

HERITAGE

COMMUNITY CENTER

MAY 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 I write this we still have a foot of snow on the ground. I am hoping that as you read this it is gone. What a crazy spring. When it finally arrives I know I will be one happy camper.

It always amazes me how the weather can really affect what a person is feeling. I understand how the barometric pressure can affect it but just weather in general can affect it. When I wake up and it's cloudy I feel blah and when I wake up when the sun is shining I am happy. If it's cold and rainy I want to crawl back into bed.

I sometimes wonder if as I go to work and deal with people if the weather has an affect on how I act and how I deal with the day. I am going to assume it does and that it is the same for most people. My goal now is to be happy at work no matter what the weather and maybe if we all treat people as if the sun was shining everyday they would be happier and most likely we would also. Well it's worth a try.

May Sponsor Highlight

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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 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



Always fun to get out and enjoy a dance



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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WNBZQNNTOGNDHAOFRJY
RXHFATGENXKPOLRL
QBRSSENDERITY
UPWFRVSSXX
HYG

Diabetes Mellitus

Word Search



Sugar	Glucose
Tiredness	Hyperglycemia
Complications	Hypoglycemia
Control	Heart Attack
Care	Insulin
Stroke	Medicines
Diabetes	Prevention
Diet	Pancreas
Physical exercise	Renal
Hunger	Thirst

Group of Studies and Research on Diabetes (GED)
Federal University of Jequitinhonha and Mucuri Valleys (UFVJM)
Diamantina - Brazil

SUDOKU

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

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



HERITAGE CENTER MEMBERSHIP FOR ONLY \$25.00 PER YEAR.

A FEW OF THE BENEFITS OF JOINING

A place to socialize and participate in a multiple of activities.

Discount on building rental

Free use of the exercise room

Free Coffee, \$1.00 per cup for non members except during certain activities

PLEASE CONSIDER BECOMING A MEMBER AS IT HELPS OFFSET THE EXPENSE OF ACTIVITIES PROVIDED FOR BOTH EDUCATION AND ENTERTAINMENT

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 Minnesota Department of Health</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>215 Pennington Ave Thief River Falls 218.681.1515 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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MAY 2022

7Sun

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>2 Aerobics 9</p> 	<p>3 BINGO 1pm</p> 	<p>4 Aerobics 9</p> 	<p>5 Dance to Cathy Erickson 2-5</p> 	<p>6 Aerobics 9am</p> 	<p>7</p>
<p>8 HAPPY MOTHER'S DAY</p> 	<p>9 Aerobics 9am Board Mtg 10 General Mtg 12:30 Rescheduled Annual Mtg 1:00</p>	<p>10 Golden Pioneers 9am BINGO 1pm</p> 	<p>11 Aerobics 9am</p> 	<p>12 Blood pressure 11.15-TO 11.45</p> 	<p>13 Aerobics 9am</p> 	<p>14 DKCares Spring Breakfast 7-11</p>
<p>15</p> 	<p>16 Aerobics 9</p> 	<p>17 Golden Pioneers 9am BINGO 1pm</p> 	<p>18 Aerobics 9am</p> 	<p>19 Foot Care 9 BPressure 11:15</p> 	<p>20 Aerobics 9</p> 	<p>21</p>
<p>22</p> 	<p>23 Aerobics 9am</p> 	<p>24 Golden Pioneers 9am BINGO 1pm</p> 	<p>25 Aerobics .9am</p> 	<p>256 Foot care 9 Bpressure 11:15-1145</p> 	<p>27 Aerobics 9am</p> 	<p>28</p>
<p>29</p> 	<p>30 CLOSED FOR MEMORIAL DAY</p> 	<p>31 Golden Pioneers 9 BINGO 1PM</p> 				

TWICE BAKED POTATOES

BY ANNETTE WICKLUND

INGREDIENTS

6 MEDIUM POTATOES
 1/2 CUP MARGARINE
 1 CUP GRATED CHEESE
 1 1/2 CUPS SOUR CREAM

ONIONS TO TASTE
 SALT & PEPPER TO TASTE
 3/4 CUP MILK
 1 CAN SMALL SHRIMP

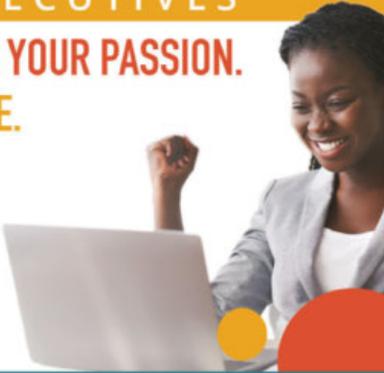
INSTRUCTIONS

BAKE POTATOES FOR 1 HOUR. SCOOP OUT THE SHELL, MASH, AND ADD ALL THE INGREDIENTS. SCOOP BACK INTO THE POTATO SHELLS AND BAKE FOR AN ADDITIONAL TWENTY MINUTES.

WE HAVE DKCARES COOK BOOKS ON SALE IN THE HERITAGE CENTER OFFICE FOR \$15.00. THEY WOULD MAKE A GREAT GIFT .

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MAY 2022 MENU

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>2 Orange Chicken Brown Rice Oriental Blend Mandarin Oranges dessert</p>	<p>3 Cooks choice</p>	<p>4 Chef Salad with Ham, Turkey Bread Stick Fresh Orange Dessert</p>	<p>5 Pepper Steak Mashed potatoes Carrots Dessert</p>	<p>6 Fish Patty on Bun Tartar sauce Cheesy Hashbrown Baked Beans Dessert</p>	<p>7 </p>
<p>8 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 donate.</p>	<p>9 Chk Chow Mein/ brown Rice Oriental veggies Mandarin oranges Pudding/toppin</p>	<p>10 Baked Ziti Mixed veggies Peaches Dessert</p>	<p>11 Ham with raisin sauce Au gratin Pts Peas Dessert</p>	<p>12 Roast Beef Mp with gravy Cal Blend Dessert</p>	<p>13 Sausage Egg Bake Broccoli Cinn Apple Sauce Muffin/coffee cake</p>	<p>14</p>
<p>15</p>	<p>16 Baked Chicken Baked Potato sour cream Italian Blend Dessert</p>	<p>17 Chili with beans Salad/dressing Corn bread Pears Dessert</p>	<p>18 Chk Fried Steak Mashed pts/gravy Green beans Dessert</p>	<p>19 Lasagna Cal Blend Bread Stick Peaches dessert</p>	<p>20 Creamed Chicken Mashed Pts Peas/carrots Fruit Crisp</p>	<p>21</p>
<p>22</p>	<p>23 Cheese Ravioli salad/Dressing Apple Dessert</p>	<p>24 COOKS CHOICE</p>	<p>25 Pork Loin Candied Yams Broccoli Dessert</p>	<p>26 Swedish Meatballs Mashed Pts Carrots Dessert</p>	<p>27 Chicken Salad on croissant Cole slaw Tropical Fruit Dessert</p>	<p>28</p>
<p>29 </p>	<p>30 CLOSED FOR MEMORIAL DAY</p>	<p>31 Chicken Fajita Spanish Rice Black Bean Corn salsa Pineapple</p>				<p></p>
<p>FROZEN MEALS ARE AVAILABLE FOR DELIVERY 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>HOT MEALS. MEALS MUST BE ORDERED AT LEAST ONE DAY IN ADVANCE BY CALLING 681-2793</p>		

BOOST IMMUNITY WITH NUTRITION

Although you may not be able to fully prevent an illness this season, a healthy immune system is one way to give your body extra protection. Focusing on nutrient-rich foods and healthy lifestyle behaviors can help you and your family stay a step ahead

IMMUNE BOOSTING NUTRIENTS

Beta Carotene is found in plant foods, such as sweet potatoes, spinach, carrots. Mangoes, tomatoes and broccoli

Vitamin C, citrus fruits, berries, melons, tomatoes, bell peppers and broccoli

Vitamin D, fatty fish and eggs. Milk and 100% juice are vitamin D fortified.

Zinc, tends to be better absorbed from animal sources such as beef and seafood. Vegetarian sources are wheat germ, beans, nuts and tofu.

Probiotics, are “good” Bacteria that promote health They are in cultured dairy products such as yogurt and fermented foods such as kimchi.

Protein, comes from milk, yogurt, eggs, beef, chicken, seafood, nuts, beans, lentils,

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This year we are celebrating 35 years of offering services to the senior citizens of Thief River Falls and Pennington County. We have been the gathering place for senior events as well as many other community events. It is through the generosity of the community that we have succeeded for this long and we hope for continued support in the years to come so we can maintain our quality services for our community.

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JULIE PRASKA MOSER

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THE AFTERNOON OUT PROGRAM IS A PROGRAM SPONSORED BY LUTHERAN SOCIAL SERVICES AND GOES FROM 12-4PM EVERY THURSDAY AFTERNOON.

TO ENROLL PLEASE CONTACT JULIE AT THE ABOVE NUMBER.

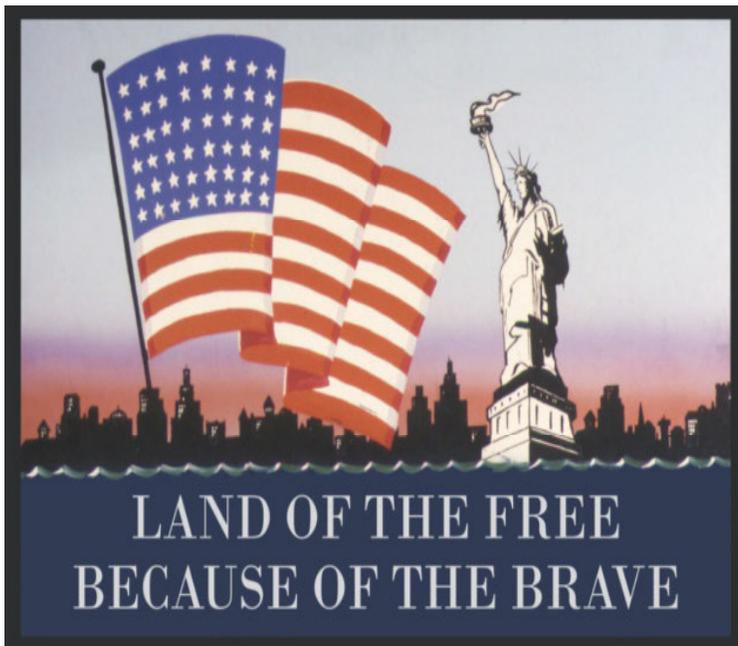
CARE RECIEVERS WILL NEED TO BE DROPPED OFF AT ZION LUTHERAN CHURCH WHICH IS LOCATED AT 505 MAIN AVENUE NORTH, THIEF RIVER FALLS MN, 56701

PARTICIPANTS SHOULD:

1. Be ambulatory with minimal assistance
2. Be continent or have managed incontinence
- 3: Be able to feed themselves
- 4: Be non-violent to others or self
- 5: Be responsive to direction and able to participate in group activities
- 6: Be independent in taking Medication
- 7: Care receivers must be 60t years of age. Care-givers can be any age.

ACTIVITIES MAY INCLUDE

Coffee and Conversation, Crafts, table games and cards, guided reminiscing and discussion, gentle physical exercise, movies and old radio shows, various other activities and music.



SATURDAY MAY 14TH

DKCARES SPRING BREAKFAST

Heritage Center

Serving 7-11



This Memorial Day and each day let us never forget those who have given all so that we may remain free