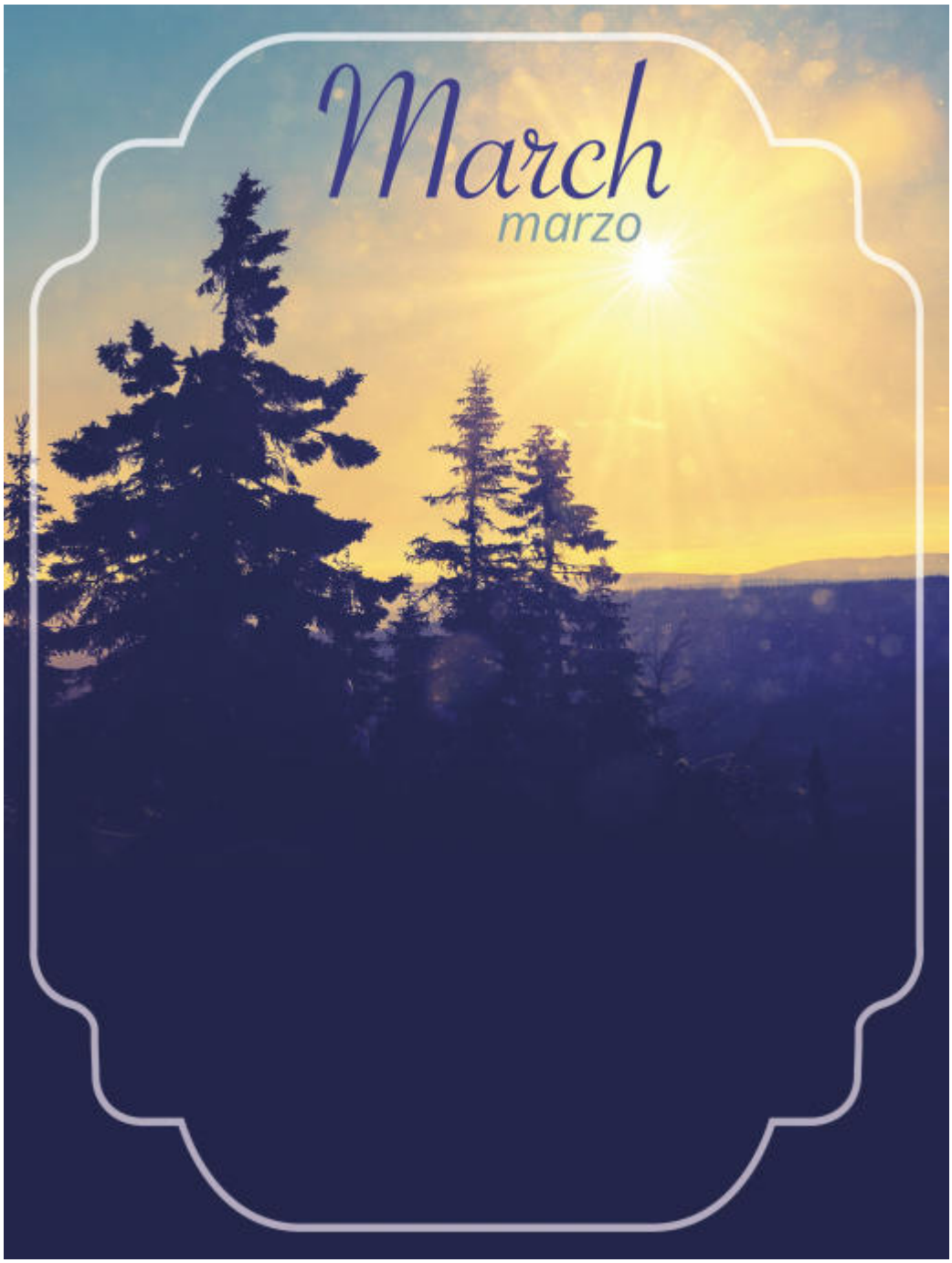
MORTON COUNTY NEWS

MORTON COUNTY COUNCIL ON AGING

ALMONT • HEBRON • FLASHER • MANDAN • GLEN ULLIN • NEW SALEM • CENTER (OLIVER COUNTY)

Morton County Council on Aging's mission is to promote better health for elderly through nutritionally sound meals, health maintenance, information and referral services, education, transportation, recreation and activities for those citizens in Morton and Oliver County. It is our purpose to eliminate the barriers that isolate our elderly and to afford them the opportunity to live their remaining years in dignity.



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CONTACT US

301 15th Street NW,
Mandan, ND, 58554

(701) 663-6528

mandangoldenage.org

Morton County/Oliver County Senior Centers provide a place where the senior community can meet and pursue interests, receive educational and nutritional services, participate in social and recreational activities that will enhance their dignity, support their independence and encourage their continued involvement in and with the community.

United Way
Missouri Slope Areawide United Way

Morton County Council on Aging is an approved United Way Agency

02 MARCH LUNCH MENU

For Meal Reservations please call 663-6528. Call at least one day in advance. Lunch served from 11:30 am - 12:00 pm
Menu Items subject to change based on availability.

Monday	Tuesday	Wednesday	Thursday	Friday
-1-	-2-	-3-	-4-	-5-
CHICKEN CORDON BLEU Rice Pilaf Green Beans Chilled Peaches Pie	**PORK CHOP** Mashed Potato/Gravy Buttered Peas Chilled Pears Cake	**LASAGNA** Salad w/Dressing Garlic Toast Chilled Applesauce	**BBQ RIBS** Augratin Potatoes Country Trio Vegetable Tropical Fruit	**CHEESE BUTTONS** Salad w/Dressing Baby Carrots Fruit in Gelatin Cake w/Frosting
-8-	-9-	-10-	-11-	-12-
CRISPY CHICKEN Mashed Potato/Gravy Green Beans Chilled Apricots	**HOT TURKEY SANDWICH** Mashed Potato/Gravy Baby Carrots Chilled Peaches	**BEEF STROGANOFF** Buttered Noodles Broccoli Cuts Bread Stick Chilled Plums Brownie	**SALISBURY STEAK** Roasted Potatoes Garden Blend Veggies Chilled Pineapple	**BAKED FISH** Potato Wedges Malibu Bl. Veggies Blueberry Cobbler
-15-	-16-	*St. Patrick's Dinner*	-18-	-19-
BBQ CHICKEN Baby Bakers Mixed Vegetables Chilled Fruit Cocktail	**ROAST BEEF** Mashed Potatoes Buttered Beets Fresh Fruit	**CORN BEEF, CABBAGE, POTATOES & CARROTS** Pistachio Salad	**TACO SALAD** Garlic Toast Fruit in Gelatin Cake	**EGG SALAD ON CROISSANT** Knoephla Soup Crackers Tropical Fruit Banana Bar
-22-	-23-	-24-	-25-	-26-
MEATBALLS Mashed Potato/Gravy Buttered Peas Chilled Pears	**PORK ROAST** Dressing Broccoli Normandy Chilled Apricots Ice Cream	**CHICKEN FRIED STEAK** Mashed Potatoes/Gravy Buttered Corn Chilled Pineapple Apple Pie	**MEATLOAF OR LIVER & ONIONS** Baked Potato Green Beans Fruit Salad	**LEMON PEPPER FISH** Rice Pilaf Country Trio Veggie Banana Pudding
-29-	*Easter Dinner*	-31-		
CREAMED CHICKEN Mashed Potato/Gravy Buttered Corn Peaches & Cream	**TURKEY** Mashed Potatoes/Gravy Stuffing Carrots Easter Egg Easter Bread Cheese Cake/Berries	**KNOEPHLA, SAUSAGE & KRAUT** Chilled Plums		Menu items subject to change based on availability.

Suggested Contributions For Senior Citizens: (Age 60 and older)

$4.00 congregate meal & home-delivered meal

EBT/SNAP accepted

Cost for participants not qualifying as a Senior Citizen:

Individuals age 13 to 60	$10.00.
Children age 12 and under	$5.00.

(701) 663-6528 (701) 663-6171 mandangoldenage.org/index.html

THIS&THAT

THANK YOU FOR YOUR SUPPORT

The Mandan Golden Age Club's 2021 Annual Appeal has now raised over $18,000.00 for the Senior Nutrition Program. The annual fundraiser called "Give the Gift of Nutrition" is held annually around the Holiday Season. This year proved to be record breaking in both the amount of money raised and the number of individuals who donated.

A special thank you to all the contributors for supporting our commitment to provide affordable meals to the senior citizens in or community.

The club will continue to recognize all donors to the campaign. Donors listed below are in addition to the donors listed in last month's Newsletter

$1,000.00 DONATION
Doosan Bobcat

$100.00 DONATION
Craig Taylor

In Memory
Lauretta Taylor

$30.00 DONATION
Angela Boehm

$25.00 DONATION
Anonymous
Betty Raile
Vicki & Roger Roehl

Edwin Raile

The Morton County Council on Aging Elects Officers for 2021

The Morton County Council on Aging held the election of officers at their Annual Meeting on Thursday, January 28th.

Roland Larson of New Salem was elected President:; Pat Mischel of Hebron was elected Vice President; and Norma Lundstrom of Mandan was elected Secretary. Members of the Morton County Council on Aging also include: Christine Zeller of Flasher, Dorothy Berreth of Mandan, Carol Kinnischtzke of Glen Ullin, and LaVonne Stenberg of Center.

The Morton County Council on Aging's mission is to promote better health for elderly through nutritionally sound meals, health maintenance, information and referral services, transportation services, volunteer opportunities, education, recreation and activities for those citizens in Morton County and Oliver County. It is their purpose to eliminate the barriers that isolate our elderly and to afford them the opportunity to live their remaining years in dignity.

The Morton County Council on Aging serves communities throughout Morton County and Oliver County with meal sites in Center, Flasher, Glen Ullin, Hebron, Mandan, and New Salem.

MANDAN GOLDEN AGE CLUB ELECTION POSTPONED

Mandan Golden Age Club Board met on Monday, February 8th, to discuss the upcoming election of new Board Members.

The Mandan Golden Age Club Annual Meeting and election is typically held the last Wednesday of March. Since COVID-19 has become a major factor in scheduling and holding large gatherings, the Mandan Golden Age Club Board of Directors decided to postpone this year's election until later in the year. Current Board Members (see page 9) will remain in place until such time. Over the next couple of months the MGAC Board will decide if moving the Annual Meeting to a date later in the calendar year will be a permanent change.

BOARD MEETING

THANK YOU
for your generosity

$ 15.00	From Leona Keidel for the Memorial Fund in Honor of Shirley Longtin
$ 20.00	From Jim & Joyce Boehm for the Nutrition Program
$ 35.00	From George & Carol Hagerott for the Nutrition Program
$ 62.18	From First Lutheran Church for the Home Delivered Meal Program
$100.00	From Phyllis Lauber for the Memorial Fund in honor of Francis Lauber
$100.00	From Mary Zander for the Memorial Fund in honor of Marcus Zander
$100.00	From George & Janice Belohlavek for the Nutrition Program
$100.00	From Whitney Nottestad for the Nutrition Program
$200.00	From the AmVets Club for the Home Delivered Meal Program
$500.00	From the Mandan Eagles for the Home Delivered Meal Program
$500.00	From Milan and Olivia Ganser for the Nutrition Program
$600.00	From Ross & Patti Mushik for the Nutrition Program
$600.00	From Anna Hoff for the Nutrition Program

WITH SPECIAL THANKS

We would like to recognize the following volunteers this month and thank them for all they do for Mandan Golden Age Club.

- Mary Lou Vetter, DeLores Frohnauer, Dorothy Berreth, Bertie Kroh, CarolPoppe, Diane Doll & Norma Lundstrom for helping with renewing Mandan Golden Age Club Memberships
- Adaline Messer and Arlene Kleinjan for bundling Bingo Cards
- Mandan Eagles Club and Mandan Moose Club for providing free meals for senior citizens
- To our many volunteers who assisted our program during the month of FEBRUARY!

CUSTER HEALTH NURSE

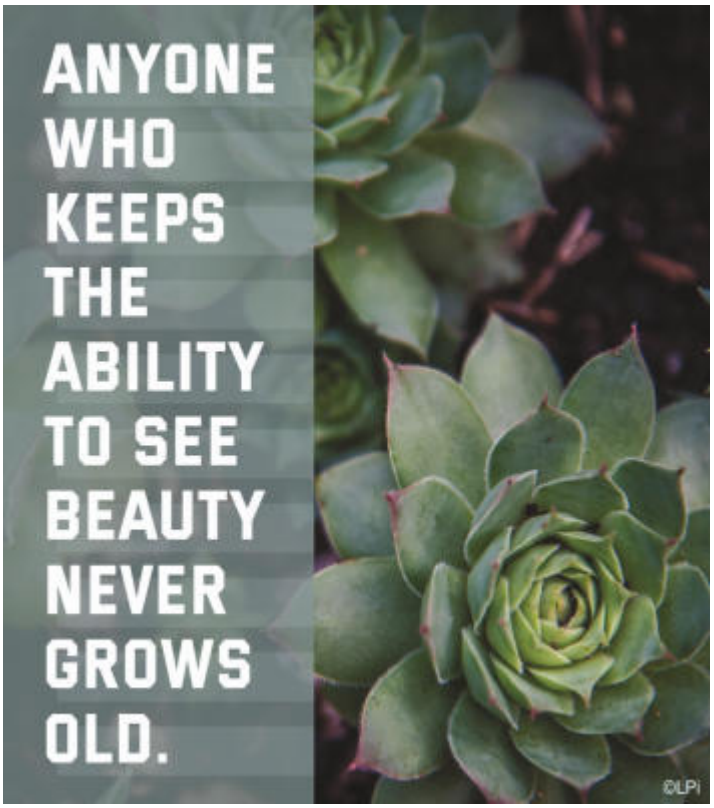
Date	Time	Appointment Type
Mar. 3	8:00 - 11:30 am	Foot Care by Appointment
	11:00 - 11:30 am	Blood Pressure Check
Mar. 1[illegible]		[illegible]ent
Mar. 1[illegible]		[illegible]ent
	11:00 - 11:30 am	Blood Pressure Check
Mar. 24	8:00 - 11:30 am	Foot Care by Appointment
Mar. 31	11:00 - 11:30 am	Blood Pressure Check

FOOT CARE SUSPENDED UNTIL FURTHER NOTICE.

Call 667-3370 to set up an appointment.

Fasting Blood Sugar by Appointment.

Health Maintenance is available at LIBRARY SQUARE. March 17 (1-3 p.m.): foot care by appointment.



NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com

For ad info. call 1-800-950-9952 • www.lpiseniors.com Golden Age Services, Mandan, ND B 4C 02-1116

WEST RIVER TRANSIT

For those looking for something to do or somewhere to go, West River Transit has the following trips scheduled for MARCH. Contact West River Transit if you are interested.

- Prairie Knights Casino on March 3 and March 24. – Cost $20 per person
- The Spring Ladies Lounge Shopping Event at Sixteen03 Main Events in Bismarck on March 20. It will have amazing things to shop for as well as signature bar cocktails for the evening with Chef Grego's gourmet brick oven pizza to order. Admission is free with lots of door prizes given out throughout the evening. Cost - $5 for transportation
- March 13 is the 2nd Annual ND Wine Festival in Medora from 12-4PM. This will be held at the AmericInn by Wyndam Medora Conference Center and will showcase wineries from ND, SD, and MT. Wine tasting, cheese sampling and live music from Connie Gjermundson are a few things to look forward to. Contact West River for more information
- Our drivers are ready to take a group to go out to supper at a local restaurant. Cost - $5 per person

You can call to set up rides by calling 224-1876.

North Dakota SMP
Empowering Seniors To Prevent Healthcare Fraud

11 Ways to Stop Fraud

Your best defense against fraud is **YOU**! The year 2020 was a banner year for scammers, not only because of the usual fraud schemes, but they had a big financial take away from the COVID-19 pandemic.

Some things to do to defend yourself against fraud:

- Strengthen your password protection on accounts.
  - Set up dual-factor authentication on accounts. After you provide your name and password, you will get a unique code by text or email that you enter.
- Protect your mail.
  - Informed delivery is a free service from the U.S. Postal Service. The agency emails images of mail to be delivered which allows you to monitor what will be delivered.
- Check credit reports.
  - Currently Equifax, Experian and TransUnion are offering free weekly online reports through April 2021. Go to AnnualCreditReport.com
- Screen phone calls.
  - Enter all trusted contacts into your smartphone. Caller ID will let you know if it's one of them. Do not answer if you don't know the caller.
- Manage emails.
  - Mark suspicious or unwanted emails that show up in your inbox as spam, then similar messages will automatically be routed to your trash bin.
- Ensure privacy settings on Facebook accounts.
  - Go into Settings & Privacy and do a Privacy Checkup to ensure that only friends/family can view your profile and scammers will be locked out.
- Research unfamiliar e-retailers.
  - Do a web search on the company name followed by the words "scam, fraud, complaints."
- Do not pay with gift cards.
  - Do not ever purchase a gift card to use as a form of payment.
- Copy contents of your wallet.
  - Copy front and back of all ID and credit cards and store in a safe place.
- Be wary of dating apps.
  - Extortion scammers look for victims on dating apps. Be careful of sending pictures.
- Stop, breath, ask questions.
  - Scammers often try to rush their victims into making decisions. Never allow strangers to force you into fast decisions.

Reporting Medicare fraud: If you think you have spotted fraud, report it. ND SMP helps seniors prevent, detect & report Medicare fraud. If you see anything suspicious, contact the 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 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: AARP Bulletin/Real Possibilities. *Fraud Watch: Take these steps to keep safe and protected in 2021*. December 2020.

North Dakota Senior Medicare Patrol Phone: 800-233-1737 or (701) 858-3580
For more information or to locate your SMP, visit **www.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.

MARCH CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1-2 BINGO	2 10-11 Bone Builders	3	4 1-2 BINGO	5
8 1-2 BINGO	9 10-11 Bone Builders	10	11 1-2 BINGO	12
15 1:00 Club Meeting No BINGO	16 10-11 Bone Builders	17	18 1-2 BINGO	19
22 1-2 BINGO	23 10-11 Bone Builders	24	25 1-2 BINGO	26
29 1-2 BINGO	30 10-11 Bone Builders	31		

Take the NextBlue Advantage!

Part C, or Medicare Advantage = Medicare Part A, B and D

Medicare Part C, or Medicare Advantage, integrates Medicare Part A and Part B coverage. Many Medicare Advantage plans also include Part D drug benefits. Medicare Advantage plans are only available through private health insurers and, depending on your plan, may provide extra coverage including:

- Dental services
- Vision services and frame/lens allowance
- Hearing services and hearing aid allowance
- Fitness programs
- Over-the-counter drugs, including vitamins
- Coverage when traveling worldwide
- Personal emergency response system

Visit www.NextBlueND.com to learn more about NextBlue Medicare Advantage.

NextBlue of North Dakota is a PPO plan with a Medicare contract. Enrollment in NextBlue of North Dakota depends on contract renewal.

NextBlue OF NORTH DAKOTA

NextBlue of North Dakota Insurance Company is an independent licensee of the Blue Cross Blue Shield Association.

H6202_PrspSnrCtrPbAds2_M CMS Accepted 12262020

GLEN ULLIN

348-3838
Cook/Site Manager | Nicole Steiger
Congregate Meal— 12 Noon HDM—11:30 a.m.

Date	Time	Activity
TBD	1:00 pm	Business Mtg/Birthday Party
	12:30-1:30 m	Custer Health Nurse-Ft. Care

NEW SALEM

843-8030
Cook/Site Manager | Mark Johnston
Congregate Meal— 12 Noon HDM—11:30 a.m.

Date	Time	Activity
Mar 2	8:15 am	Bus to Bismarck ($8/$6)
Mar 9	8: 15 am	Bus to Bismarck ($8/$6)
	9:00-11: 00 am	Custer Health Nurse-Ft. Care
TBD	2:00 pm	Club Meeting
Mar 16	8: 15 am	Bus to Bismarck ($8/$6)
	9:00-11: 00 am	Custer Health Nurse-Ft. Care
Mar 23	8: 15 am	Bus to Bismarck ($8/$6)
TBD	2:00 pm	Club Meeting

CENTER

794-8867
Cook/Site Manager | Tricia Albers
Congregate Meal— 12 Noon HDM—11:30 a.m.

Date	Time	Activity
	9:00 am	Bus to Prairie Knights
TBD	1:00 pm	Business Meeting
Mar 11		Bus to Bismarck $8.00
	9:00 am	Bus to Prairie Knights
Mar 25		Bus to Bismarck $8.00
		Bus to Bismarck $8.00
	1:00-3:00 pm	Custer Health Nurse-Ft Care

HEBRON

878-4457
Cook/Site Manager | Margaret Ross
Congregate Meal— 11:30 a.m. HDM—11:30 a.m.

Date	Time	Activity
Mar 9	8:30 am	Bus to Bismarck ($9.00)
	8:30-11:30 am	Custer Health Nurse-Ft. Care
TBD	1 pm/2 pm	Business/Board Meeting
Mar 16	9:30 am	Bus to Dickinson ($9.00)
Mar 23	8:30 am	Bus to Bismarck ($9.00)
TBD	2:00 pm	Birthday Party

FLASHER

597-3358
Cook/Site Manager | Lanette Meyer
Congregate Meal— 11:45 a.m. HDM—11:15 a.m.

Date	Time	Activity
	11:30—1 pm	Custer Health Nurse-Ft. Care
Mar 2	8:30 a.m.	Bus to Bismarck $11/$8
Mar 9	8:30 a.m.	Bus to Bismarck $11/$8
Mar 16	8:30 a.m.	Bus to Bismarck $11/$8
Mar 23	8:30 a.m.	Bus to Bismarck $11/$8

Toll Free Bus Reservations 1-888-682-5826

TBD (TO BE DETERMINED)

Morton County Council on Aging

Center-LaVonne Stenberg
Flasher-Chris Zeller
Glen Ullin-Carol Kinnischtzke
Hebron-Pat Mischel
Mandan-Norma Lundstrom & Dorothy Berreth
New Salem-Rolland Larson

Mandan Golden Age Club Board of Directors

PRESIDENT
Norma Lundstrom
VICE PRESIDENT
Fred Hellman
TREASURER
Dorothy Berreth
SECRETARY
Anna Anderson
MEMBERS-AT-Large
Joe Schatz | Roger Monson
LaDonna Trieber | Diane Doll
Ralph Gabrysh | Gerald Morman |
Arlene Kleinjan

Morton County Council on Aging Staff

EXECUTIVE DIRECTOR
Debbie Lafferty, LSW
FINANCE OFFICER
Penelope Heinze
PROGRAM DIRECTOR
Ashley DeCoteau
RECEPTIONIST
Rochelle Heinze
SITE I MANAGER
Gloria Senger
SITE II MANAGER
Teri Roll
KITCHEN STAFF
Tonya Schmidt
Teri Roll
Becky Smith
Donna Haff

COUNTY SITE MANAGERS
Center-Tricia Albers
Flasher-Lanette Meyer
Glen Ullin-Nicole Steiger
Hebron-Margaret Ross
New Salem-Mark Johnston

Mandan Golden Age Advisory Committee

Connie Burckhardt | Fred Hellman
Norma Lundstrom | Joe Schatz
Adaline Messer | Carol Schatz
Jim Kitzmann | Stella Westmeyer

Mandan Golden Age Club Employees

ACTIVITY COORDINATOR
Billie Yantzer
MAINTENANCE MANAGER
Jim Duttenhefer

Discrimination Policy

Morton County Council on Aging assures that if otherwise eligible, no person shall on the ground of race, color, national origin or handicap be excluded from participation in, be denied of, or be subjected to discrimination.
Any person otherwise eligible who feels he or she has been denied service or excluded from participation for reason of race, color national origin or handicap should contact the following person:
Debbie Lafferty, Director
Debbie.mgas@midconetwork.com Phone: 1-701-663-6528 FAX:1-701-663-6171 301 15th Street NW, PO Box 267 Mandan, ND 58554

SAY GOODBYE TO MANAGING MEDS!

TRY MEDICATION STRIP PACKAGING!

- Synchronize your refills
- Eliminate missed & double doses
- Meds are grouped by dose & time of day
- Take the right dose of the right meds at the right time

NO MORE SORTING SIGN UP TODAY!

North 224-9521
South 223-1656
Mandan 667-1843
Sunrise 425-0780

Gateway Pharmacy

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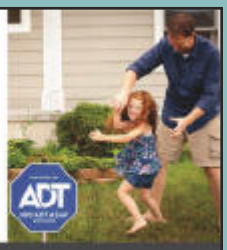

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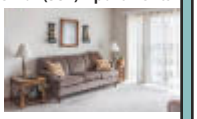

- Air Conditioning
- Beautiful Lobby
- Community Gas Grill
- Community Room
- Controlled Access Entry
- Craft Room
- Dishwasher
- Elevator
- Exercise Room
- Exterior Car Outlets
- Extra Storage Units
- Guest Room Available
- Laundry Facility
- Library
- Off-Street Parking
- On-Site Maintenance
- On-Site Management
- Scheduled Activities
- Senior Meal Delivery

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Brain GAMES

Celebrate St. Paddy's Day!

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

Word List:

BAGPIPE
BLARNEY
BLESSINGS
CABBAGE
CASTLE
CELEBRATE
CELTIC
CHARM
CHEER
CLOVER
COINS
CORNEDBEEF
DANCE
DRINKING
ERINGOBRAGH
FOLKLORE
GREEN
GREENBEER
HARP
HOLIDAY
IRELAND
IRISH
JIG
KISS
LEPRECHAUN
LIMERICK
LUCK
MARCH
MUSIC
PARADE
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MANDAN GOLDEN AGE CLUB

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Mandan, ND 58554

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Bismarck, ND
58501

(701) 663-6528 (701) 663-6171 mandangoldenage.org/index.html

NUTRITION SERVICES

Our delicious meals take the work out of eating healthy while meeting nutrition requirements.

-Lunch served from 11:30—12:15, Monday-Friday at the Mandan Senior Center and also at Library Square downtown.
-Includes coffee, milk and dessert.
-Call a day ahead for reservations.

ACTIVITIES AVAILABLE

We have activities every day at the senior center.

Bingo
Card Parties
Pool Tables
Computers
Crafts
Home Delivered Meals
Nursing - Foot Care
Information & Referrals

MARK YOUR CALENDAR!