



May 2024

The Silver Express Jewelry Sale

Thursday, May 9th, 2024

Grand Forks Senior Center

8:15 am - 9 am | Early Bird Sale (\$2 Entrance Fee)

9 am - 3 pm

Join us for a day of dazzle at our exclusive jewelry sale at the Grand Forks Senior Center! We're excited to invite you to browse through an exquisite collection of gently-used, donated jewelry that promises not just beauty, but stories and memories with each piece. Whether you're a lover of classic elegance or in search of that unique statement piece, our sale has something special for everyone.

Every piece is a testament to love and legacy, donated by individuals who wish to pass on their cherished belongings. From sparkling necklaces and earrings to beautiful bracelets and brooches, each item will bring joy and a touch of glamour to your life. The best part? All proceeds from the sale will go towards supporting programs and activities that make our senior center more vibrant and engaging for all members!

So, mark your calendars and don't miss this opportunity to find your next treasure or the perfect gift for someone special. (Mother's Day is the weekend after the sale!) Volunteers will be on hand to assist you in selecting pieces that resonate with your style and spirit. Come, be part of a community event that celebrates beauty, history, and the joy of giving back. We can't wait to see you there and help you uncover the perfect gems to add to your collection!

www.gfseniorcenter.org

701-772-7245

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, Roxie Honkola	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, Bethany Markwardt, LBSW	701-757-4872
Activity & Public Relations Manager, Amanda Rengstorf	701-757-4863
Activity Coordinator, Kari Situm	701-757-4866
Bingo Coordinator, Cheryl Ramberg	701-757-4873
Food Services Manager, John Ferguson	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

Kari Goelz

Treasurer

Brenda Jobe

Amy Enget

Roger Johnson

Bobbie Kurtyka

Alice Mattern

Jason McCarthy

Bob Rost

Curt Sandberg

Kathy Snider

Carol Snortland

Michael Venaccio

Dave Willprecht

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+. Younger guests may accompany seniors occasionally.
- **Senior Dining/Meals:** For people 60+ and their spouses of any age. Younger guests may accompany seniors occasionally and will pay full price for the meal.
- **Foot Care:** For people 60+.
- **Meals on Wheels:** For homebound people 60+ and their spouse or caregiver of any age.
- **Home Delivered Meals:** For homebound, people of any age.
- **Bingo:** For people 18 and older, according to state gaming laws.

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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!

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.



Paid Advertisement



Crews will follow street ordinance routes; set items on berm only.



↑
4FT
↓

Keep items 4ft away from obstacles such as mailboxes or trees.



From the Director's Chair - May Tidbits

by Colette Iseminger

- If you give us a check, please make sure it is made out to the **Grand Forks Senior Center or GF Senior Center**. Don't add any extra wording as the bank will no longer accept checks made out to Meals on Wheels, foot care, Home Delivered Meals etc. You can put these in the memo line so we know what the payment is for. It must say only **Grand Forks Senior Center or GF Senior Center**, otherwise we will be contacting you for a new check.
- I have had multiple complaints about people not parking within the lines and therefore taking up two or even three spots. Once you park, get out of the vehicle and make sure all four wheels are within the lines so we make use of all of our parking spots. Staff do not want to be the parking police so please check yourself.
- Remember that as you age, your sense of smell decreases so you may not be able to tell how much perfume or cologne you are wearing. Also, some people are sensitive to strong odors. A good rule of thumb is one squirt in the air and walk under it; that is all you need.
- If we haven't already by the time you get this newsletter, the addition project on the North side of the building will be starting very soon. **(See page 12 for a rendered drawing of the final project!)** This will close the North parking lot. We encourage you to carpool, get dropped off or take Senior Rider if you have mobility issues and walking is difficult. **Please reference the parking map on page 13 to see what spots are available on which days.** I suggest keeping the map in your car for reference.

'Til Next Time-

Colette Iseminger, Executive Director

thank you

Thank you to Clair Zirnhelt (6 years),
and Emily Nielsen (6 years) for your
time served on our Board of Directors!

Did you know?

We offer a variety of office services for older adults at the Grand Forks Senior Center including:

- Printing
- Scanning
- Faxing
- Laminating
- Notary Public
- Computers to use
- Postage Stamps for purchase
- Greeting Cards for purchase



Board of Director's Report

The Board of Directors met on March 21, 2024 immediately following the Annual Meeting of the Association. Here are the highlights:

- Election of Officers Approved: Alice Hoffert, President; Brad Westrum, Vice President; Kari Goelz, Secretary; and Brenda Jobe, Treasurer.
- New board members Roger Johnson and Carol Snortland were welcomed.
- 2023 Functional Allocation of Expenses plan was approved and will be sent to the auditors.
- Motion approved to give the Executive Director purchasing authority up to \$365,000 for kitchen equipment for the addition. This approval was needed to start the grant applications.

The next Board of Directors meeting is June 20, 2024 at 11 am.

Monthly Webinar by Dietary Solutions:

The monthly nutrition and wellness webinar series continues to help support the nutritional health of older adults. These FREE webinars can be joined live or can be viewed as a recording at the site below.



May 16 at 10:30 am
Managing Celiac Disease and Gluten Intolerance

<https://bit.ly/NDCeliac>
US: +1 929 205 6099
Webinar ID: 998 9911 7398
Passcode: 657052

All webinars will be recorded and available at <https://bit.ly/NDR recordings>



Activity Info

Monthly Creations



Wednesday, May 1 at 10 am

Come plant a small herb or micro-green garden in a flower pot to grow in your home! Cost is \$5. Call 701-757-4866 to register! Limited seats available.

AARP Driver's Safety

Wednesday, May 1 Noon - 4 pm

AARP Driver's Safety course teaches valuable driving skills and gives a refresher on the rules of the road. You may also qualify for a discount on your car insurance by completing this course! Call your insurance agent to see if you qualify!

Cost:

\$20 for AARP members
\$25 for non-AARP members
(cash or check only)

Call the GFSC front desk at 701-772-7245 to register. Class size is limited.

6 Silver Express

Socialization Presentation

Monday, May 6 at 2:30 pm

Please join us for a short presentation after Music Monday on May 6. A UND student will be discussing the benefits of socialization and the effects on cognition in older adults.

Music Mondays

Mondays at 1 pm

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

May 6 The Diers (New)
Mark Dier (from Fallcreek Quartet is back, but this time with his daughters!)

May 13 Notes from Underground (New)

May 20 Too Old to Die Young

May 27 GFSC CLOSED for Memorial Day

Monthly GFSC Tour

Tuesday, May 7 at 9 am

Discover what the Senior Center has to offer! Join our monthly tour. Plan for an hour. You will be seated most of the time. Everyone is welcome!

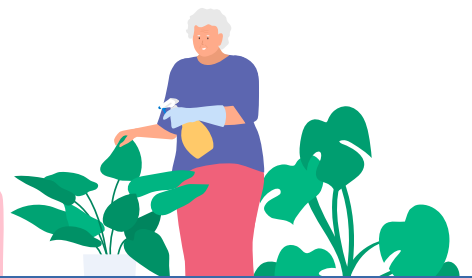
FREE Legal Services for Seniors

Thursday, May 9 9 am - 11 am

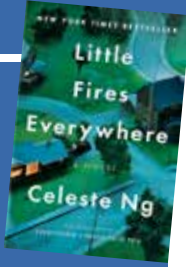
Thursday, May 23 2 pm - 4 pm

Legal Services of North Dakota (LSND) provides free legal assistance at the GF Senior Center. Call **701-222-2110** to make an appointment. Dial "330" when the recording starts. (The recording will not give Grand Forks (GF) as an option. The Fargo office makes appointments for GF.)

Topics Legal Services can seniors help with: Public Benefit Appeals (TANF, SNAP, LIHEAP), Consumer Matters (Debt collector harassment, garnishments, claim of exemption processing), and more!



Constant Reader's Book Club



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


They will be discussing **Little Fires Everywhere** by Celeste Ng. Book for June should be available to borrow at the May meeting.

Tour the Ralph Engelstad Arena

**Tuesday, May 14
at 10:15 am**

Join us for a guided tour of the Ralph Engelstad Arena. We will be checking out The Main level, Ralph's suite, The Lounge, Olympic Rink and the Betty Engelstad Sioux Center. Cost is \$6 per person (Please bring \$6 cash the day of). Registration required. Limited spots available. Call 701-772-7245 to register. We will meet in the main lobby of the Ralph the day of the tour.

Popcorn at Bingo

**Thursday, May 16
12:30 pm - 1 pm** 
First bag free for members.

Visually Impaired Senior Support Group

**Tuesday, May 14
1 pm - 3 pm**


Contact Pam with any questions at 701-795-2719. New people welcome!

Good2Know: Get the Scoop on the City!

**Tuesday, May 21
at 1 pm**

Join city representatives as they inform you on important topics such as Spring Clean Up Week. **Ice cream sundaes** will be available to purchase for \$1 per scoop.

Caramel Rolls!

**Friday, May 31
9:30 am** 
Caramel rolls available at 9:30 am, until sold out. Each roll is \$1.50. Buy your ticket at the GFSC front desk starting at 8 am on May 31. Take out is available, but you need to bring your own container.

Senior SUPPER OUTING

**Ground Round
(2800 32nd Ave S.)
Tuesday, May 21
at 5 pm**

It's BACK! Tuesday night Special is 2 for 1 burgers at the Ground Round. Reservations are required to attend this event with the GFSC. Only 60 seats are available. Register at the GFSC front desk or contact Kari (701-757-4866; activity@gfseniorcenter.org).

Find Activity Coordinator, Kari, when you get to the restaurant. Each person pays for their own meal.

We have so many exciting activities, we ran out of room! More on pages 11-12.



May 2024 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Library, computers and billiards room available for individuals 55+ to use anytime GFSC is open!</p>		<p>1 8:30 am - 9:30 am Medicare Rep Available 9:30 am Game Group 9:30 am Men's Coffee 10:00 am Monthly Creations Noon AARP Driver's Safety 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 2:30 pm Ready, Set, Stretch (Hope) 3:30 pm Chair Yoga (Hope)</p>	<p>2 9:30 am Men's Coffee 10:00 am Crochet Group 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)</p>	<p>3 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee</p>
<p>6 9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope) 2:30 Socialization Presentation 3:30 pm Chair Yoga (Hope)</p>	<p>7 9:00 am Healthy Bones AM 9:00 am Monthly GFSC Tour 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 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 (GFSC) 4:30 pm Blue Zones Walking Moai (Grand Cities Mall)</p>	<p>8 9:30 am Game Group 9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 2:30 pm Ready, Set, Stretch (Hope) 3:30 pm Chair Yoga (Hope)</p>	<p>9 8:15 am - 3 pm Jewelry Sale 9:00 am - 11:00 am Free Legal Services 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 3:30 pm Healthy Bones (Hope)</p>	<p>10 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Diabetes Prevention Class 10:00 am Ladies Coffee</p>
<p>13 9:30 am Men's Coffee 10:30 am Book Club 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope) 3:30 pm Chair Yoga (Hope)</p>	<p>14 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:15 am Tour the Ralph Engelstad Arena 10:00 am Weight Management 1:00 pm Farkle 1:00 pm Vision Support Group 3:30 pm Healthy Bones (Hope) 4:30 pm Blue Zones Walking Moai (Grand Cities Mall)</p>	<p>15 9:30 am Game Group 9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 2:30 pm Ready, Set, Stretch (Hope) 3:30 pm Chair Yoga (Hope)</p>	<p>16 9:30 am Men's Coffee 10:00 am Crochet Group 1:00 pm Bingo (\$2/card) 12:30 pm - 1:00 pm Popcorn for Sale (\$.25) 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)</p>	<p>17 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Diabetes Prevention Class 10:00 am Ladies Coffee</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20 9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope) 3:30 pm Chair Yoga (Hope)</p>	<p>21 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle 1:30 pm Beginner Tai Chi 1:00 pm Good2Know: Get the Scoop on the City 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope) 4:30 pm Blue Zones Walking Moai (Grand Cities Mall) 5:00 pm Senior Supper Outing at the Ground Round</p>	<p>22 9:30 am Game Group 9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 2:00 pm - 4:00 pm Free Legal Services 2:30 pm Ready, Set, Stretch (Hope) 3:30 pm Chair Yoga (Hope)</p>	<p>23 9:30 am Men's Coffee 10:00 am Tech Talk 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)</p>	<p>24 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Diabetes Prevention Class 10:00 am Ladies Coffee</p>
<p>27  GFSC CLOSED MEMORIAL DAY</p>	<p>28 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Coffee & Pie with the County - Summer Weather 3:30 pm Healthy Bones (Hope) 4:30 pm Blue Zones Walking Moai (Grand Cities Mall)</p>	<p>29 9:30 am Game Group 9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 2:30 pm Ready, Set, Stretch (Hope) 3:30 pm Chair Yoga (Hope)</p>	<p>30 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:00 pm Trivia 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope)</p>	<p>31 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Caramel Rolls 9:30 am Men's Coffee 10:00 am Diabetes Prevention Class 10:00 am Ladies Coffee</p>

**GFSC
Library**

Susan Mallery is the #1 New York Times bestselling author of novels about the relationships that define women's lives—family, friendship, romance. Library Journal says, “Mallery is the master of blending emotionally believable characters in realistic situations.” Her warm, humorous stories make the world a happier place to live. (We have two shelves of her books!) and many others in the GFSC Library located on the 2nd floor. Simply sign in on the sheet, pick out your books, and bring them home. When you finish reading, return the books to the bin in the library, and our volunteers will take care of the rest!

Foot Care Appointments

Is it difficult to take care of your toenails? If you are 60 or older, you can have your foot care done by nurses at the GF Senior Center. Call today for an appointment. Suggested contribution is \$30 for foot care at the GF Senior Center and \$35 for all other visits when the nurses need to travel.

APPOINTMENTS AVAILABLE: Please call 701-757-4878 to make a foot care appointment at the GF Senior Center or at one of the foot care clinics below.

Grand Forks - Appointments are available most weekdays

Home visits are available for homebound seniors within our service area.

May 21	Aneta Community Center, 219 Main Avenue, Aneta	9:00 am - Finish
May 29	Tolna Lutheran Church, 220 Main Street, Tolna	9:30 am - Finish

Guidelines to keep clients and staff safe:

- Client masks are optional. Please bring one with you if you want to wear a mask.
- You must call and reschedule your appointment if you are not feeling well!
- **Please help to keep our nurses healthy to serve you!**
- *If you have a procedure or surgery scheduled, please check with your doctor to see when you are safe to receive foot care services (both before and after).*

Thank you to the Dakota Horizons Girl Scouts

for your donation of 192 boxes of cookies! The boxes went out to residents on our Home Delivered Meals and Meals on Wheels routes.

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

Tech Talk Class

Thursday, May 23 at 10 am

Topic: **Target App ordering groceries online.**

Want to learn the ins and outs of ordering your groceries online and picking them up without even getting out of your car? Join Kari as she walks you through the Target app. Bring your device and follow along. We can even help you put the app on your phone. (Make sure to know your password for downloading apps.) Call 701-757-4866 to register. Class size limited. There is no cost for this class.

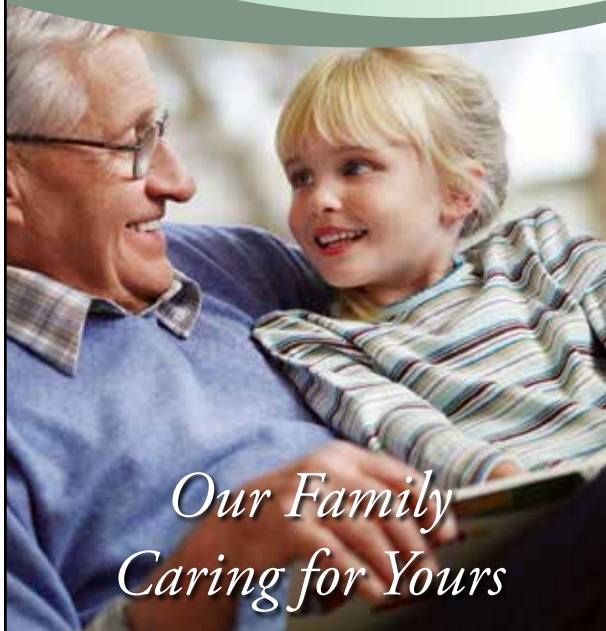
Save the Date:

Party in the Park

Will be on Monday, June 24, 2024. Tickets will not be available until June 1, 2024. More details will be in the June Silver Express Newsletter!

Paid Advertisement

*Request Information or Schedule
your Personal Tour Today!*



*Our Family
Caring for Yours*

Senior Independent Living - Country Estates

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

Assisted Living - Wheatland Terrace

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

Basic Care - Tufte Manor

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

valleyseniorliving.org
701.787.7563



May Exercise Updates

Beginning in May, **Ready, Set, Stretch will be on Mondays & Wednesdays** at 2:30 pm at Hope Church!

Tuesday, May 7 - Healthy Bones PM will be at GFSC

Thursday, May 9 - No Tai Chi or Qigong

Wish List

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

- Paper Towels

If you are able to contribute, please drop off needed items at the GFSC front desk.

Check out the GFSC Amazon wish list! Type <https://rb.gy/bm4xs>

in your internet search bar **or hold your smart phone camera over this QR code** to see needed items.



Coffee & Pie with GF County and Home on the Prairie Weather

Tuesday, May 28 at 1 pm

GF Emergency Management Director, Kari Goelz, and Meteorologist, Mark Ewens, are coming back to talk about severe weather. You won't want to miss this! Their last presentation had rave reviews!

Severe weather can happen anytime, in any part of the country. Severe summer weather includes hazardous conditions produced by thunderstorms - damaging winds, large hail, flooding, flash flooding, and tornadoes.

Know Your Risk: Understand the type of hazardous summer weather that affects you and your family where you live: Tornadoes, Floods, and Lightning OH MY! Join Grand Forks Emergency Management and Home on the Prairie Weather LLC to take a deeper dive into the roles of Emergency Management, the broadcast community, and citizens when severe weather threatens. You will learn what the difference is between Watches and Warnings, what to look for in the clouds that warn you of impending severe weather, how to get those annoying notifications that just might save your life, and how to respond once you receive them. This will be an interactive conversation, so bring your questions!!! **Lemon Meringue pie and ice cream** will be available to purchase for \$2. Pie will be served at 1:30 pm.



Rendering of what the GF Senior Center will look like after construction project is completed!



GFSC Construction Parking Map

All Drivers: Please use **EXTREME CAUTION** in the GFSC Parking Lot!

-  No Parking ANYTIME
-  CONSTRUCTION ZONE
-  Loading & Unloading ONLY
-  LINK - Overflow Parking

Extra parking is available at the Link, across Cherry Street. Park only in the spots facing Cherry Street.

Please also consider taking Senior Rider, carpooling, getting dropped off, biking or walking.

3RD AVENUE SOUTH - No Parking TUESDAYS

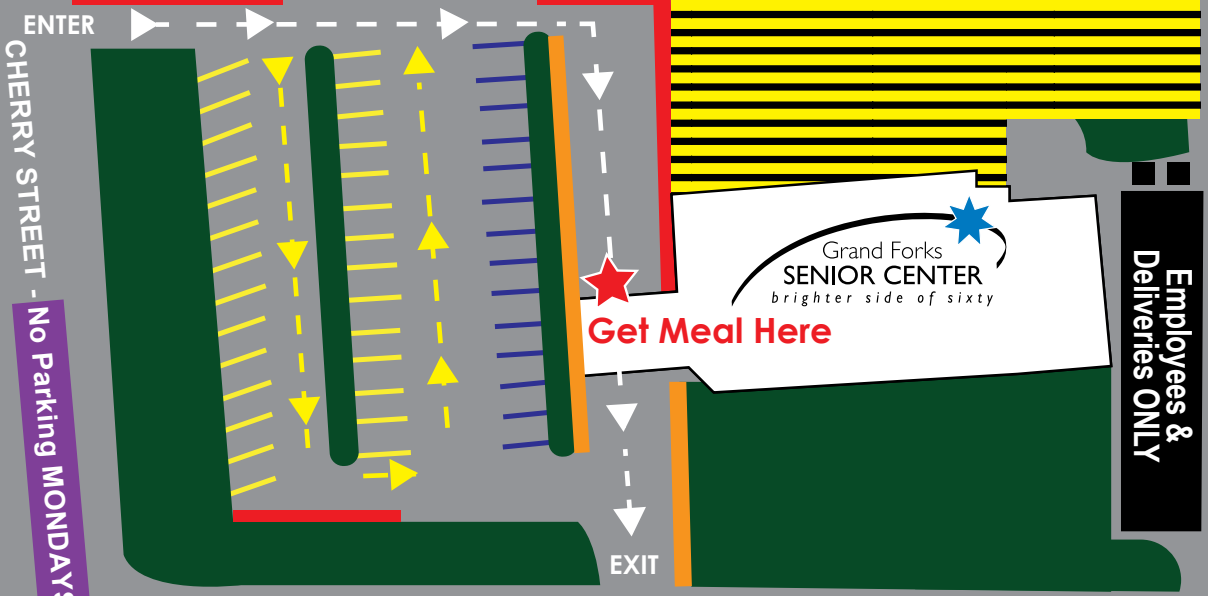
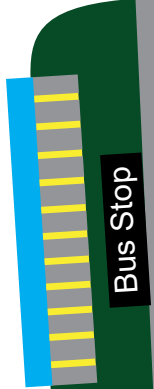
Drive-Thru Lunch Route

Monday - Friday
11:30 am to Noon

You may choose between sit-down or drive-thru meals. If you choose to use our lunchtime drive-thru service please follow the route shown.

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

For the Drive Thru:
Enter lot from Cherry Street
 Do not drive into the fire lane in front of the building before 11:30 am.



CHERRY STREET - No Parking MONDAYS

GRAVEL ALLEY - No Parking ANYTIME

4TH AVENUE SOUTH - No Parking TUESDAYS

AARP SM Stop the Scams Lunch & Learn

Back by popular demand, Tonya Hetzler, an investigator with the ND Attorney General's Consumer Protection & Antitrust Division, will share tips on protecting yourself and your family from fraudsters. Hear more about the various scams affecting North Dakotans, and ways you can stop the scams. There is no charge to attend. Lunch will be provided. Registration Required. You do not need to be an AARP member.

When: Wednesday, May 8, 2024 from 11:30 am – 1 pm

Where: Canad Inns Destination Center 1000 South 42nd Street Grand Forks

Host: AARP North Dakota | 1-866-554-5383

Registration: Go the following website to register. Must register by May 7, 2024
aarp.org/ndevents



When: Thursday, May 2, 2024 from 8 am to 10 am

Where: Modern Auto Body, 4075 S Wash. St.
Grand Forks

Contact: Bill Vasicek | 1-218-779-8441

Registration: No registration needed

Helping Mature Drivers Find Their Safest Fit



There's a lot more to safe driving than how you drive. Having the proper fit inside your vehicle can make a big difference and help protect you and those around you. With CarFit, an educational program developed by AAA, AARP, and the American Occupational Therapy Association, you'll get information and resources on how you can enhance your safety in the driver's seat.

UND Occupational Therapy students will show you how you can enhance your comfort, safety and fit within your vehicle. It will take approx. 20 min.

Need gift ideas for Mother's Day, Father's Day or a Birthday?

The Grand Forks Senior Center has unique gift ideas for older adults.

Visit the GFSC front desk to purchase any of the following items:

- 10-punch meal tickets (Breakfast \$20, Lunch \$42.50)
- Senior Rider bus cards (\$30) for 10 one-way trips
- Foot care certificates (\$30)
- Bingo certificates (Any Amount)
- Gift shop crafts
- Sign them up to go on one of our day trip to Park Rapids, MN (\$80)

OR come shop at our Jewelry Sale on Thursday, May 9

(See front cover)



Cities Area Transit offers
SENIOR RIDER

Monday - Friday: 6 am - 10 pm
Saturdays: 8 am - 10 pm

Rides must be scheduled by calling 787-9120 at least one day in advance during regular office hours: 6:30 a.m. to 5:30 p.m. Monday-Friday and 7:30 a.m. to 5:30 p.m. Saturdays. The office is closed on Sundays and major holidays.

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. Rides within GF and EGF city limits only. This service is for people 62+.

Senior Rider DOES NOT call when they arrive. They have a new system that makes automated calls within 10 minutes of the arrival time. Riders need to be ready and waiting. Riders also need to make sure they are signed up to receive these automated calls.



Discrimination is Prohibited

If you are otherwise qualified, your rights to receive the services or benefits provided at this facility without regard to your race, color, religion, sex, national origin, age, or handicap are protected by Federal Law. If you believe you have been discriminated against, contact Colette Iseminger at 620 4th Ave S, Grand Forks, ND 58201, 701-772-7245, or contact one of our Board of Directors listed on page 2.

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

Donations and 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 2, 2024 to April 5, 2024.

Donations of \$4,999-\$9,999

Citizens Assistance Program
For Home Delivered Meals
Ryan, Jerry
For Meals on Wheels, senior dining

Donations of \$500-\$999

Hanson, Karen
For kitchen equipment
ICS, Inc
For Meals on Wheels
Kleven, Archie and Marlene
For kitchen equipment
Meals on Wheels America
Jiffy Lube Drive To Do More
Campaign
Thrivent Choice
Thrivent Choice donations from
Ranea Johnson, Bill & Brenda
McCoy, Ranett Nadeau, Paulette
Roseno, and Kathryn Schiele

Donations of \$250-\$499

Family of Vidette Knain
In memory of Vidette Knain
Sansburn, Charles
For kitchen equipment
Westacott, Richard
In memory of Basil and Mildred
Westacott for kitchen equipment

Donations of \$100-\$249

Anonymous
Armes, Bill
For Meals on Wheels
Belobraydic, Matt and Rochelle*
Benson, Ray and Mary
Capouch, Lorraine
In memory of Jerry Leech
Gate City Bank
GHD Employee Match
Lofberg, Janice
Midland National Life Insurance
Match for Corinne Jacobson
donation
Rebsch, Al and Connie
Stiles, Marlene and Robert

Donations up to \$100

Altendorf, Diane and Hoselton, George
In memory of Terry McKenna
American Crystal Sugar
GHD Employee Match
Anonymous
Broadwell, Ray and Becky*
Buckley, Ann*
Burns, Lemonte
Connell, JoAnn
In memory of Jackie McMahon,
Terry McKenna
Culkins, Thelma
In memory of Vidette Knain
Dunnigan, Faye
In memory of Terry McKenna
Dvorak, Marlene*
Dybwad, Irene
In memory of Kathy Midgarden
Fettig, Carol
In memory Terry McKenna
Hammerstrom, Tooker*
Helgerson, Donna*
In memory of my husband, Arral
(AJ)
Hogan, Shirley
Iseminger, Carl and Colette*
In memory of Terry McKenna,
Vidette Knain
Kaml, Judy
In memory of Jackie McMahon
Laager, Bernice
In memory of Vidette Knain for
senior meals
Lund, Jacki
In memory of Vidette Knain
Lunde, Beverly
In memory of Everett Knudsvig
Mattern, Alice*
McGurranm, MaryBeth and Jay
In memory of Vern Dondoneau
Roos, Leslie and Patricia
In memory of Vidette Knain
Samuelson, Juanita
In memory of Vidette Knain
Sandberg, Curt and Lone*
For Meals on Wheels
Schiele, Kathy*
In memory of Don Schiele
Schumacher, Matt and Jami*

Sorlie, Richard
In memory of Terry McKenna
St Germain, Bob and Sharon
In memory of Jackie McMahon
Sulland, Steve and Linda*
Torrey, Dianne
In memory of Sandy Tunks
Vein, Jerry and Mary*
Western State Bank
GHD Employee Match
Westrum, Brad and Yvonne*
Zirnheld, Clair and Ronda*

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 as needed. For a sit-down lunch, reservations need to be made by 4 pm the day prior. If you are at the GFSC, reserve your salad 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 photo of each salad and a list of ingredients is at the GFSC front desk. No reservations needed for taco salad.

Are You Being Billed for Unneeded Urinary Catheters?

Some people on Medicare are getting bills for urinary catheters they never ordered or received. Scammers are taking advantage of Medicare by charging for things people don't need or didn't order, and it's causing problems.

Nicole Liebau, director of the Senior Medicare Patrol (SMP) Resource Center, said they

became aware of the false billing in May 2023, and complaints went up a lot by August. SMPs continue to get a staggering number of complaints from Medicare beneficiaries.

How do scammers get away with this? SMP warns that scammers hope Medicare won't notice these fake charges among the millions of claims they process daily. They also hope people on Medicare won't check their statements to see these false claims.

To stay safe, SMP advises checking your Medicare statements often. If you see charges for supplies or services you didn't ask for, contact ND SMP. They can help you get a new Medicare number and report the fake charges.

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 1-800-472-2660.

The information provided is intended to be a general summary only. Source of information: SMP National Resource Center (27 Feb 24). PR Newswire: *Scam Alert: Scammers are billing for unneeded urinary catheters.*

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

Meals on Wheels and Home Delivered Meals Note:

If you are going to be out of the house during your delivery time and want to make sure to get your meal, we need you to have a **cooler with ice (Preferably an ice pack)** set out for our volunteers. If you are in need of a cooler, please call 701-772-7245 and ask for Resources. If you do not answer and there is not a **cooler with ice**, the meal comes back to the GF Senior Center.



Fun in the Center

- 1-3 March and April Crafts - Join us May 1st for the next Monthly Creation!
- 4 Coffee & Pie with the County
- 5 Mark Ryan and Rob Bondy performing for Music Monday
- 6 Leprechaun visitor surprised us before St. Patrick's Day
- 7-8 A few volunteers getting their certificates for volunteer month
- 9 Resources with coolers from a grant



Meet Kari



Kari Situm is the new Activity Coordinator at the Grand Forks Senior Center. She is very excited to get to know all of you. Kari was born and raised in Grand Forks. She has been married to her husband, Dario, for 16 years. Together, they have two children Madison (19) and Lukas (15). In the summer, Kari enjoys spending time at her lake place in Devils Lake, ND. She graduated from Northland Community & Technical College with a degree in Occupational Therapy. Growing up she loved to play cards with her Grandma Gladys while listening to country music. Kari's favorite game was rummy. At home, she enjoys cooking and spending time with family. Watching UND hockey is a family favorite! Kari is so excited for her future with the Grand Forks Senior Center. If you see her, make sure to say hi!

2024 Trips

Join us for a day trip to Jasper's Theater in Park Rapids, MN or you can join the 8-day trip to Nashville in October!

- Thursday, June 27 - **Legends of Country Music with the Dan Brekke Band** in Park Rapids, MN - \$80 (Deadline to register is June 6. We must have a minimum of 30 registered people to go.)
- Wednesday, August 21 - **Rockin' 50's Show** in Park Rapids, MN - \$80 (Deadline to register is July 31. We must have a minimum of 30 people registered to go.)
- October 13 - 20, 2024 - **Discover Nashville**, Tennessee - \$3,799 per person for double occupancy. Details on the Nashville Trip can be found at [holidayvacations.com](https://www.holidayvacations.com). Local station keyword: **Grand Forks** or you can pick up a brochure at the GF Senior Center.



Trip sheets can be picked up at the GFSC. Contact our activities department at: 701-757-4866 or email activity@gfseniorcenter.org if you have any questions.

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.

GF SENIOR CENTER EXERCISE CLASSES

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

Ready, Set, Stretch: M & W at 2:30 pm (*Hope Church*) **ADDED WEDNESDAYS!**

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*)

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

Classes are held at the GFSC 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.

Jump-start your fitness: How older adults can get started with exercise - from the NIA

Physical activity and exercise are good for your physical and mental health and can help keep you independent as you age. Building slowly from your current fitness level can help prevent injuries and ensure your new routine sticks.

Here are a few tips from the National Institute on Aging (NIA) to keep in mind when starting an exercise routine:

- Discuss your physical activity plans with a health care provider if you have a health condition.
- Begin your exercise program with low-intensity exercises, such as swimming or tai chi (we offer classes).
- Wear appropriate fitness clothes and shoes for your activity, such as sneakers with flat, nonskid soles.
- Drink water before, during, and after your workout session, even if you don't feel thirsty.

May 2024 - 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) 4oz Orange Juice (1cs)	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) 4oz Orange Juice (1cs)	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) 4oz Orange Juice (1cs)	Small Omelet 2 WW Toast (2 cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz 1% Milk (1 cs) 4oz Orange Juice (1cs)	4oz Orange Juice (1cs) 1/2 c Fruit Sauce (1cs) 2 Whole Grain Waffles (1.5cs) 2 Bacon 8 oz 1% milk (1cs)
Monday Lunch:	Tuesday Lunch:	Wednesday Lunch: May 1	Thursday Lunch: May 2	Friday Lunch: May 3
MENU SUBJECT TO CHANGE WITHOUT NOTICE	*Entrée Salads require a reservation (not Taco Salad)	3 oz Salmonloaf (.5cs) or Chicken Strips (.5cs) 1/2 c. M. Potato/Crm Gravy (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 Chicken Kiev (1cs) Small Baked Potato (1 cs) 1/2 c Glazed Baby Carrots (1 cs) 1/2 c Cherry Sc (1cs)
Monday Lunch: May 6	Tuesday Lunch: May 7	Wednesday Lunch: May 8	Thursday Lunch: May 9	Friday Lunch: May 10
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 Boiled Potato(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 (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 (1 cs) 1 Bread (1cs)	Chicken Wild Rice Cass. (2cs) Or Hungarian Goulash (2cs) 1/2 c. Mixed Vegetables (.5cs) 1 c. Romaine Salad/dressing (.5cs) Fresh Strawberries w/Topping (1cs) WW Dinner Roll (1cs)
Monday Lunch: May 13	Tuesday Lunch: May 14	Wednesday Lunch: May 15	Thursday Lunch: May 16	Friday Lunch: May 17
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 (1 cs) No additional bread	3 oz Pork Chop in MR Gravy or 3 oz Meatloaf (.5 cs) over 1/2 c Rice Blend(1cs) 1/2 c. Sweet Potato (1cs) 1/2 c Mixed Vegetables (.5 cs) 1/2 c Strawberries (1 cs) 1 Bread (1cs)	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)	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) 1 Bread (1cs)

Monday Lunch: May 20	Tuesday Lunch: May 21	Wednesday Lunch: May 22	Thursday Lunch: May 23	Friday Lunch: May 24
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 Au gratin Potatoes (3 cs) or Chicken Enchilada (2cs) 1/2 c Mixed Vegetables (1 cs) 1/2 c Fresh Grapes (1 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 Sweet Potato (1cs) 1/2 c Cantaloupe (1 cs)
Monday Lunch: May 27	Tuesday Lunch: May 28	Wednesday Lunch: May 29	Thursday Lunch: May 30	Friday Lunch: May 31
<p style="text-align: center;">CLOSED</p> <p style="text-align: center;">MEMORIAL</p> <p style="text-align: center;">DAY</p>	Hot Dog on Bun (2cs) or 3 oz BBQ Pork on HD 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)	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) Bitzy Brownie (2 cs)	Taco Salad (2-3cs) or Turkey Pot Pie (2cs) 1/2 c Mixed Vegetables (1 cs) 1/2 c Cantaloupe (1 cs) 1 Bread (1cs)
Breakfast (8:30-9am), and Lunch (11:45-12:15) Served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices at the Senior Center only.	Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g 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 11:45-12; The 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: 3/11/2024 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 11:45 am - 12:15 pm



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

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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

Volunteers Needed!

- **Home Delivered Meals**, located in Altru Hospital, has two volunteer openings on Fridays from 11 am to 12:30 pm. To help, call Paula at: 701-780-5169, or email HDMeals@midconetwork.com.
- **Meals on Wheels**, located in the GF Senior Center has open routes Wednesday - Friday, and two openings on Mondays from 10:30 am to Noon. Call Roxie at 701-757-2006, or email mow@gfseniorcenter.org to help.

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 Grand Forks and leaves Fargo at 3 pm to come back. Call 701-284-7980 by Noon the Friday before for reservations.





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

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Grand Forks Senior Center
May 2024
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

GFSC Will be Closed
May 27, 2024
for Memorial Day



Powered by Connection



Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults.

What can you do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.