

The Silver Express

The GF Senior Center's Thanksgiving and Christmas meals will be DRIVE-THRU style once again at the Alerus Center this year.
NO DRIVE-THRU OR SIT-DOWN AT THE SENIOR CENTER ON FEAST DAYS!

Get tickets **NOW!**

**Drive-Thru
Thanksgiving
Feast**

at the Alerus Center*



Tuesday, Nov 15, 2022 | 11:30 am - 12:30 pm

*Each person must have a ticket

Deadline to reserve a ticket: Monday, Nov 7

(If tickets are still available.) You may call after Nov 7 to see if we have any tickets remaining.

Save The Date:
**Drive-Thru
Christmas Feast**
at the Alerus Center*



Tuesday, Dec 13, 2022 | 11:30 am - 12:30 pm

*Each person must have a ticket

Ticket reservations will start Wednesday, Nov 16.

Please do not call before Nov 16. We will not take your reservation until after that date. The deadline to reserve Christmas Feast tickets is Dec 2. You may also call after Dec 2 to check if there are any tickets remaining.

THANKSGIVING FEAST TICKETS

To reserve a ticket for the Thanksgiving Feast, call 701-772-7245 before Nov 7, 2022

CHRISTMAS FEAST TICKETS

To reserve a ticket for the Christmas Feast, call 701-772-7245 between Nov 16 and Dec 2, 2022.

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, or you can pick them up at the GFSC. At the drive-thru, you can pick up meals for others, as long as you have their tickets.

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

Suggested dinner contribution of \$5 for people 60+ and their spouses. A contribution envelope will be included with your ticket(s). 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 General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Assistant Director/Development Officer, Becky Broadwell	701-757-4864
Meals on Wheels (MOW) Coordinator, Grace Hale	701-757-2006
Home Delivered Meals (HDM) Paula Altepeter, Rhonda Stephan	701-780-5169
Resources Manager Stacy Narlock, BSW	701-757-4874
Grand Forks Resources, Bailey Kitko, LBSW	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

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Michael Venaccio

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Clair Zirnhelt

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.

SNOWBIRD ADDRESSES

If you will be going away and you have a different address for the winter, PLEASE contact the Grand Forks Senior Center and let us know! It is especially important to change your address for our monthly Silver Express newsletter or to remove you from that list for the winter. You will then need to contact us when you return, so we can add you back on the mailing list.
Thank you!



Bad Weather

During bad weather, call the GF Senior Center at:
701-772-7245
to find out if we are open. Notice will also be posted on:
www.gfseniorcenter.org
valleynewslive.com and
facebook.com/gfseniors.

From the Director's Chair

by Colette Iseminger



Two things this month: First, thanks to everyone for doing so great with the changes we worked on in October in the drive-thru. Now we move to the next change in the drive-thru meal pick-up. As of November 1st, we will be scanning key tags instead of the manual paper check in. If you do not have a key tag yet, please stop by the front desk and pick one up. Also, you can have multiple active key tags so if you want a set just to keep in your car for the drive-thru, stop by the front desk and get another set. Remember you will need a key tag that has been assigned to EACH person you are picking up a meal for. If you have multiple tags for multiple people, we prefer that you tape them on a sheet of paper so the scanner can quickly scan each one without messing with key chains. For most vehicles, you can just lay the paper flat against your window and we can scan right through the window; perfect for keeping you warm this winter! If you lose your key tag, please stop by the front desk to request another one.

If you do not have a key tag on Nov 1st, you will need to pull over and complete the state required paperwork and we will give you your key tag and meal once that is done. You will need to fill out paperwork for each person you are picking up a meal for, so you are encouraged to get that done ahead of time. New people to the drive-thru will need to complete the state required paperwork on their first day so a key tag can be assigned and scanned, and then they will receive their meal(s).

Second, we have kicked off the Silver Campaign, which is our annual fundraiser. Our meal numbers continue to be way up from pre-pandemic and now the state has notified us that the pandemic ways of getting meals to seniors (drive-thru meal pick-up, grab-n-go, frozen) are here to stay and are now the norm. As inflation continues to cause increases in food prices and everything else, we expect to see even more seniors utilizing our meal options in order to access nutritious meals provided on a suggested contribution basis. And, of course, we are seeing those same cost increases in the food/supplies we purchase, and the staff we employ. I hope you will consider a gift to our Silver Campaign to help us feed the seniors in our community!

'Til next time,

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

Colette Iseminger
Executive Director and Registered Dietitian

Thank you

to Circle of Friends Animal Shelter
for donating gift cards to help older
adults with pet food and supplies.

Tour the Senior Center

Tuesday, November 1 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.



Wish List

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

- Coffee
- Hot Cocoa Mix
- Stickers to decorate MOW bags
- 1 pound weights for exercise classes
- Christmas Decor (See details on pg 6)

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

Visually Impaired Senior Support Group



Tuesday, November 8

(2nd Tuesday of each month)

in the GFSC Activity Room

1 pm - 3 pm

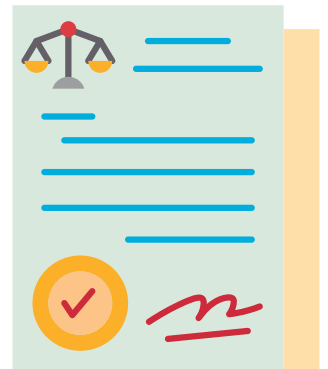
If you have any questions regarding this group, contact Pam at 701-795-2719.

FREE Legal Services

Due to staffing changes, legal services will not be in person until further notice. If you need legal assistance, you may call.

Under age 60 call toll-free 1-800-634-5263
Monday, Tuesday, Thursday between 9 am - 3 pm

Ages 60+ call toll-free 1-866-621-9886
Monday - Thursday between 8 am - 5 pm
Friday between 8 am - 2 pm



Trivia

Tuesday, November 29 at 1 pm

Join us in the Dining Room!



Silver Express 5

TECH **Talk** Class

Thursday, Nov 3 at 10:30 am
at the Grand Forks Senior Center

In November we will be: Learning how to **create a holiday card and order it online.** Bring your laptop, tablet or smartphone and you can create your card during class! Call 701-757-4866 to register. Class size is limited.



Tech Support

November 2 & 16
(Afternoons)

Need help with your cell phone, kindle, tablet, kindle, or Laptop? Call 701-757-4866 to schedule an appointment.

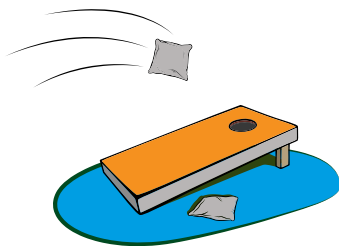


Bean Bag Bash

Tuesday, November 8 at 1 pm

Back by popular demand! We are hosting another indoor Bean Bag Tournament in November.

Get a partner and sign up your team by Friday, November 3 or just come and watch the fun!



Christmas Flea Market

Thursday, December 8
9 am to 3:30 pm

We will be selling donated and gently used Christmas items such



as decorations, Christmas tree decor, knick knacks, lights, & Christmas trees under 6 feet tall. **Liven up your home with new to you items!**

Christmas Flea Market

donations accepted NOW thru November 30.

All items must be Christmas themed with no musty or cigarette smells and clean.



Constant Reader's Book Club

Monday, November 14 at 10:30 am (2nd Monday each month) We will be discussing "Before We Were Yours" by Lisa Wingate. New people welcome! Book for December, "Where the Crawdads Sing" by Delia Owens will be handed out at this meeting.

Joe's Magic Show

Monday, Nov 14
at 1 pm
in the Dining Room



Art with Amanda



Snowman Painting

Monday, November 21
1 pm - 4 pm

Join Amanda as she leads us step-by-step in painting "Let it Snow," an 8x10 snowman painting. There are limited seats available for this class. Cost for the class is \$7 per person. No previous painting experience needed! All supplies are included. Wear clothing suitable for painting. Call Ranea at 701-757-4866 to register.



AARPSM

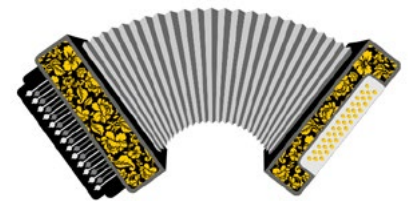


Driver's Safety Class

Wednesday, Nov 2
Noon - 4 pm

Once a month AARP hosts a course that teaches valuable defensive driving skills and also 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!

Cost of the course is \$20 for AARP members and \$25 for non-members. Call 701-772-7245 to register. Class size is limited. There are still spots available for November's class! December's class will be on Dec 7.



Music Monday

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

November 7

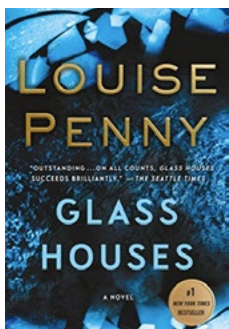
Chuck Gust & Sharon Myron

November 28

Too Old to Die Young



Silver Express 7





Check Out Our Library!

We just received a donation of books by Louise Penny. Stop by the Grand Forks Senior Center Library, located on the 2nd floor and check out our new Louise Penny books, as well as many other books available to borrow at no cost!

November 2022 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7</p> <p>9:30 am Men's Coffee 12:45 pm Wii Bowling League 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday Chuck Gust & Sharon Myron 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>1</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 Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>2</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 per card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment</p>	<p>3</p> <p>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 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>4</p> <p>9:00 am Healthy Bones 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>7</p> <p>9:30 am Men's Coffee 12:45 pm Wii Bowling League 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday Chuck Gust & Sharon Myron 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>8</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 Bean Bag Bash 1:00 pm Farkle 1:00 pm Visually Impaired Support Group 3:30 pm Healthy Bones (Hope Church)</p>	<p>9</p> <p>9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2 per card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>10</p> <p>9:30 am Men's Coffee 1:00 pm Bingo 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>11</p> <p>GFSC CLOSED</p> <p>THANK YOU VETERANS!</p>
<p>14</p> <p>9:30 am Men's Coffee 10:30 am Book Club 12:45 pm Wii Bowling League 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Joe's Magic Show 2:30 pm Ready, Set, Stretch (Hope Church) 3:00 pm Silvertones Practice 3:30 pm Chair Yoga (Hope Church)</p>	<p>15</p> <p>9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee 11:30 am Drive-Thru Thanksgiving Feast 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>16</p> <p>9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment</p>	<p>17</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 Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>18</p> <p>9:00 am Healthy Bones AM 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 9:30 am Men's Coffee 12:45 pm Wii Bowling League 1:00 pm Art with Amanda Snowman Painting (\$7) 1:00 pm Dominoes 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	22 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 Job Opportunities for Seniors 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)	23 9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	24 GFSC CLOSED 	25 GFSC CLOSED
28 9:30 am Men's Coffee 12:45 pm Wii Bowling League 1:00 pm Dominoes 1:00 pm Music Monday Too Old to Die Young 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:00 pm Silvertones Practice 3:30 pm Chair Yoga (Hope Church)	29 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)	30 9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	GFSC Silvertones Choir will have two practices in Nov. Monday, Nov 14 and Nov 28. The group will be practicing Christmas songs at the piano in the dining room.	

November Presentation: Job Opportunities for Seniors

November 22 at 1 pm in the Dining Room

Presentation by National Indian Council on Aging

The National Indian Council on Aging (NICOA), helps older adults find work, develop new skills and talents, and build their financial security by taking advantage of the Senior Community Service Employment Program (SCSEP). SCSEP is an on-the-job training and employment program designed to help those age 55 and older update their jobs skills, build work experience and confidence, and continue to have economic security and well-being. This program is open to all Nationalities.

LIHEAP - Fuel Assistance Program

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, 2022 – May 31, 2023 (or until program funds are used up) and you must reapply each year.

To apply for LIHEAP online go to www.applyforhelp.nd.gov. If you need more information or assistance in completing and submitting the LIHEAP application, please **contact Community Options at 800-823-2417 ext: 140.**

Meal Delivery Volunteers Needed

Home Delivered Meals, located in Altru Hospital, needs volunteers weekdays, from 11 am – 12:30 pm.

Meals on Wheels, located in the GF Senior Center, needs volunteers weekdays, from 10:30 am - Noon.



Both meal delivery programs are in need of substitutes as well!

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

Paid Advertisement



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Medicare Annual Open Enrollment is Just Around the Corner

Medicare Open Enrollment is October 15 through December 7. During this open enrollment period, you can join a new Medicare Advantage Plan or a stand-alone Part D plan, or switch between Original Medicare and Medicare Advantage. Your coverage will begin on January 1 (as long as the plan gets your request by December 7).

As you look for your best health coverage options, don't forget to keep an eye open for scams. Open Enrollment can quickly become an "Open Season" for fraudsters. Watch out for:

- Calls from people who claim they work for Medicare, represent Medicare or are an "official Medicare agent." There is no such thing as a Medicare representative and Medicare will NEVER cold-call you (call you without your permission).
- People who tell you that you MUST join a Medicare prescription plan (known as Part D). Part D Prescription Coverage plans are voluntary, you do not have to sign up for a plan.
- Calls, text messages or emails asking for personal information, such as your Medicare number, Social Security number, or banking information. These are scams!
- Calls from "agents" that threaten or pressure you to enroll in their plan. You will NOT lose your benefits and have the entire Open Enrollment Period (October 15-December 7) to decide.
- Callers who offer you a "free" gift to enroll in their plan...it's illegal!

ENROLLMENT Marketing Violations. Medicare plans CAN'T:

- Call if you don't have a relationship with their company unless you gave permission.
- Send you emails if you haven't agreed to this form of contact.
- Come to your home to sell Medicare products without an invitation.

If you suspect your Medicare number or Social Security number has been compromised, think you have been enrolled in a plan without your permission, or if you have any questions about Medicare fraud, contact your ND Senior Medicare Patrol.

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 or 701-858-3580. 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 National Resource Center (2019 Oct). New York SMP: Medicare annual enrollment period is just around the corner-watch out for scams!

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

Meet Wanda



Wanda joined the Grand Forks Senior Center in August as a kitchen assistant. She grew up on a ranch near the tiny town of Solen, North Dakota. Her family raised cattle, chicken, pigs and sheep, but her favorite animals were the horses.

Wanda first came to Grand Forks to attend the University of North Dakota, and has been here ever since. Over the years she worked at Altru and a local law firm which she has since retired from.

Wanda has four children and eight grandchildren. She is very close with her family and enjoys taking her grandkids to the pool and watching them play a variety of sports.

She found our job posting in the paper and has always thought it would be fun to work in a kitchen. She said the listing stuck out to her right as she was about to throw it away! We are definitely glad she saw it!

Fun Fact: One of Wanda's favorite hobbies is country-western dancing!

Meet Pat



Patricia 'Pat' is our new Flex Nurse. She helps out in footcare once a week, on travel days, and other times as needed. She is from Grand Forks, ND and attended school at Central High School which she graduated from in 1981. She ventured on to Fargo/Moorhead to attend NDSU and Moorhead State to study nursing. After working in Fargo/Moorhead for a bit, Pat moved back to Grand Forks. She went on to get her Masters from UND, and she loved UND so much, she started teaching there! Pat taught nursing classes at UND for 30 years!

Pat retired from UND after the COVID pandemic started, but wanted to continue a position where she would still get to practice as a nurse and be with people, that is when she found our ad in the paper!

In her free time, Pat likes to spend time with her three sons, and their families, which includes seven grandchildren. She also loves going to her cabin by Bemidji, gardening and spending time with her German Shorthair dog, Finn

Fun Fact: Pat had previously worked with Becky and Brenda and had taught a nursing class to Shirley when Shirley went to UND!



Thanksgiving Day

V E T H A N K S G I V I N G
 Q P I E T V E C A R L P X S
 E D T S P Z J C G K O V E K
 Z K E W C U I I E Q F A L L
 F N U F E R M M T U R K E Y
 A L K C E C H P D Y Q N K M
 M H H M E J P U K P D N H M
 I A A Z R L N M C I D L O H
 L R I V P D E Y L V N G L J
 Y V Z P L D V B T O Z V I V
 Q E V I E X I Q R E M D D P
 V S R L A K H N E A H L A O
 B T T G V W M Y N J T O Y A
 R V C R E Z I R P E M I R D
 V S M I S A P P L E R X O N
 D K G M Y R Q C Y C O R N N

CORN
 PIE
 THANKSGIVING
 LEAVES

PILGRIM
 HORN
 HARVEST
 AMERICA

APPLE
 FAMILY
 DINNER
 HOLIDAY

PUMPKIN
 FALL
 CELEBRATION
 TURKEY

Words may be horizontal, vertical or diagonal

Donations & Memorials

Thank you for these donations received September 10, 2022 to October 10, 2022.
A donor's cumulative giving from this period is listed, including Brighter Side Society Members. (Brighter Side Society Members are designated by the * symbol.)

Thank you all for your generosity!

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

- Anderson, Tad and Becky
In memory of Beverly Skelly
- Grant from Enbridge
For senior dining, Meals on Wheels,
Home Delivered Meals

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

- Altru Health Foundation
Grant for HDM Nutrition Pilot Program

Donations of \$250 - \$499

- Grant from UND Jeans Give Back
For Meals on Wheels and Home
Delivered Meals

Donations of \$100 - \$299

- Anonymous
- Berglund, Wayne
- Connell, JoAnn
In memory of JoAnn Johnson, Gene
Martin
- Erickson, Dennis and Cheryl*
- Gray, Irene
- Lofberg, Janice
- Rost, Bob and Donna
- Yelton, Jean

Donations of \$99 and Under

- Belobraydic, Matt and Rochelle*
- Broadwell, Ray and Becky*
- Buckley, Ann*
- Cariveau, George
- Dvorak, Marlene*
- Gormsen, Dorothy
In memory of Don Piper

- Gustafson, Roger and Sharon
In memory of Gary Fillbrandt
- Helgerson, Donna*
In memory of my husband, Arral (AJ)
- Herrmann, Karen*
- Hogan, Shirley
- Holter, Jim and Sharon
In memory of Gary Fillbrandt
- Iseminger, Carl and Colette*
- Janssen, Jerry and Carol
- Lunde, Beverly
In memory of Alan Hefta and
Christopher Westerman
- Lysne, David and Aida
In memory of Magnus Lysne
- Mattern, Alice*
- Novacek, Alta
In memory of Janet Olson
- Parton, Rich and Diana
In memory of Bev Swingen Peterson
- Pedersen, Melvin
- Puffe, Lyle and Jeannie
- Sandberg, Curt and Ione*
For Meals on Wheels
- Schiele, Kathy*
In memory of Don Schiele
- Schumacher, Matt and Jami*
- Sulland, Steve and Linda*
- Thrivent Choice donation from Kathy
Schiele
- Westrum, Brad and Yvonne*
- Zirnhelt, Clair and Ronda*

* Brighter Side Society

If you would like to become an automatic monthly donor, contact Becky at 701-757-4864.

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.

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Medicare Part D Open Enrollment

MEDICARE

PART D

Open Enrollment from Oct 15 to Dec 7, 2022
(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.

4

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

- 1) **Log on to www.medicare.gov** (instructions on page 17) 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) If you don't want to switch your pharmacy, have your **pharmacy complete the comparison process for you.**
- 4) Call **ND Insurance Department** call 701-328-2440 or call toll-free at 888-575-6611. Select option #1 to speak with a Senior Health Insurance Counselor (SHIC) to do a comparison over the phone.

The Grand Forks Senior Center no longer does comparisons as we do not have a contract with ND SHIC. Please utilize one of the options above.

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)

Completing Your Drug Plan Comparison Yourself on 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 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 2023, 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 or call the company.** The phone number for the company is located in the details.
- When confirming your enrollment period, it will be the 'Open enrollment' option.
- Enter your Medicare number (do not include dashes). 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. 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.

Election Day is November 8, 2022



To participate in a City of Grand Forks election, you must be a city resident for at least 30 days prior to the election, be at least 18 years old, a North Dakota resident and a citizen of the USA. There is no formal voter registration process in ND. To vote, simply go to

your designated precinct and present an accepted form of identification.

Elections in GF are administered by the Grand Forks County Auditor's office. Information regarding Absentee Voting and Political Boundaries can be found online at <https://www.gfcounty.nd.gov/information/elections> or by calling the GF County Auditor at: 701-780-8200.

How To Vote on Election Day:

On November 8 from 7 am to 7 pm in Grand Forks, voters can vote at any of the 4 designated election sites in Grand Forks. The designated elections sites are:

- **Alerus Center**
1200 S. 42nd St., GF, ND
- **ICON Arena/Park District Office**
1060 47th Ave. S, GF, ND
- **Home of Economy**
1508 N Washington St. GF, ND
- **Holy Family Church**
1018 18th Ave. S, GF, ND

Early Voting:

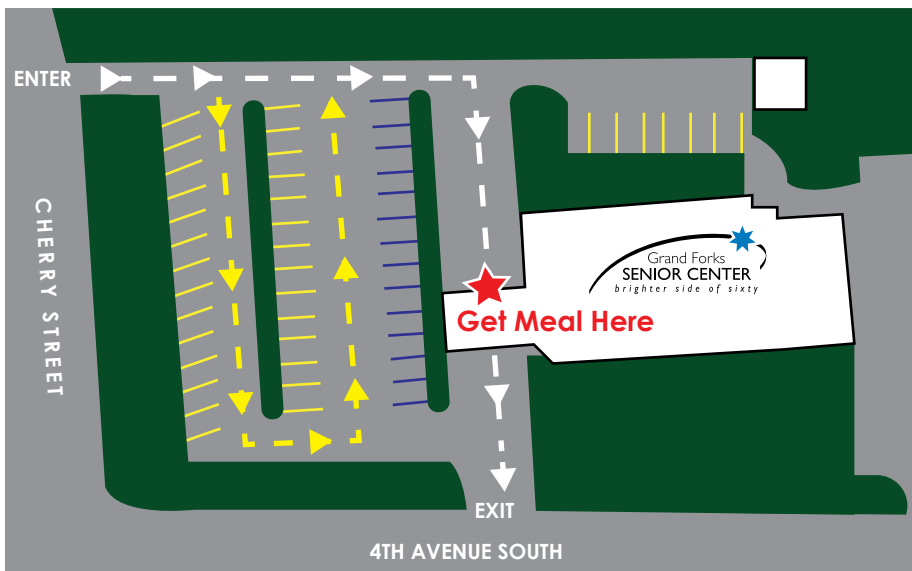
Early voting will be held at the Alerus Center, 1200 S. 42nd St., from Tuesday, November 1, 2022 - Saturday, November 5, 2022

- Tuesday, Nov. 1, 2022 – 10 am – 6 pm
- Wednesday, Nov. 2, 2022 – 10 am – 6 pm
- Thursday, Nov. 3, 2022 – 10 am – 6 pm
- Friday, Nov. 4, 2022 – 10 am – 6 pm
- Saturday, Nov. 5, 2022 – 10 am – 2 pm

Election information obtained from: <https://www.grandforksgov.com/government/city-departments/public-information-center/election>

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.

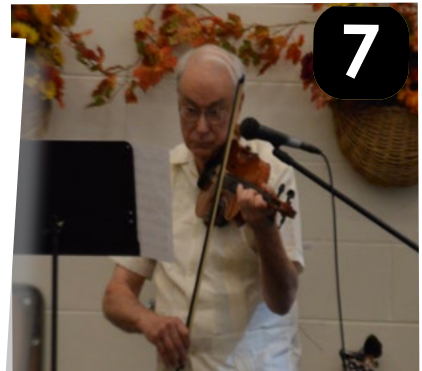
Follow the **white** arrows if the line is short. Follow the **yellow** arrows if the line gets long.

Key tags are required for drive-thru starting November 1st.

Fun in the Center

- 1 Darla's Halloween 'Boo'quet
- 2-5 Mackinac Island Trip
- 6-9 Seniors Got Talent Event

Thank you to all of our talented seniors that performed for Seniors Got Talent!



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 \$25 for foot care.

Foot Care Appointments

APPOINTMENTS AVAILABLE Please call 701-757-4878 to make a foot care appointment at the GF Senior Center (Open Monday-Friday during regular business hours) or at one of the satellite foot care clinics listed here (by appointment only).

Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

Nov 8	Aneta Community Center, 219 Main Ave, Aneta	9:00 am - Finish
Nov 16	Tolna Lutheran Church, 220 Main Street, Tolna	9:30 am - Finish
Nov 30	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish

Guidelines to keep clients and staff safe:

- Nurses are equipped with proper equipment. **Clients will wear a mask correctly during the entire foot care appointment.**
- You must call and reschedule your appointment if you are not feeling well in any way. **If you are unvaccinated, you will need to reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 within two weeks prior to your appointment or you test positive within 10 days prior to your appointment.**



Stay home if you are sick!

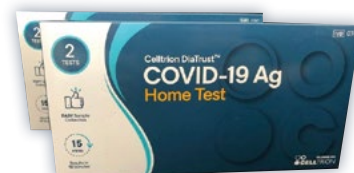
In order to continue with our current schedule, we ask that you **do not come to the Grand Forks Senior Center if you are at all sick**. If we see someone who is sick, you will be asked to leave.

We will continue to have at-home COVID test kits for you to use which you can pick up in the lobby. Take some home to have on hand if needed, and make sure your kits at home are not out-of-date.

If you are positive for COVID, even if you are not sick, you need to stay home for at least 5 days and wear a mask at all times on days 6 through 10.

COVID Test Update

Covid tests with the lot number COVSA1003, which were handed out at the Grand Forks Senior Center, were due to expire on November 21, 2022, but the FDA has now extended the expiration date to May 21, 2023. Additionally, if you have COVID tests from other sources, they may also have an extended shelf life. As time went on and more data was collected, it was determined that the expiration dates were able to be extended without decreasing the accuracy of the products. Not all COVID Test dates were extended. You will need to look it up on the FDA's website if you have a different brand or lot number.



November 2022 - Grand Forks Title III Older Americans Act Food Program

Suggested contribution for seniors is \$2 for Breakfast; \$4.25 for Lunch. 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 for Breakfast; \$11 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 Slices WW Cinn French Toast with Syrup (2 cs) Scrambled Egg 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Sausage Egg WW Muffin (2 cs) 3/4 oz Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Omelet (.5cs) Fried Potatoes (1cs) 1 WW Toast (1cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Eggs Made to Order Hashbrowns (1 cs) 1 WW Toast (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Ham & Egg on WW Muffin (2 cs) 3/4 oz Cold Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)
Monday Lunch: Oct 31	Tuesday Lunch: Nov 1	Wednesday Lunch: Nov 2	Thursday Lunch: Nov 3	Friday Lunch: Nov 4
3 oz Meatloaf (.5cs) OR Baked Fish 1 sm Baked Potato (2cs) 1/2 c Capri Vegetable (.5cs) 1/2 c. Fruit Cocktail Sc (1cs)	Cabbage Rolls (1cs) or 3/4 c Chicken Pot Pie (1cs) 1/2 c Peas (.5cs) 1/4 c Cranberry Sc 2" Pumpkin Crunch Dessert (2cs)	3 oz P/A glazed Pork Chop (.5cs) 1/2 c Boiled Potato (1cs) OR Lasagna (2cs) 1/2 Capri Vegetables (.5cs) 1/2c Pears in gelatin (2cs)	3 oz Cracker Crumb Fish/lemon (.5cs) OR Tangy Baked Chicken 1/2 c Escalloped Potato (2cs) 1/2 c Carrot Krinkles (.5cs) 1/2 c Peach Crisp w/top (2cs)	3 oz Meatballs in brown gravy (.5cs) OR Pork Roast 1/2 c Mashed Potato w/gravy (1cs) 1/2 c Carrots (.5cs) 1/2 c Tropical Fruit (1cs)
Monday Lunch: Nov 7	Tuesday Lunch: Nov 8	Wednesday Lunch: Nov 9	Thursday Lunch: Nov 10	Friday Lunch: Nov 11
Stuffed Pepper (.5cs) OR 3 oz Ginger Pork Chop 1/2 c Parslied Buttered Potato (1cs) 1/2 c Peas (1cs) 1/2 c Mandarin Orange Sc (1cs)	2 oz BBQ Chicken on WW Bun (2cs) OR Tuna Melt (2cs) 1 c Vegetable Soup (.5cs) w/ 2 soda crackers (.5cs) 1/2 c Fruit Cocktail (1cs) 1x2" Bitsy Brownie (2cs)	Baked Fish (.5cs) OR Polynesian Meatballs (.5cs) 1/2 c Boiled Potato (1cs) 1/2 c Harvard Beets (2cs) 1/2 c Bread Pudding w/Raisins (1cs)	3 oz Roast Beef and gravy OR Orange Chicken 1/2 c Mashed Potato w/gravy (1cs) 1/2 c. Squash (1cs) 2" sq Fruited Gelatin (2cs)	CLOSED FOR VETERAN'S DAY HOLIDAY
Monday Lunch: Nov 14	Tuesday Lunch: Nov 15	Wednesday Lunch: Nov 16	Thursday Lunch: Nov 17	Friday Lunch: Nov 18
3oz Chicken Fried Steak-Gravy (1cs) OR Fish Amondine 1/2 c. Mashed Potato w/gravy (1cs) 1/2 c Stewed Tomato (1cs) 1/2 c Apricots (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) 2 oz Cranberries (.5 cs) WW Dinner Roll (1 cs) 1/10 Pumpkin Pie W/Topping (2 cs) MOW, Homestead and Link only Drive-Thru at Alerus. See front cover!	1 c Chix Noodle Casserole (1cs) OR Spaghetti Hotdish (1cs) 1/2 c Broccoli 1 c. Romaine Salad/dressing (.5cs) Sm Molasses Cookie (1cs)	3 oz Swiss Steak (.5cs) OR Herb Chicken 1 sm Baked Potato w/ sr crm (2cs) 1/2 c Broccoli 1/2 c Blushing Pear (1cs)	Salmon OR 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 21	Tuesday Lunch: Nov 22	Wednesday Lunch: Nov 23	Thursday Lunch: Nov 24	Friday Lunch: Nov 25
3 oz Lemon Pepper Fish OR Chicken Strips (.5cs) 1/2 c. M. Potato with crm gravy (1cs) 1/2 c Green Beans 1/2 c Pears (1cs)	2oz Sloppy Joe on WW Bun (2cs) OR Pulled Pork on WW Bun (2cs) 1 c Potato & Corn Chowder (1cs) w/2 soda crackers (1cs) 1/2 c Peach Sauce (1cs)	3 oz BBQ Ribs OR Sweet & Sour Chicken (.5cs) Sm Baked Potato w/ sr crm (2cs) 1/2 c Mixed Vegetables (1cs) Sm Spec K Bar frosted (2cs)	CLOSED THANKSGIVING HOLIDAY	CLOSED THANKSGIVING HOLIDAY
Monday Lunch: Nov 28	Tuesday Lunch: Nov 29	Wednesday Lunch: Nov 30	MENU SUBJECT TO CHANGE WITHOUT NOTICE	
3 oz Meatloaf (1cs) Or Chicken Parmesan Sm Baked Potato w/sr crm (2cs) 1/2 Stewed Tomato (.5cs) 1/2 c Tapioca Pudding (2cs)	3 oz Liver with Onions (.5cs) OR Baked Chicken (.5cs) Sm Baked Potato w/ sr crm (2cs) 1/2 c Yams (1cs) 1/2 c Cherry Cobbler w/top (2cs)	BBQ Pork on WW Bun (2cs) or 2oz Hamb on WW Bun (2cs) 1 c Beef Vegetable Soup (.5cs) w/ 2 Soda Crackers (1cs) sm Cookie (1cs) 1/2 c Fruit Cocktail (1cs)		

Note: Nov 15th: No drive thru or sit down lunch that day at the GF Senior Center. Holiday Thanksgiving meal drive thru at the Alerus Center parking lot 11:30-12:30. TICKETS REQUIRED-Call for yours today.

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

Check other sites for their serving times. Entree choices at the Gand Forks 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 S) unless it is for a holiday meal where noted. Reservations required at the satellite sites listed below. Visit your site within the serving time the day before to make your reservation. Homestead-1639 24th Ave. South 11:45-12 The Link-300 Cherry Street 11:15-11:30
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1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (1cs); and margarine are available with each lunch.

Date: 9/12/2022 Licensed Registered Dietitian #13899 Colette Iseninger Colette Iseninger, MS, RD, LRD

Frozen meals

Are available for pick-up anytime we are open. Call 701-757-4869 to place an order. Frozen meals are a suggested contribution of \$3.50 each. A list of current frozen meals can be found at gfseniorcenter.org/frozenmeals. This list is updated daily.

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

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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.



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Grand Forks Senior Center
November 2022
M-Th: 8 am-4:30 pm; F: 8 am-1:30pm

We will be CLOSED
Nov 11 for Veteran's Day, and
Nov 24 & 25 for Thanksgiving.

Supporting Older Adults through the Silver Campaign

Ensuring the health and safety of older adults is our main priority. While we cannot change an older adult's life circumstances, you have the power to offer them relief.



Seniors rely on the programs offered at the Senior Center. Whether it's a nutritious meal to keep them healthy, care for their feet, services that help them stay at home, or an opportunity to socialize with friends who have similar life experiences.

Great programs like these can only be sustained through the loyal backing of generous donors like you.

Please mail a check, call us (701-772-7245) to donate with a credit card, or go to www.gfseniorcenter.org/donate. Silver Campaign gifts must be received by noon on Friday, December 30, 2022 (December 31 at midnight for online gifts).

Please donate today! Thank you!