

September 2021

# The Silver Express

[www.gfseniorcenter.org](http://www.gfseniorcenter.org)

701-772-7245

Introducing . . .



## Music Mondays

Sept 13 Too Old to Die Young

Sept 20 Fantastic MBP  
(Paul Beland's new group)

Sept 27 Joe Schmidt

Come and join us at 1:00 pm on Mondays as we gather  
and appreciate the music of local musicians.

# Grand Forks Senior Center (GFSC) Phone Numbers

<b>GFSC General Number</b> .....	<b>701-772-7245</b>
Executive Director, <b>Colette Iseminger, MS, RD, LRD</b> .....	701-772-7245
Ass't Director/Development Officer, <b>Becky Broadwell</b> .....	701-757-4864
Meals on Wheels (MOW) Coordinator, <b>Grace Hale</b> .....	701-757-2006
Home Delivered Meals (HDM) <b>Paula Altepeter, Rhonda Stephan</b> ..	701-780-5169
Resources Manager <b>Stacy Narlock, BSW</b> .....	701-757-4874
Senior Health Insurance Counselor <b>Nina Lovell, LSW</b> .....	701-772-7245
Rural (GF & Nelson) Resources, <b>Joyce Austin</b> .....	701-757-4881
Activity Manager, <b>Ranea Johnson</b> .....	701-757-4866
Gaming Supervisor, <b>Dennis Nelson</b> .....	701-757-4873
Public Relations Manager, .....	701-757-4863
Kitchen Supervisor/Head Cook, <b>Gerri Davis</b> .....	701-757-4871
Health (Foot Care) Appointments .....	701-757-4878
Health Manager, <b>Shirley Lill, RN</b> .....	701-757-4868

## GFSC Board of Directors

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Alice Mattern

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## Mission Statement

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

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

## Building & Program Usage Guidelines

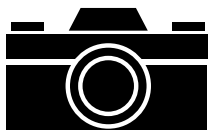
The GFSC building is open to the public. Unvaccinated people must mask the entire time in the building, except when eating in the dining room - then we ask that you distance yourself six feet. Vaccinated people are now recommended to mask at the GFSC, but mandated when meeting with staff in Health (foot care) or Resources or if a staff member asks them to mask. A senior may request any staff member wear a mask. As before, our building is for people 55 and older.

**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](mailto:pr@gfseniorcenter.org). If you would like to switch to receive the newsletter by email, email [pr@gfseniorcenter.org](mailto:pr@gfseniorcenter.org).**



# The Silver Express<sup>©</sup>

September 2021



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

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Thank you to Girl Scouts Dakota Horizons for their in-kind donation of 310 boxes of Girl Scout cookies. We have been sharing them with seniors! Thank you also to Quality Lawn Care for their donation of summer weed control & fertilizer application.

Paid Advertisement

## Tour of the Grand Forks Senior Center

**Tuesday, September 7: 9:00 am**  
**Gather in the lobby**

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

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

[hrrv.org](http://hrrv.org) | (800) 237-4629



Celebrating **40** Years

# From the Director's Chair

by Colette Iseminger



## Today's Tidbits

- **What do we use our bingo profit for?**  
Because we have a gaming license with the State of North Dakota, our gaming profit has to support our agency's mission. We usually make a profit of about \$8,000-\$10,000 per year. We use that money to help pay our utility bills, which run about \$3,000-\$4,000 a month.
- **Entrée choice returns September 1 to the Senior Center for those coming inside to dine** (see the back cover for more information). Please see the complete menu on pages 21-22 or at [www.gfseniorcenter.org/menus](http://www.gfseniorcenter.org/menus).
- In order to provide a safe environment for meals, our **entire dining room is available for people to eat breakfast or lunch**. Please feel free to socially distance from others if you want. Talk to a staff person about having additional tables set up if you want one by yourself. Remember, our meal drive-thru is available for lunch as well. This contact-free option is open Monday through Friday, from 11:30 am – Noon.
- At the time this newsletter went to the press, the CDC (Centers for Disease Control & Prevention) had assigned GF County into the orange (substantial) risk level based on the percentage increase in COVID transmission. At this level, the **CDC recommends that all people wear a mask indoors whether you are vaccinated or not**, so that is presently the policy at the Senior Center. **Unvaccinated people still have to mask**. By the time you read this, it is very likely our agency will be requiring masks for all people entering our building and using our services. Please visit our website ([www.gfseniorcenter.org/safeseniors](http://www.gfseniorcenter.org/safeseniors)) or call us to see if masks are required yet. I know it is disheartening to think we are headed in that direction again, but our organization needs to protect all who use our services and also our staff.

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

At this time, the Senior Center is going to continue closing at 1:30 pm on Fridays.

# Important Information for People Turning 65



The GF Senior Center has a new web page that is filled with important information for people about to turn 65 years old OR for people who are doing some early retirement planning. Check this out and share it with family and friends:

[www.gfseniorcenter.org/turning65](http://www.gfseniorcenter.org/turning65)



## Volunteers Needed



As the GF Senior Center works to get back to more normal operations, we are once again in need of many volunteers. We have never been able to do all we do without our volunteers. Please consider one of these opportunities.

**Bingo volunteers** are needed for Wednesdays & Thursdays from 12:15 pm to 3:00 pm. The payout volunteers need to be comfortable working with money. The bingo floor walkers need to be able to stand for a period of time. Contact Activity Manager Ranea Johnson at 701-757-4866 or [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org).

For **Meals on Wheels** run out of the Grand Forks Senior Center, we need volunteers for routes on Thursday and Friday. We also need **SUBSTITUTE** volunteers. The time commitment is from 10:30 am - Noon. If interested, please contact Meals on Wheels at 701-757-2006 or [mow@gfseniorcenter.org](mailto:mow@gfseniorcenter.org).

For **Home Delivered Meals** run out of Altru hospital, we need **SUBSTITUTE** volunteers for all days. The time commitment is from 11:00 am – 12:30 pm. If interested, please contact Home Delivered Meals at 701-780-5169 or [HDMeals@midconetwork.com](mailto:HDMeals@midconetwork.com).



## Senior Supper Outing

**Tuesday, September 14 at 5:00 pm**  
**Southgate (2525 S Washington St)**

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



## Gift Shop Crafters

**Fridays at 9:00 am, beginning Sept 10**  
**GFSC Lower Level Activity Room**

This group is for anyone who would like to make crafts that the GFSC sells in their gift shop. The GFSC supplies the materials and you supply the talent! Either just come and join in as people visit and craft or contact Activity Manager Ranea Johnson (701-757-4866; [activity@gfscseniorcenter.org](mailto:activity@gfscseniorcenter.org)) to visit with her ahead of time.

# Introducing . . . Dennis Nelson!



**Dennis Nelson** is the new gaming supervisor at the Grand Forks Senior Center. A familiar face around the GFSC, Dennis has been volunteering here for the past 12 years for Meals on Wheels. Once he partly retired from the Anne Carlsen Center, where he worked as direct support professional, he started calling bingo. At the beginning of the pandemic, Dennis fully retired from the Anne Carlsen Center, but still continued delivering for Meals on Wheels.

Dennis is a lifelong GF/EGF resident. He and his wife, Pamela, have been married for 38 years and they have two adult twin sons. Dennis is a member of the Northern Cruz Club and is part of a Saturday coffee group with his high school friends, who have been gathering weekly for 25 years.

Dennis says, "I'm thrilled to be an official part of the organization now and I hope to see more familiar faces coming back for bingo."

Keep this sheet  
for reference

**FREE for People 55+**  
No GFSC membership required



Let's Get Moving!

# GF SENIOR CENTER **EXERCISE**

*All exercise class  
fees are waived  
at this time*

## **CLASSES THIS FALL**

Schedule below starts after Labor Day

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

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

*No Ready, Set, Stretch classes the 1st Wednesday of each month*

**Healthy Bones AM:** T & F at 9:00 am (*GFSC*)

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

**Beginner Tai Chi for Arthritis & Fall Prevention:**

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

**Experienced Tai Chi for Arthritis & Fall Prevention:**

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

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

### Requirements

- Bring your own water bottle
- Social distance
- We are recommending you mask until in-place and ready to exercise
- Must have signed exercise consent form (ask leader if needed)

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

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



# September 2021 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:00 pm Chair Yoga (Lincoln Park)	<b>2</b> 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 2:30 pm Qigong (Lincoln Park) 3:10 pm Healthy Bones (Lincoln Park)	<b>3</b> 9:30 am Men's Coffee 10:00 am Women's Coffee
<b>6</b>  CLOSED for LABOR DAY	<b>7</b> 9:00 am Healthy Bones <b>9:00 am Monthly Tour</b> 9:30 am Men's Coffee 10:00 am Weight Loss Support Group 3:30 pm Healthy Bones (Hope Church)	<b>8</b> 9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church)	<b>9</b> 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	<b>10</b> 9:00 am Gift Shop Crafters 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee
<b>13</b> 9:30 am Men's Coffee <b>10:30 am - Sr Center Book Club Constant Readers</b> 1:00 pm Dominoes <b>1:00 pm Music Monday - Too Old to Die Young performing</b> 1:00 pm Pinochle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Chair Yoga (Hope Church)	<b>14</b> 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Loss Support Group <b>1:00 pm Vision Support Group</b> 3:30 pm Healthy Bones (Hope Church) <b>5:00 pm Sr Supper - Southgate; RSVPs required</b>	<b>15</b> 9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 1:30 pm Ready, Set, Stretch 3:30 pm Chair Yoga (Hope Church)	<b>16</b> <b>9:00 am Caregiver Course</b> <b>9:30 am Legal Services</b> 9:30 am Men's Coffee 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)	<b>17</b> 9:00 am Gift Shop Crafters 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>20</b></p> <p>9:30 am Men's Coffee  1:00 pm Dominoes  <b>1:00 pm Music Monday - Fantastic MBP performing</b>  1:00 pm Pinochle  1:30 pm Beginner Tai Chi  2:00 pm Experienced Tai Chi  2:30 pm Qigong  3:30 pm Chair Yoga  (Hope Church)</p>	<p><b>21</b></p> <p>9:00 am Healthy Bones  9:30 am Men's Coffee  10:00 am Weight Loss Support Group  <b>1:30 pm Drive-thru Flu Shot Clinic</b>  3:30 pm Healthy Bones  (Hope Church)</p>	<p><b>22</b></p> <p>9:30 am Men's Coffee  10:00 am Game Group  1:00 pm Bingo (\$2/card)  1:00 pm Whist &amp; Pinochle  1:30 pm Ready, Set, Stretch  3:30 pm Chair Yoga  (Hope Church)</p>	<p><b>23</b></p> <p><b>9:00 am Caregiver Course</b>  9:30 am Men's Coffee  1:00 pm Bingo (\$2/card)  1:30 pm Beginner Tai Chi  2:00 pm Experienced Tai Chi  2:30 pm Qigong  3:30 pm Healthy Bones  (Hope Church)</p>	<p><b>24</b></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><b>27</b></p> <p>9:30 am Men's Coffee  1:00 pm Dominoes  <b>1:00 pm Music Monday - Joe Schmidt performing</b>  1:00 pm Pinochle  1:30 pm Beginner Tai Chi  <b>1:30 pm Drive-thru Flu Shot Clinic</b>  2:00 pm Experienced Tai Chi  2:30 pm Qigong  3:30 pm Chair Yoga  (Hope Church)</p>	<p><b>28</b></p> <p>9:00 am Healthy Bones  9:30 am Men's Coffee  10:00 am Weight Loss Support Group  3:30 pm Healthy Bones  (Hope Church)</p>	<p><b>29</b></p> <p>9:30 am Men's Coffee  10:00 am Game Group  1:00 pm Bingo (\$2/card)  1:00 pm Whist &amp; Pinochle  1:30 pm Ready, Set, Stretch  3:30 pm Chair Yoga  (Hope Church)</p>	<p><b>30</b></p> <p><b>9:00 am Caregiver Course</b>  9:30 am Men's Coffee  1:00 pm Bingo (\$2/card)  1:30 pm Beginner Tai Chi  2:00 pm Experienced Tai Chi  2:30 pm Qigong  3:30 pm Healthy Bones  (Hope Church)</p>	



# Ready, Set, Stretch Exercise Class

**Wednesdays at 1:30 pm, beginning September 8  
(no class the first Wednesday of each month)  
Lower Level Activity Room**

READY, SET, STRETCH is a slow-paced exercise class, utilizing resistance bands (also known as therabands). You will purchase the bands yourself and bring them to each class. This class is for people of all activity levels - age 55 and over. Questions? Contact Activity Manager Ranea Johnson at 701-757-4866 or [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org).

## Visually Impaired Senior Support Group



**2nd Tuesday of the month  
(beginning September 14)  
1-3 pm in the GFSC Library**

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

## School Referendum Vote for Sept 28

A special election will be held September 28, 2021 in Grand Forks. On the ballot will be a question about a 10-mill increase in the Grand Forks Public Schools building fund. If the referendum passes, it will generate approximately \$2.5 million annually to:

- Provide facility sustainability and protect investments
- Provide money in the general fund to focus on student and staff needs (student programs & supports, learning materials,
- compensation & benefits)

The tax impact per month is \$3.75 per \$100,000 of assessed property value.

You can either vote in person on Tuesday, September 28 at the Alerus Center from 7 am to 7 pm or you can vote by absentee ballot.

At the time this newsletter went to press, the absentee voting process had yet to be determined. To find out the process for absentee voting for this election, call either the Mark Sanford Education Center at 701-746-2200 or the Grand Forks County Auditor's Office at 701-780-8200.



## **UND Occupational Therapy Invites You:**

To join us for this exciting partnership between the University of North Dakota occupational therapy department and Grand Forks Senior Center participants. You will be paired with 2 occupational therapy student volunteers to meet together from September to December.

### **What:**

The purpose of the meetings is to get to know each other and do activities together in the community that are valued and meaningful to you! Possible activities include cooking, shopping, riding the bus, playing games, bowling, going on walks, socializing, etc.

### **Why:**

We hope the experience will provide valuable learning opportunities to occupational therapy students while serving community members, like you!

### **When:**

Meetings with occupational therapy student volunteers will occur 2 hours per week from late August to mid-December.

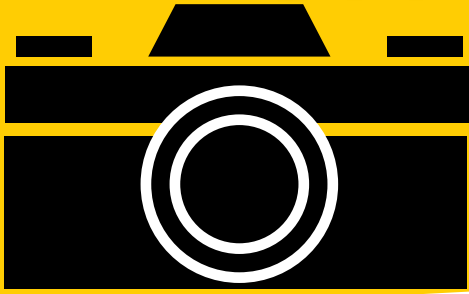
### **Pandemic Back-up Plans:**

Occupational therapy students will wear masks and are flexible and will modify visits however you like in case of a surge of COVID-19 in the community. Students are prepared to meet via phone, Facetime, or through computer, however you prefer.



Contact: **Cindy Janssen (UND OT) 701-215-2758**

# Fun around the Center



- 1 First day with bingo players back in the building! Bingo is Wed & Thurs at 1 pm.
- 2-5 July 'Party in the Park' at Lincoln Park with Lane Lindseth (accordion) and Dave Jeffrey (drums) entertaining.
- 6 A big crowd on the second day back for breakfast. Come join us weekdays, serving from 8:30 am - 9:00 am.

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

# Walker or Rollator: How Do You Choose?

## What is a walker?

A walker is a stable mobility aid. Walkers are available in non-wheeled and wheeled versions. They generally look more plain than rollators.

Non-wheeled walkers offer stable support for people who have balance problems. However, the walker must be picked up and moved forward before you take another step, which makes them a poor choice for people with limited arm strength.

Wheeled walkers offer support, but also have two front wheels which makes them a bit more maneuverable and easier to move.

Walkers don't usually have a seat, but you can add accessories! A walker pouch can be added to hold objects as you move from room to room. A basket can hold groceries or a purse. And a tray can hold a meal, a remote, or other objects. You can even attach a cup holder!

## What is a rollator?

A rollator is a more mobile stability aid. Rollators are available in three or four wheel versions. They come

in a variety of colors and are a bit more stylish compared to walkers. But because of the wheels and brake system, rollators are often heavier than walkers (around 25 lbs. vs. 8 lbs.), an important consideration if you'll be taking it with you and lack arm strength.

A three-wheeled rollator fits in smaller spaces, can make sharp turns, and has

increased maneuverability. They're lighter than four-wheeled options, however, their design means that they don't offer a seat.

A classic four-wheeled rollator offers stability and easy mobility. Rollators enhance mobility and walking speed. Because they have four wheels, rollators require steering and easy hand brake operation, which may not make them the best option for all users.

A rollator seat gives you a place to sit and rest on longer adventures. Most rollators also have a basket,

often below the seat, to hold your belongings. Most rollators don't have trays though.

## When should you use a walker?

Walkers are best for users that need stable support and walk at a slower pace. If you are mobile enough to walk instead of using a wheelchair, but have difficulty walking from your bedroom to your bathroom, a walker might be the right choice for you. A walker is also a good solution for people

recovering from hip or knee replacement surgery who can't bear weight on one leg.

## When should you use a rollator?

A rollator is best for users who can walk but just need a little help with balance and stability. Rollators

allow you to walk at a quicker pace and help with a normal gait. The user should be able to steer the rollator and operate the hand brakes as needed. Most rollators have a seat, allowing you to take a rest as needed.

*The above information came from performancehealth.com.*



# Memory Cafe & Service Fair

Tuesday, September 14, 2021

**12:30 pm - 1:30 pm: Service Fair**

**1:30 pm - 2:30 pm: Program: "The Basics of Alzheimer's & Dementia"**  
by Maggie Ness, MN/ND Alzheimer's Association

**2:30 pm - 4:00 pm: Continuation of the Service Fair  
and Refreshments**

*NOTE LOCATION: Held at Calvary Lutheran Church, 1405 S 9th St, Grand Forks*

The Memory Cafe is an educational event held on the second Tuesday of each month for people living with dementia/Alzheimer's disease/related types of dementia and their family, friends, care partners, or anyone interested in learning about Alzheimer's disease and other types of dementia. For this September, the Service Fair will be comprised of agencies offering services that may be helpful for people dealing with dementia.

## Support Groups at Hope Church

Hope Church will be starting their support groups on Thursday, September 9 at 6:30 pm and continuing each Thursday through December 9, 2021. There are a variety of groups available, including recovery, divorce, grief, veterans, abuse survivors, and more. Questions? Call Hope Church at 701-772-1884 or email [jlanson@gfhope.org](mailto:jlanson@gfhope.org).

Paid Advertisement

**That was then.....This is now!**



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  - (\$25.00 one time Activation Fee)

**Call our US Based Support Team at 1-800-774-0530**

# 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, September 16, 2021, from 9:30 am - 11:30 am. Call 701.852.4369 ext 331 to make an appointment ahead of time. Walk-ins accepted as time allows.



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A photograph of an elderly man smiling, with a woman and a child embracing him from behind, conveying a sense of family support and care.

## Maple View

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[www.lifeatmapleview.com](http://www.lifeatmapleview.com)

Paid Advertisement

*Request Information or Schedule your Personal Tour Today!*

A photograph of an elderly man and a young child smiling together, with the man's arm around the child.

*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](http://valleyseniorliving.org)  
701.787.7563

The logo for Valley Senior Living, featuring a stylized green tree with leaves above the text "Valley Senior Living".



**Driver's Safety  
Program**

## AARP Driver's Safety Classes

The national AARP office has cancelled the September in-person Driver's Safety class. At this time, we will not accept reservations for October either. Stay tuned to the October *Silver Express* newsletter for updated information.

This class is always available online at  
[www.aarpdriversafety.org](http://www.aarpdriversafety.org)

## Powerful Tools for Caregivers' Course

**Thursdays from 9:00 am - 10:30 am**

**Sept 16, 23, 30 & Oct 7, 14, 21**

**Grand Forks Senior Center**

**Lower Level Activity Room - Back Half**

**Cost: FREE, but registration is required**

*Powerful Tools for Caregivers* is an educational program taught by NDSU Extension Service. It is designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This class series meets once a week for six weeks. **Class size is limited and registration is required.** For questions or to register, call the NDSU Extension Service at 701-780-8229.

*This project is supported by funding from the U.S. Department of Health & Human Services, Administration for Community Living, Administration of Aging, and granted through the North Dakota Department of Human Services, Aging Services Division.*

## Scanning Key Tags Required Again



People participating in activities at the Senior Center or having a sit-down meal need to scan in their Grand Forks Senior Center key tag. If you do not have a key tag or have lost yours, just stop by the front desk. You can also sign in on our computers by using your first name and your phone number.





Come join the team at the GF Senior Center! The Senior Center has three job openings: **public relations manager (closes 8.30.21 at 4 pm)**, **GF County resource coordinator (closes 9.6.21)**, and a **flex-time nurse** (open until filled). Do you have someone in your life who might be interested in one of these positions? Job descriptions and an online application at [www.gfseniorcenter.org/evopps](http://www.gfseniorcenter.org/evopps). Must submit an application, cover letter, and resume.



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



## Foot Care Appointments Available

**APPOINTMENTS** - Please call 701-757-4878 to make a foot care appointment at the GF Senior Center or at one of the satellite foot care clinics listed here (by appt only).

Sept 8	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Sept 9	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Sept 16	McVilleville Fire Hall 203 Baldwin St, McVilleville	9:30 am - Finish



Guidelines to keep clients and staff safe:

- Nurses are equipped with proper equipment. **Clients will wear a mask correctly during the entire foot care appointment.**
- You must call and reschedule your appointment if you are not feeling well in any way. **If you are unvaccinated, you will need to reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 in the two weeks before your appointment.**

# Drive-thru Flu Shot Clinics



**Tues, Sept 21**

1:30 pm-4 pm

**Mon, Sept 27**

1:30 pm-4 pm

**Tues, Oct 12**

1:30 pm-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.*



for the **regular influenza vaccine**  
for the 2021-2022 flu season

## **Open to the Public for All Ages**

WelCore Health, outfitted in personal protective equipment, will be under the canopy at the Grand Forks Senior Center (620 4th Ave S) to administer flu vaccinations. Enter from Cherry St and exit on 4th Ave S. **You will stay in your vehicle the entire time. Please tear out and fill out the form found on page 19. Have your form completed before coming through the drive-thru. Each person who would like to receive a flu shot must have a completed form and be wearing a mask while receiving the flu shot.** If you need additional forms, just copy or stop by the Senior Center front desk for an additional form.

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

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



Site \_\_\_\_\_ Date \_\_\_\_\_

WelCore Health, LLC. 718 Oak Street, Grand Forks, ND 58201-4460  
 EIN: 27-5414185, NPI: 1760780126, Office: 701-330-4216, Fax 1-800-958-7702  
[maggiesoeby@gmail.com](mailto:maggiesoeby@gmail.com), [www.welcorehealth.com](http://www.welcorehealth.com) (August 2021)

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

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

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

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_ Date of Birth \_\_\_\_\_ Male/Female \_\_\_\_\_

Policy/Member ID Number \_\_\_\_\_ Group Number \_\_\_\_\_

Medicaid #: \_\_\_\_\_ Medicare Part B: \_\_\_\_\_ Medicare Supplement / Policy Number \_\_\_\_\_

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

Please circle a response.

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

**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](http://www.welcorehealth.com).

SIGNATURE OF PATIENT OR LEGAL GUARDIAN \_\_\_\_\_

Date \_\_\_\_\_

OFFICE USE ONLY:							
Vaccine	Route	Vis Date	Mfg.	Lot Number	State or Private	Admin. Site	Nurse's Initials & Date
Influenza Inactive	IM	08/15/2019	Seq SP GSK		S P	RD LD RT LT	
Flumist	Nasal	08/15/2019	AZ		S P	Nose	
COVID-19	IM				S	RD LD RT LT	

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

# Donations & Memorials



Thank you for these donations received July 14, 2021 to August 10, 2021. A donor's cumulative giving from this period is listed. This includes Brighter Society Members. Thank you all for your generosity!

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

- Gangelhoff, Harold - In memory of Mary Ann Gangelhoff
- RETRAX Holdings - For senior meals
- South Forks Lions Club

## Donations of \$500 - \$999

- Altru Health Foundation - Grant for nutrition pilot program
- American Legion Post #157 - For senior meals
- Radi, Marjorie - In memory of Ivan Radi
- South Forks Lions Club - For Home Delivered Meals

## Donations of \$250 - \$499

- Altendorf, Diane
- Vaaler Insurance employees - For Meals on Wheels from their denim day funds

## Donations of \$100 - \$249

- Anonymous
- Aubol, Linda
- Ellertson, Paul
- Erickson, Dennis and Cheryl
- Lofberg, Janice

- Schubert, George - In memory of Arline Schubert
- Seng, Brad and Tina; Scott, Ryan - In memory of Dorothy McEnroe

## Donations of \$99 and Under

- Akset, Orlin and Colleen - In memory of Sharon John
- Anonymous
- Arneson, Jim and Marilyn - In memory of Mary Herbeck
- Belobraydic, Matt and Rochelle
- Broadwell, Ray and Becky
- Burris, Donna - In memory of Marlene Kuntz, Phyllis Groven
- French, John and Lorie - For Evie Pede's 80th birthday
- Gray, Irene
- Gulson, Orris - In memory of Ann Gulson
- Herrmann, Karen - In memory of Sharon John
- Hovde, Bea - In memory of Roger Mattern
- Iseminger, Carl and Colette
- Jones, Kim - In memory of Roger Mattern

- Knain, Vidette - For Meals on Wheels
- Kramer, Eugene and Ledbury, Joan - In memory of Carl Morken
- Lysne, David and Aida - In memory of Magnus Lysne
- Mahnke, Vickie - In memory of Richard Derrick
- Mattern, Alice
- McGarry, Dennis and Lynn
- Nelson, Dennis and Pamela
- Olson, Shirley
- Pedersen, Melvin
- Rene, A Duane - Thank you for the notary service
- Sandberg, Curt and Ione - For Meals on Wheels
- Schiele, Kathy - In memory of Don Schiele
- Schumacher, Matt and Jami - In memory of Sharon John
- Simmers, Joan
- Sonterre, Lisa
- Staveteig, Robert
- Torrey, Dianne - In memory of Merry Ketterling
- Wilson, Neil and Ann
- Zirnhelt, Clair and Ronda

In September 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.

### SEPTEMBER 2021 - Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$.75 Breakfast; \$9.75 Lunch. Please contribute what you can.

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

Monday Breakfast:		Tuesday Breakfast:		Wednesday Breakfast:		Thursday Breakfast:		Friday Breakfast:	
2 sl. French Toast (2cs)	Ham & Egg on	2 Eggs Made to Order	Sausage Egg WW Muffin (2 cs)	Omelet (.5cs)	2 Scrambled Eggs	WW Muffin (2 cs)	3/4 oz Cold Cereal ( 1 cs)	Fried Potatoes (1cs)	1 WW Toast (1cs)
1/2 c Fruit Sauce Choice (1 cs)	3/4 oz Cold Cereal (1 cs)	1 Slice WW Toast (1 cs)	1/2 c Fruit Sauce Choice (1 cs)	1 WW Toast (1cs)	4 oz Orange Juice (2 cs)	1/2 c Fruit Sauce Choice (1 cs)	4 oz Orange Juice (2 cs)	1/2 c Fruit Sauce Choice (1 cs)	4 oz Orange Juice (2 cs)
8 oz 1% Milk (1 cs)	4 oz Orange Juice (2 cs)	4 oz Orange Juice (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	
<b>Monday Lunch: Sept 6</b>									
Tuesday Lunch: Sept 7		Wednesday Lunch: Sept 8		Thursday Lunch: Sept 9		Friday Lunch: Sept 10			
CLOSED	3 oz Pork Roast with Gravy or Salmon	3 oz Herb Chicken	3 oz Meatballs in Gravy or 3 oz Cracker Crumb Fish (.5 cs)	Baked Chicken (1cs) or BBQ Meatballs (.5cs)	LABOR	1/2 c Boiled Potatoes (1 cs)	1/2 c Mashed Potatoes with Gravy (1 cs)	Sm Baked Potato (2 cs)	1/2 c Broccoli Cuts
DAY	1/2 c Green Beans	1/2 c Carrot Kinkles (.5 cs)	1/2 c Peas w/Pearl Onions (1 cs)	1" x 2" Special K Bar (3 cs)		1/2 c Mixed Fruit Sc(1 cs)	1/2 c Apple Crisp with Topping (2 cs)		
<b>Monday Lunch: Sept 13</b>									
Tuesday Lunch: Sept 14		Wednesday Lunch: Sept 15		Thursday Lunch: Sept 16		Friday Lunch: Sept 17			
3 oz BBQ Chicken (1 cs) or Tilapia	2 oz California Burger on WW Bun (2 cs)	3 oz Polish Sausage & Saurkraut on Bun (2 cs)	Lasagna (3 cs) 3 oz Crispy Chicken (1 cs)	3 oz Pork Chop in Mushroom Gravy	1/2 c Creamed Potatoes (2 cs)	1/2 c Baked Beans w/pork (2 cs) or Chicken Wild Rice Cass(2cs)	1/2 c Sweet Potato (1 cs)	1/2 c Buttered Egg Noodles (1 cs)	1/2 c Mixed Vegetables (.5 cs)
1/2 c Beets (.5 cs)	1/2 c Potato Salad (1 cs)	1/2 c Peas & Carrots (.5cs)	1/2 c French Green Beans	1/2 c Pears (1 cs)	1/2 c. Peaches (1 cs)	1/2 c Cantaloupe (1 cs)	1" x2" Frosted Brownie (3 cs)		

# 22 Silver Express

Monday Lunch: Sept 20	Tuesday Lunch: Sept 21	Wednesday Lunch: Sept 22	Thursday Lunch: Sept 23	Friday Lunch: Sept 24
3 oz. Baked Chicken (1cs) or Lemon Pepper Fish (.5cs) Small Baked Potato (1cs) 1/2 c Green Peas (.5 cs) 1/2 c Fruit Sauce (1 cs)	2 oz Fishwich on WW Bun (2.5 cs) or BBQ Riblet on WW Bun (2cs) 1/2 c Potato Salad (1 cs) 1/2 c Carrots (.5 cs) 1/2 c Blueberry Crisp with Topping (2 cs)	3 oz Meatloaf (.5 cs) or Turkey Pot Pie (1cs) 1/2 c Mashed Potatoes with Gravy (1 cs) 1/2 c Baked Beans w/pork (.5 cs) 15 Fresh Grapes (1 cs)	Cranberry Chicken (.5cs) or 3 oz Salisbury Steak 1/2 c Augratin Potatoes (3 cs) 1/2 c Mixed Vegetables (1 cs) 1/2 c Tropical Fruit (1 cs)	Porcupine Meatballs (.5 cs) or 3 oz Liver with Onions (.5 cs) Baby Potatoes (1 cs) 1/2 c Broccoli Cuts 1/2 c Rhubarb Crisp with Top (2cs)
Monday Lunch: Sept 27	Tuesday Lunch: Sept 28	Wednesday Lunch: Sept 29	Thursday Lunch: Sept 30	Friday Lunch:
1 c Chix Noodle Casserole (1cs) OR Beef Stroganoff (1cs) 1/2 c Broccoli 1 c Romaine Salad/dressing (.5cs) 1/2 c. Mandarin oranges (1cs) Sm Molasses Cookie (1cs)	Baked Chicken Fried Steak (.5 cs) or 3 oz Salmon Loaf (.5 cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Cherry Crisp with Topping (2 cs)	3 oz Hot Roast Beef Sand (2 cs) or Hot Turkey Sandwich (2 cs) 1/2 c Whipped Potatoes with Gravy (1 cs) 1/2 c Yams (1cs) 1/2 c Cantaloupe Cuts (1 cs) Small Baker's Choice Bar (2-3cs)	Taco Salad (2-3 cs) or 2 oz Chickenburger on WW Bun (2 cs) 1/2 c Escalloped Corn (2 cs) 1/2 c Baked Beans (2cs) 1/2 c Fruit Cup (1 cs)	MENU SUBJECT TO CHANGE WITHOUT NOTICE  Drive Thru, Homestead & Link get the first entrée choice
Entrée Choice Restarts in senior center dining room on 9/1. Entrée Choice at the Senior Center & MOW only. Breakfast (8:30-9am), Lunch (Noon-12:15). Served at the Grand Forks Senior Center. Drive Thru 11:30-noon. Check other sites for their serving times.  1% Milk (1cs); 1 Whole Wheat Bread (1cs); and margarine are available with each lunch.	<b>Attn: Diabetics</b> -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	<b>No reservations required at the Grand Forks Senior Center (620 4th Ave S ) unless it is for a holiday meal or other special meal.</b>	<b>Reservations required at the satellite sites listed below. Visit your site within the serving time the day before to make your reservation.</b>  Homestead-1639 24th Ave. South 11:45-12 The Link-300 Cherry Street 11:15-11:30	

Date: 7/20/2021 Licensed Registered Dietitian #13899 Colette Iseninger, MS, RD, LRD

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

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## Cities Area Transit offers **SENIOR RIDER**

**Monday - Friday:**

6:00 am - 10:00 pm

**Saturdays:**

8:00 am - 10:00 pm



Call **787-9120** weekdays before 5:30 pm. Before using this service, you must complete an

application with Cities Area Transit (**allow one week for processing**). If you call this number in the evening or on the weekends, you will need to leave a message. Call one business day in advance of when you need your ride after your application has been approved.

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

Silver Express 23



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

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

SEPTEMBER 2021  
**CLOSED for Labor Day on**  
**Monday, September 6**

## People Welcome for Lunch

Few things to note:

- We would love to see more people at our noon meal! Even though the serving time is from Noon - 12:15 pm, people are welcome to stay after and enjoy your meal.
- Beginning September 1, the **second entree option is back** for people dining inside the Senior Center.
- Because it is difficult to navigate in the parking lot when the meal drive-thru is going on, we suggest people either come before 11:15 am or after 11:45 am. This is just a suggestion because parking and walking into the building may be difficult in that 30-minute period.

## Senior Center Constant Readers Book Club

**Mon, Sept 13, 10:30 am**  
**GFSC Library**

*Discussing "And Every Morning the Way Home Gets Longer and Longer"*  
*by Fredrik Backman*

Recruiting for the GFSC book club has begun! If you need the September book, contact GFSC Activity Manager Ranea Johnson at 701-757-4866 or stop by and see her. At the September meeting, the October book club book ("The Library of the Lost and Found" by Phaedra Patrick) will be available for people to check out from the GF Public Library.