

HERITAGE

COMMUNITY CENTER

MARCH 2022

Heritage Community Center offers a place for seniors to come for companionship, activities, resources, and meals.



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301 4th ST EAST Thief River Falls
218-681-2793



THE GENERAL MEETING OF THE HERITAGE CENTER IS HELD ON THE 2ND MONDAY OF EACH MONTH AT 12:30.

THE REGULAR BOARD MEETING OF THE HERITAGE CENTER IS HELD THE 2ND MONDAY OF EACH MONTH AT 10 AM

MEMBERSHIP DUES ARE \$25.00 ANNUALLY

DIRECTOR SHANNON OLSON

President Ray Berg Vice President Skip Swanson

Secretary Ila Anderson

Board members

Jeanne Johnson, Phil Torgerson Elvera Cullen

TREASURER-Sherry Abbott

Gambling Manager- Barb Natvik

ABOUT OUR CENTER

SHANNON'S CORNER

As we head into March we can all feel that spring is not too far off. Winter so far has been cold, windy and snowy. Guess what? this sounds like any average Minnesota winter and March is when we are really starting to get tired of it. Just the thought of warm sun and green grass make us all excited for the change of seasons. It's always noticeable this time of year that we need winter to be over. People are getting short with each other, crabbiness is something we all experience and I find that many days I just want to stay in bed and not deal with the world and the weather. This is the time we need to push ourselves a little harder to get out with people. We need to be careful how we talk to people we need to be a little kinder as we are all in the same boat. . Spring can't come any faster but we can all be a little nicer.

March Sponsor Highlight

Tri-Valley Opportunity Council

Change a child's life, change a senior's life, Change your life.

1-800-584-7020

OUR MISSION

TO MAINTAIN A BUILDING IN WHICH SENIORS MAY ENGAGE IN ACTIVITIES WHICH SHALL PROMOTE AND FOSTER EDUCATIONAL, RECREATIONAL, PHYSICAL AND SOCIAL BENEFITS AND TO PROMOTE A MUTUAL UNDERSTANDING AND GOODWILL AMONG SENIORS AND THE ENTIRE COMMUNITY

WE AT THE HERITAGE CENTER TAKE YOUR SAFETY AS OUR RESPONSIBILITY. OUR FACILITY IS OPEN TO THE PUBLIC AND WE FOLLOW SAFETY PROTOCOLS FOR YOUR WELL BEING. EVEN IF YOU HAVE BEEN VACCINATED IF YOU DO NOT FEEL WELL "STAY HOME". MASKS ARE NOW OPTIONAL. PEOPLE HAVE A CHOICE AND WE WILL NOT QUESTION THEIR CHOICE. IF YOU FEEL SAFER WEARING A MASK PLEASE DO. IF YOU DON'T WEAR A MASK THAT IS FINE. WE LIVE IN A COUNTRY OF CHOICES AND I FEEL THAT YOU HAVE THE RIGHT TO MAKE WHAT EVER CHOICE YOU ARE COMFORTABLE WITH. SHAMING WILL NOT BE TOLERATED



The Heritage Center Bingo Fund made a donation to Hospice of the Red River Valley



Come and join our Aerobics class. We meet every Monday, Wednesday and Friday from 9 to 10 am.

The Golden Pioneers meet at the Heritage Center every Tuesday morning at 9am.



Are you turning 65 or new to Medicare? Call your local licensed sales agent.



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

Word List

- SAINT
- PATRICK
- IRISH
- BLARNEY
- BLESSING
- EMERALD
- LEPRECHAUN
- GOLD
- GREEN
- IRELAND
- LIMERICK
- MAGIC
- PARADE
- RAINBOW
- SHAMROCK
- LUCKY
- WISH
- FAIRY
- MARCH
- PARTY
- CLOVER
- POT
- SNAKES





Presented by theKidspage.com

SUDOKU

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

BINGO				
1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65

CHARITABLE GAMING
BINGO IS PLAYED
EVERY TUESDAY AT 1
PM. MUST BE 18 YEARS
OF AGE OR OLDER TO
PLAY, LICENSE#00175



THANK YOU

We have many people that work behind the scenes to help keep our center running. We are always thankful for the financial support we get but it takes more than money to keep places like the Heritage Center running. We play charitable gaming Bingo which means we need a gambling Manager. This position is a large commitment for the person who runs it. Barb Natvik stepped up last year and has been doing a wonderful job. She is often asked how much the job pays but here at the Heritage Center. It is a Volunteer position and we are very lucky to have Barb doing this for us.

DONATIONS

The Heritage Center is very dependent on the generosity of others to be able to maintain what we do. We are very thankful for the help we get from the City of Thief River Falls, The Noper Foundation, the Community Fund The Donlinger Trust , Digi Key Cares and many private donations. Without these we would have had to close our doors years ago. Each year it gets tougher to maintain the quality of programs we offer.

Once again as we have done many times before we are asking the community to please remember that one day we will all need the services we provide for seniors and we ask that you consider us in your charitable giving.

 <p>Public Health Home Health Care Foot care Vaccinations</p> <p>218-681-0876</p>	 <p>Tri-Valley Opportunity Council, Inc. <i>Senior Programs</i></p>	<p><i>Change a child's life, change a senior's life, change your life!</i></p> <p>JOIN OUR TEAM, CALL TODAY!</p> <p>800-584-7020</p> <p><small>www.tvoc.org</small></p>	 <p>BRING IN THIS AD FOR 10% OFF YOUR NEXT PURCHASE</p> <p>(218) 681-3914</p> <p>www.HazelBlueFurniture.com 201 LaBree Ave N., Thief River Falls</p> <p><small>NOT VALID WITH ANY OTHER DISCOUNTS</small></p>
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<p>Inter-County Community Council</p>  <p>An equal opportunity employer & program provider Auxiliary aids and services are available upon request to individuals with disabilities</p> <p>888-778-4008 www.intercountycc.org</p>	<p>ENERGY ASSISTANCE</p> <p>Are you or someone you know struggling to keep up with energy bills?</p> <p>We're here to help!</p> <p>Dial Option 4</p> 	<p>HEAD START</p> <p>Do you have grandkids that need help getting ready for Kindergarten?</p> <p>Help for pregnant moms and children birth to 5 years old.</p> <p><i>Play, Learn, Grow Together!</i></p> <p>Dial Option 5</p> <p><small>supported in part by</small> </p>	<p>FAMILY SERVICES</p> <p>We can help with:</p> <ul style="list-style-type: none"> • Preventing eviction • Homelessness • Housing support for youth • Food Support • Help applying for health insurance <p>We're here to help!</p> <p>Dial Option 6</p>	<p>EMPLOYMENT & TRAINING</p> <p>Are you looking to get a job or enhance your career opportunities?</p> <ul style="list-style-type: none"> • Job Training • Career exploration • Career Counseling <p>Dial Option 7</p>
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 <p>NORTHERN motors, inc. THIEF RIVER FALLS</p> <p> SALES • SERVICE • BODY SHOP </p> <p>218 681-4820 • www.northernmotorsinc.com</p>	 <p>Get the same advice we give our own families</p> <p>Visit your favorite Pharmacist about MedSync!</p> <p>Simplify your refills and your life. MedSync puts you in control and enhances your overall care by coordinating all of your prescriptions into one monthly pickup - making it more convenient for you.</p> <p>HUGO'S FAMILY PHARMACY</p> <p></p> <p>215 Pennington Ave Thief River Falls 218.681.1515</p> <p>www.gohugos.com/pharmacy</p> <p><small>This pharmacy is independently owned and operated under a license from Health Mart Systems, Inc.</small></p>
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MARCH 2022

Sun

Mon
























Tue

Wed

Thu

Fri

Sat

<p>BOARD MEMBERS <i>Pres Ray Berg</i> <i>Vice Skip Swanson</i> <i>Sec Ila Anderson</i> <i>Jeanne Johnson</i> <i>Elvera Cullen</i> <i>Phil Torgerson</i></p>		<p>1 <i>Golden Pioneers 9am</i> BINGO 1pm</p> 	<p>2 <i>Aerobics 9am</i></p> 	<p>3 DANCE 2-5 <i>Cathy Erickson</i> <i>BL Pressure</i> 11:15-11:45</p>	<p>4 <i>Aerobics 9am</i></p> 	<p>5</p>
<p>6</p> 	<p>7 <i>Aerobics 9am</i></p> 	<p>8 <i>Golden Pioneers 9am</i> BINGO 1pm</p> 	<p>9 <i>Aerobics 9am</i></p> 	<p>10 <i>Foot Care 9</i> <i>Blood pressure</i> 11.15-TO 11.45</p> 	<p>11 <i>Aerobics 9am</i></p> 	<p>12</p>
<p>13 <i>DayLight</i> <i>Saving.</i></p> 	<p>14 <i>Aerobics 9</i> <i>HBoard 10</i> <i>HGeneral 12:30</i></p>	<p>15 <i>Golden Pioneers 9am</i> BINGO 1pm</p> 	<p>16 <i>Aerobics 9am</i></p> 	<p>17 <i>Foot Care 9</i> <i>BPressure 11:15</i> St Patricks Day</p>	<p>18 <i>Aerobics 9am</i></p> 	<p>19</p>
<p>20 <i>First Day of</i> <i>Spring</i></p> 	<p>21 <i>Aerobics 9am</i></p> 	<p>22 <i>Golden Pioneers 9am</i> BINGO 1pm</p> 	<p>23 <i>Aerobics .9am</i></p> 	<p>24 <i>Foot Care 9</i> <i>Bpressure at</i> 11:15-1145</p>	<p>25 <i>Aerobics 9am</i></p> 	<p>26</p>
<p>27</p> 	<p>28 <i>Aerobics 9am</i></p> 	<p>29 BINGO 1pm</p> 	<p>30 <i>Aerobics 9am</i></p> 	<p>31 <i>BPressure</i> 11:15—11:45</p> 		

CALICO BEANS

BY ALLISON BURNS

INGREDIENTS

- 1 CAN PORK AND BEANS
- 1 CAN BUTTER BEANS
- 1 CAN KIDNEY BEANS
- 1 CAN LIMA BEANS
- 1/2 LB BACON CUT UP

- 1/2 LB GROUND BEEF
- 1/2 CUP KETCHUP
- 1 TBSP VINEGAR
- 6 TBSP BROWN SUGAR

INSTRUCTIONS:

Brown the ground beef and bacon. Add beans, ketchup, vinegar, and brown sugar. Transfer to a casserole dish and bake at 350 for 60 minutes

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MARCH 2022 MENU

Sun

Mon



Tue

Wed

Thu

Fri

Sat

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>MEALS ARE SERVED WITH MILK & BREAD</p> <p>The nutrition program is funded by the Older American Act and is distributed by Dancing Sky AAA. Additional funds are provided by the State of Minnesota, United Way and other adult contributions</p>	<p>Suggested donation for a meal for those over 60 is \$5.00. Under 60 meals are available for \$8.75 No one over 60 will be denied a meal due to inability to</p>	<p>On Site Meals are served at 11:45</p> <p>MEALS MUST BE ORDERED AT LEAST ONE DAY IN ADVANCE BY CALLING 681-2793</p>			<p>FROZEN MEALS ARE AVAILABLE FOR DELIVERY HOT MEALS. FOR CURB SIDE PICK-UP AS WELL AS INSIDE DINING. CALL 681-2793 TO MAKE YOUR RESERVATION ONE DAY IN ADVANCE Meals are subject to change upon availability of product.</p> 	
		<p>1 Ham with scalloped potatoes Mixed Veggies Dessert</p>	<p>2 Roast Beef Mp\p/gravy Cal Blend Dessert</p>	<p>3 Egg Bake Broccoli Cinn Apple Sauce Muffin/coffee cake</p>	<p>4 Tuna Mac peas Manderins Dessert</p>	<p>5</p>
<p>6</p>	<p>7 Peppered steak Mashed pts Carrots Jello/ Topping</p>	<p>8 Beef Chili/Beans Romaine salad Corn bread Pears</p>	<p>9 Lasagna Cal Blend Garlic toast Peaches dessert</p>	<p>10 Turkey Tid Bits over stuffing Mixed Veggies Sliced apples Dessert</p>	<p>11 Baked Fish Baked Pt SC Italian Blend Dessert</p>	<p>12</p>
<p>13</p>	<p>14 Meat Loaf Squash Stewed Tomatoes dessert</p>	<p>15 Creamy Chicken Mashed Pts Peas/carrots Fruit Crisp</p>	<p>16 Spaghetti Romaine salad Texas Toast Pineapple Cookie</p>	<p>17 Pork Loin Candied Yams Broccoli Dessert</p>	<p>18 Pub Fish Tator Tots Coleslaw Mandarins Pudding/Topping</p>	<p>19</p>
<p>20</p>	<p>21 Tator Tot Casserole Green Beans Warm peaches Cookie</p>	<p>22 BBQPork on a bun Baked Beans coleslaw Spiced Pears</p>	<p>23 Swedish Meatballs Mashed Pts Carrots Dessert</p>	<p>24 Roast Turkey/ Mashed Potatoes Dressing Peas Dessert</p>	<p>25 Fishwich/Bun Broccoli Mac&Cheese Pineapple Cookie</p>	<p>26</p>
<p>27</p>	<p>28 Chk Fried Steak Mashed pts/gravy Green beans Dessert</p>	<p>29 Goulash Peas Tropical Fruit Garlic Bread</p>	<p>30 COOKS CHOICE</p>	<p>31 Beef&Bean Burrito bake with Lettuce, tomato, s/c Pears Dessert</p>		

Vitamin K

We all know about vitamin K because it is involved with blood clotting but it also is a key player in many other body systems. Vitamin K is a vitamin that is needed more by Senior citizens than younger people. Vitamin K is crucial for bone and cardiovascular health. It also contains phytochemicals that benefit eyesight and kidney health. Because of its anti clotting agents people taking blood thinners shy away from anything with Vitamin K which can lead to other health problems. How can you balance blood thinning medication and still get the amount of Vitamin k needed. Medical experts recommend the following. Consume a normal , balanced diet and keep the intake of vitamin K rich foods consistent so the effect on coagulation time is as constant and predictable as possible. Your provider can adjust your medication based on your diet. You do not need to avoid green vegetables. Avoiding Vitamin k can actually lead to different health problems.

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VFW and auxiliary Americanism committees donated a Minnesota state flag to the Heritage community center in Thief River Falls last week. Pictured from left are representatives of the VFW and auxiliary, and Heritage community center: Millie Rux, VFW auxiliary Americanism committee, Owen Scramstad, Pennington county Council on Aging, Marcy Dunrud, VFW auxiliary president, Vernon Anenson, VFW commander, and Paul Halvorson, VFW Americanism committee.

The VFW has kept the flags flying high at the Heritage Center for over 35 years. They make sure that our American, POW and Minnesota state flag are always in great condition. We often overlook all the people that do little things that keep our Center inside and out looking great. Having the flags wave so proudly over our building are a testament to VFW Post 2793 and their commitment to serve the community in this manner. Thank you

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 and your
 Blessings
 be MORE.....
 AND NOTHING BUT
HAPPINESS
 come through your
 ☘ >>> door
 IRISH BLESSING

FIVEheartHOME

**THE HERITAGE CENTER
 ANNUAL MEETING AND ELEC-
 TION OF OFFICERS WILL BE
 HELD APRIL 11, 2022 AT 1 PM**

Powerful Tools for Caregivers

DATE & TIME:

Classes begin Tuesday March 1st 2022
 Meeting each Tuesday with last meeting
 on April 5th.

Virtual meetings on Microsoft Teams
 3:30 to 5.00 P.M.

Who takes care of you when you are
 busy taking care of others.

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Learn to Reduce Stress, Improve self
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Julie Praska-Moser Regional
 Coordinator for

**Caregiver Support and Respite
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Email-Julie.praska-moser@lssmn.org

Tara Giese: 216-303-9929

Email-tara.giese@lssmn.org

**FROM ALL OF US AT THE
 Heritage Center**

