



Grand Forks Senior Center
620 4th Avenue South
Grand Forks, ND 58201
(701)772-7245; fax (701)772-0213
www.gfseniorcenter.org

This letter is in place of the May Silver Express newsletter.

April 20, 2020

Blessings

I think it's safe to say that the staff of the Grand Forks Senior Center has never been blessed as many times as we have been in the past month. We hear a lot of "Bless you," "Bless your staff for the help," "Bless you for these meals," "Bless you and stay safe." We are grateful for these blessings, and feel blessed we can continue providing meals for so many older adults in our community. The highlight of our day is to see seniors during our meal drive-thru!

Meal Drive-Thru Service

Because of the coronavirus pandemic, the Senior Center has a new way of providing meals for older adults. Every weekday from 11:30 am – 12:15 pm, people 60 and older can come to our no-contact meal drive-thru service (you **do not** have to be a Senior Center member to get meals). It has been popular. We average 190 meals/day right now! Just enter the parking lot off of Cherry St and follow the line of cars to the canopy where we place the meal(s) in your backseat. You can pick up for other people; we just need the FULL NAME and BIRTHDATE for each senior receiving meals.

We are not accepting any suggested donations during the drive-thru to reduce contact, but if you would like to contribute, please mail a check (indicate 'meals' in the memo line) to the Grand Forks Senior Center, 620 4th Ave S, Grand Forks, ND 58201 or call 701-772-7245 to pay with your credit card or EBT card. The suggested contribution is \$4.25/hot meal or \$3.50/frozen meal.

Frozen Meals

We are also continuing to provide frozen meals. If you would like to place an order, call 701-772-7245. These frozen meals can be picked up during the meal drive-thru time. If you do not drive, please have a friend, family member, or neighbor pick up your meals. Frozen meal delivery can be arranged if necessary.

Meals on Wheels/Grand Forks Home Delivered Meals

Our highest priority during this pandemic is providing meals to the most frail of older adults, those people on our Meals on Wheels and Grand Forks Home Delivered Meals programs. For many of these clients, we have switched to delivery once a week to reduce contact risk for them. They get one hot meal and six frozen meals to last throughout the week.

Foot Care

All foot care appointments for our Health department have been cancelled and we will not reschedule any appointments, nor book new ones, until we know when our building will

reopen.

Resources

Our Resources department is focused on getting frozen meals out to seniors in rural Grand Forks and Nelson Counties. For Social Security (800-772-1213) or Medicare (800-633-4227) questions, please call the numbers listed. UND's Big Event has been cancelled, so if you were hoping to have them take care of your spring yard work, you may need to call a lawn care company or your church for assistance.

Census

If you have not filled out your US Census form yet, you should have received (or will receive soon) a paper copy in the mail. PLEASE fill out and return this form as soon as possible. The federal and state money we receive is determined by the census. The fewer seniors who fill out the form, the less funding we receive.

Generosity

First of all, we would like to thank all of the people who responded to a call for the donation of Easter basket items. The Senior Center was able to put together 36 Easter baskets, thanks to all of you! They were donated to CVIC and Hope Community Care & Food Pantry.

Speaking of generosity, our fantastic volunteers are indeed generous. Normally our 2019 volunteers would be receiving their invitations to a special Volunteer Banquet, recognizing their generous contributions of time. Because of our current situation, we will be cancelling this year's banquet, but for people with 18 hours or more, we will be mailing out your certificates and presidential awards. **Thank you! We couldn't do our work without you.**

Finally, we are asking for extra assistance if you are able. We want to keep providing meals to seniors during this pandemic to keep them out of public places, such as the grocery store, as much as possible, but we need your help. The Grand Forks Senior Center's operating revenue has taken a big hit due to the closing of many of our services and programs. If you are able to make a donation to the Grand Forks Senior Center, we would greatly appreciate it. Donations can be mailed to 620 4th Ave S, Grand Forks, ND 58201 or made online at www.gfseniorcenter.org/donate. Thank you in advance. We are grateful for all the support we receive.

Please, stay safe and stay healthy. We are anxious to have our building filled with all of you once again!

On behalf of the Grand Forks Senior Center staff,

Colette Iseminger
GFSC Executive Director