

Drive-thru Flu Shot Clinics



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

Open to the Public for All Ages

WelCore Health, outfitted in personal protective equipment, will be under the canopy at the Grand Forks Senior Center (620 4th Ave S) to administer flu vaccinations. Enter from Cherry St and exit on 4th Ave S. **You will stay in your vehicle the entire time. Please tear out and fill out the form found on page 7. 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.**

Wed, Sept 23	1-4 pm
Mon, Sept 28	1-4 pm
Wed, Sept 30	1-4 pm
Mon, Oct 5	1-4 pm
Wed, Oct 7	1-4 pm

All flu shots clinics will take place in the Grand Forks Senior Center drive-thru under the canopy. Come in from Cherry St and exit on 4th Ave S.

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

Grand Forks Senior Center (GFSC) Phone Numbers

GFSC is an United Way Partner Agency



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

GFSC Board of Directors

President

Rich Lehn

Vice President

Bob Rost

Secretary

Alice Mattern

Treasurer

Brenda Sem

Karen Herrmann

Jason McCarthy

Emily Nielsen

Curt Sandberg

Mary Sears

Lisa Sonterre

Michael Venaccio

Dave Willprecht

Clair Zirnhelt

Mission Statement

The mission of the Greater Grand Forks Senior Citizens Association, Inc. is providing opportunities for older adults to live to their full potential.

The Greater Grand Forks Senior Citizens Association, Inc. makes available all services and assistance without regard to race, color, religion, national origin, age, sex, political beliefs, disability, or status with respect to marriage or public assistance. If you feel you have been discriminated against, please contact one of the board members or the Executive Director.

Building & Program Usage Guidelines

Building Currently CLOSED

Building and Activities: For people 55 and older. Younger guests may accompany seniors occasionally.

Senior Dining Meals: For people 60 and older and their spouses. Younger guests may accompany seniors occasionally.

Foot Care: People 60 and older.

Meals on Wheels: For people 60 and older and their spouse or caregiver of any age.

Home Delivered Meals: Any age.

Bingo: People 18 and older, according to state gaming laws.

If you would like to receive this newsletter (either in the mail or by email), you no longer wish to receive this newsletter, or your address is changing, please contact the GF Senior Center at 701-772-7245 or jamis@gfseniorcenter.org. We currently print 2,200 Silver Express newsletters each month and mail about 2,000 of them. Another 400 people receive the newsletter by email. If you would like to switch to receive the newsletter by email and save on resources, email jamis@gfseniorcenter.org and let Jami know.



The Silver Express[®]

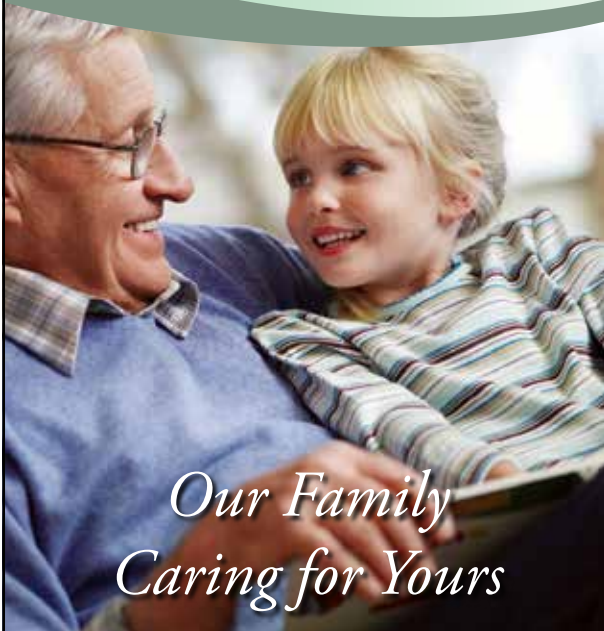
September 2020

IMPORTANT!!!

If you hand us a check in the meal drive-thru or you mail a check in with a Meals on Wheels envelope, we will assume you are sending in a meal contribution. This means it will NOT be listed in the *Silver Express* newsletter and it is NOT tax-deductible because you received meals for the money you are contributing. However, if you would like to make a donation, designate that on the 'Memo' line of your check or send a note with your check so we know your intentions. Thank you!

- 4 From the Director's Chair
- 5 Phased Reopening Plan
- 6 Flu Vaccine Info
- 7 Flu Vaccine Form
- 8 Photo Page
- 9 Website info, Meal Delivery
Volunteers, Ballot Info
- 10 ND Assistive
- 11 Important Info
- 12 Donations & Memorials
- 13 Foot Care Appointments
& Medicare Scams
- 14 September Menu
- Back Eileen Pietron - Legacy
Society

Request information today
by calling 701-787-7563



*Our Family
Caring for Yours*

Senior Independent Living - Country Estates

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

Assisted Living - Wheatland Terrace

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

Basic Care - Tufte Manor

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

valleyseniorliving.org
701.787.7563



From the Director's Chair by Colette Iseminger



Today's Tidbits

MEAL CONTRIBUTION OR DONATION?

There has been a lot of confusion lately about where a person's money is going and whether or not it is recognized in the *Silver Express* newsletter. So what's the difference between a meal contribution and a donation for meals? Remember before the pandemic and you would put your money in the box in the dining room for meals? We knew that money was your meal contribution. And if you wanted to make a tax-deductible donation, you went to the front desk and Cathy or Amber would ring it up as a donation. Now things are muddy and people give us checks in the drive-thru or mail in a check marked "meal donation." We are not always sure if it is a meal contribution or a tax-deductible donation.

We appreciate your help funding meals, however you do it! We just need to make sure it gets recorded to the right account so the accountants are happy. We kindly request that you are more specific with a memo or a note as to what the money is for – meals you received or a donation to

support others receiving meals. Thanks so much.

CONTINUING PANDEMIC

The pandemic is ongoing. We have consulted with GF County Public Health and we fear it will be a long while yet before we reopen our building and restart our activities (see Phased Reopening Plan on page 5). Because of the population we serve, we are very reluctant to bring you all together. And we certainly don't want to be the pandemic police trying to enforce a bunch of rules on you while you are in our building. It is also extremely important we not put the staff at risk because, if staff start to get sick, we have a very small staff and it could mean cancelling services, services on which many seniors depend. Know that we miss you all terribly and can't wait to have a Grand Reopening in the future!



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

Interested in
Becoming a GFSC
Board Member?

Contact Executive Director Colette Iseminger if you think you may be interested in serving a three-year term on our Board of Directors. The term begins in February 2021. Colette's info: 701-772-7245 or director.gfsc@midconetwork.com

Phased Re-Opening Plan for Grand Forks Senior Center

Approved by the Board 8/20/2020

Phase One (When numbers are high and our seniors need to shelter in place and limit interactions)

- Building is closed to the public; PPE (personal protective equipment) and social distancing in place for staff
- Meals: MOW is once a week delivery (1 hot, 6 frozen)
- Health: Dept is shut down, all services cancelled
- Activities: No activities at all
- Resources: Phone calls and outdoor exchanges only with PPE and social distancing

Phase Two (State numbers are moderate and we can safely socially distance with masks required) *Currently in this phase*

- Building is closed to the public; PPE and social distancing in place
- Health: GFSC 1 hour appts; extreme PPE and precautions in place; Nelson County off-sites open; no home visits or GF County off-sites
- Meals: HDM/MOW normal delivery with precautions and PPE; meal drive thru for hot and frozen meals replaces congregate meals; Homestead/Link are once a week delivery of 1 hot and 6 frozen
- Activities: Exercise in the park; social isolation survey ongoing; newsletter and website activities; two social isolation projects to begin by fall-one for people with technology and one for those with no technology.
- Resources: Everything is done by phone; equipment rental and return in the parking lot; rural frozen delivery on schedule with PPE; no home visits and no in-office visits.

Phase Three (When state cases are low and we can safely socially distance with masks required)

- Health: May resume GF County off-site clinics
- Activities: Some phased activities off-site such as exercise class at a mall
- Meals: Frozen can be ordered ahead of time and picked up anytime we are open.
- Resources: Possible return to full staffing

Phase Four (When there is an effective vaccine and the staff and most seniors have been vaccinated)

- Building reopens to public; PPE and social distancing are not required
- Health: Resume home visits; use volunteers again; go back to regular appt time without extreme PPE and no escort needed
- Resources: Office and home visits return
- Activities: Gaming, trips and volunteers return; phasing in of activities
- Meals: Congregate returns with no restrictions; Homestead/Link back to daily delivery of hot meals; return of holiday meals at the Alerus Center; MOW load in dining room again with no PPE
- Return to the new normal knowing not everything will be coming back. It's our time to revamp and renew the Senior Center.

***** Administration has the right to phase back due to virus circumstances.**

***** The Board has the right to revise this plan at any time.**

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

VACCINE INFORMATION STATEMENT

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

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

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

1 Why get vaccinated?

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

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

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

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

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

2 Influenza vaccine

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

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

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

Influenza vaccine **does not cause flu**.

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

3 Talk with your health care provider

Tell your vaccine provider if the person getting the vaccine:

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

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

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

Your health care provider can give you more information.



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



Site _____ Date _____

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

Print: Last Name, First Name, Middle Initial:	Date of Birth:	Age:	Circle one: Male Female	Native American or Alaska Native? (circle) Yes No	Can we text or e-mail you with questions? (circle) Yes No
--	-----------------------	-------------	--------------------------------------	---	---

Mailing Address:	City, State, 9 Digit Zip Code:	MANDATORY: Phone Number (include area code), Email (optional)
-------------------------	---------------------------------------	--

We accept the listed insurances. Circle your insurance.	Health Cost Solution	Medica *	Preferred One	Tricare 4 Life
Aetna	Health EZ	Medicaid	Railroad Medicare	United HealthCare
Blue Cross Blue Shield	Health Partners	Medicare	Sanford Health *	UCare/MHCP
Cigna	Humana	Medicare Advantage Plans	Tricare West	Uninsured

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

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

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

Policy/Member ID Number _____ Group Number _____

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

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

Please circle a response.

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

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

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

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

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

GFSC Happenings

during the Pandemic



- 1 No one messes with our parking lot volunteers: Bob Rost and Wayne Berglund.
- 2 Qigong at Lincoln Park.
- 3 At the Aug 7 drive-thru, 135 hot meals were provided and 195 frozen meals were picked up by 13 older adults.
- 4 Chair Yoga at Lincoln Park (24 participants).
- 5 Healthy Bones at Lincoln Park (17 participants).

Absentee Ballot Info

For the upcoming election, mail-in voting is an option. For GF County residents, you can immediately call 701-780-8200 and request an absentee ballot APPLICATION be sent to you or fill out the application at www.gfcounty.nd.gov/election. Beginning Sept 24 (and continuing after), BALLOTS will

be mailed out. It is important to fill out BOTH your application for a ballot AND the actual ballot (once you get it) as soon as possible and then return it as soon as possible. You can either mail it back or DROP IT IN THE DROP BOX located in the ramp (street level) behind the GF County building. Alerus Center will be a polling site on Election Day (Nov 3) and an early polling site seven days before that.

Help Feed the Hungry Meal Delivery Volunteers Needed



The Grand Forks Senior Center is in need of meal delivery volunteers.

For **Home Delivered Meals** run out of Altru hospital, they need volunteers all weekdays and the time commitment is from 11:00 am – 12:30 pm.

For **Meals on Wheels** run out of the Grand Forks Senior Center, they need volunteers on Mondays and the time commitment is from 10:30 am - Noon.

Both programs are in need of substitutes as well.

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

Senior Center Website



The Grand Forks Senior Center puts the health and safety of older adults above else. Please click on 'SAFE SENIORS' blue box to see most recent changes, closures, updates, etc. in regards to the CORONAVIRUS OUTBREAK.



www.gfseniorcenter.org

The GF Senior Center's website is filled with useful information, as well as fun:

- From our home page, you can click on the '**Safe Seniors**' button and find out up-to-date GFSC information related to the pandemic.
- www.gfseniorcenter.org/menu will let you know the **meal drive-thru menu**
- For a **current list of frozen meals**, go to www.gfseniorcenter.org/frozenmeals.
- Also from our home page, the 'Staying Engaged' page is filled with links to fun, including virtual tours of National Parks and world landmarks, TED talks, games through AARP, exercise videos (including two from the Sr Center), videos on how to Zoom, Trickster online cards, etc.
- www.gfseniorcenter.org/donate for online giving

ND Assistive and How They Can Help YOU

ND Assistive is a nonprofit organization that works with people of all ages across the state with their assistive technology needs. This article focuses on what it can do for seniors who are experiencing the effects of aging so they can safely remain living in their own homes.



What is assistive technology? It is anything that can help a person live their life more independently. It can be something simple that a person makes, it can be piece of high tech equipment, or it can be anything in between.

What ND Assistive does:

- Answer assistive technology questions
- Assess assistive technology needs
- Deliver assistive technology training per request
- Help sort out assistive technology funding options

There are a couple of programs that seniors may be most interested in: the Senior Safety program and the Specialized Phone program.

The **Senior Safety program** makes it possible for those with aging-related disabilities to remain safely in their homes for as long as possible with assistive technology. Examples of assistive

technology include grab bars, tub rails, bed rails, an emergency response system (for landlines only), medication management systems, etc. This program allows eligible residents to receive a wide variety of assistive devices free of charge (up to \$300 worth). In order to be eligible, one must be a ND resident 60 or

older. People then are prioritized by greatest economic and/or social need, severity of disability, Alzheimer's disease and related disorders, individuals living in rural areas, and individuals who are at risk for institutional placement. *All ND residents 60 and older who are in need of assistive technology are encouraged to apply, even if they are not low-income. If funding remains, those with higher incomes will also be served.*

The **Specialized Phone program** is open to any North Dakota resident of any age who meets the income guidelines (\$51,010 for a one-person household) and has difficulty using a standard phone due to vision, hearing, mobility, cognitive issues, etc. While people need to have their own phone service, the Specialized Phone program will equip people with a phone, mounting devices, smart devices, etc. to meet their telecommunication needs. This service is also available for nursing home residents.

To get information on these programs, call 800-895-4728 or email info@ndassistive.org. You can also learn more at www.ndassistive.org.

Save this Page for Future Reference

Hearing Support?



The North Dakota School for the Deaf/Resource Center for Deaf and Hard of Hearing has a resource center for hearing loss. Kristen Vetter is available to offer hearing support. **You can contact Kristen at 701-230-8701 or kristen.vetter@k12.nd.us.**

Have Low Vision?

Kay Hager, vision specialist at ND Vocational Rehabilitation, will provide information, assistive devices, and services to individuals experiencing low vision. Phone consults are encouraged but home visits with COVID-19 precautions will be considered, as appropriate. **To learn more about these services, call Kay at 701-795-3149.**

Medicare Questions?

Medicare is here to help you remain as healthy as possible, and this includes your mental health. If you're feeling anxious or depressed during these stressful and uncertain times, make sure you call your doctor or a healthcare professional. Medicare covers a number of services to support you. **Visit [Medicare.gov](https://www.Medicare.gov) for more information or call Medicare at 800-633-4227.**

Legal Services of ND

Legal Services of North Dakota will be cancelling all of its visits at the Grand Forks Senior Center until further notice; however, they are still available to assist. **Call 701.852.4369 with any questions you may have.**



Dementia Caregiver Support

During the pandemic, the Alzheimer's Assoc. is available to you 24/7 by calling 800.272.3900. The GF Chapter office is available Monday-Friday, 9:00 a.m.- 4:30 p.m by phone at 701-775-8544.

From Calvary Lutheran Church in GF Zoom Memory Cafe beginning Sept 15 from 1:00 - 2:30 p.m. Discussing living with Alzheimer's during this pandemic. The Unforgettables Choir via Zoom beginning Sept 23 from 10:00 - 11:30 a.m. Interested? Email maryann.devig@calvarygf.org or call Mary Ann at 701-772-4897 so she can send the link to you.

Social Security Information

The Social Security Administration wants you to know they are still available to assist by phone. A local representative is available to take your call (**local numbers: 888-617-0456, 800-772-1213**) weekdays from 9 am - 4 pm. They may be able to schedule an appointment for you if they cannot help you by phone. Please do not go to their local offices. They are not accepting walk-in visitors. You may also visit [SSA.gov](https://www.SSA.gov). Many of their services can be completed online.



Donations & Memorials

Thank you for these donations received July 14, 2020 to August 18, 2020.

A donor's cumulative giving from this period is listed.

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

- Anonymous (3X)
- GF Kiwanis - Final \$2,000 gift
- Mary 'Eileen' Pietron Estate
- Meals on Wheels America - \$1,950 from Subaru "Share the Love" event

Donations of \$500 - \$999

- Maurie C Byrne Chapter of Credit Unions - For Meals on Wheels
- Rene, A Duane

Donations of \$100 - \$249

- Anonymous
- Asay, Deanna
- Congregation of the Children
- Connell, JoAnn - For meals
- Drees, Ken and Maureen
- Erickson, Dennis and Cheryl
- Hackenberg, Delores
- Hass, Brad
- Mallinger, Earl
- McGregor, Kenton and Marilyn
- Ryan, Jerry - In memory of Stan Hoistad
- Schumacher, Warren and Susan - In memory of Stan Hoistad
- Umphrey, Margaret - In memory of Doug Umphrey for foot care
- Yelton, Jean

Donations of \$99 and Under

- Akset, Orlin and Colleen - In memory of Stan Hoistad, MD Groven
- Altendorf, Diane - In memory of Arnie Altendorf
- Austin, Kevin and Joyce - In memory of Stan Hoistad

- Broadwell, Ray and Becky - In memory of John Hoekstra, Glendora DeGroot
- Ronkowski, Keith and Becky - In honor of Joe & Becky Schmidt
- Groseth, Joyce - In memory of Stan Hoistad
- Gulson, Orris - In memory of Theresa Bakken, Anne Gulson
- Hefler, Maureen and LeClerc, Colette
- Herrmann, Karen - In memory of Stanley Hoistad, Glendora DeGroot, Marilyn Tingum
- Hogan, Shirley
- Holter, Jim and Sharon - In memory of Stan Hoistad
- Iseminger, Carl and Colette - In memory of Stan Hoistad
- Jarombek, Raymond and Joyce - In memory of Stan Hoistad
- Kerr, Sandra - In memory of Stanley Hoistad
- Knudson, John and Jackie - In memory of Stan Hoistad
- Lunde, Beverly - In memory of Stan Hoistad
- Lysne, David and Aida
- Mahnke, Vickie - In memory of Ada Drevecky, Marion Hove, Melodie Reese, Joyce Sorensen
- McCue, Kathy - In memory of Stan Hoistad
- Pedersen, Melvin - In memory of Lila Pedersen
- Peterson, Linda - In memory of Stanley Hoistad
- Schumacher, Matt and Jami - In memory of Stan Hoistad, Glendora DeGroot

- Swanson, Andy and Gail - In memory of Stan Hoistad
- Swen, Olive - In memory of Tracy Weisert
- Tack, Ralph and Lou - In memory of Stan Hoistad
- Vein, Jerry and Mary
- VFW Ladies Auxiliary Post 1874 - For Meals on Wheels
- Westgard, Patricia
- Wischer, Agnes - In memory of Stan Hoistad
- Yagla, Phil and Judy - In memory of Stan Hoistad

Grants

- Altru Alliance - \$10,000 for Home Delivered Meals
- Otto Bremer Trust - \$55,000 for second year grant payment for Resources

Brighter Side Society

If you would like to become an automatic monthly donor, contact Becky at 701-757-4864. Thank you to the following monthly donors:

- Anonymous
- Broadwell, Ray and Becky
- Herrmann, Karen
- Iseminger, Carl and Colette
- Kirkeby, Dean
- Mattern, Roger and Alice
- McGarry, Dennis and Lynn
- Robinette, Paul and Mary
- Sandberg, Curt and Ione - For Meals on Wheels
- Schiele, Kathy - In memory of Don Schiele
- Schumacher, Matt and Jami
- Venaccio, Michael and Vicki
- Zirnhelt, Clair and Ronda

Foot Care Appointments Available

Guidelines to keep clients and staff safe:

- Clients will **wear a mask** while in the building and while interacting with staff.
- Clients will need to **call the Foot Care department at 701-757-4878 and let them know they are waiting outside OR ring the doorbell near the front door.**
- Before entering the building, nurses will ask the client a few assessment **questions** and take the client's **temperature.**
- Upon entry to the building, clients will use **hand sanitizer.**
- **Clients will be escorted to and from the appointment.** No stops along the way will be allowed. **Please only bring what you absolutely need to the appointment. No extra bags or other items allowed.**

APPOINTMENTS

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

Sept 15	Aneta Community Center 219 Main Ave., Aneta	9:00 am - Finish
Sept 23	Tolna Lutheran Church 220 Main St., Tolna	9:30 am - Finish



IMPORTANT: We are doing everything we can to keep you safe, but please only come if you are comfortable. Nurses are equipped with proper equipment.

You must call and reschedule your appointment if you are not feeling well in any way. Also reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 in the two weeks before your appointment.

Meal Options

We are working to keep older adults as healthy as possible. We offer three meal options: a weekday **meal drive-thru** from 11:30 am - 12:15 pm; **frozen meals** which can be picked up during the drive-thru (call ahead of time to place order) or delivery arrangements made if necessary; and our **Meals on Wheels and Home Delivered Meals programs.** Questions? Call 701-772-7245.

Medicare Scams: Never Give Your Card Number

Con artists may try to get your Medicare Number or personal information so they can steal your identity and commit Medicare fraud. Medicare fraud results in higher health care costs and taxes for everyone.

Protect yourself from Medicare fraud. Guard your Medicare card like it's a credit card. Remember:

- Medicare will never contact you for your Medicare Number or other personal information unless you've given them permission in advance.
- Medicare will never call you to sell you anything.
- You may get calls from people promising you things if you give them a Medicare Number. Don't do it.
- Medicare will never visit you at your home.
- Medicare can't enroll you over the phone unless you called first.

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

SEPTEMBER 2020 - Grand Forks COVID 19 Senior Meal Menu

The Full Cost of the meal is: \$9.00. Please contribute what you can. Suggested Donation is \$4.25. EBT/SNAP is accepted.

	Tuesday Lunch: Sept 1	Wednesday Lunch: Sept 2	Thursday Lunch: Sept 3	Friday Lunch: Sept 4
MENU SUBJECT TO CHANGE WITHOUT NOTICE	3 oz Pineapple Pork Chop (1 cs) Small Baked Potato (1 cs) 1/2 c Beets (1 cs) 1/2 c Mandarin Oranges (1 cs)	Stuffed Cabbage Roll (1 cs) 1/2 c Baby Red Potatoes (1 cs) 1/2 c Baked Squash (1 cs) 1/2 c Cherry Crisp w/Top(2cs)	Vegetarian Lasagna (3 cs) 1 garlic toast (1 cs) No Bread 1/2 c Mixed Veg (.5 cs) 1/2 c Ambrosia Cup (1 cs)	Applesauce Ribs (.5 cs) 1/2 c M Pot/Crm Grvy (1cs) 1/2 c Broccoli Cuts Cantaloupe Wedge (1 cs)
Monday Lunch: Sept 7	Tuesday Lunch: Sept 8	Wednesday Lunch: Sept 9	Thursday Lunch: Sept 10	Friday Lunch: Sept 11
CLOSED LABOR DAY	3 oz Pork Roast with Gravy 1/2 c Boiled Potatoes (1 cs) 1/2 c Green Beans Special K Bar (3 cs)	3 oz Herb Chicken 1/2 c M. Pot with Gravy (1 cs) 1/2 c Carrot Krinkles (.5 cs) 1/2 c Apple Crisp w/Top (2cs)	3 oz Meatballs in Gravy 1/2 c M Pot w/Gravy (1cs) 1/2 c Peas w/Pearl Onions (1 cs) 1/2 c Fruit Cup (1 cs)	Baked Chicken (1cs) Sm Baked Potato (2 cs) 1/2 c Broccoli Cuts 1/2 c Fruited Gelatin (2 cs)
Monday Lunch: Sept 14	Tuesday Lunch: Sept 15	Wednesday Lunch: Sept 16	Thursday Lunch: Sept 17	Friday Lunch: Sept 18
3 oz BBQ Baked Chicken (1 cs) 1/2 c Creamed Potatoes (2 cs) 1/2 c Beets (.5 cs) 1/2 c. Peaches (1 cs)	2 oz California Burger on WW Bun (2 cs) 1/2 c Potato Salad (1 cs) 1/2 c Baked Beans w/pork (2 cs) 1 Orange(1 cs)	3 oz Polish Sausage & Saurkra on WW Bun (2 cs) Sm Baked Potato (2 cs) Small Cookie (2 cs)	Lasagna (3 cs) 1 garlic toast (1 cs) No Bread 1/2 c French Green Beans Bitzy Brownie (2 cs)	3 oz Pork Chop in Mushroom Gravy 1/2 c Buttered Egg Noodles (1 cs) 1/2 c Mixed Vegetables (.5 cs) 1/2 c Pears (1 cs)
Monday Lunch: Sept 21	Tuesday Lunch: Sept 22	Wednesday Lunch: Sept 23	Thursday Lunch: Sept 24	Friday Lunch: Sept 25
3 oz. Baked Chicken (1cs) Sm. Baked Potato (2cs) 1/2 c Green Peas (.5 cs) 1/2 c Fruit Sauce (1 cs)	2 oz Fishwich on WW Bun(2.5cs) 1/2 c Potato Salad (1 cs) 1/2 c Carrots (.5 cs) 15 Fresh Grapes (1 cs)	3 oz Meatloaf (.5 cs) 1/2 c M Pot w/Gravy (1cs) 1/2 c Corn (.5 cs) 1/2 c Blueberry Crisp w/Top (2CS)	3 oz Salisbury Steak 1/2 c Augratin Potatoes (3 cs) 1/2 c Mixed Veggies (1 cs) 1/2 c Tropical Fruit (1 cs)	3 oz Roast Beef w/gravy Baby Potatoes (1 cs) 1/2 c Broccoli Cuts Pumpkin Pie w/Top (3cs)
Monday Lunch: Sept 28	Tuesday Lunch: Sept 29	Wednesday Lunch: Sept 30	DRIVE THRU MEAL PICK UP AT THE GRAND FORKS SENIOR CENTER FROM 11:30AM-12:15; DINING ROOM IS CLOSED UNTIL FURTHER NOTICE	
1 c Chix Noodle Casserole (1cs) 1/2 c Stewed Tomatoes (1 cs) Sm Molasses Cookie (1cs)	3 oz BBQ Meatballs (.5 cs) 1/2 c Potatoes Augratin (3 cs) 1/2 c Broccoli 1/2 c Cherry Sauce (1 cs)	3 oz Salmon 1/2c. Whipped Potato w/gravy (1cs) 1/2 c. Peas (.5cs) 1/2 c Peach Sauce (1cs)		

Attn: Diabetics-These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts. 1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (1cs); and margarine are available with each meal.

Date: 7/17/2020 Licensed Registered Dietitian #13899 Colette Ising, RRD Colette Ising, MS, RD, LRD

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



Note from Dan at Beltone Hearing

Throughout this pandemic, Beltone Hearing has kept our doors open. We are here to help you hear better.

Services that we offered at the Grand Forks Senior Center have been extended to our East Grand Forks office, located in the East Grand Forks Dental offices at 22 4th St NE. At this location we are offering:

- Free wax check and ear inspection
- Free cleaning of your hearing aids

We are also offering a complimentary hearing exam and hearing aid evaluation.

Call 701-738-8028 for an appointment. Mention you saw this information in the Grand Forks Senior Center newsletter.

WISHLIST: Cloth masks with elastic loops that we can give away to seniors during the meal drive-thru. Thank you in advance!

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.

Silver Express 15



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



The Grand Forks Senior Center is CLOSED September 7 in observance of Labor Day.

Thanks to Legacy Society Member Eileen Pietron A big 'Thank You' to Eileen for her \$3,000 estate gift

Eileen Pietron's 2018 Giving Hearts Day sign said, "My three favorite things about the Grand Forks Senior Center: 1) Meeting friends & making new ones, 2) Enjoying the holiday meals, and 3) WINNING at bingo!



Mary 'Eileen' Pietron was born January 24, 1934 in Lafayette, Ind. Mary and her husband Leo first lived in Larimore, N.D. and then moved to Grand Forks in 1970. She was employed with Leo Ferguson in East Grand Forks, Minn. and Wy's Floral and Walmart in Grand Forks until her retirement. Mary passed away in December 2019. In her estate she designated \$3,000 to support older adults through the Grand Forks Senior Center. We are so appreciative.