



The Silver Express

www.gfseniorcenter.org

701-772-7245

Drive-Thru Thanksgiving Feast

at the Alerus Center*
Tues, Nov 16, 2021

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, once again, at the Alerus Center. **To reserve a ticket, stop by the Senior Center front desk or 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 can be picked up at the Senior Center or will be mailed out. At the Alerus 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 8 (if tickets still available at this point).

On Tuesday, November 16, 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 given to you when you pick up your tickets or 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 and no noon sit-down meal at the Grand Forks Senior Center this day

Grand Forks Senior Center (GFSC) Phone Numbers

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 Altepeter, Rhonda Stephan ..	701-780-5169
Resources Manager Stacy Narlock, BSW	701-757-4874
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	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

IMPORTANT MASKING UPDATE

The Grand Forks Senior Center is doing its best to provide a safe environment for all, working to relieve the loneliness and isolation many have had to endure this past year.



The Grand Forks Senior Center had a 'Mask Required' policy until mid-May when the CDC's new guidance stated if you had been vaccinated, you no longer had to wear a mask indoors. The mask requirement was lifted for vaccinated people.

Unfortunately, unvaccinated people did not continue to mask.

On September 1, 2021, due to the increase in COVID cases, the Grand Forks Senior Center reinstated the 'Mask Required'

policy. **This means face masks are required for EVERYONE while inside the Grand Forks Senior Center. You are required to wear a mask unless you are actively eating or drinking while seated in**

the dining room. In the dining room we suggest you distance yourself at least six feet from the nearest person while eating. Please be respectful of this policy.

If you do not intend to follow this policy, then please don't come to the GFSC. If staff/volunteers have to continually ask you to put your mask on, or if you verbally abuse them when the request is made, you will be asked to leave and will not be allowed back until the mask

requirement is lifted.

We have many people with serious health issues who come to the Senior Center. They are vulnerable to this virus, whether vaccinated or not. Please be mindful of this when you visit.

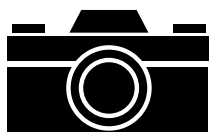
If there is a COVID-19 outbreak at the Senior Center, we will close for up to 14 days. If this happens, all activities will be cancelled. The only meal options will be the drive-thru and the usual meal delivery programs.

Please, please, please - let us all work together to end this pandemic. Get vaccinated if you have not been and you are able. ALL wear a mask. ALL social distance. ALL wash hands frequently. Working together we can, hopefully, keep the Senior Center open and safe for ALL. Thank you!



The Silver Express[©]

October 2021



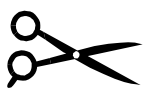
While at the Grand Forks Senior Center (GFSC) or on GFSC trips, you may be recorded or photographed. Your presence at the GFSC constitutes your permission for us to use your likeness.

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IMPORTANT!

If it has been eight months since you received your second COVID vaccine, call your primary doctor and inquire about getting a third shot. Studies have shown your immunity wanes.

Paid Advertisement



Senior HAIR Services

Senior Haircuts \$14



IN-HOME services also available. Travel fee.

Tammy Erickson
Tammy @ Shears Salon
2005 Gateway Dr, GF
701.741.2013

Call for information or appointments.

Paid Advertisement

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

hrrv.org | (800) 237-4629



Celebrating **40** Years

Tour of the Grand Forks Senior Center
Tues, Oct 5, 2021
9:00 am

Gather in the lobby

Tours are given the first Tuesday of the each month. All are welcome and no RSVPs are needed. Plan for an hour. You will be seated for much of the tour.

From the Director's Chair

by Colette Iseminger



Mandatory Mask Mandate

MANDATORY MASK MANDATE for everyone is in effect until further notice for all our programs, activities and services.

Unfortunately, we are going through this all over again. The only time masks can come off is when you are eating or drinking in the dining room. When you do that, we suggest you distance yourself at least six feet from the nearest person. Please know the staff hate this as much as you do. Our hope is to remain open and



keep everyone safe, but that can only happen with your cooperation. Please read the full message on the inside cover. Stay safe, everyone.

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

Medication Take Back Event



Thursday, October 7
11:30 am - Noon
GF Senior Center Drive-thru



Bring your outdated or unused prescriptions in their original containers for disposal. The Grand Forks Sheriff's department will be here collecting the medications for safe disposal.

The GFSC is closely watching COVID-19 positive case trends. While we have planned a full calendar of activities, if we feel an activity may not be safe due to high positive cases, hospitalizations, or an outbreak at the Senior Center, it will be cancelled or postponed. Thank you.

Bad Weather

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

FREE Legal Services for Seniors

The GF Senior Center hosts Legal Services the third Thursday of each month from 9:30 am – 11:30 am. The next time they will be here is Thursday, October 21, 2021, from 9:30 am - 11:30 am. Call 701.852.4369 ext 331 to make an appointment ahead of time. Walk-ins accepted as time allows.



Paid Advertisement



Maple View
MEMORY CARE COMMUNITY

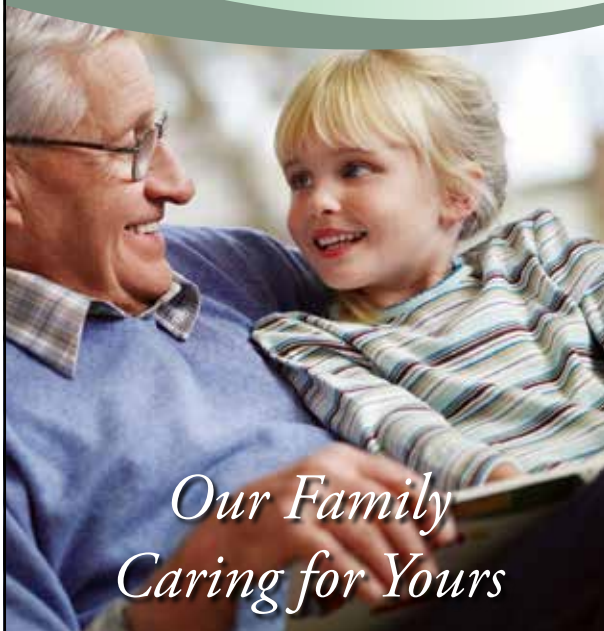
Providing you and your family with peace of mind

- Full time residency
- Respite
- Adult day services

4650 S Washington St
Grand Forks, ND 58201
(701) 772-3400
www.lifeatmapleview.com

Paid Advertisement

*Request Information or Schedule
your Personal Tour Today!*



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





Senior Supper Outing

Tuesday, October 12 at 5:00 pm
Mexican Village (1218 S Washington St)

Senior Supper Outings are back! They will be the second Tuesday of each month at 5:00 pm. Limit of 30. Must RSVP ahead of time by calling 701-772-7245 or stopping by the front desk to sign up. Each person pays for their own meal.

Music Mondays



October 4
October 11
October 18
October 25

Barb Graf
Too Old to Die Young
Sharon Myron and Chuck Gust
Theresa and the Plow Boys

Come and join us in the GFSC dining room on Mondays at 1:00 pm as we gather and appreciate the talents of local musicians.

Senior Center Constant Readers Book Club

Monday, October 11 at 10:30 am
Discussing “The Library of the Lost and Found”
by Phaedra Patrick



New people welcome! Book for the next month handed out at this gathering. For info regarding the book club, see GFSC Activity Manager Ranea Johnson or call her at 701-757-4866.

PIE & COFFEE with a COP: Q and A

Tuesday, October 19
2:00 pm - 3:00 pm
GFSC Auditorium

Meet Sergeant Kris Brown and come with some good questions. **\$2.00/person.** Includes apple pie, coffee, and ice cream. Buy a ticket at the front desk beginning at 1:30 pm.

Keep this sheet
for reference

FREE for People 55+

No GFSC membership required



Let's Get Moving!

GF SENIOR CENTER **EXERCISE**

*All exercise class
fees are waived
at this time*

CLASSES THIS FALL

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

Ready, Set, Stretch: W at 1:30 pm (*GFSC*)

Healthy Bones AM: T & F at 9:00 am (*GFSC -
Tentatively scheduled for November 2021*)

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

Beginner Tai Chi for Arthritis & Fall Prevention:

M & Th at 1:30 - 2:00 pm (*GFSC*)

Experienced Tai Chi for Arthritis & Fall Prevention:

M & Th at 2:00 - 2:30 pm (*GFSC*)

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

Requirements

- Bring your own water bottle
- Social distance
- Must mask at the GFSC. Must mask until in place at Hope Church.
- Must have signed exercise consent form (ask leader if needed)

Classes will either be held at the GFSC in the lower level activity room or, for the larger classes, at Hope Church in their commons area. Hope Church is located inside Grand Cities Mall. Class location is in parentheses in the list above.

We will continue with classes as long as the COVID numbers do not get too high. If you want to find out if we are having exercise classes, either call the Senior Center at 701-772-7245 or check www.gfseniorcenter.org or www.facebook.com/gfseniors.



October 2021 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday - Barb Graf performing 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p>	<p>5</p> <p>9:00 am Monthly Tour 9:30 am Men's Coffee 9:30 am Wii Bowling League 10:00 am Weight Loss Support Group 3:30 pm Healthy Bones (Hope Church)</p>	<p>6</p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church)</p>	<p>7</p> <p>9:00 am Caregiver Course 9:30 am Men's Coffee 11:30 am Med Take Back 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>1</p> <p>9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>11</p> <p>9:30 am Men's Coffee 10:30 am - Sr Center Book Club Constant Readers 1:00 pm Dominoes 1:00 pm Music Monday - Too Old to Die Young performing 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)</p>	<p>12</p> <p>9:30 am Men's Coffee 9:30 am Wii Bowling League 10:00 am Weight Loss Support Group 1:00 pm Vision Support Group 1:30 pm Drive-thru Flu Shot Clinic 3:30 pm Healthy Bones (Hope Church) 5:00 pm Sr Supper - Mexican Village; RSVPs required</p>	<p>13</p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church)</p>	<p>14</p> <p>9:00 am Caregiver Course 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 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>15</p> <p>9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>

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Visually Impaired Senior Support Group



Tuesday, October 12
 (2nd Tuesday of each month)
1-3 pm in the GFSC Library

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

Bingo T-Shirts for Sale!

Inquire at the front desk.

Happiness is yelling



at the
Grand Forks Senior Center



NOW HIRING FOR 2021-22 SEASON!

Our part-time positions offer flexible hours, an exciting atmosphere and earlier hockey game start times (7pm Friday/6pm Saturday).

- Work with your friends or meet new ones
- Enjoy discounts at the Sioux Shop and concessions
- Rookie employee \$100 signing bonus
- \$50 referral bonus

Visit theralph.com/workattheralph
or call Stacy at (701) 777-6607.

AARPSM



**Driver's Safety
Program**

AARP Driver's Safety Classes

There will be no AARP Driver's Safety Class at the Grand Forks Senior Center in 2021. For up-to-date information regarding these classes, check future *Silver Express* newsletters. This class is always available online at www.aarpdriversafety.org



The Grand Forks Senior Center is in need of **larger transport wheelchairs (20 inches and larger for the width of the seat)** to add to our inventory of assistive medical equipment that can be checked out by seniors. A transport wheelchair does not have very large back wheels. To donate a chair, call Stacy at 701-757-4874.



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.

Foot Care Appointments Available

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 here (by appt only).

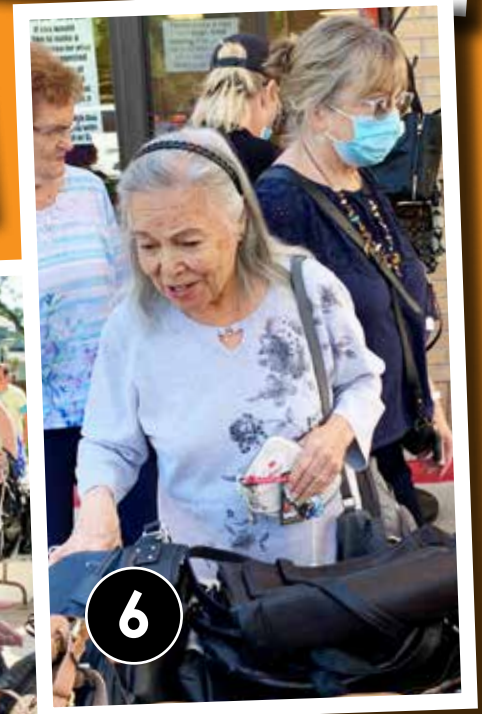
- | | | |
|--------|---|------------------|
| Oct 12 | Aneta Community Center
219 Main Ave, Aneta | 9:00 am - Finish |
| Oct 20 | Tolna Lutheran Church
220 Main St., Tolna | 9:30 am - Finish |



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 in the two weeks before your appointment.**

Fun around the Center



1-2 August 18 'Party in the Park' at Lincoln Park. Thanks for coming out!

3-6 The annual purse sale was held outdoors under the Senior Center's canopy on a beautiful August day.

The GF Senior Center's Resources department runs a program where seniors can borrow pieces of assistive medical equipment for up to 90 days. In upcoming newsletters we will be highlighting various pieces of medical equipment available to borrow. Call 701-772-7245 and ask for Resources if interested.

Types of Shower Chairs

What Is a Shower Chair?

A shower chair is typically a four-legged chair with rubberized feet, usually made with aluminum legs and a durable, plastic seat (some models also have chair backs), used to provide additional support in the bath or shower and make it easier for the elderly, or people who have mobility issues, to get in and out of the bath or shower.

Main Usage

As its name implies, this is a highly-specialized type of seating. Its design is optimized for use in the bath or shower, providing users with limited mobility a greater degree of independence. Its main aim is to help reduce the risk of slips and falls while bathing.



Transfer Bench



Folding Stool Style



Standard Shower Chair

Types of Shower Chairs

Transfer Bench – These are designed specifically for people with extreme limitations of mobility. Two of the rubberized feet are placed outside the tub, with the other two being inside, allowing the user to slide across the bench from a wheelchair and into the shower.

Folding Stool Style – The simplest and most cost-effective devices, these sturdy folding stools feature the standard rubberized feet, handgrips to facilitate moving to and from the shower, and a seat with no back for limited support while bathing.

Standard Shower Chair – Featuring rubberized feet, handgrips, back support, and a wide seat.

The information on this page came from chairinstitute.com/types-of-shower-chairs.

Medicare Part D Open Enrollment



**Open Enrollment from Oct 15 to Dec 7, 2021
(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 15) 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 **Sr Center staff or volunteer complete the comparison process for you** (only for ND residents). Forms and instructions for this option are on page 16, with a duplicate form on page 17 if there are two people in your household who need a plan comparison. **DEADLINE: Nov 29 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 the Senior Center 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 2022, 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, 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 Complete Your Drug Plan Comparison

The forms on pp 16-17 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 the Senior Center front desk or during 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. 29 at 12:15 pm. The Senior Center is closed November 25 and 26.**

GF Senior Center 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:

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

Once you have filled out this page completely and received your medication list from your pharmacy, send us your information. Options are below.

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

Drop it off At the GFSC front desk during regular business hours (M-Th, 8 am - 4:30 pm; F, 8 am - 1:30 pm) OR
During our meal drive-thru (M-F, 11:30 am - 12:00 pm), where you can stay in your car. Follow the 'Enter' and 'Exit' signs.

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

Drive-thru Flu Shot Clinics



Tues, Oct 12

1:30 pm-4 pm

The flu shot clinic 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.



for the **regular influenza vaccine**
for the 2021-2022 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 19. 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.** If you need additional forms, just copy the one on page 19 or stop by the Senior Center front desk for an additional form.

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 WelCore Health at 701-330-4216.

According to the CDC: All persons aged 6 months of age and older are recommended for annual flu vaccination, with rare exception. Vaccination is particularly important for people who are at high risk of developing serious flu complications. Anyone can get sick with flu (even healthy people), and serious problems related to flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women and children younger than 5 years, but especially those younger than 2 years old.



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
maggiesoeby@gmail.com, www.welcorehealth.com (August 2021)

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 Part B	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 experience a severe allergic reaction (e.g. anaphylaxis) to food, medicine, vaccine, or any other injectable therapy? If yes, please specify:
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? If no or unknown give 2 doses four weeks apart. If yes, give 1 dose.
Yes	No	Do any of the conditions below apply to you? If yes, do not get FluMist
<ul style="list-style-type: none"> Pregnant or breastfeeding Immunocompromised or caring for someone who is immunocompromised Have a history of asthma or wheezing 		<ul style="list-style-type: none"> cochlear implant or other immune system problems 2-17 years old on aspirin therapy Have taken influenza antiviral medication in the past 48 hours, Have diabetes or other chronic diseases

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	
COVID-19	IM				S	RD LD RT LT	

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

Donations & Memorials



Thank you for these donations received August 11, 2021 to September 7, 2021. A donor's cumulative giving from this period is listed. This includes Brighter Side Society Members. Thank you all for your generosity!

Donations of \$500 - \$999

- Altru Health Foundation: Grant for Nutrition Pilot Program

Donations of \$100 - \$249

- Albrecht, Evelyn - For activities
- Anonymous
- Capouch, Lorraine - In memory of Kathleen Millette Maddox
- Erickson, Dennis and Cheryl
- Lofberg, Janice
- Walker, Mike and Diane - In honor of my father, Robert Staveteig

Donations of \$99 and Under

- AmazonSmile
- Anonymous
- Becker, Alice
- Belobraydic, Matt and Rochelle
- Bondy, Pauline - In honor of Bev Lunde's 90th birthday; In memory of Ruth Humble
- Broadwell, Ray and Becky
- Christopher, Shari
- Herrmann, Karen
- Hogan, Shirley

- Iseminger, Carl and Colette - In memory of Donna Thoreson, Paul Fladland, Alice Rude
- Kleven, Archie and Marlene - In memory of Roger Mattern
- Lunde, Beverly - In memory of Duane Lee
- Lysne, David and Aida - In memory of Magnus M Lysne
- Mattern, Alice
- McGarry, Dennis and Lynn
- Mills, Faye - In honor of Bev Lunde's 90th birthday
- Pedersen, Melvin
- Prather, Loretta - In memory of Sharon John
- Sandberg, Curt and Ione - For Meals on Wheels
- Schiele, Kathy - In memory of Don Schiele
- Schumacher, Matt and Jami
- Sherman, Fr Edward
- Sonterre, Lisa
- Venaccio, Michael and Vicki
- Weight Management Support Group - In memory of Mary Sears
- Wilson, Neil and Ann
- Zirnhelt, Clair and Ronda

Become a member of the Brighter Side Society

Maintaining your Grand Forks Senior Center connection has never been easier. Brighter Side Society members choose to donate monthly to provide a dependable, ongoing source of funding that gives us peace of mind to concentrate on developing and offering the great programs and services you want and need.

Donations are made through automatic secure bank withdrawal or credit card charge. You're in control because you can increase, decrease, pause, or stop your contributions at any time by calling 701-757-4864.

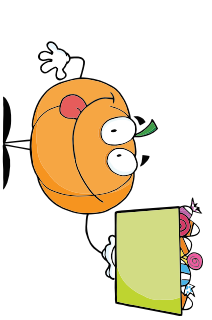
Getting started with the Brighter Side Society is easy! Simply stop at the front desk to complete a form or visit www.gfseniorcenter.org/brightersidesociety to print the form. If you have more questions, call Becky at 701-757-4864 or email beckyb@gfseniorcenter.org.

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.

OCTOBER 2021- Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$5.75 Breakfast; \$9.75 Lunch. Please contribute what you can.

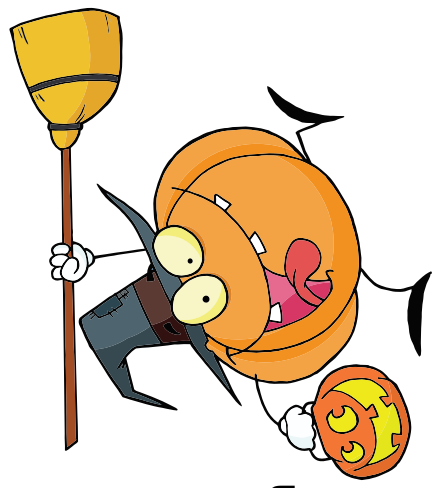
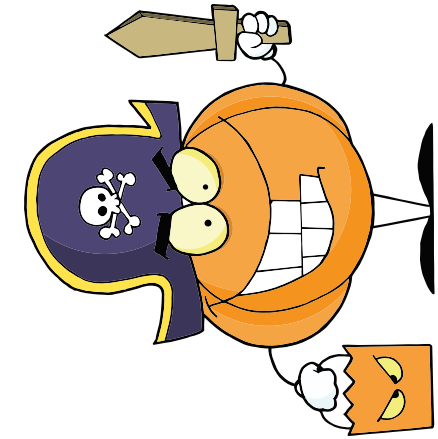
Suggested Donation is \$2.00 for Breakfast; \$4.25 for Lunch. EBT/SNAP and Credit Cards are accepted at GFSC only. You may call in to run your card. Those under 60 years of age are required to pay the full cost of the meal unless your spouse is over 60.

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
NEW! Breakfast Burrito (2cs) (sausage, egg, cheese) 3/4 oz Cereal (2cs) 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 Slice WW Toast (1cs) 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)	2 Pancakes (3cs) 2 oz Turkey Sausage 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Scrambled Eggs Fried Potatoes (1cs) 1 WW Toast (1cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (2 cs) 8 oz 1% Milk (1 cs)
Monday Lunch:	Tuesday Lunch:	Wednesday Lunch:	Thursday Lunch:	Friday Lunch:
Monday Lunch: Oct 4 Baked Chicken (.5cs) OR 3 oz Liver with Onions (.5cs) Sm Baked Potato w/ sr crm (2cs) 1/2 c Yams (1cs) 1/2 c Peach Sc (1cs)	Tuesday Lunch: Oct 5  2oz Hamburger on WW Bun (2cs) OR BBQ Pork on WW Bun (2cs) 1 c Tomato Soup (1.5cs) w/ 2 soda crackers (.5cs) 1/2 c Fruit Cocktail (1cs) No Extra Bread	Wednesday Lunch: Oct 6 3 oz Baked Tilapia w/ lemon (.5cs) OR 3oz Porcupine Meatballs(.5cs) 1/2 c Parslied Potato (1cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Cherry Cobler w/top (2cs)	Thursday Lunch: Oct 7 3 oz Swiss Steak (.5cs) OR Herb Chicken 1 sm Baked Poato w/ sr crm (2cs) 1/2 c Broccoli 1/2 c Mand Oranges(1cs)	Friday Lunch: Oct 8 3oz Swedish Meatballs (.5cs) OR Crispy Chicken (1cs) 1/2 c. Mashed Potato (1cs) 1/2 c Carrots (.5cs) 1/2 c Chocolate Pudding w/top (2cs)
Monday Lunch: Oct 11	Tuesday Lunch: Oct 12	Wednesday Lunch: Oct 13	Thursday Lunch: Oct 14	Friday Lunch: Oct 15
Monday Lunch: Oct 11 3 oz P/A glazed Pork Chop (.5cs) OR Lasagna (2cs) 1/2 c Boiled Potato (1cs) 1/2 Capri Vegetables (.5cs) 1/2c Pears (1cs)	Tuesday Lunch: Oct 12 3/4 c Turkey Pot Pie (1cs) OR Cabbage Rolls (1cs) 1/2 c Peas (.5cs) 1/4 c Cranberry Sc (1cs) 2" Pumpkin Crunch Dessert (2cs)	Wednesday Lunch: Oct 13 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 Fruit Cocktail in gelatin (2cs)	Thursday Lunch: Oct 14 2oz Sloppy Joe on WW Bun (2cs) OR Tunamelt on WW Bun (2cs) 1 c Potato & Corn Chowder (1cs) w/2 soda crackers (1cs) 1/10 Dutch Apple Pie w/top (2cs)	Friday Lunch: Oct 15 3 oz BBQ Ribs OR Sweet & Sour Chicken (.5cs) Sm Baked Potato w/ sr crm (2cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Applesauce (1cs)

Monday Lunch: Oct 18	Tuesday Lunch: Oct 19	Wednesday Lunch: Oct 20	Thursday Lunch: Oct 21	Friday Lunch: Oct 22
<p>3oz Chickenburger on WW Bun (2cs) OR Riblet on WW Bun (2cs) 1/2 c. Potato Salad (1cs) 1/2 c Corn (1cs) 1/2 c Pineapple Chunks (1cs)</p>	<p>8 oz Chili (1cs) OR 3oz Salmon 1/2 c Baked Potato (1.5cs) 1/2 c. Creamed Carrots (.5cs) 1/2 c Fruit for Salad (1cs)</p>	<p>Philly Steak Sandwich w/peppers & onions (2cs) OR 2 oz Hot Dog on Bun (2cs) 1 c. Vegetable Soup (.5cs) w/ 2 soda crackers (.5cs) 1/10 Pumpkin Pie w/top (2cs)</p>	<p>Taco Salad (2cs) OR 1 c Chix Wild Rice Cass (2cs) 1/2 c Peach Sauce (1cs) Sm Spec K Bar- frosted (2cs) No bread</p>	<p>Tator Tot Hotfish (1.5cs) OR 3 oz Salmonloaf (.5cs) 1/2 c. Mashed Potato (1cs) 1/2 c Creamed Peas (1cs) 1/2 c Tropical Fruit Salad (1cs)</p>
Monday Lunch: Oct 25	Tuesday Lunch: Oct 26	Wednesday Lunch: Oct 27	Thursday Lunch: Oct 28	Friday Lunch: Oct 29
<p>3oz Chicken in Gravy 1/2 c Mashed Potato w/gravy (1cs) OR 1 c Hung. Goulash (1cs) 1/2 c. Mixed Vegetables (1cs) 1/2 c Tapioca Pudding(2cs)</p>	<p>2 oz Hot Turkey Sandwich (2cs) OR Hot Beef Sandwich (2cs) 1/2 c M. Potato w/ gravy (1cs) 1/2 c California Blend Veg 1/2 c Apple Crisp w/top (2cs)</p>	<p>Spag Noodles w/meat sauce (2cs) OR Pork Tidbits over noodles (2cs) Romaine Salad w/ dress (.5cs) 1 Garlic Bread (1cs) 1/2 c Apricots (1cs) No extra bread</p>	<p>8 oz Beef Stew (1cs) OR Veg. Lasagna (2cs) 1/2 c. Coleslaw 1/2 c Pear Sc (1cs) Sm Chocolate Chip Cookie (1cs)</p>	<p>3 oz Pork Chop in MR gravy OR Beef Pattie in Gravy 1/2 c Boiled Potato (lcs) 1/2 c Peas & Carrots (.5cs) 1/2 c Tropical Fruits (1cs)</p>
<p>Entrée Choice Restarts in senior center dining room on 9/1. Entrée Choice at the Senior Center & MOW only. Breakfast (8:30-9am), and Lunch (Noon-12:15) are served at the Grand Forks Senior Center. Drive Thru 11:30-noon. Check other sites for their serving times.</p>	<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. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts</p>	<p>No reservations required at the Grand Forks Senior Center (620 4th Ave S) unless it is for a holiday meal or other special meal.</p> <p>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</p>		

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

Date: 8/18/2021 Licensed Registered Dietitian #13899 Colette Dwyer, RD Colette Iseminger, MS, RD, LRD



Breakfast serving 8:30 am - 9:00 am
Meal drive-thru pick up 11:30 am - 12:00 pm
Noon sit-down meal serving 12:00 pm - 12:15 pm

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Thank you to C&R Cleaners & Laundry for their in-kind donation of bar towels, dish towels, and aprons. We appreciate these items and that you launder our kitchen items for us.

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 are required.** Rides within GF and EGF city limits only.



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

Like us on Facebook!
 www.facebook.com/gfseniors

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



Grand Forks Senior Center
 M-Th: 8 am-4:30 pm; F: 8 am-1:30pm
 701-772-7245; www.gfseniorcenter.org
 www.facebook.com/gfseniors

October 2021

GFSC Daily Calendar now on Website

The calendar that appears on the digital monitors in our lobby, in the lower level activity room, and in the Health department is now available on our website. This way you can see what activities are going on each day, especially helpful if you are away from your printed newsletter.

Currently you can access the Grand Forks Senior Center's daily calendar on our website a few ways:

- From the home page (www.gfseniorcenter.org), click the orange 'Daily Calendar' button OR
- Go to the 'Activities' tab at the top and then click the orange 'Daily Calendar' button OR
- Go directly to www.gfseniorcenter.org/dailycalendar

This daily calendar does not include the menu, to see the menu go to www.gfseniorcenter.org/menus.

Grand Forks Senior Center	
Today	Tuesday, August 31
Tuesday, August 31	
PLEASE SCAN YOUR KEY TAG	
9:30am	Men's Coffee Group (Dining Room)
10:00am	Weight Loss Support Group (Lower Level Activity Room-Back Hall)
12:30pm	Purse Sale (Under the Canopy - Dining Room if rain)
1:30pm	Tai Chi & Fall Prevention (Lincoln Park)
2:30pm	Qigong with Harpreet (Lincoln Park)
3:10pm	Healthy Bones (Lincoln Park)
Wednesday, September 1	
MASKS REQUIRED	
9:30am	Men's Coffee Group (Dining Room)
10:00am	Game Group (Dining Room)
1:00pm	Whist & Pinochle (Lower Level Activity Room-Front Hall)
1:00pm	Bingo (Dining Room)
3:00pm	Chair Yoga (Lincoln Park)
Thursday, September 2	
MASKS REQUIRED	
9:30am	Men's Coffee Group (Dining Room)
1:00pm	Bingo (Dining Room)
1:00pm	Bunco (Lower Level Activity Room)
1:30pm	Tai Chi & Fall Prevention (Lincoln Park)
2:30pm	Qigong with Harpreet (Lincoln Park)