



November 2023

The Silver Express

Thanksgiving at the Alerus Center:

10 am	Doors open
11 am	Opening
11:30 am	Meal
12:30 pm	Entertainment Cathy Erickson



Thanksgiving

FEAST FOR SENIORS

Tuesday, November 14, 2023
 SIT-DOWN MEAL AT THE ALERUS CENTER

The GF Senior Center's Thanksgiving Feast (a traditional turkey meal) is back to sit-down this year at the Alerus Center! Drive thru meals will also be available from 11:30 am - Noon at the GF Senior Center! (Tickets for the drive thru Thanksgiving meal are almost sold out!)

Reservations are required for BOTH sit-down at the Alerus Center and drive thru at the GF Senior Center. Each individual must have a ticket. To reserve tickets, stop by the GF Senior Center or call 701-772-7245 for reservations.

Full name, phone number and birthdate needed for each person who would like a meal. Pick up tickets ahead of time at the GF Senior Center (620 4th Ave S) if possible.



Save The Date:



Christmas

FEAST FOR SENIORS

Tuesday, December 12, 2023
 SIT-DOWN MEAL AT THE ALERUS CENTER

Swedish Meatball Meal. Entertainment by Grand Forks Central Madrigal Singers. Drive thru meals will also be available at GFSC from 11:30 to noon. Ticket reservations will start Wednesday, Nov 15. Each person must have a ticket. Please do not call before Nov 15. We will not take your reservation until after that date.
Reservations required.

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
Activities Manager, Amanda Rengstorf	701-757-4866
Bingo Coordinator, Cheryl Ramberg	701-757-4873
Communications Coordinator, Paul McCullough	701-757-4863
Kitchen Supervisor/Head Cook, Gerri Davis	701-757-4871
Sit-Down Meal Information & Frozen Meals, Mary Johnson	701-757-4869
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN, BSN	701-757-4868

GFSC Board of Directors

President

Alice Hoffert

Vice President

Brad Westrum

Secretary

Alice Mattern

Treasurer

Brenda Jobe

Amy Enget

Bobbie Kurtyka

Dave Willprecht

Jason McCarthy

Kari Goelz

Emily Nielsen

Bob Rost

Curt Sandberg

Kathy Snider

Michael Venaccio

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.

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!

Board of Director's Report:

The Board of Directors met on Sept 15th, 2023.

The following are the highlights:

- 2022 Audit was presented by Widmer Roel and approved.
- Personnel-Approval to add a Food Service Manager. Gerri will continue as the Head Cook. Pay scale adjustments for some job positions approved.
- Motion approved for funding to purchase a new coffeemaker. This will depend on the ability to get the machine and get it installed in a timely manner.
- Addition on track for Spring 2024 start date.
- Approval of motion to replace the stage ramp to be ADA compliant and level the bingo machine portion of the stage even with the other part of the stage. Work to begin late fall/early winter.

The next Board of Directors meeting will be December 21, 2023 at 11am in the lower level of the Senior Center. Members are welcome to attend. If a member wishes to speak, you must make arrangements with the President or Executive Director at least one day before the meeting.



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.

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!

Are you trying to contact a specific GFSC department?

Try their direct line.

Meals on Wheels: 701-757-2006

Foot Care: 701-757-4878

Home Delivered Meals: 701-780-5169

Activities: 701-757-4866

Frozen Meals: 701-757-4869 or 701-772-7245

(Cut out this box and hang it up!)

Are you expecting

a call from us?

Save our number in your cell phone with our name so you know it's us calling!

701-772-7245





From the Director's Chair by Colette Iseminger

November is a month that traditionally, we think about all the things that we are thankful for. Here at the Senior Center, we have so much to be thankful for, including all our wonderful volunteers, board members, and businesses that help us out by giving of their time. We certainly would not be doing all we are without this great support. We are thankful for a committed staff that continues to go above and beyond in assisting all of our clients. We are thankful for the diverse clientele who allow us the honor of assisting them in their life's journey.

The senior center receives funding from a variety of sources, including federal, state, county, and the city. We are thankful these sources have continued and allow us to grow and assist an ever-increasing senior population. We are also thankful for all our loyal donors who give donations throughout the year, which allow us to fill gaps in funding.

This November, we kick off our annual Silver Campaign. This year, we focus on hunger as it is a stark reality for many seniors. The Senior Center has a variety of ways to assist seniors in combatting hunger:

- Hot and frozen meals delivered right to their door.
- Hot meals delivered to grab-n-go apartment locations in Grand Forks.
- Hot meals served in our dining room for breakfast and lunch.
- Hot meals for pick up in our senior center drive-thru.
- Frozen meals to pick up for home use.
- Our Resource team assists seniors by assessing the best senior center food options for them. They connect clients with food pantries, commodity packs, and provide applications for SNAP benefits.

We live in a land of plenty, and I encourage you to make a meaningful donation to provide nutritious meals to our seniors. No gift is too large or too small if it is meaningful to you. Be a part of the hunger war that we are waging with your gift and know that your donation is filling the bellies of our seniors.

Thank you in advance for assisting us and **HAPPY THANKSGIVING!**

'Til Next Time,

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

Colette Iseminger,
Executive Director



Activity Info

AARP Driver's Safety

**Wednesday, Nov 1
from Noon - 4 pm**

The 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 are eligible! You can register now for the November class! Cost: \$20 for AARP members, \$25 for non-AARP members (cash/check only). Call the GFSC front desk at 701-772-7245 to register. Class size limited.

KNOX Update

**Thursday, Nov 2
at 7:45 am**

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

COVID Vaccination Clinic

**Friday, Nov 3
from 9:30 am to noon**

Nurses from Welcore will be at the GF Senior Center to administer the Moderna COVID vaccine. Flu vaccinations will also be available during this time. Bring your insurance card. See **page 10** for details.

Homestead Property Tax Credit Presentation

**Monday, Nov 6
at 2:15 pm**

Want to save money on your property taxes? Join the GF City Assessor's Office for a presentation on the homestead property tax credit. Want to learn more about the tax credit before the presentation? Check out the article on **page 13** of this newsletter!

GFSC CLOSED

**Friday, Nov 10
in observance of
Veteran's Day
Thursday, Nov 23 and
Friday, Nov 24
for Thanksgiving**

Tour the Senior Center

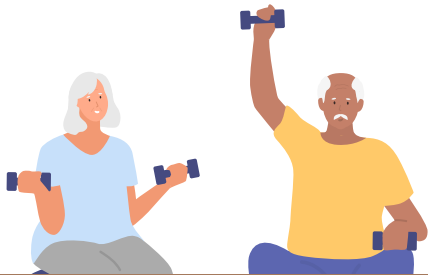
**Tuesday, Nov 7
at 9 am**

Discover what the Senior Center has to offer! Whether you have been attending the Grand Forks Senior Center for years or exploring it for the first time, you will discover something new about our facility and programs. Plan for an hour. You will be seated most of the time. Everyone is welcome!

Music Monday

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

- Nov 6** Peat Moss
- Nov 13** Bean Bags
- Nov 20** The Odds & Ends
- Nov 27** Too Old to Die Young



Monthly Creations



**Wednesday, Nov 8
at 10 am**

Join Amanda as she teaches you how to make this clay pot turkey. Call 701-757-4866 to register. Class size is limited. \$3 for the class.

Bean Bag Bash



**Monday, Nov 13
at 1 pm**

Our annual indoor Bean Bag Tournament is back! Get a partner and sign up your team with Amanda by Wednesday, November 8 or just come and watch the fun! There will be prizes for the winning team.

Visually Impaired Senior Support Group



**Tuesday, Nov 14
at 1 pm**

In the GFSC Activity Room. If you have any questions regarding this group, contact Pam at 701-795-2719.

FREE Legal Services for Seniors

**Thursday, Nov 9
from 9 am - 11 am**

Legal Services of ND provides free legal assistance twice a month at the Grand Forks Senior Center.

Call 701-222-2110 to make an appointment. Dial "330" when the recording starts.

(The recording will not give Grand Forks as an option. The Fargo office makes appointments for Grand Forks.)

Constant Reader's Book Club



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

We will be discussing **Mrs. Kennedy and Me** by Clint Hill.

Book for December, **One Summer: 1927** by Bill Bryson will be distributed at the November meeting.



Thanksgiving

FEAST FOR SENIORS

Tuesday, Nov 14

See the cover for more info about the feast!

Crochet Group



**Thursday, Nov 2
Thursday, Nov 16
at 10 am**

Need help learning a new stitch? Want to learn how to crochet? Crochet group meets the first and third Thursday of every month at 10 am to share ideas and work on projects together. All levels of experience welcome! Join us!

Coffee and Pie with a Cop

**Tuesday, Nov 21
at 1:30 pm**

Join Sergeant Kris Brown in the Grand Forks Senior Center dining room for coffee, pie and conversation. **Pecan pie and ice cream** will be available to purchase for \$2.

November 2023 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>9:30 am Men's Coffee 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:15 pm Homestead Property Tax Credit Presentation 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>7</p> <p>9:00 am Healthy Bones AM 9:00 am 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 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 3:30 pm Healthy Bones (Hope Church)</p>	<p>1</p> <p>9:30 am Wii Bowling League 9:30 am Men's Coffee 9:30 am Game Group 9:30 am Learn to Play Cribbage 12:00 pm AARP Driver's Safety Class 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (GFSC)</p>	<p>2</p> <p>7:45 am KNOX Update 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 Church)</p>	<p>3</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 9:30 am - noon Indoor Vaccination and Covid Booster Clinic 10:00 am Ladies Coffee</p>
<p>6</p> <p>9:30 am Men's Coffee 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:15 pm Homestead Property Tax Credit Presentation 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>7</p> <p>9:00 am Healthy Bones AM 9:00 am 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 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 3:30 pm Healthy Bones (Hope Church)</p>	<p>8</p> <p>9:30 am Wii Bowling League 9:30 am Men's Coffee 9:30 am Game Group 9:30 am Learn to Play Cribbage 10:00 am Monthly Creations 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>9</p> <p>9:00 am - 11:00 am Free Legal Services 9:30 am Men's Coffee 10:00 am AARP Social Security Presentation 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:00 pm Trivia 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>10</p> <p>GFSC Closed In observance of Veteran's Day</p>

GFSC Library

Discover literary treasures at our Senior Center Library! Immerse yourself in a world of reading with a collection featuring books primarily published after 2010. From romance to westerns, thrillers to classics, there's a genre for everyone.

Sign in at the library, select your books, and take them home. When you're done, return them to the designated bin, and our dedicated volunteers will handle the rest.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13</p> <p>9:30 am Men's Coffee 10:00 am Red Hat Society Meeting 10:30 am Book Club 1:00 pm Dominoes 1:00 pm Pinochle 1:00 pm Bean Bag Bash 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>14</p> <p>9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 10:00 am Thanksgiving Feast (Alerus Center Ballroom) 11:30 am Thanksgiving Drive-thru (GFSC) 1:00 pm Vision Support Group 1:00 pm Farkle 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 3:30 pm Healthy Bones (Hope Church)</p>	<p>15</p> <p>9:30 am Wii Bowling League 9:30 am Men's Coffee 9:30 am Game Group 9:30 am Learn to Play Cribbage 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:00 pm Tech Talk: Ride Sharing Apps 3:30 pm Chair Yoga (Hope Church)</p>	<p>16</p> <p>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 Church)</p>	<p>17</p> <p>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>20</p> <p>9:30 am Men's Coffee 1:00 pm Music Monday 1:00 pm Dominoes 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>21</p> <p>9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Weight Management 10:00 am Ladies Coffee 1:00 pm Farkle 1:30 pm Coffee & Pie w/ a Cop 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>22</p> <p>9:30 am Wii Bowling League 9:30 am Men's Coffee 9:30 am Game Group 9:30 am Learn to Play Cribbage 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>23</p> <p>GFSC Closed</p> <p>Happy Thanksgiving!</p>	<p>24</p> <p>GFSC Closed</p>
<p>27</p> <p>9:30 am Men's Coffee 1:00 pm Music Monday 1:00 pm Dominoes 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>28</p> <p>9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Weight Management 10:00 am Ladies Coffee 1:00 pm Farkle 1:00 pm Blue Zones Presentation 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>29</p> <p>9:30 am Wii Bowling League 9:30 am Men's Coffee 9:30 am Game Group 9:30 am Learn to Play Cribbage 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>30</p> <p>9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Trivia 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>Library, computers for senior use and billiards available anytime GFSC is open</p>

The 2023- 2024 available vaccines include:

- **Influenza Quadrivalent** injections for ages 6 months and over, including **High Dose Quadrivalent** for 65+
- **FluMist** for ages 2-49 years old
- **Moderna Covid** for ages 12+

Available by Special Request

- **Shingrix** for ages 50+. 2 dose series
- **Tdap** tetanus, diphtheria, whooping cough

GF Senior Center
Flu & Covid
Vaccination Clinic

Friday Nov. 3rd, 2023
 9:30 AM – 12 PM

Family members are encouraged to come!

Please Bring Your Insurance Card

(A scanned copy or picture of the card is also acceptable)

**Medicare, Railroad Medicare, and
 Medicaid accepted (no co-pay for Flu Shots)**

We File Insurance

We accept insurance from:

Aetna

Blue Cross Blue Shield (any state)

EPNI: Employer Provider Network

Cigna

Health Cost Solution (America's PPO)

Health EZ

Health Partners

Humana

Medica

Medicaid

Medicare Part B (no co-pay)

Medicare Supplements

Medicare Advantage

Preferred One

Railroad Medicare

Sanford Health

TRICARE, Tricare 4 Life

UCare/MHCP

United Health Group

Vaccines for Children (VFC)

We provide free vaccine and low-cost vaccine administration for eligible children including uninsured, underinsured, Native American and Alaska Native.

Questions? Call WelCore Health at (701) 330-4216



Have you always wanted to learn cribbage?

Cribbage is a card game in which the object is to form counting combinations that traditionally are scored by moving pegs on a special cribbage board. Cribbage is a great game to play with 2-4 people!

Jim and Jeanne Hanson will teach you step-by-step how to play!

Wednesdays in November
9:30 am - 10:30 am



BLUE ZONES PROJECT

Blue Zones Presentation:

Tuesday, November 28 at 1:00 pm

Blue Zones Project® engages people in activities that change mindsets and habits in lasting ways, ultimately transforming the places they live, work, learn, and play.

Join us for a presentation to see how the Blue Zones Project is working to improve our quality of life in Grand Forks!

Blue Zones Walking Moai:

Tuesdays at 2:30 pm at the Grand Cities Mall, starting in November
Meet by the customer service desk in the mall.

The concept of a Moai (pronounced moh-eye) emerged in Okinawa, Japan, one of the original blue zones, translates to “meeting for a common purpose.” What is a Walking Moai? Gather with friends, coworkers or neighbors for a weekly walk and talk. Walking Moais blend the power of connection with the physical, mental and emotional benefits of walking. Want to Learn more about Blue Zones? Come to their presentation on November 28th.



Webinar

Thursday, November 16 at 10:30 am

What is a Dietitian Consult and How Can it Help Me?

<https://bit.ly/DietitianConsult>

US: +1 929 205 6099

Webinar ID: 984 0820 6339 Passcode: 012977

AARP® Presentations

AARP, formerly known as the American Association of Retired Persons, is a non-profit organization in the United States dedicated to enhancing the quality of life for people over the age of 50. Founded in 1958, AARP has evolved into one of the largest and most influential advocacy groups for older Americans.

AARP's mission is to empower and support individuals as they age by providing information, advocacy, and services that promote health, financial security, and overall well-being. They work to address various issues affecting seniors, including healthcare, retirement planning, social security, and age discrimination, among others. AARP also offers a range of resources, publications, and programs to help older adults make informed decisions and live fulfilling lives throughout their senior years. In addition to advocacy, AARP provides its members with access to various benefits and discounts on a wide range of products and services.

This month, AARP will be hosting two classes, in addition to their monthly Driver's Safety Course.

Driver's Safety

Wednesday, November 1 from noon to 4 pm
(more info on **page 6**)

AARP Social Security Presentation

Thursday, November 9 at 10 am

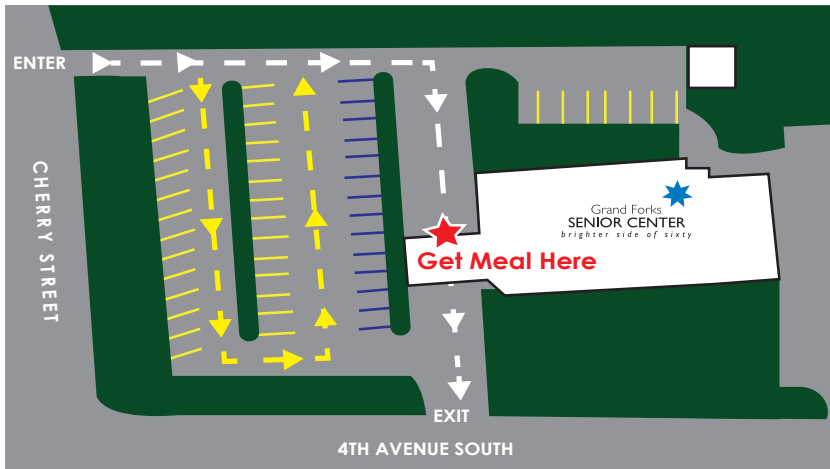
Tech Talk: Using Ride Sharing Apps – by Senior Planet & AARP

Wednesday, November 15 at 3 pm

Apps have changed the way many people get around! This presentation will explore ride sharing apps, which are also known as e-hailing apps. Learn about the two most popular apps — Uber and Lyft — and the pros and cons of them both.

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.

Volunteers Needed!

- **Home Delivered Meals**, located in Altru Hospital, needs delivery volunteers weekdays, from 11 am - 12:30 pm. Call HDM at 701-780-5169, or email HDMeals@midconetwork.com to help.
- **Meals on Wheels**, located in the GF Senior Center needs delivery volunteers weekdays, from 10:30 am - Noon. Please Call Roxie at 701-757-2006, or email mow@gfseniorcenter.org to help.
- **Bingo Volunteers**
- **Tech Support**
- **Dining Room Volunteers**

Wish List



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

Resources Department:

- Large depends
- Commode
- Toilet Riser with handles
- Bathtub safety rail
- Wheelchairs & Transport Chair (19 inches and greater)

Dining Room:

- Coffee

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

amazon
 wishlist



The Grand Forks Senior Center now has an Amazon wish list!

Scan the QR code above with your cell phone (open the camera on your phone and hold over the square), or type <https://rb.gy/bm4xs> in your internet search bar to see what the GFSC needs.

Christmas Flea Market

Thursday, December 7th,
 9 am to 3:30 pm

We will be selling donated and gently used Christmas items such as decorations, Christmas tree decor, knickknacks, 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.





Early Detection Matters. Screening Saves Lives.

Talk with your health care provider about your risk factors for breast cancer, when to start screening, and how often to screen.

Women's Way can help and may provide a way to pay.
Visit hhs.nd.gov/womensway or call 800-449-6636.



GFSC Resources Assistive Equipment

Available to borrow
(for up to three
months)

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

Contributions are appreciated for the short-term use of these items.

The Homestead Property Tax Credit Expansion

The Homestead Property Tax Credit program, which is designed to provide qualified homeowners with a credit to reduce property taxes on their home, has been expanded for the 2023 tax year.

Qualifications have changed: there is no longer a limit on assets, and it only requires:

1. The homeowner to be 65 years of age or older, or permanently and totally disabled
2. Net income of \$70,000 or less.

The expanded program also reduces the credit levels from 6 levels to 2. The levels have changed to the following:

1. If the net income is less than \$40,000, the credit will provide property tax relief of \$9,000 of taxable value, equivalent to \$200,000 of true and full value.
2. If the net income is \$40,001 to \$70,000, the program will provide property tax relief of \$4,500 of taxable value, equivalent to \$100,000 of true and full value

In essence, if your home is assessed at \$200,000 and your net income is less than \$40,000, you will have no tax liability. If your home is assessed at \$200,000 and your net income is between \$40,001 & \$70,000, you will pay general real estate tax on \$100,000.

Please call the City of Grand Forks Assessing Department at 746-2611 for more details or attend their presentation on November 6 at 2:15 pm.

Donations & Memorials

Thank you so much to our generous donors who support older adults! Brighter Side Society Members are designated by the * symbol. The gifts below were received from September 16 to October 16, 2023.

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

Citizens Assistance Program
Grant for Home Delivered
Meals

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

Altru Health Foundation
Grant for Home Delivered
Meals
Community Foundation of GF,
EGF & Region
Grant for Transportation Fare
Assistance

Donations of \$500-\$999

Altendorf, Diane
For coffee maker
Hanson, Karen
ICS, Inc
For Meals on Wheels
Martin, Janell
In honor of Meals on Wheels
volunteers
Tanke, Harold and Jeannette

Donations of \$250-\$499

Ideal Aerosmith
For halloween activities

Donations of \$100-\$249

American Legion Auxiliary Unit #6
For activities and meals
Benson, Ray and Mary
Drees, Ken and Maureen
For Meals on Wheels
Erickson, Dennis and Cheryl*
Lofberg, Janice
Pedersen, Melvin

Stiles, Marlene and Robert
For Meals on Wheels

Donations up to \$100

Anonymous (2)
Belobraydic, Matt and Rochelle*
Broadwell, Ray and Becky*
In memory of Linda Cournia
Buckley, Ann*
Camburn, Neal and Joan
In memory of Charlotte Moen
Dvorak, Marlene*
Hammerstrom, Lloyd (Tooker)*
Hanson, David and Marian
In memory of Charlotte Moen
Helgerson, Donna*
In memory of my husband,
Arral (AJ)
Hoffert, Rodger and Alice
In memory of Linda Cournia
Hogan, Shirley
Horner, Ramona
Iseminger, Carl and Colette*
In memory of Linda Cournia
Iverson, Avis
In memory of Janet Hunt, for
senior meals

Johnson, Gary and Ranea
In memory of Linda Cournia
Kjono, Vicki
Linnell, Marilyn
In memory of Charlotte Moen
Lysne, David and Aida
Mattern, Alice*
Moen, Noel
In memory of Charlotte Moen
Network For Good
Olesen, Duane and Kay
Orwick, Lois
In memory of Charlotte Moen
Puffe, Lyle and Jeanne
Sandberg, Curt and Lone*
For Meals on Wheels
Schiele, Kathy*
In memory of Don Schiele
Schumacher, Matt and Jami*
Sommerfeld, Beverly
In memory of Charlotte Moen
Sulland, Steve and Linda*
Thrivent Choice allocation from
RaeNett Nadeau
Vein, Jerry and Mary*
Venaccio, Michael and Vicki*
Zirnhelt, Clair and Ronda*

Interested in becoming a monthly donor?

Contact Becky at:

701-757-4864

beckyb@gfseniorcenter.org

or visit

www.gfseniorcenter.org/brightersidesociety

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

Daylight Savings Time Ends Sunday, November 5th.
Set your clocks back one hour!

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



Preventing Medicare Fraud

ND SMP Scam of the Month – October 2023

New Rules for Medicare Advantage Plans

Remember the ads from last fall, the ads that William Shatner, JJ Walker and other celebrities appear in to sell you a Medicare Advantage (MA) plan? Beginning September 30th, these advertisements will be more specific to the actual plan they are selling and must avoid using the Medicare logo in a way that could make you think that they represent the federal government.

Medicare Advantage plans provide benefits much like the health insurance plans provided by private employer plans. Typically, you go to a health care provider in their network and if you want to see a provider for specialized care you must obtain prior authorization. The MA plans may also offer additional benefits like prescription drug coverage, dental and vision benefits. With original Medicare, you can see any provider that you choose to see that accepts Medicare. You also need to get a separate Part D drug plan and a supplement/Medigap plan to help pay the 20% Medicare does not cover.

The new regulation requires that anyone selling MA plans must fully explain coverage and benefits available when anyone sees the live ads. This new ruling “will stop misleading marketing schemes by health insurance companies,” according to Health and Human Services Secretary, Xavier Becerra. The new rule will require that a Medicare Advantage advertisement specify the name of the plan it is trying to sell, limit the use of the name Medicare and no longer use images of Medicare cards in their advertisements. Previous advertising led people to think that the toll-free number they were calling went to the federal government’s Medicare program, when in fact, it went to a private broker or insurance company.

Remember, 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, 2024 (if the plan gets your request by December 7).

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General’s Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: ARP Bulletin (June 2023). *New Rules for selling Medicare Advantage*. AARP.org.

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/>

Foot Care Appointments

Is it difficult to take care of your toenails? Is your vision failing or do you have arthritis, which can make this task difficult? Whatever the reason, if you are 60 or over, you can have your foot care done by nurses at the Grand Forks Senior Center. Call today for an appointment. Suggested donation of \$30 for foot care at the Grand Forks Senior Center and \$35 for home visits or visits in rural communities.

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

Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

Nov 1	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
Nov 2	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
Nov 8	McVile Fire Hall, 203 Baldwin Street, McVile	9:30 am - Finish

Revised guidelines to keep clients and staff safe:

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

Please help to keep our nurses healthy to serve you!

- *If you are having a procedure or surgery done, please check with your doctor to see when it is safe to have foot care done before and after.*

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



Fun In The Center

1-7 Oktoberfest at the Senior Center (NA beer and pretzels included).

8-9 The GFSC Resources at a conference, Public Relations at UND Volunteer Expo

10 Medication Take Back Event: over 28 lbs of medication was collected!

11-13 Photos from October Monthly Creations: Mummy Paintings

14-17 Photos from Rydell Toy Shop Tour

18 GFSC Staff tours the new Altru facility (under construction)

19 Grant Sorlie tuned the piano in the Dining Room. Thank you, Grant!





GF SENIOR CENTER EXERCISE CLASSES

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

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

Healthy Bones AM: T & F at 9:00 am (*GFSC*)

Healthy Bones Parkview: M, W & F at 8:30 am (*Parkview Terrace - 2396 27th Ave S*)

Healthy Bones PM: T & Th at 3:30 pm (*Hope Church*)

Beginner Tai Chi for Arthritis & Fall Prevention: T & Th at 1:30 - 2:00 pm (*GFSC*)

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

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

Requirements

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

Paid Advertisement

 **Edgewood**
Cottage Homes
www.edgewoodcottagehomes.com



A 55+ community in
South Grand Forks

FOR SALE

MEGGEN SANDE

701.330.3638



msande@greenbergrealty.com | greenbergrealty.com

November 2023 - Grand Forks Title III Older Americans Act Food Program

Suggested contribution for seniors is \$2 for Breakfast; \$4.25 for Lunch. Please contribute what you can. Cash, Check, EBT/SNAP and Credit Cards are accepted at the GFSC. You may call 701-772-7245 to pay with your card. Those under 60 years are required to pay the actual cost of the meal unless your spouse is over 60. The actual cost of the meals are: \$6.50 for Breakfast; \$11.75 for Lunch. The second entree option is available for sit-down meals at the Senior Center. Menu is subject to change based on availability of food and supplies.

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
Ham & Egg on WW Muffin (2 cs) 3/4 oz Cold Cereal (1 cs) 1/2 c Fruit Sauce or OJ (1 cs) 8 oz 1% Milk (1 cs)	2 Slices WW Cinn French Toast Scrambled Egg 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 Hashbrown Patty (1 cs) 2 WW Toast (2 cs) 1/2 c Fruit Sauce or OJ (1 cs) 8 oz 1% Milk (1 cs)	Baked Egg (1cs) Fried Potatoes (1cs) 1 WW Toast (1cs) 1/2 c Fruit Sauce or OJ (1 cs) 8 oz 1% Milk (1 cs)	Omelet (.5cs) 2 WW Toast (2cs) 1/2 c Fruit Sauce or OJ (1 cs) 8 oz 1% Milk (1 cs)
Breakfast: Toast with a meal includes margarine, jelly and peanut butter choices; Syrup, SF syrup and margarine are available with pancake, waffle and french toast meals.				
Monday Lunch: Oct 30	Tuesday Lunch: Oct 31	Wednesday Lunch: Nov 1	Thursday Lunch: Nov 2	Friday Lunch: Nov 3
3 oz Bk Chix Fried Steak (.5cs) or S&S Meatballs (.5cs) 1/2 c M. Potato/gravy (1cs) 1/2 c Glazed Carrots (.5cs) Small Orange (1cs)	8 oz Hung Goulash (1cs) or Chix Wild Rice Cass (1cs) 1/2 c Green Beans 1 c. Tossed Salad/dressing 1/2 c Candy Corn Fruit (1cs) 1 WW Bread (1cs)	3oz Meatloaf (.5cs) or Pork Roast 1/2 c M. Potato/gravy (1cs) 1/2 c Brussel Sprouts 1/2 c. Fruit Cocktail (1cs)	3oz Swedish Meatballs (1cs) or Salmon 1/2 c. Parslied Noodles (1cs) 1/2c Multicolor Carrots 1/2c Apple Crisp/Topping (2cs) 1 WW Bread (1cs)	Cheese Ravioli w/Sauce (1cs) or Chix Kiev over Rice Blend (1cs) 1c Spinach/tomato Salad/dressing (1cs) 1/2c Peas (1cs) 1 WW Bread (1cs) 1/2 c Tropical Fruit (1cs)
Monday Lunch: Nov 6	Tuesday Lunch: Nov 7	Wednesday Lunch: Nov 8	Thursday Lunch: Nov 9	Friday Lunch: Nov 10
3oz Swiss Steak/gravy or Chicken in Gravy 1/2 c. M. Potato/gravy (1cs) 1/2c Carrots 1 small Orange (cs)	3oz Italian Chicken on WW Bun (2cs) or Sloppy Joe on WW Bun (2cs) 8 oz Tomato Soup (.5cs) 1/2 c. Steamed Broccoli 1/2 c Cherry Sc. (1cs) No bread	3 oz Roast Beef w/gravy or Pork Chop in gravy 1/2c M. Potato/Gravy (1cs) 1/2c Sweet Potato(1cs) 1/2 c Peach Crisp/Topping (2cs)	8 oz Chili (1cs) or Crax Crumb Fish (.5cs) 1/2c Mixed Veggies (.5cs) Sm Baked Potato (1cs) 2"x2" Cornbread (1cs) 1/2 c Pears (1cs) no bread	CLOSED FOR VETERAN'S DAY HOLIDAY
Monday Lunch: Nov 13	Tuesday Lunch: Nov 14	Wednesday Lunch: Nov 15	Thursday Lunch: Nov 16	Friday Lunch: Nov 17
3oz Baked Fish or Apple Spiced Pork Chop (.5cs) 1/2c Squash (1cs) 1/2 c Mixed Veggies (.5cs) 1/2c Applesauce w/Cinn (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) No Entree Choice Today See Note Below	3oz BBQ Chicken(1cs) or Applesauce Ribs(1cs) Sm Baked Potato (1cs) 1/2c Green Beans 1/2c Pears (1cs)	Beef Enchilada (2cs) or S&S Chix over Rice (1cs) 1/2 c Seasoned Black Beans (1cs) 1/2c Corn (1cs) 1/2c Mandarin Oranges (1cs) No Bread	Chicken Pot Pie (1cs) 1/2c Stewed Tomatoes (.5cs) or Taco Salad (3cs)/Salsa Lettuce/Tomato/BI. Olives Tortilla Chips (1cs) 1 WW Bread (1cs) 1/2 c. Peaches (1cs)

Monday Lunch: Nov 20	Tuesday Lunch: Nov 21	Wednesday Lunch: Nov 22	Thursday Lunch: Nov 23	Friday Lunch: Nov 24
3oz Herbed Chicken or Liver/Onions 1/2c Scalloped Potatoes (1cs) 1/2c Multicolored Carrots 1/2c Applesauce w/Cinn (1cs)	3oz Ham or Lemon Pepper Tilipia Sm Baked Potato (1cs) 1/2 Roasted Brussel Sprouts 1/2c Tropical Fruit (1cs)	2x3" Lasagna (2cs) 8oz Chix Noodle Casserole(2cs) 1/2c Green Beans 1c. Romaine Salad/dressing (.5cs) 1 WW Bread (1cs) 1/2c Peach Crisp/Topping (2cs)	CLOSED THANKSGIVING HOLIDAY	CLOSED THANKSGIVING HOLIDAY
Monday Lunch: Nov 27	Tuesday Lunch: Nov 28	Wednesday Lunch: Nov 29	Wednesday Lunch: Nov 30	
3oz Crispy Chicken (1cs) or Fish Almondine 1/2c Sweet Potato (1cs) 1/2c Steamed Broccoli 1/2c Peach Sc (1cs)	Stuffed Shells in Sauce (2cs) or 8oz Chix Wild Rice Cass (2cs) 1/2c Wax Beans 1 WW Bread (1cs) 1/2c Mandarin Oranges (1cs)	3oz Porcupine Meatballs (.5cs) or Cabbage Roll (.5cs) 1/2c M. Potato/Gravy (1cs) 1/2c Green Beans 1/2c Pear Crisp/Topping (2cs)	3oz Salmonloaf (.5cs) or P/A Glazed Pork Chop (.5cs) 1/2c M. Potato (1cs) 1/2c Creamed Mixed Veggies (.5cs) 1/2c. Tropical Fruit (1cs)	MENU SUBJECT TO CHANGE WITHOUT NOTICE

Note: Nov 14th: No sit down lunch that day at the GF Senior Center. Sit down Holiday Thanksgiving meal at the Alerus Center 11:30am. Drive Thru at GF Senior Center 11:30-12. TICKETS REQUIRED for both-Call for yours today. MOW, HDM, Homestead & Link meals (turkey menu) delivered at normal times.



Breakfast (8:30-9am), Lunch (11:45-12:15). Served at the Grand Forks Senior Center. Drive Thru 11:30-noon. Check other sites for their serving times. The state now allows you to take home your leftovers. Please bring your own containers and a cooler if your items need refrigeration.	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); 2 Whole Wheat Bread (unless noted) (2cs); and margarine are available with each lunch.

Date: 9/20/2023

Licensed Registered Dietitian #13899

Colette Iseminger, MS, RD, LRD

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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**Do you have difficulty leaving home?
Our doctor and nurse practitioners
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**Contact us
today!**



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Paid Advertisement

**Thank you for
trusting us with
life's most
tender moments.**

hrrv.org | (800) 237-4629



Celebrating **40** Years

**ND Aging &
Disability
Resource Link**

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

Phone:
1-855-462-5465
Website:
carechoicend.
assistguide.net



**Transportation
to FARGO**

The Walsh County Transportation Program takes a bus to Fargo the second Monday of each month for \$15 round trip. The bus departs at 9:00 am from the I-29 South Truck Stop (Flying J) in GF and leaves Fargo at 3:00 pm to come back. Call 701-284-7980 by noon the Friday before for reservations.

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



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

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www.facebook.com/gfseniors

Non-Profit Organization
Permit #20
U.S. Postage Paid
Grand Forks, ND



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

Closed Friday, November 10
(In Observance Veteran's Day)
November 23, 24
(Thanksgiving)

Supporting Older Adults with a Gift to the Silver Campaign

Everyone understands what it feels like to be hungry. Our stomachs start rumbling. We get irritable. It becomes hard to think straight. To make those symptoms go away, we eat something. Our bellies are full, and we are content.

It's not always that easy for older adults. One in two seniors who live alone lack enough income to meet their basic needs. And many are unable to stand long enough to make a meal.

Hunger is a stark reality for many seniors. On average, the Senior Center serves between 400-500 meals each day. Your support will make sure seniors continue getting nutritious meals to fill their bellies.

Will you make a donation of \$100, or whatever you can give?

You should have received a letter in the mail with a reply envelope. 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 29, 2023 (December 31 at midnight for online gifts). Please donate today! Thank you!

