

THE

SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol.1 January, 2022

CONGREGATE MEALS ARE BACK!

Beginning January 10, 2022 Congregate Meals will be offered at the Burleigh County Senior Center and all meal sites!



Caramel Rolls, Pie Happy Hour and Bingo are also back!

The Burleigh County Senior Center is open Monday through Friday from 8:00 am to 4:30 pm. Hours for meal service are:

11:15 am – 11:45 am	Drive-Thru Meals
12:00 pm – 12:30 pm	Congregate/Take-Out Meals

If you want a meal to-go, and cannot make it during the Drive-Thru Meal time, you may pick up a meal inside from 12:15 pm – 12:30 pm. There are two parking spots reserved in front of the main entrance for this purpose.

PLEASE USE EXTREME CAUTION WHILE DRIVING OR WALKING THROUGH THE SENIOR CENTER PARKING LOT!

BCSAP FACE MASK POLICY (Effective January 3, 2022)

The Burleigh County Senior Adults Program (BCSAP) **strongly recommends** that participants/visitors wear a face mask while inside the Burleigh County Senior Center or a BCSAP meal site. It is also recommended that you practice social distancing, wash your hands frequently, and use hand sanitizer.

Staff and on-duty volunteers are required to wear a mask at **ALL** times. Participants/visitors will also be required to wear a mask during interaction with staff, while attending exercise classes, and during classes/support groups when it is requested by the class/support group leader.

BCSAP has many participants with serious health issues, making them very vulnerable to this virus. Please be mindful of this when you visit. **If you are not feeling well, please stay home!**

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Lifelong Learning

JOURNALING WITH INNOVATION SCHOOL

The Burleigh County Senior Center is joining with the Innovation School in *The Teenage Years: In the Past and the Present* journaling project. We are limited to 10 slots, and have room for a few more participants.

We will have a brief informational meeting on this project on January 18, at 1:30 pm. Please contact Denise at 255-4648 if you are interested.

COFFEE & CARAMEL ROLLS WITH A COP

Officers Clint Fuller and Caity Horne will be at the Burleigh County Senior Center on Wednesday, January 19 at 8:30 am (while caramel rolls are being served).

Officers Fuller and Horne will visit with you on current scams and issues to be aware of in our community and answer any questions you may have.

MEDICARE PART D

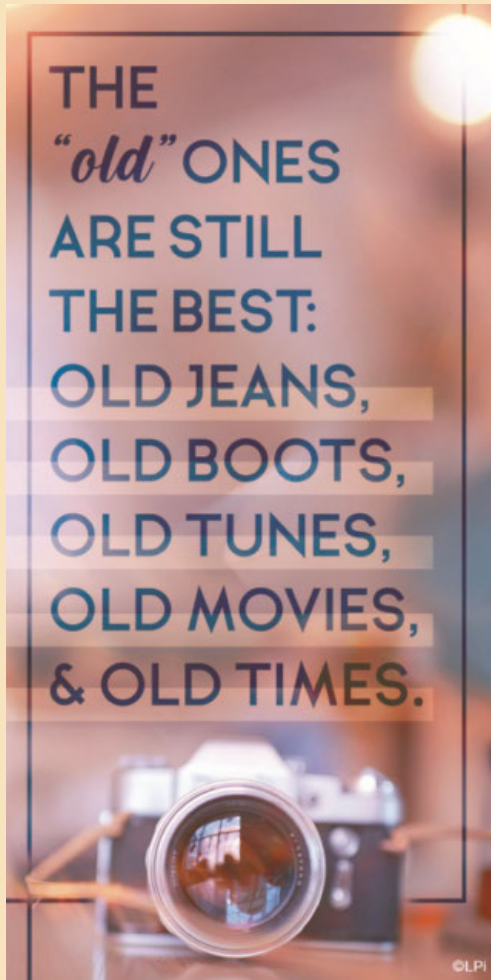
The Burleigh County Senior Adults Program extends a very special thank you to Irene Rankin for her work to assist participants in checking their Medicare Part D plans last fall.

Irene assisted participants in saving \$70,877 in insurance premiums!

Thank you, Irene!

AARP TAX AIDE

AARP Tax Aide will be available in February. Stay tuned for the February issue of *The Senior Sentinel* for more information.



CURIOSITY STREAM

*Join us for these educational programs—
Thursdays at 9:30 am*

January 6: *Very Senior: Attitude is Everything*

They come to die but leave having lived! In Sun City a retirement community in the Arizona desert, a compelling cast of senior citizens share their many truths about the process of aging, their excitement, fear, joy, and pain.

January 13: *101 Events That Made The 20th Century*

Which 10 events will stay in our minds and hearts as those that marked history? Martin Luther King's "I Have a Dream" speech influenced civil rights laws, apartheid ended in South Africa, a bomb dropped in Hiroshima, and man landed on the moon.

January 20: *Pearl Harbor: Into The Arizona*

Over 75 years ago, 1177 men lost their lives on the USS Arizona during the attack on Pearl Harbor. The ship, underwater, is a shrine and monument, visited by tourists, and the families of those who perished. New 4k footage shows us previously unexplored areas of the battleship wreckage.

January 27: *The Norwegian Fjords*

The Norwegian Fjords are one of the most dramatic landscapes in Europe. Slow-motion and time lapse photography reveal an extraordinary diversity of life and behaviors. It's an intimate portrait of a unique wilderness. From the dark, icy grip of winter to the long nights of the midnight sun.

DISCOVER YOUR WORLD

Join us for a special viewing of *Wild Nordic S1: E1 Viking Coast* on Tuesday, January 11 at 9:30 am.

Scandinavia-home of infamous Vikings and a land of vast coastlines, soaring mountains, daring adventures, ancient civilizations and lush forests. As seen by the Viking gods, the fabled wilderness of Norway, Finland and Sweden are revealed from the skies above. This is the land of the Viking, the heart of the natural world, viewed in an aerial spectacular.

Lifelong Learning

BE HEALTHY, GET HEALTHY, STAY HEALTHY



Join Betsy Hermanson, Vision Specialist from ND Vocational Rehabilitation in the Dining Room on Wednesday, January 5 at 10:30 am for a discussion on age-related vision loss.

Vision loss among older adults is a major health care problem. Approximately one person in three has some form of vision-reducing eye disease by the age of 65.

The most common causes of vision loss are age-related macular degeneration, glaucoma, cataract and diabetic retinopathy. Attend this session to learn about the risk factors, why eye exams are important and more.

COMPUTER BASICS



Vicki Laraway, from the ND Center for Independent Living, will be in the Senior Center Library on Thursday, January 13, at 10:00 am.

Please bring your laptop, tablet or cell device to receive individual assistance and learn how to get the most out of your technology!

These sessions are limited to three people, and pre-registration is required. Please stop by the Administrative Office or call 255-4648 to sign up.

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Join us for Activities!

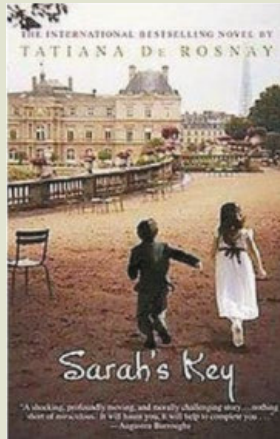
BOOK CLUB

The Book Club will meet in the Senior Center Library on Monday January 31 at 1:00 pm to discuss the book, **Sarah's Key**, written by Tatiana DeRosnay. Discussion will be led by Dr. Wayne G. Sanstead.

Pick up a copy of the book at the Senior Center during regular hours or call Denise Fettig-Loftesnes at 255-4648 to make other arrangements. Please return the book no later than January 31.

Book Synopsis:

Paris, July 1942: Ten-year-old Sarah is brutally arrested with her family in the Vel' d'Hiv' roundup, the most notorious act of French collaboration with the Nazis. But before the police come to take them, Sarah locks her younger brother, Michel, in their favorite hiding place, a cupboard in the family's apartment. She keeps the key, thinking that she will be back within a few hours.



Join Us for a Movie—Fridays at 1:00 pm

January 7: *Hampstead*

Though Emily and Donald live in the same London neighborhood of Hampstead, the worlds they inhabit could not be more different. Emily is an American widow occupying a posh apartment she can no longer afford, and Donald is an Irish loner who lives off the land in a makeshift cabin and wants nothing more than to be left in peace. When his home is threatened by real estate developers, Emily believes she has found her new cause -- but gets more than she bargained for when romance blossoms.

January 14: *And So It Goes*

Nobody likes real-estate agent Oren Little (Michael Douglas), and he prefers it that way. He's deliberately mean to anyone who crosses his path and wants nothing more than to sell one final house and retire. Oren's life turns upside-down when his estranged son drops off a granddaughter (Sterling Jerins) he didn't know existed. Oren has no idea how to take care of a child, so he pawns the girl off on his neighbor, Leah (Diane Keaton) -- but he learns how to open his heart eventually.

January 21: *Draft Day*

At the NFL Draft, General Manager Sonny Weaver (Kevin Costner) has the opportunity to rebuild his team when he trades for the number one pick. He must decide what he's willing to sacrifice on a life-changing day for a few hundred young men with NFL dreams.

January 28: *The Hundred-Foot Journey*

Helen Mirren stars in this tasty dish about a fancy French restaurant waging all-out war against a new Indian eatery opening nearby.



“JUST GET IT DONE SOMEDAY” QUILTING GROUP

The “Just Get It Done Someday” Quilting Group will meet in the South Conference Room on Tuesday, January 11 and Tuesday, January 25 from 1:00 pm—4:00 pm. This group welcomes new members! If you are interested, please call Renee at 255-4648.

Join us for Activities!

TRIVIA FOR SENIORS

Join us for Trivia for Seniors on Tuesday, January 4 and January 18 from 1:00 pm—1:30 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!

(Trivia will be held the first and third Tuesday of each month from 1:00 pm—1:30 pm.)

STOP BEING BORED! COME PLAY BOARD GAMES!

Please join us on Tuesday, January 11 and January 25, from 1:00 pm—2:00 pm to play board games, all the while visiting with friends, old and new!

(Board Games will be held the second and fourth Tuesdays of each month from 1:00 pm—2:00 pm.)



Penny Bingo is Back!

Beginning Wednesday, January 12, Penny Bingo will return to the Burleigh County Senior Center.

Bingo will be held in the Dining Room every Wednesday at 1:00 pm.

The Senior Center Advisory Committee will meet on Tuesday, January 4, at 9:15 am in the Library.



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Support Groups & Free Services

PRAIRIE SEA HEARING CENTER

Jessica McLindsay, from the Prairie Sea Hearing Center, will be at the Senior Center on Thursday, January 13, from 11:00 am to 12:00 pm in the Craft Room, to provide hearing screenings and hearing aid cleanings. No appointment necessary!

HEARING LOSS SUPPORT GROUP

Kathy Frelich from NDSB/Resource Center for Deaf and Hard of Hearing will be at the Senior Center for our Hearing Loss Support Group on Tuesday, January 18 at 10:30 am. This group meeting will be held in the Library. **Pre-registration is required. Stop by the Administrative Office or call 255-4648 to register.**

LOW VISION SUPPORT GROUP

Betsy Hermanson, Vision Specialist from ND Voc Rehab will lead the Low Vision Support Group in the Library on Wednesday, January 5 at 10:00 am. This group will be limited to 8 people. **Stop by the Administrative Office or call 255-4648 to register.**

DEMENTIA CARE SERVICES

The ND Dementia Care Services Program will provide free dementia care consultations at the Burleigh County Senior Center on Tuesday, January 11 from 11:30 am to 2:30 pm to meet with individuals by appointment. **Call 701-258-4933 to schedule an appointment.**

If you need immediate assistance, please call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900.

Please note: ND Dementia Care Services does not perform diagnosis; if you or someone you care for is having memory problems, please see your doctor.



GRIEF SUPPORT GROUP AND CAREGIVER SUPPORT GROUP

The Grief Support Group and Caregiver Support Group will not meet in January. If you are in need of immediate assistance please call Kathleen Meckler at 701-226-9084.

The Burleigh County Senior Center will be closed on Monday, January 17 for Martin Luther King Day.

"We must learn to live together as brothers or we will perish together as fools."

Dr. Martin Luther King, Jr.



LEGAL SERVICES

Legal Services of North Dakota will be at the Burleigh County Senior Center on Wednesday, January 12 from 1:30 to 3:30 pm to meet with individuals by appointment.

Call 1-877-258-5263, ext. 303 to schedule your appointment.

January Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Shrimp Scampi over Spaghetti Capri Vegetable Blend Fruit Cocktail	4 Roasted Chicken Thigh Scalloped Potatoes Broccoli Cauliflower Medley Banana	5 Bratwurst Fried Potatoes & Spaetzle Buttered Cabbage Sliced Apples	6 Porcupine Meatballs Parsley Buttered Potatoes Murray Vegetable Blend Apricots	7 Ravioli with Meat Sauce Italian Vegetable Blend Fresh Melon Garlic Bread Salted Caramel Brownie
10 Shredded Pork in Mushroom Sauce over White Rice Green Beans Pineapple	11 Roast Beef Mashed Potatoes with Gravy Buttered Carrots Pears	12 Spinach & Artichoke Chicken Breast Tri Colored Rotini Stella Vegetable Blend Dark Sweet Cherries	13 BBQ Ribs Sweet Potato Baked Beans Apple Cookie Salad	14 Baked Catch (Fish) Baby Baker Potatoes Primavera Vegetable Blend Mandarin Oranges
17 CLOSED FOR MARTIN LUTHER KING DAY	18 Baked Ham Creamed Potatoes Steamed Peas Peaches	19 Cheesy French Onion Chicken Breast Garlic Mashed Potatoes Mixed Vegetables Fresh Apple Slices Assorted Desserts	20 Meatloaf Baked Potato with Sour Cream Chuckwagon Corn Grapes	21 Sour Cream Chicken Enchiladas Spanish Rice Black Beans Tropical Fruit
24 Salisbury Steak Twice Baked Potato Mashed Cauliflower Fruit Cocktail	24 Creamy Turkey Meatballs Wild Rice Pilaf Roasted Beets Banana Assorted Cookies	26 Glazed Honey Apple Pork Loin Butternut Squash Mashed Potatoes California Normandy Vegetable Blend Pears	27 Asian Pepper Steak White Rice Egg Roll Fortune Cookie Chunky Fruit	28 Baked Salmon O'Brien Potatoes Broiled Tomato Apricots
31 Chicken Pot Pie Peaches with Blueberries Scotcheroo				MENU SUBJECT TO CHANGE!

Burleigh County Senior Center: Drive-Thru Meal Service from 11:15 am to 11:45 am.
Congregate Meal Service from 12:00 pm—12:30 pm (beginning January 10)

Crescent Manor: Congregate Meal Service at 11:45 am; Take-Out Meal Service at 12:15 pm

Wing Senior Center/
Sterling Meal Site: Congregate Meal Service/Take-Out Meal Service at 12:00 noon.

MEAL RESERVATIONS: Call at least one day in advance.
Burleigh County Senior Center 258-9276 (from 8:00 am to 3:30 pm)
Crescent Manor 258-6646 (from 10:00 am to 2:30 pm)
Wing Senior Center/Sterling Meal Site 943-2490 (from 8:00 am to 2:30 pm)
Home-Delivered Meal inquiries, please call 255-4648.

Suggested donation is \$4.50/meal. The meal price for those under 60 is \$9.00. SNAP accepted. OAA federal regulations require individuals age 60 and older to register to participate in the Nutrition Program. Home-Delivered meal participants are required to update their registration annually. Individuals are notified when their registration is due for updating.

January Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle</p>	<p>4</p> <p>9:00 Strength Finders 9:15 Advisory Committee 10:15 Fit & Strong 12:30 Whist 1:00 Trivia 1:00 Bridge 1:30 Art with Andrea</p>	<p>5</p> <p>9:00 Standing Yoga 10:00 Low Vision Support Group 10:30 Age Related Vision Loss 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle</p>	<p>6</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 Very Senior: Attitude is Everything 10:15 Fit & Strong 1:00 Bridge 1:00 Hand & Foot 1:00 BUNCO</p>	<p>7</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>10</p> <p>9:30 Wii Bowling 9:30 Art from the Heart 12:45 Strength Finders 1:00 Pinochle</p> <p>CONGREGATE MEALS RESUME</p>	<p>11</p> <p>9:00 Strength Finders 9:30 Wild Nordic Viking Coast 10:00 Art with Nicole 10:15 Fit & Strong 11:30 Dementia Care Services (by appt.) 12:30 Whist 1:00 Board Games 1:00 Bridge 1:00 Quilting Group</p>	<p>12</p> <p>8:30 Caramel Rolls 9:00 Standing Yoga 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:30 Legal Services of ND (by appt) 1:00 Bingo</p>	<p>13</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 Yoga Talk 9:30 101 Events That Made the 20th Century 10:15 Fit & Strong 10:00 Computer Basics 11:00 Prairie Sea Hearing 1:00 Bridge 1:00 Hand & Foot</p> <p>BOOKMOBILE</p>	<p>14</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>17</p> <p>CLOSED FOR MARTIN LUTHER KING DAY</p>	<p>18</p> <p>9:00 Strength Finders 9:30 Art with Rod 10:15 Fit & Strong 10:30 Hearing Loss Support Group 12:30 Whist 1:00 Trivia 1:00 Bridge 1:30 Journaling Meeting</p>	<p>19</p> <p>8:30 Caramel Rolls (with a Cop) 9:00 Standing Yoga 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 2:00 Aging Gracefully</p>	<p>20</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 Pearl Harbor: Into the Arizona 10:15 Fit & Strong 1:00 Bridge 1:00 BUNCO 1:00 Hand & Foot 1:00 BCCA Meeting</p>	<p>21</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>24</p> <p>9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle</p>	<p>25</p> <p>9:00 Strength Finders 9:15 HDM Driver Meeting 10:15 Fit & Strong 12:30 Whist 1:00 Bridge 1:00 Board Games 1:00 Quilting Group</p>	<p>26</p> <p>8:30 Caramel Rolls 9:00 Standing Yoga 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 1:15 HDM Driver Meeting</p>	<p>27</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 Yoga Talk 9:30 The Norwegian Fjords 10:15 Fit & Strong 1:00 Hand & Foot 1:00 Bridge</p>	<p>28</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>31</p> <p>9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club</p>				

DAILY

Coffee Bar 8:00 am—11:30 am
Sew & Share 9:30 am—11:00 am
Billiards 8:30 am—4:00 pm

The Burleigh County Senior Center will be closed on Monday, January 17 for Martin Luther King Day.

Join us for Activities!

SEW & SHARE

Join us for Sew & Share — A group where you can share all your projects, talk sewing jargon, visit with old friends, meet new friends, and have lots of laughs!

Sew & Share will gather Monday through Friday from 9:30 am to 11:00 am in the Dining Room.



TIME TO SOCIALIZE!

The Coffee Bar is open each day from 8:00 to 11:30 am. Come in for coffee and fellowship. Assorted pastries are available to purchase.

Caramel Roll Wednesday makes its return on Wednesday, January 12! Caramel rolls will be served on Wednesdays from 8:30 am until sold out! Sorry, no take-outs!

Pie Happy Hour will return in February, date to be determined. February's pie is Cherry. Purchase of slice of pie, ice cream and coffee for \$2.50. Sorry, no take-outs.



CRAFT TIME

Do you enjoy crafts? Join other crafters every Thursday from 9:00 am—11:00 am in the Arts & Crafts Room to work on craft projects. Bring a project or find one in the Arts & Craft Room.

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Health & Wellness

WELLNESS CHALLENGE

No matter what age, size, or fitness level, it's never too late to start exercising!

This Wellness Challenge will go through March 31, 2022. As a group, can we walk or bike from Bismarck, North Dakota to...?

Minneapolis, MN - 430 miles
Denver, CO – 715 miles
Chicago, IL – 834 miles
Yuma, AZ – 1,612 miles
Boston, MA – 1,815 miles
Orlando, FL – 2,032 miles
Juneau, AK – 2,140 miles

Watch our progress as we keep track on a map inside the Fitness room. How far can we go?

20 laps around the dining room or 10 minutes on the stationary bicycle equals approximately 1 mile.

A grand prize will be available for the top walker and biker! Prizes will be awarded to participants who complete 100 miles walking and 150 miles biking!

Sign up by calling 255-4648 or stopping by the Administration Office. Once registered you will have a log sheet in the Fitness Room to keep track of your progress.

Let's get moving! Good luck!



SENIOR CENTER FITNESS ROOM

The Burleigh County Senior Center Fitness Room is available between classes for individual use. Individuals may use the stationary bicycles, DVD's, and weights. Stop by the Administrative Office if you have questions, or need assistance.

STRENGTH FINDERS

Strength Finders, is a senior strength training exercise program.



By participating in this class, you may improve muscle strength, your balance, as well as improving your energy and general health, which in turn will make each of your days that much better. What are you waiting for? Join *Strength Finders* today!

Strength Finders Classes will be offered in the Senior Center Fitness Room.

Group 1: Tuesdays & Thursdays at 9:00 am
Group 2: Mondays & Wednesdays at 12:45 pm
Group 3: Wednesdays & Fridays at 10:45 am
Each group is limited to 12 people.

To register for *Strength Finders*, please stop by the Administrative Office or call 255-4648 to get a registration form. Your registration, along with your doctor's approval will be required prior to attending a *Strength Finders* class. **MASKS ARE REQUIRED TO ATTEND THIS CLASS.**

AGING GRACEFULLY

Join us for Aging Gracefully on Wednesday, January 19 at 2:00 pm in the Fitness Room.

Aging Gracefully allows participants to experience the joys and benefits of movement set to music. Attendees engage their minds and bodies in this seated or standing class, using dance to increase balance, cognition, motor skills, and physical confidence.

Instructor Katherine Hardy has been teaching Aging Gracefully in the Bismarck area for over 5 years. Originally from Monte Vista, CO, Katherine loves sharing the joy that dance brings with everyone in the community. Katherine is currently working on her certification in *Dance for PD*, a national program designed by Mark Morris Dance Group and the Brooklyn Parkinson Group.

Registration is limited to 10 participants. Please sign up at the Administrative Office or call 255-4648. **MASKS ARE REQUIRED TO ATTEND THIS CLASS.**

Health & Wellness

YOGA TALK WITH BONNY & MARLENE

The Senior Center's Chair Yoga instructors, Bonny and Marlene are going "beyond the mat" to help us learn more about yoga!



Thursday, January 13, 9:30 am: *Living Yoga Everyday*

Thursday, January 27, 9:30 am: *Moving through Winter with Yoga*

Join these Zoom classes at the Senior Center or from your home computer. Please stop by the Administrative office or call 255-4648 to register.

STANDING YOGA

Join us on Wednesdays at 9:00 am for Standing Yoga. This class aims to build strength and gain balance by combining a mix of seated and standing poses. Chairs and props will be available to create a safe environment and no mats are required.

Standing Yoga will meet on Wednesdays, January 5, 12, 19, and 26 in the Fitness Room.

Classes are limited to 10 people and advance registration is required. Stop by the Administrative Office or call 255-4648 to reserve your spot.

CHAIR YOGA

Join us on Fridays at 9:30 am for Chair Yoga. This class will give you the full benefits of Yoga using a chair for support. Classes will be taught by Bonny Fetch or Marlene Summers.

Chair Yoga will meet on Fridays, January 7, 14, 21, and 28 in the Fitness Room.

Classes are limited to 10 people and advance registration is required. Stop by the Administrative Office or call 255-4648 to reserve your spot.

Don't forget your towel and water bottle!

MASKS ARE REQUIRED TO ATTEND YOGA CLASSES.

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Health & Wellness

WII BOWLING

Wii Bowling is held on Mondays at 9:30 am.

This 12 week series will begin on January 3 and end on March 28. We ask that you commit to participating in all sessions. Wii Bowling is limited to 8 people. If there is enough interest, a second group will be added.

If you are interested in signing up, please stop by the Administrative Office or call us at 255-4648.

FIT & STRONG

Fit & Strong is an exercise and behavior change program for adults age 60 and over or those with lower extremity joint pain and stiffness, who wish to live a stronger, healthier more comfortable lifestyle. This program includes 60 minutes of exercise and 30 minutes of group discussion and health education that provides you with the support, encouragement and community you need to succeed.

Fit & Strong classes will meet on Tuesdays and Thursdays from 10:15 am to 11:45 am through March 24. All classes will be held in the Senior Center Fitness Room.

Registration is required! Please call NDSU Extension at 701-221-6865 to register. Registration is limited to 12 participants.

CHAIR YOGA ON TELEVISION

from the
Burleigh County Senior Center
on Dakota Media Access:
channel 12, or in HD 612.
Programs can also be streamed
online at freetv.org,
Roku or Apple TV.

**January 7, 14, 21 and 28
at 10:30 am**

We would like to thank our sponsors:
AARP of ND, Bismarck-Burleigh Public
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Chiropractic, and
Dakota Media Access.



Celebrate your Inner Artist!

ART FROM THE HEART



Join Nina on Monday, January 10 at 9:30 am as she leads us in creating a unique painting. There is a 10 person limit for this class and a \$5 suggested donation which can be paid when you arrive. Stop by the Administrative Office or call 255-4648 to reserve your spot.

ART WITH ANDREA

Join Andrea Dvorak on Tuesday, January 4, at 1:30 pm for a class on acrylic painting. No experience necessary!

There is a 10 person limit for this class and a suggested \$5 donation which can be made when you arrive. Stop by the Administrative Office or call 255-4648 to reserve your spot.

ART WITH ROD

Join Rod Barth on Tuesday January 18 from 9:30—11:00 am for a progressive class on watercolor painting. No experience necessary!

There is a 10 person limit for this class and a suggested \$5 donation which can be made when you arrive. Stop by the Administrative Office or call 255-4648 to reserve your spot.

ART WITH NICOLE

Join ND Council on the Arts artist Nicole Gagner on Tuesday, January 11, at 10:00 am for a class on perspective drawing.

There is a 10 person limit for this class and a suggested \$5 donation which can be made when you arrive. Stop by the Administrative Office or call 255-4648 to reserve your spot.

Our Volunteers Make the Difference!

HOME DELIVERED MEAL DRIVERS NEEDED!

Due to a large increase in demand for home delivered meals, we are in desperate need of additional home delivered meal drivers.

- Drivers may deliver one day a week, one day a month, or whatever works best for them.
- A typical route consists of 12-15 homes.
- An individual may drive a route, or a business may rotate staff on a route (different staff person each week).
- Meals are picked up from the Burleigh County Senior Center.
- Time commitment is approximately 10:30 am - 12:00 pm.
- Meals are delivered to homebound individuals who otherwise may not have a hot meal.
- Provide a wellness check on the homebound individual. You may be the only person they see!
- Make a difference to our most vulnerable individuals in our community!



SENIOR CENTER SHUTTLE DRIVERS NEEDED!

The Burleigh County Senior Center is in need of individuals to provide rides to/from participant's home to the Senior Center, using the Senior Center Shuttle van. A good driving record is a must!

If you are interested in volunteering for either of these positions, please contact Spring Renton at 255-4648 or springr@burleighsenioradults.org, or stop by the Administration office at the Burleigh County Senior Center!

HOME DELIVERED MEAL DRIVER MEETINGS

Tuesday, January 25, 9:15 am in the Recreation Room

Wednesday, January 26, 1:15 pm in the South Conference Room

Discussion will include: Home Delivered Meal Route Expansion
Home Delivered Meal Driver Handbook Review
Mileage Reimbursement Discussion
Workforce Safety Insurance and Safety Concerns
Any other concerns, you as a driver, may have.



RSVP to Andrea at andread@burleighsenioradults.org or 255-4648 for the session you plan to attend. Please let Andrea know if you are unable to attend either of the sessions. We will arrange another time to meet with you! Thank you!

*Those who can, do.
Those who can do more, volunteer.*
—Author Unknown



ASSISTIVE MEDICAL EQUIPMENT

The Burleigh County Senior Center has medical equipment available to you on a 'loan' basis.



Equipment that can be loaned out for up to 90 days includes transfer/shower benches, walkers, canes, commodes, toilet risers, and other small items. There is a suggested donation of \$5.00 for each piece of equipment borrowed.

Wheelchairs and knee scooters are available on a limited basis for seven days only. A deposit of \$100 for wheelchairs and \$50 for scooters is required. Deposit is returned when equipment is returned.

This 'n That

INCLEMENT WEATHER

Bad weather may force the Burleigh County Senior Center and other meal sites to close for meals and other activities. 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 (see below).

To find out if we will be offering meals: Call the Senior Center at 701-255-4648, tune in to KFYZ-AM, KBMR-AM, KFYZ TV, KXMB TV or check out our FaceBook page, Facebook.com/BismarckSeniorCenterND.

SENIOR SPACE



Senior Space is back online to check in for activities and/or log your volunteer hours! If you have lost your barcode key, or are new to the Center and don't have one, please stop by the Administrative Office and let us know.

FROZEN MEALS

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. 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 frozen meals, please call us at 255-4648.

*Each meal is a suggested donation of \$4.50. The price for those under 60 is \$9.00. SNAP Benefits may be used. No one will be denied meals due to an inability or unwillingness to make a donation.

PLEASE NOTE:

The Burleigh County Senior Adults Program is closely watching Covid-19 positive case trends.

While we have planned a full calendar of activities for your enjoyment, if we feel an activity may not be safe due to high positive cases, hospitalizations, or an outbreak at the Senior Center or meal site, it will be cancelled or postponed. Thank you!



Senior Center Shuttle

**Shared transportation from
your home to the
Burleigh County Senior Center
and back!**

The Burleigh County Senior Center Shuttle is now operating! Transportation will be provided Monday through Friday for patrons of the Burleigh County Senior Center.

A completed one-page registration form is required to utilize this service.

The suggested donation is \$2.50/one way trip. No participant will be denied service due to an inability or unwillingness to contribute.

At least 24 hours notice is required for a ride. For more information, or to schedule a ride, please call 255-4648.

Volunteer drivers are needed for this service. If you are interested in volunteering to be a shuttle driver, please contact Renee at 255-4648.



Drive-Thru Meal Service

PLEASE USE EXTREME CAUTION WHILE IN THE SENIOR CENTER PARKING LOT!

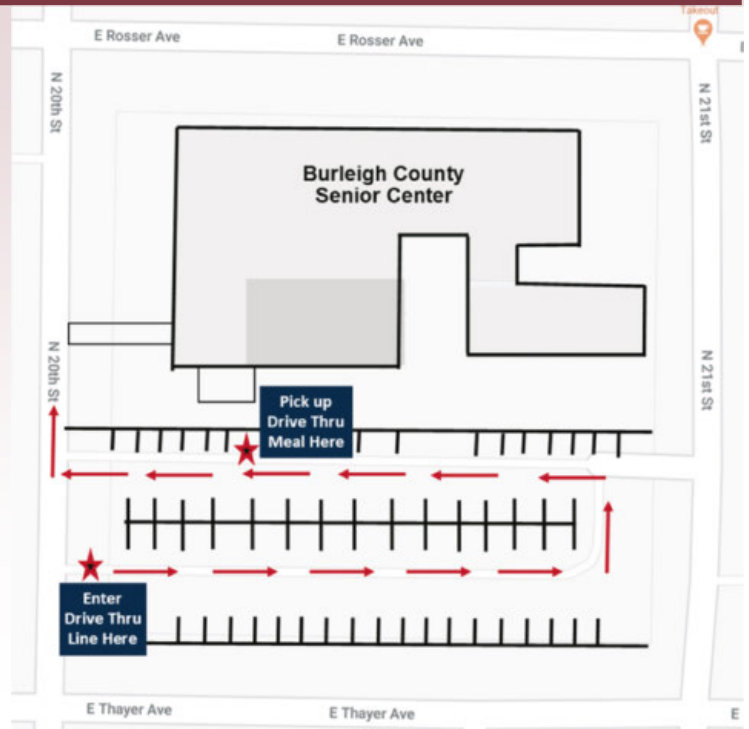
Congregate meals will be offered beginning January 10. Drive-Thru meals will continue to be available.

Please follow the map for Drive-Thru Meal Service. Use extreme caution while in the parking lot and follow directions of staff when picking up your meal.

Hours for meal service are:

11:15 am – 11:45 am Drive-Thru Meals
12:00 pm – 12:30 pm Congregate/
Take-Out Meals

If you want a take-out meal, and cannot make the Drive-Thru Meal time, you may pick up a meal inside from 12:15 pm – 12:30 pm. There are two parking spots reserved at the main entrance for this purpose.



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Burleigh County Senior Adults Program, Bismarck, ND

E 4C 05-0634

This 'n That

RHONDA RATH RETIRES

It saddens us to announce the retirement of Rhonda Rath, Outreach Services Coordinator. Rhonda's last day was December 31, 2021. Rhonda has been an integral part of the Burleigh County Senior Adults Program for the last 16 years. Her contributions will always be valued and remembered. Her hard work, commitment and dedication are worthy of admiration. Rhonda will be greatly missed.

Everyone at the Burleigh County Senior Adults Program wishes Rhonda the best as she ventures into this new chapter of life!



FALLS POLICY

The staff and volunteers of the Burleigh County Senior Adults Program are not to lift anyone who has fallen.

If the person cannot get up on their own, 9-1-1 will be called. Staff will stay with the person and make them as comfortable as possible until emergency personnel arrive.

FOR YOUR USE!

Library, including
Computers with Internet Access
Television
Free WiFi
Craft Room
Puzzles & Games

ONGOING ACTIVITIES

Pinochle: 1:00 pm, Monday, Wednesday, Friday
Bridge: 1:00 pm, Tuesday, Thursday
Hand & Foot: 1:00 pm, Thursday
Bunco: 1:00 pm, 1st & 3rd Thursday
Bingo: 1:00 pm, Wednesdays beginning Jan 12
Wii Bowling: 9:30 am, Monday
Whist: 12:30 pm, Tuesday

**Billiards: Tables are open daily
from 8:30 am to 4:00 pm.
\$1.00 / day suggested donation.**

DID YOU KNOW...?

—There is a secure container in the Rec Room entrance for personal documents in need of shredding.
—The Administrative Office has Bis-Man Transit tickets and stamps available for purchase.

BOOK MOBILE/



SENIOR CENTER LIBRARY

On the 2nd Thursday of each month, 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 and should be returned to the Senior Center when you are done.

If you would like to check out a book, please stop by the Dining Room Desk during regular Center hours or call Denise Fettig-Loftesnes at 255-4648 to make other arrangements.

The Senior Center Library also has a collection of books you may check out. Feel free to visit our library. The honor system is used for checkout. Just add your name and the book you check out to the 'checkout log'. Return the book when you are done or by the due date. Please stop by the Administrative office if you have questions.

PLEASE NOTE:

The Burleigh County Senior Center maintains its room temperature at 72 degrees. If you tend to be chilly, please dress accordingly.

Health Maintenance

SUGGESTED CONTRIBUTIONS

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, call 255-4648.
- For an appointment at Crescent Manor, call 355-7617.
- *Sterling Foot Care Clinic—February 24
- *Wing Foot Care Clinic—January 10

*For Wing/Sterling appointments, please call the Burleigh County Senior Center Health Maintenance office at 255-4648.



What's next, ND?

In North Dakota, only 23% of Medicare beneficiaries are enrolled in a Medicare Advantage plan, while U.S. enrollment has doubled in the past 10 years. North Dakotans, you now have a Medicare Advantage plan built specifically for you—NextBlue of North Dakota.

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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 November 1—30, 2021.)

Legacy United Methodist Church
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First Presbyterian Church
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Evelyn Hanson
Sara & Elvis Miller
Women of The Moose



In memory of Diane Laub and Craig Laub
—Mikiel Ottmar
In memory of Norman & Mary Fetch
—Kathryn Dietz
In memory of Ed Bickel
—Tony & Sharon Gross
In memory of John Schwengler
—Tony & Sharon Gross
—Tom & Sandy Wallner
—Marlyn & Gwen Schlickemayer

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: _____
(Please Circle) (Name of person honored or memorialized)

Please send acknowledgement of my memorial/honorarium to:

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City, State, Zip: _____

GIVING LEVELS

Platinum: \$1,000 and up
Gold: \$500—\$999
Silver: \$200—\$499
Bronze: \$100—\$199
Friend: \$50—\$99

Your name will be placed on our giving wall with your donation, honorarium or memorial of \$50 or more.

DONOR CONTACT INFORMATION:

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City: _____

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Burleigh County Senior Adults Program, Bismarck, ND

G 4C 05-0634

Burleigh County Council on Aging
 Burleigh County Senior Adults Program
 315 North 20th Street
 Bismarck, ND 58501

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The Burleigh County Senior Adults Program and its governing board, the Burleigh County Council on Aging, assure that they will comply with Title VI of the Civil Rights Act of 1964, (P.L.88-352): If otherwise eligible, no person shall be denied or excluded from participation or benefits or be otherwise subjected to discrimination due to race, color or national origin. Any person, otherwise eligible who feels he or she has been denied service from participation by reason of race, color or national origin should contact the BCSAP Executive Director at 701.255.4648.