



Nov 2020

# The Silver Express

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

701-772-7245

## Drive-Thru Thanksgiving Feast

at the Alerus Center\*

Tues, Nov 17, 2020 11:30 am - 12:30 pm  
(each person must have a ticket)

Call now through Friday, November 9 for your Thanksgiving Feast ticket. You may also call after November 9 to check if we have any tickets remaining.

## Drive-Thru Christmas Feast

at the Alerus Center\*

Tues, Dec 15, 2020 11:30 am - 12:30 pm  
(each person must have a ticket)

Ticket reservations available beginning Wednesday, November 18. Please do not call before November 18, we will not take your reservation until after that date.

The deadline for Christmas Feast tickets is Friday, December 4. You may also call after December 4 to check if we have any tickets remaining.

The GF Senior Center's Thanksgiving and Christmas meals will be served DRIVE-THRU style at the Alerus Center this year.

### THANKSGIVING FEAST TICKETS

To reserve a ticket for the Thanksgiving Feast, call 701-772-7245 before November 9.

### CHRISTMAS FEAST TICKETS

To reserve a ticket for the Christmas Feast, call 701-772-7245 between November 18 and December 4.

We need the full name and birthdate of each person who would like a meal (only for people 60 and older & their spouses of any age). Tickets will be mailed out. At the drive-thru, you can pick up meals for friends, family, and neighbors, as long as you have their tickets.

For either the Thanksgiving or the Christmas Feasts, enter on the south side of the Alerus Center parking lot from 42nd Street. Look for signage or people to direct you. You will drive up to the building, hand us your ticket(s), and receive your meals through your back window.

Suggested dinner contribution of \$5 for people 60+ and their spouses. A contribution envelope will be sent in the mail with your tickets. If you would like to make a contribution, please put your cash or check in the envelope and give that, along with your tickets, to the drive-thru attendant.

# Grand Forks Senior Center (GFSC) Phone Numbers

GFSC is an United Way Partner Agency



<b>GFSC General Number</b> .....	<b>701-772-7245</b>
Executive Director, <b>Colette Iseminger, MS, RD, LRD</b> ....	701-772-7245
Ass't Director/Development Officer, <b>Becky Broadwell</b> ...	701-757-4864
Meals on Wheels (MOW) Coordinator, <b>Grace Hale</b> .....	701-757-2006
Home Delivered Meals (HDM) <b>Paula or Rhonda</b> .....	701-780-5169
Resources Manager & Nelson Co, <b>Joyce Austin</b> .....	701-757-4881
Activity Manager, <b>Ranea Johnson</b> .....	701-757-4866
Public Relations Manager, <b>Jami Schumacher</b> .....	701-757-4863
Kitchen Supervisor/Head Cook, <b>Gerri Davis</b> .....	701-757-4871
Health (Foot Care) Appointments .....	701-757-4878
Health Manager, <b>Shirley Lill, RN</b> .....	701-757-4868

## GFSC Board of Directors

### President

Rich Lehn

### Vice President

Bob Rost

### Secretary

Alice Mattern

### Treasurer

Brenda Sem

Karen Herrmann

Alice Hoffert

Bobbie Kurtyka

Jason McCarthy

Emily Nielsen

Curt Sandberg

Mary Sears

Lisa Sonterre

Michael Venaccio

Dave Willprecht

Clair Zirnhelt

## Mission Statement

The mission of the Greater Grand Forks Senior Citizens Association, Inc. is providing opportunities for older adults to live to their full potential.

The Greater Grand Forks Senior Citizens Association, Inc. makes available all services and assistance without regard to race, color, religion, national origin, age, sex, political beliefs, disability, or status with respect to marriage or public assistance. If you feel you have been discriminated against, please contact one of the board members or the Executive Director.

## Building & Program Usage Guidelines

### Building Currently CLOSED

**Building and Activities:** For people 55 and older. Younger guests may accompany seniors occasionally.

**Senior Dining Meals:** For people 60 and older and their spouses. Younger guests may accompany seniors occasionally.

**Foot Care:** People 60 and older.

**Meals on Wheels:** For people 60 and older and their spouse or caregiver of any age.

**Home Delivered Meals:** Any age.

**Bingo:** People 18 and older, according to state gaming laws.

**If you would like to receive this newsletter (either in the mail or by email), you no longer wish to receive this newsletter, or your address is changing, please contact the GF Senior Center at 701-772-7245 or [jamis@gfseniorcenter.org](mailto:jamis@gfseniorcenter.org). We currently print 2,200 Silver Express newsletters each month and mail about 2,000 of them. Another 400 people receive the newsletter by email. If you would like to switch to receive the newsletter by email and save on resources, email [jamis@gfseniorcenter.org](mailto:jamis@gfseniorcenter.org) and let Jami know.**

Grand Forks  
**SENIOR CENTER**  
*brighter side of sixty*

# The Silver Express<sup>®</sup>

November 2020

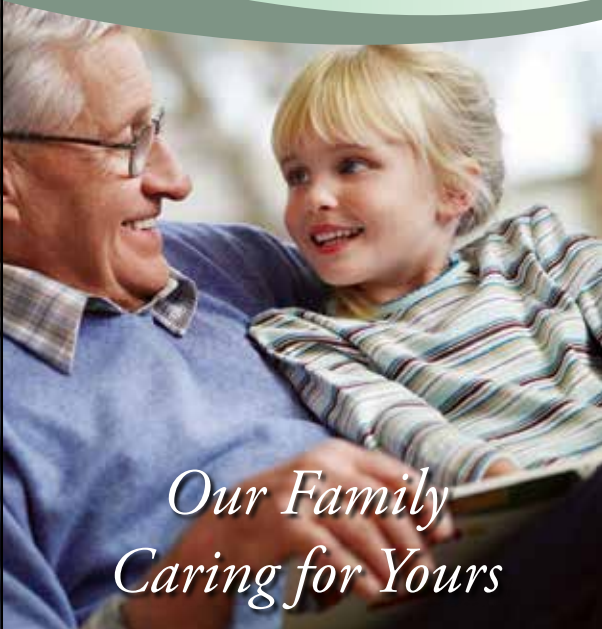
## Gatherings During a Pandemic

This summer/fall, many people were able to visit people safely outdoors. As this is not an option now, keep in mind that if you choose to visit people in person, there are ways to be safer:

- 1) Keep the group small (2-4)
- 2) Select a place you can really spread out (at least 6 ft) with good ventilation. Maybe try one of the malls or ask your church.
- 3) Have everyone keep their masks on the entire time.
- 4) Come with your own wipes to sanitize any surfaces. Wash hands immediately when you get home.

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**Request information today  
by calling 701-787-7563**



*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**



# From the Director's Chair by Colette Iseminger



## A Year We Will All Remember

2020 is nearing its end and, if you are like me, it has been a year you most likely want to forget, but probably never will. I never dreamt I would see anything like this in my lifetime. Someone mentioned that since the pandemic started “now the rest of the world knows what it is like to be a homebound senior.”

I am so proud of how our staff stepped up to start providing drive-thru meals right away and how it has grown over the months. Since the start of the pandemic, our goal has been to keep all of you and the staff safe. I think we are doing well so far.

Since mid-March, over 1,486 unique individuals have received meals in Grand Forks County. This includes Meals on Wheels, Home Delivered Meals, meals to Homestead and The Link apartments, and our meal drive-thru service. This includes meals that are hot and meals that are frozen. Meals that are delivered and meals

that are picked up. Well over 62,000 meals and counting! The drive-thru alone has seen over 350 older adults who have never had a meal with us before. AMAZING! But the end is not in sight yet, so we need you!

Our Silver Campaign is just kicking off and we have many more seniors to feed and keep safe. As this pandemic continues with no end in sight, feeding seniors is more critical than ever. Our budget was not prepared for the increased costs and needs that COVID-19 created. Your generosity will provide healthy food, and enough of it, for seniors like Roger and Judy. And for that, thank you from the bottom of my heart.

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



## 2021 Membership Change in Process

There is a small change coming to the process in mailing out membership forms for 2021. Normally we would mail out the new membership forms the middle to the end of November. From now on we are not going to mail them until December 31. We are doing

this for two reasons: 1) the front desk is very busy in November and December and we need to streamline things a bit, and 2) from the accounting end, it will be easier to have the membership money come in the same year as the membership. Thank you for your understanding and thank you for supporting the Senior Center with a membership.



# September 2020 Board Report

The Board of Directors met on September 17, 2020. Here are the highlights:

- The 2019 financial audit was presented by Widmer Roel and was approved.
- Alice Hoffert and Bobbie Kurtyka were appointed to fill the two open Board seats.
- A revision to the by-laws was approved that deals with Board resignations.
- A kitchen tile replacement and repair

bid was approved.

The next Board meeting will be December 17, 2020 at 2:00 pm in the lower level of the Senior Center. Members can use the conference call phone line if they would like to attend. In person attendance is limited to Board members and necessary staff. Please contact the Senior Center for phone line attendance information.

## New Board Members

Thank you to Alice Hoffert and Bobbie Kurtyka for coming on to the Senior Center's Board of Directors

**Alice Hoffert** and her husband, Rodger, and have four children (Kara, Heidi, Kyle, Derek) and 11 grandchildren. Normally they would spend a fair amount of time visiting them and traveling.

Alice spent a 38-year career at the University of North Dakota and served as payroll and financial aid director. In addition, she was an associate vice president for 10 years. Alice said, "It has been a privilege to spend my volunteer time at my church, the LISTEN Center, and the Senior Center.

Alice has previously served on the Grand Forks Senior Center's Board of Directors, both as a member and president.

**Bobbie Kurtyka** is mother of seven grown children, grandmother of 13 grandchildren, great-grandmother of one with another great-grandchild on the way. Bobbie is now retired, but she owned and operated a daycare, which had affiliations with the University of North Dakota, and she was also a leasing agent.

In her retirement, Bobbie is very involved with her grandchildren and with various relatives, such as bringing them to doctor's appointments. She previously served on the Family Board at Altru Hospital and is also a current board member at CVIC.

Bobbie enjoys making projects out of old crystal and loves to stay busy.

## Signs Requested for Meal Drive-Thru

Winter is coming, and as it gets colder, the person who checks you in at the meal drive-thru will be inside the building with the window open. We would like to ask each person to make a sign with large, clear printing that says the names of each person receiving a meal. Hold up this sign once you get to the canopy and stop your vehicle. It will be much more difficult to hear each other from a distance, so this will keep the line moving well. THANK YOU!

# LIHEAP - Fuel Assistance

The Low Income Home Energy Assistance Program (LIHEAP), also known as Fuel Assistance, helps eligible North Dakotans pay their heating costs. If you qualify, LIHEAP will pay a portion of your fuel cost to heat your home. This program can also assist with weatherization services, furnace and chimney cleaning, furnace repair and replacement, and emergency assistance. Applications are accepted October 1, 2020 – May 31, 2021 (or until program funds are used up) and you must reapply each year. **Assets are no longer considered in determining eligibility for this program.**

For more information or for assistance in completing and submitting the LIHEAP application, please **contact Community Options at 800-823-2417 ext: 140**. The GF Senior Center will no longer be assisting with this application since Community Options is available to assist.

## Practice Self-Care During this Pandemic

There are actions you can take every day to help you maintain the physical and emotional strength you need.

- 1. Stop.** Take five minutes to sit still and give your mind and body a rest. Breathe deeply, meditate, say a prayer, practice mindfulness.
- 2. Fule your physical needs.** Adequate sleep and nourishing foods help keep bodies healthy and also support mental well-being.
- 3. Maintain your social connections to**

**family and friends.** It might look different during a pandemic, but pick up the phone and visit with people or drop a note or email.

- 4. Limit or redirect the news to which you pay attention.** The avalanche of news about the loss of life and the economy adds to anxiety and depression.
- 5. Follow all public health recommendations.** Social distancing, face masks, hand washing.

*From International Council on Active Aging*



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### SAFE Medication K:DS Take Back Event GRAND FORKS

**Thursday, November 5, 2020**

**11:30 am - 12:15 pm**

**DRIVE-THRU @ GF Sr Center**

Bring your outdated or unused prescriptions in their original containers for disposal. There is also a permanent medication/drug drop off site in the lobby of the GF Police Dept. (east door). The GF Police Dept. is located at 122 S 5th St. Questions? 701-780-1489 or [safekids@altru.org](mailto:safekids@altru.org)

# Follow Us on Facebook!!!

If you are on Facebook, go to [www.facebook.com/gfseniors](http://www.facebook.com/gfseniors) and 'Like' us by clicking on the button that says 'Like' and has a thumbs up. Then to the right, click on the button with three dots, select 'Follow Settings,' choose 'Favorites,' and click 'Update' at the bottom. Now the Senior Center's Facebook posts will show up in your Facebook feed.

## Foot Care Appointments Available

Guidelines to keep clients and staff safe:

- Clients will **wear a mask** while in the building and while interacting with staff. The **mask needs to be worn correctly** (over the nose). We know you are tired of doing this and of the pandemic, but these precautions are important.
- Clients will need to **call the Foot Care department at 701-757-4878 and let them know they are waiting outside OR ring the doorbell near the front door.**
- Before entering the building, nurses will ask the client a few assessment **questions** and take the client's **temperature.**
- Upon entry to the building, clients will use **hand sanitizer.**
- **Clients will be escorted to and from the appointment.** No stops along the way will be allowed. **Please only bring what you absolutely need to the appointment. No extra bags or other items allowed.**

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

Nov 10	Aneta Community Center 219 Main Ave., Aneta	9:00 am - Finish
Nov 18	Tolna Lutheran Church 220 Main St., Tolna	9:30 am - Finish



**IMPORTANT:** We are doing everything we can to keep you safe, but please only come if you are comfortable. Nurses are equipped with proper equipment.

You must call and reschedule your appointment if you are not feeling well in any way. Also reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 in the two weeks before your appointment.

## Meal Options

We are working to keep older adults as healthy as possible. We offer three meal options: a weekday **meal drive-thru** from 11:30 am - 12:15 pm; **frozen meals** which can be picked up during the drive-thru (call 701-772-7245 ahead of time to place order) or delivery arrangements made if necessary; and our **Meals on Wheels** (701-757-2006) **and Home Delivered Meals** (701-780-5169) **programs.** Questions? Call 701-772-7245.

A big THANK YOU to All Seasons Garden Center for the donation of 22 crates of squash, zucchini, cabbage, and tomatoes. Some of our seniors were given the fresh tomatoes in their cold food bags, while others enjoyed the vegetables cooked and a part of their hot meals.



## NEW Indoor Location for Grand Forks Senior Center Exercise Classes

All GF Senior Center exercise classes are now at **HOPE CHURCH in the large, open gathering space within the church** (outside of the sanctuary). Park at the Hope Church entrance of Grand Cities Mall. It's a great, spacious area. No need to bring chairs anymore, they will be supplied. Still bring your water bottles, hand sanitizer, and wipes. Questions? Call 701-757-4866.

### MONDAYS

3:00 pm **Chair Yoga**

### TUESDAYS

2:00 pm **Building Better Balance** w/Bill

2:30 pm **Qigong** w/Harpreet

3:00 pm **Healthy Bones**

### WEDNESDAYS

3:00 pm **Chair Yoga**

### THURSDAYS

2:00 pm **Building Better Balance** w/Bill

2:30 pm **Qigong** w/Harpreet

3:00 pm **Healthy Bones**

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## Meal Delivery Volunteers Needed



The Grand Forks Senior Center is in need of meal delivery volunteers.

For **Home Delivered Meals** run out of Altru hospital, they need **THURSDAY** volunteers and **SUBSTITUTE** volunteers. The time commitment is from 11:00 am – 12:30 pm.

For **Meals on Wheels** run out of the Grand Forks Senior Center, they need **SUBSTITUTE** volunteers. The time commitment is from 10:30 am - Noon.

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



## Understanding Alzheimer's & Dementia

Webinar or by Phone



### ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

### Scott Bernstein, Community Educator will cover these topics:

- The impact of Alzheimer's
- The difference between Alzheimer's and dementia
- Alzheimer's disease stages and risk factors
- Current research and treatments available to address some symptoms
- Alzheimer's Association resources

### Webinar/Phone education event

**Tuesday, November 10, 2020**

3:00 PM - 4:00 PM

Registration required, call 701.277.9757

Details on how to join this event will be emailed to you

For the best experience, please join us using a smartphone, tablet or computer.  
Phone option is also available.

### Optional "How to Zoom" Session

**Tuesday, November 10, 2020**

2:00 PM - 2:30 PM

We will use the same information to join as the education event

If you have questions regarding getting one of these devices so you can participate, call 1.855.462.5465.

# Medicare Part D Open Enrollment

MEDICARE  
**PART D**

**Open Enrollment until Dec 7, 2020**  
**(some deadlines are earlier)**

*The ND Insurance Dept encourages you to complete a drug plan comparison every year to make sure your current plan continues to meet your prescription drug needs. This open enrollment period also gives you a chance to switch to another prescription drug plan.*

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## **Ways to Get Your Drug Plan Comparisons for Medicare Part D Open Enrollment**

- 1) **Log on to [www.medicare.gov](http://www.medicare.gov)** (instructions on page 11) and complete the comparison process for yourself. If you use the internet regularly, you should be able to do this.
- 2) **Call Medicare directly** at 800-633-4227.
- 3) Have your **pharmacy complete the comparison process for you.**
- 4) Have **GF Senior Center staff complete the comparison process for you** (only for ND residents). Form and instructions for this option are on page 12.  
**DEADLINE: Nov 30 at 12:15 pm.**

## **Items Needed for Drug Plan Comparison**

*(Have these items gathered before starting any of the comparison options)*

- 1) Your Medicare card
- 2) Your current prescription drug plan card
- 3) Name of your pharmacy
- 4) \* List of current medications with dosages (milligrams or %)
- 5) \* How often you take each medication (how many times per day)

\* If you will be having Senior Center staff complete your drug plan comparison, you must get a printout from your pharmacy with all of your medications, dosages, and how often you take the medication.

# Completing Your Drug Plan Comparison Yourself on [www.medicare.gov](http://www.medicare.gov)

Please don't be overwhelmed by a full sheet of instructions. Much of this page are tips to lead you through the process. If you end up keeping your current plan, you only complete the first column.

- Go to the [www.medicare.gov](http://www.medicare.gov) and click on 'Find plans'
  - For faster comparisons, click on 'Continue without logging in.' If you choose to create an account, the system should remember your medications and your plan for the future. Be sure to store your login information and password somewhere safe.
  - Click on the type of plan you currently have and enter your zip code.
  - Select the type of additional help you receive: Medicaid, Supplemental Security Income, Medicare Savings Program, or Extra Help from Social Security. If unsure, choose 'I'm not sure.' If you know you don't get any assistance, choose 'I don't get help from any of these programs.'
  - Follow through the prompts, answering all of the questions and entering your information. If you can't find your medication in the list, try browsing for the drug alphabetically.
  - **When it gets to the point of giving you your top choices of plans, the top plan is the plan that will save you the most money for 2021, based on your current medications.** If that is not your current plan, go down the list and find your current plan to compare prices with the plan they are saying is best.
  - **If your current plan is the first plan or if you are choosing to keep your current plan, you don't have to do anything. It will automatically be renewed. You can stop at this point.**
- **If you would like to change plans, click on 'Enroll' next to the plan you would like for next year.**
  - When confirming your enrollment period, it will be the 'Open enrollment' option.
  - Enter your Medicare number (do not include dashes), when Part A coverage started (this info is on your Medicare card), when Part B started (this info is on your Medicare card). If you do not have Part A or Part B, you will not be able to enroll in Part D, UNLESS you have a Medicare Advantage Plan, then everything is bundled.
  - Enter your first name, middle initial, and last name exactly as it appears on your Medicare card. Enter in your date of birth (MM/DD/YYYY) and enter in the remaining information. The first address you enter must be a physical address. If you have a different mailing address (such as a PO Box to receive mail), click the box and enter that information when prompted.
  - No need to state whether you receive other prescription drug coverage in addition to the plan you are enrolling in or if you are a resident of a long term care facility.
  - There are two ways to pay for your monthly premium. The first way, a deduction from Social Security or Railroad Retirement Board, is **not recommended**. The second way is to pay the company directly. They will mail you a bill and you can choose to pay it monthly or for the entire year.
  - Review your application to make sure there are no errors and select 'Submit.'
  - Print off the confirmation page and keep until you receive your new Medicare Part D card from your new plan.

# Instructions for Having Senior Center Staff Complete Your Drug Plan Comparison

There will be no in-person Medicare Part D meetings at the Senior Center. All correspondence will be done through the mail or dropping items off at our drive-thru. We will do the drug plan comparison and mail your drug plan options to you. **It will be your responsibility to call and enroll in a new drug plan**, if that is what you choose to do.

**NOTE: The Senior Center will not complete your drug plan comparison unless you mail or drop off all requested items (including a printout of your medications from your pharmacy).** If the packet to us is incomplete, it will be returned to you. **DEADLINE: Packets must be received by Mon., Nov. 30 at 12:15 pm. We are closed Nov. 26 and 27, so no drive-thru these days.**

GF Senior Center staff will need the following items to complete your comparison:

- This page completely filled out for each person
- A print-out from your pharmacy of all your medications (handwritten lists not accepted)

First Name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State *ND residents only* Zip Code \_\_\_\_\_

Date of Birth \_\_\_\_\_ Phone # \_\_\_\_\_ Gender \_\_\_\_\_

Race \_\_\_\_\_ **FULL NAME** of current drug plan \_\_\_\_\_

Name of current pharmacy \_\_\_\_\_

If you would like to compare other pharmacies, enter the pharmacy names here

Check any applicable extra medication help you receive:

- |   |   |
|---|---|
| <input type="checkbox"/> Medicaid                 | <input type="checkbox"/> Supplemental Security Income         |
| <input type="checkbox"/> Medicare Savings Program | <input type="checkbox"/> Extra Help from Social Security      |
| <input type="checkbox"/> Unsure                   | <input type="checkbox"/> I don't get help from these programs |

Once you have filled out this page completely and received your medication list from your pharmacy, send us your information. Options are below. Do not show up at our Senior Center door. Our building is closed to the public.

**Mail it to us at** Grand Forks Senior Center  
620 4th Ave S  
Grand Forks, ND 58201

**Drop it off** during our meal drive-thru. Stay in your car. Follow the 'Enter' and 'Exit' signs. M-F, 11:30 am - 12:15 pm

OFFICE USE: _____ Entered date packet received in spreadsheet.
ONLY _____ Entered date completed & mailed in spreadsheet.
_____ Top Plan




# NOVEMBER 2020 - Grand Forks Title III Older Americans Act Food Program

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

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

Monday Lunch: Nov 2	Tuesday Lunch: Nov 3	Wednesday Lunch: Nov 4	Thursday Lunch: Nov 5	Friday Lunch: Nov 6
3oz Chicken Fried Steak (1cs) 1/2 c. M. Potato w/gravy (1cs) 1/2 c Stewed Tomato (1cs) 1/2 c Apricots (1cs)	3oz Salmon Sm Baked Potato (2cs) 1/2 c Yams (1cs) 1/2 c Cherry Cobbler w/top (2cs)	3 oz Ginger Pork Chop 1/2 c Boiled Potato (1cs) 1/2 c Harvard Beets (2cs) 1/2 c Bread Pudding (1cs)	Cabbage Rolls (1cs) 1/2 c Peas (.5cs) 1/4 c Cranberry Sc Pumpkin Pie w/top (2cs)	3 oz Meatballs in gravy (.5cs) 1/2 c Mashed Potato w/gravy (1cs) 1/2 c Carrots (.5cs) 1/2 c Tropical Fruit (1cs)
Monday Lunch: Nov 9	Tuesday Lunch: Nov 10	Wednesday Lunch: Nov 11	Thursday Lunch: Nov 12	Friday Lunch: Nov 13
Stuffed Pepper (.5cs) 1/2 c Parslied Buttered Potato (1cs) 1/2 c Peas (1cs) 1/2 c Mandarin Orange Sc (1cs)	2 oz BBQ Chicken w/Bun(2cs) 1 c Vegetable Soup (.5cs) 1/2 c Fruit Cocktail (1cs) 1x2" Bitsy Brownie (2cs)	CLOSED Veteran's Day Holiday	3 oz Cracker Crumb Fish (.5cs) 1/2 c Escalloped Potato (2cs) 1/2 c Carrot Krinkles (.5cs) 1/2 c Peach Crisp w/top (2cs)	3 oz Meatloaf (1cs) Sm Baked Potato (2cs) 1/2c Buttered Beets (.5cs) 1/2 c Fruit (1cs)
Monday Lunch: Nov 16	Nov 17-ALERUS DRIVE-THRU	Wednesday Lunch: Nov 18	Thursday Lunch: Nov 19	Friday Lunch: Nov 20
3 oz P/A glazed Pork Chop (.5cs) 1/2 c Boiled Potato (1cs) 1/2 Capri Vegetables (.5cs) 1/2c Pears (1cs)	3 oz Roast Turkey 1/4 c Mashed Potatoes (.5 cs) 2 oz Gravy/1/4 c Dressing (.5 cs) 1/2 c Yams (1.5 cs) Dinner Roll (1 cs); 2 oz Cranb (.5cs) 1/10 Pumpkin Pie W/Topping (2 cs)	1 c Chix Noodle Casserole (1cs) 1/2 c Broccoli 1/2 c. Mandarin oranges (1cs) Sm Molasses Cookie (1cs)	3 oz Roast Beef 1/2 c Mashed Potato w/gravy (1cs) 1/2 c. Squash (1cs) 1/2 c Blueberry Crisp (2cs)	3 oz Salisbury Steak 1/2c. Whipped Potato w/gravy (1cs) 1/2 c. Scand Vegetables (1cs) 1/10 Dutch Apple Pie w/top (2cs)
Monday Lunch: Nov 23	Tuesday Lunch: Nov 24	Wednesday Lunch: Nov 25	Thursday Lunch: Nov 26	Friday Lunch: Nov 27
3 oz Lemon Pepper Fish 1/2 c. M. Potato with crm gravy (1cs) 1/2 c Green Beans 1/2 c Pears (1cs)	3 oz BBQ Ribs Sm Baked Potato (2cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Applesauce w/cinn (1cs)	2oz Sloppy Joe on WW Bun (2cs) 1 c Potato & Corn Chowder (1cs) 1/2 c Peach Sauce (1cs)	CLOSED THANKSGIVING HOLIDAY	CLOSED THANKSGIVING HOLIDAY
Monday Lunch: Nov 30	<b>DRIVE THRU MEAL at the GF SENIOR CENTER continues from 11:30AM-12:15; except Tues, Nov 17 drive-thru is at the Alerus Center from 11:30 am - 12:30 pm. Dining rm and bldg are closed until further notice.</b>			
2oz Hamburger on WW Bun (2cs) 1 c Beef Vegetable Soup (.5cs) 1/2 c Fruit Cocktail (1cs)	MENU SUBJECT TO CHANGE WITHOUT NOTICE			

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

Date: 9/24/2020 Licensed Registered Dietitian #13899  Colette Iseminger, MS, RD, LRD

# Donations & Memorials

Thank you for these donations received September 14, 2020 to October 13, 2020.

A donor's cumulative giving from this period is listed.

## Donations of \$100 - \$249

- Anonymous
- Denis, Dan and Barbara - For Meals on Wheels
- Drees, Ken and Maureen
- Erickson, Dennis and Cheryl
- Gunderson, Robin and Arlene
- Hunhoff, Darin - In memory of Marjorie Debertain
- Lindberg, Doug and Dale - In memory of Mary Herbeck
- Mallinger, Earl
- Pletscher, Laura - In memory of Marjorie Debertain
- Thrivent Choice allocations from Kevin & Joyce Austin, Harold Gangelhoff in memory of Mary Ann Gangelhoff, Carl & Colette Iseminger

## Donations of \$99 and Under

- Christianson, Judy and Susan - In memory of Mary Baird
- Davis, Gerri and Rygg, Rick
- Debertain, Jay and Rebecca - In memory of Marjorie Debertain
- Grassel, Gail - In memory of Doug Umphrey

- Helgerson, Donna - In memory of Mary Herbeck
- Helgeson, Arlene - In memory of Mary Herbeck
- Herrmann, Karen - In memory of Joe Borgen, Mary Herbeck
- Hogan, Shirley
- Huebner, Warren and Delores - In memory of Marjorie Debertain
- Lysne, David and Aida - In memory of Magnus M Lysne
- Mahnke, Vickie - In memory of Clayton Offerdahl
- Mieke, Dennis
- Monda, Gaylord and Kathy - In memory of Mary Herbeck
- Pedersen, Melvin - In memory of Lila Pedersen
- Qualheim, Adeline - In memory of Mary Herbeck
- Sand, Mary - In memory of Mardi Holland
- Sander, Kelly - In memory of Peg Rawson, Tami Bertsch
- Spicer, Gary and Lona
- Swen, Olive - In memory of Mary Herbeck
- Torrey, Dianne - In memory of Maxine Hjelmstad
- Wittmann, Fred and Mary Lou - In memory of Mary Herbeck

- Yagla, Phil and Judy - In memory of Mary Herbeck

## Grants

- Altru Health Foundation - \$972 for Nutrition Pilot Program
- United Way - \$5,000 for senior meals

## Brighter Side Society

If you would like to become an automatic monthly donor, contact Becky at 701-757-4864. Thank you to the following monthly donors:

- Anonymous
- Broadwell, Ray and Becky
- Herrmann, Karen
- Iseminger, Carl and Colette
- Kirkeby, Dean
- Mattern, Roger and Alice
- McGarry, Dennis and Lynn
- Robinette, Paul and Mary
- Sandberg, Curt and Ione - For Meals on Wheels
- Schiele, Kathy - In memory of Don Schiele
- Schumacher, Matt and Jami
- Venaccio, Michael and Vicki
- Zirnhelt, Clair and Ronda

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!



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## Voting Information

By the time you receive this newsletter, it will likely be too late for mail-in voting, although you can call 701-780-8200 and inquire. However, the Alerus Center will be a polling site on Election Day (Nov 3) and an early polling site seven days before that.

## Bad Weather Info

During bad weather to find out if we are having exercise classes, our meal drive-thru, or if we are delivering meals, call the Sr Center at 701-772-7245, check [www.gfseniorcenter.org](http://www.gfseniorcenter.org), [valleynewslive.com](http://valleynewslive.com), or [www.facebook.com/gfseniors](http://www.facebook.com/gfseniors).

## 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.

THANK YOU to Quality Lawn Care for their in-kind donation of fall application weed control and fertilization.

Silver Express 15



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Grand Forks, ND 58201  
701-772-7245  
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## The Grand Forks Senior Center's NOVEMBER 2020 Silver Express newsletter Holiday CLOSINGS: November 11, November 26, and November 27

### Supporting Older Adults through the Silver Campaign

You can make a difference in the life of an older adult!

Just like you and me, Coronavirus has turned the lives of seniors upside down.

For safety, staying home is the best option for many older adults. But that leads to other problems. Picking up groceries and preparing a healthy meal are now much more difficult. And the time spent isolated at home is wearing on seniors emotionally.

Keeping older adults healthy and safe is our top priority. You can make sure that happens.

With a donation to the Silver Campaign,



you will provide meals, emotional support, and make a meaningful difference for older adults.

Our budget was not prepared for the increased costs and needs COVID-19 has created. As this pandemic

continues with no end in sight, your support is essential.

Please mail a check, call us (701-772-7245) to donate with a credit card, or go to [www.gfseniorcenter.org/donate](http://www.gfseniorcenter.org/donate). Silver Campaign gifts must be received by Noon on Thursday, December 31, 2020 (or midnight for online gifts). Please donate today.