



Oct 2020

The Silver Express

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

The GF Senior Center's Thanksgiving meal (a traditional turkey meal) will be served drive-thru style at the Alerus Center this year. **To reserve a ticket, call 701-772-7245 with 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.

Deadline to reserve a ticket: Monday, November 9 (if tickets still available at this point).

On Tuesday, November 17, 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.

No Drive-thru at the Grand Forks Senior Center this day

Grand Forks Senior Center (GFSC) Phone Numbers

GFSC is an United Way Partner Agency



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

GFSC Board of Directors

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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. 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 and let Jami know.



The Silver Express[®]

October 2020



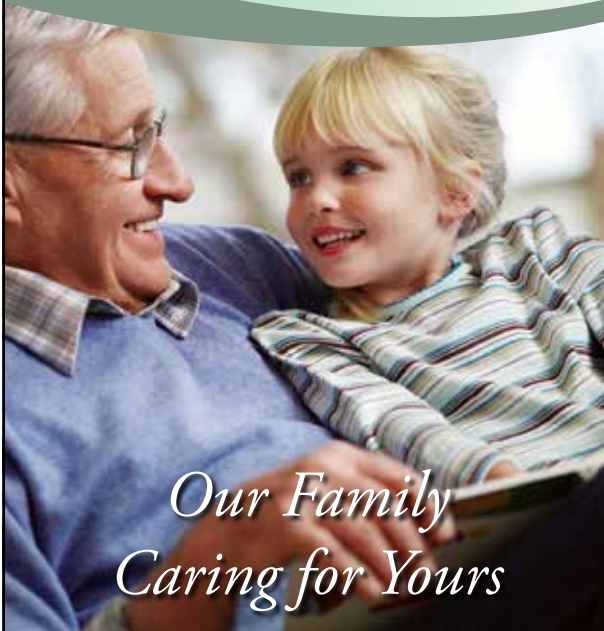
New Location for GFSC Exercise Classes Beginning Monday, October 5

All GF Senior Center's exercise classes will be at HOPE CHURCH CONNECTIONS CENTER starting Monday, October 5. Park at the Hope Church entrance of Grand Cities Mall. First room on the right is the Connections Center. It's a great spacious and private room. No need to bring chairs anymore, they will be supplied. Still bring your water bottles. Questions? Call 701-757-4866 or check out www.gfseniorcenter.org/physicalactivities.

NOTE: Many of our regular items are on different pages because there are multiple pages that may potentially be torn out of the newsletter.

- 4 From the Director's Chair and Introducing . . .
- 5 August Board Report and Flu Shot Clinics
- 6-7 Flu Vaccine Info & Form
- 8 Donations & Memorials
- 9 Book Club Info & Foot Care Appointments
- 10-13 Medicare Part D Open Enrollment Info & Forms
- 14 Absentee Ballot Info
- 15 October Menu
- Back Meal Delivery Volunteers Needed

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



Please take extra precautions to remain safe as Grand Forks' COVID-19 positive cases are at high levels. **Wear a mask** when you are out and about, even if not required.

Follow us on Facebook for the most current information as so many things are changing quickly. To do this, go to www.facebook.com/gfseniors and click the 'Like' button.

We have a busy fall season planned as you can see in this newsletter. We may not have

our doors open, but we are busy inside.

Be sure to **carefully read the information in this newsletter**, in particular the pages regarding drive-thru flu shots, Medicare Part D Open Enrollment assistance, and our Thanksgiving Feast drive-thru at the Alerus Center.

Stay safe!

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

Thank you to Quality Lawn Care (Eric and Elly Morrison) for their In-kind gift of summer weed control and fertilization application.

Introducing . . . Grace and Marietjie



A big welcome to **Grace Hale**, who is our new Meals on Wheels coordinator. Grace was born and raised in Indianapolis and is the middle child out of three. She moved to Grand Forks in July with her two cats and her partner, who works for and attends the University of North Dakota. She has been playing viola since 5th grade. Grace loves yoga and just started learning embroidery.

She is excited to work for the Senior Center because she enjoys being of service to her community and there's no better way to learn about the town than by meeting and talking to residents. Grace loves getting to know people and her favorite thing so far is to ask people their advice for how to weather her first North Dakota winter.



Welcome to **Marietjie van Straaten**, our new Home Delivered Meals kitchen assistant. We are grateful to have Marietjie on staff.

August 2020 Board Report

The Board of Directors held a special meeting on August 20, 2020. The following motions were approved:

- The two current board openings will be appointed at the September or December meetings.
- The United Way Community Emergency Relief Fund Agreement was approved.
- The Phased Reopening Plan was approved. This was printed in the September *Silver Express* newsletter.

Drive-thru Flu Shot Clinics



for the regular influenza vaccination for the 2020-2021 flu season

Open to the Public for All Ages

WelCore Health, outfitted in personal protective equipment, will be under the canopy at the Grand Forks Senior Center (620 4th Ave S) to administer flu vaccinations. Enter from Cherry St and exit on 4th Ave S. **You will stay in your vehicle the entire time. Please tear out and fill out the form found on page 7. If you need more than one form, call the Senior Center ASAP at 701-772-7245 and we will mail you a second form. Have your form completed before coming through the drive-thru. Each person who would like to receive a flu shot must have a completed form and be wearing a mask while receiving the flu shot.**

Presently, WelCore Health can take Medicare and no co-pay is necessary. WelCore Health also accepts most insurances (Sanford, Blue Cross Blue Shield, Humana, etc.). Please be sure to bring your insurance card. For more information, call 701-330-4216.

Mon, Sept 28	1-4 pm
Wed, Sept 30	1-4 pm
Mon, Oct 5	1-4 pm
Wed, Oct 7	1-4 pm

All flu shots clinics will take place in the Grand Forks Senior Center drive-thru under the canopy. Come in from Cherry St and exit on 4th Ave S. **Please DO NOT come before 12:15 pm; we are doing meals until then.**



There will be drive-thru flu shot clinics at the GF Senior Center (see front cover). Before coming for your flu shot, please read the info on this page and then BRING WITH YOU THE FORM FROM THE NEXT PAGE ALREADY FILLED OUT. IMPORTANT: EACH PERSON NEEDS THEIR OWN FORM. If you need an additional form, call us ASAP at 701-772-7245 and we will mail an additional form out to you.

VACCINE INFORMATION STATEMENT

Influenza (Flu) Vaccine (Inactivated or Recombinant): *What you need to know*

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Why get vaccinated?

Influenza vaccine can prevent **influenza (flu)**.

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer or diabetes, flu can make it worse.

Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year.

2 Influenza vaccine

CDC recommends everyone 6 months of age and older get vaccinated every flu season. **Children 6 months through 8 years of age** may need 2 doses during a single flu season. **Everyone else** needs only 1 dose each flu season.

It takes about 2 weeks for protection to develop after vaccination.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Influenza vaccine **does not cause flu**.

Influenza vaccine may be given at the same time as other vaccines.

3 Talk with your health care provider

Tell your vaccine provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any **severe, life-threatening allergies**.
- Has ever had **Guillain-Barré Syndrome** (also called GBS).

In some cases, your health care provider may decide to postpone influenza vaccination to a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Your health care provider can give you more information.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Site _____ Date _____

WelCore Health, LLC. 718 Oak Street, Grand Forks, ND 58201-4460
 EIN: 27-5414185, NPI: 1760780126, Office: 701-330-4216, Fax 1-800-958-7702
maggiesoeb@gmail.com, www.welcorehealth.com (August 2020)

Print: Last Name, First Name, Middle Initial:	Date of Birth:	Age:	Circle one: Male Female	Native American or Alaska Native? (circle) Yes No	Can we text or e-mail you with questions? (circle) Yes No
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Mailing Address:	City, State, 9 Digit Zip Code:	MANDATORY: Phone Number (include area code), Email (optional)
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We accept the listed insurances. Circle your insurance.	Health Cost Solution	Medica *	Preferred One	Tricare 4 Life
Aetna	Health EZ	Medicaid	Railroad Medicare	United HealthCare
Blue Cross Blue Shield	Health Partners	Medicare	Sanford Health *	UCare/MHCP
Cigna	Humana	Medicare Advantage Plans	Tricare West	Uninsured

***Not all insurance plans cover vaccines by WelCore Health. You are responsible for the cost of the vaccine if your insurance does not pay. Call the number on the back of your insurance card to check for coverage.**

Insurance Policy holder: How are you related to person being vaccinated? Self _____ Parent/Guardian _____ Spouse _____

Last Name _____ First Name _____ MI _____ Date of Birth _____ Male/Female _____

Policy/Member ID Number _____ Group Number _____

Medicaid #: _____ **Medicare Part B:** _____ **Medicare Supplement / Policy Number** _____

For uninsured **children** we request a \$20.99 donation to cover vaccine administration. *No child will be turned away regardless of the ability to pay for vaccine administration. (cash/ check, payable to **WelCore Health**). **Vaccine is free for those 18 years and younger who are American Indian, Alaska Native, on Medicaid, are Uninsured or Underinsured (insurance doesn't cover vaccines).**

Please circle a response.

Yes	No	Has the person to be vaccinated had a serious reaction to a vaccine in the past (such as a seizure)? Describe Symptoms:
Yes	No	Has the person to be vaccinated had Guillain-Barre Syndrome after a vaccine?
Yes	No	Flu vaccine for children 6 months – 8 years: Has your child received a total of at least 2 doses of flu vaccine in the past? <i>If no or unknown give 2 doses four weeks apart. If yes, give 1 dose.</i>
Yes	No	Is the person to be vaccinated pregnant, breastfeeding, immunocompromised, have asthma, wheezing, is 2-17 years old on aspirin therapy, diabetic or have other chronic diseases? (Do not get Flumist if you answered yes to any of these questions)

ACKNOWLEDGEMENT, AUTHORIZATION & ASSIGNMENT OF BENEFITS: A copy of the Vaccine Information Statement has been provided. I have read the information. I had an opportunity to ask questions and believe I understand the benefits and risks of the vaccine. **I consent to the administration of the vaccine to be given to the person named above and I am authorized to give this consent.** Information collected on this form will be used to document authorization of receipt of vaccine and I consent to the exchange of this information with the ND Immunization Information System and with other entities in accordance with ND Century Code 23-01-05.3. As an individual I am legally obligated to pay for medical services provided to the client or a guarantor of payment, **I agree to pay and am financially responsible** for the established charges provided to the client not covered by third-party payers. I assign and **authorize any third-party payer/insurer** to make direct payment to WelCore Health. I authorize the release of any medical or other information necessary to process this claim. I acknowledge that I have been provided with WelCore's Notice of Privacy Practices. It is available online at www.welcorehealth.com.

SIGNATURE OF PATIENT OR LEGAL GUARDIAN _____ **Date** _____

OFFICE USE ONLY:							
Vaccine	Route	Vis Date	Mfg.	Lot Number	State or Private	Admin. Site	Nurse's Initials & Date
Influenza Inactive	IM	08/15/2019	Seq SP GSK		S P	RD LD RT LT	
Flumist	Nasal	08/15/2019	AZ		S P	Nose	

Assessment/ Teaching Nurse:
 Does the person to be vaccinated feel ill today? Yes/No _____ Comments: _____

Donations & Memorials

Thank you for these donations received August 19, 2020 to September 13, 2020.
A donor's cumulative giving from this period is listed.

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

- RETRAX Holdings

Donations of \$500 - \$999

- Anonymous
- Hoeger, Gordon and Dorothy
- South Forks Lions Club - For Home Delivered Meals

Donations of \$250 - \$499

- Altendorf, Diane - In memory of Bob Harper
- Camburn, Neal and Joan

Donations of \$100 - \$249

- Anonymous
- Aubol, Linda
- Barrett, Joyce - For Meals on Wheels
- Erickson, Dennis and Cheryl
- Friends & Family of Eleanora Arntz - In memory of Eleanora Arntz
- Gangelhoff, Harold - In memory of Mary Ann Gangelhoff
- Jeska, Joann
- O'Connell, Tom and Peggy
- Staveteig, Robert
- Thompson, Rod and Bonnie
- Walker, Mike and Diane - In memory of Lloyd Staveteig
- Youshefski, Jean

Donations of \$99 and Under

- AmazonSmile
- Applegren, Ralph and Dawn - In memory of Eleanora Arntz
- Connell, JoAnn - In memory of Peg Rawson
- Hanley, Yvonne - In memory of James Hanley
- Herrmann, Karen - In memory of Peggy Rawson
- Hoffert, Rodger and Alice - In memory of Eleanora Arntz
- Hogan, Shirley - For Meals on Wheels
- Jaeger, Adeline - In memory of Dell & Tracy Weisert
- Larson, Kimberly - In memory of Mary Herbeck
- Lunde, Beverly - In memory of Rose Hefta, Kari Kolstoe
- Lysne, David and Aida - In memory of Magnus M Lysne
- Mahnke, Vickie - In memory of Eleanora Arntz, Adeline Herald
- McCue, Kathy - For Meals on Wheels
- McKenna, Terry and Mary Ann - In memory of Stan Hoistad
- Nelson, Dennis and Pamela - For Meals on Wheels

- Pedersen, Melvin - In memory of Lila Pederson
- Phalen, Ruth
- Rowan, Lexi, Kieiley from their lemonade stand (Thank you, kids!)
- Scheffer, Betty - In memory of Eleanora Arntz
- Stenvold, Thomas and Twyla - In memory of Eleanora Arntz
- Swen, Olive - In memory of Eleanora Arntz

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

Do You Have a Book Club Book at Home?

For those of you who have been participating in the GF Senior Center/GF Public Library book club and still have one of the books at your home, the library needs it back. They are presently missing 21 copies of three different books. Please drop these off as soon as you can at one of the GF Public Library's outside book drop locations in the community: at the library, at Choice Health & Fitness, or at the YMCA.

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.

Oct 7	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Oct 8	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Oct 15	Lutheran Church of McVille 112 W Vail Ave, McVille	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 ahead of time to place order) or delivery arrangements made if necessary; and our **Meals on Wheels and Home Delivered Meals programs.** Questions? Call 701-772-7245.

Medicare Part D Open Enrollment

MEDICARE

PART D

**Open Enrollment from Oct 15 to 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.

4

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

- 1) **Log on to 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). Forms and instructions for this option are on page 12, with a duplicate form on page 13 if there are two people in your household who need a plan comparison. **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

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 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

The forms on pp 12-13 are duplicates. Use if you need for two seniors in your household.

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 _____ 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:

- Medicaid
- Medicare Savings Program
- Unsure
- Supplemental Security Income
- Extra Help from Social Security
- 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

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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

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

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.

Absentee Ballot Info

For the upcoming election, mail-in voting is an option. For GF County residents, you can immediately call 701-780-8200 and request an absentee ballot **APPLICATION** be sent to you or fill out the application at www.gfcounty.nd.gov/election. On **Sept 24** (and continuing after), **BALLOTS** are being mailed out. It is important to fill out **BOTH** your application for a ballot **AND** the actual ballot (once you get it) as soon as possible and then return it as soon as possible. You can either mail it back or **DROP IT IN THE DROP BOX** located in the ramp (street level) behind the GF County building. Alerus Center will be a polling site on Election Day (Nov 3) and an early polling site seven days before that.

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

OCTOBER 2020 - Grand Forks COVID 19 Senior Meal Menu

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

Monday Lunch:	Tuesday Lunch:	Wednesday Lunch:	Thursday Lunch: Oct 1	Friday Lunch: Oct 2
MENU SUBJECT TO CHANGE WITHOUT NOTICE	DRIVE THRU MEAL PICK UP AT THE GRAND FORKS SENIOR CENTER FROM 11:30AM-12:15; DINING ROOM IS CLOSED UNTIL FURTHER NOTICE		3 oz Roast Beef 1/2 c Mashed Potato w/gravy (1cs) 1/2 c. Squash (1cs) 2" sq Fruited Gelatin (2cs)	3 oz Baked Fish 1 sm Parslied Potato (1cs) 1/2 c Glazed Carrots (1cs) 1/2 c. Cherry Sc (1cs)
Monday Lunch: Oct 5	Tuesday Lunch: Oct 6	Wednesday Lunch: Oct 7	Thursday Lunch: Oct 8	Friday Lunch: Oct 9
3oz Chicken Fried Steak (1cs) 1/2 c. Mashed Potato w/gravy (1cs) 1/2 c Stewed Tomato (1cs) 1/2 c Mand Oranges (1cs)	2oz Hamburger on WW Bun (2cs) 1 c Beef Vegetable Soup (.5cs) 1/2 c Fruit Cocktail (1cs) Sm Chocolate Chip Cookie (1cs)	3 oz Baked Tilapia (.5cs) 1/2 c Parslied Potato (1cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Peach Sc (1cs)	3 oz Beef Tips in Gravy 1/2 c Buttered Egg Noodles (1cs) 1/2 c Green Beans 1/2 c Apple Crisp w/top (2cs)	3 oz Swiss Steak (.5cs) 1 sm Baked Poato (2cs) 1/2 c Broccoli 1/2 c Blushing Pear (1cs)
Monday Lunch: Oct 12	Tuesday Lunch: Oct 13	Wednesday Lunch: Oct 14	Thursday Lunch: Oct 15	Friday Lunch: Oct 16
3 oz P/A glazed Pork Chop (.5cs) 1/2 c Boiled Potato (1cs) 1/2 Capri Vegetables (.5cs) 1/2c Pears (1cs)	3/4 c Turkey Pot Pie (1cs) 1/2 c Peas (.5cs) 1/4 c Cranberry Sc (1cs) 2" Pumpkin Crunch Dessert (2cs)	3 oz Lemon Pepper Fish 1/2 c. M. Potato with crm gravy (1cs) 1/2 c Green Beans 1/2 c Fruit Cocktail (1cs)	2oz Sloppy Joe on WW Bun (2cs) 1 c Tomato Soup (1cs) 1/10 Dutch Apple Pie w/top (2cs) 1/2 c Applesauce w/cinn (1cs)	3 oz BBQ Ribs Sm Baked Potato (2cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Applesauce w/cinn (1cs)
Monday Lunch: Oct 19	Tuesday Lunch: Oct 20	Wednesday Lunch: Oct 21	Thursday Lunch: Oct 22	Friday Lunch: Oct 23
3oz BBQ Chixburger on WW Bun (2cs) 1c. Pot & Corn Chowder(1cs) 1/2 c Pineapple Chunks (1cs) Sm Oatmeal Raisin Cookie (1cs)	3oz Meatloaf (.5cs) Sm. Baked Potato (2cs) 1/2 c Ck Carrots (.5cs) 1/2 c Fruit for Salad (1cs)	3 oz Salmonloaf (.5cs) 1/2 c. Mashed Potato (1cs) 1/2 c Creamed Peas (1cs) 1/2 c Mand Oranges (1cs)	Taco Salad (2cs) 1/2 c Peach Sauce (1cs) Sm Rice Krispy Bar (1cs) No bread	2 oz Fishwich on WW Bun (2.5cs) 1 c. Vegetable Soup (.5cs) 1/10 Pumpkin Pie w/top (2cs)
Monday Lunch: Oct 26	Tuesday Lunch: Oct 27	Wednesday Lunch: Oct 28	Thursday Lunch: Oct 29	Friday Lunch: Oct 30
3oz Baked Chicken 1/2 c Mashed Potato w/gravy (1cs) 1/2 c. Mixed Vegetables (1cs) 1/2 c Tapioca Pudding (2cs)	Spag Noodles w/meat sauce (2cs) 1/2 c Green Beans 1 Garlic Bread (1cs) 1/2 c Apricots (1cs)	3 oz Pork Roast 1/2c. M. Pot & Gravy (1cs) 1/2c Corn (1cs) Special K Bar (2cs)	8 oz Beef Stew (1cs) 1/2 c Peas (.5cs) 1/2 c Pear Sc (1cs) Sm Chocolate Chip Cookie (1cs)	3oz Swedish Meatballs (.5cs) 1/2 c. Mashed Potato (1cs) 1/2 c Carrots (.5cs) 1/2 c Peach Crisp w/top (2cs)
<p>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. 1CS= 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.</p>				
<p>Date: <u>8/19/2020</u> Licensed Registered Dietitian #13899 <u>Colette Day</u> Colette Iseminger, MS, RD, LRD</p>				



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

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During **BAD WEATHER** to find out if we are open, call the Sr Center at 701-772-7245, check www.gfseniorcenter.org, valleynewslive.com, or www.facebook.com/gfseniors.

Help Feed the Hungry Meal Delivery Volunteers Needed

The Grand Forks Senior Center is in need of meal delivery volunteers. Would you consider this special volunteer opportunity?

For **Home Delivered Meals** run out of Altru hospital, they need volunteers on Mondays, Wednesdays, and Fridays and 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 volunteers on Mondays and the time commitment is from 10:30 am - Noon.



Both 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). Thank you for helping keep our older adults safe!