

The Silver Express



Flu Shot Clinics

Open to the public. All ages welcome.

Welcore is back at the Grand Forks Senior Center (620 4th Ave S). This year there will be one drive thru clinic and two indoor vaccination clinics. Each person who would like to receive a flu shot must complete the form on page 11. Additional forms are available at the Grand Forks Senior Center front desk. Please bring your insurance card as well! Welcore accepts most insurances. Full details on page 10 in this newsletter.

Wednesday, September 20

1:30 pm - 4 pm

Drive Thru under the canopy. (You will remain in your vehicle the entire time.)

Friday, September 29

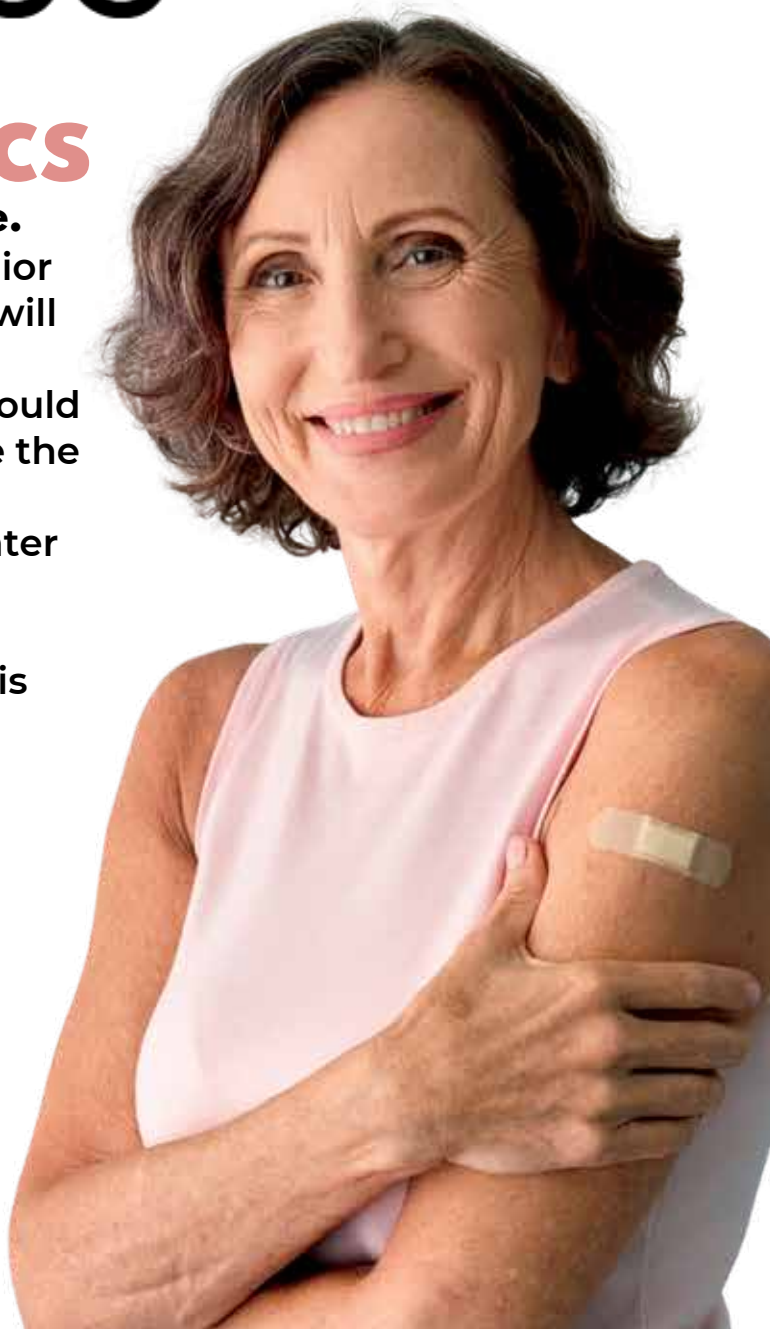
9:30 am - Noon

Indoors in the Health Department

Tuesday, October 10

1:30 pm - 4 pm

Indoors in the Health Department



Grand Forks Senior Center (GFSC) Phone Numbers

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

GFSC Board of Directors

President

Alice Hoffert

Vice President

Brad Westrum

Secretary

Alice Mattern

Treasurer

Brenda Jobe

Amy Enget

Bobbie Kurtyka

Dave Willprecht

Jason McCarthy

Kari Goelz

Emily Nielsen

Bob Rost

Curt Sandberg

Kathy Snider

Michael Venaccio

Clair Zirnheld

Mission Statement

The mission of the Greater Grand Forks Senior Citizens Association, Inc. is to provide 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 homebound people 60 and older and their spouse or caregiver of any age.
- **Home Delivered Meals:** Homebound, people of any age.
- **Bingo:** People 18 and older, according to state gaming laws.

Table of Contents

04	From the Director's Chair
05	Meet Cheryl! / Drive-Thru Route Map / Parking Info
06-07	Activity Info
08-09	Activity Calendar
10-11	Flu Vaccination Clinic Information and Form
12-13	Why people 65 and older need a flu shot
14	Donations & Memorials
15	Thank you to Quality Lawn Care
16	Volunteers Needed / Widow/ Widower Support Group
17	Foot Care Appointments
18-19	Fun In The Center
20	The Longest Table Information
21-22	September Menu
23	Transportation to Fargo / Senior Rider Info
Back	Volunteers Needed

While at the Grand Forks Senior Center (GFSC) or on GFSC trips, you may be recorded or photographed.



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

PLEASE stay home if you are at all sick.

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



From the Director's Chair by Colette Iseminger

Do you preserve food? If you have a refrigerator or freezer in your home, the answer is yes. We often think “food preservation” is only about canning, freezing, fermenting and drying, but short-term refrigerator storage also plays a role in keeping our food safe. Your perishable leftovers, on average, are good for about four days in your refrigerator.

Avoid Food Waste

Sometimes people throw away food that is still safe to eat. According to the Economic Research Service, between 30% and 40% of food is wasted yearly. That amounts to 80 billion pounds of food worth \$161 billion. That’s about 219 pounds of food waste for every person.

Read product dates and arrange your cupboards “first in, first out.” Remember that food product dates (such as “best if used by”) are quality dates. Many foods are safe and high in quality beyond the date on the package. Check out the “FoodKeeper App” from the U.S. Department of Agriculture’s Food Safety and Inspection Service.

Take Steps to Prevent Food Waste

- Keep a list of what you need to buy on your refrigerator, as a note in your phone or whatever way works for you. That can help eliminate guessing what you need.
- Make a meal plan. Try to use the foods you have on hand when writing a plan for the week. Cooking at home or meal-prepping for a few days can prevent the “what’s to eat?” dilemma. If you have a plan in place, you are less tempted to stop at a drive-through.
- Buy what you can use within a reasonable timeframe. If a loaf of bread becomes moldy before you can use it, consider freezing the next loaf and taking out what you need.
- Use your leftovers or “planned-overs” creatively. If you have chili one night, consider baked potatoes with chili and cheese later in the week. A roast beef can be Sunday dinner and later hot roast beef sandwiches or barbecue beef. If you have leftover vegetables, add them to soup or casseroles.
- Consider composting vegetable peelings. Compost is organic material you can add to soil to help plants grow.

Thanks to Julie Garden-Robinson, Food and Nutrition Specialist with NDSU Extension for this article.

Happy Fall!

‘Til Next Time,

Colette Iseminger,
Executive Director



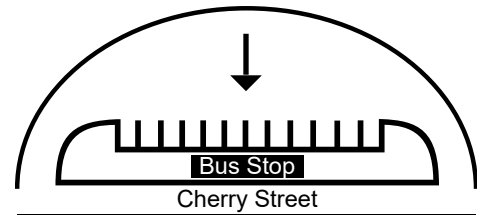
Meet Cheryl!

We are excited to welcome Cheryl aboard in her exciting new role as our Bingo Coordinator! With an impressive 30-year career in accounting, including her time as a Finance Director, Cheryl's journey has taken a delightful twist as she steps into her dream retirement job.

In her free time, she enjoys spending time with family, traveling, and, of course, the thrill of bingo. The Grand Forks Senior Center is excited to have Cheryl's experience and enthusiasm for bingo and helping people.

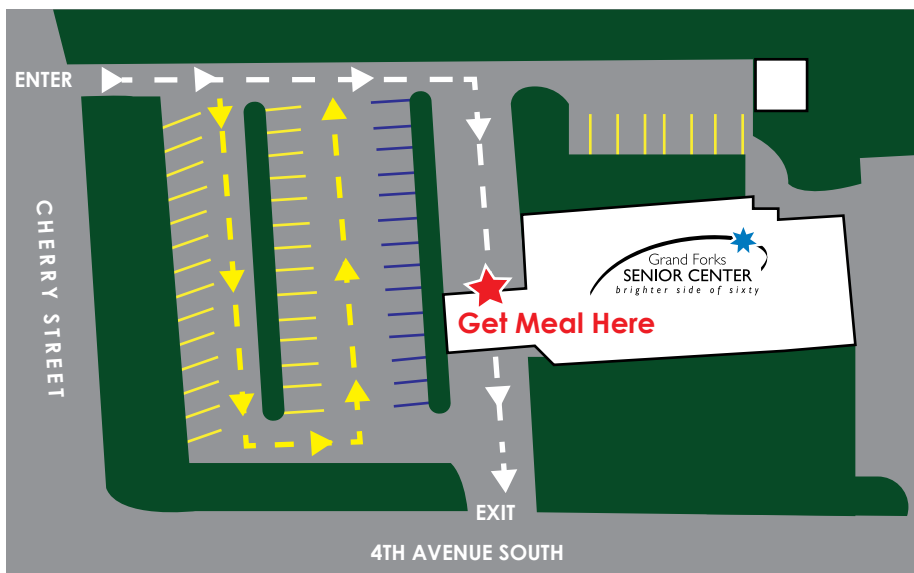
Parking Info: For Mondays, Tuesdays, and busy days

No street parking on Cherry Street on Mondays and no street parking on 4th Avenue S. on Tuesdays. Extra parking is available at the Link, across Cherry Street. Park in the spots closest to the street.



Drive-Thru Lunch Route Map

Monday - Friday | 11:30 am to Noon



Please use **EXTREME CAUTION** while in the Senior Center Parking Lot!

Enter lot from Cherry Street
Do not come into lot before 11:25 am.

You may choose between sit-down or drive-thru meals. If you are using our drive-thru, please follow the route shown.

Follow the **white** arrows if the line is short. Follow the **yellow** arrows if the line gets long.



Activity Info

GFSC CLOSED

**Monday, Sept 4
for Labor Day**

Music Monday

Mondays at 1 pm

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

- Sept 4** No Music Monday
- Sept 11** The Odds & Ends
- Sept 18** Tamara Bertram
- Sept 25** Too Old to Die Young

Tour the Senior Center

**Tuesday, Sept 5
at 9 am**

Discover what the Senior Center has to offer! Whether you have been attending the Grand Forks Senior Center for years or exploring it for the first time, you will discover something new about our facility and programs.

Plan for an hour. You will be seated most of the time. Everyone is welcome!

AARP Driver's Safety



**Wednesday, Sept 6
from Noon - 4 pm**

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

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

KNOX Update

**Thursday, Sept 7
at 7:45 am**

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

Tech Talk Class

**Thursday, Sept 7
at 10:30 am**

September's Tech Talk will cover Grand Forks Public Library website and tools available on the site. No need to register! Just show up!

Constant Reader's Book Club



**Monday, Sept 11
at 10:30 am**

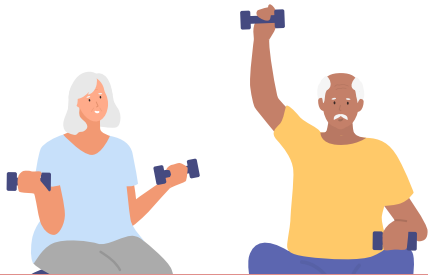
We will be discussing *The Book Woman of Troublesome Creek* by Kim Michele Richardson. Book for October, *A Tree Grows in Brooklyn* by Betty Smith will be distributed at the September meeting.

Visually Impaired Senior Support Group



**Tuesday, Sept 12
at 1 pm**

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



Monthly Creations



**Wednesday, Sept 6
at 10:00 am**

Join Amanda as she teaches you how to make wine cork pumpkins. Cost is \$3 per person. Call 701-757-4866 to register. Class size is limited.

FREE Legal Services for Seniors

**Thursday, Sept 14
from 9 am - 11 am**

**Thursday, Sept 28
from 2 pm - 4 pm**

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

Coffee and Pie with a Cop

**Tuesday, Sept 19
at 1:30 pm**

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

Flu Vaccination Clinics

**Wednesday, Sept 20
from 1:30 pm - 4 pm
Drive Thru**

**Friday, Sept 29
from 9:30 am - noon
Inside Building**

For more information on the flu vaccine, clinics, types of insurance taken, and so much more see the cover and pages 10 & 11.

LIHEAP Presentation

**Thursday, Sept 21
from 10:30 - 11:30 am**

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

Come hear a representative speak about how the program can help you!



Rydell Toy Shop Tour

**Thursday, Sept 28
from 9 am to 11 am**

Join us for a private tour of Wes, Bob, and Brian Rydell's car collection including their current projects. Please call Amanda to register at 701-757-4866. Limited spots are available. There is no cost for the tour. Meet at the Toy Shop 1900 S Washington St, Suite G.



September 2023 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Library, computers for senior use and billiards available anytime GFSC is open</p>				
<p>4</p> <p>GFSC Closed for Labor Day</p>	<p>5</p> <p>9:00 am Healthy Bones AM 9:00 am Tour 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management Support Group 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>6</p> <p>9:30 am Men's Coffee 9:30 am Game Group 10:00 am Monthly Creations 12:00 pm AARP Driver's Safety Class 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>7</p> <p>7:45 am KNOX Update 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 (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>8</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>11</p> <p>9:30 am Men's Coffee 10:30 am Book Club 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>12</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 1:00 pm Vision Support Group 1:00 pm Farkle 3:30 pm Healthy Bones (Hope Church)</p>	<p>13</p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>14</p> <p>9:00 am - 11:00 am Free Legal Services 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>15</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	19 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management 1:00 pm Farkle 1:30 pm Coffee & Pie w/ a Cop 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	20 9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 1:30 pm- 4:00 pm Drive Thru Flu Vaccination Clinic (info on page #10) 3:30 pm Chair Yoga (Hope Church)	21 9:30 am Men's Coffee 10:00 am Crochet Class 10:30 am- 11:30 am LIHEAP Presentation 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	22 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee
25 9:30 am Men's Coffee 1:00 pm Music Monday 1:00 pm Dominoes 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	26 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 1:00 pm Farkle 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	27 9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	28 9:00 am- 11:00 am Rydell Toy Shop Tour (Meet at Rydell Toy Shop) 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm - 4:00 pm Free Legal Services 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	29 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 9:30 pm- 12:00 pm Indoor Flu Vaccination Clinic (info on page #10) 9:30 am Men's Coffee 10:00 am Women's Coffee



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

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



Grand Forks Senior Center Flu Vaccination Clinic

Wednesday Sept. 20th, 2023

1:30 PM – 4 PM – **Drive Thru**

Friday Sept. 29th, 2023

9:30 AM – 12 PM – **Inside building**

Tuesday Oct. 10th, 2023

1:30 PM – 4 PM – **Inside building**

Family members are encouraged to come!

Please Bring Your Insurance Card!

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

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

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 2023- 2024 available vaccines include:

- Influenza Quadrivalent injections for ages 6 months and over, including **High Dose Quadrivalent** for 65+
 - 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 2023)

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? 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? If yes, do not get FluMist
<ul style="list-style-type: none"> Pregnant or breastfeeding Immunocompromised or caring for someone who is immunocompromised Have 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 Have taken influenza antiviral medication in the past 48 hours, Have 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: _____



Information for adults 65 years and older

Influenza (flu) can be a serious illness, especially for older adults.

FACT: *People 65 years and older are at higher risk of developing serious complications from flu, compared with young, healthy adults.*

This risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity, during most seasons people 65 years and older bear the greatest burden of severe flu disease. In recent years, it's estimated that between 70 percent and 85 percent of seasonal flu-related deaths in the United States occur among people 65 years and older, and between about 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group.

An annual flu vaccine is the best way to reduce your risk of flu and its potentially serious consequences.

FACT: *While flu vaccine can vary in how well it works, vaccination is the best way to prevent flu and its potentially serious complications.*

Flu vaccination has been shown to reduce the risk of flu illness and more serious flu outcomes that can result in hospitalization or even death in older people. While some people who get vaccinated may still get sick, flu vaccination has been shown in several studies to reduce severity of illness in those people.

For people 65 years and older, there are three flu vaccines that are preferentially recommended over other flu vaccines: Fluzone High-Dose Quadrivalent inactivated flu vaccine, FluBlok Quadrivalent recombinant flu vaccine, and Fludac Quadrivalent adjuvanted inactivated flu vaccine. These vaccines are preferred for people 65 and older because a review of available studies suggests that, in this age group, these vaccines are potentially more effective than standard dose, unadjuvanted flu vaccines.

1. Fluzone® High-Dose Quadrivalent vaccine contains 4 times the amount of antigen as a regular flu shot. The additional antigen creates a stronger immune response (more antibody) in the person getting vaccinated.
2. FLUAD™ Quadrivalent vaccine is a standard dose flu vaccine with an adjuvant added. An adjuvant is an ingredient added to a vaccine to help create a stronger immune response to vaccination.
3. Flublok® Quadrivalent vaccine is a recombinant protein flu vaccine approved for use in people 18 years and older. It contains three times the amount of antigen compared with a regular flu shot.



For more information, visit:

www.cdc.gov/flu

or call **1-800-CDC-INFO**



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

Flu shots have an excellent safety record and do not cause flu.

FACT: *The side effects of flu shots are mild when compared with potentially serious consequences of flu virus infection.*

After getting your flu shot, you may experience some side effects. The most common side effects are mild and include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have headache, muscle aches, fever, and nausea or feel tired. Some of these symptoms might be more likely to occur with the high-dose and adjuvanted flu vaccines.

Underlying medical conditions can also put you at higher risk of serious flu complications.

FACT: *Flu can make underlying health problems worse, even if they are well managed.*

Diabetes, asthma, and chronic heart disease (even if well managed) are among the most common underlying medical conditions that place people at higher risk of developing serious flu complications. It is particularly important that all adults with these or other chronic medical conditions get a flu shot every year.

FACT: *There are prescription drugs that can treat flu illness. People 65 years and older should be treated with flu antiviral drugs if they get sick with flu.*

If you have flu symptoms—even if you had a flu shot—call your doctor, nurse, or clinic. Doctors can prescribe medicine, called antiviral drugs, to treat flu and lessen the chance of serious illness. These medicines work better the sooner they are started. Call if you have any or all of the following symptoms:

- Fever
- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Chills
- Fatigue (tiredness)
- Sometimes diarrhea and vomiting

It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and are at higher risk of developing serious flu complications, like people 65 years and older.



Take control of your health and fight flu this season with an annual flu vaccine.

**For more information about the flu or the vaccine,
call 1-800-CDC-INFO or visit <http://www.cdc.gov/flu/>.**

Donations & Memorials

Thank you so much to our generous donors who support older adults! Brighter Side Society Members are designated by the * symbol. The gifts below were received from July 14 to August 15, 2023.

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

Altru Health Foundation-
Grant for Home Delivered
Meals
ICS, Inc
For Meals on Wheels
No Name Motorcycle Club

Donations of \$500-\$999

Radi, Marjorie
South Forks Lions Club

Donations of \$250-\$499

Westacott, Richard
In memory of Joyce Thibert

Donations of \$100-\$249

Anonymous
In memory of James Novacek
Aubol, Linda
In memory of Karen Herrmann
Benson, Ray and Mary
Drees, Ken and Maureen*
For Meals on Wheels
Egstad, Elsie
In memory of Louie Egstad
Erickson, Dennis and Cheri*
Fraternal Order of Eagles Aerie 350
For Meals on Wheels
Friends and family of Margaret Fish
In memory of Margaret Fish
Johnson, Merritt
Kleven, Archie and Marlene
Lofberg, Janice
Pedersen, Melvin
Schubert, George
In memory of Arline Schubert

Stiles, Marlene and Robert
For Meals on Wheels
Vein, Jerry and Mary*
Walker, Mike and Diane
Zirnhelt, Clair and Ronda*

Donations up to \$100

Akset, Orlin and Colleen
In memory of Alfred Hagen
Anonymous
Belobraydic, Matt and Rochelle*
Bondy, Pauline*
In memory of Karen Herrmann
Broadwell, Ray and Becky*
In memory of Karen Herrmann
Buckley, Ann*
Carolin, Kirsten
For activities
Connell, JoAnn
In memory of Ethel Ramstad
and Karen Herrmann
Cummings, Judy
In memory of Joyce Thibert
and Verna Buck
Dvorak, Marlene*
Halstenson, John and Sherri
In memory of Karen Herrmann
Hammerstrom, Tooker*
Hanson, Carrie
In memory of Karen Herrmann
Helgerson, Donna*
In memory of my husband,
Arral (AJ)
Herrmann, Karen*
Hogan, Shirley
Iseminger, Carl and Colette*
In memory of Karen Herrmann
Johnson, Gary and Ranea
In memory of Karen Herrmann

Kaml, Judy
In memory of Karen Herrmann
Lehn, Rich and Faye
In memory of Karen Herrmann
Lunde, Beverly
In memory of Karen Herrmann
Lysne, David and Aida
Mahnke, Vickie
In memory of Karen Herrmann
Mattern, Alice*
Moen, Marie
In memory of Karen Herrmann
Roth, Neal and Shelly
In memory of Margaret
'Muggs' Fish
Sandberg, Curt and Ione*
For Meals on Wheels
Schiele, Kathy*
In memory of Don Schiele
Schumacher, Matt and Jami*
Sieg, Wanda
In memory of Jean Hagen
Solseng, Mark and Jane
In memory of Karen Herrmann
Sulland, Steve and Linda*
Venaccio, Michael and Vicki*
Watland, Diana
In memory of Karen Herrmann
Westrum, Brad and Yvonne*

Paid Advertisement

Aspen Park

Briarwood

Parkview Terrace



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



www.immapartments.com • 701-780-8162

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

Paid Advertisement



Maple View
MEMORY CARE COMMUNITY

Providing you and your family with peace of mind

- Full time residency
- Respite
- Adult day services

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

Volunteers Needed!

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



- **Group Classes**
- **Cardio & Strength Equipment**
- **Med Fit & Cardiac Pulmonary**
- **Parkinson Wellness**
- **Insurance Wellness Plans Like SilverSneakers® & Renew Active®**
- **Wheelchair Accessible Equipment**

Financial Assistance Available

For information call:
701-775-2586



Widow/ Widower Support Group

To help with grief and to help make changes and adjustments in their lives.

Sessions begin
Monday, September 11, 2023
7:00- 9:00 PM

Calvary Lutheran Church
1405 South 9th Street
Grand Forks, ND 58201
Call Phyllis at 701-775-7444

or
Diane at 701-739-3310

The group is spiritually centered, interdenominational, led by clergy and lay leaders and open to anyone in the area who has experienced the death of a spouse.

You may attend as many of the sessions as possible.

Wish List



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

- Coffee
- Napkins
- Paper Towels
- Wheelchairs & Transport Chair (19 inches and greater)

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

Foot Care Appointments

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

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

Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

Sept 6	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
Sept 7	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
Sept 13	McVille Fire Hall, 203 Baldwin Street, McVille	9:30 am - Finish

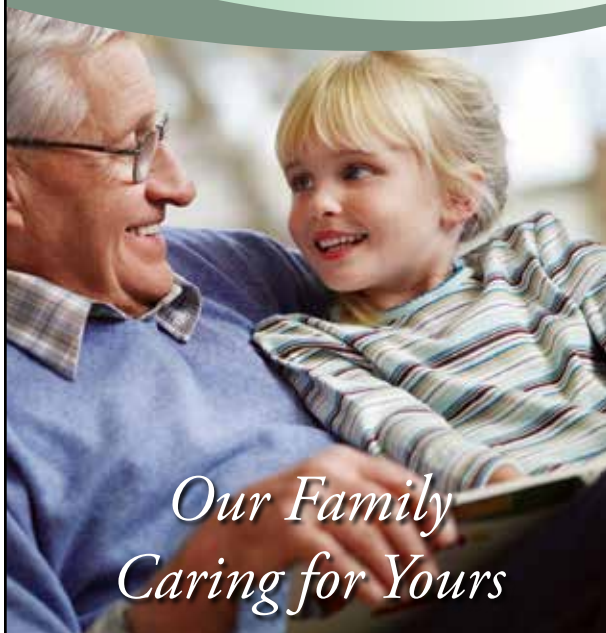
Revised guidelines to keep clients and staff safe:

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

Please help to keep our nurses healthy to serve you!

Paid Advertisement

*Request Information or Schedule
your Personal Tour Today!*



*Our Family
Caring for Yours*

Senior Independent Living - Country Estates

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

Assisted Living - Wheatland Terrace

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

Basic Care - Tufte Manor

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

valleyseniorliving.org
701.787.7563



Fun In The Center

- 1-3 Annual purse sale
- 4 Becky receiving a donation from the No Name Motorcycle Club
- 5 Theresa and the Plow Boys performing for Music Monday
- 6-10 Photos from Footloose/casino trip in Devils Lake, ND
- 11-16 Photos from Shenanigans! show at Jasper Theatre in Park Rapids, MN





THE LONGEST TABLE

Thursday, September 14, 2023 | 5:30 - 7:30pm

The Longest Table welcomes 1,000 GF residents to sit down for a **free** meal adjacent to Sertoma park with people they may not know, to foster stronger connections, exchange ideas, and promote healthy habits. In 2023, the Longest Table will help residents exchange stories and share ideas about what we can do as a community to foster connections with each other and promote daily healthy habits to achieve better mental and physical health. From walkable communities, to building active friendships, to promoting healthy food choices, join us in bringing good ideas to the table.

Registration & Seating

The Longest Table is free and open to all; however, pre-registration is required. If you would like to sit with one specific person, please register together. Unfortunately, they cannot accommodate requests for groups larger than two to be seated together.

The Meal

Dinner will be prepared by the chefs at Skies 322. There will be a regular option and a vegetarian option.

Register at www.longesttablegf.com by September 12th, 2023

The Longest Table is organized by the Community Foundation of Grand Forks, East Grand Forks & Region and the Greater Grand Forks Young Professionals.

Paid Advertisement

 **Edgewood**
Cottage Homes
www.edgewoodcottagehomes.com

*A 55+ community in
South Grand Forks*

FOR SALE

MEGGEN SANDE

701.330.3638



msande@greenbergrealty.com | greenbergrealty.com

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

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

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
4oz Orange Juice (1cs) 1/2 c Fruit Sauce (1cs) 2 Cinnamon French Toast (2cs) 1 scrambled egg 8 oz 1% milk (1cs)	1/2 c Fruit Sauce or OJ (1cs) Sausage Egg Muffin (2cs) Whole Grain Cereal (1cs) 8 oz 1% milk (1cs)	4oz Orange Juice (1cs) 1/2 c Fruit Sauce (1cs) 2 Whole Grain Waffles (1.5cs) 2 Bacon 8 oz 1% milk (1cs)	1/2 c Fruit Sauce or OJ (1cs) 2 Eggs Made to Order Hashbrown Patty (1cs) 2 WW Toast (2cs) 8 oz 1% milk (1cs)	1/2 c Fruit Sauce or OJ (1cs) Omelet (.5cs) 2 WW Toast (2cs) 8 oz 1% milk (1cs)
Breakfast: Toast with a meal includes , margarine, jelly and peanut butter choices; Syrup and margarine are available with pancake, waffle and french toast meals				
Monday Lunch:	Tuesday Lunch:	Wednesday Lunch:	Thursday Lunch:	Friday Lunch: Sept 1
MENU SUBJECT TO CHANGE WITHOUT NOTICE				Hot Dog or BBQ Pork (.5cs) WW Hot Dog Bun (2cs) 1/2 c. Baked Beans (1cs) 1/2 c Potato Salad (1cs) Orange (1cs)
Monday Lunch: Sept 4	Tuesday Lunch: Sept 5	Wednesday Lunch: Sept 6	Thursday Lunch: Sept 7	Friday Lunch: Sept 8
CLOSED LABOR DAY	8 oz Hungarian Goulash (2cs) or Lemon Pepper Fish over Noodles (1cs) 1/2c Buttered Potatoes (1cs) 1/2c Yams (1cs) Apple (1cs) 1 WW Bread (1cs)	Baked Chicken (.5cs) or Salisbury Steak 1/2 c. M. Potato/Gravy (1cs) 1/2 c Sicilian Blend Veg (.5cs) 1/2 c Mandarin Orange Sc (1cs)	2 Beef Enchiladas (2cs) 8 oz Chicken Wild Rice Cass (2cs) 1/2 c Southwest Corn (1cs) 1/2 c Seasoned Black Beans (1cs) 1/2 c Cantaloupe (1cs) No Bread	4 oz Chicken Kiev (1cs) or Swiss Steak 1/2 c. Baked Potato (1cs) 1/2 c Green Beans 1/2 c Peach Crisp/topping (2cs)
Monday Lunch: Sept 11	Tuesday Lunch: Sept 12	Wednesday Lunch: Sept 13	Thursday Lunch: Sept 14	Friday Lunch: Sept 15
4 oz Grilled Salmon or Meatballs in Gravy 1/2 c. Roasted Potatoes (1cs) 1/2 c Dilled Carrots 1/2 c. Pear Sc (1cs)	Hawaiian P/A Chicken w/cheese on WW Bun (2cs) or Hamburger on WW Bun (2cs) 1/2 c Potato Salad (1cs) Lettuce Leaf, Tomato, Onion 1/2 c. Steamed Broccoli Orange (1cs) No extra bread	Pork Roast or Beef Roast 1/2 c. M. Potato/Gravy (1cs) 1/2 c. Carribean Veg (.5cs) 1/10 Pumpkin Pie/topping (2cs)	Lasagna (2cs) or Turkey Pot Pie (2cs) 1 c Romaine Salad (.5cs) 1/2 c Herbed Green Beans 1/2 c Cantaloupe (1cs) 1 WW Bread (1cs)	BBQ Ribs (1cs) or Cranberry Chicken (1cs) 1/2 c Sweet Potato (1cs) 1/2 c. Mixed Vegetables (.5cs) 15 Grapes (1cs)

Monday Lunch: Sept 18	Tuesday Lunch: Sept 19	Wednesday Lunch: Sept 20	Thursday Lunch: Sept 21	Friday Lunch: Sept 22
3 oz Orange Chicken Breast or Potato Crusted Pollock (1cs) 1/2 c Rosemary Potatoes (2cs) 1/2 c Mixed Vegetables (.5cs) 1/2 c Rosy Applesauce (1cs)	P/A glazed Pork Chop (.5cs) or Stuffed Bell Pepper(1cs) 1/2 c Mashed Potato/gravy (1cs) 1/2 c Steamed Broccoli 1/2 c. Honeydew (1cs)	3oz Swedish Meatballs (1cs) or Bk Chix Fried Steak (.5cs) over 1/2 c Rice Blend (1cs) 1/2 c Mashed Pot/Gravy(1cs) 1/2 c Broccoli Normandy (.5cs) 1/2 c Peach Sauce (1cs) 1 WW Bread (1cs)	3 oz Meatloaf (.5cs) or Italian Chicken Sm Baked Potato (1cs) 1/2 c. Peas & Carrots (.5cs) 15 Grapes (1cs)	8 oz Chili (1cs) or Pork Roast/Gravy Sm Baked Potato (1cs) 1/2 c Glazed Carrots (.5cs) Pear Crisp/topping (2cs)
Monday Lunch: Sept 25	Tuesday Lunch: Sept 26	Wednesday Lunch: Sept 27	Thursday Lunch: Sept 28	Friday Lunch: Sept 29
Chicken Parmesan or 4 oz Cabbage Roll (.75cs) 1 sm Baked Potato (1cs) 1/2 c Green Bean Almondine(.5cs) 1/2 c. Tropical Fruit (1cs)	Italian Pasta Bake (3cs) or Chix Noodle Hotdish (2cs) 1/2 c Seasoned Zucchini 1c Romaine Salad (.5cs) 1/2 c. Mand Oranges (1cs) 1 WW Bread (1cs)	Tarragon Chicken over Noodles (1cs) or Spaghetti over Noodles (2cs) 1/2 c. Sweet Potato (1cs) 1/2 c Strawberries (1cs) 1 WW Bread (1cs)	Taco Salad (3cs) or Salmonloaf (.5cs) 1/2 c. M. Potato (1cs) 1/2 c. Creamed Peas (1cs) 1/2 c. Berry Crisp/Topping (2cs) 1 WW Bread (1cs)	Pork Chop in Gravy or Beef Tips/Gravy 1/2 c Mashed Potato (1cs) 1/2 c. Parslied Carrots Apple (1cs)
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. The state now allows you to take home your leftovers. Please bring your own containers and a cooler if your items need refrigeration.	Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g Attn: Diabetics -These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts			
<p>No reservations required at the Grand Forks Senior Center (620 4th Ave S) for breakfast, lunch or drive thru meal pick-up.</p> <p>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</p>				

1% Milk (1cs); 2 Whole Wheat Bread (2cs); and margarine are available with each lunch.

Date: 7/17/2023 Licensed Registered Dietitian #13899 Colette Sawyer Colette Iseminger, MS, RD, LRD



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

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

Cities Area Transit offers
SENIOR RIDER

Monday - Friday:
6:00 am - 10:00 pm
Saturdays:
8:00 am - 10:00 pm



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

Paid Advertisement



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

**Contact us
today!**



(800) 929-8891 | CareThatComesToYou.org

Paid Advertisement

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

hrrv.org | (800) 237-4629



Celebrating **40** Years

**ND Aging &
Disability
Resource Link**

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

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



**Transportation
to FARGO**

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

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



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

Like us on Facebook!
www.facebook.com/gfseniors

Non-Profit Organization
Permit #20
U.S. Postage Paid
Grand Forks, ND



Grand Forks Senior Center
September 2023
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

Closed Monday, September 4
in observance of
Labor Day

Volunteers Needed!

The Grand Forks Senior Center needs your help!
We are looking for volunteers to keep providing services for our seniors. If you or someone you know is interested in one of the opportunities listed below, please contact us!

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