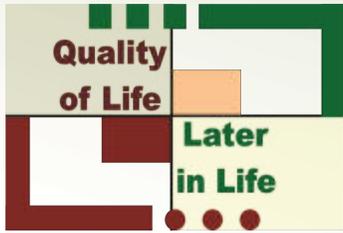


THE

# SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 2 February, 2021

## 5 Ways to Improve Your Heart Health

If you worry that you or someone you love will get heart disease, it's understandable. Heart disease is the leading cause of death for men and women in the U.S., according to the National Heart, Lung, and Blood Institute (NHLBI). You can lower your risk, particularly if you team up with family, friends or co-workers. "Studies show that having positive, close relationships and feeling connected to others benefits overall health, blood pressure, weight and more," said NHLBI's Dr. David Goff, director of cardiovascular sciences. Consider these five tips to help lower your risk of heart disease:

**-Move more throughout your day.** Aim for at least 150 minutes each week of physical activity. Build up to activity that gets your heart beating faster and leaves you a little breathless. If you're busy, try breaking your daily activity into 10-minute chunks. Make walking dates. Join a fitness class with your neighbor. Grab a loved one and dance in your kitchen.

**-Eat a Healthy Diet.** Consider an option like NHLBI's Dietary Approaches to Stop Hypertension (DASH) eating plan, which is free and scientifically proven to lower high blood pressure and improve cholesterol levels. Invite friends to cook up heart healthy recipes together. Start a lunch club at work and trade recipe ideas.

**-Stop Smoking, even occasionally.** Quitting can be beneficial to your overall health, even if you've smoked for years. Set a quit date and let those close to you know. If you've tried quitting in the past, consider what helped and what made it harder. Ask your family and friends for support or join a support group. Find resources and connect with a trained counselor at 1-800-QUIT-NOW or [smokefree.gov](http://smokefree.gov).

**-Get adequate, high quality sleep.** Sleeping 7-8 hours each night helps improve heart health. Try going to bed and waking up at the same time each day. Getting a 30-minute daily dose of sunlight may also improve sleep. Resist that late afternoon nap. Turn off all screens at a set time nightly. Relax by listening to music, reading or taking a bath.

**-Control stress.** To help manage stress, try relaxation therapy and increase physical activity. Talk to a qualified mental health provider or someone you trust. De-stressing may also help improve sleep. Join a friend or family member in a relaxing activity like walking, yoga or meditation every day.

Learn about heart health and heart healthy activities in your community at [nhlbi.nih.gov/ourhearts](http://nhlbi.nih.gov/ourhearts).

## What's Happening

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# Let's Reconnect with a Party Line!

We probably would all agree that this pandemic has gone on far TOO LONG! But, with Covid cases surging across our state and country, it is more important now than ever to remain diligent with our safety precautions.



To help reduce the isolation we have all been experiencing, and to have a little **FUN**, we are offering a **FREE** party line that you may call to visit, in a group setting, with your friends from the Senior Center. Below are scheduled times for specific groups to get on the phone to visit. Coffee Talk is for anyone and everyone – So grab a cup of coffee (or tea) and enjoy a chat with others!

**It's easy to join the Party Line – just call 1-844-854-2222.  
The Access Code is 6763322#.**

**\*\*PLEASE LIMIT EACH GROUP TO ONE HOUR.\*\***

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9 am Coffee Talk	8 am Craft Ladies	9 am Wii Bowling Teams	9 am Coffee Talk	9 am Coffee Talk
10 am Bone Builders Participants	9 am Coffee Talk	2 pm Coffee Talk	10 am Pool Players	10 am Yoga Participants
2 pm Wing/Sterling Participants	1 pm Bridge Players		1 pm Bunco Players	1 pm Pinochle Players
<b>Saturdays:</b> 9 am Coffee Talk			<b>Sundays:</b> 2 pm Coffee Talk	

## Guidelines for Participation:

- Never share your private information over the phone.
- Ensure that you are in a quiet environment before joining a call.
- Be prepared to identify yourself with your first name when you join.
- The party line is meant to be enjoyable. Please refrain from discussing politics or other issues where there is great division.
- Everyone's opinion is valuable and must be respected.
- Allow everyone the opportunity to participate. Do not monopolize the conversation.
- Argumentative, hurtful or disrespectful remarks are not allowed.
- Have FUN!

## Grief Support and Share Group

There are many different ways to grieve and many different things we can grieve over. You can grieve over the death of a loved one, a pet, a disagreement with a family member, the loss of a job and even moving from your home. Grief can be especially hard to cope with during these difficult times.

Group Leader Kathleen Meckler worked as a Youth Counselor and therapist prior to retirement, and is now donating her time and expertise to offer this Grief Support and Share Group. Join her as she leads our Grief Support and Share Group on Wednesdays at 10:00 am via telephone. Group participants simply call 1-844-854-2222 and enter the access code 6763322# to join. **(It is requested that people interested in joining this group call 255-4648 to register. Kathleen will then call you prior to your first session.)**

# Phone Bingo!

**Wednesday, February 10 and Wednesday, February 24 at 1:00 pm**

We aren't sure how well this will work, but we will give it a try!

Join us for the classic game of chance with a few variations -- simply call 1-844-854-2222 and enter the access code: 6763322# to join.

Call us to request your Bingo Cards at 255-4648. Cards will be mailed or given to you in the Drive Thru Lunch Line prior to each Bingo session. If you do not have a bingo dauber, you may use a marker, pen, pennies, etc. to mark your numbers.



Each Bingo Player will get 7 paper Bingo sheets (3 cards / sheet). Numbers will be called at the Senior Center and announced over the Party Line. We will play one game per sheet for a total of 7 games.

- Game 1: Straight Bingo or Four Corners
- Game 2: Letter 'X'
- Game 3: Small Picture Frame
- Game 4: Double Straight Bingo
- Game 5: Straight Bingo or 4 Corners
- Game 6: Block of Six (6)
- Game 7: Blackout

Prizes will be awarded for each game (to be distributed via mail or Drive Thru lunch line).

With winter almost here, many start to wonder *what if...*

*I need to shovel?  
I can't get out of the driveway?  
I need help and no one is around?*

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## Special Activities



### **Fall Prevention**

**Wednesday, February 3, 10:30 – 3 pm**

At least one out of every three adults over the age of 65 falls each year, but falls are not a natural part of the aging process. With the help of occupational therapy practitioners, older adults can take steps to reduce fall risk *and* safely increase their involvement in activities they value.

Third year Physical Therapy students from U Mary will be here to conduct screenings to check your balance. Each screening will be half an hour long with two students working with each person.

Sign up by calling 255-4648. Space is limited, so sign up as soon as possible.

All participants will be required to pass a health screening, wear a face mask and practice social distancing. Please stay home if you are not feeling well, or have a positive or pending Covid-19 test.

### **Walk for your Heart & Sole!**

February is American Heart Month. Celebrate by walking 2,000 steps per day! Please record your steps on the Walking Chart you will find on page 8. Mail or drop off your Walking chart by March 5 for a prize.



Thank you to all of our active walkers, you are an inspiration to everyone! Even if you walk for 10 minutes a day, it will benefit your heart!

### **November Walk Thankful Challenge**

Eighteen active people joined in our November Walk Thankful Challenge! Participants walked a total of 3,609,823 steps, which equals a total of 1,805 miles! Our top walkers were: Jorgen K, Larry T, Linda B, Ernie T, Judy F, and Crystal E. Great Job everyone!

## **MOVIE MATINEES**

**Join Us for a Movie!**

**(Doors open 15 minutes prior to showtime)**

**Friday, February 12, 1:00 pm:**

### ***Then Came You***

A lonely widow plans a trip around the world with her husband's ashes, to visit the places they loved in the movies. The first stop on the journey changes her life forever.

**Thursday, February 25 9:30 am**

### ***The Bucket List***

One wealthy man (Jack Nicholson) and one blue-collar mechanic (Morgan Freeman) seemingly have nothing in common, except for a terminal diagnosis. The unlikely duo pair up and set out to experience all of the things they've always wanted to do in life. After a comical start to complete their bucket lists, the two men learn to open their hearts up to friendship and find healing along the way. *The Bucket List* is a witty movie with a touching story that shows how it's never too late to make the most of life.

**Reservations are required to attend these movies. Please call 255-4648 to reserve your seat. Space is limited to 25 people.**

All participants will be required to pass a health screening, wear a face mask and practice social distancing. Please stay home if you are not feeling well, or have a positive or pending Covid-19 test.

**The Burleigh County Senior Club  
has cancelled ALL ACTIVITIES  
until further notice  
(including Dinner Dances).**

# Legal Services



Legal Services of North Dakota is available to help during these difficult times. Their office continues to assist North Dakota Residents with their legal needs. If you, or someone you know, is needing assistance with a legal matter, please contact their Central Intake office.

Call 1-866-621-9886 (Monday -Thursday from 8:00 am to 5:00 pm and Friday from 8:00 am to 2:00 pm), or visit their website and/or apply online at [www.legalassist.org](http://www.legalassist.org). They are not scheduling office meetings, but can arrange communication via phone, email and other means of technology.

# Book Mobile

## Burleigh County Bookmobile Lending Library

Monthly, the Burleigh County Bookmobile brings 30 large print books in a variety of titles, to the Burleigh County Senior Center. They are on a 25 day loan.

If you would like to check out a book, please call Lisa at 255-4648. Let her know what author(s) and/or types of books you like to read (Western, romance, mystery etc.), and she will help you choose from the titles we receive.



Please allow Lisa at least one day's notice to choose books for you. They will be handed out in the Meal Drive-thru from 11:30 am to 12:15 pm.

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## *President's Day Word Scramble*

1	nolinlc	
2	oahntwsing	
3	olciente	
4	ermfeod	
5	glaf	
6	sjnefreo	
7	tmuno ruhesmor	
8	thwie suhoe	
9	etosrevlo	
10	mcearia	

**PRESIDENTS**  
**DAY**

©LPi

# February Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Stuffed Green Pepper Garlic Mashed Potatoes Mixed Vegetables Peaches	2 Bacon Ranch Chicken Breast Tri-Colored Roasted Potatoes Corn Lemon Fruit Salad	3 Bratwurst with Spaetzle & Sauerkraut Pickled Beets Apricots Cake Donut	4 Chicken Kiev Baby Baker Roasted Potatoes Green Beans Chunky Fruit	5 Cheeseburger Deluxe Potato Salad Baked Beans Apple Slices
8 Pizza Quesadilla Italian Pasta Salad Veggie Cup Mandarin Oranges	9 Pig Wings Roasted Sweet Potato Coleslaw Strawberry Applesauce	10 Beef Tips in Mushroom Sauce Mashed Potatoes Broccoli with Cheese Fresh Pear	11 Chicken Stir Fry Fried Rice Eggroll Pineapple Chunks Fortune Cookie	12 Open Faced Hot Pork Sandwich Mashed Potatoes with Gravy Candy Corn Vegetables Cherries
15 <b>CLOSED FOR PRESIDENT'S DAY</b>	16 Cherry Glazed Ham Creamed Potatoes with Chives Peas with Pearl Onions Asst. Fruit Cup Red Velvet Cupcake	17 <b>ASH WEDNESDAY</b> Lemon Pepper Tilapia Wild Rice Pilaf Brussel Sprouts Fresh Melon Blend	18 Meatloaf Scalloped Potatoes Murray Vegetable Blend Fresh Orange	19 Vegetable Lasagna Garden Salad with Ranch Dressing Peaches with Blueberries Bread Stick
22 Chicken Alfredo With Noodles Broccoli Fruit Cocktail Garlic Toast	23 Beef Fajitas Roasted Vegetables with Quinoa Refried Beans Applesauce	24 Chicken Drumstick Mac & Cheese Glazed Carrots Pears with Cranberry Sauce Asst. Pudding Cups	25 Swedish Meatballs Mashed Potatoes with Gravy Scandinavian Vegetable Blend Grapes	26 Chicken Fried Cod Baked Potato Asparagus Fresh Banana

Drive-Thru Meals at the Burleigh County Senior Center are from 11:30 am—12:15 pm. Meals are delivered to Crescent Manor at 11:30 am. Drive-Thru Meals at the Wing Senior Center and Sterling Meal Site are at 12:00 noon.

**MEAL RESERVATIONS:** Call the following locations at least one day in advance: Burleigh County Senior Center and Crescent Manor, 258-9276 from 8:00 am to 2:30 pm; Wing Senior Center or Sterling United Methodist Church, 943-2490 from 8:30 am to 2:30 pm; or Home-Delivered Meal inquiries, please call 255-4648. The meal price for those under 60 is \$9.00.

OAA federal regulations require individuals age 60 and older to register to participate in the Congregate Meals Program, or annually to participate in the Home-Delivered Meals Program. Individuals are notified when their registration needs to be updated. Suggested donation is \$4.50/meal. SNAP accepted. **If you plan to make a donation, it is helpful if you have exact change.**

**MENU SUBJECT TO CHANGE!** Due to Covid-19, we are experiencing difficulty receiving some food items. We will do our best to keep the menu as written, but please understand that it may not be possible. Thank you!

# Walk for Your Heart Exercise Log

**Day Number of Steps**

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	

**Name:**

\_\_\_\_\_

**Daily Goal:  
2,000 Steps / Day**

**Day Number of Steps**

16	
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	



See Page 4 for details.

Log your exercise and return this form to the  
Burleigh County Senior Center  
by March 5, 2021.

**Prizes will be awarded to all participants!!!**

# Book Club

## **Before We Were Yours** By Lisa Wingate

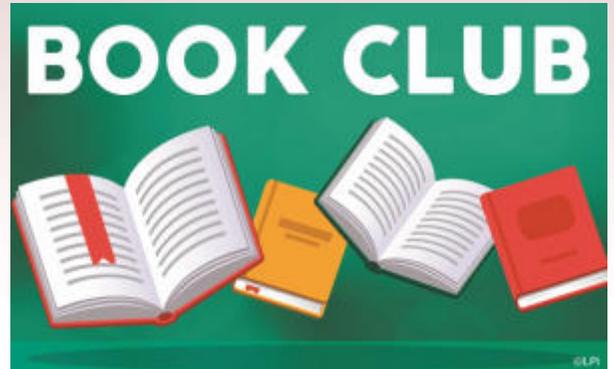
*Before We Were Yours* will be available for pick up on February 1 and due back by February 22, 2021.

Based on one of America's most notorious real-life scandals—in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country—Lisa Wingate's riveting, wrenching, and ultimately uplifting tale reminds us how, even though the paths we take can lead to many places, the heart never forgets where we belong.

Dr. Wayne Sanstead will lead the Book Club discussion on Monday, February 22 at 1:00 pm on the Senior Center Party Line. To join the call, dial 1-844-854-2222 and enter the access code 6763322#.

Please call Lisa if you have any questions at 255-4648.

(Book club does not meet in July or December.)



The Senior Sentinel | 9



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Burleigh County Senior Adults Program, Bismarck, ND

C 4C 05-0634

# Word Search

## Valentine Words

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

### Word List:

ADORE  
BELOVED  
CANDY  
CHOCOLATE  
DESIRE  
FEBRUARY  
HEART  
LOVE  
RED  
SWEETHEART

AFFECTION  
BEMINE  
CARDS  
CUPID  
DEVOTION  
FLOWERS  
HONEY  
LOVEBIRDS  
ROMANCE  
SWEETS

AMOROUS  
BOUQUET  
CHERISH  
DARLING  
EMBRACE  
FOURTEENTH  
HUGS  
PINK  
ROSES  
TEDDYBEAR

ARROW  
CANDLELIGHT  
CHERUB  
DEAR  
ENDEARMENT  
FRIENDS  
KISSES  
POEM  
SECRETADMIRER  
TENDERNESS

©LPi

## This 'n That

### AARP TAX AIDE

AARP Tax Aide will be providing services this year, but not in the way you are used to.



Face-to-face meetings will not be offered. Instead all tax processing will be done virtually.

For more information, please call 701-751-4074.

If you would like to complete your own tax return, you can access free software at [www.irs.gov](http://www.irs.gov) or [www.nd.gov/tax](http://www.nd.gov/tax).

### MEDICARE PART D

The Burleigh County Senior Adults Program extends a very special thank you to Irene Rankin for her work to assist participants in checking their Medicare Part D plans last fall.

Irene assisted participants in saving \$92,722 in insurance premiums! Way to go, Irene!!!



OLP

*By the time you're 80 years old, you've learned everything.  
You only have to remember it.*

—George Burns

The Senior Sentinel | 11

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# Just for Fun!

## Candy Trivia

Answers on Page 15.

1. This conversation candy has been a Valentine favorite for over a century.
2. This candy was named after a flotation device.
3. This sweet treat was marketed as the Great American Candy Bar.
4. This was the first penny candy to be individually wrapped.
5. This candy bar was named after a milkshake flavor containing chocolate, malted milk and caramel.
6. This candy is usually found in baseball card packets?
7. This candy bar was named after President Grover Cleveland's daughter.
8. This town was originally named Derry Pennsylvania?
9. This lollipop is two candies in one.
10. Red hots taste like what?



## Zentangle Class

Thursday, February 11, 1:00—3:00 pm  
at Bismarck Arts and Galleries Association

**Zentangle** art is spontaneous and free-flowing so you can focus on each paint stroke and not worry about the result. Think of it as meditative doodling. Join artist Mel Gordon for a fun and relaxing art experience. This class is limited to 5 people and there is no cost. Call 255-4648 to register. This class is sponsored by Art for Life, ND Council on the Arts grant and Bismarck Arts and Galleries Association.



## Mardi Gras

Mardi Gras is French for "Fat Tuesday." It was named this because all butter and fats had to be

used up by Shrove Tuesday, the day before the start of Lent. Carnival time includes the period between Epiphany or Twelfth Night (12 days after Christmas), January 6, and Shrove Tuesday, and it is referred to as the Mardi Gras season. It is celebrated especially in New Orleans (and other Louisiana cities) and Mobile, AL and certain Mississippi and Florida cities. Mardi Gras dates back to 1837 when the first street parade took place in New Orleans. On Twelfth Night, the first of nearly 100 private, masked balls is held. Festivities also include approximately 50 street parades, day and night. The parades feature marching bands and elaborate papier-mâché floats with maskers tossing trinkets, beads, and doubloons (coins) to the crowds. On Mardi Gras Day, the largest and longest parades are held. Rex, King of Carnival, is a prominent businessman, chosen by a secret committee. His Queen is a debutante of the current season. To celebrate Mardi Gras Day, people dress in costumes, eat, and drink.

## Hearts, Hearts and More

### Hearts!

### Take Home Craft Project

We will have craft kits available for you to paint a heart photo holder. We will use a 4 inch square flat pallet board, some wooden hearts and mini clothespins. All supplies will be in the kit, which includes paint, paintbrush, hearts, glue and pallet. Jute rope will be already be on the pallet. Call 255-4648 to reserve your kit. Kits will need to be picked up at the Senior Center.



## Mardi Gras Mask Take Home Craft

Celebrate Carnival by scratching a unique Fat Tuesday design into a Mardi Gras masquerade mask. This is an easy project to do—just scratch off the coating to reveal colors. Celebrate Mardi Gras on Tuesday, February 16, by wearing your mask and making the Jambalaya on page 13!

# Recipe Roundup

Most of us were used to cooking for our family. When you live alone or with one other person, wouldn't it be nice to cook a meal without having to eat leftovers for a week? Cooking for one or two can be challenging and we want to share some new ideas. Each month we will feature recipes designed for one or two servings.

We are gathering recipes and will share a couple each month. Recipes should be simple to follow, contain ingredients that are common, and serve one or two people. The recipes can be for a main dish, side dish or dessert.

If you have a recipe to share, please email it to [lisab@burleighsenioradults.org](mailto:lisab@burleighsenioradults.org), mail to: Recipe Roundup, BCSAP, 315 N 20th Street, Bismarck, ND 58501, or drop off in Drive Thru lunch line.



## Quick Easy Tortilla Soup

Submitted by Quirina Schmidt

- 1 can Fiesta Nacho Soup
- 1 can Enchilada Sauce
- 1 can Cream of Chicken Soup
- 1 small Jar Hot Sauce
- 3 cups milk
- 2 cups cooked chicken breasts or a can of chicken.

Combine all ingredients and heat. Serve with tortilla chips.

## Eggroll in a Bowl

Submitted by Lisa Bennett

- 1 tsp minced ginger
- 1 bag coleslaw mix (with cabbage and carrots)
- 3 green onions
- 3 Tbsp. low sodium soy sauce
- 1 1/2 tsp of sesame or olive oil
- 1 pound ground meat (use chicken, turkey or beef)

Brown the meat in a medium nonstick skillet until cooked all the way through and then add the ginger. Add soy sauce and sesame oil. Add a full bag of coleslaw, stir until coated with sauce. Add chopped scallions, mix thoroughly.

# MARDI GRAS

## JAMBALAYA

- 4 tsp. olive oil
- 2 cups onions, chopped
- 4 cups water
- 2 red bell peppers, chopped
- 1 1/2 cups (8 oz.) ham, diced
- three 5-oz. bags saffron yellow rice (use Mahatma® brand)
- two 10-oz. boxes frozen cut okra, thawed
- 1 lb. raw, peeled shrimp

-Heat oil in a large pan. Add the onions and sauté until golden, approximately 3 to 4 minutes.

-Add the water, red peppers, and ham. Bring to a boil, stir in the rice mix, reduce heat, and cover and simmer 15 minutes.

-Stir in the okra and shrimp. Cover and cook, stirring occasionally, approximately 7 minutes or until the shrimp are cooked and rice is tender.

-Keep warm in a slow cooker on low heat.

YIELD: 8 servings C

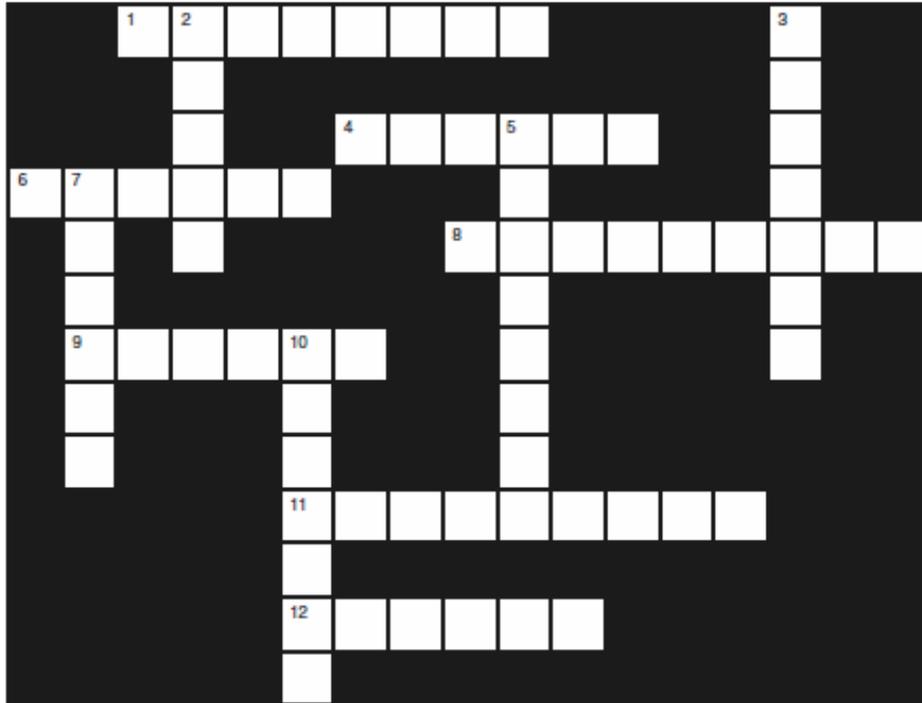
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# Crossword Puzzle



## PRESIDENTS' DAY CROSSWORD PUZZLE



### ACROSS

1. WHAT PRESIDENT SERVED THE SHORTEST TERM?  
WILLIAM HENRY \_\_\_\_\_
4. THIS DEMOCRATIC PRESIDENT'S CAMPAIGN LOGO WAS A PEANUT WITH A TOOTHY GRIN. JIMMY \_\_\_\_\_
6. THIS DEMOCRAT TOLD REPORTERS, "PRAY FOR ME, BOYS" WHEN HE BECAME PRESIDENT IN 1945. HARRY \_\_\_\_\_
8. HIS PORTRAIT IS ON A TWO DOLLAR BILL. THOMAS \_\_\_\_\_
9. THE UNIVERSITY OF MICHIGAN HAS ITS LIBRARY NAMED FOR THIS GRADUATE WHO BECAME PRESIDENT \_\_\_\_\_. FORD
11. HE OFFICIALLY DEDICATED THE STATUE OF LIBERTY IN 1886. GROVER \_\_\_\_\_
12. WHAT DEMOCRATIC PRESIDENT OF THE 1960S POPULARIZED THE PHRASE, "MY FELLOW AMERICANS"? \_\_\_\_\_ JOHNSON

### DOWN

2. THIS FUTURE PRESIDENT DRAFTED THE TREATY OF PARIS, ENDING THE REVOLUTIONARY WAR. JOHN \_\_\_\_\_
3. THIS POPULAR PRESIDENT OF THE 1880S HAD "LET THE PEOPLE RULE" AS HIS SLOGAN. ANDREW \_\_\_\_\_
5. THIS BRASSY PRESIDENT OF THE EARLY 1900S CLAIMED THAT "NO PRESIDENT HAS EVER ENJOYED HIMSELF AS MUCH AS I HAVE ENJOYED MYSELF." \_\_\_\_\_ ROOSEVELT
7. THIS REPUBLICAN PRESIDENT WAS SHOT IN THE CHEST ONLY TWO MONTHS AFTER TAKING OFFICE. RONALD \_\_\_\_\_
10. HE WAS THE FIRST PRESIDENT TO USE THE PHRASE, "THIS NATION UNDER GOD." ABRAHAM \_\_\_\_\_

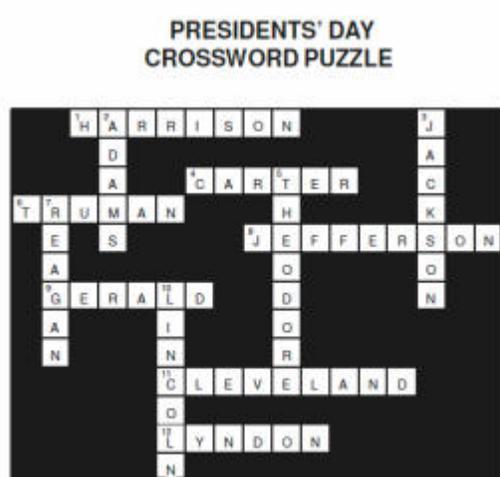
**WORD LIST:** ADAMS, CARTER, CLEVELAND, GERALD, HARRISON, JACKSON, JEFFERSON, LINCOLN, LYNDON, REAGAN, THEODORE, TRUMAN

Answers on Page 15.

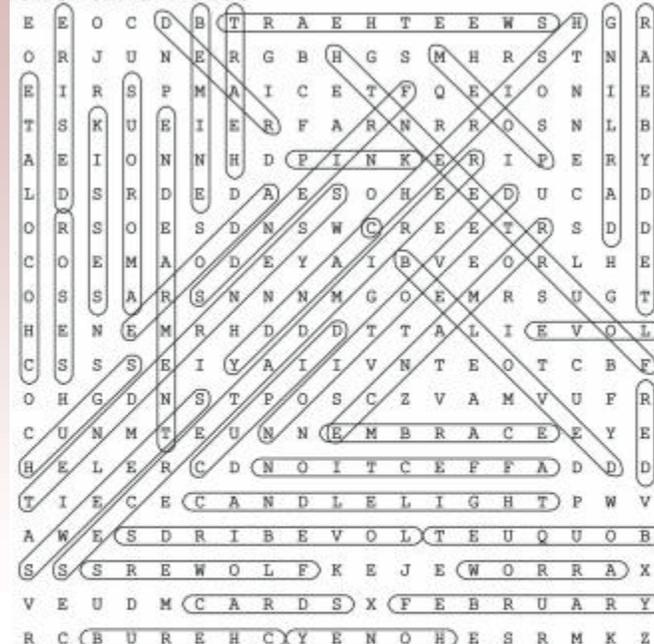
# Puzzle Answers

## President's Day Word Scramble Answers

1. Lincoln
2. Washington
3. Election
4. Freedom
5. Flag
6. Jefferson
7. Mount Rushmore
8. White House
9. Roosevelt
10. America



## Valentine Words



## Candy Trivia Answers

- |                        |                  |
|------------------------|------------------|
| 1. Sweethearts         | 2. Life Savers   |
| 3. Hershey's Chocolate | 4. Tootsie Rolls |
| 5. Milky Way           | 6. Bubble Gum    |
| 7. Baby Ruth           | 8. Hershey       |
| 9. Tootsie pop         | 10. Cinnamon     |



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# This 'n That

## Dakota Media Access Programming:

You can now watch Burleigh County Senior Center activities on Dakota Media Access: channels 12, or in HD 612! Programs can also be streamed online at [freetv.org](http://freetv.org), Roku or Apple TV.

**Fridays—February 5, 12, 19 and 26  
at 10:30 am ~ Chair Yoga**

We would like to thank our sponsors:  
AARP of ND  
Bismarck-Burleigh Public Health, Dr. Joel Roloff,  
Adjust Life Chiropractic; and  
Dakota Media Access.

## Frozen Meals

**Did you know...**The Burleigh County Senior Center prepares flash frozen meals that are a great alternative to those found in the grocery store? These meals are low in sodium and fat, and include milk, bread and fruit. They may be oven baked or microwaved, and come with heating instructions.

Meal participants may order these meals for use on evenings and weekends. We also recommend that you have a few on hand in case of winter weather closures. It is appreciated if you give at least one day's notice with your order.

If you have any questions, or would like to order meals, please call us at 255-4648.

\*Each meal is a suggested donation of \$4.50. SNAP Benefits may be used. No one will be denied meals due to an inability or unwillingness to make a donation.



*Exercise*

**Senior Center  
Exercise Room**

The Burleigh County Senior Center Exercise Room is open to individuals, by appointment only.

Individuals may schedule time to use the stationary bicycles, DVD's, and weights. No group exercise classes are available at this time. Call 255-4648 to schedule your time.

## Inclement Weather

Bad weather may force the Burleigh County Senior Center and other meal sites to close for Drive-Thru and Home Delivered meals. Please check to make sure we are offering a meal before venturing out on a snowy winter day, and keep a few of our frozen meals on hand!

To find out if we will be offering meal: Call the Senior Center at 701-255-4648, tune in to KFYZ-AM, KBMR-AM, KFYZ TV, KXMB TV or check our Face Book page, [Facebook.com/BismarckSeniorCenterND](https://www.facebook.com/BismarckSeniorCenterND).

## Getting Even

A man had six children. Because he was very proud of this achievement, he started calling his wife "Mother of Six" in spite of her objections.

One night they went to a party. When the man was ready to go home, he shouted to his wife across the room, "Shall we go home, Mother of Six?"

His wife, irritated by her husband's lack of discretion shouted back, "Anytime you're ready, Father of Four!"

## The End is Near

Farmers Fred and Sam were fishing on the side of the road. As each car passed by, they held up a sign that read, "The End is Near! Turn yourself around now before it's too late!"

Car after car stopped suddenly and turned around. But one driver didn't appreciate the sign and sped past shouting, "Leave me alone, you religious nuts!"

All of a sudden, Fred and Sam heard a loud splash. Fred asked Sam sheepishly, "Do you think we should have had the sign read 'Bridge Out Ahead' instead?"

**The Burleigh County  
Senior Adults Program  
will be CLOSED  
February 15th for President's Day.**

# Health Maintenance

## SUGGESTED CONTRIBUTIONS

(Effective March 1, 2018)

### In Office Services

Foot Care: \$25.00  
(Full Cost \$71.61)

Blood Pressure: \$3.00  
(Full Cost \$10.23)

Fasting Blood Sugar: \$5.00  
(Full Cost \$10.23)

Home Visit: \$40.00  
(Full Cost \$143.22)  
(Includes any combination of above services)

**Clients may, but are NOT required, to contribute toward the cost of services.**



## Foot Care Services are available by appointment only.

- For an appointment at the Burleigh County Senior Center, please call 255-4648.
- For an appointment at Crescent Manor, please call 355-7617.

## Face masks and a health screening will be required when you arrive for your appointment.



**At The Senior Center:** When you arrive, park on 20th Street beside the Senior Center. Wait in your vehicle for the nurse to escort you in. After your health screening, you will be escorted to the Health office for services. If you are ill, or have a temp, you will not be allowed into the facility.

## 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:

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

Visit [www.NextBlueND.com](http://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 Insurance Company is an independent licensee of the Blue Cross Blue Shield Association.

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# Thank You to Our Donors...

We sincerely thank the following individuals and/or businesses for their generous donations.  
(Listed donations were received between December 5, 2020—January 8, 2021.)

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Doosan Infracore International, Inc. (Bobcat)  
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The Tom & Frances Leach Foundation, Inc.  
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Bismarck Eagles Auxiliary #2237  
The Alice Delzer Ewine Family  
Linda Beach  
- In Memory Lenora Kopp

Kelly Franklund  
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- In Memory Eunice Schneider  
Vern Fetch - In Memory Dorothy Preabt  
Kathryn Dietz - In Memory Dorothy Preabt  
Marlene Summers - In Memory Dorothy Preabt



## Burleigh County Senior Adults Program Giving Opportunities

The Burleigh County Senior Adults Program, a 501(c)3 nonprofit organization, accepts donations for its programs.

Donations can be made to:

- \*Nutrition
- \*Health Maintenance
- \*Outreach Services
- \*Life Enrichment Activities

If you would like to make a donation, please send it, along with this completed form, to:

### BCSAP

315 North 20th Street  
Bismarck, ND 58501



Enclosed is my gift of \$ \_\_\_\_\_ to the Burleigh County Senior Adults Program.

Please designate my gift to:  Nutrition  Health Maintenance  
 Outreach Services  Life Enrichment Activities  
 Where it is most needed

My gift is In Honor / Memory of: \_\_\_\_\_  
(Name of person honored or memorialized)

Please send acknowledgement of my memorial/honorarium to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

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