



May 2021

# The Silver Express

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

701-772-7245

## Beginning Monday, May 3, 2021 Doors Open & Coffee On!

Form-fitting masks are required for all guests in the building, except when enjoying coffee in the dining room or the basement activity room. When moving through the building, masks must worn over the nose and mouth. Face shields are not a substitute for masks. Social distancing is encouraged among all of our guests, but mandated when interacting with staff. Staff has the right to refuse service to people who are unmasked. Physical and verbal abuse of staff will not be tolerated.

**If you choose to come and you are not vaccinated, please realize you are putting yourself and others at risk. Unvaccinated people must wear a mask at all times. This means no drinking coffee if unvaccinated. We will not ask to see vaccination cards. It is on-your-honor.**



We are so excited to announce the Senior Center will be reopening to the public, beginning Monday, May 3. This is what will be available:

- places to visit with others in the dining room and basement activity room
- Billiards room for shooting pool
- library and computers
- gift shop and memberships
- front desk is open for business
- foot care appointments without an in-house escort
- games for people to play on their own
- Resources office visits and equipment loan
- Meals on Wheels volunteers load in the dining room
- frozen meals available for pick-up during business hrs

All of us working, in cooperation, will help ensure a safe and fun atmosphere. **At this time, sit-down meals and scheduled activities will not be available.** Our drive-thru remains open.

# Grand Forks Senior Center (GFSC) Phone Numbers

GFSC is an United Way Partner Agency



<b>GFSC General Number</b> .....	<b>701-772-7245</b>
Executive Director, <b>Colette Iseminger, MS, RD, LRD</b> ....	701-772-7245
Ass't 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 or Rhonda</b> .....	701-780-5169
Resources Manager & Nelson Co, <b>Joyce Austin</b> .....	701-757-4881
Activity Manager, <b>Ranea Johnson</b> .....	701-757-4866
Public Relations Manager, <b>Jami Schumacher</b> .....	701-757-4863
Kitchen Supervisor/Head Cook, <b>Gerri Davis</b> .....	701-757-4871
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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## 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

**For the first time in 14 months, the Grand Forks Senior Center's doors will be open to the public on Monday, May 3, 2021. Please see the front cover for guidelines.**

**Foot Care will continue by appointment (see page 21), but people will no longer require an in-house escort by a staff member.**

**Exercise classes will also continue at Hope Church through June 3.**

**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](mailto: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](mailto:jamis@gfseniorcenter.org) and let Jami know.**

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Back	COVID-19 Breakthrough Cases



## Senior HAIR Services

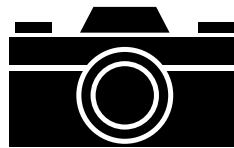
Senior Haircuts \$14



IN-HOME services also available. Travel fee.

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

*Call for information or appointments.*



While at the Grand Forks Senior Center (GFSC) or on GFSC trips, you may be recorded or photographed. Your presence at the GFSC constitutes your permission for us to use your likeness.

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

[hrrv.org](http://hrrv.org) | (800) 237-4629



Celebrating **40** Years

# From the Director's Chair by Colette Iseminger



## GFSC Reopening

As I write this column, it has been over a year since our building has been open to the public. We are excited to see our friends, many of whom it's been over a year since we have seen each other.

While some people will be counting down the days until the Senior Center reopens on May 3, we recognize for others, it may take a little more time to feel comfortable before coming back.

After a year in which many people experienced loneliness and isolation, all of us at the Senior Center are hoping we can help relieve those feelings and create a safe, healthy, and fun environment.

If you think you may be dealing with depression, we encourage you to schedule an appointment with your medical provider. This is a great first step on the way to healing.

As always, we are working our hardest to keep seniors as healthy and as safe as possible. Stay tuned for upcoming newsletters as we continue the reopening process.

Take Care.

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

## Board Report from March 2021 Meeting

The Board met on March 18, 2021. The following are the highlights:

- Purchase of flashing stop signs for the canopy walkway was approved.
- Motion approved to move money from our checking account to our Foundation account for a better rate of return.
- Motion approved to move staff raises scheduled for July 1 to April 1 this year.
- By-laws revision was approved.

Major changes are that the annual meeting of the Association needs to be held by April 30 instead of in February and that Board members can now serve up to three terms.

- Guidance for reopening was discussed and approved (see front cover).

The next regular Board meeting will be June 17 at 11 am. Members can use the conference call line (701-253-0260) if they wish to attend.

# Free Photocopying for Your COVID-19 Vaccination Card



The Grand Forks Senior Center is offering a free copy of a person's COVID-19 vaccination card. That way you can carry one with you and keep the other in a safe place. Some people are laminating their vaccination cards, but there is some concern that ink can be smeared during the lamination process. If you have a smartphone, another way to document your vaccination card is to take a picture of it. Be sure not to share a picture of your COVID-19 vaccination card on social media.

## Come Join Our Team: Job Openings at the GFSC

### Home Delivered Meals Kitchen Ass't

Duties include:

- Portioning cold food for the day's meal in disposable transport containers.
- Bagging items needed for cold meal part of Home Delivered Meals program. Requires repetitive shoulder and arm activity and lifting of cold bag tubs and hot meal bags. Average meal number is 75-80/day.
- Sealing hot trays on trayline.
- Delivering a Home Delivered Meals route if short volunteers or a volunteer does not show up.

Weekdays from 8 am - 11:30 am (or a little later if delivering a Home Delivered Meals route); however, it is job share with another person, so only work 2-3 days/week; no weekends or holidays. This position is for the Home Delivered Meals program, located at Altru hospital in their kitchen. \$13/hour starting wage; no benefits.

### Flex RN or LPN

- Provide care for seniors of GF and Nelson Counties, primarily foot care (foot inspection and toe nail clipping), but also medication set-up and blood pressure screening.
- Services are provided at the GF Senior Center, other community and senior centers, and in client homes in both GF and Nelson Counties (during non-COVID times). Nelson County services are limited to a few days per month and we have an agency vehicle for transportation to off-sites.
- This is a flex time, non-benefitted position. Hours are roughly 100-115 hours in a two-month timeframe. May also cover vacations for our two other nurses. No nights, weekends, or holidays. RN is \$23.40/hour; LPN is \$20.90/hour.

# Community Support Groups



SCAN THE  
CODE TO  
LEARN MORE

[community.strengtheningtheheartland.com](http://community.strengtheningtheheartland.com)

# Does Someone You Love Struggle with Drug or Alcohol Use?

Join us for a FREE friends & family support program.

**Community Support Groups** are a virtual and face-to-face training for the friends and family members concerned about their loved ones who live with a substance use disorder. This program is based on the Community Reinforcement and Family Training (CRAFT) model. The CRAFT model is a highly effective, evidence-based, motivational program that impacts communities and families in multiple areas of their lives.

**REDUCE**  
your loved  
one's harmful  
substance use

**HELP**  
move your  
loved one  
toward  
treatment

**IMPROVE**  
the lives of  
the concerned  
family and  
friends



STRENGTHENING *the*  
HEARTLAND

NDSU

EXTENSION

SDSU  
Extension



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## JOIN A LOCAL SUPPORT GROUP

**When:** Mondays- 7:00-8:30 p.m.  
March 29 - June 21, 2021

**Where:** Online via Zoom

**Contact:** Laura Knox, NDSU Extension

**Email:** [laura.m.knox@ndsuedu](mailto:laura.m.knox@ndsuedu)

**Call:** 701-780-8229

# TECH Talk

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

## Internet Safety & Password Help

**Five easy steps to make sure you are being safe on the internet:**

- 1. Do not click on unknown or suspicious-looking links,** even if they seem to have been sent by someone you know. By entering personal information (i.e. birth date, social security number, address, etc.) on unsafe sites or even just clicking on the link, you can inadvertently make your information available to scammers.
- 2. Ignore email requests that create a sense of urgency,** telling you to perform an action in a specific amount of time. These types of scams try to get you to act before being able to verify if the communication is legitimate or not. If you are unsure if the email is official, it is best to wait to get a second opinion from someone else.
- 3. If you are shopping or banking online, make sure the website you are entering your personal information on is secure and encrypted.** You can do this by looking for the “S” in the website’s address bar on the top of the webpage. If the website’s address begins with HTTPS, then it is a safe

site to enter financial information. If it just begins with HTTP, then any information you enter may be vulnerable to hackers.

- 4. Only download and use apps from reputable sources.** Your phone can have a lot of personal information on it, including your location, contacts, pictures, files, and sometimes your fingerprint (iPhones). Giving permission to unsafe apps can leave you vulnerable for someone to use your information.
- 5. Use strong passwords** (see tips below for making strong passwords) and always **log yourself out** when you are done on a device that isn’t secure, such as a public computer or a device that isn’t yours, including the computers at the Senior Center. Some fraud and identity theft can happen if someone comes across a website you are still logged in on.

**Tips to help make strong passwords and remember them:**

- A strong password is one that is at least 8-12 characters in length, includes upper- and lower-case letters and

includes numbers and special symbols (i.e. an exclamation point or pound sign).

- Never use common, easy to guess passwords (i.e. “123456”) and never use personal information that could be easily found on the internet (i.e. your maiden name or where you were born).
- Use a “pass-phrase,” which is a full sentence, including correct punctuation, capitalization, and spacing. An example could be “I can’t stand beets!” or “My granddaughter was born in 2010.”
- Consider using a reputable password vault/manager app, such as LastPass, to store your passwords. That way you only need to remember the one password to get into your password vault, where you keep all of your other passwords. You may have to pay a small fee for this kind of app.
- If need be, write down important passwords in a central, secure location, like a journal or address book. Do not carry this book with you outside your home. ■

# SCAM ALERT

**Do not respond to COVID-19 Vaccine Surveys.** They lead you to enter a bank account or credit card in order to claim a “reward”. If you have responded to emails like the one below, please call the **North Dakota SMP at 1-233-1737.**

**From:** ""Welcome"" <[homme2102@hotmail.com](mailto:homme2102@hotmail.com)>  
**Subject:** Pfizer COVID-19 SurveyRegistration









You may unsubscribe at any time. [Unsubscribe](#)

PO box 971, Reno NV 89504

This project is supported, in part, by grant number 90MPPG0021 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. Points of view or opinions do not necessarily represent official ALC policy.



-  Always check where the email address came from. An official email will not come from a Hotmail account.
-  Check to make sure the logo matches the one on the company website. There is no official Pfizer logo anywhere in this email.
-  If they ask for a bank account or credit card, it's a red flag. This includes to pay for shipping to claim a “free” prize.
-  Typos are common with scams. In this case, PO box should be capitalized.
-  Check the address to the official company address on the company website.
-  If you're unsure whether a scammer is behind the email you received, get in touch with the brand or company featured in your email directly via social media or their 'contact us' page.





# Message from Ranea in Activities

Hello, all! We miss seeing everyone around the building. Please be patient as we re-introduce the activities program back into our regular Senior Center activities.

Each month we will reevaluate the community COVID numbers and the CDC recommendations. So for the month of May, we welcome you back as the doors will be unlocked and the coffee will be hot and ready. As you come in, remember to practice social distancing, wear your masks, and wash your hands.

Self-directed activities will be encouraged. Come use the computer, library, billiards table, use our games, and have a cup of coffee. No appointments needed for any of our activities (of course, foot care appointments are still needed). The front desk is open for business as usual.

Medium to large group activities will be the last ones to reappear on our activity calendar. The CDC does not recommend medium to large gatherings at this time, so BINGO, Fantastic Friday, bus trips, and special events will be the last to come back on our calendar.

For our reopening to go well, we will need your help and cooperation. We know you all want the Senior Center to remain open as much as we do.

I look forward to seeing you all soon.

*Ranea*





# GFSC Resources

## Meeting with Clients in a Variety of Ways

The Resources Team is excited to be a part of this exciting and long-awaited time as the Grand Forks Senior Center opens our doors to the public once again.

We welcome you, with slight changes in the process of receiving services from the Resources Department. While respecting current CDC guidelines, our primary goal is to provide services in a manner that is safe for our seniors, staff, and volunteers.

**In-person services will be available by appointment, with mask wearing, hand sanitizing, and social distancing.**

Appropriate spaces in the building have been established for these appointments. Spring and summer also give us the freedom to meet outside so we can utilize the Senior Center parking lot or picnic table.

Limited outdoor home visits, especially for homebound individuals, can be scheduled depending on the weather and the setting. Outdoor meetings can be arranged utilizing

your yard or driveway, on your deck or patio, or an appropriate outdoor space.

While respecting current CDC guidelines, our primary goal is to provide services in a manner that is safe for our seniors, staff, and volunteers.

As always, Resource coordinators are available to visit with Grand Forks County residents, age 60 and over, to help assess their needs and goals, provide information about available services, and to assist with referrals and applications. We continue to provide services via telephone, email, fax, and US Postal Service, as we have throughout the pandemic.

A few reminders: we have a good inventory of durable medical equipment on hand for loan; renters have until May 21 to complete a 2020 rent rebate with Resources; and Nina, our in-house Senior Health

Insurance Counselor, provides information as requested.

We have a wealth of information to share and look forward to hearing from you!

Joyce, Lynn, and Nina  
GFSC Resource coordinators  
701-772-7245

# Thank You Grand Forks Lions Club

A **big THANK YOU** to the **Grand Forks Lions Club** for all of their volunteering in 2020. We inadvertently gave recognition to a different Lions Club when we thanked all of our 2020 volunteers. We appreciate your tireless efforts in making our community a better place for people of all ages.



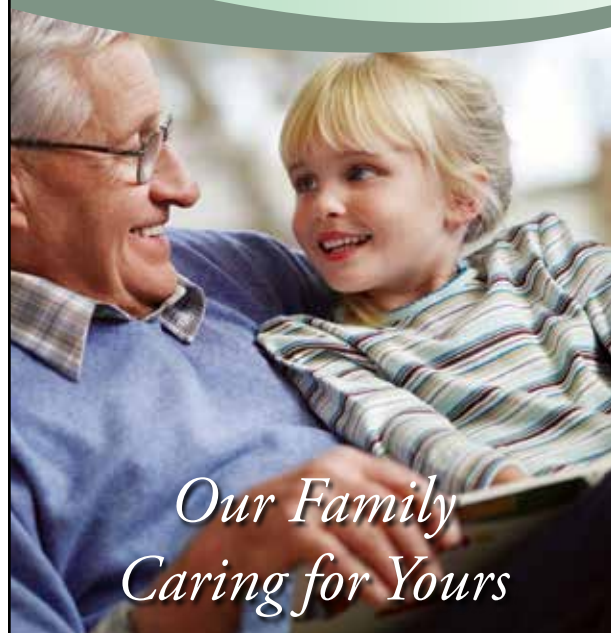
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*Request Information or Schedule  
your Personal Tour Today!*



### **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 - Tufte Manor**

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

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



# Fun around the Center





7



8



9



10



11



12

- 1 Putting meals in vehicles for the Easter Feast at the Alerus Center.
  - 2 Two very capable people assisting with traffic at the Easter Feast drive-thru.
  - 3 The Easter Bunny wanted to wish all a Happy Easter during the Feast drive-thru.
  - 4-6 Terrific volunteers packing the bags for the Easter Feast. Thank you, volunteers!
  - 7-8 A glimpse into our daily process for getting Meals on Wheels and drive-thru meals ready.
  - 9 CVIC employees picking up the Easter baskets, donated by friends of the GFSC.
- BUILDING UPDATES**
- 10 New artwork in the basement activity room.
  - 11-12 More Dave Bruner landscape photos are now placed throughout our building.

# 5 Ways to Support a Grieving Person

*Thank you to Hospice of the Red River Valley for this important article about supporting people in their grief.*

Knowing how to help a grieving friend or family member who has experienced loss through death can be challenging, but there are some things you can do to support someone going through this difficult time. The following are five practical ways to support a grieving person in your life.

## **Be Present**

First things first, show up. Often people are surprised when their closest family and friends seem to turn away from them in the midst of their grief. These grieving individuals may be in a vulnerable state with their brains muddled by confusion and chaos. They may not have the energy or

ability to see that other people simply do not know what to do or say. We may not know all the right things to say or do, but our willingness to be present during this deeply sacred time shows that we are supportive and reliable.

## **Embrace—Don't Fix**

Our discomfort with others' grief often creates the desire to make it better or make it go away. Grief is not something to be fixed. Grief, as we often hear, is the price we pay for love. It's our lasting connection to the person who's died. There is nothing we can say, no perfect combination of words that will magically make the bereaved feel better. In times of haste as we search for the right words to make someone feel better, we may say things that minimize their grief, and in turn, do more damage than good.



Avoid common phrases, such as, "God must have needed another angel," and "She's in a better place," and instead being willing to sit with them quietly, even in times of silence. In these moments, listening and validating their grief is all that is needed; advice is best left at the door.

## **Accepting the New**

One of the greatest challenges we may face in supporting someone who is grieving is realizing and accepting they are no longer the same person they were prior to the loss.

Their identity without their loved one is different, and they have to learn to navigate this “new life” and learn to accept it themselves. It is natural to wish for them to return to their previous self or level of functioning and the person may also wish this, but it is not reality. When we love someone, we have to be open to loving them as they grow and change through life’s ups and downs.

### **Remember**

As painful and unpredictable as grief can be, the simple gesture of remembering and acknowledging their loved one may be of great comfort. Not only can birthdays, anniversaries, and holidays be especially difficult, but there is also great evidence that grief can be intensified around six to seven months following the death.

During this time frame, the support system has often significantly deteriorated, and we have finished up with the busy tasks that consumed us in the early days following the death. The numbness we once felt is waning. Cards, phone calls, or text messages are great forms of acknowledgement on special days and at

Cards, phone calls, or text messages are great forms of acknowledgement on special days and at any time in the months and years following their loved one’s death.

If they bring them up, they are likely cuing you that they want to do so.

any time in the months and years following their loved one’s death. Be open to the signs they want to talk about their loved one.



### **Follow Through**

As simple as it may seem, one of the most important ways we can support the bereaved is by following through with whatever it is we say we are going to do. I have heard from bereaved clients that have had friends or family give them that all too familiar line, “let me know if you need anything,” but then are let down at a time of need when their friends or family are too busy.

Mustering up the courage and energy to ask for help is difficult for the best of us. A good rule of thumb is to only say what you mean and do what you say. We may be their only source of constancy during a time that can feel completely overwhelming. It takes a brave person to embrace another’s pain and suffering, and most that have done so recognize it’s also gift for them. ■

*Hospice of the Red River Valley offers free grief support services to community members in Grand Forks and the surrounding communities. For more information, please call (800) 237-4629 and ask for the grief department or visit [www.hrrv.org](http://www.hrrv.org).*

# Ice Cream Flavors

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

TRIPLE TORNADO  
 REESES  
 NEOPOLITAN  
 CHOCOLATE  
 STRAWBERRY  
 COTTON CANDY  
 COCONUT  
 ROCKY ROAD  
 COOKIE DOUGH  
 TIGER TAIL  
 GREEN TEA  
 HOKEY POKEY  
 MAPLE WALNUT  
 FUDGE  
 PECAN  
 BANANA  
 VANILLA

A **SUDOKU PUZZLE** consists of a 9 by 9 grid. This grid is subdivided into nine 3 x 3 boxes. Some of the cells in the grid are pre-filled with a number between 1 and 9, while many other cells are blank. Your job is to determine the correct number to be entered in each of the empty cells. To figure out which number between 1 and 9 belongs in a particular cell, you need to adhere to the following rules: the numbers 1 through 9 must appear exactly once in each row, once in each column, AND once in each 3x3 box.

			3			1		
6	7	1				2		5
					2			
2	8	3	7	6	4		1	
4	6	7		9			2	3
	5		8	2		4	7	6
	9	2	4				5	
	1			3		9		7
5	3	4			9		8	



# Fruits

Y	R	R	E	B	P	S	A	R	T	E	A	L	M
A	E	N	B	L	A	C	K	B	E	R	R	Y	I
B	I	P	E	N	B	W	G	A	A	R	R	W	E
R	R	A	E	A	O	A	A	Y	N	P	R	A	N
R	E	K	W	C	O	T	O	S	A	A	L	P	G
B	R	I	I	A	Y	E	B	T	N	P	E	P	R
W	O	W	Y	A	R	R	L	R	A	A	M	L	A
W	R	I	N	R	R	M	U	A	B	Y	O	E	P
R	A	K	O	O	B	E	E	W	L	A	N	B	E
P	N	L	L	C	I	L	B	B	K	E	E	R	G
A	G	B	C	I	I	O	E	E	B	R	E	Y	A
R	E	E	E	B	M	N	R	R	R	S	E	O	I
A	O	E	N	K	O	E	R	R	E	G	N	C	E
C	E	G	B	Y	B	M	Y	Y	I	E	O	Y	E

- BLACKBERRY
- LIME
- WATERMELON
- BLUEBERRY
- PAPAYA
- KIWI
- ORANGE
- RASPBERRY
- APPLE
- BANANA
- STRAWBERRY
- GRAPE
- LEMON

7		9	4	6		3		
	6		5			9	8	
	5	3					1	4
4					7	8		
	7		2	1	6			
3	2			9			7	
6	9	7	1			4	3	5
8				4	5	7	9	
		1		3	9	2		

			5	2	9	6		4
		9		6				3
6	8	4			3			
		6		9		3	2	
			2			8		9
9					1	5		7
1		3	8					
				4	7		9	
	5	7			6		3	

In this row, the first two puzzles are categorized as 'Easy' and the third one is 'Medium.'

# GFSC Exercise Classes



GF Senior Center exercise classes continue to be held indoors at Hope Church. The plan is to continue classes there through June 3, as long as COVID numbers in the county remain low. Must mask when coming in and leaving. Must also distance during class. For more information, contact Ranea at 701-757-4866; [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org) or go to [www.gfseniorcenter.org/physicalactivities](http://www.gfseniorcenter.org/physicalactivities). No membership is needed. These classes are open to people with a range of abilities, age 55 and older. Each person does what they are comfortable doing.

**Chair Yoga:** M & W at 3 pm

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

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

**Healthy Bones:** T & Th at 3:10 pm



# Meal Options During the Pandemic

*GF Senior Center meal options are available to people 60+ and their spouse of any age.*

1. A **weekday meal drive-thru** from 11:30 am - 12:15 pm (no reservations necessary). Suggested donation of \$4.25/meal.
2. **Meals on Wheels** (701-757-2006) and **Home Delivered Meals** (701-780-5169) programs, with volunteers delivering weekday, hot meals to the clients' homes (for qualifying people). Suggested donation of \$4.25/meal.
3. **Frozen meals**
  - Can be **picked up during the drive-thru**. Call 701-772-7245 ahead of time to place order no later than 10:30 am on the day you would like to pick up the meals in the drive-thru.
  - Can be **picked up at the front desk** beginning May 3. Call 701-772-7245 ahead of time to place order.
  - **Can be delivered if necessary**, but must meet qualifying conditions.
  - Frozen meals have a suggested donation of \$3.50/meal.

## More About Frozen Meals

A list of currently available frozen meals is uploaded each morning to our website.

To find the frozen meal list:

- Go to [www.gfseniorcenter.org/frozenmeals](http://www.gfseniorcenter.org/frozenmeals)
- Click on 'Current list of available meals.' You will notice this text is in blue on the webpage because it is a clickable link.
- Once you can see the list, decide which items you would like to order. Place your order by calling 701-772-7245.
- People can order up to 28 meals in a two-week period.
- No more than two of a certain entree per person. For a couple, you can order up to four of a certain entree.
- We often have some frozen meals available that are not normally on the menu, such as breakfast items, so check out the list.
- If you do not have access to the internet, just give us a call at 701-772-7245 and we will go over the frozen meal list with you on the phone.



# Donations & Memorials



Thank you for these donations received March 10, 2021 to April 11, 2021. A donor's cumulative giving from this period is listed. This includes Brighter Society Members. Thank you all for your generosity!

## Donations of \$500 - \$999

- American Legion Post #157
- Banner Lodge #4 Independent Order of Odd Fellows - For food services

## Donations of \$250 - \$499

- Altendorf, Diane
- Murdock, Lee and June
- Thrivent Choice - Allocations from Karen Hermann, Evonne Lopez, Kathryn Schiele

## Donations of \$100 - \$249

- Anonymous
- Aubol, Linda - In memory of Mike Yoney
- Berggren, Arden and Patricia
- Collings, John and Sherri
- Erickson, Dennis and Cheryl
- Lauster, Cheryl
- Lofberg, Janice
- Midland National Life Insurance
- Nelson, Helen - In memory of Dale Nelson
- St. Paul's Lutheran Church of Honeyford

## Donations of \$99 and Under

- Anonymous (2X)
- Belobraydic, Rochelle
- Bondy, Pauline - In memory of Helen Hansen
- Broadwell, Ray and Becky
- Hefta, Allen and Ardella
- Herrmann, Karen - In memory of Bruce Kjelaas, Judith Bolton
- Iseminger, Carl and Colette
- Jones, Michael and Kathy - In memory of Arlene Vein
- Kiefat, Mark
- Lunde, Beverly - In memory of Lorraine Amundson, Helen Hansen
- Lysne, David and Aida - In memory of Magnus Lysne
- Mahnke Vickie - In memory of Evelyn Scully, Kathy Foster, Dean Petska
- Marek, Darryl
- Mattern, Roger and Alice
- McGarry, Dennis and Lynn

- Pedersen, Melvin - In memory of Lila Pedersen
- Sandberg, Curt and Lone - For Meals on Wheels
- Schiele, Kathy - In memory of Don Schiele
- Schumacher, Matt and Jami
- Spicer, Gary and Lona
- Zirnheld, Clair and Ronda

**We hope all of you know how much we value and appreciate you and your gifts to the Grand Forks Senior Center. We are good stewards of the money entrusted to us as we work to help keep older adults as healthy and as safe as possible, especially during this pandemic. Thank you so much to each and every one of you.**

# Transportation to FARGO

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



Our wish here at the Grand Forks Senior Center is that each of you would get vaccinated. We have been doing our part during this pandemic, now it is time for each of you to do your part.

As Dr. Fauci says, "Viruses cannot mutate if they don't replicate." This means new variants of the coronavirus cannot be created if the virus is not being passed on to people. We need as many people as possible to get vaccinated in order to end this pandemic. Please do your part.

## 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).

May 5	Tolna Lutheran Church 220 Main St., Tolna	9:30 am - Finish
May 19	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
May 20	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
May 27	McVille Fire Hall 203 Baldwin St, McVille	9:30 am - Finish



Guidelines to keep clients and staff safe:

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

**MAY 2021 - Grand Forks Title III Older Americans Act Food Program**

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

This is the Senior Center's May menu for the meal drive-thru, Homestead, and The Link. Menu is subject to change based on availability of food and supplies.

Monday Lunch: May 3	Tuesday Lunch: May 4	Wednesday Lunch: May 5	Thursday Lunch: May 6	Friday Lunch: May 7
3 oz Herb Chicken 1/2 c Mashed Potatoes with Gravy (1 cs) 1/2 c Carrot Krinkles (.5 cs) Fresh Orange (1cs)	3 oz Beef Tips in Gravy Over Buttered Egg Noodles (1cs) 1 c Romaine Salad w/dressing (.5cs) Fresh Grapes (1 cs)	3 oz Salmonloaf (.5cs) 1/2 c. Boiled Potato (1cs) 1/2 c. Creamed Peas (1cs) Peach Pie w/top (2cs)	3 oz Pork Roast with Gravy 1/2 c Boiled Potatoes (1 cs) 1/2 c Green Beans Cantaloupe (1 cs)	1 c. Chicken Wild Rice Casserole (2cs) 1/2 c. Mixed Vegetables 1/2c Fresh Strawberries (1cs) Rice Krispie Bar (2cs)
Monday Lunch: May 10	Tuesday Lunch: May 11	Wednesday Lunch: May 12	Thursday Lunch: May 13	Friday Lunch: May 14
3 oz Crispy Chicken (1 cs) 1/2 c Creamed Potatoes (2 cs) 1/2 c Beets (.5 cs) 1/2 c. Fruit Sc (1 cs)	3 oz Hamburger on WW Bun (2cs) 1/2 c Potato Salad (1 cs) 1/2 c Baked Beans (2 cs) Fresh fruit (1 cs)	3 oz Pork Chop in Mushroom Gravy 1/2 c Buttered Rice (1 cs) 1/2 c Mixed Veg (.5 cs) 1/2 c Strawberries (1 cs)	3 oz Tilipia (1 cs) Baked Potato (2 cs) 1/2 c French Green Beans 1/2 c Cherry Crisp with Topping (2 cs)	Baked Chicken Fried Steak (.5 cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2c. Cook's choice dessert(1-2cs)
Monday Lunch: May 17	Tuesday Lunch: May 18	Wednesday Lunch: May 19	Thursday Lunch: May 20	Friday Lunch: May 21
3 oz. BBQ Ribs (1cs) 1/2 c Macaroni Salad with Veggies (1cs) 1/2 c Green Peas (.5 cs) 1/2 c Peach Sc(1 cs)	2.5 oz Garlic Lemon Salmon Patty on WW Bun w/ Tartar Sc (2.5 cs) 1/2 c Potato Salad (1 cs) 1/2 c Carrots (.5 cs) Special K Bar (2cs)	Lasagna (3cs) 1/2 c Broccoli Cuts 1 garlic bread (1cs) 1/2 c Rhubarb Crisp with Top (2cs)	3 oz Salisbury Steak 1/2 c Augratin Potatoes (3 cs) 1/2 c Mixed Vegetables (1 cs) Cantaloupe (1 cs)	3 oz Hot Turkey 1/2 c Whipped Pot w/Gravy (1cs) 1/2 c Romanesco & Cauliflower Florets Blend 1/2 c Strawberries(1 cs)
Monday Lunch: May 24	Tuesday Lunch: May 25	Wednesday Lunch: May 26	Thursday Lunch: May 27	Friday Lunch: May 28
1 c Beef Stew (1 cs) 1 Biscuit (1cs) 1/2 c Wax Beans(.5 cs) 1/2 c Fruit Cocktail (1 cs)	3 oz Sweet/Sour Meatballs (1cs) 1/2c. Rice(1 cs) 1/2 c Oriental Blend (.5 cs) 1/2 c Ambrosia Cup (1 cs)	Salmon 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Peach Crisp w/Top (2 cs)	3 oz Meatloaf (.5 cs) 1/2 c M. Potato w/gravy(1 cs) 1/2 c. Buttered Carrots (.5 cs) Pumpkin Pie w/top (2cs)	3 oz BBQ Chicken (.5cs) Baked Potato (2 cs) 1/2 c Green Beans 1/2 Strawberries (1 cs) Small Cookie (2 cs)
<b>Monday, May 31-Closed for Memorial Day</b> Menu Subject To Change Without Notice	<p><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</p>			
<p><b>DRIVE THRU MEAL PICK UP AT THE GRAND FORKS SENIOR CENTER FROM 11:30am-12:15; DINING ROOM IS CLOSED UNTIL FURTHER NOTICE</b></p>				

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

Date: \_\_3/29/2021 Licensed Registered Dietitian #13899

*Colette Iseninger, MS, RD, LRD*

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

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**The Grand Forks Senior Center's May 2021 *Silver Express* newsletter.  
We will be closed on Monday, May 31 in observance of Memorial Day.**

## Rare COVID-19 Breakthrough Cases Are to be Expected

*The following information was taken from Healthline.com - <https://www.healthline.com/health-news/rare-breakthrough-cases-of-covid-19-are-occurring-in-vaccinated-people#The-bottom-line>*

A breakthrough case is when someone develops an illness despite already being fully vaccinated.

This isn't a reason to avoid getting vaccinated. There's no vaccine that can provide 100 percent immunity against any disease.

Experts say these rare breakthrough COVID-19 cases will give experts a way to determine the extent to which COVID-19 vaccines work and what coronavirus variants may be causing these cases despite vaccination.

"I don't think we need to be overly concerned as of yet," said Dr. William Schaffner, professor of

preventive medicine and infectious diseases at Vanderbilt University in Nashville, Tennessee.

"We should know that these vaccines are not perfect, and under ideal circumstances they provide up to 95 percent chance of protection. Not everyone, particularly those that are frail and partly immunocompromised, may not even get 95 percent protection," he said.

**Additionally, while a COVID-19 vaccine isn't completely protective against symptoms, experts stress the vaccine is extremely effective at preventing the most serious complications that lead to hospitalization and death.**

**In clinical trials, people given COVID-19 vaccines were not hospitalized even in rare cases of developing the disease. ■**