

# The Silver Express

**Affordable, healthy, delicious meal options for older adults.**

**Sit-Down Breakfast** - Served 8:30 am - 9 am  
Suggested contribution is \$2.00.

**Drive-Thru Lunch** - Served 11:30 am - Noon  
Quicker than most fast-food drive-thru options in town...and healthier!  
Get a hot meal to bring home. Drive-thru map on the back cover.  
Suggested contribution is \$4.25.

**Sit-Down Lunch** - Served Noon-12:15 pm  
Choose from two entrees to eat in the Senior Center dining room.  
Suggested contribution is \$4.25.

**Frozen Meals To-Go** - Enjoy anytime!  
Call ahead or stop by to pick up frozen meals.  
Suggested contribution is \$3.50.

**All meals above are served at 620 4th Ave S, Grand Forks, ND**

**Meals on Wheels and Home Delivered Meals** - Hot meals delivered to homebound individuals within GF city limits on weekdays. Frozen meals available for rural GF and Nelson county individuals.

For detailed information on meal programs and an updated frozen meal list,  
<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>Josee Locken, BSW</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, BSN</b> .....	701-757-4868

## GFSC Board of Directors

### President

Dave Willprecht

### Vice President

Alice Hoffert

### Secretary

Alice Mattern

### Treasurer

Brenda Jobe

Brenda Sem

Bobbie Kurtyka

Rich Lehn

Jason McCarthy

Emily Nielsen

Bob Rost

Curt Sandberg

Lisa Sonterre

Michael Venaccio

Brad Westrum

Clair Zirnheld

## Mission Statement

The mission of the Greater Grand Forks Senior Citizens Association, Inc. is to provide 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 homebound people 60 and older and their spouse or caregiver of any age.
- **Home Delivered Meals:** Homebound, people of 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.





## From the Director's Chair by Colette Iseminger

National Nutrition Month® is here and this year's theme is "Fuel for the Future". National Nutrition Month® is held annually in March and focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Older adults are at greater risk of chronic diseases, such as cardiovascular disease and cancer, as well as health conditions related to changes in bone and muscle mass. Selecting healthy food and beverage choices is important for people throughout the later years. It is never too late to make improvements.

Older adults generally need less calories, but still have similar or increased nutrient needs compared to young adults. It's important to make almost everything you eat count. Look for nutrient-dense food/beverages which provide vitamins, minerals, and other health-promoting components and have less added sugars, saturated fat, and sodium. Vegetables, fruits, whole grains, seafood, eggs, beans, peas, lentils, unsalted nuts/seeds, fat-free/low-fat dairy products, and lean meats including poultry prepared with no or little added sugars, saturated fat, and sodium-are nutrient-dense foods.

Check out the Dietary Guidelines for Americans 2020-2025 at <https://www.dietaryguidelines.gov/>. Chapter 6 is all about adults ages 60 and older. Congregate meals, Home Delivered Meals and Meals on Wheels are all listed as a way to support your healthy eating, so come join us! You can pick up a meal in the drive-thru, or call if you are homebound and need meals delivered to you. We are here to support your mission to eat and stay healthy!

'Til Next Time,

**Colette Iseminger,**  
Executive Director and  
Licensed Registered Dietitian





# Annual Meeting

The 2022 annual meeting of the Greater Grand Forks Seniors Citizens Association will be held **Thursday, March 16th at 10:15 am** in the Grand Forks Senior Center's lower level activity room. Limited seating will be available. All others are invited to join us at 10:15 am by calling our **conference line at (701) 253-0260**. Make sure to mute yourself on the conference call. Annual reports will be mailed at the end of March to all 2022 & 2023 members and donors.

Paid Advertisement

*Safe, caring living environment*

*a Basic Care Facility with adjoining affordable senior housing apartments*

*Nursing care, activities, meals, and other services*

*Government assistance accepted.*

[stanneguesthome.org](http://stanneguesthome.org)  
**(701) 746-9401**

Paid Advertisement

Aspen Park	Briarwood	Parkview Terrace
<p>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!</p>		

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



## Activity Info

### AARP Driver's Safety



**Wednesday, March 1  
from Noon - 4 pm**

Once a month AARP hosts a course that teaches valuable defensive driving skills and also gives a refresher on the rules of the road. You may also be eligible for a discount on your car insurance by completing this course!

Cost of the course is \$20 for AARP members and \$25 for non-members (cash or check only). Call 701-772-7245 to register. Class size limited.

### KNOX Update

**Thursday, March 2  
at 7:45 am**

Tune in to KNOX radio to listen to our monthly update with Denny Johnson!  
1310 AM or 107.9 FM

### Tech Talk Class

**Thursday, March 2  
at 10:30 am**

March's Topic: Calendars  
Call 701-772-7245 to register. Class size limited.

### Tour the Senior Center

**Tuesday, March 7  
at 9 am**

Meet in the lobby. All are welcome. No RSVP needed. Tours are given the first Tuesday of each month. Plan for an hour. You will be seated most of the time.

### Monthly Creations



**Wednesday, March 8  
at 10 am**

Join us in making this terra cotta pot bunny butt craft!  
Cost is \$2 Call 701-772-7245 to register. Class size limited.

### FREE Legal Services for Seniors

**Thursday, March 9  
from 9 am - Noon**

**Thursday, March 23  
from 1 pm - 4 pm**

Call 701-852-4369 ext: 330 to make an appointment ahead of time. Walk-ins accepted as time allows.

### Constant Reader's Book Club



**Monday, March 13  
at 10:30 am**

(2nd Monday each month)  
We will be discussing "Orphan Train" by Christina Baker Kline. New people welcome! Book for April, "The Round House" by Louise Erdrich, will be handed out at the March meeting.



## March Presentation: German Law

**Tuesday, March 14  
at 1 pm**

Join us for a presentation by German Law. German Law specializes in Estate Planning, Elder Law/ Medicaid Services, Trust Administration/Probate and Legacy Planning.

## Visually Impaired Senior Support Group

**Tuesday, March 14  
from 1 pm - 3 pm**

(2nd Tuesday of each month) in the GFSC Activity Room. If you have any questions regarding this group, contact Pam at 701-795-2719.

## BINGO Giveaway!

**Thursday, March 16 at  
1 pm**

\$100 Must-go BINGO jackpot for St. Patrick's Day!

## Coffee and Pie with a Cop

**Tuesday, March 21  
at 1:30 pm**

Join Sergeant Kris Brown for coffee, pie and conversation. The topic for this month will be "SWAT Call Outs". Fruits of the Forest pie and ice cream will be available for \$2.

## Trivia

**Tuesday, March 28  
at 12:45 pm**

Join us in the Dining Room! Teams will be formed before the start. New people always welcome!

## Music Monday

**Mondays at 1 pm**

Join us select Mondays at 1 pm as we gather and appreciate the talents of local musicians.

**March 6**

Tamara Bertram  
on the violin

**March 13**

The Odds & Ends

**March 20**

Mark Ryan

**March 27**

Too Old to Die Young

## Tech Support

**Wednesday,  
March 1 & 22**

**By Appointment in  
the Afternoon**

Need help with your cell phone, kindle, tablet, Laptop or another device? Call 701-772-7245 to schedule an appointment for tech support.

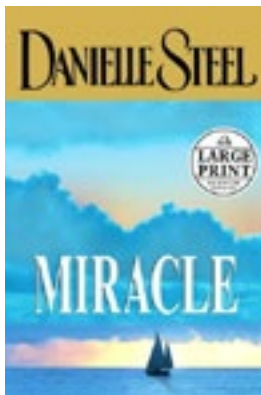


# March 2023 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b></p> <p>9:30 am Men's Coffee 9:30 am Game Group <b>12:00 pm AARP Driver's Safety Class</b> 1:00 pm Bingo (\$2/card) 1:00 pm Whist &amp; Pinochle 3:30 pm Chair Yoga (Hope Church) <b>Tech Support - Call for an appointment</b></p>	<p><b>2</b></p> <p><b>7:45 am KNOX Update</b> 9:30 am Men's Coffee 10:00 am Crochet Class <b>10:30 am Tech Talk</b> 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>3</b></p> <p>9:00 am Healthy Bones 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p><b>6</b></p> <p>9:30 am Men's Coffee 1:00 pm Pinochle 1:00 pm Dominoes <b>1:00 pm Music Monday</b> 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>7</b></p> <p>9:00 am Healthy Bones AM <b>9:00 am Tour</b> 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management Support Group 1:00 pm Farkle 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>8</b></p> <p>9:30 am Men's Coffee 9:30 am Game Group <b>10:00 am Monthly Creations Class - Bunny Butt Craft (\$2)</b> 12:45 pm Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist &amp; Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>9</b></p> <p><b>9:00 am - Noon Free Legal Services</b> 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>10</b></p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p><b>13</b></p> <p>9:30 am Men's Coffee <b>10:30 am Book Club</b> 1:00 pm Pinochle 1:00 pm Dominoes <b>1:00 pm Music Monday</b> 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>14</b></p> <p>9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management Support Group <b>1:00 pm Vision Support Group</b> <b>1:00 pm German Law Presentation</b> 1:00 pm Farkle 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>15</b></p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist &amp; Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>16</b></p> <p>9:30 am Men's Coffee 10:00 am Crochet Class <b>1:00 pm \$100 Bingo Giveaway (\$2/card)</b> 1:00 pm Bunco (\$2) 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>17</b></p> <p>9:00 am Healthy Bones AM 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>

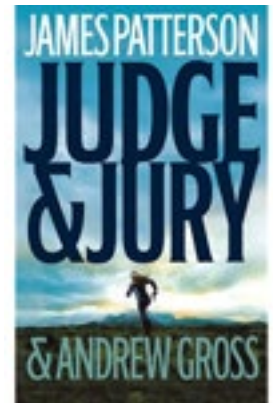


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>20</b></p> <p>9:30 am Men's Coffee            1:00 pm Dominoes            1:00 pm Pinochle  <b>1:00 pm Music Monday</b>            2:30 pm Ready, Set, Stretch            (Hope Church)            3:30 pm Chair Yoga            (Hope Church)</p>	<p><b>21</b></p> <p>9:00 am Healthy Bones            9:30 am Men's Coffee            10:00 am Weight Management            Support Group            10:00 am Women's Coffee            1:00 pm Farkle  <b>1:30 pm Coffee &amp; Pie w/ a Cop            (\$2/Fruits of the Forest pie            &amp; ice cream)</b>            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>22</b></p> <p>9:30 am Men's Coffee            9:30 am Game Group            12:45 pm Wii Bowling League            1:00 pm Bingo (\$2/card)            1:00 pm Whist &amp; Pinochle            3:30 pm Chair Yoga            (Hope Church)  <b>Tech Support - Call for an            appointment</b></p>	<p><b>23</b></p> <p>9:30 am Men's Coffee  <b>1:00 pm - 4:00 pm Free            Legal Services</b>            1:00 pm Bingo (\$2/card)            1:30 pm Beginners Tai Chi            2:00 pm Experienced Tai Chi            2:30 pm Qigong            3:30 pm Healthy Bones            (Hope Church)</p>	<p><b>24</b></p> <p>9:00 am Gift Shop Crafters            9:00 am Healthy Bones            9:30 am Men's Coffee            10:00 am Women's Coffee</p>
<p><b>27</b></p> <p>9:30 am Men's Coffee            1:00 pm Dominoes            1:00 pm Pinochle  <b>1:00 pm Music Monday</b>            2:30 pm Ready, Set, Stretch            (Hope Church)            3:30 pm Chair Yoga            (Hope Church)</p>	<p><b>28</b></p> <p>9:00 am Healthy Bones            9:30 am Men's Coffee            10:00 am Weight Management            Support Group            10:00 am Women's Coffee  <b>12:45 pm Trivia</b>            1:30 pm Beginner Tai Chi            2:00 pm Farkle            2:00 pm Experienced Tai Chi            2:30 pm Qigong            3:30 pm Healthy Bones            (Hope Church)</p>	<p><b>29</b></p> <p>9:30 am Men's Coffee            9:30 am Game Group            12:45 pm Wii Bowling League            1:00 pm Bingo (\$2/card)            1:00 pm Whist &amp; Pinochle            3:30 pm Chair Yoga            (Hope Church)</p>	<p><b>30</b></p> <p>9:30 am Men's Coffee            1:00 pm Bingo (\$2/card)            1:30 pm Beginners Tai Chi            2:00 pm Experienced Tai Chi            2:30 pm Qigong            3:30 pm Healthy Bones            (Hope Church)</p>	<p><b>31</b></p> <p>9:00 am Gift Shop Crafters            9:00 am Healthy Bones            9:30 am Men's Coffee            10:00 am Women's Coffee</p>



## Check out our library!

Did you know we have two shelves of large print books in our library? The large print section includes books by Danielle Steel, James Patterson, Beverly Lewis, Robert Ludlum as well as many others including the Reader's Digest, to borrow for free at the Grand Forks Senior Center library, located on the 2nd floor.





## GFSC Resources - Preparing for Spring Flooding

As of right now, the risk of significant flooding for this year (moderate or higher) is very low. We went into the fall pretty dry with below normal soil moisture and near normal stream flows, so there is room for the water to melt. With that being said...it is still too early to predict our flooding risk because there is a bit of winter left. March is historically our snowiest month, and we don't know what the Spring rains will do. The city is VERY well protected from the river, so please know that the following information is only intended to help you in case you are ever in need of it.

### Are You Homebound?

The GF Senior Center keeps a list of homebound seniors in Grand Forks County. If you receive Meals on Wheels or Home Delivered Meals, or if we come to your home for foot care, you are on the list. To be considered homebound, you would have to be physically unable to leave your home on your own in 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

Talk to your insurance provider 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 if you plan to have it for this year.

### Have Information Ready

In any emergency, you should have 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. Have information for all family members. For pets, have up-to-date vaccination records and photos of each animal to prove ownership if lost. Keep these items in a water proof container you can easily carry.

### 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://redrover.org/news/flood-disaster-tips/>





# 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.lifetimeview.com



The Big Event is a one-day community service event when UND students, staff, and faculty volunteer their time to complete service projects. This year it is Sat., April 29, 2023.

The volunteers are able to do many tasks, **but not inside a person's house**. Some of these tasks include raking, painting, picking up garbage, washing windows, trimming trees, taking items to the curb for spring cleanup week (these items can be in the

garage, but not in the house), and many more! If you have other projects that are not listed here, there is a good chance the volunteers may be able to complete your project.

Please submit job requests online at <https://tinyurl.com/BigE23> or by contacting Kristi at UND at 701-777-6468. You may also contact the GF Senior Center at 701-772-7245. Ask for "Resources". **The deadline for job request submittal is April 7.**



## Tax Aide

**By Appointment only  
 at the EGF Campbell  
 Library  
 701-850-5174**

The AARP Tax Preparation Site takes calls to schedule appointments, Monday - Friday from 10 am - 3 pm. If no one answers, leave your name and phone number; they will get back to you. Packet information will be given to you when you schedule your appointment. There will be **NO WALK-IN** appointments available.

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



## Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.

The following tips can help you get started on your way to eating right.



### **Make half your plate fruits and vegetables.**

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

### **Make at least half your grains whole.**

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

### **Switch to fat-free or low-fat milk, yogurt and cheese.**

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

### **Vary your protein choices.**

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you’re at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

## Limit sodium, saturated fat and added sugars.

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

## Stay well-hydrated

Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

**Enjoy your food but be mindful of portion sizes.** Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

## Cook more often at home, where you are in control of what's in your food.

When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

**Consult a registered dietitian nutritionist** if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

## Join North Dakota Health and Human Services Dietary Solutions for one of their upcoming webinars!



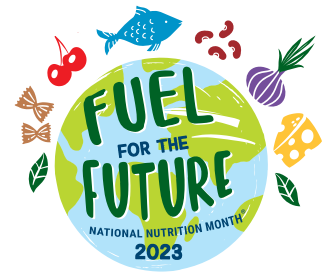
### Understanding Food Labels Monday, March 13 at 10:30 am

<https://bit.ly/NDFoodLabel>  
US: +1 309 205 3325  
Webinar ID: 914 9491 2268  
Passcode: 349877

### Quick & Healthy Meal Planning Thursday, March 30 at 10:30 am

<https://bit.ly/NDMealPlans>  
US: +1 312 626 6799  
Webinar ID: 919 8870 3393  
Passcode: 863220

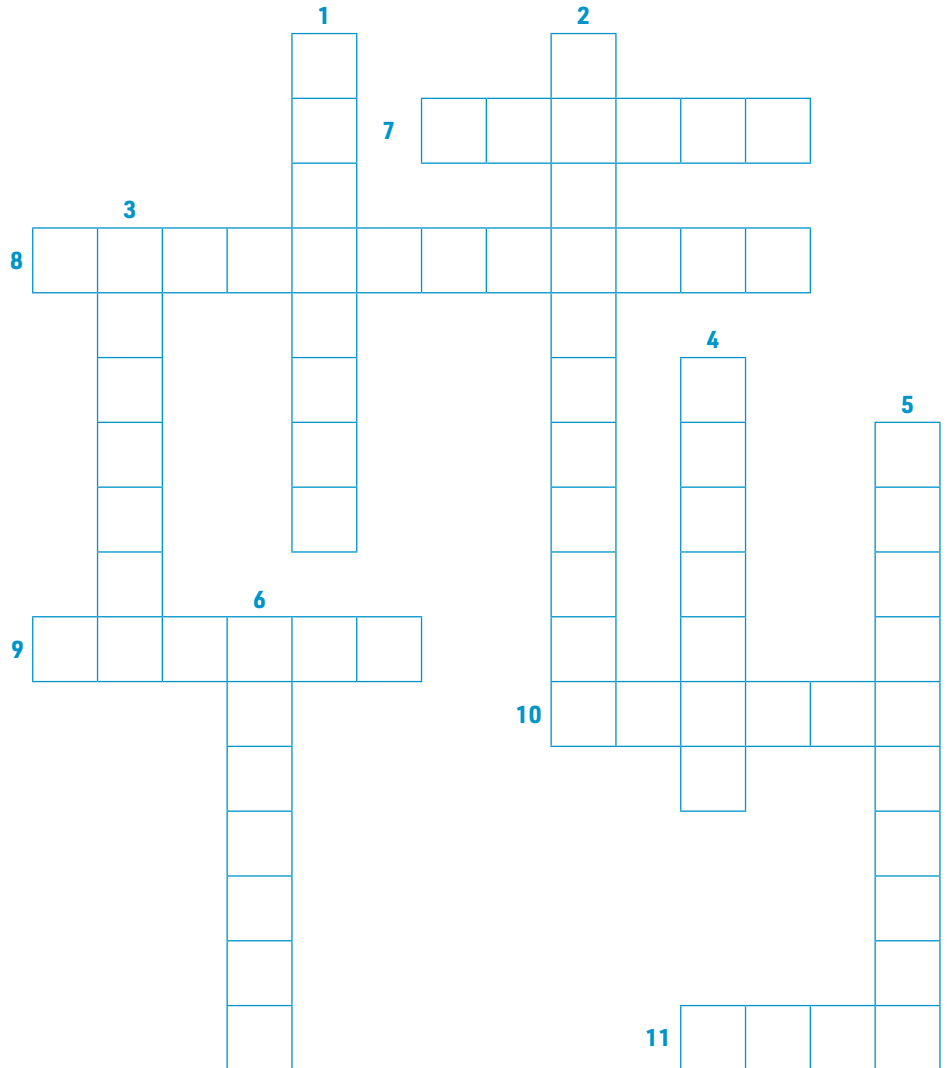
For questions email:  
[ndsupport@dietarysolutions.net](mailto:ndsupport@dietarysolutions.net)



# CROSSWORD

## DOWN

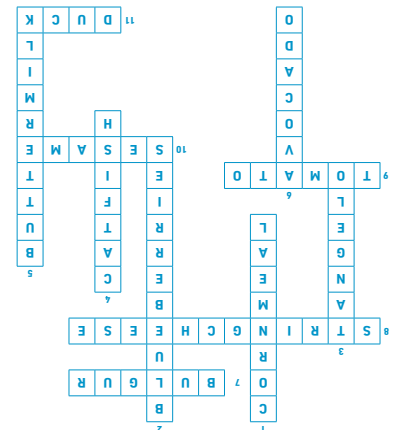
- When corn is dried and processed, it can be made into this ingredient which is used for dishes like polenta, grits, and cornbread.
- These tiny fruits are available fresh, frozen, or dried and include a color in their name.
- This fruit is a cross between a pomelo and a tangerine.
- This fish is often used in Cajun cuisine or may be coated (in the answer to #1 Down) and baked or fried.
- A low-fat, slightly sour beverage that is part of the Dairy Group.
- Found in the produce section and is often bumpy on the outside and smooth and green on the inside when ripe. It's also the main ingredient in guacamole.



## ACROSS

- A type of quick-cooking wheat kernel that's popular in dishes like pilaf, tabbouleh, and kibbeh.
- This dairy food is common in lunchboxes and a popular snack for children and adults.
- This vegetable may be eaten raw or cooked and is used to make sauces for pasta.
- These seeds have a nutty taste and are the main ingredient in tahini. They can also be used in a variety of other dishes or pressed into an oil that's used for cooking.
- This game bird is found on dinner tables in some households during the holidays and special occasions.

## ANSWERS



# Why Increasing Fiber in your Diet is Important

By: Mishal Lucdio, UND Dietetics Student

## Why is Fiber Important?

Fiber is an important part in the American diet because it helps maintain a healthy digestive system, and also helps the body to fight off other health issues like increased levels of blood sugar and decrease the risk of constipation.

- 15 - 30% decrease in risk of coronary heart disease, stroke, type II diabetes, & colorectal cancer
- Decreased systolic blood pressure
- Health benefits on the gut microbiota (Rubin, 2019)

## How to Increase Fiber?

There are many different ways to easily incorporate fiber into your diet. One of the ways to increase fiber in your diet is to incorporate more fiber friendly foods such as fruits, vegetables, whole grains, legumes, and brown rice.

Another way to increase fiber is through a dietary supplement, but only if it is recommended by a medical professional.

- Women over the age of 51 should consume 22 g of fiber per day.
- Men over the age of 51 should consume 28 g of fiber per day (Grooms et al., 2013)

## Affordable Ways to Increase Fiber:

- Fruits (Blackberries, Raspberries, & Strawberries)
- Vegetables (Potatoes)
- Whole Grains (Wheat Bran or Whole Grain Cereal)
- Legumes (White Beans, Navy Beans, & Kidney Beans)

Grooms, K.N., Ommerborn, M. J., Pham, D. Q., Djoussé, L., & Clark, C.R. (2013). Dietary Fiber Intake and Cardiometabolic Risks Among US Adults, Nhanes 1999-2010. The American Journal of Medicine, 126(12), 1059-1067. Rubin, R. (2019). High-Fiber Diet Might Protect Against Range or Conditions. Jama, 321(17), 1653-1655.

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- Café, hair salon, exercise room, transportation

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

### Basic Care - Tufto Manor

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

[valleyseniorliving.org](http://valleyseniorliving.org)  
701.787.7563



# Donations & Memorials

Thank you so much to our generous donors who support older adults! Brighter Side Society Members are designated by the \* symbol. The gifts below were received from January 4, 2023 to February 8, 2023.

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

Grand Forks Public Health  
Grant for health equity programming  
Medica Foundation  
Grant for Health Department

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

Alvis Amble Charitable Trust  
University Lutheran Church  
Mission Endowment Fund  
Giving Hearts Day 2023 match

## Donations of \$250-\$499

Mikkelson, Dan and Jolene  
UND Jeans Give Back  
Grant for Meals on Wheels and Home Delivered Meals

## Donations of \$100-\$249

Beland, Paul and Becky  
Benson, Ray and Mary  
Berglund, Wayne  
In memory of Major (LT) Iverson  
Christianson, Ruth  
Danks, Meridee  
In memory of Thorey Green  
Dufault, Mary Jane  
For Meals on Wheels  
Konze, Warren and Gerri

Lofberg, Janice  
Pedersen, Melvin  
Shereck, Cynthia  
Sorlie, Richard and Bette  
In memory of Marvelle Sorlie  
Youshefski, Jean  
Xcel Energy Foundation  
Thomas and Lynne McGrath matching gift

## Donations up to \$100

Albrecht, Evelyn  
For Meals on Wheels  
Belobraydic, Matt and Rochelle\*  
Broadwell, Ray and Becky\*  
Buckley, Ann\*  
Camburn, Neal and Joan  
In memory of Earl Mallinger  
Delmore, Michael and Lois  
Dvorak, Marlene\*  
Foss, Virgil  
Gulson, Orris  
In memory of Dr. Don Kohns  
Hammerstrom, Tooker\*  
Hefta, Ardella  
Helgerson, Donna\*  
In memory of my husband, Arral (AJ)  
Herrmann, Karen\*  
Hogan, Shirley  
Iseminger, Carl and Colette\*  
In memory of Earl Mallinger, Sr. Rebecca Metzger

Kuznia, Dee  
Leech, Jerry  
Lieberg, Alden and Orpha  
Lindeman, Maureen  
Martin, Tom and Laurel  
Mattern, Alice\*  
Network For Good  
Walmart Spark Good donation  
Puffe, Lyle and Jeanne  
In memory of Glenna Holweger and Ellen Hayes  
Sandberg, Curt and Lone\*  
For Meals on Wheels  
Schiele, Kathy\*  
In memory of Don Schiele  
Schumacher, Matt and Jami\*  
Srur, George  
Stariha, Russ  
Sulland, Steve and Linda\*  
Thrivent Choice  
Thrivent Choice allocations from Pauline Bondy and Ranea Johnson  
Vein, Jerry and Mary\*  
Westrum, Brad and Yvonne\*  
Wilson, Neil and Ann  
Wolfgram, Wesley and Emmy  
Zirnhelt, Clair and Ronda\*



### What is “Outpatient” Observation Status?

Observation status is typically assigned to patients with an unexpected lengthy recovery after surgery or to emergency room patients who require short-term treatment, assessment, and reassessment before a decision can be made regarding whether the patient will require further treatment as an inpatient or if they are able to be discharged.

#### Why does observation status matter?

- Many patients cannot afford their care if Medicare doesn't pay.
  - Observation status means higher out-of-pocket costs for patients.
- If post-hospital nursing or rehab care won't be covered by Medicare, many people do without the necessary care, rather than be strapped with huge bills.
  - Remember, you must be a hospital INPATIENT for 3 days before Medicare will pay for your nursing home or rehab care.

#### How to fight observation status

- Take action at the beginning of your hospital stay to stop Observation before it starts.
- Ask the hospital doctor to admit you as an “INPATIENT” based on needed care.
- Reach out to your regular doctor and ask them to contact the hospital doctor to support your request to be an inpatient.
- If you are admitted to the hospital under Observation Status, hospitals are required to give patients a Medicare Outpatient Observation Notice (MOON) within 36 hours.
- You can file an appeal with Medicare.

#### Observation Status Fraud

- By placing patients in observation status rather than an inpatient admission, hospitals can avoid the Medicare penalties associated with readmissions.
- Separate payment is available for observation care in some circumstances and fraud generally occurs when the hospital fraudulently treats the observation care as separately billable.
  - One example of non-billable observation care is for a patient who is transferred from the hospital's own outpatient department into observation.

**Reporting Medicare fraud:** If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at [ndsmp@minotstateu.edu](mailto:ndsmp@minotstateu.edu) or call 1-833-818-0029 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: Center for Medicare Advocacy (n.d.). *Outpatient Observation Status*. Retrieved December 19, 2022, from <https://medicareadvocacy.org/medicare-info/observation-status/>

**North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580**

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

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



**Like us on Facebook:** North Dakota Senior Medicare Patrol



1

# Fun in the Center

- 1-2 January Craft
- 3 MOW Volunteers from the GF Air Force Base
- 4 Farkle Players
- 5-8 Winter Week Participants



2



5



3



6



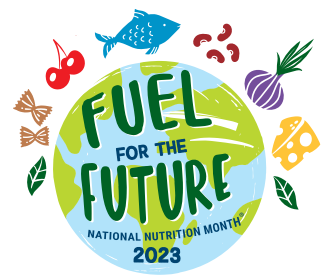
4



7



8



# WORD SCRAMBLE

The foods below have been scrambled! Rearrange the letters in each line to discover which food they're supposed to be, then list them under the correct MyPlate Food Group.

1. lmetli \_\_\_\_\_
2. rnoppoc \_\_\_\_\_
3. irerehcs \_\_\_\_\_
4. husoomrms \_\_\_\_\_
5. chebukawt \_\_\_\_\_
6. cecknih \_\_\_\_\_
7. goytur \_\_\_\_\_
8. saceeph \_\_\_\_\_
9. cmearkel \_\_\_\_\_
10. locrobci \_\_\_\_\_
11. tenllis \_\_\_\_\_
12. mikppun \_\_\_\_\_
13. mtrebtlikiu \_\_\_\_\_
14. ehcely \_\_\_\_\_
15. tacgote seehce \_\_\_\_\_

FRUITS	VEGETABLES	GRAINS	PROTEIN FOODS	DAIRY

## ANSWERS

- |                    |              |
|--------------------|--------------|
| 9. mackerel        | 1. millet    |
| 10. broccoli       | 2. popcorn   |
| 11. lentils        | 3. cherries  |
| 12. pumpkin        | 4. mushrooms |
| 13. buttermilk     | 5. buckwheat |
| 14. lychee         | 6. chicken   |
| 15. cottage cheese | 7. yogurt    |
|                    | 8. peaches   |

*\*Lentils, beans, and dried peas are vegetable sources of protein, so they are part of both food groups.*

Fruits	Vegetables	Grains	Protein Foods	Dairy
Cherries	Mushrooms	Millet	Chicken	Yogurt
Peaches	Broccoli	Popcorn	Mackerel	Buttermilk
Lychee	Lentils*	Buckwheat	Lentils*	Cottage cheese
	Pumpkin			

# Why Get Foot Care?

Routine foot care is important to good health. Failure to trim your nails can increase the probability of having ingrown toenails. This can cause infections and be painful. To avoid infections and pain, you should have your nails regularly trimmed, using the appropriate nail clippers. If you cut your own nails, make sure you do not cut your nails too short. This can also cause infections. They should be cut straight across.

Routine foot care at the Grand Forks Senior Center includes:

- Trimming, cutting, or clipping nails
- Removing or reducing corns and calluses
- Hygienic or other preventive maintenance, like cleaning and soaking your feet
- Examining your feet for abnormalities

## Foot Care Appointments

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. Suggested donation of \$30 for foot care at the Grand Forks Senior Center and \$35 for home visits or visits in rural communities.

**APPOINTMENTS AVAILABLE: Please call 701-757-4878 to make a foot care appointment at the GF Senior Center (Open Monday-Friday during regular business hours) or at one of the satellite foot care clinics listed here (by appointment only).**

### Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

<b>March 8</b>	Tolna Lutheran Church, 220 Main Street, Tolna	9:30 am - Finish
<b>March 22</b>	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
<b>March 23</b>	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
<b>March 29</b>	McVile Fire Hall, 203 Baldwin Street, McVile	9:30 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 within two weeks prior to your appointment or you test positive within 10 days prior to your appointment.**

# MARCH 2023 - Grand Forks Title III Older Americans Act Food Program

Suggested contribution for seniors is \$2 for Breakfast; \$4.25 for Lunch. Please contribute what you can. Cash, Check, EBT/SNAP and Credit Cards are accepted at the GFSC. You may call 701-772-7245 to pay with your card. Those under 60 years are required to pay the actual cost of the meal unless your spouse is over 60. The actual cost of the meals are: \$6.50 for Breakfast; \$11.75 for Lunch. 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.

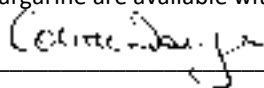
Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
2 Small Blueberry Pancakes (3 cs) 2 oz Turkey Sausage 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Eggs Made to Order Hashbrowns (1 cs) 1 Slices WW Toast (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	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 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)	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)
Monday Lunch:	Tuesday Lunch:	Wednesday Lunch: March 1	Thursday Lunch: March 2	Friday Lunch: March 3
MENU SUBJECT TO CHANGE WITHOUT NOTICE		3oz Pork Roast with Gravy or Chicken in Gravy 1/2c Mashed Potato (1cs) 1/2 c. Harvard Beets (1cs) 1/2c Cinnamon Applesauce (1cs) Sm Cookie (2cs)	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)	Salmon or 3 oz BBQ Chicken (.5cs) 1/2 c Au gratin Potato (1cs) 1/2 c. Creamed Corn (1cs) 1/10 Blueberry Pie w/top (2cs)
Monday Lunch: March 6	Tuesday Lunch: March 7	Wednesday Lunch: March 8	Thursday Lunch: March 9	Friday Lunch: March 10
3oz Crispy Chicken (1cs) or 3oz Pineapple Pork Chop (.5cs) Sm Baked Potato (1cs) w/ Sr Crm 1/2c Creamed Peas (1cs) 1/2 c Plum Sc (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) Small Special K Bar (2cs)	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)	Baked Chicken (.5cs) or 3oz Liver & Onions 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 13	Tuesday Lunch: March 14	Wednesday Lunch: March 15	Thursday Lunch: March 16	Friday Lunch: March 17
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 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)	3oz Porcupine Meatballs in Gvy (.5cs) or Chicken Strips (.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) or Applesauce Ribs (1 cs) 1/2 c. Boiled Potato (1cs) 1/2 c. Creamed Peas (1cs) 1/10 Apple Pie w/top (2cs)

**Sit-Down Breakfast - Served 8:30 am - 9 am**  
**Drive-Thru Lunch - Served 11:30 am - Noon**  
**Sit-Down Lunch - Served Noon - 12:15 pm**

Monday Lunch: March 20	Tuesday Lunch: March 21	Wednesday Lunch: March 22	Thursday Lunch: March 23	Friday Lunch: March 24
<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> or Sweet & Sour Chicken (1cs) <b>Sm Baked Potato (1cs) w/Sr Crm</b> <b>1/2 c. Carrots (.5cs)</b> <b>1/2 c. Tropical Fruit Sc (1cs)</b>	<b>3oz Baked Tilapia</b> <b>1/2 c. Mashed Potato (1cs)</b> or Lasagna Rotini Hotdish (2cs) <b>1/2 c. Squash (1cs)</b> <b>1/2 c. Fruited Red Gelatin (2cs)</b>
Monday Lunch: March 27	Tuesday Lunch: March 28	Wednesday Lunch: March 29	Thursday Lunch: March 30	Friday Lunch: March 31
<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: 1/23/2023 Licensed Registered Dietitian #13899



Colette Iseminger, MS, RD, LRD

## Frozen meals

Are available for pick-up anytime we are open. Call 701-757-4869 to place an order. Frozen meals are a suggested contribution of \$3.50 each. A list of current frozen meals can be found at [gfseniorcenter.org/frozenmeals](http://gfseniorcenter.org/frozenmeals). This list is updated daily.

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.



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may contact the  
following:

Phone:  
1-855-462-5465  
Website:  
carechoicend.  
assistguide.net

**Wish List**

The Grand Forks Senior Center  
is in need of the following:

- Volunteers to deliver Meals on Wheels & Home Delivered Meals
  - Size XL Depends
  - 1 pound weights for exercise classes
  - Toilet riser with arms
- If you have these items, if you would like to purchase them, or are interested in one of the volunteer opportunities, please visit the front desk or call 701-772-7245.

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 mail.



Grand Forks  
**SENIOR CENTER**  
*brighter side of sixty*  
 620 4th Ave. S.  
 Grand Forks, ND 58201  
 701-772-7245  
 www.gfseniorcenter.org

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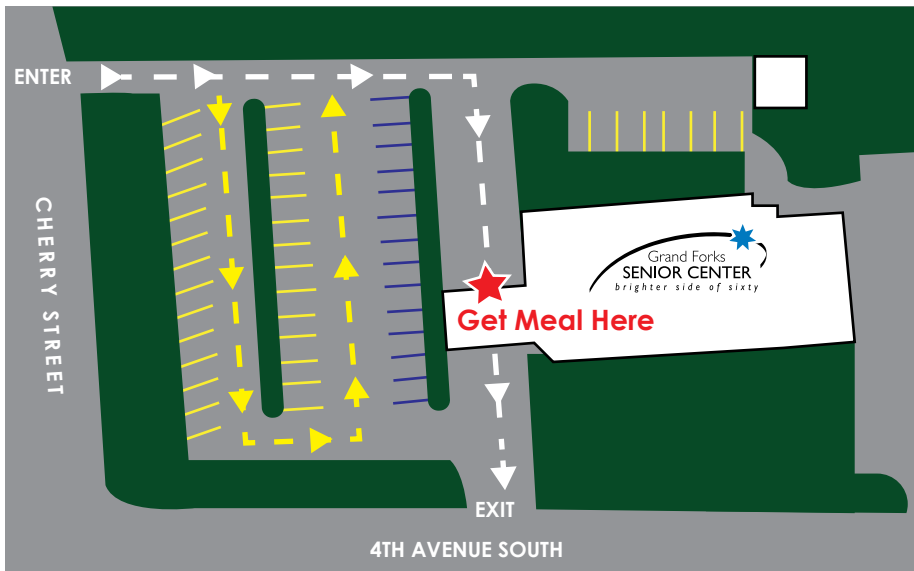
Non-Profit Organization  
 Permit #20  
 U.S. Postage Paid  
 Grand Forks, ND



Grand Forks Senior Center  
 March 2023  
 M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

# Drive-Thru Lunch Route Map

Monday - Friday | 11:30 am to Noon



Please use **EXTREME CAUTION** while in the Senior Center Parking Lot!  
 Enter lot from **Cherry Street**  
 Do not come into lot before 11:25 am.

You may choose between sit-down or drive-thru meals. If you are using our drive-thru, please follow the route shown.

Follow the **white** arrows if the line is short. Follow the **yellow** arrows if the line gets long.