



July 2021

The Silver Express

www.gfseniorcenter.org

701-772-7245

WHEN: July 28, 2021
Lunch from
11:45 am - 12:30 pm
(tickets required for lunch)

WHERE: Lincoln Park -
Lane Lindseth
performing after
lunch

PARTY — IN THE — PARK



Let's have a party at Lincoln Park! We will enjoy a noon meal together at the park, with food provided by the Ground Round food truck. After lunch **Lane Lindseth will perform on accordion**, also at Lincoln Park.

MENU

The Ground Round's food truck will be providing a lunch of either a brat or a 1/4 lb hamburger, served with chips, potato salad, and fresh fruit. When you make your reservation, you will specify whether you want a brat or a burger. The Senior Center will provide the water. No senior dining at the Senior Center this day

TICKETS

Call 701-772-7245 **SOON** to get your ticket for lunch or stop by the front desk of the Senior Center. **There is a limited number of tickets and they will go fast.**

We need the name and birthdate of each person who would like a meal ticket. **Suggested donation of \$5/ticket for people 60 and older & their spouse of any age.** For people under 60, there is a set price of \$10, which will need to be paid when picking up the ticket.

A contribution envelope will be given to you with your tickets. If you choose to make a contribution, please put your cash or check in the envelope and bring that and your tickets with you to the Park. We ask that you come to the Senior Center to pick up the tickets ahead of time if you can. For those who can't, we will mail them out.

BRING YOUR OWN CHAIR

There is limited seating available in Shelter #3, so we ask that people bring their own lawn chairs for the meal and the entertainment.

Grand Forks Senior Center (GFSC) Phone Numbers

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

GFSC Board of Directors

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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. Vaccinated people do not have to mask now, except 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.

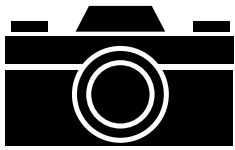
As before, our building is for people 55 and older.

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 jamis@gfseniorcenter.org. If you would like to switch to receive the newsletter by email, email Jami at jamis@gfseniorcenter.org.



The Silver Express[©]

July 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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Medication Take Back Event

Thursday, July 22
11:30 am - Noon
GF Senior Center Drive-thru

Bring your outdated or unused prescriptions in their original containers for disposal. The Grand Forks Sheriff's department will be here collecting the medications for safe disposal.



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

hrrv.org | (800) 237-4629



Celebrating **40** Years

From the Director's Chair by Colette Iseminger



The Reopening Continues

There are a lot of changes as the Senior Center reopens fully.

- On July 13, we will **restart noon meals** inside our dining room here at the Senior Center. No reservations required, just come between Noon - 12:15 pm. Bring your key tag or get one at the front desk, as you will need that to check in for the meals. Our meal drive-thru will continue from 11:30 am - Noon. Breakfast restart is delayed due to the heavy workload in the kitchen with the drive-thru.
- We will have a **Party in the Park** on Wednesday, July 28. Get your tickets now for that event (see front cover for details).
- We have a **new resource manager**, Stacy Narlock (see page 13). Stop by and introduce yourself. Her office is in the basement. Joyce Austin is now a part-time rural resource coordinator. If you live in town and used to have Joyce help you with stuff, Stacy is now your contact.



- **COMING IN AUGUST:** Tuesday, August 3 at 9 am we will be **restarting monthly tours**. Wednesday, August 4 we will get **BINGO going again** with Dennis Nelson as the gaming manager. Plan to come on Wednesdays and Thursdays at 1 pm for bingo fun!
- **COMING IN SEPTEMBER:** We will go back to **regular Friday hours** beginning September 10, closing at 4:30 pm. September 10 at 1 pm will also be our **first Fantastic Friday** since March of 2020. Finally cards will go from just Mondays and Wednesday to Mondays, Wednesdays, & Fridays at 1 pm, beginning Friday, September 10.

We hope you will come and see us and join in the fun. Keep watching your *Silver Express* each month for what you need to know!

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

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 the opportunities below.

For **Meals on Wheels** run out of the Grand Forks Senior Center, we need **VOLUNTEERS EVERY DAY** of the week since we are adding new routes. 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.

For **Home Delivered Meals** run out of Altru hospital, we need **MONDAY, THURSDAY, and FRIDAY** volunteers, as well as **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.

Bingo volunteers are needed for Wednesdays & Thursdays from 12:15 pm to 3:00 pm beginning Aug 4. 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. We also need bingo callers! Contact Activity Manager Ranea Johnson at 701-757-4866 or activity@gfseniorcenter.org.

Two commodities volunteers are needed the 2nd Tuesday of each month from 10:15 am - Noon to pick up food packs from Northlands Rescue Mission and deliver them, with their own vehicles, to individual homes. Lifting is required. Contact Stacy Narlock at 701-757-4874 or stacyn@gfseniorcenter.org.

Book club coordinator to lead a book club once a month. If interested contact Activity Manager Ranea Johnson at 701-757-4866 or activity@gfseniorcenter.org.

TECH Talk

TECH Talk is a time to learn about the technology on which we are becoming more dependent. Written by GFSC staff.



If you haven't spent any time on the Senior Center's website, check it out soon at www.gfseniorcenter.org.

The first five categories below are tabs at the top of the Senior Center's website. The final tab 'Employment & Volunteer Opportunities' is a tab found at the bottom of our website.

ACTIVITIES

Events calendar, exercise class information, trip information (not until 2022), bingo, and other game information

Under this tab, you will find all the information for Senior Center activities from bingo information to which card games are being played. You can also find information for our exercise classes, descriptions of each class, and videos of some of the classes which you can do at home.

NUTRITION

Meal delivery options, the current month's menu, the daily frozen meal list, senior dining/drive-thru information

When clicking on the 'Nutrition' tab, you will find all of our senior dining options, meal delivery services, the monthly menu, and a current list of frozen meals. This page will explain how to sign up for delivery services and will have up-to-date information on our drive-thru service.

SERVICES

Foot care, transportation assistance, area guide for senior services, Resources department information

This part of the website includes information about services that are not meal-related, including foot care and transportation fare assistance. Probably our best-kept secret is the online 'Area Guide for Senior Services.' This includes all community businesses/agencies for a variety of

senior needs, including hospice care, housing, legal assistance, etc. Finally there is information about the areas the Resources team can provide information about or areas to assist.

PUBLICATIONS

Current and archive of all Silver Express monthly newsletters, The Illuminator quarterly donor newsletters, annual reports, etc.

DONATE

Allows people to support older adults in the community through an online donation to the Grand Forks Senior Center or in a variety of other financial ways

EMPLOYMENT & VOLUNTEER OPPORTUNITIES

Located on the bottom of the Senior Center's website, this tab lists current job openings and a description of volunteering opportunities at and for the Senior Center



Staying Hydrated

A Simple Guide to Consuming Enough Fluids Daily

By: Lauren Hedlund, UND Student Dietitian

Quick Tips:

Staying Hydrated While at Home

- Start your day with eight ounces of water
- Drink eight ounces of water before each meal
- Drink at least 8 ounces of water when taking medication

Staying Hydrated While On The Go

- Carry a full reusable water bottle with you when you leave home
- Order a glass of water to go with your preferred beverage when out to eat

What is the first thing that comes to mind when thinking about a nutritious diet? Is it eating a lot of fruit and vegetables? Or maybe you think of protein and fiber? Yes, these are great things that support our health. Although, one thing that we often disregard as part of a nutritious diet is staying hydrated. Hydration is one of the most important aspects of our day to day lives.

There are many reasons as to why staying hydrated is important at all stages of our lives. Hydration helps our bodies absorb the nutrients we are eating. Consuming enough fluids also helps our bodies in the process of removing waste and aids in brain function, along with many other benefits.

Even those of us who think we are consuming enough fluids each day, could probably benefit from an increase. On average, men need around twelve cups of water each day, and women need around nine cups each day. There are eight ounces in a cup. The fluids we consume don't all have to be drank. We can stay hydrated by consuming things such as fruit, broth based soups, smoothies, shakes and more!

If you find that you don't enjoy the taste of water, there are a variety of sugar free flavorings that you can add, or even adding fresh fruit. As well as trying different temperatures of water. Sometimes, drinking room temperature water versus ice cold water can make a large impact on the taste.

References: Casado, Á., Ramos, P., Rodríguez, J., Moreno, N., & Gil, P. (2015). Types and characteristics of drinking water for hydration in the elderly. *Critical reviews in food science and nutrition*, 55(12), 1633–1641.

<https://doi.org/10.1080/10408398.2012.692737>



How Do You Grieve When You Can't Attend the Funeral or Participate in Rituals?

by Janna Kontz, MDiv and grief specialist
with Hospice of the Red River Valley

In the novel "Ordinary Grace" by William Kent Krueger, Krueger writes, *"I had been to visitations before and have been to many since and I've come to understand that there's a good deal of value in the ritual accompanying death. It's hard to say goodbye and almost impossible to accomplish this alone and ritual is the railing we hold to, all of us together, that keeps us upright and connected until the worst is past."*

Grieving the death of a special person in our lives is one of the most difficult of human experiences. Within that difficult experience, we rely on the sympathy, empathy, and closeness of family and friends. We can only lean into our grief by allowing others to hold us upright.



What happens when our closest circle of support is not able to gather?

What happens when the important ritual of a funeral, memorial service, and burial can't take place because of distance, illness, or other unexpected circumstances? How does that affect grief?

Grief becomes much more internalized when we are unable to share with others. Loneliness often accompanies grief when we are unable to gather with our circle of support. Our loneliness can double and triple because we are unable to experience the physical comfort of others, such as hugs, hand holding, and a sincere look into our eyes. These comforts are what help connect us as human beings and process our feelings.

The closeness of others is so important. It can be jarring for both the grieving person and for the support person if these things are unable to happen.

If we can't be physically "present," what can we do to help ease the pain?

If we can have any kind of ritual, we should do it. This may include a small intimate service of fewer than 10 people. It

might look like a visitation with only the closest family members. There was a family who could only gather at the funeral home in a small group. Others who couldn't attend the funeral went to the cemetery and painted the casket of their loved one with acrylic paints. By the time they were finished, the once simple box was covered with favorite scripture passages, quotes, and pictures. It was an unusual, but very healing, ritual for them.



If you are a support person for the grieving person, show up.

There may be times when we can't physically show up, but we can show up in other ways, including phone calls, texts, and letter writing.

and other leaders are typically open to

Others have had drive-up visitations where friends line up in their cars outside the funeral home and greet family through their open windows. Funerals can be streamed live on YouTube, Skype, FaceTime, Zoom, or other online services.

Priests, pastors, rabbis, imams,

these different ways of participating in ritual because they want people to be able to support each other and grieve in the most helpful way.

How can a support person help?

If you are a support person for the grieving person, show up. There may be times when we can't physically show up, but we can show up in other ways, including phone calls, texts, and letter writing.

Create a reminder for yourself to contact the person again. It could include another phone call or a text message every morning. You could be the difference between depression or healing for the grieving individual. It may be a little more work on your end, but it matters for the person to know you are there during their time of need.

If you are having difficulty coping with your grief, Hospice of the Red River Valley can help. Grief specialists are ready to assist you through this painful time. You don't have to grieve alone. Hospice of the Red River Valley offers free grief support services to community members in Grand Forks and the surrounding communities. For more information, call 800-237-4629 and ask for the Grief department or visit www.hrrv.org.



Frauds and Deception Affecting Older People

Fraudsters are becoming more creative. According to Amy Nofziger, AARP's director of fraud victim support, "scammers stay on top of whatever is new." Here are a few current frauds happening now:

1. Zoom Phishing

The bait: You receive an email, text or social media message with a link to click because your Zoom or internet account has been suspended. Clicking allows criminal to download malware onto your computer.

2. COVID-19 Vaccine Card Cons

The bait: Posting pictures of your COVID vaccine card on Facebook gives fraudsters your full name, date of birth and information where you received your shot, this is enough data for scammers to break into your bank accounts or credit cards and steal your identity.

3. Fake Online Shopping Sites

The bait: Phony retail websites are looking more real than ever. Shoppers click on an online ad or through social media, enter credit card info and never receive the product or it is an item of lower quality.

4. Celebrity Imposter Jackpots

The bait: You get a message via social media, text or email claiming you won a prize and asking you to verify your account info and send a small deposit up front.

5. Online Romance Ambush

The bait: Scammers use off sites that aren't carefully monitored and hit you up for money. Never give money to someone you have never met in person.

6. Medicare Card Come-ons

The bait: Scammers are emailing, calling and even going door-to-door claiming to be from Medicare, usually offering pandemic related services if you "verify" your Medicare ID. The offers may include new cards that contain a microchip. Hang up, Medicare will never contact you without permission and they will never call to sell you something.

7. New Social Security Scams

The bait: Scammers are using "spoofed" phone numbers that look like they're coming from Washington, D.C. so they appear more credible. You may get a call saying that your SSN was used in a crime and you'll be arrested if you don't send money to fix it.

The full article on Today's Hot Frauds can be found in the April 2021 AARP Bulletin <https://www.aarp.org/money/scams-fraud/info-2021/schemes-targeting-older-adults.html>

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

For more information or to locate your SMP, visit www.ndcpd.org/smp



Come Use Our Library!

For people 55 and older, the Grand Forks Senior Center's library is located on the 2nd floor and is open when our building is open. Our library has the best check-out policy in town. You take the books you want to read and return them when you are done.



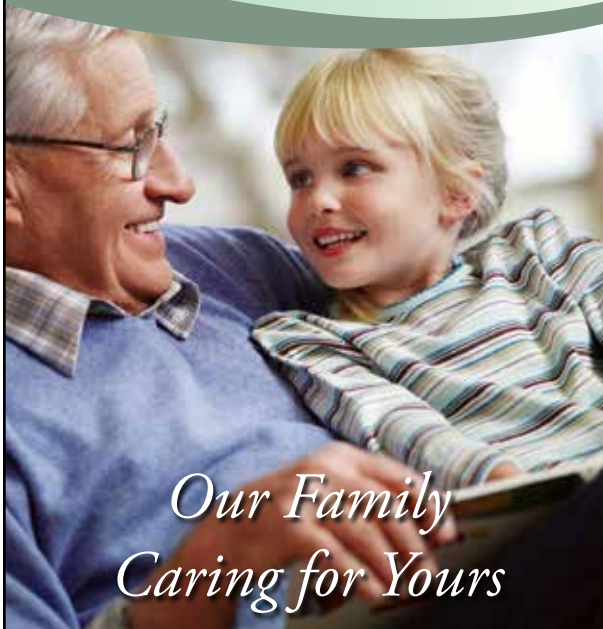
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Fun around the Center



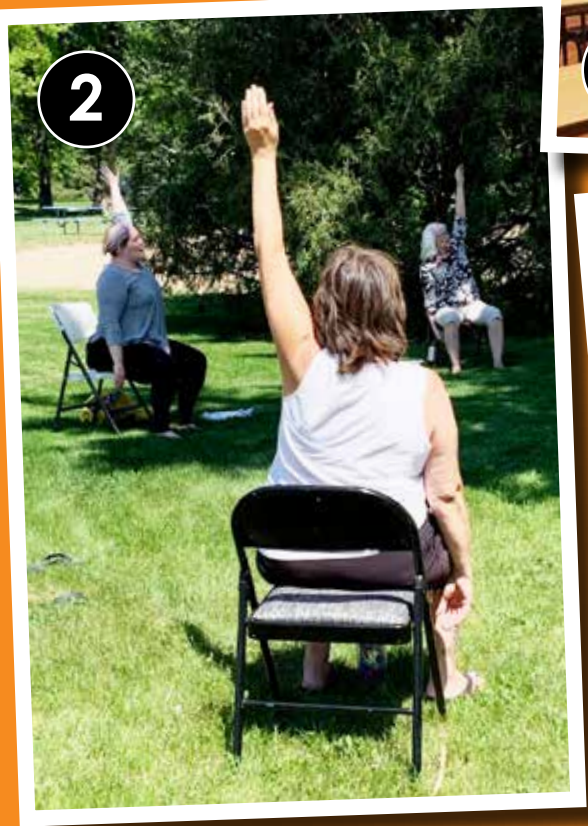
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3



4



2



5

1 We love having seniors back in the building, visiting and enjoying coffee.
2-3 Chair yoga classes moved outside to Lincoln Park on June 7.
4-5 While demand for meals in the drive-thru has decreased, there are still many days we hand out more than 100 meals in the drive-thru.

GFSC Outdoor Exercise Classes

Chair Yoga: M & W at 3 pm

Tai Chi for Arthritis & Fall Prevention w/Bill from Altru: T & Th at 1:30 pm
on the following dates (July 6, 8, 13, 15, 20, 27)

Qigong with Harpreet: T & Th at 2:30 pm

Healthy Bones: T & Th at 3:10 pm



For more information, contact Ranea at 701-757-4866; activity@gfseniorcenter.org or go to www.gfseniorcenter.org/physicalactivities. No membership is needed. These classes are open to people with a range of abilities, age 55 and older. Each person does what they are comfortable doing. NOTE: If it is really hot and/or humid, classes may be cancelled. Check www.facebook.com/gfseniors or call us at 701-772-7245 to find out if they have been cancelled. **Classes are held behind Shelter #3 at Lincoln Park (120 Euclid Ave, GF).**

Introducing . . . Stacy Narlock!

Stacy Narlock was born and raised in Minneapolis. She has one older sister. Both of her parents were only children, so she grew up spending a lot of time with her grandparents. She and her parents helped them with their homes and attended appointments with them.

Upon graduation from high school, Stacy attended the UND, where she majored in social work. During her four years at UND, Stacy was part of a sorority and volunteered a lot in the community. She also joined the social work club and eventually became the club's president. In her final semester at the university, Stacy completed her internship at the Altru Cancer Center.



After graduation Stacy went on to work for Support Systems Incorporated, providing in-home services to individuals and their families. She then took a break from social work and was employed with Alerus Financial for 10 years, where she held five different positions from banking, to mortgage, and ended her banking career in the retirement department.

After missing her passion for social work, Stacy accepted a position with Mayville State University, Child Development as a parent, family, community engagement & mental health specialist. From there, she came to the Senior Center, where she is the new manager for the Resources department. Stacy has taken over this position from Joyce Austin, who was excited to transition to a part-time position with the Senior Center as the rural resource coordinator.

When you see Stacy around the building, be sure to introduce yourself!

Activities are Coming Back!

We are so excited activities are coming back to the Senior Center! For information regarding our outdoor exercise classes, see page 13. If you participated in an activity here before the pandemic and would like to see it start up again, please either call Ranea at 701-757-4863, stop by and see her, or email her at activity@gfscseniorcenter.org.

Cards: Whist & Pinochle

Mondays: 1:00 pm

Pinochle

Wednesdays: 1:00 pm

Whist & Pinochle

Basement Activity Room



Dominoes



Mondays: 1:00 pm

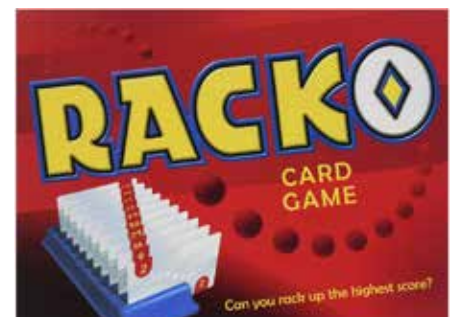
GFSC Dining Room

Game Group

Those of you who enjoy Farkle, Racko, and other games with friends, please come to this self-directed activity. Games are provided,

Wednesdays: 10:00 am

GFSC Dining Room



14 Silver Express

Weight Loss Support Group

Wednesdays: 10:00 am
GFSC Activity Room



Members have had success in losing weight. Minimal fees are associated with this group. You can just come to the meeting if interested. Questions? Contact Ranea at 701-757-4866 or activity@gfseniorcenter.org.

BINGO is Coming Back in **August!**

Bingo is coming back to the Grand Forks Senior Center beginning Wednesday, August 4.

Wednesdays: 1:00 pm
Thursdays: 1:00 pm

The price of a bingo card is \$1.75. There are 15 games and two jackpots, followed by four additional games.



Monthly Tours Beginning **Aug 3!**

Tues Aug 3: 9:00 am
Gather in the lobby

Tours are given the first Tuesday of the each month, beginning again in August 2021. All are welcome and no RSVPs are needed.

More Coming Back in **September!**

Friday, September 10 will be the first **Fantastic Friday**, so this means that Senior Center hours will go back to normal with a close of 4:30 pm, beginning on this Friday.

Cards are also coming back on **Fridays** at 1:00 pm, **starting September 10.**





GFSC Resources

Medicare: FAQs

Back in the March 2021 Silver Express newsletter, we ran a story called, "Turning 65? Medicare Information for You." Some of the following information may repeat, but these are some frequently asked questions about Medicare.

What is Medicare and who can get it?

Medicare is our country's health insurance program. Medicare helps with the cost of health care, but it does not cover all medical expenses or the cost of most long-term care. Medicare is for individuals 65 and older, individuals who have disabilities, permanent kidney failure, and Lou Gehrig's disease. In most cases, if you don't sign up for Medicare when you're first eligible, you may have to pay a higher monthly premium.

When can you sign up for Medicare?

If you are planning to retire at the age of 65, you can sign up 3 months before your birthday, the month of, and three months after. If you do not plan to retire and have insurance, you don't need to sign up for Medicare right away. The month of your retirement is when you should sign up for Medicare; however, it is suggested to sign up for

Medicare Part A when you turn 65.

What are the different parts of Medicare?

PART A (HOSPITAL INSURANCE)
Hospital insurance helps pay for some inpatient care in a hospital or a skilled nursing facility (following a hospital stay), some home health care, and hospice care.

PART B (MEDICAL INSURANCE)
Medical insurance helps pay for doctors' services and many other medical services and supplies that hospital insurance does not cover.

PART C (MEDICARE ADVANTAGE PLANS)
If you have Medicare Parts A and B, you can join a Medicare Advantage plan. Medicare Advantage plans are offered by private companies and approved by Medicare. These plans generally help you pay some of the medical costs not covered by Medicare Parts A and B.

PART D (PRESCRIPTION DRUG COVERAGE)
Prescription drug coverage helps pay for medications doctors prescribe for treatment.

How do I sign up for Medicare?

If you already get Social Security benefits, you will automatically be enrolled in Medicare Hospital

Insurance (Part A) and Medical Insurance (Part B). You will be mailed all of the information you need a few months before you become eligible.

If you do not get Social Security benefits, you can apply online at www.ssa.gov.

If you do not wish to apply online, make an appointment by calling 800-772-1213 (TTY 800-325-0778), 8:00 am – 7:00 pm, Monday through Friday.

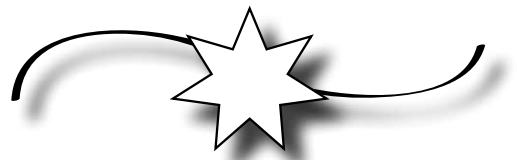
How do I sign up for Medicare Part B if I already have Part A?

If you are already enrolled in Medicare Part A and you would like to enroll in Part B under the Special Enrollment Period (SEP), you can apply online. You can upload your application and documents that verify your group health plan coverage through your employer. If you have questions, please contact Social Security at 800-772-1213 (TTY 800-325-0778).

Can I sign up for Medicare Part B if I am working and have health insurance through an employer?

You may be able to delay signing up for Medicare Part B without a late enrollment penalty if you or your spouse (or a family member if you are disabled) is working and you are receiving health insurance benefits.

GFSC Resources



Medicare: FAQs (cont.)

Should I sign up for Medicare Part B if I have Veterans' Benefits?

Signing up for Medicare Part B may provide you with additional service and location options.

What is the monthly premium for Medicare Part B?

The standard Medicare Part B premium for medical insurance in 2021 is \$148.50.

Will my Medicare premiums be higher because of my higher income?

Individuals with income more than \$87,000 and married couples with income more than \$174,000 will pay a larger percentage of their monthly Medicare Part B and D costs based on their income.

What are Medicare late enrollment penalties?

PART A

If you have to buy Part A, and you don't buy it when you're first eligible for Medicare, your monthly premium may go up 10%. You'll have to pay the higher premium for twice the number of years you didn't sign up.

PART B

If you didn't get Part B when you're first eligible, your monthly premium may go up 10% for each 12-month period you could've had Part B, but didn't sign up. In most cases, you'll

have to pay this penalty each time you pay your premiums, for as long as you have Part B. And, the penalty increases the longer you go without Part B coverage. Also, you may have to wait to sign up, which will delay your coverage.

PART D

You may owe a late enrollment penalty if, at any time after your Initial Enrollment Period is over, there is a period of 63 or more days in a row when you don't have Medicare drug coverage or other credible prescription drug coverage. You will generally have to pay the penalty for as long as you have Medicare drug coverage. Medicare calculates the penalty by multiplying 1% of the "national base beneficiary premium" (\$33.06 in 2021) times the number of full, uncovered months you didn't have Part D or creditable coverage. The monthly premium is rounded to the nearest \$.10 and added to your monthly Part D premium. The national base beneficiary premium may change each year, so your penalty amount may also change each year.

Need anything else besides Medicare Parts A, B, and D?

It is strongly suggested to get Supplemental Insurance. In order to get a Supplemental Insurance

policy, you will need to contact an insurance company that sells Supplements. Some companies that sell Supplements are Blue Cross Blue Shield of ND, Omaha Insurance Company, Thrivent Financial for Lutherans, United Healthcare, and USAA Life Insurance Company.

How do I get a replacement Medicare card?

Your Medicare card is proof of your Medicare insurance. If your Medicare card was lost, stolen, or destroyed, you can request a replacement with your personal my Social Security account. Once you are logged into your account, select the "Replacement Documents" tab. Then select "Mail my replacement Medicare card."

If you can't or prefer not to use the online service, you can call 800-MEDICARE (800-633-4227; TTY 877-486-2048).

Nina is the Senior Health Insurance Counselor (SHIC) at the Grand Forks Senior Center. You can contact her with questions. Call the Grand Forks Senior Center at 701-772-7245 and ask for Nina.

Coronavirus (COVID-19) Funeral Assistance

The COVID-19 pandemic has brought overwhelming grief to many families. At FEMA, our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus.

FEMA is providing financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020.



To be eligible for funeral assistance, you must meet these conditions:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia.
- The death certificate must indicate the death was attributed to or caused by COVID-19.
- The applicant must be a U.S. citizen, non-citizen national or qualified alien who incurred funeral expenses after January 20, 2020.
- There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national or qualified alien.

Which expenses will qualify for reimbursement?

Examples of eligible expenses for funeral services and interment or cremation may include, but not limited to:

- Transportation for up to two people to identify the deceased individual
- The transfer of remains, a casket or urn
- A burial plot or cremation niche
- A marker or headstone
- Clergy or officiant services
- The arrangement of a funeral ceremony
- The use of funeral home equipment or staff
- Cremation or interment costs
- Costs associated with producing multiple death certificates

What information do I need to provide to FEMA?

Please have the following information before contacting FEMA to apply:

- Your name, social security number, date of birth, mailing address and contact phone numbers.
- The name, social security number and date of birth for each deceased individual.
- The location or address where the deceased individual passed away.
- Documentation and receipts for any assistance already received from other sources, including burial or funeral insurance, donations, voluntary agencies, other government programs or non-profit organizations.
- If you and another person both incurred funeral expenses for the same deceased individual(s), you can also provide that person as a co-applicant — include their name, social security number and date of birth on the application.

HOW DO I APPLY FOR THIS ASSISTANCE?

Call FEMA's COVID-19 Funeral Assistance Helpline at
1-844-684-6333
(TTY: 800-462-7585)
from 9 a.m. to 9 p.m. ET,
Monday – Friday and begin the
application process.

For fastest service following your application, you can begin submitting documentation online through [Disasterassistance.gov](https://disasterassistance.gov), by fax 855-261-3452.

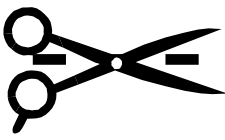
Documents may also be mailed to:
COVID-19 Funeral Assistance
P.O. Box 10001
Hyattsville, MD 20782

FREQUENTLY ASKED QUESTIONS

You can also visit us online at FEMA.gov/funeral-assistance/faq. Information is provided in several languages both by telephone and the website.



FEMA



Cut, Clip & Save

The GF Senior Center receives many calls to our general line each day. For department-specific calls, we would prefer you call the department directly, thus reducing the amount of phone traffic to our main line. Thank you for working with us on this!

For a frozen meal order

701-757-4869

For a foot care appointment

701-757-4878

For Meals on Wheels

701-757-2006

For Home Delivered Meals

701-780-5169

All others

701-772-7245



Time Frame That Is **Not** Good to Call or Stop By

If you are needing assistance over the phone or will be stopping by the front desk with a request, we ask that you not call or not stop by from 11:30 am - 1 pm, if possible. All hands are needed to assist with the meal drive-thru, and then staff need to take their lunch breaks. Feel free to call anytime from 8 am - 11:30 am and then from 1 pm - 4:30 pm. The Senior Center closes on Friday at 1:30 pm through September 3. Of course if calling from 11:30 am - 1:00 pm is your only option, please do so.

Create a better future.
It's easier than
you think.



Where there's a will, there's a way.

Do you want to make a significant gift that will transform the lives of older adults for generations to come?

You can do it today, with a legacy gift through your will.

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- Preserves your savings and cash flow.
- Can be changed or revoked as needed.
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- Easy to arrange. A simple paragraph added to your will is all it takes.

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

Becky Broadwell, Development Officer
beckyb@gfseniorcenter.org
701-757-4864

Donations & Memorials



Thank you for these donations received May 12, 2021 to June 13, 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

- Meals on Wheels America
- Ryan, Jerry - For the Resources dept, the Health dept, and meals

Donations of \$500 - \$999

- UND Jeans Give Back - Grant for Home Delivered Meals and Meals on Wheels

Donations of \$100 - \$249

- Block, Neil
- Evanson, Daniel and Sharon
- Hoff, Milt
- Humble, Bob and Barbara
- Larson, Omer and Patricia - In memory of Phyllis Kannowski for Meals on Wheels
- Leech, Jerry and Capouch, Lorraine - In memory of Mary Sears
- Lofberg, Janice
- Lundberg, Marilyn - In memory of Phyllis Kannowski for Meals on Wheels
- Yelton, Jean

Donations of \$99 and Under

- Akset, Orlin and Colleen - In memory of Mary Sears
- AmazonSmile
- Anonymous - In memory of Phyllis Kannowski for Meals on Wheels

- Anonymous
- Bank, Beth - In memory of Phyllis Kannowski for Meals on Wheels
- Belobraydic, Rochelle
- Broadwell, Ray and Becky - In memory of Mary Sears, Marian Letvin, Roger Mattern
- Foote, Jerry - In memory of Phyllis Kannowski for Meals on Wheels
- Herrmann, Karen - In memory of Marian Letvin, Mary Sears
- Hogan, Shirley
- Infeld, Greg and Cathy - In memory of Mary Sears
- Iseminger, Carl and Colette - In memory of Mary Sears, Roger Mattern
- Johnson, Don and Cathy - For Meals on Wheels
- Johnson, Marlene - In memory of Anthony Glimsdahl for meals
- Kannowski, Mark - In memory of Phyllis Kannowski for Meals on Wheels
- Klevay, Leslie and Martha - In memory of Phyllis Kannowski for Meals on Wheels
- Kloster, Paul and Gaye - In memory of Phyllis Kannowski
- Lehn, Rich and Faye - In memory of Mary Sears
- Mahnke, Vickie - In memory of Bruce Kjelaas, Amelia Kjelaas, Donna Casanova
- Mattern, Alice
- McGarry, Dennis and Lynn
- Pedersen, Melvin - In memory of Lila Pedersen
- Phalen, Ruth
- Rand, Tom and Alice Jean - In memory of Phyllis Kannowski
- Sandberg, Curt and lone - For Meals on Wheels
- Schiele, Kathy - In memory of Don Schiele
- Schumacher, Matt and Jami In memory of Mary Sears, Roger Mattern
- Severson, Lois
- Skramstad, Wayne
- Smith, Kirk and Joan - In memory of Phyllis Kannowski for Meals on Wheels
- Sommers, Ronald and Marilou - In memory of Phyllis Kannowski for Meals on Wheels
- Sonterre, Lisa
- Warcup, Devera - In memory of Phyllis Kannowski for Meals on Wheels
- Wilson, Neil and Ann
- Zirnhelt, Clair and Ronda

Thank you to Dollar Tree for their in-kind donation of hand sanitizer and candy bars with a value of \$265. These items are shared with seniors.



Beginning July 1, 2021, membership at the Grand Forks Senior Center goes to half price.

**Half-price memberships:
\$10/individual
\$15/couple**

Stop by the front desk to sign up for a membership.
We appreciate your support.

NOW BACK! 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, July 15, 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.

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).

July 14	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
July 15	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
July 22	McVile Fire Hall 203 Baldwin St, McVile	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.**

This is the Senior Center's July menu for the meal drive-thru, Homestead, and The Link. Menu is subject to change based on availability of food and supplies.

JULY 2021 - Grand Forks Senior Meal Program

The Full Cost of the meal is: \$9.75; Suggested Donation is \$4.25. EBT/SNAP is accepted. Please contribute what you can.

		Thursday Lunch: July 1	Friday Lunch: July 2
DRIVE THRU Meal Pickup continues at GF Senior Center 11:30AM-Noon; <u>Dining Room reopens Tuesday, July 13th serving from 12-12:15pm only</u>		Hot Dog on Bun (3 cs) 1/2c Potato Salad (1cs) 1/2 c Baked Beans (.5 cs) Cantaloupe Wedge (.5cs)	6 oz Roast Beef in Gravy 1/2 c M. Potato/Gvy (1 cs) 1/2 c Mixed Vegetables (1 cs) 1/2 c Fruit (1 cs)
		Thursday Lunch: July 8	Friday Lunch: July 9
CLOSED FOR INDEPENDENCE DAY HOLIDAY	Wednesday Lunch: July 7	3 oz Stuffed Pepper (.5 cs) Sm Baked Potato (2 cs) 1/2 c Broccoli Cuts 1/2c Apple Crisp w/top(2cs)	3 oz Chicken Supreme Baked Potato (2 cs) 1/2 c Green Beans 1/2 c Fresh Fruit (1 cs)
		Thursday Lunch: July 15	Friday Lunch: July 16
Philly Sandwich (2 cs) 1/2 c Potato Salad (2 cs) 1/2 c Green Peas (1 cs) 1/2 c Mandarin Oranges (1 cs)	Wednesday Lunch: July 14	3 oz Swedish Meatballs (1 cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Cooked Carrots (.5 cs) 1/2 c Peach Crisp/Topping (2 cs)	3 oz Swiss Steak 1/2 c Boiled Potatoes (1 cs) 1/2 c Broccoli Cuts 15 Grapes (1 cs)
		Thursday Lunch: July 22	Friday Lunch: July 23
3 oz Salmon (1 cs) Small Baked Potato (1 cs) 1/2 c Beets (1 cs) 1/2 c Mandarin Oranges (1 cs)	Wednesday Lunch: July 21	Applesauce Ribs (.5 cs) 1/2 c M Pot w/Crm Gvy (1cs) 1/2 c Broccoli Cuts 15 Fresh Grapes (1 cs)	3 oz Sweet/Sour Meatballs (1 cs) 1/2 Sweet Potato (1 cs) 1/2 c Peas (.5 cs) 1" x 2" Special K Bar (3 cs)
		Thursday Lunch: July 29	Friday Lunch: July 30
3 oz Oven Fried Chicken (1 cs) Sm Baked Potato (1 cs) 1/2 c Green Beans 1/2 c Peach Sauce (1 cs)	Wednesday Lunch: July 28	1 c. Chicken Wild Rice Casserole (2 cs) 1/2 c Stewed Tomatoes (1 cs) Brownie (2-3 cs)	3 oz Breaded Pork Chop (.5 cs) 1/2 c M. Potato w/Gvy (1cs) 1/2 c Corn (.5 cs) 1/10 Fruit of Forest Pie w/Topp (2 cs)
		No Dining Room meals July 28th due to Party in the Park; drive thru will operate.	
<p>Attn: Diabetes: These menus have the carbohydrate servings (cs) marked by each item. Most diabetics need 5-6 cs per meal to keep their blood sugar stable. You are free to make your own choices. 1cs=1 serving of potato, vegetable, fruit, milk or bread; 2cs =most sweet desserts</p>			
		<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (1cs); and margarine are available with each meal.</p>

Date: 5/19/2021 Licensed Registered Dietitian #13899 Colette Iseninger, MS, RD, LRD

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Briarwood

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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.



620 4th Ave. S.
Grand Forks, ND 58201
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Grand Forks, ND



July 2021

The Grand Forks Senior Center is closed Monday, July 5 in observance of Independence Day.

Sit-down Meal Returning July 13

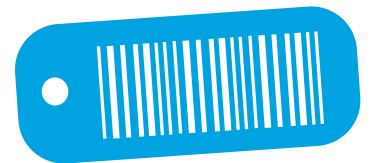


**Serving Time
is Noon -
12:15 pm**

Beginning Tuesday, July 13, the Grand Forks Senior Center's noon sit-down meal is coming back!

We are going to continue operating our meal drive-thru, with pick up times for the drive-thru from 11:30 am - Noon. **We will then serve the meal in the Senior Center from Noon-12:15 pm.** You are welcome to stay and enjoy your meal after 12:15 pm, but serving will stop promptly at 12:15 pm. Only one entree option will be available at this time.

Please do not come before 11:50 am. There will be a lot of traffic in the parking lot because of the meal drive-thru.



Scanning Key Tags
Required Again

Beginning July 1, people participating in activities at the Senior Center or having a sit-down meal will need to scan in their GF 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.