

# HERITAGE

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## COMMUNITY CENTER

# JUNE 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

## SHANNON'S CORNER

Well we have made it to June but have seen very little of what I would call summer. Lots of rain and a tremendous amount of wind but not a whole lot of sun and warm temperatures. I am feeling bad for the farmers as I have yet to see a tractor in the field. My son's garden is still to wet to plant and everything just keeps growing in his little greenhouse. My grass in my yard is getting long but it is so wet it will be hard to mow. When we were so looking forward to summer it is depressing that it is not coming as fast as we would like it to. I know each day as I wake up and it is gloomy I want to stay in bed but I always muster enough energy to get up and get ready to take on the day. That's what we all need to do. Get up and plan on it being a great day and then put every effort into it so that no matter what the weather we can still have a great day. A good attitude no matter what comes our way is all we need to get us through to the day when summer really starts.

## June Sponsor Highlight

### HB FURNITURE.

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

U-CARE made and served ice cream Sundaes to our Heritage Center LSS diners to celebrate Senior Month.



<p>Are you turning 65 or new to Medicare? Call your local licensed sales agent. <b>Humana</b></p>	 <p><b>Russell Sparby</b> <b>218-303-1665</b> (TTY: 711) Monday - Friday, 8 a.m. - 5 p.m. <a href="http://humana.com/rsparby">humana.com/rsparby</a></p>	 <p>PENNINGTON HEALTH SERVICES <b>(218) 683-8100</b> <a href="http://www.phs.sfhs.org">www.phs.sfhs.org</a> 2001 Eastwood Drive Thief River Falls</p>	 <p><b>FACE RISK HEAD ON</b> Contact Us for a Medicare Coverage Review (218) 681-1714 <a href="http://NORTHRISKPARTNERS.COM">NORTHRISKPARTNERS.COM</a></p>
 <p><b>i'm lovin' it</b> Please present this coupon for your <b>FREE</b> Ice-Cream Cone or Sundae Expires 12/31/2022 Valid at the Thief River Falls location only</p>	 <p><b>McMullen</b> Auctioneers &amp; Real Estate 218-681-3960 <a href="http://www.mcmullensales.com">www.mcmullensales.com</a></p>	<p><b>GROW YOUR BUSINESS BY PLACING AN AD HERE!</b></p> <p><b>CONTACT US!</b></p> <p>Contact David Petfalski to place an ad today! <a href="mailto:dpetfalski@lpicommunities.com">dpetfalski@lpicommunities.com</a> or (262) 785-1188 x2675</p> 	
 <p><b>\$10 OFF</b> When you spend \$40.00 or more Expires 08-15-22</p> <p><b>(218) 681-0644</b> Thief River Falls, MN  <a href="http://LasRanitasMexicanRestaurant.com">LasRanitasMexicanRestaurant.com</a></p> <p><small>Only 1 coupon per visit. Not to be combined with any other offers. Must present coupon to receive discount. Expires 08-15-22</small></p>			





F T Y E E Y Z V P T S A R J C K F Q A A  
 H L H D P U P H J G H I E N Q I D C G Q  
 S V O C N E E A I N M F W O M N N K I Q  
 V M J R T A H T A B I W O D O G A Z A O  
 I K C U O J D R A R K Y L I R C A X Q S  
 J Q N D H S I Y E Q F V F H R R C I O O  
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AMAZY DAYZEE  
 COPY FLOWER  
 FIRE FLOWER  
 KING CROACUS  
 PETUNIA

BLOOMSDAY  
 DIZZY DANDY  
 FLORO SAPIEN  
 PANSER  
 TOLIELIP

BUBULB  
 EGGO DIL  
 KA BLOOM  
 PETEY PIRANHA  
 TURBO TULIP

## SUDOKU

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

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><b>218-681-0876</b></p>	 <p><b>Tri-Valley</b> 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><b>JOIN OUR TEAM, CALL TODAY!</b></p> <p><b>800-584-7020</b></p> <p><small>www.tvoc.org</small></p>	 <p><b>BRING IN THIS AD FOR 10% OFF YOUR NEXT PURCHASE</b></p> <p><b>(218) 681-3914</b></p> <p><a href="http://www.HazelBlueFurniture.com">www.HazelBlueFurniture.com</a> 201 LaBree Ave N., Thief River Falls</p> <p><small>NOT VALID WITH ANY OTHER DISCOUNTS</small></p>
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<p><b>Inter-County Community Council</b></p>  <p>An equal opportunity employer &amp; program provider Auxiliary aids and services are available upon request to individuals with disabilities</p> <p><b>888-778-4008</b> <a href="http://www.intercountycc.org">www.intercountycc.org</a></p>	<p><b>ENERGY ASSISTANCE</b></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><b>HEAD START</b></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><b>FAMILY SERVICES</b></p> <p>We can help with:</p> <ul style="list-style-type: none"> <li>• Preventing eviction</li> <li>• Homelessness</li> <li>• Housing support for youth</li> <li>• Food Support</li> <li>• Help applying for health insurance</li> </ul> <p>We're here to help!</p> <p>Dial Option 6</p>	<p><b>EMPLOYMENT &amp; TRAINING</b></p> <p>Are you looking to get a job or enhance your career opportunities?</p> <ul style="list-style-type: none"> <li>• Job Training</li> <li>• Career exploration</li> <li>• Career Counseling</li> </ul> <p>Dial Option 7</p>
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 <p><b>SALES • SERVICE • BODY SHOP</b></p> <p><b>218 681-4820 • <a href="http://www.northernmotorsinc.com">www.northernmotorsinc.com</a></b></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><b>HUGO'S</b> FAMILY PHARMACY</p> <p>215 Pennington Ave Thief River Falls <b>218.681.1515</b> <a href="http://www.gohugos.com/pharmacy">www.gohugos.com/pharmacy</a></p> <p><small>This pharmacy is independently owned and operated under a license from Health Mart Systems, Inc.</small></p>
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# JUNE 2022

7Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p><b>BOARD MEMBERS</b>  <i>Pres Skip Swanson</i>  <i>Vice Phil Torgerson</i>  <i>Sec Ila Anderson</i>  <i>Elvera Cullen</i>  <i>Bill Hume</i>  <i>Ed Mooney</i>  <i>Hillary Stoltman</i></p>		<p>1 Aerobics 9</p> 	<p>2 Dance to Pat and Dave 2-5</p> 	<p>3 Aerobics 9am</p> 	<p>4</p>	
<p>5 RENTAL</p> 	<p>6 Aerobics 9am</p> 	<p>7 Golden Pioneers 9am BINGO 1pm</p> 	<p>8 Aerobics 9am</p> 	<p>9 Blood pressure 11.15-TO 11.45</p> 	<p>10 Aerobics 9am</p> 	<p>11</p>
<p>12</p> 	<p>13 Aerobics 9 HBoard 10 HGeneral 12:30</p>	<p>14 FLAG DAY BINGO 1pm</p> 	<p>15 Aerobics 9am</p> 	<p>16 Foot Care 9 BPressure 11:15</p> 	<p>17 Aerobics 9</p> 	<p>18</p>
<p>19 HAPPY FATHER'S DAY</p> 	<p>20 Aerobics 9am</p> 	<p>21 Golden Pioneers 9am BINGO 1pm</p> 	<p>22 Aerobics .9am</p> 	<p>23 Foot care 9 Bpressure 11:15-1145</p> 	<p>24 Aerobics 9am Party Day 1-3</p> 	<p>25</p>
<p>26</p> 	<p>27 Aerobics 9</p> 	<p>28 Golden Pioneers 9 BINGO 1PM</p> 	<p>29 Aerobics 9</p> 	<p>30 BPRESSURE 11:15-11;45</p>		



## CABBAGE HOTDISH

BY TRACY HANSON

### INGREDIENTS

2lb Ground beef  
1/2 cup margarine  
2tsp salt

1/2 tsp pepper  
cups shredded cabbage  
2 cans tomato soup

### INSTRUCTIONS

Brown the ground beef and onion, drain. Add salt and pepper. Place Cabbage in a casserole dish, top with ground beef. Spoon soup over the ground beef mixture, cover and bake at 350 for 60 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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# JUNE 2022 MENU

Sun

Mon




Tue

Wed

Thu

Fri

Sat

<p>MEALS ARE SERVED WITH MILK &amp; 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.</p> <p>Under 60 .meals are available for \$8.75</p> <p>No one over 60 will be denied a meal due to inability to donate.</p>		<p>1 Spaghetti with meat sauce, salad with dressing Texas Toast Tropical fruit Dessert</p>	<p>2 BBQ Pork on Bun Creamy cukes Pears Dessert</p>	<p>3 Chicken Salad on croissant Cole slaw Tropical Fruit Dessert</p>	<p>4 </p>
5	<p>6 Orange chicken Brown rice Oriental Veggie Mandarin Oranges Dessert</p>	<p>7 Goulash peas Tropical fruit Garlic bread</p>	<p>8 Chef Salad with Ham, Turkey Bread Stick Fresh Orange Dessert</p>	<p>9 Pepper Steak Mashed potatoes Carrots Dessert</p>	<p>10 Fish Patty on Bun Tartar sauce Cheesy Hashbrown Baked Beans Dessert</p>	11
12	<p>13 COOKS CHOICE</p>	<p>14 Baked Ziti Mixed veggies Peaches Dessert</p>	<p>15 Egg Bake Broccoli Cinn Apple Sauce Muffin/coffee</p>	<p>16 Roast Beef Mp with gravy Cal Blend Dessert</p>	<p>17 Scalloped potatoes and ham Peas Dessert</p>	18
19	<p>20 Baked Chicken Baked Potato sour cream Italian Blend Veg Dessert</p>	<p>21 Chili with beans Salad/dressing Corn bread Pears Dessert</p>	<p>22 Roasted Turkey Mashed pts/gravy Peas Tropical fruit</p>	<p>23 Lasagna Cal Blend Bread Stick Peaches dessert</p>	<p>24 Chk Fried Steak Mashed pts/gravy Green beans Dessert</p>	25
<p>26 </p>	<p>27 Chic Chow Mein Brown rice Oriental Veggie Mandarin Oranges Dessert</p>	<p>28 Creamed Chicken Stuffing Peas/carrots Warm Fruit Crisp</p>	<p>29 Pork Loin Mashed Pts Broccoli Dessert</p>	<p>30 S Swedish Meatballs Mashed Pts Carrots Dessert</p>		<p></p>
<p><b>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</b> Meals are subject to change upon availability of product.</p>			<p><b>HOT MEALS.</b> MEALS MUST BE ORDERED AT LEAST ONE DAY IN ADVANCE BY CALLING 681-2793</p>	<p><b>MEALS MUST BE ORDERED AT LEAST ONE DAY IN ADVANCE BY CALLING 681-2793</b></p>		



## Blood Pressure, Heart and health

### Blood Pressure:

Normal Blood Pressure is less than 120/80 mmHg

High Blood Pressure or Hypertension is greater than 140/90 mmHg

Pre hypertension (between normal and High) can lead to high blood pressure.

Hypertension: Is a major risk for heart attacks., has no symptoms and is known as a silent killer. as it can damage your heart, blood vessels, kidneys and other parts of your body. After age 50 the incidence of high blood pressure increases.

Risk Factors for Hypertension: While it is possible to reduce your blood pressure without pills some common risk factors are, Excessive body weight, high salt intake, too much alcohol, sedentary life style and tobacco use.

Can Diet make a difference: Studies have found that a diet rich in fruits, vegetables. Low fat dairy and foods rich with reduced saturated and total fats can lower blood pressure. Potassium is also a key nutrient in heart health

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Pat & Dave



SENIOR DANCES



SENIOR MEALS

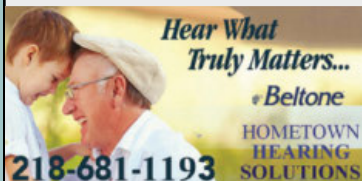


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The Heritage Center has been part of the community for 35 years this year. We have the LSS meal program, Charitable gaming bingo, senior dances, forums, workshops and party days. We rent our facility for Family reunions, showers, birthday's anniversaries, fund raisers and many more events. Community groups meet here and the county nurses hold foot care and blood pressure clinic. We are truly an asset to the community and hope with continued community support to be so for many years to come.

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**JULIE PRASKA MOSER 2 18-686-6228**

**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. Caregivers 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.**



**JUNE 24th PARTY DAY 1-3  
EVERYONE IS ASKED TO  
BRING 1/2 DOZEN  
GOODIES FOR LUNCH**

