)  
Conference call: 701-253-0260



# Coffee and Pie with a Cop

**Tuesday, March 15  
2:00 pm - 3:00 pm**

Come have coffee and pie with Sergeant Kris Brown. Chocolate Mint Cream Pie will be available for \$2.



Healthy Bones AM will start on Tuesday, April 5 at 9:00 am. It will return to it's original schedule of Tuesdays and Fridays in the lower level of the Senior Center.

Participants should arrive 15 minutes prior to class, bring their own water and maintain a six-foot distance between themselves and others. Call Ranea if you have any questions.  
701-757-4866



# Tech Support

**March 2 & 23  
(Afternoons)**

Need help with your Cell phone, Tablet, Kindle, or Lap Top?

Call 701-757-4866 to schedule an appointment.



# AARP Driver's Safety Classes

**Canceled until further notice.**  
This class is always available online at [www.aarpdriversafety.org](http://www.aarpdriversafety.org)



# Constant Reader's Book Club

Monday, March 14th at 10:30 am (2nd Monday each month)

Will be discussing **Ordinary Grace** by William Kent Krueger

New people welcome! Book for the next month will be announced and handed out at this gathering.

**Please return any previous book club books at this meeting.**

# FREE Legal Services for Seniors

The GF Senior Center hosts Legal Services the third Thursday of each month from 9:30 am – 11:30 am. The next time they will be here is **Thursday, March 17, 2022, from 9:30 am - 11:30 am.** Call 701-852-4369 ext 331 to make an appointment ahead of time. Walk-ins accepted as time allows.



**EGF Campbell Library**  
**701-850-5174**

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**AARP**<sup>SM</sup>  
**Tax Aide**

The AARP Tax Preparation Site is now taking calls at 701-850-5174 to schedule an appointment, Monday - Friday from 10 am - 3pm. If no one answers, leave your name and phone number; they will get back to you. Packets can be picked up at the Grand Forks Senior Center or outside the EGF Campbell Library entrance.

NO WALK-IN appointments available.

## Monthly Creations

### Easy Easter Votives

**March 9th at 10am**

Bring two dollar store wine glasses with stems, and dress for painting!

We will be making one bunny and one chick.

Cost is \$2.00 You must make a reservation. Call 701-757-4866 to reserve your spot.

Class size is limited to 10.



Easy Easter Votives

Image obtained from pinterest.com



## Visually Impaired Senior Support Group

**Tuesday, March 8th**  
(2nd Tuesday of each month)  
**1-3 pm in the GFSC Library**

If you have any questions regarding this group, contact Tami at 701-795-3149.







# March 2022 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <p>9:00 am Monthly Tour 9:30 am Men's Coffee 10:00 am Weight Loss Support Group 10:00 am Women's Coffee 1:00 pm Farkle 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>2</b></p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist &amp; Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church) <b>Tech Support - Call for an appointment</b></p>	<p><b>3</b></p> <p>9:30 am Men's Coffee 9:00 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Bunco 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>4</b></p> <p>9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p><b>7</b></p> <p>9:30 am Men's Coffee 1:00 pm Dominoes <b>1:00 pm Music Monday</b> 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>8</b></p> <p>9:30 am Men's Coffee 10:00 am Weight Loss Support Group 10:00 am Women's Coffee <b>1:00 pm Visually Impaired Senior Support Group</b> 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>9</b></p> <p>9:30 am Men's Coffee <b>10:00 am Monthly Creation Easy Easter Votives</b> <b>See page 7 for details</b> 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist &amp; Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>10</b></p> <p>9:30 am Men's Coffee 9:00 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>11</b></p> <p>9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p><b>14</b></p> <p>9:30 am Men's Coffee <b>10:30 am - Sr Center Book Club Constant Readers</b> 1:00 pm Dominoes <b>1:00 pm Music Monday</b> 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>15</b></p> <p>9:30 am Men's Coffee 10:00 am Weight Loss Support Group 10:00 am Women's Coffee 1:00 pm Farkle <b>2:00 pm Coffee and Pie with a Cop</b> 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>16</b></p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist &amp; Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>17</b></p> <p><b>9:30 am Legal Services</b> 9:30 am Men's Coffee <b>10:00 am Annual Meeting</b> 1:00 pm Bingo (\$2/card) 1:00 pm Bunco 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>18</b></p> <p>9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>21</b></p> <p>9:30 am Men's Coffee 1:00 pm Dominoes <b>1:00 pm Music Monday</b> 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>22</b></p> <p>9:30 am Men's Coffee 10:00 am Weight Loss Support Group 10:00 am Women's Coffee 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>23</b></p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist &amp; Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church) <b>Tech Support - Call for an appointment</b></p>	<p><b>24</b></p> <p>9:30 am Men's Coffee 9:00 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>25</b></p> <p>9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p><b>28</b></p> <p>9:30 am Men's Coffee 1:00 pm Dominoes <b>1:00 pm Music Monday</b> 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>29</b></p> <p>9:30 am Men's Coffee 10:00 am Weight Loss Support Group 10:00 am Women's Coffee 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>30</b></p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist &amp; Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>31</b></p> <p>9:30 am Men's Coffee 9:00 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	



# Music Monday

Join us in the GFSC dining room on Mondays at 1:00 pm as we gather and appreciate the talents of local musicians.

- |          |                      |
|----------|----------------------|
| March 7  | Greg Norman          |
| March 14 | Barb Graf            |
| March 21 | Fantastic MBP        |
| March 28 | Too Old to Die Young |

# GFSC Resources

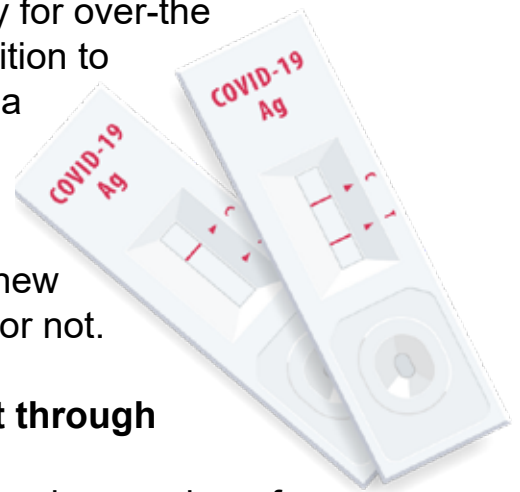
## COVID-19 Over-the-Counter (OTC) Tests & Medicare Frequently Asked Questions

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### Does Medicare cover over-the-counter COVID-19 tests?

Original Medicare does not currently pay for over-the-counter COVID-19 tests, but CMS is launching an initiative in early spring 2022 that provides payment directly to eligible pharmacies and other entities that are participating in this initiative to enable people with Medicare to get up to eight free over-the-counter COVID-19 tests a month.

Right now, Medicare Advantage Plans may cover and pay for over-the-counter COVID-19 tests as a supplemental benefit in addition to covering Medicare Part A and Part B benefits. If you're in a Medicare Advantage Plan, check with the plan to see if it will currently cover and pay for these tests. All Medicare beneficiaries with Part B will be eligible to get eight free over-the-counter COVID-19 tests per month through our new initiative, whether enrolled in a Medicare Advantage plan or not.



### When can I get a free, over-the-counter COVID-19 test through my Medicare coverage?

People with Medicare can access free tests right now through a number of channels established by the Biden-Harris Administration. Medicare beneficiaries can:

- Request free over-the-counter tests for home delivery at [covidtests.gov](https://www.covidtests.gov).
- **The Senior Center will be getting free over-the-counter COVID-19 tests from GF Public Health. If you need a test, call 701-772-7245 to see if the delivery has come in yet.**
- Access low-to-no-cost COVID-19 tests through healthcare providers at over 20,000 free testing sites nationwide. Grand Forks Public Health offers free testing at The Frederick "Fritz" D. Pollard Jr. Athletic Center (2419 2nd Ave N) on UND's campus Monday-Friday from 7 am - 11am.
- Access lab-based PCR tests and antigen tests performed by a laboratory when the test is ordered by a physician, non-physician practitioner, pharmacist, or other authorized health care professional at no cost through Medicare. In addition to accessing a COVID-19 lab test ordered by a health care professional, people with Medicare can also access one lab-performed test without an order, also without cost sharing, during the public health emergency.

Call 1-800-Medicare with questions about where to find a test.

Starting in early spring, people with Medicare will be able to go to eligible pharmacies and other entities that are participating in this initiative to receive over-the-counter COVID-19 tests for free through their Medicare part B coverage. More information about eligible pharmacies and other entities that are participating in this initiative will be available in the early spring. Once the initiative is up and running, CMS will encourage beneficiaries to ask their local pharmacy or current health care provider whether they are participating in this initiative.

### **Will I need to buy the tests first and then be reimbursed?**

No. This new initiative will enable payment directly to eligible pharmacies and other entities that are participating in this initiative to allow Medicare beneficiaries to pick up tests at no cost at the point of sale and without needing to be reimbursed. CMS is working around the clock to implement this initiative, and we anticipate it will be available to people with Medicare in the early spring.

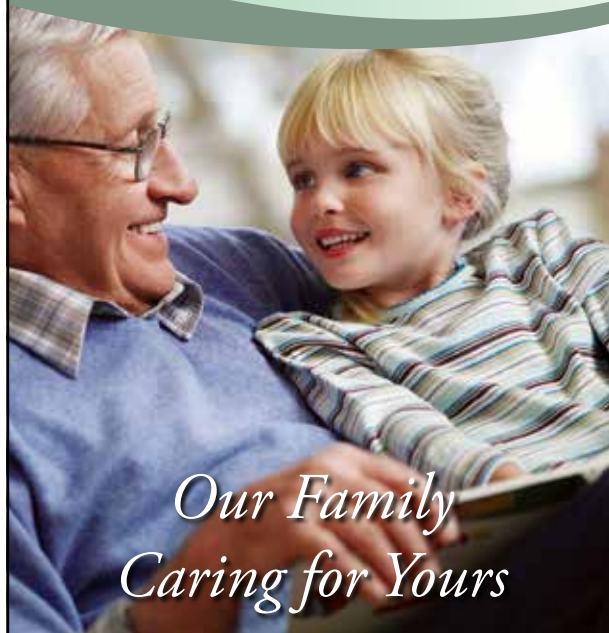
### **Can my family members get free COVID-19 tests if they don't have Medicare?**

Every home in the U.S. is eligible to order four free, at-home COVID-19 tests, delivered by the U.S. Postal Service. You can request four at-home tests for home delivery for free at [covidtests.gov](https://www.covidtests.gov).

For those who have difficulty accessing the internet or need additional support placing an order, you can call 1-800-232-0233 to get help. This call-line is open 8 a.m. to midnight ET, 7 days a week. There's also TTY line (1-888-720-7489) to support access by hearing impaired callers.

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*Request Information or Schedule  
your Personal Tour Today!*



*Our Family  
Caring for Yours*

#### **Senior Independent Living - Country Estates**

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

#### **Assisted Living - Wheatland Terrace**

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

#### **Basic Care - Tuft Manor**

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

[valleyseniorliving.org](https://valleyseniorliving.org)  
**701.787.7563**





# Introducing Bailey Kitko!

Bailey was born in Grand Forks and has grown to love it so much, she has never left! (Although she has a special place in her heart for Duluth, MN!) She attended Red River High School and the University of North Dakota where she received a Bachelor's degree in Social Work.



program she heard about through the department. Because of this opportunity and her love of traveling, Bailey has now been to eight countries! She and Ethan are also hoping to travel to Ireland once the pandemic settles.

For the past six years, Bailey has worked in school

Bailey is married to Ethan who she met while working at the Toasted Frog, and they have an energetic fifteen-month old named Lily. Once Lily started walking, she quickly started running, so these days, Bailey spends most of her time chasing Lily everywhere.

settings and as a social worker for foster and adopted children, but she has always wanted to work with seniors, so she jumped at the opportunity to apply as a Resources Coordinator for the Senior Center when she saw the position open up.

It is no surprise that Bailey fell in love with social work and helping people, as her mother is also a social worker, and both of her parents are professors at UND. While at UND, Bailey ventured to Malmö, Sweden for six months for an internship

Bailey loves games, especially dominoes and scrabble, so don't be surprised when you see her pop in every once in a while to say "hi" during game groups, and don't forget to say "hi" to Bailey when you see her walking around the Senior Center!

**Fun Fact: Bailey was a gymnast!**



## Bad Weather

During bad weather, call the Senior Center to find out if we are open.

**(701) 772-7245**

You can also check

[www.gfseniorcenter.org](http://www.gfseniorcenter.org),

[valleynewslive.com](http://valleynewslive.com), or [www.facebook.com/seniors](http://www.facebook.com/seniors)



## National Nutrition Month Word Search

Words may be horizontal, vertical, diagonal, or backwards. (Solution on page 23.)

Acorn  
Squash  
Buttermilk  
Catfish  
Dates  
Eggplant  
Fig  
Garlic

Hominy  
Jalapeno  
Kimchi  
Lemon  
Millet  
Navy Beans  
Olive  
Poultry

Quinoa  
Rambutan  
Seeds  
Teff  
Vinegar  
Watermelon  
Yogurt  
Zucchini



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

# Donations & Memorials

Thank you for these donations received January 1, 2022 to February 4, 2022. A donor's cumulative giving from this period is listed. This includes Brighter Side Society Members. Thank you all for your generosity!

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

- Altru Health Foundation  
Grant for Nutrition Pilot Program
- Alvis Amble Charitable Trust
- Calvary Lutheran Church  
For Home Delivered Meals

## Donations of \$500 - \$999

- Weston, Donnabelle

## Donations of \$100 - \$249

- Altendorf, Diane
- Anonymous
- Everson, David and Leslie  
In memory of Don and Elva Johnson
- Foley, Dennis and Kay
- Gray, Irene  
In memory of Daryell Ferguson
- Konze, Warren and Gerri
- Kopp, John and Roseann  
In memory of Jim and Yvonne Hanley
- Landis, Evelyn
- Larson, Mark and Nina  
For Meals on Wheels
- Lofberg, Janice
- Opp, Dean and Mary
- University of North Dakota  
Jeans Give Back Grant

## Donations of \$99 and Under

- Anonymous (2)
- Austin, Kevin and Joyce  
In memory of Lowell A Nelson
- Belobraydic, Matt and Rochelle
- Bisgard, Norman & Wood, Aurel

- Bondy, Pauline  
In memory of Lowell Nelson
- Broadwell, Ray and Becky
- Delmore, Lois and Michael
- Egeland, Marilyn and Debbie
- Ellingson, Curtis  
In memory of Shirley Ellingson
- Hermans, David and Vicki
- Herrmann, Karen
- Iseminger, Carl and Colette
- Kryzsko, Carolyn
- Kuznia, Dee
- Lehn, Rich and Faye  
In memory of Paul Jehlicka
- Lieberg, Alden and Orpha
- Lunde, Beverly  
In memory of Lowell Nelson, Bernice  
Neilsen, Dorothy Hoistad, Nadine  
Gunderson
- Manley, Judy
- Mattern, Alice
- Pedersen, Melvin
- Puffe, Lyle and Jeanne  
In memory of Tim Burckhard
- Rakowski, John
- Roos, Ruth
- Sandberg, Curt and Lone  
For Meals on Wheels
- Schiele, Kathy  
In memory of Don Schiele
- Schumacher, Matt and Jami
- Sonterre, Lisa
- Sulland, Steve and Linda
- Thrivent Choice Allocation  
from Kevin and Joyce Austin
- Youshefski, Jean
- Zirnhelt, Clair and Ronda



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](http://www.immapartments.com) • 701-780-8162



### Check Out Our Library!

**Did you know?!**

No library card is needed for our library. No need to checkout -- just take a book, read, and return. Visit the Grand Forks Senior Center Library, located on the 2nd floor!



## Maple View

MEMORY CARE COMMUNITY

Providing you and your family with peace of mind

- Full time residency
- Respite
- Adult day services

4650 S Washington St  
Grand Forks, ND 58201  
(701) 772-3400  
[www.lifeatmapleview.com](http://www.lifeatmapleview.com)

# Preparing for Spring Flooding

## Are You Homebound?

The GF Senior Center is working to compile a list of all homebound seniors in Grand Forks County. If you receive Meals on Wheels or Home Delivered Meals from us, you are already on the list. Also, if we do your foot care in your home, you are on the list. To be considered homebound means you would be physically unable to leave your home on your own in case of an emergency. If you are homebound, please call us at 701-772-7245 and provide us with your basic contact information in case of an emergency.

## Inquire about Flood Insurance

This could be a difficult year in terms of flooding. Talk to your insurance provider as soon as possible to learn about what a flood insurance policy covers (it does not cover everything), what your homeowners policy may cover, and the benefits of purchasing additional coverage. **You have to purchase flood insurance 30 days ahead of time** for it to be effective (and it is a year long policy), so don't wait!



## Don't Wait to Move Things out of your Basement

If you have family and friends coming to visit (or ask them to visit), get their assistance now in moving valuables out of your basement, as well as any other items you deem necessary. Too often people wait until the last minute and then there is not time nor people available to assist.

## Are You Signed Up to Receive CodeRed Alerts on Your Phone?

The CodeRed system delivers emergency alerts to your phone(s). We are encouraging EVERY SENIOR to SIGN UP TO RECEIVE THESE ALERTS. Three ways to get this done.

- If you have a computer, go to <https://public.coderedweb.com/CNE/en-US/BA6ACAD5A180> and submit your information (no account needed)
- Have a family member or friend sign you up ASAP using the link above. Have them register all of your phone numbers.
- If you are unable to sign up using the two suggestions above, then call the GF Senior Center at 701-772-7245 and we will get your information and sign you up to receive emergency alerts.

# Preparing for Spring Flooding

## Start Gathering Information

Make copies of important documents, such as driver's licenses, passports, contracts, deeds, banking info, medical info, current list of your prescription drugs (get from your pharmacist), etc. Collect for all family members. For pets, gather vaccination records and photos of each animal to prove ownership if lost. Keep these items in a water proof container you can easily bring with you.

## Additional Flood Resources

<https://www.grandforksgov.com/government/city-departments/emergency-management/emergency-preparedness>

<https://www.ready.gov/floods>

<https://www.fema.gov/national-flood-insurance-program>

<https://redcross.org/news/flood-disaster-tips/>



## Meal Delivery Volunteers Needed

The Grand Forks Senior Center is in need of meal delivery volunteers. Would you consider this special volunteer opportunity?

**Home Delivered Meals**, located in Altru Hospital, needs volunteers on Mondays and Tuesdays. The time commitment is from 11:00 am – 12:30 pm.

**Meals on Wheels**, located in the Grand Forks Senior Center, need volunteers on Mondays, Tuesdays, Thursdays, and Fridays and the time commitment is from 10:30 am - Noon.

**Both programs are in need of substitutes as well.**

Please contact Home Delivered Meals (701-780-5169, [HDMeals@midconetwork.com](mailto:HDMeals@midconetwork.com)) or Meals on Wheels (701-757-2006, [mow@gfseniorcenter.org](mailto:mow@gfseniorcenter.org)). Thank you for helping keep our older adults fed & safe!



# FUN AROUND THE CENTER



1

1-2 Valley Senior Living and Gate City surprised the Grand Forks Senior Center with a \$10,000 check for Giving Hearts Day!

3-4 Chuck Gust entertaining the crowd for Music Monday. We even had some dancers!

5 These ladies volunteered to dance for a TikTok video for a chance to win \$25,000 for Giving Hearts Day from Bell Bank. We didn't win, but we had a lot of fun making the video!



2



3



4



5

# Retirement Readiness

## Social Security and Medicare Sessions

Approaching retirement? Attend this two-part online education event to ensure you make informed decisions about Social Security and Medicare. Speakers from the Bismarck office of the Social Security Administration and the N.D. Insurance Department will focus on how to get the most out of the two programs. If you are unable to attend either of the presentations at the scheduled time, you can still register and watch them at a time more convenient for you. Attendance is free, but registration is required.

**Social Security | Tuesday, March 22 at 6:30 pm**  
Register online at <https://aarp.cventevents.com/SocSec3-22-22>

**Medicare | Tuesday, March 29 at 6:30 p.m.**  
Register online at <https://aarp.cventevents.com/Medicare3-29-22>

## GF SENIOR CENTER EXERCISE CLASSES

- Free for people 55+
- Bring your own water bottle
- Social distance
- Bring your key tag to sign in
- No membership required
- Masks optional starting March 1st



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

**Ready, Set, Stretch:** W at 1:30 pm (*GFSC*)

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

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

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

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

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

Classes will either be held at the GFSC in the lower level activity room or, for the larger classes, at Hope Church in their commons area. Hope Church is located inside Grand Cities Mall. Class location is in parentheses in the list above.

We will continue with classes as long as the COVID numbers do not get too high. If you want to find out if we are having exercise classes, either call the Senior Center at 701-772-7245 or check [www.gfseniorcenter.org](http://www.gfseniorcenter.org) or [www.facebook.com/gfseniors](http://www.facebook.com/gfseniors).

Is it difficult to take care of your toenails?  
Is your vision failing or do you have  
arthritis, which can make this task  
difficult? Whatever the reason, if you are  
60 or over, you can have your foot care  
done by nurses at the Grand Forks Senior  
Center. Call today for an appointment.

# Foot Care Appointments

## APPOINTMENTS AVAILABLE-

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

**Mar 2** McVile Fire Hall 9:30 am - Finish  
203 Baldwin Street, McVile

**Mar 30** Aneta Community Center 9:00 am - Finish  
219 Main Ave. Aneta

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 within two weeks prior to your appointment.**



The second entree option is available for sit-down meals at the Senior Center.  
Menu is subject to change based on availability of food and supplies.

### MARCH 2022- Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$6 Breakfast; \$11 Lunch. Please contribute what you can.

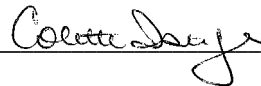
Suggested Donation is \$2.00 for Breakfast; \$4.25 for Lunch. EBT/SNAP and Credit Cards are accepted at GFSC only. You may call in to run your card. Those under 60 years of age are required to pay the full cost of the meal.

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
2 Small Blueberry Pancakes (3 cs) 2 oz Turkey Sausage 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Sausage Egg WW Muffin (2 cs) 3/4 oz Cereal ( 1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Slices WW Cinn French Toast with Syrup (2 cs) 2 Scrambled Eggs 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Small Denver Omelet (.5cs) Fried Potatoes (1cs) 1 WW Toast (1cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Eggs Made to Order Hashbrowns (1 cs) 1 Slices WW Toast (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)
Monday Lunch:	Tuesday Lunch: March 1	Wednesday Lunch: March 2	Thursday Lunch: March 3	Friday Lunch: March 4
<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>	3oz Pork Roast with Gravy or Chicken in Gravy 1/2c Mashed Potato (1cs) 1/2 c. Creamed Corn (1cs) 1/2c Cinnamon Applesauce (1cs) Sm Cookie (2cs)	Ash Wednesday 3oz Baked Fish or 3oz Pork Chop in Gravy 1/2 c.Parslied Buttered Potato (1cs) 1/2 c Creamed Carrots (.5cs) 1/2 c. Pineapple Chunks (1cs)	3oz. Hot Turkey Sandwich on WW bread (1cs) 1/2 c M Potato/Gravy (1cs) or 3" Cheeseburger Pie (1cs) 1/2 c Sweet Potato (1cs) 1/2 c Cherry Sc (1sc)	Tuna Melt (2cs) or 3 oz BBQ Chicken (.5cs) 1/2 c Augratin Potato (1cs) 1/2 c. Harvard Beets (1cs) 1/10 Blueberry Pie w/top (2cs)
Monday Lunch: March 7	Tuesday Lunch: March 8	Wednesday Lunch: March 9	Thursday Lunch: March 10	Friday Lunch: March 11
3oz Crispy Chicken (1cs) or Pork Roast w/ gravy Sm Baked Potato (1cs) w/ Sr Crm 1/2c Creamed Peas (1cs) 1/2 c Plum Sc (1cs)	1 c Chicken Noodle Casserole (1cs) 1/2 c. Green Peas (1cs) 1 c. Romaine Salad/dressing (.5cs) OR Taco Salad (2cs) 1/2 c Peach Sc (1cs)	3 oz Hot Roast Beef Sandwich (1cs) or Cracker Crumb Fish (.5cs) 1/2 c M.Potato/Gravy (1cs) 1/2c Wax Beans 1/2c Cherry Crisp w/top (2cs)	3oz Liver & Onions or 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 in garlic butter or Meatloaf (0.5cs) 1/2c Mashed Potato/Gravy (1cs) 1/2 c Mixed Vegetables (.5cs) Small orange (1 cs)
Monday Lunch: March 14	Tuesday Lunch: March 15	Wednesday Lunch: March 16	Thursday Lunch: March 17	Friday Lunch: March 18
3oz Cabbage Roll (.5cs) or Parmesan Chicken 1/2 c Boiled Potato (1cs) 1/2 c Beets (.5cs) 1/2 c. Mand. Orange Sc (1cs)	Riblet on WW Bun (2cs) or Chixburger on WW Bun (2cs) 8 oz Vegetable Soup (1cs) 1/2 c Coleslaw (.5cs) Angel Food Cake with 1/2c Berries w/top(1cs)	1 c Hamburger Tator Tot Cass (2cs) or 1c Chix Wild Rice Cass (2cs) 1/2 c. Carrots (.5cs) 1/2 c Apricot Halves (1cs)	3oz Porcupine Meatballs in Gvy (.5cs) or Applesauce Ribs (1 cs) 1/2 c. Mashed Potato/gravy (1cs) 1/2 c Corn (1.5cs) 1/2 c Tropical Fruit Salad (1cs)	3 oz Salmonloaf (.5cs) or Chicken Strips (.5cs) 1/2 c. Boiled Potato (1cs) 1/2 c. Creamed Peas (1cs) 1/10 Apple Pie w/top (2cs)

Monday Lunch: March 21	Tuesday Lunch: March 22	Wednesday Lunch: March 23	Thursday Lunch: March 24	Friday Lunch: March 25
<b>3oz Beef Stroganoff (1cs)</b> or Lemon Pepper Fish <b>1/2 c Egg Noodles (1cs)</b> <b>1/2 c Green Beans</b> <b>1/2 c Pears (1cs)</b>	<b>2oz BBQ Pork on WW Bun (2cs)</b> on Sloppy Joe on WW Bun (2cs) <b>8 oz Cream of Broccoli Soup</b> <b>1/2 c. Fruit (1cs)</b> <b>Bitzy Frosted Brownie (2cs)</b>	<b>3oz Turkey w/Gravy</b> or Beef Patty in MR Gravy <b>1/2c Mashed Potato (1cs)</b> <b>1/2 c. Yams (1cs)</b> <b>1/10 Pumpkin Pie w/top (2cs)</b>	<b>3oz Swedish Meatballs (.5cs)</b> <b>1/2 c. Mashed Potato (1cs)</b> or Lasagna Rotini Hotdish (2cs) <b>1/2 c. Carrots (.5cs)</b> <b>1/2 c. Tropical Fruit Sc (1cs)</b>	<b>3oz Baked Tilapia</b> or Sweet & Sour Chicken (1cs) <b>Sm Baked Potato (1cs) w/Sr Crm</b> <b>1/2 c. Squash (1cs)</b> <b>1/2 c. Fruited Red Gelatin (2cs)</b>
Monday Lunch: March 28	Tuesday Lunch: March 29	Wednesday Lunch: March 30	Thursday Lunch: March 31	Friday Lunch: April 1
<b>8oz Chili (1cs)</b> or 3oz Crispy Chicken (1cs) <b>Sm Baked Potato (1cs)</b> <b>1/2c Corn (1cs)</b> <b>1/2 c. Mandarin Oranges (1cs)</b>	<b>3/4c. Italian Meat Sc</b> or 3 oz Chicken in Gravy <b>1c Spaghetti Noodles (1cs)</b> <b>1 Garlic Toast (1cs)</b> <b>1/2c. French Green Beans</b> <b>1/2 c. Ambrosia Cup (2cs)</b>	<b>3oz BBQ Ribs</b> or Herb Chicken <b>1/2 c. Boiled Potato (1cs)</b> <b>1/2 c Broccoli</b> <b>1/2 c Cherry Sc (1cs)</b>	<b>8oz Turkey &amp; Veggie Pot Pie (2cs)</b> or 3"sq Vegetarian Lasagna (2cs) <b>1/2 c. Peas (1cs)</b> <b>1/2 c Fruit Crisp w/top (2cs)</b>	<b>Fish Amondine</b> or Baked Chicken (1cs) <b>1/2 c. Creamed Potato (1cs)</b> <b>1/2 c. Carrots (.5cs)</b> <b>1/10 Peach Pie w/top (2cs)</b>
Breakfast (8:30-9:00am), Lunch (Noon-12:15) served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices at the Senior Center only.	Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g <b>Attn: Diabetics</b> -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		No reservations required at the Grand Forks Senior Center (620 4th Ave South). Reservations required at these sites: Homestead-1639 24th Ave South from 11:45-12:15; The Link-300 Cherry Street from 11:15-11:30. Visit your site by the day before to make your reservations.	

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

Date: 1/19/2022 Licensed Registered Dietitian #13899



Colette Iseminger, MS, RD, LRD

## Transportation to FARGO

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



# 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.



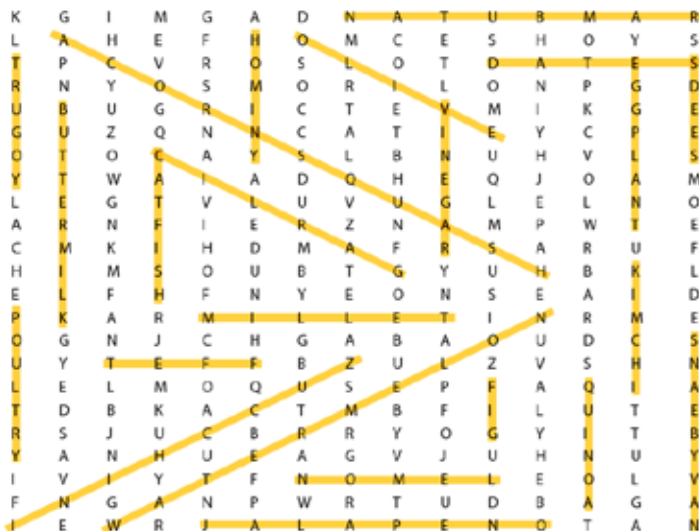
**Do you have difficulty leaving home?  
Our doctor and nurse practitioners  
come to you.**

**Contact us  
today!**



**(800) 929-8891 | CareThatComesToYou.org**

## Word Search Solution:



**1:00pm**

**Wednesdays & Thursdays  
at the Grand Forks Senior Center**

**\$2 a card**

Please do not bring large bills  
such as \$100 or \$50's.

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



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

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## The Grand Forks Senior Center's March 2022 Newsletter

# COVID Protocol Changes Effective March 1st, 2022

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- Masks will be optional for all activities and services, except health.
- Masks will be required for health visits until the CDC changes the guidelines for healthcare.
- MOW and HDM delivery volunteers are encouraged to mask.
- **Stay home if you are sick!**
  - If you show up sick, you will be asked to leave for the health and safety of others.
- Health home visits will be resuming.
  - Masks will be required for nurses and clients.
- Resources will also resume home visits.
  - A home visit will be done only if the client is OK with it.
  - Masking by the staff will be done based on the ability to socially distance or not.
- Please continue to work hard to socially distance (6 feet) at all times.
- HDM employees and volunteers will continue to follow Altru protocols.
- We reserve the right to cancel this change or reinstate masking based on case numbers.