

The Silver Express



Alerus Parking Note:
Consider carpooling with others or be dropped off if mobility is an issue. Enter through doors 4 or 5. If taking Senior Rider, make reservations early.

Thanksgiving

FEAST FOR SENIORS

Tuesday, November 14, 2023

The Alerus Center (Doors 4 and 5)
10 am Doors open
11 am Opening
11:30 am Meal
12:30 pm Entertainment
Cathy Erickson Band

SIT-DOWN MEAL AT THE ALERUS CENTER

The GF Senior Center's Thanksgiving meal (a traditional turkey meal) is back to sit-down this year at the Alerus Center. Suggested dinner contribution of \$5 for people 60 years and older & their spouses. For all others, meal cost is \$20.

For sit-down at the Alerus: You must indicate the vegetarian meal when making your reservation. We will not be taking any table reservation requests. There will be plenty of tables, so if a group wants to sit together, have someone from your group arrive at 10 am to hold a table. If you would like to come only for the music at 12:30 pm, it is a \$5 entrance fee.

Drive thru meals will also be available from 11:30 am - Noon at the GF Senior Center!

Reservations are required for BOTH sit-down at the Alerus Center and drive thru at the GF Senior Center. Each individual must have a ticket. To reserve tickets, stop by the GF Senior Center or call 701-772-7245 by Friday, November 3 at 3 pm (if tickets are still remaining) for reservations. When taking reservations, **we need the full name, phone number and birthdate of each person who would like a meal.** Pick up tickets ahead of time at the GF Senior Center (620 4th Ave S) if possible.

Breakfast will be on as scheduled. Home Delivered Meals, Meals on Wheels, Link and Homestead clients will receive the traditional turkey meal at the normal delivery time.

Grand Forks Senior Center (GFSC) Phone Numbers

GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Assistant Director/Development Officer, Becky Broadwell	701-757-4864
Meals on Wheels (MOW) Coordinator, Roxie Honkola	701-757-2006
Home Delivered Meals (HDM) Paula Altepeter, Rhonda Stephan	701-780-5169
Resources Manager Stacy Narlock, BSW	701-757-4874
Grand Forks Resources, Josee Locken, BSW	701-757-4883
Rural (GF & Nelson) Resources, Bethany Markwardt, LBSW	701-757-4872
Activities Manager, Amanda Rengstorf	701-757-4866
Bingo Coordinator, Cheryl Ramberg	701-757-4873
Public Relations Manager, Paul McCullough	701-757-4863
Kitchen Supervisor/Head Cook, Gerri Davis	701-757-4871
Sit-Down Meal Information & Frozen Meals, Mary Johnson	701-757-4869
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN, BSN	701-757-4868

<p>GFSC Board of Directors</p> <p>President Alice Hoffert</p> <p>Vice President Brad Westrum</p> <p>Secretary Alice Mattern</p> <p>Treasurer Brenda Jobe</p> <p>Amy Enget Bobbie Kurtyka Dave Willprecht Jason McCarthy Kari Goelz Emily Nielsen Bob Rost Curt Sandberg Kathy Snider Michael Venaccio Clair Zirnheld</p>	<p>Mission Statement</p> <p>The mission of the Greater Grand Forks Senior Citizens Association, Inc. is to provide opportunities for older adults to live to their full potential.</p> <p>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.</p>	<p>Building & Program Usage Guidelines</p> <ul style="list-style-type: none"> • Building and Activities: For people 55 and older. Younger guests may accompany seniors occasionally. • Senior Dining Meals: For people 60 and older and their spouses. Younger guests may accompany seniors occasionally. • Foot Care: People 60 and older. • Meals on Wheels: For homebound people 60 and older and their spouse or caregiver of any age. • Home Delivered Meals: Homebound, people of any age. • Bingo: People 18 and older, according to state gaming laws.
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While at the Grand Forks Senior Center (GFSC) or on GFSC trips, you may be recorded or photographed.



Your presence at the GFSC constitutes your permission for us to use your likeness.

PLEASE stay home if you are at all sick.

We cannot emphasize this enough. There are many illnesses circulating and the population we serve has a decreased immune system. Also, if too many staff get sick, we will be unable to serve you at full capacity. If you are at the Grand Forks Senior Center and staff sees that you are under the weather, we will ask you to leave. Our main priority is to keep everyone healthy!



From the Director's Chair by Colette Iseminger

In August, I conducted two Q&A sessions at the Senior Center. Here are the highlights:

Addition: Why are we expanding the building? Our meal services have seen a 40% increase compared to the pre-pandemic levels of 2019. This surge is due to sit-down meals, drive-thru services, and particularly the demand for frozen meals, especially in rural areas. The expansion will take place on the north side of the building, with the first floor accommodating an almost doubled kitchen space. The second floor will house the Resource offices, and the lower level's resource area will be transformed into a Technology Education Center. Construction is scheduled to commence in spring 2024

ND Legislative Update: Thanks to the ND Legislature for adding \$12.9 M/Biennium to the meal budget. This increases the amount we get paid per meal and also increases the number of meals we get paid for. This will help greatly as prices of everything has increased. Across the state, meals are up 300,000/year over 2019 pre-pandemic levels.

Staffing: We can't do what we do without a full workforce. There has been more turnover than usual this year due to retirements, staff moving or taking new jobs. Please bear with us as new staff learn their jobs and what the senior center is all about.

What are the top 3 Challenges for our agency:

- We are seeing more Mental Health issues with seniors.
- **There is a growing demand for meal deliveries but a shortage of volunteers.** We are close to needing a waiting list for both meal delivery programs due to a lack of volunteers, which we want to avoid, especially as winter approaches. If you know anyone who would like to deliver, please have them call MOW or HDM. Mileage may be compensated for volunteers, if requested and gas is over \$4 per gallon. As of August 22, we needed 15 volunteers per week to fill open routes.
- Staying competitive in staff compensation is a significant challenge for Grand Forks, due to a severe worker shortage. Without staff, we can't provide services; it's that straightforward.

If you have a question, please feel free to call 701-772-7245 or email me at director@gfseniorcenter.org.

'Til Next Time,

Colette Iseminger,
Executive Director

Grand Forks Senior Center Policy Reminders

ACCIDENTS/ILLNESSES/INCIDENTS/FALLS POLICY

In the event of a medical emergency, 9-1-1 will be called immediately by a staff person. Staff will make every effort to contact a family member if that information is available. Under no circumstances will a staff member transport anyone requiring medical assistance. A person may refuse medical assistance only after being assessed by the emergency medical personnel, and if the person is fully conscious and aware.

Any accidents/illnesses/incidents occurring on Grand Forks Senior Center property requires the completion of an Incident Report. This report should be submitted to the Executive Director.

The staff and volunteers of the Grand Forks Senior Center are not to lift anyone who has fallen.

If the individual who has fallen is not able to get up on their own, 9-1-1 will be called. In all situations, staff will stay with the individual and make them as comfortable as possible until emergency personnel arrive.

Questions related to the policies and procedures of the Grand Forks Senior Center may be directed to the Executive Director.

Note to Bingo Players

Bingo Players, please wait in the lobby until 12:30pm if you are not eating lunch on Wednesdays and Thursdays.

GFSC Needs Your Help!

We are looking for volunteers to keep providing services for our seniors. If you or someone you know is interested in one of the opportunities listed below, please contact us!

- **Home Delivered Meals**, located in Altru Hospital, needs delivery volunteers weekdays, from 11 am - 12:30 pm. Call HDM at 701-780-5169, or email: HDMeals@midconetwork.com to help.
- **Meals on Wheels**, located in the GF Senior Center, needs delivery volunteers weekdays, from 10:30 am - Noon. Please call 701-757-2006, or email: mow@gfseniorcenter.org to help.
- **Bingo Volunteers**, please call 701-757-4866
- **Tech Support**, please call 701-757-4866
- **Dining Room and Cold Bag Packing Volunteers**, please call 701-757-4866
- **Many programs are in need of substitutes as well!**



Activity Info

OKTOBERFEST

Monday, Oct 2

from 11:45 am - 2:30 pm

Grab your dirndl dresses and lederhosen and join us for an Oktoberfest celebration at the Grand Forks Senior Center. Sit-down lunch will include a sausage and kraut option to get you in the Bavarian mindset, then join us for non-alcoholic beer, pretzels, and accordion music by Chuck Gust! Then at 2 pm, we will have a Beer Stein holding competition! Music starting at 1 pm

Tour the Senior Center

**Tuesday, Oct 3
at 9 am**

Discover what the Senior Center has to offer! Plan for an hour. You will be seated most of the time. Everyone is welcome!

AARP Driver's Safety

**Wednesday, Oct 4
from Noon - 4 pm**

The AARP Driver's Safety course teaches valuable driving skills and gives a refresher on the rules of the road. You may also qualify for a discount on your car insurance by completing this course! Call your insurance agent to see if you are eligible! You can register now for the October class!

Cost: \$20 for AARP members, \$25 for non-AARP members (cash/check only). Call the GFSC front desk at 701-772-7245 to register. Class size limited.

KNOX Update

**Thursday, Oct 5
at 7:45 am**

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

Music Monday

Mondays at 1 pm

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

- Oct 2** Chuck Gust
- Oct 9** Mark Ryan
- Oct 16** Barb Graf
- Oct 23** Theresa and the Plow Boys
- Oct 30** Too Old to Die Young

Tech Talk Class

**Thursday, Oct 5
at 10:30 am**

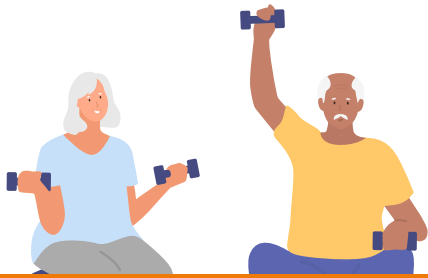
October Tech Talk will cover booking lodging with the website Airbnb. No need to register! Just show up!

Medication Take Back

**Thursday, Oct 5
at 11:00 am - Noon**

Join us in the lobby for our upcoming Medication Take Back Event to safely dispose of any expired or unused medications cluttering your medicine cabinet.



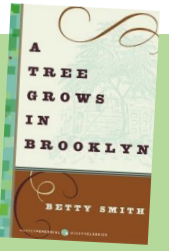


Red Hat Society

**Monday, Oct 9
at 10 am**

Get acquainted!
New members welcome!
See **page 13** for more
information about the
organization.

Constant Reader's Book Club



**Monday, Oct 9
at 10:30 am**

We will be discussing *A Tree Grows in Brooklyn* by Betty Smith.

Book for November, *Mrs. Kennedy and Me* by Clint Hills will be distributed at the October meeting.

Visually Impaired Senior Support Group

**Tuesday, Oct 10
at 1 pm**

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

Flu Vaccination Clinic

**Tuesday, Oct 10
from 1:30 pm to 4 pm
Inside Building**

WelCore Health will be returning for a third and final flu vaccination clinic.

Bring your insurance card.
Call (701) 330-4216 for details

Monthly Creations



**Wednesday, Oct 11
at 10:00 am**

Join Amanda as she leads you step-by-step in painting this 8x10 mummy painting. There are limited seats available for this class. Cost for the class is \$5 per person. No previous painting experience needed! All supplies are included. Wear clothing suitable for painting. Call 701-757-4866 to register.

FREE Legal Services for Seniors

**Thursday, Oct 12
from 9 am - 11 am**

**Thursday, Oct 26
from 2 pm - 4 pm**

Legal Services of ND provides free legal assistance twice a month at the Grand Forks Senior Center. Call **701-222-2110** to make an appointment. Dial "330" when the recording starts. Recording will not give Grand Forks as an option; Fargo office makes appointments for Grand Forks.

Coffee and Pie with a Cop

**Tuesday, Oct 17
at 1:30 pm**

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

October 2023 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30 am Men's Coffee 11:45 am Oktoberfest at GFSC 1:00 pm Music Monday 1:00 pm Dominoes 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>3</p> <p>9:00 am Healthy Bones AM 9:00 am Tour 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>4</p> <p>9:30 am Wii Bowling League 9:30 am Men's Coffee 9:30 am Game Group 12:00 pm AARP Driver's Safety Class 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>5</p> <p>7:45 am KNOX Update 9:30 am Men's Coffee 10:00 am Crochet Class 10:30 am Tech Talk 11:00 am - noon Medication Take Back Event 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>6</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee</p>
<p>9</p> <p>9:30 am Men's Coffee 10:00 am Red Hat Society Meeting 10:30 am Book Club 1:00 pm Pinochle 1:00 pm Dominoes 1:30 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>10</p> <p>9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Vision Support Group 1:00 pm Farkle 1:30 pm Indoor Flu Vaccination Clinic 3:30 pm Healthy Bones (Hope Church)</p>	<p>11</p> <p>9:30 am Wii Bowling League 9:30 am Men's Coffee 9:30 am Game Group 10:00 am Monthly Creations 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>12</p> <p>9:00 am - 11:00 am Free Legal Services 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:00 pm Trivia 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>13</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee</p>
<p>16</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (GFSC) 3:30 pm Chair Yoga (GFSC)</p>	<p>17</p> <p>9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle 1:30 pm Coffee & Pie w/ a Cop 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>18</p> <p>9:30 am Wii Bowling League 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)</p>	<p>19</p> <p>9:30 am Men's Coffee 10:00 am Crochet Class 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>20</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 9:30 am Men's Coffee 1:00 pm Music Monday 1:00 pm Dominoes 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	24 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Weight Management 10:00 am Ladies Coffee 1:00 pm Farkle 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	25 9:30 am Wii Bowling League 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)	26 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) \$100 Must-Go Halloween BINGO Giveaway 1:30 pm Beginners Tai Chi 2:00 pm Trivia 2:00 pm - 4:00 pm Free Legal Services 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (GFSC)	27 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee
30 9:30 am Men's Coffee 1:00 pm Music Monday 1:00 pm Dominoes 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	31 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Weight Management 10:00 am Ladies Coffee 11:45 am Halloween Bash 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)		Library, computers for senior use and billiards available anytime GFSC is open	

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

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

GFSC
Library

Medicare Part D Open Enrollment

MEDICARE

PART D

Open Enrollment from Oct 15 to Dec 7, 2023
(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) 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 2024, 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.

Need help with heating bills? LIHEAP may be able to help.

The Low Income Home Energy Assistance Program (LIHEAP) helps eligible families with home heating and weatherization costs.

The program partially pays the cost of natural gas, electricity, propane, fuel oil, coal, wood, or other fuel sources.

The program also covers:

- Weatherization services (insulation, weather stripping around doors and windows, etc.)
- Furnace cleaning, repair, and replacement
- Chimney cleaning and inspection
- Emergency assistance

Documents to have when you apply:

- Completed LIHEAP application
- Verifications of any income you received in the prior month, current month and what is anticipated in the following month
 - If you want LIHEAP to help going back to October (start of current heating season), you will need to provide all income going back to October to current month.
 - If you want to be reimbursed for bills you PAID, you MUST also include proof of paid heating bills along with your income for those months you are requesting reimbursement.
- Verifications of expenses you have paid from June 1 to current
 - If you want LIHEAP to help going back to October (start of current heating season), you will need to provide all income going back to October to current month.
 - Medical expenses
 - Childcare expenses
 - Child Support/Alimony
- Copy of your heating bill
- Copy of your lease if you rent

What are the Income Limits for LIHEAP?

Eligibility is based on a household's income to ensure help goes to those most in need.

A household's income must be at or below 60 percent of North Dakota's median income and within these limits:

Household Size	Income	Monthly Income
1	\$33,407	\$2,783
2	\$43,686	\$3,640
3	\$53,965	\$4,497

(Income limits effective Oct. 1, 2022 through Sept. 30, 2023)

How do I apply?

- Apply online: <https://www.hhs.nd.gov/applyforhelp/liheap>
- Apply with Community Options with Shannon Rolandson at 701-240-8751. You will need proof of income and expenses (prescriptions and medical expenses, insurance premiums, and representative payee)

The heating season is from October to May 31st. Applications for heating will start being accepted in October. If you have an energy related emergency (shut-off or disconnection notice, out of deliverable fuel, minor repairs, or furnace repair/replacement), please contact the Customer Support Center at 701-328-1000.



Beginning October 9 at 10 am, The Red Hat Society will begin meeting at the Grand Forks Senior Center.

The Red Hat Society (RHS) is a unique playgroup for women that promotes passion of fun, friendship, fitness, the freedom to express yourself in positive ways, and a dedication to the fulfillment of lifelong dreams, gained all through the power of fun!

Most women give their all to family, career, and community and forget to take time for themselves. Over 20 years ago, the RHS discovered that all of us need an occasional "recess" from the cares and duties of everyday life for no other purpose than to have fun with like-minded women.

From under our signature brims, we create true, lasting friendships online and in person. Join us as we reshape the view of women in today's culture. Red Hatters, those 50 and beyond, wear purple clothing and red hats. Women not quite 50 yet wear lavender clothing and pink hats.

We are pleasingly not invisible.



Christmas Flea Market

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

We will be selling donated and gently used Christmas items such as

Decorations

Christmas tree decor

Knickknacks

Lights

Christmas trees under 6 feet tall

Liven up your home with new to you items!

Christmas Flea Market donations accepted NOW thru November 30.

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



Donations & Memorials

Thank you so much to our generous donors who support older adults! Brighter Side Society Members are designated by the * symbol. The gifts below were received from August 16 to September 15, 2023.

Donations of \$500-\$999

Altendorf, Diane

ICS, Inc

For Meals on Wheels

Donations of \$250-\$499

Westacott, Richard

In memory of Bob Hedden

Donations of \$100-\$249

American Legion Post #157

For senior meals

Anonymous

Barta, Maynard and Barbara

In memory of Karen Herrmann

Beland, Paul and Becky

Erickson, Dennis and Cheri

Jensen, Marlys

In memory of Vicki Schreiner

Korfhage, Mary Lou

In memory of my husband,

Don Korfhage

Lofberg, Janice

Neumann, Marie

In memory of Karen Herrmann

Pedersen, Melvin

Schubert, George

In memory of Arline Schubert

VPW Post 3817

Donations up to \$100

Belobraydic, Matt and Rochelle*

Broadwell, Ray and Becky*

Buckley, Ann*

Dvorak, Marlene*

Gray, Irene

In memory of Iris Root

Halstenson, Thomas and Marlys

In memory of Karen Herrmann

Hammerstrom, Tooker*

Helgerson, Donna*

In memory of my husband,

Arral (AJ)

Hogan, Shirley

Iseminger, Carl and Colette*

Iverson, Avis

In memory of Alfred Hagen

Mattern, Alice*

McMahon, Jacqueline

In memory of Karen

Herrmann, Lois Pladson

Moen, Alice

In memory of Karen Herrmann

Nelson, Elaine

Nielsen, RuthAnn

In memory of Karen Herrmann

Samuelson, Juanita

In memory of Adam Parnow

Sandberg, Curt and Ione*

For Meals on Wheels

Schiele, Kathy

In memory of Don Schiele

Schmidt, Joe and Becky

In memory of Louie Belisle

Schumacher, Matt and Jami

St Germain, Bob and Sharon

In memory of Karen Herrmann

Steinke, John and Susan

In memory of Karen Herrmann

Sundby, Maureen

In memory of Karen Herrmann

Vein, Jerry and Mary*

Westrum, Brad and Yvonne*

Wilson, Neil and Ann

Zirnhelt, Clair and Ronda*



Paid Advertisement

Aspen Park

Briarwood

Parkview Terrace



Our 55+ communities offer: heated indoor parking, elevator, controlled entry, in-unit laundry, library, community room, exercise room, central air, trash chute, storage lockers, 24/7 emergency maintenance and more!



www.immapartments.com • 701-780-8162

Thank you to Quality Lawn Care for their donation of weed and fertilizer application.

Paid Advertisement



Maple View
MEMORY CARE COMMUNITY

Providing you and your family with peace of mind

- Full time residency
- Respite
- Adult day services

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Grand Forks, ND 58201
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www.lifeatmapleview.com

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- Parkinson Wellness
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For information call:
701-775-2586



Wish List



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

Resources Department:

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

Dining Room:

- Coffee

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



**August Prize Winnings:
\$4650.25**

Purse Sale Update:



The Purse Sale in August made over **\$3,400** for future activity events! Thank you so much to everyone who donated and purchased purses!

Foot Care Appointments

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

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

Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

Oct 10	Aneta Community Center, 219 Main Avenue, Aneta	9:00 am - Finish
Oct 18	Tolna Lutheran Church, 220 Main Street, Tolna	9:30 am - Finish

Revised guidelines to keep clients and staff safe:

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

Please help to keep our nurses healthy to serve you!

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

Paid Advertisement

*Request Information or Schedule
your Personal Tour Today!*



*Our Family
Caring for Yours*

Senior Independent Living - Country Estates

- A variety of elegant apartments
- Café, hair salon, exercise room, transportation

Assisted Living - Wheatland Terrace

- Spacious apartments with 24/7 personal care
- Meals, transportation to medical included

Basic Care - Tufte Manor

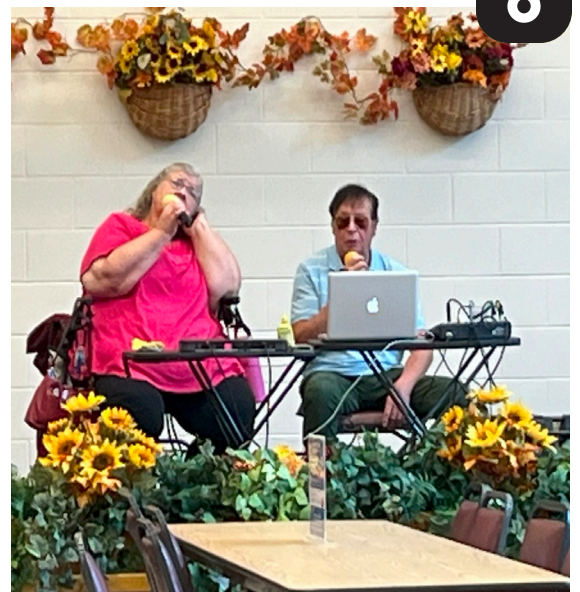
- Single and 2-room suites (Medicaid approved)
- Meals, transportation, personal care included

valleyseniorliving.org
701.787.7563



Fun In The Center

- 1-4 Photos from Medora Musical bus trip
- 5 Too Old to Die Young performing for Music Monday
- 6 The Odds and Ends performing for Music Monday
- 7- 10 Photos from August Monthly Creations: Wine Cork Pumpkins
- 11 Q & A with Colette
- 12 August Coffee with a Cop





7



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QUITTING TOBACCO FOR A HEALTHIER TOMORROW

Whether you're a long-time tobacco user or recently picked up the habit, it's never too late to make a positive change for your health.

THE BENEFITS OF QUITTING

- **Better Lung Function:** Quitting tobacco leads to improved lung function, making it easier to breathe and reduces the risk of respiratory infections.
- **Reduced Heart Disease Risk:** Within just a few years of quitting, your risk of heart disease drops significantly.
- **Lower Cancer Risk:** The risk of lung cancer decreases with each year of smoke-free living, and your overall risk for other cancers decreases as well.
- **Enhanced Quality of Life:** Quitting tobacco can lead to increased energy, improved sense of taste and smell, and a greater ability to engage in physical activities.
- **Save Money:** Tobacco use can be an expensive habit, and quitting will help you save resources for the things you enjoy in retirement.

QUITTING STRATEGIES

- **Seek Support:** Consider joining a tobacco cessation program, either in-person, phone or online. Support groups and counseling can provide invaluable guidance and encouragement.
- **Nicotine Replacement Therapy:** Options like nicotine gum, patches, or lozenges can help reduce withdrawal symptoms as you gradually cut down on nicotine intake.
- **Prescription Medications:** Talk to your healthcare provider about medications like Chantix or Zyban, which can aid in quitting by reducing cravings.
- **Healthy Habits:** Replace tobacco with taking brisk walks, practicing deep breathing exercises, or chewing sugar-free gum when you feel the urge to use tobacco.
- **Identify Triggers:** Recognize the situations or emotions that trigger your tobacco use and find alternative ways to cope with them.
- **Stay Positive:** Be patient with yourself. Quitting isn't always easy but remember that each day without tobacco is a victory.

Quitting tobacco is a journey, and it's one that you don't have to embark on alone. Many people need a few tries before they quit for good and there are resources available to support you. If you or someone you know needs help quitting, call Grand Forks Public Health at **701-787-8100** or contact NDQuits at **1-800-QUIT-NOW (1-800-784-8669)**.

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

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

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
4oz Orange Juice (1cs) 1/2 c Fruit Sauce (1cs) 2 Blueberry Pancakes (3cs) 2oz Turkey Sausage 8 oz 1% milk (1cs)	8 oz 1% Milk (1 cs) 1/2 c Fruit Sauce or OJ (1cs) Whole Grain Cereal (1cs) Cinnamon Roll (2cs) Scrambled Egg	1/2 c Fruit Sauce or OJ (1cs) Omelet (.5cs) 2 WW Toast (2cs) 8 oz 1% milk (1cs)	1/2 c Fruit Sauce or OJ (1cs) Sausage Egg Muffin (2cs) Whole Grain Cereal (1cs) 8 oz 1% milk (1cs)	1/2 c Fruit Sauce or OJ (1cs) 2 Eggs Made to Order Hashbrown Patty (1cs) 2 WW Toast (2cs) 8 oz 1% milk (1cs)
Breakfast: Toast with a meal includes margarine, jelly and peanut butter choices; Syrup, SF syrup and margarine are available with pancake, waffle and french toast meals.				
Monday Lunch: Oct 2	Tuesday Lunch: Oct 3	Wednesday Lunch: Oct 4	Thursday Lunch: Oct 5	Friday Lunch: Oct 6
3 oz. BBQ Chicken (1cs) or Sausage w/Kraut 1/2 c. Steamed Broccoli Sm Baked Potato (1cs)/Sr Cream 1/2 c Mandarin Oranges (1cs)	3 oz Baked Salmon or Swiss Steak 1/2 c M. Pot/Gravy (1cs) 1/2c Green Beans 1/2 c. Peaches (1cs)	8 oz Beef Stew (1cs) or Chicken Enchilada (2cs) 1/2 c. Green Peas (1cs) 1/2 c Pears (1cs)	3oz Salisbury Steak/IMR gravy or Chicken Royale (.5cs) 1/2 c M. Pot/Gravy (1cs) 1/2 c Parslied Carrots 1/2 c Fruit Cocktail (1cs)	3 oz Roast Pork w/gravy or Chix Kiev (1cs) 1/2 c Au gratin Potatoes (1cs) 1/2 c Roasted Brussel Sprouts 1/2 c Peach Crisp/topping (2cs)
Monday Lunch: Oct 9	Tuesday Lunch: Oct 10	Wednesday Lunch: Oct 11	Thursday Lunch: Oct 12	Friday Lunch: Oct 13
3oz Meatloaf (.5cs) or Pork Chop in gravy over 1/2c Rice Blend (1cs) 1/2 c M. Potato/gravy (1cs) 1/2 c Orange glazed carrots (.5cs) 1 WW Bread (1cs) 1/2 c Mandarin Oranges (1cs)	3oz Hamburger on WW Bun (2cs) or Tuna Melt on WW Bun (2cs) 1 sl each Lettuce & Tomato No additional bread 1/2 c Sweet Potato (1cs) 1/2 c Corn (1cs) 1/2 c Pineapple (1cs)	Taco Salad (3cs) or Tilipia 1/2 c M Pot/Gravy (1cs) 1c Lettuce Salad/Dressing 1/2 c Stewed Tomatoes (.5cs) 1 WW Bread (1cs) 1/2 c Fruit Cocktail (1cs)	Chicken Pot Pie (2cs) or 8 oz Cheeseburger Pie (2cs) 1/2 c Peas (1cs) 1 WW Dinner Roll (1cs); No Bread 1 c Coleslaw 1/2 c. Peach Sc (1cs)	3 oz Italian Chix Breast or BBQ Pork on WW Bun (2cs)/No Bread 8 oz Pot & Corn Chowder (1cs) 1/2 c Pears (1cs) Sm Rice Krispy Bar (1cs)
Monday Lunch: Oct 16	Tuesday Lunch: Oct 17	Wednesday Lunch: Oct 18	Thursday Lunch: Oct 19	Friday Lunch: Oct 20
3 oz Cranberry Chicken (1cs) or Stuffed Pepper (1cs) 1/2 c M. Potato/gravy (1cs) 1/2 c Steamed Broccoli 1 sl WW Bread (1cs) 1/2 c Tropical Fruit (1cs)	3 oz Sloppy Joe or S&S Chicken (1cs) on WW Bun (2cs) /No bread 8 oz Veggie Soup 1/2 c. Pear Crisp/Topping (2cs)	3 oz P/A Pork Chop (.5cs) or 8 oz Chili w/Beans (1cs) Sm Baked Potato/Sr Crm (1cs) Carrot Stix 1/2c. Grapes (1cs)	8 oz Chicken Noodle Cass (1cs) or Spaghetti/Noodles (1cs) 1/2 c. Peas (1cs) 1/2 c Wax Beans 1 sl WW Bread (1cs) 1/2 c Applesauce (1cs)	BBQ Ribs (.5cs) or Crax Crumb Fish (.5cs) 1/2 c Sweet Potato (1cs) 1c Tossed Salad/dressing 1/2 c Peaches (1cs)

Monday Lunch: Oct 23	Tuesday Lunch: Oct 24	Wednesday Lunch: Oct 25	Thursday Lunch: Oct 26	Friday Lunch: Oct 27
8 oz Tuna Noodle Cass (1cs) or Tator Tot Cass (1cs) 1/2 c. Mixed Vegetables (.5cs) 1 WW Bread (1cs) 1/2 c Cherry Sc (1cs)	Stuffed Shells in Sauce (2cs) or Meatloaf Patty over Rice (1cs) 1/2 c. Coleslaw 1/2 c. Peas (1cs) 1 WW Bread (1cs) 1/2 c. Tropical Fruit (1cs)	8 oz Beef Stronganoff or Chicken Creole over 1/2 c Noodles (1cs)/1 WW Bread (1cs) 1 c Tossed Salad/dressing 1/2 c Broccoli 1/2 c Peaches (1cs)	3 oz Beef Roast or Roast Turkey 1/2 c. M. Pot/Gravy (1cs) 1/2 c Stuffing/gravy (1cs) 1/2 c Carrots Small Apple (1cs)/ 1 Bread (1cs)	3 oz Chicken/gravy or Cabbage Roll (1cs) 1/2 c Ml Potato/gravy (1cs) 1/2 c. Green Beans 1 WW Bread (1cs) 1/10 Pumpkin Pie/top (2cs)
Monday Lunch: Oct 30	Tuesday Lunch: Oct 31	Wednesday Lunch:	Thursday Lunch:	Friday Lunch:
3 oz Bk Chix Fried Steak (.5cs) or S&S Meatballs (.5cs) 1/2 c Ml. Potato/gravy (1cs) 1/2 c Glazed Carrots (.5cs) Small Orange (1cs)	8 oz Hung Goulash (1cs) or Chix Wild Rice Cass (1cs) 1/2 c Green Beans 1 c. Tossed Salad/dressing 1/2 c Peaches (1cs) 1 WW Bread (1cs)	HAPPY HALLOWEEN		MENU SUBJECT TO CHANGE WITHOUT NOTICE
Breakfast (8:30-9am), Lunch (11:45-12:15). Served at the Grand Forks Senior Center. Drive Thru 11:30-noon. Check other sites for their serving times. The state now allows you to take home your leftovers. Please bring your own containers and a cooler if your items need refrigeration.	Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g Attn: Diabetics -These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts		No reservations required at the Grand Forks Senior Center (620 4th Ave S).	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
Date: <u>8/16/2023</u> Licensed Registered Dietitian #13899 <u>Collette Sawyer, RRD</u> Colette Iseminger, MS, RD, LRD				



Sit-Down Breakfast - Served 8:30 am - 9 am
Drive-Thru Lunch - Served 11:30 am - Noon
Sit-Down Lunch - Served 11:45 am - 12:15 pm

Don't be late, or you won't get a plate!
Please be considerate of serving times!

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

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



**Transportation
to FARGO**

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

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



620 4th Ave. S.
Grand Forks, ND 58201
701-772-7245
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Grand Forks Senior Center
October 2023
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

Halloween at the Senior Center

Stop by the Grand Forks Senior Center for all of our Halloween events!

Thursday, October 26th: \$100 Must-Go Halloween BINGO Giveaway

Tuesday, October 31st: Halloween Bash

- **Enjoy Ghoulish for lunch**
- **Pumpkin carving/decorating contest**
 - Bring decorated pumpkins in by 10am. Voting will happen during lunch. Contest results announced at 2 pm. Pumpkins must be taken home after judging.
 - Pumpkin carving contest categories include People's Choice, Scariest, Funniest, and Most Creative.
- **Wear a costume** to be entered into a drawing for spook-tacular prizes
- **Halloween Family Feud Game Show** starting at 1 pm in the Dining Room
 - Join us for a live gameshow of Halloween Family Feud! Participants will be drawn from people in the audience who would like to play.
 - There will be prizes and lots of laughs!

