

The Silver Express

Did you know?

There are so many things to do at the Grand Forks Senior Center, but did you know we also offer all of these services too?

You can:

- buy stamps*
- get copies made*
- get documents notarized*
- scan documents*
- use our computers*
- print documents*
- get free wi-fi*
- play a game of pool*
- rent a book*

All these and so much more!

Grand Forks Senior Center (GFSC) Phone Numbers

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

GFSC Board of Directors

President

Dave Willprecht

Vice President

Alice Hoffert

Secretary

Alice Mattern

Treasurer

Brenda Sem

Brenda Jobe

Bobbie Kurtyka

Rich Lehn

Jason McCarthy

Emily Nielsen

Bob Rost

Curt Sandberg

Lisa Sonterre

Michael Venaccio

Brad Westrum

Clair Zirnheld

Mission Statement

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

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

Building & Program Usage Guidelines

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

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

Foot Care: People 60 and older.

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

Home Delivered Meals: Any age.

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

Table of Contents

<u>04</u>	From the Director's Chair
<u>05</u>	Scam of the Month
<u>06-07</u>	Activity Info
<u>08-09</u>	Activity Calendar
<u>10-11</u>	GFSC Resources: September is Healthy Aging Month
<u>12</u>	Affordable Connectivity Program
<u>13</u>	Foot Care Appointments
<u>14</u>	Donations & Memorials
<u>16-17</u>	Drive-Thru Flu Vaccination Clinic info
<u>18</u>	Autumn Word Search
<u>19</u>	Fun in the Center
<u>21-22</u>	September Menu
<u>23</u>	Meal Volunteers Needed
<u>BACK</u>	Drive-Thru Flu Vaccination Clinic dates

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.



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 3:00 pm the Friday before for reservations.

From the Director's Chair

by Colette Iseminger



This month's letter includes tidbits of information. First if you test positive for COVID, you cannot come to the senior center for at least 5 days. You should be staying home and isolating so you don't give it to someone else. You can only return if you have no symptoms and wear a mask for days 6-10 OR you have no symptoms and test negative on day 6. **This applies whether you are sick or not, you cannot come to the center if you are positive for COVID.** This disease is highly contagious and we have lots of high-risk people who come here. And if enough of our staff get it we will have to limit what we are doing. Along that same line is that if you have not had a booster vaccination in 6 months, you should ask your doctor about getting one.

I saw a poster the other day- **"The whole world is short of help, be kind to those who show up."** It can be maddening when places are short of help and even the senior center has been in that place. Please be nice and respectful to the workers. I don't see the situation getting any better and it will probably get worse as more staff have to be off with positive COVID cases. It's frustrating but just take a deep breath!

As we move into the voting season, people running for the state legislature will be out and about. **Please let them know how important the meal program is to you and other seniors.** Our agency is part of ND Senior Service Providers and we are asking for additional funding for meals. Without it, many agencies, including ours will have to make cuts to the meal program starting July 2023.

And finally, September is Senior Center Month. **Be sure to take a moment to celebrate our senior center. We are blessed to have so much to offer our area seniors.**

'Til next time,

A handwritten signature in black ink that reads "Colette Iseminger".

Colette Iseminger
MS, RD, LRD
Executive Director



Happy
**NATIONAL SENIOR
CENTER MONTH!**

ND SMP Scam of the Month

New Fraud Trends

Fraudsters are getting smarter. They are very creative and find countless ways to defraud individuals, especially the elderly. Fraud will continue to grow in number and in the degree of cleverness. Some fraud trends to be on the look out for include billing for add-on services, or adding expensive immunotherapy allergy testing to lab orders.

Fraudulent billing of services may include but not limited to:

- **Add-on coding.** An add-on code is a code that describes a service that is always listed in addition to a primary service code. This type of coding will increase the reimbursement to the provider.
- **Unbundling.** Unbundling coding is when a single code captures payment for the parts of a procedure, but by unbundling and using multiple codes for the different parts of the procedure the provider can increase their payment.
- **Kitchen sink coding.** Kitchen sink coding is when the provider over codes, throwing in other codes, or uses an incorrect code to increase their reimbursement.

New Fraud Schemes:

- Additional testing done because the individual presents with a cough or runny nose and the provider adds expensive immunotherapy testing.
- Adding a large number of lab panels to the initial COVID testing like a Respiratory Virus Panel (RVP), or a Respiratory Pathogen Panel (RPP).
- A medical biller wrongfully uses a physician's provider number to submit claims to Medicare or Medicaid.

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors in preventing Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-800-233-1737 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800S-472-2600.

The information provided is intended to be a general summary only. Source of information: *Medicare Fraud & Abuse: Prevent, Detect, Report (2021, January)*. CMS MLN Booklet. ICN MLN4649244. <https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/Downloads/Fraud-Abuse-MLN4649244.pdf>.

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

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

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



Like us on Facebook: North Dakota Senior Medicare Patrol

Tech Support

September 7 & 21
(Afternoons)

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

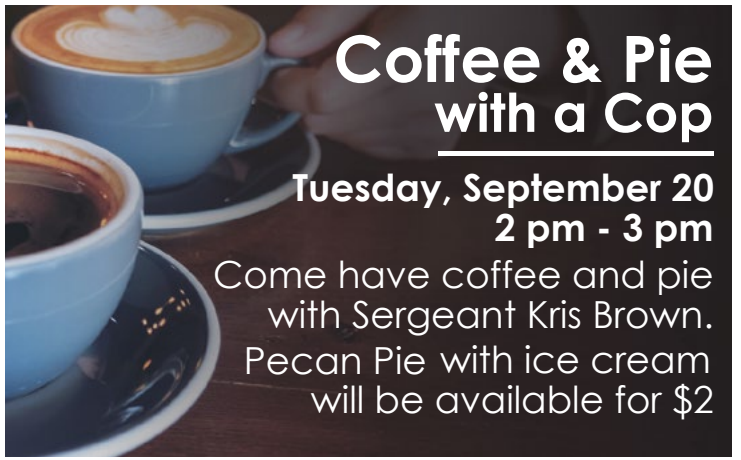
Call 701-757-4866 to schedule an appointment.



Coffee & Pie with a Cop

Tuesday, September 20
2 pm - 3 pm

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



AARP Driver's Safety Class

Wednesday, October 5
Noon - 4 pm



Call Ranea at 701-757-4866 to register. Class size is limited. (September 7 class has a couple spots left as well.)

TECH Talk Class

Thursday, Sept 1 at 10:30 am

at the Grand Forks Senior Center

September's topic will be - **Navigation**

We will be teaching you how to use GPS and Maps on your devices. Please bring your phone, tablet or GPS device.

Call 701-757-4866 to register.

Class size is limited.

Monthly Creations

Fall Greeting Cards

September 14 at 10 am

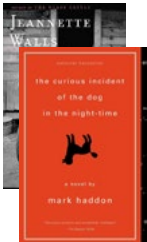


Cost is \$3.00
Bring your own scissor. You must make a reservation. Call 701-757-4866 to reserve your spot. Class size is limited to 10 people.

Image of greeting card used with permission from Becca Cruger, Damsel of Distressed Cards. damselofdistressedcards.blogspot.com

Constant Reader's Book Club

Monday, September 12 at 10:30 am (2nd Monday each month) We will be discussing "The Curious Incident of the Dog In the Night-time" by Mark Haddon. New people welcome! Book for October, "Half Broke Horses: A True-Life Novel" by Jeanette Wells will be handed out at this meeting.



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 15 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.



Wish List

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

- Meal Delivery Volunteers
- Coffee
- Paper Towels
- Incontinence Pads, Size Large (Also known as Depends)

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

Tour the Senior Center

Tuesday, September 13 at 9 am

Meet in the lobby. All are welcome. No RSVP needed. Tours are given the first Tuesday of each month. (September's date changed due to the holiday.) Plan for an hour. You will be seated most of the time.



Music Monday

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

September 5	GFSC CLOSED
September 12	The Odds and Ends
September 19	Silvertones
September 26	Too Old to Die Young

Crochet Class/ Gathering Group

For those who want to learn the basics, to

seasoned crocheters

who would like a refresher or helpful tips, all are welcome!

Thursday, September 1 & 15 at 10 am

(the 1st and 3rd Thursdays) This class will meet on the Lower Level in the craft room. If you are just starting out, bring a skein of light colored worsted weight yarn, and a size "H" or "I" crochet hook. We also have a few extra hooks and yarn if needed.



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

Senior's got TALENT

Monday, October 10 at 12:45 pm

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

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

Weight Management Support Group

Tuesdays at 10 am

Members have had success in losing weight. Minimal fees. Come to a meeting if you are interested in joining.



September 2022 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>9:30 am Men's Coffee 10:00 am Crochet Class 10:30 am Tech Talk 1:00 pm Bingo (\$2/card) 1:00 pm Bunco 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>2</p> <p>9:00 am Gift Shop Crafters No Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>5</p> <p>GFSC CLOSED in observance of Labor Day</p>	<p>6</p> <p>9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management Support Group 1:00 pm Farkle 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>7</p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:00 pm AARP Driver's Safety Class 1:00 pm Bingo (\$2 per card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment</p>	<p>8</p> <p>9:30 am Men's Coffee 1:00 pm Bingo 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>9</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 10:30 am Silvertones Practice</p>
<p>12</p> <p>9:30 am Men's Coffee 10:00 am Book Club 12:30 pm Wii Bowling League Organizational Meeting 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>13</p> <p>9:00 am Healthy Bones 9:00 am Tour 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>14</p> <p>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>15</p> <p>9:30 am Legal Services 9:30 am Men's Coffee 10:00 am Crochet Class 10:00 am Finance Meeting 11:00 am Board Meeting 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>16</p> <p>9:00 am Healthy Bones AM 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee 10:30 am Silvertones Practice</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19 7:30 am Bus leaves for Mackinac Trip from Hugo's (1925 13th Ave N.) 9:30 am Men's Coffee 12:45 pm Wii Bowling League 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>20 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Coffee & Pie w/ a Cop (\$2 for pie) 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>21 9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment</p>	<p>22 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>23 9:00 am Gift Shop Crafters 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee 10:30 am Silvertones Practice Bus returns from Mackinac Island/Duluth Trip</p>
<p>26 9:30 am Men's Coffee 12:45 pm Wii Bowling League 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>27 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 12:45 pm Trivia 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>28 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>29 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>30 9:00 am Healthy Bones AM 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>

Sudoku Puzzles

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 "squares" (made up of 3 x 3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square. Solutions on page # 23.

Easy

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

Medium

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

Hard

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

GFSC Resources

September is Healthy Aging Month



The History of Healthy Aging from National Today

According to Nationaltoday.com, Healthy Aging Month was started to encourage people to focus on their health and to help face the challenges that come with aging. Healthy Aging is a brand that started over 30 years ago in 1992. It spread the message that it is possible to adopt a healthier lifestyle at any age and mature gracefully.

The origins are credited to a television special that inspired people to make lifestyle and dietary changes to prevent heart problems.

In 1996, the United States Postal Service (U.S.P.S.) launched the Healthy Aging campaign. A letter-writing contest was initiated with the topic “What’s Your Secret For Healthy Aging?” The goal was to raise awareness about leading a healthy life and to encourage people to recognize the importance of letter writing.

In 2000, the “Healthy Aging Magazine” was launched. It featured articles and information on positive lifestyle changes that could boost one’s health and well-being. In 2014, the Healthy Aging website was launched. People could now get digital newsletters that included information and resources. September was chosen as Healthy Aging Month to further raise awareness on physical and mental health, especially in people over 45. It is celebrated every year by millions who pursue fun physical activities and encourage others to lead an active lifestyle.

Source: Healthy Aging Month - September 2022. (2022). National Today. Retrieved August 15, 2022, from <https://nationaltoday.com/healthy-aging-month/>

Tips for Reinventing Yourself:

- "Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news)." (Healthy Aging, 2022)
- "Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)" (Healthy Aging, 2022)
- Find an activity you like to do, and commit to it. Walking, sports, water aerobics at Choice or the YMCA, and exercises classes at the Grand Forks Senior Center (A schedule can be found on pages 8-9 of this newsletter.) are all good choices.
- "How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly.)" (Healthy Aging, 2022)
- Lonely? Call a friend, volunteer your time (There are many volunteer opportunities at the Senior Center. Call Ranea at 701-757-4866.), take a class (in person or online), invite someone to meet you for lunch, or attend an activity at the Grand Forks Senior Center.
- Eat a well balanced meal. Tired of cooking? You can get a healthy breakfast and lunch weekdays at the Senior Center (Sit-down and drive-thru available). Want a nutritious meal to cook at home? Call Mary at 701-757-4869 to get frozen meals that you can heat up at home.
- Looking for a good support group to help you manage your weight? The Grand Forks Senior Center has a Weight Management support group that meets every Tuesday at 10 am. Learn tips and tricks to eating healthier. Show up to a meeting to learn more.
- "Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while." (Healthy Aging, 2022)
- "Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or landscape in oil? What about working in wood? (Tip: Sign up for art or music classes and discover your inner artist!)" (Healthy Aging, 2022)

Source: Celebrate September Healthy Aging Month by Reinventing Yourself
Healthyaging.net. (2019, June 5). Healthy Aging®. <https://healthyaging.net/healthy-aging-month/celebrate-september-is-healthy-aging-month-reinvent-yourself/>



AFFORDABLE CONNECTIVITY PROGRAM

WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

WHO IS ELIGIBLE?

A household is eligible if one member of the household meets at least one of the criteria below:

- Has an income that is at or below 200% of the Federal Poverty Guide lines;
- Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline;
- Participates in Tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations;
- Is approved to receive benefits under the free and reduced-price school lunch program or the school break fast program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income program.

TWO STEPS TO ENROLL

1

Go to **AffordableConnectivity.gov** to submit an application or print out a mail-in

2

Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

LEARN MORE

 Call 877-384-2575, or

 Visit [fcc.gov/acp](https://www.fcc.gov/acp)



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

Foot Care Appointments

APPOINTMENTS AVAILABLE

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

Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

Sept 13 Aneta Community Center 9:00 am - Finish
219 Main Ave, Aneta

Sept 21 Tolna Lutheran Church 9:30 am - Finish
220 Main Street, Tolna

Guidelines to keep clients and staff safe:

- Nurses are equipped with proper equipment.

Clients will wear a mask correctly during the entire foot care appointment.

- You must call and reschedule your appointment if you are not feeling well in any way.

If you are unvaccinated, you will need to reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 within two weeks prior to your appointment or you test positive within 10 days prior to your appointment.

Donations & Memorials

Thank you for these donations received July 11, 2022 to August 12, 2022. A donor's cumulative giving from this period is listed, including Brighter Side Society Members.

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

Thank you all for your generosity!

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

- Altru Health Foundation
Grant for Nutrition Pilot grant
- Meals on Wheels America
Subaru Share the Love 2021-22
- No Name Motorcycle Club
For Meals on Wheels

Donations of \$500 - \$999

- Drees, Ken and Maureen
For Meals on Wheels
- Radi, Marjorie

Donations of \$250 - \$499

- Ye Ol Painters
- Altendorf, Diane
- Westacott, Richard

Donations of \$100 - \$249

- Berglund, Wayne
- Clemens, Beverly
For new bingo cards
- Erickson, Dennis and Cheri*
- Heap, Dennis and Barb
In memory of MD Groven, Bob Huebner
- Lofberg, Janice
- Nelson, Duane and Lila Jane
- Schubert, George
In memory of Arline Schubert
- Segovia Chico
For the meal program
- Walior, Mary
- Walker, Mike and Diane
For footcare

Donations of \$99 and Under

- Anonymous*
- Belobraydic, Matt and Rochelle*
- Broadwell, Ray and Becky*
- Buckley, Ann*
- DeMontigny, Charlette
In memory of Laura Jane & Mark Paulson, Gad & Gladys Sommerfeld
- Dvorak, Marlene*
- Ellingson, Curtis
In memory of Gary Driscoll, Judith Milne
- Helgerson, Donna*
In memory of my husband, Arral (AJ)
- Herrmann, Karen*
- Hogan, Shirley
- Iseminger, Carl and Colette*
In memory of Burnette Lindseth
- Knauf, John
- Lindell, Neil and Kay
In memory of Ruby Eggen Cherry
- Mattern, Alice*
- Norwood, Joan
- Pedersen, Melvin
- Sandberg, Curt and Lone*
For Meals on Wheels
- Schiele, Kathy*
In memory of Don Schiele
- Schumacher, Matt and Jami*
- Sulland, Steve and Linda*
- Westrum, Brad and Yvonne*
- Wilson, Neil and Ann
Zirnhelt, Clair and Ronda*

* Brighter Side Society

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

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.

Paid Advertisement



**Do you have difficulty leaving home?
Our doctor and nurse practitioners
come to you.**

**Contact us
today!**



(800) 929-8891 | CareThatComesToYou.org

Thank you

to Quality Lawn Care for the Summer weed control and fertilization application!

Paid Advertisement



Maple View
MEMORY CARE COMMUNITY

Providing you and your family
with peace of mind

- Full time residency
- Respite
- Adult day services

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

Grand Forks Senior Center

Drive-Thru Flu Vaccination Clinic

Wednesday Sept. 21st, 2022

1:30 PM – 4 PM

Monday Sept. 26th, 2022

1:30 PM – 4 PM

Thursday Oct. 6th, 2022

1:30 PM – 4 PM

Family members are encouraged to come!
Fill out form on pg. 17 for each person. Bring the form and your insurance card to the clinic.

(A scanned copy or picture of the card is also acceptable)

**Medicare, Railroad Medicare, and
Medicaid accepted (no co-pay)**

We File Insurance!!!

We accept insurance from:

Aetna

Blue Cross Blue Shield (any state)

EPNI: Employer Provider Network

Cigna

Health Cost Solution (America's PPO)

Health EZ

Health Partners

Humana

Medica

Medicaid

Medicare Part B (no co-pay)

Medicare Supplements

Medicare Advantage

Preferred One

Railroad Medicare

Sanford Health

TRICARE, Tricare 4 Life

UCare/MHCP

United Health Group

Vaccines for Children (VFC)

We provide free vaccine and low-cost vaccine administration for eligible children including uninsured, underinsured, Native American and Alaska Native.

The 2022- 2023 available vaccines include:

- Influenza Quadrivalent injections for ages 6 months and over, including **High Dose Quadrivalent** for seniors

- FluMist for ages 2-49 years old

Available by Special Request

- Shingrix for ages 50+. 2 dose series

-Tdap tetanus, diphtheria, whooping cough

Questions? Call WelCore Health at (701) 330-4216



Site _____ Date _____

WelCore Health, LLC. 718 Oak Street, Grand Forks, ND 58201-4460
 EIN: 27-5414185, NPI: 1760780126, Office: 701-330-4216, Fax 1-800-958-7702
maggiesoeby@gmail.com, www.welcorehealth.com (August 2022)

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 Part B	Sanford Health *	UCare/MHCP
Cigna	Humana	Medicare Advantage Plans	Tricare West	Uninsured

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

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

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

Policy/Member ID Number _____ **Group Number** _____

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

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

Please circle a response.

Yes	No	Has the person to be vaccinated experience a severe allergic reaction (e.g., anaphylaxis) to food, medicine, vaccine, or any other injectable therapy? If yes, please specify:
Yes	No	Has the person to be vaccinated had Guillain-Barre Syndrome after a vaccine?
Yes	No	Flu vaccine for children 6 months – 8 years: Has your child received a total of at least 2 doses of flu vaccine in the past? <i>If no or unknown give 2 doses four weeks apart. If yes, give 1 dose.</i>
Yes	No	Do any of the conditions below apply to you? If yes, do not get FluMist
		<ul style="list-style-type: none"> Pregnant or breastfeeding Immunocompromised or caring for someone who is immunocompromised A history of asthma or wheezing
		<ul style="list-style-type: none"> Cochlear implant or other immune system problems 2-17 years old on aspirin therapy Had influenza antiviral medication in the past 48 hours Diabetes or other chronic diseases

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

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

OFFICE USE ONLY:							
Vaccine	Route	Vis Date	Mfg.	Lot Number	State or Private	Admin. Site	Nurse's Initials & Date
Influenza Inactive	IM	08/06/2021	Seq SP GSK		S P	RD LD RT LT	
Flumist	Nasal	08/06/2021	AZ		S P	Nose	
Shingrix	IM	02/04/2022	GSK		S P	RD LD RT LT	
COVID-19	IM		Pfizer Moderna		S	RD LD RT LT	

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



Autumn

Word Search

G M C Y P U M P K I N O E S
L D H J C G W H A R V E S T
V T R S G U C F S D I E P J
D U Z N U T S V E X S Z G Y
P R L E A V E S P U B K I E
D K C I D E R H T R H A K L
F E H A L L O W E E N A O L
O Y H L R I E X M I J J C O
O X A Y U L A J B I H A O W
T F O F P T F F E G K Z O Y
B F D P C Y A H R I L U L N
A Y A L J R A I N C O A T A
L L T H A N K S G I V I N G
L H S N K H A C O R N S R F



THANKSGIVING
HALLOWEEN
RAINCOAT
TURKEY

YELLOW
HARVEST
NUTS
FOOTBALL

APPLE
PUMPKIN
CIDER
COOL

SEPTEMBER
ACORNS
FALL
LEAVES



Thank You

To all of the volunteers who cleaned purses and helped with the purse sale!



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

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



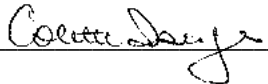
September 2022 - Grand Forks Title III Older Americans Act Food Program

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

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
2 Small Blueberry Pancakes (3 cs) 2 oz Turkey Sausage 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Ham & Egg on WW Muffin (2 cs) 3/4 oz Cold Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Eggs Made to Order Hashbrowns (1 cs) 1 Slice WW Toast (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Sausage Egg WW Muffin (2 cs) 3/4 oz Cold Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 sl. Cinn French Toast (2cs) 2 Scrambled Eggs 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)
			Thursday Lunch: Sept 1	Friday Lunch: Sept 2
MENU SUBJECT TO CHANGE WITHOUT NOTICE			Stuffed Cabbage Roll (1 cs) or Apple Spiced Pork Chop (.5 cs) 1/2 c Baby Red Potatoes (1 cs) 1/2 c Baked Squash (1 cs) 1/2 c Cherry Crisp with Topping (2 cs)	Chicken in Cream gravy or Applesauce Ribs (.5 cs) 1/2 c Mashed Potatoes with Cream Gravy (1 cs) 1/2 c Broccoli Cuts 15 Fresh Grapes (1 cs)
Monday Lunch: Sept 5	Tuesday Lunch: Sept 6	Wednesday Lunch: Sept 7	Thursday Lunch: Sept 8	Friday Lunch: Sept 9
CLOSED LABOR DAY	3 oz Pork Roast with Gravy or Salmon 1/2 c Boiled Potatoes (1 cs) 1/2 c Green Beans 1/2 c Mixed Fruit Sc(1 cs)	3 oz Herb Chicken 1/2 c Mashed Potatoes with Gravy (1 cs) or Spaghetti w/Meat Sauce (2 cs) 1/2 c Carrot Krinkles (.5 cs) 1/2 c Apple Crisp with Topping (2 cs)	3 oz Swedish Meatballs or 3 oz Cracker Crumb Fish (.5 cs) 1/2 c Mashed Potatoes with Gravy (1 cs) 1/2 c Peas (1 cs) 1/2 c Mandarin Oranges (1 cs)	Baked Chicken (1cs) or BBQ Meatballs (.5cs) Sm Baked Potato (2 cs) 1/2 c Escalloped Corn (2cs) 1" x 2" Special K Bar (3 cs)
Monday Lunch: Sept 12	Tuesday Lunch: Sept 13	Wednesday Lunch: Sept 14	Thursday Lunch: Sept 15	Friday Lunch: Sept 16
3 oz BBQ Chicken (1 cs) or Tilapia 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) w/ lettuce and tomato or Chicken Wild Rice Cass(2cs) 1/2 c Coleslaw (1 cs) 1/2 c Cantaloupe (1 cs)	3 oz Polish Sausage & Saurkraut on Bun (2 cs) or Hot Dog on Bun (2cs) 1/2 c. Potato Salad (1cs) 1/2c Corn (1cs) 1/10 Pumpkin Pie (3cs)	8 oz Hungarian Goulash (3 cs) 3 oz Crispy Chicken (1 cs) 1/2 c Sweet Potato (1 cs) 1/2 c French Green Beans small Orange (1cs) 1"x2" Frosted Brownie (3 cs)	3 oz Pork Chop in Mushroom Gravy or Chili (1cs) Sm Baked Potato/ Sr Crm (1 cs) 1/2 c Mixed Vegetables (.5 cs) 1/2 c Pears (1 cs)

Monday Lunch: Sept 19	Tuesday Lunch: Sept 20	Wednesday Lunch: Sept 21	Thursday Lunch: Sept 22	Friday Lunch: Sept 23
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) 1/10 Blueberry Pie with Topping (3 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 Au gratin 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 Topping (2cs)
Monday Lunch: Sept 26	Tuesday Lunch: Sept 27	Wednesday Lunch: Sept 28	Thursday Lunch: Sept 29	Friday Lunch: Sept 30
1 c Chix Noodle Casserole (1cs) OR Beef Stroganoff (1cs) 1/2 c Harvard Beets (.5cs) 1/2 c. Mandarin oranges (1cs) Sm Molasses Cookie (1cs)	3 oz Salmon Loaf (.5 cs) or Bk Chicken Fried Steak (.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 Pot w/Gravy (1cs) 1/2 c Yams (1cs) 1/2 c Cantaloupe Cuts (1 cs)	Taco Salad (2-3 cs) or 8 oz Tuna Hotdish (2cs) 1c Romaine Salad Dressing (.5cs) 1/2 c Fruit Cup (1 cs) No Bread	3 oz Sweet/Sour Meatballs (1 cs) or Vegetarian Lasagna (3 cs) 1/2c Sweet Potato (1 cs) 1/2 c Mixed Veggies (.5 cs) 1/2 c Ambrosia Cup (1 cs)
Check other sites for their serving times. Entree choices at the Gand Forks Senior Center only.	Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g Attn: Diabetics -These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts		No reservations required at the Grand Forks Senior Center (620 4th Ave S). Reservations required at the satellite sites listed below. Visit your site within the serving time the day before to make your reservation. Homestead-1639 24th Ave. South 11:45-12 The Link-300 Cherry Street 11:15-11:30	

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

Date: 8/4/2022 Licensed Registered Dietitian #13899  Colette Iseninger, MS, RD, LRD

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

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

Sudoku Solutions from page 9

Easy

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

Medium

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

Hard

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



Meal Delivery Volunteers Needed

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

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

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

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

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

Paid Advertisement

We specialize in keeping older adults and their caregivers **ACTIVE** and **INDEPENDENT!**

Therapy in the home = Better Outcomes!

Reduce Falls

Increase Independence

Reduce Stress

Increase Function

Reduce Pain

Increase Safety



Call: 218-230-2171

www.hometherapysolutionsnd.com

Paid Advertisement

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

hrrv.org | (800) 237-4629



Celebrating **40** Years



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 | September 2022
Closed Monday, September 5, 2022 in observance of Labor Day

Drive-Thru Flu Vaccination Clinics

1:30 pm - 4 pm

September 21, September 26, & October 6
Details and paperwork on pages 16 & 17 of
this newsletter.

Please bring a completed form for each person
getting the flu vaccination and make sure to
bring your insurance card.
Family members are encouraged to come!

