

The Silver Express



AGING UNBOUND: MAY 2023

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens. This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at the Grand Forks Senior Center or elsewhere in the community.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.



Ice Cream Bar Drive-Thru Event - May 15 from 2 pm to 2:30 pm

In celebration of Older American's Month, we are hosting an ice cream bar drive-thru event for individuals 55 and older. Follow the drive-thru map on page 12 to get a **free ice cream bar** under the canopy on May 15th between 2 pm and 2:30 pm (or until gone!)

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, Josee Locken, BSW	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, BSN	701-757-4868

GFSC Board of Directors

President

Alice Hoffert

Vice President

Brad Westrum

Secretary

Alice Mattern

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Michael Venaccio

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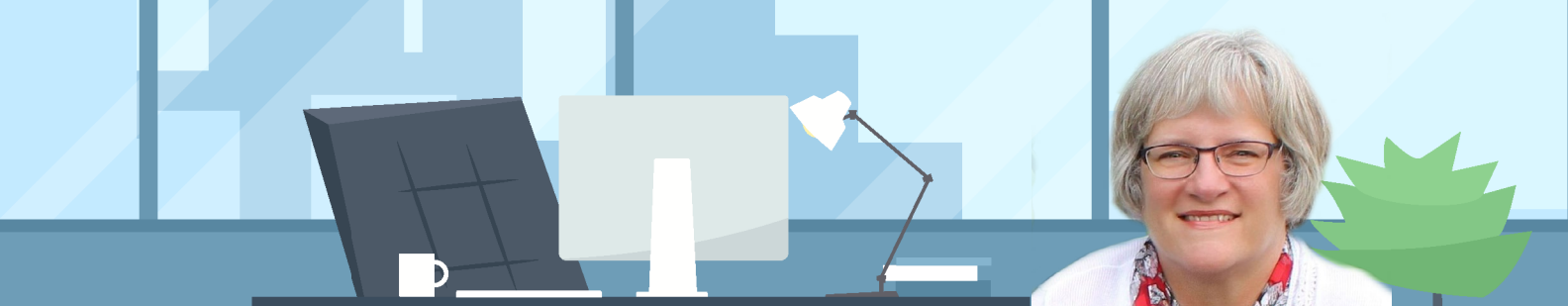
While at the Grand Forks Senior Center (GFSC) or on GFSC trips, you may be recorded or photographed.



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

PLEASE stay home if you are at all sick.

We cannot emphasize this enough. There are many illnesses circulating and the population we serve has a decreased immune system. Also, if too many staff get sick, we will be unable to serve you at full capacity. If you are at the Grand Forks Senior Center and staff sees that you are under the weather, we will ask you to leave. Our main priority is to keep everyone healthy!



From the Director's Chair by Colette Iseminger

2022 a Year in Review. By now all members and donors have received their 2022 Annual Report in the mail. I hope you enjoy reading through it and seeing all of our success over this past year. I wanted to highlight a few items from 2022. It was another good year financially for the Association as we continued to receive additional funding for meals and many of our programs and services were fully back. Our personnel, supply and food costs were up substantially as inflation and increasing service utilization were seen.

A BIG Thank You:


- To our fantastic staff and Board of Directors for another great year.
- To our business partnerships especially those who deliver Meals on Wheels/Home Delivered Meals and provide in-kind items.
- To all of our dedicated volunteers for providing almost \$200,000 of volunteer labor (13,317.5 hours x \$15/hour). That is over 6 full time positions! We couldn't do what we are doing without you.
- To our donors and granting organizations for financially supporting us so we can continue to serve a growing senior population.

We are now busy looking to the future and determining how to meet all the needs we are seeing. We will be using some of the profit from 2022 towards part of our addition to the north side of the building which will be starting later this year. This will include a kitchen addition which will have a drive-up window for meal pick up and a Technology Education Center. Thank you to the city of Grand Forks for seeing how important our mission is to our community and for funding the majority of this addition. Look for more information as the project gets closer.

In closing, we would love to see your smiling face! Come and check us out if you haven't yet OR try something new if you are a regular here.

Enjoy the warmer days,
'Til Next Time,

Colette Iseminger,
Executive Director



Thank you to Brenda Sem (6 years), Rich Lehn (6 years) and Lisa Sonterre (3 years) for your time served on our Board of Directors!



Board of Director's Report

The Board of Directors met on March 16, 2023. Here are the highlights:

- Becca Baumbach from the Community Foundation gave a presentation about the Senior Center Endowment with the Foundation.
- Approval to hire another full-time Resource Coordinator, which will bring us back to pre-pandemic levels.
- Election of officers: Brad Westrum, Vice-President; Alice Mattern, Secretary; and Brenda Jobe, Treasurer.
- Appointment of Kathy Snider from US Bank to fill open 3 year term on the Board of Directors.

The next meeting is Thursday, June 15th at 11 am in the lower level of the GF Senior Center.

May Presentations/Speakers

Ethos Grief Support Group

Tuesday, May 9 at 1 pm

Stephanie and Killashandra will be at the Grand Forks Senior Center to share a little bit about Ethos Home Care and Hospice, discuss their new Grief Support Group and dig deeper on grief support/strategies.

If you are unable to make the presentation, you can call Ethos at 701-404-7374 to learn more about the monthly support group held at Parkwood!

AARP HomeFit Presentation

Tuesday, May 23 at 1 pm

Join Susan Michalson at the Grand Forks Senior Center. AARP's HomeFit presentation examines what makes a home aging-friendly. And suggests the kinds of designs and modifications that can make a home safer, more comfortable and a better "fit" for its residents — of every age.



Activity Info

Music Monday

Mondays at 1 pm

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

May 1 Tamara Bertram

May 8 Eldon Tufte

May 15 Too Old to Die Young

May 22 Elvis Show

Tour the Senior Center

Tuesday, May 2 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.

Bingo Payouts

March bingo payouts totaled \$4,254.75! Join us every Wed and Thurs at 1 pm for Bingo! \$2/Card.

AARP Driver's Safety



Wednesday, May 3 from Noon - 4 pm

The AARP Driver's Safety course teaches valuable defensive driving skills and 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! Call your insurance agent to see if you qualify!

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

KNOX Update

Thursday, May 4 at 7:45 am

Tune in to KNOX radio to listen to our monthly update with Brian Michaels. 1310 AM or 107.9 FM

Tech Talk Class

Thursday, May 4 at 10:30 am

How to transfer your photos from your device to the Google Cloud.

If you are running out of space on your phone or tablet, this is a great way to free up that space and to be able to access your photos from anywhere! It is recommended to sign up for a Google email account before attending this class. Call 701-772-7245 to register. Class size limited.

Constant Reader's Book Club



Monday, May 8 at 10:30 am

We will be discussing "America's First Daughter" by Stephanie Dray & Laura Kamoie. Book for June, "The Rosie Project" by Graeme Simsion will be distributed at the May meeting. New people welcome!



Visually Impaired Senior Support Group



**Tuesday, May 9
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.

Monthly Creations



**Wednesday, May 10
at 10:30 am**

Join us in making "Hello Spring" mason jar crafts this month! Cost is \$2 per person. Call 701-757-4866 to register. Class size is limited.

FREE Legal Services for Seniors

**Thursday, May 11
from 9 am - Noon**

**Thursday, May 25
from 1 pm - 4 pm**

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

Coffee and Pie with a Cop

**Tuesday, May 16
at 1:30 pm**

Join Sergeant Kris Brown for coffee, pie and conversation. Lemon Meringue pie and ice cream will be available to purchase for \$2.

Check out the Gift Shop!



If you are looking for a great gift idea, check out our gift shop! We have a variety of items made by local crafters! Items include baby blankets, dish towels, hats, placemats, and more!

Tech Support for Androids

**Friday, May 19
By appointment in
the morning**

Need help with your android cell phone or tablet? Call 701-757-4866 to schedule an appointment for tech support. **We are looking for a volunteer to help with Apple Tech Support!**

Thank you Style Show volunteers!

Thank you so much to the volunteers who got tea cups ready, set-up, modeled, and cleaned-up! We had over 45 volunteers help with our Tea and Style show! We cannot do events like this without YOU!



May 2023 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30 am Men's Coffee 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>2</p> <p>9:00 am Healthy Bones AM 9:00 am Tour 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>3</p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:00 pm AARP Driver's Safety Class 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>4</p> <p>7:45 am KNOX Update 9:30 am Men's Coffee 10:00 am Crochet Class 10:30 am Tech Talk 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>5</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>8</p> <p>9:30 am Men's Coffee 10:30 am Book Club 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>9</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 1:00 pm Vision Support Group 1:00 pm Trivia 1:00 pm Ethos Grief Services Presentation 2:00 pm Farkle 3:30 pm Healthy Bones (GFSC)</p>	<p>10</p> <p>9:30 am Men's Coffee 9:30 am Game Group 10:30 pm Monthly Creations Spring Mason Jars 12:45 pm Open Wii Bowling 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>11</p> <p>9:00 am - Noon Free Legal Services 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>12</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>15</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle 1:00 pm Music Monday 2:00 pm - 2:30 pm Ice Cream Bar Drive Thru Event 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>16</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 1:30 pm Coffee & Pie w/ a Cop (\$2/pie & ice cream) 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>17</p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Open Wii Bowling 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>18</p> <p>9:30 am Men's Coffee 10:00 am Crochet Class 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>19</p> <p>9:00 am - Noon Tech Support for Androids 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">22</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p align="center">23</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 AARP "Home Fit" Presentation 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">24</p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Open Wii Bowling 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p align="center">25</p> <p>9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:00 pm - 4:00 pm Free Legal Services 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 align="center">26</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p align="center">29</p> <p align="center">GFSC CLOSED Memorial Day</p>	<p align="center">30</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 Trivia 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 align="center">31</p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Open Wii Bowling 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>		



Thank you to the "Book Fairies" who have been graciously donating to our library!

Did you know?
All of our books (except the Classics Section) are newer than 2010!



Trivia now twice a month!

Due to its popularity, we are now hosting trivia twice a month! Trivia will be held on the 2nd, and last Tuesdays of each month.



Preventing Medicare Fraud

ND SMP Scam of the Month

Free Genetic Test Scam

Genetic testing company representatives are offering “free” genetic tests to Medicare beneficiaries. These tests are also referred to as DNA screenings, cancer screenings, and hereditary testing, to name just a few. Representatives are calling beneficiaries in North Dakota convincing them to take a cheek swab test. The “genetic testing” kit is mailed to the beneficiary along with instructions on how to swab, and directions on how to return the kit. The representatives promise the results will help beneficiaries avoid diseases or find the right medications. **All they ask for in return for this “free test kit” is the person’s Medicare number.**

While this may sound harmless it is dangerous. These companies can steal people’s medical identities and falsely bill Medicare, draining the system of needed funds. Tests ordered under these circumstances are unnecessary and could lead to confusion about someone’s health condition.

The Office of Inspector General (OIG) advises the public to be suspicious of anyone who offers free genetic testing and then requests their Medicare number. The OIG also states a physician who the person knows, and trusts should always order any genetic testing. In fact, federal regulations state that diagnostic tests must be ordered by the physician who is treating the beneficiary – in other words, the person’s own doctor. A doctor who has never met or examined a patient, often hired by a genetic testing company, should not be signing off on any tests. That is a red flag that this could be fraud.

The SMP recommends that beneficiaries:

- Do not give out your personal information to anyone who calls offering free genetic testing.
- Only agree to do a genetic test for a doctor that you know and trust, not a doctor on the phone you have never met from a company you do not know.
- Always read your Medicare Summary Notice (MSN) and report charges for questionable genetic services.
- Refuse to accept a testing kit delivery in the mail. Try to send it back to the person who sent it.
- Be suspicious of anyone who offers free genetic testing and then requests your Medicare number. If your personal information is compromised, it may be used in other fraud schemes.
- Remember, if these tests sound too good to be true, that is because they often are!

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 or call 1-833-818-0029. 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: SMP Resource Center.

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



Fraud Alert: Scammers Steal Money From the Public Through Fake HHS Websites and Social Media Schemes

The U.S. Department of Health and Human Services (HHS), Office of Inspector General (OIG) is alerting the public to a fraud scheme that uses social media and fake websites to steal money from individuals by offering fake HHS grants.

The scheme involves scammers pretending to offer you grants from HHS and asking for payment or personal information to receive the fake grants. Scammers may use various social media platforms and chat applications to contact you and direct you to fake websites, online chats, chat boxes, or live customer support in order to lure you into providing your personal or financial information. These scammers may pretend to be a “friend” or someone from HHS. Although the precise message may vary, the scammer provides fake HHS employee information or a link to a fake HHS website, tells you that you will receive free Government grant money, and then asks you for money or personal information.

Do not pay scammers. HHS will never ask you to pay money to receive a grant. Scammers may ask you to send gift cards or money to cover processing and/or delivery fees. Do not respond to, pay, or share any financial information with anyone contacting you via social media, email, or otherwise offering free HHS grants or money.

Do not share your personal information. HHS will not message you through social media to begin a grant application. Scammers may offer fake HHS grant money in exchange for personal or financial information, such as your Social Security number, date of birth, address, bank account number, login information, or copies of your personal identification.

Do not be fooled by spoof websites. HHS websites always use a .gov domain. HHS does not use .org, .com, or .us domains.

Report grant scams. Never respond to any schemes that try to get you to pay money or give your personal information for an HHS grant. If you receive such a call or message, submit a hotline complaint or call 1-800-HHS-TIPS (1-800-447-8477; TTY 1-800-377-4950).



Meet Beatrice!

Fun Fact: Beatrice has lost 100 pounds since November of 2020!

Beatrice Frol is our new Exercise Assistant. Beatrice joined the GF Senior Center in January when Ranea was on leave. Beatrice is originally from the upper peninsula of Michigan. She moved to Grand Forks in 1986 with her husband and two boys. She has a background in education and banking. Beatrice retired in 2020 from education. In 2021 she discovered our exercise classes and was hooked! She will continue to teach exercise classes on an as needed basis. For fun, Beatrice likes to go for walks with her dog, read suspenseful books, golf, garden, and play cards. Welcome to the team, Beatrice!



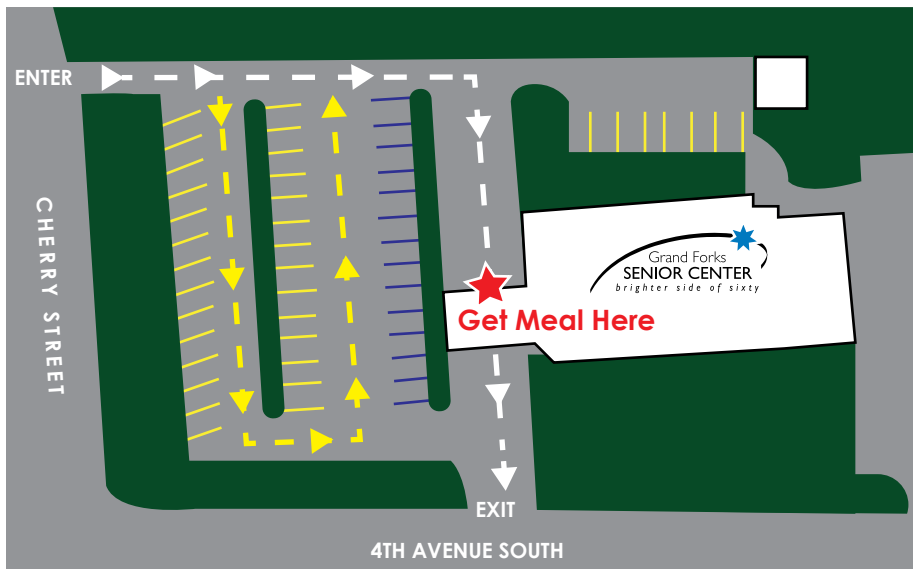
Welcome Back Josee!

Fun Fact: Josee just learned how to macrame!

Josee (Pronounced "Jo-Say") Locken is our new Resources Coordinator. She was hired in March. You may remember this name, because Josee was our intern this past winter. Josee is originally from Strathcona, Minnesota which is located about 45 minutes north of Thief River Falls, but she now lives in Alvarado with her fiancé, Casey. She has a degree from the University of North Dakota in Social Work. Josee loves helping people and that is why she wanted to go into social work. She loves helping older adults so much, she jumped at the chance to come back to the Senior Center when the opportunity arose! In her free time, Josee likes to do puzzles, crochet and travel.

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.

GF SENIOR CENTER EXERCISE CLASSES

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

Ready, Set, Stretch: M at 2:30 pm (Hope Church)

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)

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

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

Requirements

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

Classes are held at the GFSC in the lower level activity room or at Hope Church in their common area. Hope Church is located inside Grand Cities Mall. Class location is in parentheses in the list above, but keep an eye out on our Facebook page for up-to-date information. Changes may occur throughout the month as there may be times when locations change or classes are canceled. If you want to find out if more about exercise classes, either call the Senior Center at 701-772-7245 or visit www.gfseniorcenter.org.

GF Senior Center Wish List



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

- A volunteer to deliver commodities once a month
- A volunteer to help seniors with tech support - specifically Apple products
- Volunteers to deliver Meals on Wheels & Home Delivered Meals
- Bingo Auditor Volunteer
- Coffee
- Napkins
- Paper Towels
- Wheelchairs & Transport Chair 19 inches and greater

If you are able to contribute please call the GF Senior Center at 701-772-7245 or drop off needed items at the front desk.

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 March 7, 2023 to April 9, 2023.

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

Citizens Assistance Program
Grant For Home Delivered
Meals

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

Ally Financial
On behalf of Matt and Michelle
Bredemeier

Donations of \$100-\$249

Altendorf, Diane
Berglund, Wayne
In memory of Major Iverson
Drees, Ken and Maureen
Evers, Marilyn
Hass, Brad
Korfhage, Mary Lou
Lofberg, Janice
Marsh & McLennan Companies
Pedersen, Melvin
Schubert, George
In memory of Arline Schubert
Sieg, Wanda
In memory of Ardythe
Wiegandt by Ardell & Marsha
Wiegandt, Linda & Allen Roth,
Bernice Pavsek, Helen Emery,
and Wanda Sieg
St Mary's Church
Thrivent Choice
Allocations from Evonne
Lopez and Paulette Roseno
United Lutheran Church

Donations up to \$100

Abdulnur, Gee
GF Young Professionals 50/50
chartiy allocation
Ahles, Larry and Darla
In honor of Rita Ahles
Anonymous
Beach, Barb
Belobraydic, Matt and Rochelle*
Broadwell, Ray and Becky*
Buckley, Ann*
Dvorak, Marlene*
Eide Bailly
Ellingson, Curtis
In memory of Vicki Schreiner
Hammerstrom, Tooker*
Helgerson, Donna*
In memory of my husband,
Arral (AJ)
Herrmann, Karen*
Hogan, Shirley
Iseminger, Carl and Colette*
Knauf, John
Lysne, David and Aida
In memory of Magnus Lysne
Mattern, Alice*
Meals on Wheels America
Jiffy Lube Do More fundraising
campaign
Murdock, Lee and June
Nelson, Elaine
Puffe, Lyle and Jeanne
Sandberg, Curt and Ione*
For Meals on Wheels
Schiele, Kathy*
In memory of Don Schiele
Schumacher, Matt and Jami*
Sulland, Steve and Linda
Vein, Jerry and Mary*
Westrum, Brad and Yvonne*
Zirnhelt, Clair and Ronda*

GFSC Resources

Assistive Equipment

Available to borrow
(for up to three
months)



We have canes, walkers, rollators, knee scooters, wheelchairs, transport chairs, reachers, bed rails, shower stools, toilet risers, plus tennis balls for walkers. Call 701-772-7245 and ask for Resources.

Contributions are appreciated for the short-term (up to three month) use of these items.

Upcoming Webinars

May 11th, 10:30 CST -

Diabetes - Can I Prevent It?

Presented by Stephanie Temple, RDN, LD

<https://bit.ly/NDDiabetes>

US: +1 929 205 6099

Webinar ID: 955 4377 0484

Passcode: 248639



Upcoming Webinars

May 25th, 10:30 CST -

All Movement Matters

Presented by Lisa Bixby, RDN, LD

<https://bit.ly/NDMovement>

US: +1 929 205 6099

Webinar ID: 993 3279 4984

Passcode: 554580



Webinar recordings will be available at: <https://bit.ly/NDRRecordings>

NORTH
Dakota | Health & Human Services
Be Legendary.

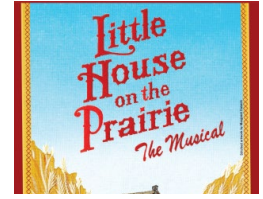
dietary
solutions

GF Senior Center 2023 Trip Information

July 12 | "Little House on the Prairie" at Frost Fire Theatre in Walhalla, ND

The musical follows the Ingalls family as they settle in DeSmet, SD.

Cost - \$98 per person



July 22 | "Footloose" in Devils Lake, ND

Enjoy an outdoor musical in Roosevelt Park in Devils Lake, followed by a trip to the Spirit Lake Casino. (Trip will be cancelled if the weather is bad.)

Cost - \$69 per person



Aug 3 | "Shenanigans" at Jasper Theater

Shenanigans will feature your favorite fun songs of the 50's and 60's.

Cost - \$80 per person



Aug 15-16 | Medora, ND

Includes transportation, one night lodging (double occupancy) at the Rough Rider Hotel, Medora Musical Ticket, Pitchfork Fondue, and Gospel Brunch.

Cost - \$445 per person (double occupancy)



*Must be a GFSC member to attend any GFSC trip. 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.

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

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 or at one of the satellite foot care clinics listed here.

Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

May 3	Tolna Lutheran Church, 220 Main Street, Tolna	9:30 am - Finish
May 17	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
May 18	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
May 24	McVille Fire Hall, 203 Baldwin Street, McVille	9:30 am - Finish

Revised guidelines to keep clients and staff safe:

- Nurses are properly equipped for the safety of all individuals.
- Client masks are optional. Please bring one with you if you want to wear a mask. The Grand Forks Senior Center will no longer provide masks.
- You must call and reschedule your appointment if you are not feeling well!

Please help to keep our nurses healthy to serve you!



Fun In The Center

- 1-2 St Paddy's Bingo!
- 3 April's Bunny Butt Craft
- 4 April Medication Take Back Event collected 52 pounds of unused medication!
- 5-7 Years of Service Awards from the Annual Meeting
 - Joyce Austin - 20 years
 - Ranea Johnson - 10 Years
 - Becky Broadwell - 10 Years
 - Not pictured
 - Colt Iseminger - 20 years



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Meet Our New Board Members!

Meet Amy!



Amy, Senior Advertising Account Executive for Midco, obtained a degree in Marketing Communications from the University of Wisconsin, River Falls, along with a minor in French. Amy has lived in Grand Forks for 16 years. Amy serves as the Executive Director for Rollin' on the River – an in-line skating and cycling event that races through the streets of Grand Forks and along the Greenway. She also is on the Altru Alliance Board, volunteers for Jr. Achievement and our very own Meals on Wheels program. Amy enjoys cooking, baking, biking and spending time with her family.

Fun Fact: Amy has a Minor in French! Bienvenue Amy!

Kathy is a Wealth Management Banker at US Bank. She partners with their Investment Advisor to uncover clients' financial goals and design wealth plans based on the clients' unique circumstances. She has been with US Bank for 47 years. Kathy also serves as a member of Altru Health Systems Corporate Board, Grand Forks Young Professionals Advisory Board, Grand Forks/East Grand Forks Chamber of Commerce Ambassador Committee, and the Grand Forks Women's Leadership Cooperative. Outside of work she enjoys biking, camping, and spending time with her family.

Fun Fact: Kathy is known as "Mama Kathy" to all of my kids' friends, as she loves to treat them all as family.

Meet Kathy!



Meet Kari!



Kari is the Emergency Management Director for both the city and the county of Grand Forks. She was born in Milwaukee, WI and grew up in Richfield, MN. Kari worked for the state of Minnesota in emergency management for 19 years and wanted to transition to a local agency, which brought her to Grand Forks 15 years ago. Kari said she loved the movie "Twister" and wanted to be a storm chaser, which led her to go into emergency management. Kari enjoys traveling, gardening, and spending time with her family.

Fun Fact: Kari had chickens and llamas when she lived in Wisconsin. The chickens would gather in the coop just to listen to Garrison Keillor's radio show!



Entree Salads

(Reservations Required for Meals on Wheels and sit-down meals at the Senior Center.)

If you look at the menu (pg 21-22), you will see we are offering entrée salad plates again. For these salads, **YOU NEED TO MAKE RESERVATIONS** as we are only making as many salads for which we have reservations. For a sit-down lunch, reservations need to be made by 4 pm the day before. If you are at the Senior Center, make your reservations with your key tag (ask at the front desk). If you are at home, call 772-7245 to make your reservation. A sheet with a picture of each salad and a list of ingredients is found at the GFSC front desk. You do not need to make a reservation for taco salad.



Update: Shelf-Life Extension for Celltrion DiaTrust™ COVID-19 Ag Home Test

On March 2, 2023, the FDA granted Celltrion a shelf-life extension from 18 to 24 months for the Celltrion COVID Test when unopened and stored according to labeled packaging and handling instructions. Please refer to the new expiration date, applicable to all components inside, on the outer box of each product.

Lot # **New Expiration Date**

COVSD1007	12/22/2023
COVSD1006	12/15/2023
COVSA1003NA	11/21/2023
COVSA1002AB	11/19/2023
COVSA1001NC	11/17/2023
COVSA1005NA	12/01/2023
COVSA1001NB	11/17/2023



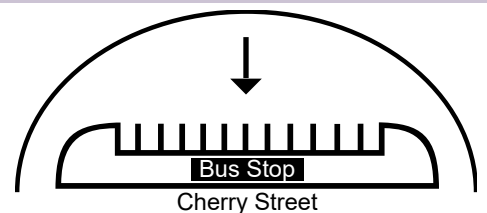
Frozen Food Changes Starting in May

Effective May 1, 2023, frozen meals will come with optional hot chocolate packet, fruit, and whole grain options. Items offered are shelf-stable. Selection options are based upon availability. With each frozen meal, you will be offered the option to get the additional items.

Frozen meals are available for pick-up. Call 701-772-7245 to place an order. Please try to give a 24-hour notice, especially if you order a large number of meals. Frozen meals are a suggested contribution of \$3.50 (for just frozen), and \$4.25 (if you get the extra items). A list of current frozen meals can be found at gfseniorcenter.org/frozenmeals. This list is updated daily.

Parking Info: For Mondays, Tuesdays, and busy days

No street parking on Cherry Street on Mondays and no street parking on 4th Avenue S. on Tuesdays. Extra parking is available at the Link, across Cherry Street. Park in the spots closest to the street.



May 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 sl Cinn French Toast (2cs) 1 Scrambled Egg 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs)	Sausage Egg WW Muffin (2 cs) Whole Grain Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs)	Egg Made to Order Hashbrowns (1 cs) 2 WW Toast (2 cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs)	Small Omelet 2 WW Toast (2 cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs)	Egg on WW Muffin (2cs) Whole Grain Cereal (1cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs)
Monday Lunch: May 1	Tuesday Lunch: May 2	Wednesday Lunch: May 3	Thursday Lunch: May 4	Friday Lunch: May 5
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) 1 Bread (1cs)	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) 1 Bread (1cs)	3 oz Sweet/Sour Meatballs (1 cs) 1/2 C Rice Blend (1cs) or Stuffed Shells w/sauce (3 cs) 1/2 c Corn (.5 cs) 1/2 c Ambrosia Cup (1 cs) 1 Bread (1cs)	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 Sc (1cs)
Monday Lunch: May 8	Tuesday Lunch: May 9	Wednesday Lunch: May 10	Thursday Lunch: May 11	Friday Lunch: May 12
3 oz Herb Chicken on noodles (1cs) 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) 1 Bread (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) 1 Bread (1cs)	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 over 1/2c. Rice Blend (1cs) 1/2 c Boiled Potatoes (1 cs) 1/2 c Green Beans 1/2 c Cantaloupe Cuts (1 cs) 1 Bread (1cs)	Chicken Wild Rice Cass. (2cs) Or Hungarian Goulash (2cs) 1 c. Romaine Salad/dressing (.5cs) Fresh Strawberries w/Topping (1cs) WW Dinner Roll (1cs)
Monday Lunch: May 15	Tuesday Lunch: May 16	Wednesday Lunch: May 17	Thursday Lunch: May 18	Friday Lunch: May 19
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) 1/2 c Potato Salad (1 cs) 1/2 c Baked Beans (2 cs) or Chef's Salad (2cs) 1/2 c Cantaloupe Cuts (1 cs) No additional bread	3 oz Pork Chop in Mushroom Gravy or 3 oz Meatloaf (.5 cs) 1/2 c Rice Blend(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 Cheese Ravioli w/sauce (3 cs) 1/2 c. Cucumber Salad 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)

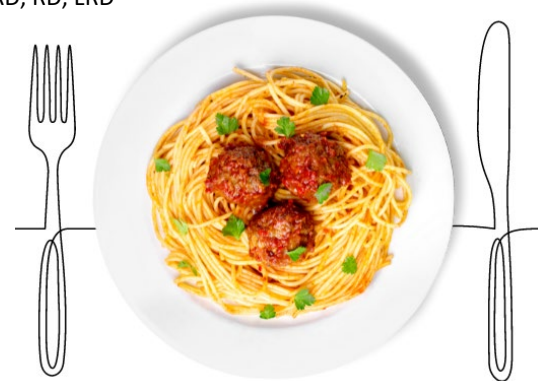
Monday Lunch: May 22	Tuesday Lunch: May 23	Wednesday Lunch: May 24	Thursday Lunch: May 25	Friday Lunch: May 26
3 oz. Baked Chicken (1cs) or BBQ Ribs (1cs) Baby Potatoes (1 cs) 1/2 c Green Peas (.5 cs) 1/2 c Apricot Halves (1 cs) 1 Bread (1cs)	2 oz Chickenburger on WW Bun (2cs) 1/2 c Potato Salad (1 cs) 1/2 c Carrots (.5 cs) or Seafood Supreme Salad (2cs) 1/2 c Berries (1cs) No additional bread	Porcupine Meatballs (.5 cs) or Fish Almondine 1/2 c Macaroni Salad with Veggies (1cs) 1/2 c Broccoli Cuts 1/2 c Rhubarb Crisp with Top (2cs) 1 bread (1cs)	3 oz Salisbury Steak 1/2 c Augratin Potatoes (3 cs) or Spinach/BI Bean Enchilada (2cs) 1/2 c Mixed Vegetables (1 cs) 1/2 c Fresh Grapes (1 cs) Bitzy Brownie (2 cs)	3 oz Hot Roast Beef Sand (2 cs) or Hot Turkey Sandwich (2 cs) 1/2 c Whipped Potatoes with Gravy (1 cs) 1/2 c Green Beans 1/2 c Cantaloupe Cuts (1 cs)
Monday Lunch: May 29	Tuesday Lunch: May 30	Wednesday Lunch: May 31	MENU SUBJECT TO CHANGE WITHOUT NOTICE	
<p style="text-align: center;">CLOSED</p> <p style="text-align: center;">MEMORIAL DAY</p>	Hot Dog on Bun (2cs) or 3 oz Chicken Sausage & Saurkraut on Bun (2 cs) 1/2c Roasted Potatoes (1cs) No additional bread 1/2 c. Buttered Carrots (.5 cs) 1/2 c Fruit Cocktail (1 cs)	Meatloaf Patty (.5cs) or Grilled Chicken over 1/2c. Rice Blend (1cs) 1/2 c Potato Salad (1 cs) 1/2 c. Seasoned Gr Beans 1/2 c. Strawberries (1cs) 1 bread (1cs)		
Served at the Grand Forks Senior Center. Breakfast served: 8:30-9am Drive Thru: 11:30am - Noon Lunch served: Noon-12:15pm 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 Attn: Diabetics -These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts		No reservations required at the Grand Forks Senior Center (620 4th Ave South). Reservations required at these sites: Homestead-1639 24th Ave South from 12-12:15 Link-300 Cherry Street from 11:15-11:30. Visit your site by the day before to make your reservations.	

1% Milk (1cs); 2 Whole Wheat Bread (unless noted) (2cs); and margarine are available with each meal.

Date: 3/10/2023 Licensed Registered Dietitian #13899 Colette Iseminger Colette Iseminger, LRD, RD, LRD

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

Don't be late, or you won't get a plate!
Please be considerate of serving times!



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.

**ND Aging &
Disability
Resource Link**

for information
on senior services
in North Dakota, you
may contact the
following:

Phone:

1-855-462-5465

Website:

carechoicend.
assistguide.net



**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.

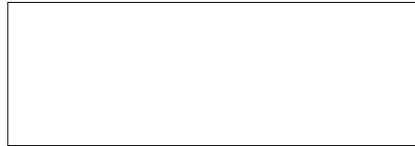
If you would **like to receive this newsletter** (either in the mail or by email), you **no longer wish to receive this newsletter, or your address is changing**, please contact the GF Senior Center at 701-772-7245 or pr@gfseniorcenter.org. If you live outside of Grand Forks or Nelson county, you will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

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www.facebook.com/gfseniors

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Grand Forks, ND



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

Grand Forks Senior Center
will be closed Monday, May 29
in observance of Memorial Day

GFSC 2023 TRIPS

Join us!

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July 22
Aug 3
Aug 15-16

Little House on the Prairie at Frost Fire
Footloose in Devils Lake, ND
Shenanigans at the Jasper Theater
Medora Musical and more!

More details on page 16