



October 2022

The Silver Express



Drive-Thru Thanksgiving Feast

at the Alerus Center*

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

***Each Individual 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 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 7** (if tickets still available at this point).

On Tuesday, November 15, 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.

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.

www.gfseniorcenter.org

701-772-7245

Grand Forks Senior Center (GFSC) Phone Numbers

GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Assistant Director/Development Officer, Becky Broadwell	701-757-4864
Meals on Wheels (MOW) Coordinator, Grace Hale	701-757-2006
Home Delivered Meals (HDM) Paula Altepeter, Rhonda Stephan	701-780-5169
Resources Manager Stacy Narlock, BSW	701-757-4874
Grand Forks Resources, Bailey Kitko, LBSW	701-757-4883
Rural (GF & Nelson) Resources, Joyce Austin	701-757-4881
Activity Manager, Ranea Johnson	701-757-4866
Gaming Supervisor, Dennis Nelson	701-757-4873
Public Relations Manager, Amanda Rengstorf	701-757-4863
Kitchen Supervisor/Head Cook, Gerri Davis	701-757-4871
Sit-Down Meal Information & Frozen Meals, Mary Johnson	701-757-4869
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN, BSN	701-757-4868

GFSC Board of Directors

President

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Vice President

Alice Hoffert

Secretary

Alice Mattern

Treasurer

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Brenda Jobe

Bobbie Kurtyka

Rich Lehn

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Michael Venaccio

Brad Westrum

Clair Zirnheld

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 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.

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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.

MEMBERSHIP NOTE!

October 3rd: GFSC memberships are now 75% OFF for the remainder of the year. \$5 for an individual and \$7.50 for a couple. You can either print and mail a form from www.gfseniorcenter.org/membership or call 701-772-7245. Support the GFSC with a membership.

Bad Weather

During bad weather, call the GF Senior Center at: 701-772-7245 to find out if we are open. Notice will also be posted on:

www.gfseniorcenter.org
valleynewslive.com and
facebook.com/gfseniors.

From the Director's Chair

by Colette Iseminger



We have been notified by ND Aging Services that we will be able to continue our drive-thru meal pick up indefinitely. I know many of you really like this option, so we are excited to be able to continue it. Now we are in the process of making changes for this to be efficient long term and a regular part of what we do.

Effective Monday, October 3rd, 2022

- We will no longer have volunteers in the parking lot directing traffic, so please follow the map on the back cover of this newsletter.
- Please do **NOT** line up before 11:25 am as we can no longer be blocking our fire lane. You will be asked to move your vehicle out to the street if you line up earlier than 11:25 am. You need to get here before noon to get a meal in the drive-thru.
- In order to cut down on the use of plastic, we will no longer be putting meals in the target bags for the drive-thru. We suggest you carry a bag or box in your car if you would like one for transportation.

Please, Please, Please-Drive slowly and cautiously through the lot as there is lots of foot traffic and many vehicles around lunch time.

If you haven't tried our drive-thru and want to, or you are an old hand at it, here is a list of what you need to know for our drive-thru meal pick up:

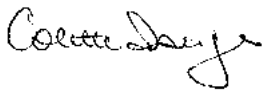
- Drive-thru meals are available Monday-Friday from 11:30 am-Noon.
- Meals are for people 60 years of age and older and their spouses of any age. Please have a sign with the name and birthdate of each person you are picking meals up for to show the volunteer checking off names (This person will be inside at the slider window once it gets cold again so make sure your sign is big enough to see from the building).
- A suggested contribution of \$4.25 per meal is appreciated to cover the portion of the meal that is not paid for by federal funding. Please pay what you can afford. Once a month, an envelope with our address is provided if you would like to mail your contribution OR you can give cash or a check to the person loading your meal. You can call in or visit the front desk to pay with an EBT or credit card for your meals as well.
- Once a month we put the next month's menu in the drive thru cold bags. The menu is also available in this newsletter, on our website or by asking for one when picking up meals. The entrée served in the drive thru is the first choice on the menu. If you want the 2nd choice, you need to come into the center and sit

down and eat your meal. Take-out meals are not available after the drive-thru is complete at noon and are not available out of the dining room.

- All meals should be picked up outside, including walk-ups and people leaving the center on foot. Please see the check-off volunteer at the slider window.
- All meals should be eaten soon after pick up or refrigerated. The senior center does not have refrigerator space available while you are at the center. So bring a cooler with ice packs if you need to keep your meal cold until you leave the center.

As the weather gets colder, we hope you will give the drive thru a try. You won't even have to leave your warm vehicle!

'Til next time,



Colette Iseminger
MS, RD, LRD
Executive Director

September Board of Director's Report

The Board of Directors met on Sept. 15, 2022. Here are the highlights:

- Marney Kresel was appointed to fill an open position on the GGFSC Foundation Board of Directors
- The 2021 Audit was presented and approved.
- Discussion was held on state legislative issues and 2023 budget priorities.
- The next meeting will be December 15, 2022

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



Tech Support

October 5 & 19
(Afternoons)

Need help with your Cell phone, Tablet, Kindle, or Lap Top?

Call 701-757-4866 to schedule an appointment.



Coffee & Pie with a Cop

Tuesday, October 18
2 pm - 3 pm

Come have coffee and pie with Sergeant Kris Brown. Dutch Apple Pie with ice cream will be available for \$2



TECH Talk Class

Thursday, Oct 6 at 10:30 am
at the Grand Forks Senior Center

In October we will be discussing:
Smart TVs & Apps

We will be looking at different types of TV viewing options including apps you can get to watch TV or movies on your television, tablet or phone.

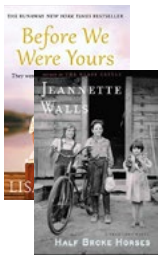
Call 701-757-4866 to register.
Class size is limited.

Monthly Creations

Halloween Bouquets

October 12
at 10 am

Cost is \$3.00
You must make a reservation.
Call 701-757-4866 to reserve your spot.
Class size is limited to 10 people.



Constant Reader's Book Club

Monday, October 10 at 10:30 am (2nd Monday each month) We will be discussing "Half Broke Horses: A True-Life Novel" by Jeanette Wells. New people welcome! Book for November, "Before We Were Yours" by Lisa Wingate will be handed out at this meeting.



AARP Driver's Safety Class

Wednesday, October 5
Noon - 4 pm

Call Ranea at 701-757-4866 to register.
Class size is limited. There are still many spots available!



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 20 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.





PROJECT PUMPKIN CONTEST

It's back!...but this time we want you to join! Enter in the Grand Forks Senior Center's Pumpkin contest! Supply your own pumpkin, carve, paint, decorate and deliver to the Senior Center by 10:00 am on **Monday, Oct 31, 2022**

Our Seniors get to vote for their favorite pumpkin during Drive-thru and Music Monday. Winner announced following Music Monday. There will be prizes!



Music Monday

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

- | | |
|------------|--------------------------------|
| October 3 | Mark Ryan |
| October 10 | Senior's got TALENT |
| October 17 | Barb Graf |
| October 24 | No Music - Travel Presentation |
| October 31 | Too Old to Die Young |

Senior's got TALENT

Monday, October 10 at 12:45 pm

We are looking for any and all acts for the GFSC Talent Show. No act or talent is too small! Acts for Senior's Got Talent must sign up by Wednesday, October 5.

Contact Ranea at 701-757-4866 or activity@gfseniorcenter.org

Halloween BINGO

Thursday, Oct 27, 2022

\$100 Must-go jackpot


Costumes Encouraged

Prizes



October 2022 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:30 am Men's Coffee 12:45 pm Wii Bowling League 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>4</p> <p>9:00 am Healthy Bones AM 9:00 am Tour 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management Support Group 1:00 pm Farkle 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>5</p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:00 pm AARP Driver's Safety Class 1:00 pm Bingo (\$2 per card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment</p>	<p>6</p> <p>9:30 am Men's Coffee 10:00 am Crochet Class 10:30 am Tech Talk 1:00 pm Bingo (\$2/card) 1:00 pm Bunco 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>7</p> <p>9:00 am Healthy Bones 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>10</p> <p>9:30 am Men's Coffee 10:30 am Book Club 12:45 pm Wii Bowling League 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Senior's got Talent 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>11</p> <p>9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management Support Group 1:00 pm Farkle 1:00 pm Understanding Alzheimer's Presentation 1:00 pm Visually Impaired Support Group 3:30 pm Healthy Bones (Hope Church)</p>	<p>12</p> <p>9:30 am Men's Coffee 9:30 am Game Group 10:00 am Monthly Creations Halloween Bouquets 1:00 pm Bingo (\$2 per card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>13</p> <p>9:30 am Men's Coffee 11:00 am Medication Take Back 1:00 pm Bingo 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>14</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>17</p> <p>9:30 am Men's Coffee 12:45 pm Wii Bowling League 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>18</p> <p>9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Coffee & Pie w/ a Cop (\$2 for pie) 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>19</p> <p>9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment</p>	<p>20</p> <p>9:30 am Legal Services 9:30 am Men's Coffee 10:00 am Crochet Class 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>21</p> <p>9:00 am Healthy Bones AM 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 9:30 am Men's Coffee 12:45 pm Wii Bowling League 1:00 pm Travel Presentation 1:00 pm Dominoes 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	25 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 1:00 pm Trivia 1:00 pm Resources for Individuals with Hearing Loss in ND 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	26 9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	27 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) Halloween \$100 Giveaway 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	28 9:00 am Gift Shop Crafters 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee
31 9:30 am Men's Coffee 10:00 am Project Pumpkin Contest 12:45 pm Wii Bowling League 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	<div style="text-align: center;">  <p>Check Out Our Library! New Series just donated! "Savannah Secrets contains everything you love in a cozy-mystery – a beautiful locale, suspenseful intrigue, and inspirational faith. It all takes place in the picture-perfect city of Savannah, known for its manicured parks, moss-covered oaks, and historic architecture. As you read, you'll almost feel the warm southern breezes wafting off the pages, and hear the clip clap of horse-drawn carriages."</p> </div>			

Visually Impaired Senior Support Group



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

Tuesday, October 11
 (2nd Tuesday of each month)
1:00 - 3:00 pm in the GFSC Activity Room

Medication Take Back Event

October 13, 11:00 am - Noon in the Drive-Thru

Unused medications kept at your home can pose a danger, especially if young children visit. In partnership with the Grand Forks Sheriff's Department, Safe Kids Grand Forks will be hosting a Medication Drop Off event at the Grand Forks Senior Center. You can bring any outdated or unused over-the-counter or prescription medications for disposal to this event. Bring them in their original containers and someone from the Sheriff's office will be there to collect them in the drive through lunch line.

Drive-Thru Flu Vaccination Clinic

October 6 at the Senior Center; 1:30 pm - 4 pm

Please bring a completed form for each person getting the flu vaccination (forms in Sept. newsletter or at the front desk) and make sure to bring your insurance card. Family members are encouraged to come!



October Presentations:

Understanding Alzheimer's: Communication & Behaviors

Oct. 11 at 1:00 pm
Ashley Magner

Travel Slides of SE Asia

Oct. 24 at 1:00 pm
Vince Aimes

Resources for People in North Dakota with Hearing Loss

Oct. 25 at 1:00 pm
Kristen Vetter

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.



Sudoku Puzzles

Easy

3	8			1				4
		2	6					7
			4	8	7			3
				4		2	3	9
2		1				4		6
4	9	5		6				
6			8	5	4			
	7				6	8		
8			7				9	2

Medium

	4				1			3
				5			7	9
5	6				2	8		4
1			2	7			8	
	8	2					9	6
	3			1	8			7
3	6	1					9	8
4	7			8				
8		5					4	

Hard

	6				1	9		7
1					7	2	3	
	8					4		6
	1	8			2			4
	7			4			9	
9			1			7	8	
6		7					4	
	5	1	6					9
8	9	3						2

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 "squares" (made up of 3 x 3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

Original Medicare Versus Medicare Advantage

With the open enrollment period fast approaching, this month's fact sheet will focus on understanding the basics of Original Medicare, the basics of Medicare Advantage, knowing what to consider when choosing between the two plans, and knowing how to protect yourself from marketing violations and scams as you compare plans.

Original Medicare: is the traditional fee-for-service program offered directly through the federal government. It is sometimes called Traditional Medicare. Under Original Medicare, you can go to any doctor and hospital that takes Medicare, anywhere in the country.

Medicare Advantage Plans: also known as Part C or MA plans, are plans that contract with the federal government to provide Medicare benefits. You will still owe a premium for Part B and maybe Part A, as well as potentially another premium for the MA Plan.

What to consider when choosing between Original Medicare and Medicare Advantage:

- **Costs:** What premiums and out-of-pocket costs will you be responsible for?
- **Supplemental insurance:** Will you have the choice to purchase a Medigap policy? If you have other coverage, like a retiree plan, how will it work with your Medicare coverage choice?
- **Provider access:** What kind of providers can you see? Do you need to see in-network providers or get referrals? If so, are the doctors you see in the plan's network?
- **Drug coverage:** Is there prescription drug coverage included or will you need to purchase a Part D plan? Does the drug coverage cover the medications you take?
- **Additional benefits:** Are additional services, like vision, hearing, or dental covered?
- **Out-of-pocket limit:** Is there an annual limit on out-of-pocket costs?

Marketing Violations and Scams:

Medicare Advantage Plans are administered, marketed, and sold by private companies. Plan representatives, agents, and brokers must follow federal guidelines when marketing to you. Examples of marketing violations and scams may include:

- A company represents itself as being from Medicare, Social Security or Medicaid.
- You receive an unsolicited call or text from a plan you have asked not to contact you.
- A plan agent comes to your door, uninvited, without scheduling an appointment.
- You were given misinformation about a plan's coverage.

Who should you contact for more information or to report Medicare fraud:

Contact ND SMP at 1-800-233-1737 or ndsmp@minotstateu.edu to report marketing violations or Medicare scams. 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: Medicare Rights Center (2022). August 2022 Medicare Minute.

North Dakota Senior Medicare Patrol Phone: 800-233-1737 or (701) 858-3580

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

This project was supported, in part, by grant number 90MPPG0021, from the Administration for Community Living, Department of Health and Human Services. Points of view or opinions do not necessarily represent official Administration for Community Living policy.



Like us on Facebook: North Dakota Senior Medicare Patrol

Meet Josee



Josee (Pronounced “Jo-Say”) Locken is our new Resources Intern and she will be with us through the end of the year! Josee is originally from Strathcona, Minnesota which is located about 45 minutes North of Thief River Falls.

Josee is attending the University of North Dakota for a degree in social work. She said that she loves helping people and that is why she wanted to go into social work. You would think that UND is what brought Josee to Grand Forks, but due to the pandemic all of her classes are actually online! Josee’s fiancé, Casey works at Butler Machinery in town and is the main reason for her move to Grand Forks.

In her free time, Josee likes to do puzzles, crochet and travel. She has been to Europe and her favorite vacation was a two-week cruise to Alaska.

Fun Fact: Josee is an avid lefsa maker!

Meet Wanda, our new Kitchen Assistant and Pat, our new Flex Nurse next month!

Meet Laurel



You may not see much of Laurel Torblaa because she is working behind the scenes at the Altru Home Delivered Meals kitchen packing meals to go out clients.

Laurel is originally from the Upper Peninsula of Michigan. She moved to Grand Forks in 1994 with her husband, Randy, when the Air Force Base closed in Michigan. Laurel's parents are originally from Grafton and Oslo, so she knew the area well prior to moving here.

In her free time, Laurel likes to spend time with family, garden and bake.

Fun Fact: Laurel is a woman of many trades! She has previously held jobs stocking magazines and books, doing laundry as well as pulling orders for online shoppers.

Wish List

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

- Coffee
- Paper Towels
- Hot Cocoa Mix
- Napkins
- Stickers to decorate MOW bags
- "Shut the Box" Game
- Silk Fall Flowers

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

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

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.

COVID Test Update

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



Donations & Memorials

Thank you for these donations received August 13, 2022 to September 9, 2022. A donor's cumulative giving from this period is listed, including Brighter Side Society Members.

(Brighter Side Society Members are designated by the * symbol.)

Thank you all for your generosity!

Donations of \$500 - \$999

- Rydell Gives Back Program

Donations of \$100 - \$249

- Anonymous
- Aubol, Linda
- Camburn, Neal and Joan
In honor of Earl Mallinger's 105th birthday
- Erickson, Dennis and Cheryl*
- Mallinger, Earl
- Thrivent Choice allocation from Arthur and Joyce Schroder

Donations of \$99 and Under

- Anonymous
In appreciation of Jim Laternus
- Belobraydic, Matt and Rochelle*
- Broadwell, Ray and Becky*
- Buckley, Ann*
- Dvorak, Marlene*
- Helgerson, Donna*
In memory of my husband, Arral (AJ)
- Herrmann, Karen*
- Hogan, Shirley
- Iseminger, Carl and Colette*

- Lunde ,Beverly
In memory of Annabelle Kelly and Charles Christianson
- Mattern, Alice*
- Pedersen, Melvin
- Price, Sandra
In memory of Joseph Prochko
- Sandberg, Curt and Ione*
For Meals on Wheels
- Schiele, Kathy*
In memory of Don Schiele
- Schumacher, Matt and Jami*
- Severson, Lois
- Sieg ,Wanda
In memory of Ruth Thingelstad
- St Germain, Bob and Sharon
- Sulland, Steve and Linda*
- Venaccio, Michael and Vicki*
- Westrum, Brad and Yvonne*
- Zirnhelt, Clair and Ronda*

* Brighter Side Society

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

Tour the Senior Center

Tuesday, October 4 at 9 am

Meet in the lobby. All are welcome.

No RSVP needed. Tours are given the first Tuesday of each month. Plan for an hour.

You will be seated most of the time.



Cities Area Transit offers
SENIOR RIDER

Monday - Friday:
6:00 am - 10:00 pm

Saturdays:
8:00 am - 10:00 pm



Call **787-9120** weekdays before 5:30 pm. Before using this service, you must complete an application with Cities Area Transit (**allow one week for processing**). If you call this number in the evening or on the weekends, you will need to leave a message. Call one business day in advance of when you need your ride after your application has been approved. **Masks and social distancing are encouraged.** Rides within GF and EGF city limits only.

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Medicare Part D Open Enrollment

MEDICARE
PART D

Open Enrollment from Oct 15 to Dec 7, 2022
(some deadlines are earlier)

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

4

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

- 1) **Log on to www.medicare.gov** (instructions on page 17) and complete the comparison process for yourself. If you use the internet regularly, you should be able to do this.
- 2) **Call Medicare directly** at 800-633-4227.
- 3) If you don't want to switch your pharmacy, have your **pharmacy complete the comparison process for you.**
- 4) Call **ND Insurance Department** call 701-328-2440. Select option #1 to speak with a Senior Health Insurance Counselor (SHIC) to do a comparison over the phone.

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

Items Needed for Drug Plan Comparison

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

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

Completing Your Drug Plan Comparison Yourself on www.medicare.gov

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

- Go to the www.medicare.gov and click on 'Find plans'
- For faster comparisons, click on 'Continue without logging in.' If you choose to create an account, the system should remember your medications and your plan for the future. Be sure to store your login information and password somewhere safe.
- Click on the type of plan you currently have and enter your zip code.
- Select the type of additional help you receive: Medicaid, Supplemental Security Income, Medicare Savings Program, or Extra Help from Social Security. If unsure, choose 'I'm not sure.' If you know you don't get any assistance, choose 'I don't get help from any of these programs.'
- Follow through the prompts, answering all of the questions and entering your information. If you can't find your medication in the list, try browsing for the drug alphabetically.
- **When it gets to the point of giving you your top choices of plans, the top plan is the plan that will save you the most money for 2023, based on your current medications.** If that is not your current plan, go down the list and find your current plan to compare prices with the plan they are saying is best.
- **If your current plan is the first plan or if you are choosing to keep your current plan, you don't have to do anything. It will automatically be renewed. You can stop at this point.**
- **If you would like to change plans, click on 'Enroll' next to the plan you would like for next year or call the company.** The phone number for the company is located in the details.
- When confirming your enrollment period, it will be the 'Open enrollment' option.
- Enter your Medicare number (do not include dashes). If you do not have Part A or Part B, you will not be able to enroll in Part D, UNLESS you have a Medicare Advantage Plan, then everything is bundled.
- Enter your first name, middle initial, and last name exactly as it appears on your Medicare card. Enter in your date of birth (MM/DD/YYYY) and enter in the remaining information. The first address you enter must be a physical address. If you have a different mailing address (such as a PO Box to receive mail), click the box and enter that information when prompted.
- No need to state whether you receive other prescription drug coverage in addition to the plan you are enrolling in or if you are a resident of a long term care facility.
- There are two ways to pay for your monthly premium. The first way, a deduction from Social Security or Railroad Retirement Board. The second way is to pay the company directly. They will mail you a bill and you can choose to pay it monthly or for the entire year.
- Review your application to make sure there are no errors and select 'Submit.'
- Print off the confirmation page and keep until you receive your new Medicare Part D card from your new plan.



1



5



2



6



3



7



4



8

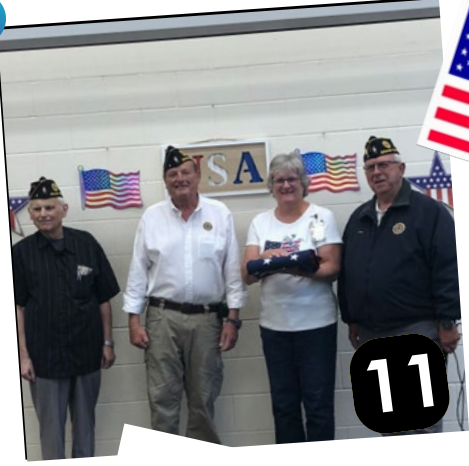


9

The Purse Sale made over \$2,500 to go towards future activity events.

Fun in the Center

- 1-4 August 16 Purse Sale
- 5 Pie & Coffee with a Cop
- 6-10 Bean Bag Tournament
- 11 American Legion Post #6
Presentation of Flag to Colette
- 12-13 Jasper Theater Trip Photos
- 14-16 Medora Trip Photos



Bean Bag
Tournament
Winners!



Is it difficult to take care of your toenails? Is your vision failing or do you have arthritis, which can make this task difficult? Whatever the reason, if you are 60 or over, you can have your foot care done by nurses at the Grand Forks Senior Center. Call today for an appointment. Suggested donation of \$25 for foot care.

Foot Care Appointments

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

Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

Oct 5	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
Oct 6	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
Oct 12	McVile Fire Hall, 203 Baldwin Street, McVile	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 within two weeks prior to your appointment or you test positive within 10 days prior to your appointment.**

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<p>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!</p>		
		

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

Suggested contribution for seniors is \$2 for Breakfast; \$4.25 for Lunch. Cash, Check, EBT/SNAP and Credit Cards are accepted at the GFSC. You may call 701-772-7245 to pay with your card. Those under 60 years are required to pay the actual cost of the meal unless your spouse is over 60. The actual cost of the meals are: \$6 for Breakfast; \$11 for Lunch. The second entree option is available for sit-down meals at the Senior Center. Menu is subject to change based on availability of food and supplies.

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
2 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 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 sl. Cinn French Toast (2cs) 2 Scrambled Eggs 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Baked Egg 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: Oct 3	Tuesday Lunch: Oct 4	Wednesday Lunch: Oct 5	Thursday Lunch: Oct 6	Friday Lunch: Oct 7
Baked Chicken (.5cs) OR 3 oz Liver with Onions (.5cs) 1/2c Scalloped Potato (2cs) 1/2 c Yams (1cs) 1/2 c Peach Sc (1cs)	BBQ Pork on WW Bun (2cs) or 2oz Hamburger on WW Bun (2cs) 1 c Tomato Soup (1.5cs) w/ 2 soda crackers (.5cs) 1/2 c Fruit Cocktail (1cs) No Extra Bread	3 oz BBQ Ribs OR Sweet & Sour Chicken (.5cs) Sm Baked Potato (2cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Applesauce (1cs)	8 oz Chili (1cs) OR Herb Chicken 1 sm Baked Poato w/ sr crm (2cs) 1/2 c Broccoli 1/2 c Mand Oranges(1cs)	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 10	Tuesday Lunch: Oct 11	Wednesday Lunch: Oct 12	Thursday Lunch: Oct 13	Friday Lunch: Oct 14
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)	3/4 c Turkey Pot Pie (1cs) OR 3oz Porcupine Meatballs(.5cs) 1/2 c Peas (.5cs) 1/4 c Cranberry Sc (1cs) 2" Pumpkin Crunch Dessert (2cs)	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)	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) No extra bread	3 oz Baked Tilapia (.5cs) OR Cabbage Rolls (.5cs) 1/2 c Parslied Potato (1cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Cherry Cobbler w/top (2cs)
Monday Lunch: Oct 17	Tuesday Lunch: Oct 18	Wednesday Lunch: Oct 19	Thursday Lunch: Oct 20	Friday Lunch: Oct 21
Cranberry Chicken (.5cs) OR Stuffed Pepper (.5cs) 1/2 c Baked Potato (1.5cs) 1/2 c. Creamed Carrots (.5cs) 1/2 c Fruit for Salad (1cs)	3oz Chickenburger on WW Bun (2cs) OR Riblet on WW Bun (2cs) 4 oz. Potato Salad (1cs) 1/2 c Corn (1cs) 1/2 c Pineapple Chunks (1cs) No extra bread	2 oz Hot Dog on Bun (2cs) or Philly Steak Sandwich w/peppers & onions (2cs) 1 c. Vegetable Soup (.5cs) w/ 2 soda crackers (.5cs) 1/10 Pumpkin Pie w/top (2cs)	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	Tator Tot Hotdish (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)

HAPPY OCTOBER

Monday Lunch: Oct 24	Tuesday Lunch: Oct 25	Wednesday Lunch: Oct 26	Thursday Lunch: Oct 27	Friday Lunch: Oct 28
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)	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)	Spag Noodles w/meat sauce (2cs) OR Pork Tibbits over noodles (2cs) Romaine Salad w/ dress (.5cs) 1 Garlic Bread (1cs) 1/2 c Apricots (1cs) No extra bread	8 oz Beef Stew (1cs) OR Veg. Lasagna (2cs) 1/2 c. Coleslaw 1/2 c Pear Sc (1cs) Sm Chocolate Chip Cookie (1cs)	3 oz Pork Chop in MR gravy OR Beef Pattie in Gravy 1/2 c Boiled Potato (1cs) 1/2 c Peas & Carrots (.5cs) 1/2 c Tropical Fruits (1cs)
Monday Lunch: Oct 31 3 oz Meatloaf (.5cs) OR Baked Fish 1 sm Baked Potato (2cs) 1/2 c Capri Vegetable (.5cs) 1/2 c. Fruit Cocktail Sc (1cs)	Tuesday Lunch:	Wednesday Lunch:	Thursday Lunch:	Friday Lunch:
Check other sites for their serving times. Entree choices at the Gand Forks Senior Center only.	Sit-Down Breakfast - Served 8:30 am - 9 am Drive-Thru Lunch - Served 11:30 am - Noon Sit-Down Lunch - Served Noon - 12:15 pm			
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). 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			
1% Milk (1cs); 1 Whole Wheat Bread (1cs); and margarine are available with each lunch unless noted.	Date: <u>8/16/2022</u> Licensed Registered Dietitian #13899 <u>Colette Iseninger</u> Colette Iseninger, MS, RD, LRD			

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

Volunteers Needed for Visitor Program

The VA is looking for volunteers for a phone buddy program and an in-home visitor program. These programs aim to keep isolated Veterans from feeling lonely or depressed. For more information, please contact Brittany Cramer by email at: Brittany.Cramer2@va.gov or by phone at: 701-232-3241 Ext. 3344

Sudoku Solutions from page 10

Easy

3	8	7	5	2	1	9	6	4
5	4	2	6	3	9	1	7	8
9	1	6	4	8	7	5	2	3
7	6	8	1	4	5	2	3	9
2	3	1	9	7	8	4	5	6
4	9	5	3	6	2	7	8	1
6	2	9	8	5	4	3	1	7
1	7	3	2	9	6	8	4	5
8	5	4	7	1	3	6	9	2

Medium

9	4	7	8	6	1	2	5	3
2	1	8	4	5	3	6	7	9
5	6	3	7	9	2	8	1	4
1	9	4	2	7	6	3	8	5
7	8	2	3	4	5	9	6	1
6	3	5	9	1	8	4	2	7
3	5	6	1	2	4	7	9	8
4	7	1	6	8	9	5	3	2
8	2	9	5	3	7	1	4	6

Hard

4	6	3	2	8	1	9	5	7
1	9	5	4	6	7	2	3	8
7	8	2	5	3	9	4	1	6
5	1	8	7	9	2	3	6	4
2	7	6	8	4	3	1	9	5
9	3	4	1	5	6	7	8	2
6	2	7	9	1	8	5	4	3
3	5	1	6	2	4	8	7	9
8	4	9	3	7	5	6	2	1



Meal Delivery Volunteers Needed

Home Delivered Meals, located in Altru Hospital, needs volunteers weekdays, from 11:00 am – 12:30 pm.

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

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

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

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

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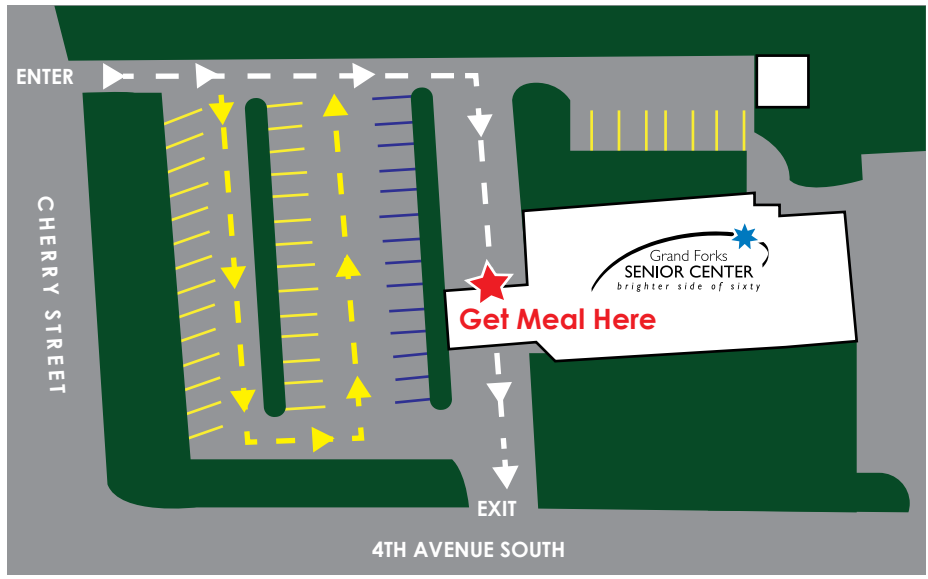
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The Grand Forks Senior Center | October 2022
Open Monday - Thursday: 8 am to 4:30 pm & Friday: 8 am to 1:30 pm

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.

Important updates regarding the drive-thru on page 4 of this newsletter.