

The Silver Express

Clipping along at the Grand Forks Senior Center

As we get older, it gets harder to reach one of our most important assets...our feet! It may be vision, arthritis, or another reason preventing you from being able to take care of your feet.

The nurses at the Grand Forks Senior Center can help your feet feel their best! Footcare services are available for people 60 years and older.

Call 701-757-4878 to schedule a footcare appointment today.

Grand Forks Senior Center (GFSC) Phone Numbers

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

GFSC Board of Directors

President

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Alice Hoffert

Secretary

Alice Mattern

Treasurer

Brenda Sem

Brenda Jobe

Bobbie Kurtyka

Rich Lehn

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Emily Nielsen

Bob Rost

Curt Sandberg

Lisa Sonterre

Michael Venaccio

Brad Westrum

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
May 3 at 9 am

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



A Recap of 2021-The pandemic continued through 2021 and unfortunately, many of our seniors have struggled with social isolation and health issues during this year. We worked on safely reopening programs and services within our staffing levels and CDC guidelines. We are trying to be competitive in a job market with a huge worker shortage and have had to adjust some services when we are unable to hire.

Our biggest service in 2021 was, and continues to be, meals for seniors with over 130,000 meals served in Grand Forks and Nelson counties in 2021. Whether sit down, frozen, drive-thru or delivered meals, we are striving to meet the needs of our seniors with nutritious meals. Our nurses served 580 seniors with their footcare service in both counties. Resources provided over 5,000 hours of service to older adults in Grand Forks and Nelson counties. The Activity program struggled to restart especially with another surge of cases in the fall and winter but we still saw over 7,000 participants.

Financially, 2021 was another good year for the center with over \$500,000 in pandemic stimulus funding which resulted in over \$300,000 profit. We have transferred this money to our Foundation for potentially leaner times ahead.

It has been our privilege to assist well over 4,000 individuals in living on the brighter side of 60 in 2021. My thanks to our wonderful staff, donors, volunteers, granting organizations, businesses and board members for all their support! The 2021 Annual Report was mailed out to all members and donors at the end of March and can be viewed online at gfseniorcenter.org/annualreports.

'Til next time,

A handwritten signature in black ink that reads "Colette Iseminger". The signature is written in a cursive, flowing style.

Colette Iseminger
MS, RD, LRD
Executive Director





Now Hiring: Part-Time Dishwasher/Kitchen Assistant!
 Application is available online at gfseniorcenter.org/evopps
 or you can pick up an application at the Senior Center.

Board Report

- Officers were elected: Alice Hoffert, Vice President; Brenda Sem, Treasurer; and Alice Mattern, Secretary
- Motion approved to transfer the 2021 profit of \$315,000 to our Foundation.
- 4% Cost of Living raises were given to all staff effective April 1, 2022.
- There was discussion about where senior services are headed in the state and nationally once pandemic funding is done.

The next meeting will be
 June 16, 2022 at 11 am.

Paid Advertisement



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

**Contact us
 today!**



(800) 929-8891 | CareThatComesToYou.org

Paid Advertisement

TICKET RESERVATIONS
 CALL 701-549-3602
 or reserve your seats online at
frostfirepark.org

Join us for our
Frost Fire
Summer Theatre
Production in 2022!

Ticket Prices

- Theater Only \$30
- Theater & Buffet \$45
- Child Theater Only
 10 & Under \$12
- Child Theater & Buffet \$21
- * Tax and Fees not included

located in the beautiful Pembina River Gorge - 7 miles West of Walhalla, ND on County Road 55

2 PM Performances: June 26, 29, July 3, 6, 10, 13, 17, 20, 23, 24, 27, 30, & 31

6 PM Performances: June 25, July 2, 9, 16, 23, & 30

July 2 & 3: "MILITARY APPRECIATION DAY" 20% Discount Veterans/Active Military

July 23 & 30: "KIDS DAY" All children 12 and under/ \$10.00 tickets



**Coffee & Pie
with a Cop**

**Tuesday, May 17
2 pm - 3 pm**

Come have coffee and pie with Sergeant Kris Brown. Lemon Meringue Pie will be available for \$2



Tech Support

**May 4 & 25
(Afternoons)**

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

Call 701-757-4866 to schedule an appointment.

Monthly Creations

Button Flowers in a Salt Shaker

May 11 at 10 am

Bring needle nose pliers and wire cutters if you have them.

Cost is \$3 You must make a reservation. Call 701-757-4866 to reserve your spot. Class size is limited to 10 participants.





AARP June Driver's Safety Class

Wednesday, June 1 from Noon - 4 pm.

Call Ranea at 701-757-4866 to register. Class size is limited.

Driver's Safety



Constant Reader's Book Club

Monday, May 9 at 10:30 am (2nd Monday each month)

Will be discussing "Eleanor Oliphant is Completely Fine" by Gail Honeyman

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

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, May 19 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.



GFSC 2022 TRIPS

July 13 | “The Sound of Music” at Frost Fire Theatre in Walhalla

Featuring many cherished songs, including “Climb Ev’ry Mountain,” “My Favorite Things,” and more!

Cost - \$91 per person



Aug 4 | “Twist & Shout” at the Jasper Theater in Park Rapids

Cost - \$72 per person



Aug 23-24 | Medora Musical

Cost includes transportation, one night lodging, Medora Musical ticket, Pitchfork Fondue, Gospel Brunch, & Teddy Roosevelt Show ticket.

Cost - \$410 per person (double occupancy)



Sept 19-23 | Mackinac Island/Duluth

Professionally escorted tour includes: 4 nights lodging, 7 meals, Mackinac Island guided carriage tour, Lake Michigan ferry, Church Basement Ladies “Plowin’ Thru” production, Leinenkugel Brewery, Cady Cheese Plant, Gooseberry Falls, Split Rock Lighthouse and more!

Cost - \$1115 per person (double occupancy)



*Must be a GFSC member to attend any GFSC trip. Proof of vaccination is required for 2022 trips. Check or cash only. (If we have to cancel, it will be easier to refund.) Trip sheets with detailed info are at the GFSC

front desk or you can find info online at gfseniorcenter.org/trips.

Questions? Contact Ranea Johnson at 757-4866 or activity@gfseniorcenter.org.

Music Monday

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

May 2

May 9

May 16

May 23

Mark Ryan (Guitar & sings)

Eldon Tufte (Changed after SE was printed)

The Odds & Ends (Fantastic MBP)

Too Old to Die Young



May 2022 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30 am Men's Coffee 12:45 pm Open Wii Bowling 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:15 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>3</p> <p>9:00 am Monthly Tour 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Loss Support 10:00 am Women's Coffee 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>4</p> <p>9:30 am Men's Coffee 10:00 am Game Group 12:00 pm AARP Driver's Safety Class 12:00 pm Free popcorn for Senior Citizen's Day 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment</p>	<p>5</p> <p>9:30 am Men's Coffee 10:30 am Tech Talk 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>6</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>9</p> <p>9:30 am Men's Coffee 10:30 am - Sr Center Book Club Constant Readers 12:45 pm Open Wii Bowling 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:15 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>10</p> <p>9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Loss Support 10:00 am Women's Coffee 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>11</p> <p>9:30 am Men's Coffee 10:00 am Game Group 10:00 am Monthly Creation Button Flowers (\$3) See page 6 for details 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>12</p> <p>9:30 am Men's Coffee 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>13</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 10:30 am Silvertones</p>

TECH Talk Class

Thursday, May 5 at 10:30 am

TECH Talk Classes are a time to learn about tech issues important to you! Amanda will be teaching a class each month on a different tech topic. May's topic will be "**Texting on a Smartphone**" Bring your phone to participate. Call 701-757-4866 to register. Class size is limited. If you have a topic suggestion, please place it in the Q&A box in the lobby.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">16</p> <p>9:30 am Men's Coffee 12:45 pm Open Wii Bowling 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:15 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p align="center">17</p> <p>9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Loss Support 10:00 am Women's Coffee 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:00 pm Coffee and Pie with a Cop 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p align="center">18</p> <p>9:30 am Men's Coffee 10:00 am Game Group 10:30 am - 1 pm Grab & Go Gift Shop Sale 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p align="center">19</p> <p>9:30 am Legal Services 9:30 am Men's Coffee 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 align="center">20</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 align="center">23</p> <p>9:30 am Men's Coffee 12:45 pm Open Wii Bowling 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:15 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p align="center">24</p> <p>9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Loss Support 10:00 am Women's Coffee 12:45 pm Stroke Education 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 align="center">25</p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment</p>	<p align="center">26</p> <p>9:30 am Men's Coffee 10:00 am Beltone Hearing Aid Cleaning 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 align="center">27</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 10:30 am Silvertones</p>
<p align="center">30</p> <p align="center">GFSC Closed Memorial Day</p> 	<p align="center">31</p> <p>9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Loss Support 10:00 am Women's Coffee 12:45 pm Trivia 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>			



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.

Paid Advertisement

Wish List

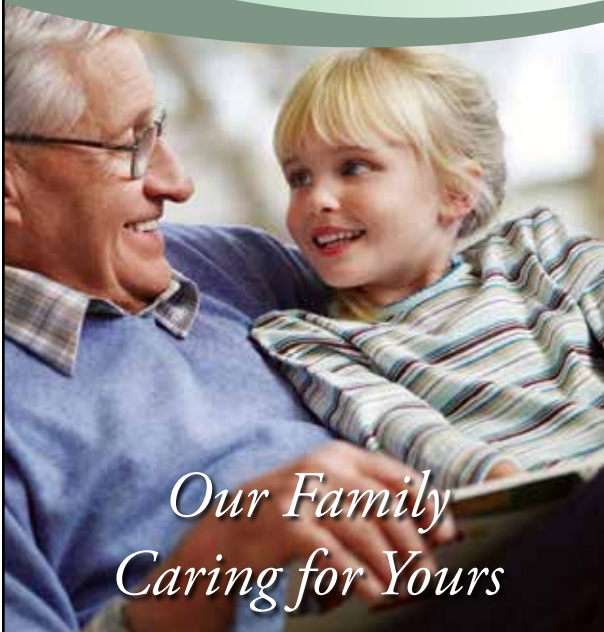
The Grand Forks Senior Center is in need of the following items:

- Coffee
- Glass Pint Jars
- Chucks Pads
- Med & XL Incontinence Pads (Also known as Depends)

If you have these items, or if you would like to purchase them for the Senior Center, please drop them off at the front desk during regular business hours.

- Thank You!

*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
701.787.7563



BINGO at 1 pm every Wed & Thurs at the Grand Forks Senior Center

\$2 a card

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



Check Out Our Library!

Did you know?!

We have a large selection of westerns by Louis L'Amour and William W. Johnstone! Visit the Grand Forks Senior Center Library, located on the 2nd floor!

Paid Advertisement

Aspen Park

Briarwood

Parkview Terrace



Our 55+ communities offer: heated indoor parking, elevator, controlled entry, in-unit laundry, library, community room, exercise room, central air, trash chute, storage lockers, 24/7 emergency maintenance and more!



www.immapartments.com • 701-780-8162



Join us! Open Wii Bowling
Mondays at 12:45 pm in the activity room.

How to vote on June 14, 2022

June elections are quickly approaching, and the map was recently redrawn in both the city of Grand Forks and the state of North Dakota, so you may not be in the same voting Ward you once were. Political Boundaries can be found online at www.gfcounty.nd.gov/information/elections or by calling the GF County Auditor at 701-780-8200.

The following spots are up for election in the city of Grand Forks:

- Municipal Judge
- GF City Council - Ward 2
- GF City Council - Ward 4
- GF City Council - Ward 6
- GF Park Board (3 seats)
- GF School Board (5 seats)
- County Commission (3 seats)

Here is the information you need to vote!

Requirements:

To participate in a City of Grand Forks election, you must be a city resident for at least 30 days prior to the election, at least 18 years old, a North Dakota resident and a citizen of the United States.

There is no formal voter registration process in North Dakota. To vote, simply go to your designated precinct and present an accepted form of identification.

Elections in Grand Forks are administered by the Grand Forks County Auditor's office.

How To Vote:

June 14, 2022 from 7 am - 7 pm

Election Day:

Voters can vote at **any** of the 4 designated election sites in Grand Forks. The designated elections sites are:

- Alerus Center - 1200 S. 42nd St.
- ICON Arena - 1060 47th Ave. S.
- Home of Economy – 1508 N Washington St.
- Holy Family – 1018 18th Ave. S.

Early Voting:

Early voting will be held at the Alerus Center, 1200 S. 42nd St., from Tuesday, June 7, 2022 - Saturday, June 11, 2022.

Tuesday, June 7, 2022 – 10 am – 6 pm
Wednesday, June 8, 2022 – 10 am – 6 pm
Thursday, June 9, 2022 – 10 am – 6 pm
Friday, June 10, 2022 – 10 am – 6 pm
Saturday, June 11, 2022 – 10 am – 2 pm

Absentee Ballots:

Application forms are available on the Grand Forks County website at www.gfcounty.nd.gov/information/elections.

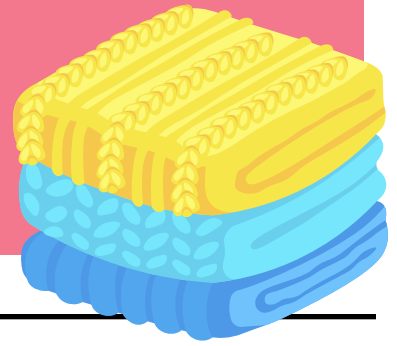
Grand Forks County Auditors Office processes ballot requests and completed ballots should be returned to their office or to the drop box in the County Office Building Parking Ramp.

Absentee ballots will be sent out starting on the following dates:

- Uniformed & Overseas - April 29, 2022
- All Other Voters - May 5, 2022



Gift Shop Sale / Open House
 Wednesday, May 18
 10:30 am-1:30 pm
 in the GFSC Lobby



Be Fast! Stroke Education

Tuesday, May 24 at 12:45 pm

May is Stroke Awareness Month. Altru Stroke Coordinator, Sandy Kovar will be at the Grand Forks Senior Center to educate us on strokes.

SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST



B

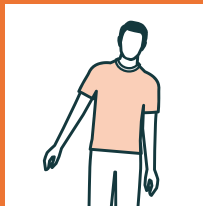
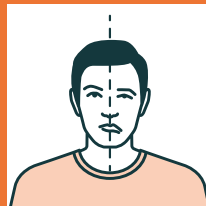
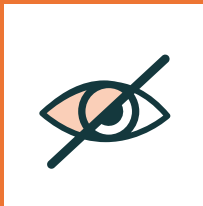
E

F

A

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BALANCE

LOSS OF BALANCE,
 HEADACHE
 OR DIZZINESS

EYES

BLURRED VISION

FACE

ONE SIDE OF THE
 FACE IS DROOPING

ARMS

ARM OR LEG
 WEAKNESS

SPEECH

SPEECH DIFFICULTY

TIME

TIME TO CALL
 FOR AMBULANCE
 IMMEDIATELY



CALL 911 IMMEDIATELY

Donations & Memorials

Thank you for these donations received March 7, 2022 to April 10, 2022.

A donor's cumulative giving from this period is listed, including Brighter Side Society Members.

Thank you all for your generosity!

Donations of \$5000 - \$9,999

- Blue Cross Blue Shield ND
Caring Foundation
Grant for Transportation
Assistance

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

- Altru Health Foundation
Grant for Nutrition Pilot
Program
- Ryan, Jerry
- Thrivent Choice donations
from Beau and Kristin
Bateman, Alvy Chica, John
Halstenson, Carl Iseminger,
John Lee, Evonne Lopez,
Lee Murdock, Wanda Sieg

Donations of \$250 - \$499

- Altendorf, Diane
- Westacott, Richard
In memory of Lucille
Konze

Donations of \$100 - \$249

- Berglund, Wayne
- Erickson, Dennis and Cheri
- Hanson, Deborah
- Kadlec, Maynard and Phyllis
- Korfhage, Mary Lou
- Lofberg, Janice
- Maddock, Patrick and Susan
In memory of Melvin
Melland

Donations of \$99 and Under

- Anonymous
- Bakke, Laurie
- Belobraydic, Matt and
Rochelle
- Broadwell, Ray and Becky
- Daws, Sylvia
In memory of Mary Ellen
Larson
- Hefta, Allen and Ardella
- Herrmann, Karen
- Iseminger, Carl and Colette
- Iverson, Avis
In memory of Stan
Barta, Doug Clemetson
- Jarolimek, Alvin
- Jones, Michael and Kathy
In memory of Arlene
Knutson
- Mattern, Alice
- Medalen, Rodney and
Joyce
- Pedersen, Melvin
- Sandberg, Curt and Ione
For Meals on Wheels
- Schiele, Kathy
In memory of Don
Schiele
- Schumacher, Matt and Jami
- Sieg, Wanda
In memory of Janice
Bildn, Rick Johnson,
Howard Drewlo
- Staveteig, Robert
- Sulland, Steve and Linda
- Thompson, Neil
- Zirnhelt, Clair and Ronda

Become a member of the Brighter Side Society

Maintaining your Grand Forks Senior Center connection has never been easier. Brighter Side Society members choose to donate monthly to provide a dependable, ongoing source of funding that gives us peace of mind to concentrate on developing and offering the great programs and services you want and need.

Donations are made through automatic secure bank withdrawal or credit card charge. You're in control because you can increase, decrease, pause, or stop your contributions at any time by calling 701-757-4864.

Getting started with the Brighter Side Society is easy! Simply stop at the front desk to complete a form or visit www.gfseniorcenter.org/brightersidesociety to print the form. If you have more questions, call Becky at 701-757-4864 or email beckyb@gfseniorcenter.org.

This phone scam targets seniors:

“The Polk County Sheriff’s Office received multiple calls about a scam in our area targeting seniors. It goes something like this: “Grandma, I need money for bail.” Or money for a medical bill, or some other kind of trouble. The caller says it is urgent and may tell you to keep it a secret. The caller may not be who you think it is.

Scammers are good at pretending to be someone they are not. They can be convincing. Sometimes using information from social networking sites or hacking into your loved one’s email account. It will seem real, and they will pressure you to send money before you have time to think.



Here is what you can do:

1. Stop. Check it out. Look up your loved one’s phone number yourself or call another family member.
2. Pass this information on to a friend. You may not have gotten one of these calls, but chances are you know someone who will get one – if they haven’t already.
3. Please contact the Federal Trade Commission to report these scams at 1-877-382-4357.

These are real bad guys who want to take advantage of your love for your family and friends. By reporting the call and filing a complaint, you can help identify the imposters and stop them before they can hustle someone’s hard-earned money. Be safe.”

By Sheriff Jim Tadman , Polk County Sheriff’s Office

FREE Hearing Aid Cleaning and Ear Inspection



Thursday, May 26
10 am - 11 am
GFSC Lobby

GFSC Resources

Canes: Walking with Confidence



If you have been injured or struggle with balance, navigating your day-to-day life with confidence can be much easier when there is a cane in your hand. But how do you know if you need a cane? What are the benefits? If you do need one, what style do you get? And most importantly, how do you use it? In this article, we will discuss the advantages to using a cane, and if you feel like you could benefit from more stability, the Grand Forks Senior Center Resources team would be happy to assist!

You may be asking yourself “Why would I need a cane?”

Canes assist stability, may take pressure off your back or other parts of your body and foster independence. When used correctly, a cane can also help with balance and prevent falls. A simple question to ask yourself would be, “Would additional support while walking be helpful, safer or easier? If you answered yes, then you should explore getting a cane. Even if you simply feel unstable while walking or if you have difficulty managing the stairs, a cane can help.

What are the types of canes?

There are many different types/styles of canes which can be made from many different materials. Among other materials, canes are generally available in wood, metal and carbon fiber.

- **Single point canes** – are the most common. They have one support point at the bottom end of the cane.
- **Quad-canes** – have four points on the end of the cane. These canes stand alone and provide more support for individuals who require more balancing.
- **Folding canes** – are designed to collapse and store easily.
- **Cane varieties** – Specialized canes are also available to accommodate specific issues. Cane shapes, sizes and handles can accommodate to help with numerous needs such as comfort, arthritis, stress, or fatigue.
- **Ice spikes** – There are also canes that have metal spikes you can flip over the end to help you walk easier on ice which proves to be extremely helpful in our winter weather.





When to get a walker:

If you have pain or weakness in both sides of your body, such as weakness in both legs or if you need more stability than a cane can provide a walker may be a better fit for you. The Grand Forks Senior Center also carries a variety of walker and rollators available for short-term loan.

If you do get a cane or a walker make sure you are trained on how to adjust it to fit and properly use it. It sounds pretty simple and self-explanatory, right? But did you know that you are supposed to hold a cane in the hand opposite of your weak side? If not trained properly on how to use a cane or walker, you could be at even more risk for an injury or fall.

The Grand Forks Senior Center Resources Equipment Loan Program offers an opportunity to try equipment before investing in it or to use equipment for a short-term recovery.

If you would like to try out a cane, walker or other supportive equipment call the Grand Forks Senior Center Resources Team at 701-772-7245. One of our social workers will assist in helping you find the right equipment suited for your needs. If you would like to further discuss any challenges you may have or further assistance needed, we highly encourage reaching out to our Resources Team or your healthcare provider.

Paid Advertisement



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

FUN AROUND THE CENTER



- 1 March 23 BINGO crowd
- 2 Alexandra Lunseth, Mrs. North Dakota America volunteered for our Meals on Wheels program.
- 3 We had a good turnout for Coffee & Pie with a Cop in March.
- 4 Some of our fabulous Drive-Thru volunteers getting ready to hand out meals.
- 5 Thank you Karen Herrmann for serving on the Grand Forks Senior Center Board of Directors!



Keep this sheet
for reference

All exercise class fees
are waived at this time.

FREE for People 55+

No GFSC membership required

Let's Get Moving!



GF SENIOR CENTER EXERCISE CLASSES

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

Ready, Set, Stretch: M at 2:15 pm (Hope Church) **NEW DAY, TIME & LOCATION**

Healthy Bones AM: T & F at 9:00 am (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:

T & Th at 1:30 - 2:00 pm (GFSC) **NEW DAY**

Experienced Tai Chi for Arthritis & Fall Prevention:

T & Th at 2:00 - 2:30 pm (GFSC) **NEW DAY**

Qigong w/Harpreet: T & Th at 2:30 pm (GFSC) **NEW DAY**

Requirements

- Arrive 15 minutes before class
- Bring your own water bottle
- Social distance
- Bring your key tag to sign in
- Masks are optional

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 or 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).

May Aneta Community Center 9:00 am - Finish
219 Main Avenue, 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 appt.
- 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.

MAY 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 sl Cinn French Toast (2cs) 2 Scrambled Eggs 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 Eggs Made to Order Hashbrowns (1 cs) 1 WW Toast (1 cs) 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 (cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (2 cs) 8 oz 1% Milk (1 cs)	Ham & Egg WW Muffin (2cs) 3/4 oz Cold Cereal (1cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)
Monday Lunch: May 2	Tuesday Lunch: May 3	Wednesday Lunch: May 4	Thursday Lunch: May 5	Friday Lunch: May 6
Crispy Chicken (1 cs) or Apple Spiced Pork Chop (.5 cs) 1/2 c Baby Red Potatoes (1 cs) 1/2 c Baked Squash (1 cs) 1/2 c Mandarin Oranges (1 cs)	Taco Salad (2-3cs) or Turkey Pot Pie (2cs) 1/2 c Mixed Vegetables (1 cs) 1/2 c Strawberries(1 cs)	3 oz Salmonloaf (.5cs) or Chicken Strips (.5cs) 1/2 c. Boiled Potato (1cs) 1/2 c. Creamed Peas (1cs) 1/2 c Peach Crisp w/Top (2 cs)	3 oz Sweet/Sour Meatballs (1 cs) 1/2 C Rice (1cs) or Vegetarian Lasagna (3 cs) 1/2 c Corn (.5 cs) 1/2 c Ambrosia Cup (1 cs)	3 oz Pineapple Pork Chop (1 cs) or 3 oz Salmon Small Baked Potato (1 cs) 1/2 c Creamed Carrots (1 cs) 1/2 c Cherry Cobbler with Topping (2 cs)
Monday Lunch: May 9	Tuesday Lunch: May 10	Wednesday Lunch: May 11	Thursday Lunch: May 12	Friday Lunch: May 13
3 oz Herb Chicken 1/2 c Mashed Potatoes with Gravy (1 cs) or Spaghetti w/Meat Sauce (2 cs) 1/2 c Carrot Krinkles (.5 cs) 1/2c Pear Sc (1cs)	3 oz Beef Tips in Gravy or Cranberry Chicken (1cs) 1/2 c Buttered Egg Noodles (1cs) 1/2 c Broccoli 1/10 Fruit of Forest Pie w/Topp (2 cs)	3 oz Meatballs in Gravy or 3 oz Cracker Crumb Fish (.5 cs) 1/2 c Mashed Potatoes with Gravy (1 cs) 1/2 c Peas w/Pearl Onions (1 cs) Fresh Grapes (1 cs)	3 oz Pork Roast with Gravy or Turkey in Gravy 1/2 c Boiled Potatoes (1 cs) 1/2 c Green Beans 1/2 c Cantaloupe Cuts (1 cs)	Chicken Wild Rice Cass. (2cs) Or Hungarian Goulash (2cs) 1 c. Romaine Salad/dressing (.5cs) 1/8 Fresh Strawberry Pie with Topping (3 cs)
Monday Lunch: May 16	Tuesday Lunch: May 17	Wednesday Lunch: May 18	Thursday Lunch: May 19	Friday Lunch: May 20
3 oz BBQ Baked Chicken (1 cs) or Tilapia 1/2 c Creamed Potatoes (2 cs) 1/2 c Beets (.5 cs) 1/2 c. Peach Sc. (1cs)	3 oz Calif Burger on WW Bun (2 cs) or BBQ Pork on WW Bun (2cs) 1/2 c Potato Salad (1 cs) 1/2 c Baked Beans (2 cs) 1/2 c Cantaloupe Cuts (1 cs)	3 oz Pork Chop in Mushroom Gravy or 3 oz Meatloaf (.5 cs) 1/2 c Buttered Rice (1 cs) 1/2 c Mixed Vegetables (.5 cs) 1/2 c Strawberries (1 cs)	3 oz Chicken in Gravy (.5 cs) 1/2 c Mashed Potato (1 cs) or Lasagna (3 cs) 1/2 c. Coleslaw Fresh Grapes (1 cs) Small Cookie (2cs)	Baked Chicken Fried Steak (.5 cs) or 3 oz Salmon 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Cherry Crisp with Topping (2 cs)

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.

Paid Advertisement

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Celebrating **40** Years



Meal Delivery Volunteers Needed

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, Wednesdays and Fridays. The time commitment is from 10:30 am - Noon.

Both meal deliver programs are in need of substitutes as well.

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

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. 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.



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

Like us on Facebook!
www.facebook.com/gfseniors

Non-Profit Organization
Permit #20
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Grand Forks, ND



The Grand Forks Senior Center will be CLOSED Monday, May 30, 2022



Join us!

GFSC 2022 TRIPS

July 13

Aug 4

Aug 23-24

Sept 19-23

The Sound of Music at Frost Fire

Twist & Shout at the Jasper Theater

Medora Musical

Mackinac Island/Duluth Bus Tour

More details on page 7