

# THE SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 3 March, 2022



## FOUR (REALISTIC) WAYS TO EAT HEALTHIER

### Go, go, H2O!

We all know drinking water helps in nearly every aspect of wellness, but drinking the recommended amount of water per day can be tough. Electrolyte additives offer the same, if not better, benefits that drinking six or more glasses of water a day would.

### Choose food over supplements

Though there are some who sincerely lack certain vitamins and minerals that can't be achieved through diet alone, most of the good things our bodies need come from food — not store-bought supplements. Research shows that certain supplements haven't been tested to meet many purity and safety standards, making them unreliable sources of nutrition.

### Opt for color

When in doubt, throw some color on your plate — natural color, that is. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will not only make your meal Instagram-worthy, they'll give you a healthy boost.

### Shop the perimeter

Shopping a supermarket's outside aisles ensures that you're getting healthy alternatives to processed foods like produce, meat, and dairy. When you move inward, most, if not all, of the products contain unnecessary additives and sugar.

See page 2 for "March is National Nutrition Month" Programming.

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# Join Us for Activities!

## **COFFEE & CARAMEL ROLLS WITH A COP**

Officers Clint Fuller and Caity Horne will be at the Burleigh County Senior Center on Wednesday, March 16 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.

## **AARP TAX-AIDE**

AARP Tax-Aide will provide tax preparation assistance at the Burleigh County Senior Center through April 15, 2022. Appointments are required for this service. **To make an appointment, please call 701-751-4074 or go to [bismarcktaxes.setmore.com](http://bismarcktaxes.setmore.com).** You may pick up a pre-appointment packet at the Senior Center front desk and fill out the forms prior to your appointment.

## **COMPUTER BASICS**

Vicki Laraway, from the ND Center for Independent Living, will be in the Senior Center Library on Thursday, March 10, 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.

## **“JUST GET IT DONE SOMEDAY”**

### **QUILTING GROUP**

The “Just Get It Done Someday” Quilting Group will meet in the South Conference Room on Tuesday, March 8 and Tuesday, March 22 from 1:00 to 4:00 pm.

This group welcomes new members! If you are interested, please call Renee at 255-4648.



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

## **CURIOSITY STREAM**

*Join us for these educational nutrition programs on Thursdays at 9:30 am.*



Katie Johnke, the Nutrition Services Program Coordinator at Bismarck-Burleigh Public Health will facilitate a discussion and Q&A session, and provide a recipe at the conclusion of the videos.

### **March 3: Nutrition Prescription: Green Revolution**

Current research in nutrition points to our diet as the most important factor in continued good health and longevity. Doctors, chefs and nutritionists show us how going green with fresh ingredients and flavors in our daily meals will improve our health.

### **March 10: Nutrition Prescription: Grains**

Grains have been the foundation of our diets since the dawn of civilization. However, today's over-processed grains have recently been linked to chronic diseases. How can we get back to a diet of unrefined, more natural grains?

### **March 17: Nutrition Prescription: Spilling the Beans**

Protein is an essential component of our diet, and for centuries, products of animal origin were thought to be one of the best sources. But, new evidence proves diets high in beans, nuts and seeds can provide needed protein as well as other benefits for our health.

### **March 24: Nutrition Prescription: Nature's Candy**

Health advocates and chefs are pushing for new standards around fruit consumption. Considered nature's perfect food, fruits are an excellent source of fiber and antioxidants. They provide the natural fructose on which our bodies run.

### **March 31: The Truth About Healthy Eating**

We spend millions of dollars each year on products we're told are good for us, but does the science behind this industry raking in multi-millions really back up the claims?

# Free Services

## DEMENTIA CARE SERVICES

The ND Dementia Care Services Program will provide free dementia care consultations via zoom and telephone on Tuesday, March 8 from 11:30 am to 2:30 pm by appointment.

**Call 701-258-4933 to schedule an appointment.**

For the health and safety of all concerned, as we address the Covid-19 outbreak and in response to the sharp increase in cases driven by the omicron variant of Covid-19, the Alzheimer's Association will not be meeting in person at this time.

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.

## LEGAL SERVICES

Legal Services of North Dakota will be at the Burleigh County Senior Center on Wednesday, March 9 from 1:30 to 3:30 pm to meet with individuals by appointment.

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

## PRAIRIE SEA HEARING CENTER


Jessica McLindsay, from the Prairie Sea Hearing Center, will be at the Senior Center on Thursday, March 10, from 11:00 am to 12:00 pm in the Library, to provide hearing screenings and hearing aid cleanings.

No appointment necessary!

### FOR YOUR USE!


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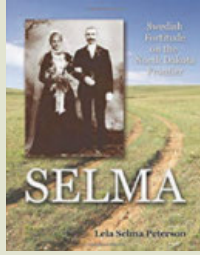
THE MAJORITY OF PRESCRIPTION DRUG ABUSERS GET THEIR FIRST DOSE FROM A FAMILY MEMBER'S MEDICINE CABINET.  
**KEEP PRESCRIPTION DRUGS OUT OF THE WRONG HANDS.**

A limited supply of medication deactivation bags is available at Bismarck Burleigh Public Health.  
Call 701.355.1597

# Join Us for Activities!

## BOOK CLUB

The Book Club will meet in the Senior Center Library on Monday, March 28 at 1:00 pm to discuss the book, ***Selma: Swedish Fortitude on the North Dakota Frontier***, written by Lela Selma Peterson. 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 at 255-4648 to make other arrangements. Please return the book no later than March 28.

**Book Synopsis:** Selma made the decision. She would leave her parents and two of her five children in Sweden and follow her husband Johan to America. The year was 1904, a year and a half since Johan's departure. She would bravely cross the vast ocean to follow their dream of acquiring wealth in North Dakota. But the black dirt did not produce gold, as the propaganda had promised. Homesteading led to naturalization, building a home, fencing the acreage, digging a well, and numerous hidden requirements. Their temporary residence was morphing into a permanent one, making it difficult to return to the Old Country. Hard work and backbreaking labor were not new to Selma and Johan. Side by side they worked together, but weather disasters, taxes, sicknesses, government surprises, death, and utter poverty were at every turn. One hurdle after another crossed their path. Could their faith and determination keep them going? Would they ever see the two children they left behind? Could they succeed and fulfill their dream? Or had God abandoned them and dropped them into a God-forsaken land?

### **HEARING LOSS & SAFETY**

Join us on Monday, March 21 at 10:00 am for an informational meeting on Hearing Loss and Safety. Kathy Frelich from NDSO Adult Outreach Services hosts this meeting about hearing loss and the services provided by ND School for the Deaf. This will include a demonstration of safety devices for the home. These devices may be available at no charge through the Assistive Safety Device Distribution Service grant.

If you have hearing issues, you don't want to miss this session!



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

### March 4: **Redwood Highway**

Living in a comfortable retirement community in Southern Oregon, estranged from her family, unsatisfied with her surroundings, and generally not happy about life, Marie decides to journey 80 miles on foot to the coast of Oregon to see the ocean for the first time in 45 years and attend her granddaughter's wedding as an unexpected guest. Along the way, she meets an extraordinary cast of characters and discovers that you're never too old to learn something about life and about yourself.

### March 11: **Hachi: A Dog's Tale**

A college professor bonds with an abandoned dog he takes into his home. A true story of faith, devotion and undying love.

### March 18: **Quartet**

Cissy, Reggie, and Wilf are in a home for retired musicians. Every year, on October 10<sup>th</sup>, there is a concert to celebrate Composer Giuseppe Verdi's birthday and they take part. Jean, who used to be married to Reggie, arrives at the home, and disrupts their equilibrium. She still acts like a diva, but she refuses to sing. Still, the show must go on, and it does.

### March 25: **Ladies in Lavender**

Taking place in pre-World War II England, aging sisters Ursula and Janet live peacefully in their cottage on the shore of Cornwall. One morning following a violent storm, the sisters spot, from their garden, a nearly-drowned man lying on the beach. They nurse him back to health and discover that he is Polish.

Communicating in broken German while they teach him English, they learn his name is Andrea and that he is a particularly gifted violinist. His boat was on its way to America, where he is headed to look for a better life. It doesn't take long for them to become attached to Andrea, and they dote on him. Other townspeople, however, have their suspicions, especially when he befriends a Russian woman, Olga.

# 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.

**Join us for Caramel Roll Wednesday!** Caramel rolls will be served on Wednesdays from 8:30 am until sold out! Sorry, no take-outs!

**Join us for Pie Happy Hour** on Monday, March 28 from 1:00—2:30 pm. Assorted cream pies will be served. 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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**HOSPICE**  
RED RIVER VALLEY

# Support Groups

## ***How to Heal from Any Struggle— One Step at a Time***

Life is a series of hellos and good-byes, of gains and losses. They come as a matched set and we all experience them. Often we ignore those little losses. We neglect to recognize how, as a result of the continued succession of hellos and good-byes, our coping strategies are being built over time. Whether we are trying to heal from the death of a loved one, past trauma, physical challenges, a change in lifestyle, or the effects of unstable conditions in the future, we can learn together how to navigate the feelings of uncertainty, confusion, hurt and frustration.

There is strength in numbers and the Caregiver Support and Grief Support & Share groups can help you find answers. By sharing and learning together we can discover healthy ways to cope with these changes. Loneliness and uncertainty can be eased as we discuss new ways to improve our daily lives.

All are invited to attend the Grief Support & Share Group and Caregiver Support Group sessions.

For more information, please contact Kathleen Meckler, Facilitator at 226-9084 or leave her a message at the Senior Center at 255-4648.

### **HEARING LOSS SUPPORT GROUP**

Kathy Frelich from the ND School for the Deaf/ Resource Center for Deaf and Hard of Hearing will be at the Senior Center for our Hearing Loss Support Group on Tuesday, March 15 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, March 2 at 10:00 am. This group will be limited to 8 people. **Stop by the Administrative Office or call 255-4648 to register.**

### **GRIEF SUPPORT & 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.

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 at the Senior Center. This group provides emotional support in a safe environment for you to explore how to cope.

The Grief Support and Share Group meets on Wednesdays from 10:00 am to 11:00 am in the South Conference Room. Sessions are scheduled for March 2, 9, 16, 23 and 30.

**Registration is required. If you would like to participate, please call 255-4648. Group is limited to 10 people.**

### **CAREGIVER SUPPORT GROUP**

Join us for our Caregiver Support Group on Thursday, March 10 and Thursday, March 24 in the South Conference Room at 10:30 am.


Family caregiving is rewarding but it can also impact your own health and well-being. Learn more about the unique challenges and stressors that family caregivers face and learn how you can stay healthy.

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 Caregiver Support Group. This group provides emotional support in a safe environment for you to explore how to cope.

**Registration is required. If you would like to participate, please call 255-4648.**



# March Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MENU SUBJECT TO CHANGE!</b>	1 Italian Sausage with Peppers & Onions Fried Potatoes Fresh Apple Frosted Donut	2 <b>ASH WEDNESDAY</b> Vegetable Lasagna Italian Blend Vegetable Garden Salad with Ranch Dressing Peaches w/Blueberries Breadstick	3 Roasted Turkey w/Gravy Roasted Tri-colored Potatoes Green Beans Almondine Pears w/Cranberry Sauce	4 Ale Battered Shrimp Macaroni & Cheese Café Vegetable Blend Strawberry Applesauce
	7 Pork Stroganoff Egg Noodles Steamed Peas Mandarin Oranges	8 Bruschetta Chicken Breast Baby Baked Potatoes Broccoli Ambrosia Salad	9 Porcupine Meatballs Mashed Potatoes Candy Corn Vegetable Blend Apricots	10 Sweet & Sour Chicken White Rice Egg Roll Pineapple Fortune Cookie
14 Ground Beef w/Gravy Mashed Potatoes Mixed Vegetables Dark Sweet Cherries	15 Baked Ham Hashbrown Casserole Broccoli Cauliflower Medley Banana	16 Meatloaf Baked Potato w/Sour Cream Chuckwagon Corn Melon Blend	17 <b>ST PATRICK'S DAY</b> Corned Beef & Cabbage Buttered Parsley Potatoes Fruit Cocktail Key Lime Pie	18 Lasagna Cheese Rollups with Primavera Alfredo Sauce Cucumber Salad Tropical Fruit Garlic Bread
21 Chicken Fried Chicken Mashed Potatoes w/Country Style Gravy CA Normandy Vegetable Blend Peaches	22 Beef Taco Salad Tortilla Chips, Salsa & Sour Cream Pears Scotcheroo	23 BBQ Ribs Baked Sweet Potato Baked Beans Corn Muffin Cinnamon Applesauce	24 Chicken Kiev Scalloped Potatoes Murray Vegetable Blend Fresh Orange	25 Cod w/Lemon Butter Sauce Wild Rice Pilaf Asparagus Assorted Fruit Cups
28 Chicken Drumstick AuGratin Potatoes Buttered Beets Mandarin Oranges	29 Pork Loin Rosemary Roasted Potatoes Dewey Vegetable Blend Chunky Fruit Assorted Cookies	30 Roast Beef Creamed Potatoes w/Chives Scandinavian Vegetable Blend Fresh Apple Slices	31 Cheeseburger Deluxe Potato Wedges Marinated Vegetable Salad Apricots	

Burleigh County Senior Center: Drive-Thru Meal Service from 11:15 am to 11:45 am  
Congregate Meal Service from 12:00 pm to 12:30 pm

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 \$10.00.** SNAP/EBT is 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.

# March Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 <b>ASH WEDNESDAY</b>	3	4
	9:00 Strength Finders 9:15 Advisory Committee 10:15 Fit & Strong 12:30 Whist 12:30 Bridge 1:00 Trivia 1:30 Art with Andrea	8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Low Vision Support Group 10:00 Grief Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo	9:00 Craft Time 9:00 Strength Finders 9:30 Green Revolution 10:15 Fit & Strong 12:30 Bridge 1:00 Hand & Foot 1:00 BUNCO	9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
7	8	9	10	11
9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle	9:00 Strength Finders 9:30 Notre Dame 10:00 Art with Nicole 10:15 Fit & Strong 11:30 Dementia Care Services (by appt.) 12:30 Whist 12:30 Bridge 1:00 Board Games 1:00 Quilting Group	8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:30 Legal Services of ND (by appt) 1:00 Bingo	9:00 Craft Time 9:00 Strength Finders 9:30 Yoga Talk 9:30 Grains 10:15 Fit & Strong 10:00 Computer Basics 10:30 Caregiver Support Group 11:00 Prairie Sea Hearing 12:30 Bridge 1:00 Hand & Foot <b>BOOKMOBILE</b>	9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
14	15	16	17 <b>ST. PATRICK'S DAY</b>	18
9:30 Wii Bowling 9:30 Art from the Heart 12:45 Strength Finders 1:00 Pinochle	9:00 Strength Finders 10:15 Fit & Strong 10:30 Hearing Loss Support Group 12:30 Whist 12:30 Bridge 1:00 Trivia	8:30 Caramel Rolls (with a Cop) 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 2:00 Aging Gracefully	9:00 Craft Time 9:00 Strength Finders 9:30 Spilling the Beans 10:15 Fit & Strong 12:30 Bridge 1:00 BUNCO 1:00 Hand & Foot 1:00 BCCA Meeting	9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
21	22	23	24	25
9:30 Wii Bowling 9:30 Art with Rod 10:00 Hearing Loss & Safety 12:45 Strength Finders 1:00 Pinochle	9:00 Strength Finders 9:30 Art with Rod 10:15 Fit & Strong 12:30 Whist 12:30 Bridge 1:00 Board Games 1:00 Quilting Group	8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo	9:00 Craft Time 9:00 Strength Finders 9:30 Yoga Talk 9:30 Nature's Candy 10:15 Fit & Strong 10:30 Caregiver Support Group 12:30 Bridge 1:00 Hand & Foot	9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
28	29	30	31	<b>DAILY</b>
9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club 1:00 5 Crowns 1:00 Pie Happy Hour	9:00 Strength Finders 12:30 Whist 12:30 Bridge	8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo	9:00 Craft Time 9:00 Strength Finders 9:30 Yoga Talk 9:30 The Truth About Healthy Eating 12:30 Bridge 1:00 Hand & Foot	<b>Coffee Bar</b> 8:00 am—11:30 am Sew & Share 9:30 am—11:00 am Billiards 8:30 am—4:00 pm



# Join Us for Activities!

## DISCOVER YOUR WORLD

Join us for a special viewing of **Notre Dame** on Tuesday, March 8 at 9:30 am

On April 15, 2019, during the Holy Monday Mass, the world's most famous cathedral caught fire. Notre Dame de Paris was ablaze in minutes, as an epic battle unfolded for heroic French firefighters. Exclusive footage and interviews bring vividly to life the moment-by-moment courage of the Paris fire and police services, as they put their lives on the line to save this historic building.

## TRIVIA FOR SENIORS

Join us for Trivia for Seniors on Tuesday, March 1 and March 15, at 1:00 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!



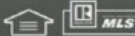

## STOP BEING BORED!

### COME PLAY BOARD GAMES!

Please join us on Tuesday, March 8 and March 22, at 1:00 pm to play board games, all the while visiting with friends, old and new!



The Senior Center Advisory Committee will meet on Tuesday, March 1, at 9:15 am in the Library.

<p><b>STACY HERTHER WOLDIE</b> <i>Close to Home...</i></p>  <p>Do you have Real Estate Needs? Questions? Let's work together on answers!</p>  <p>701-390-7618 hertherwoldie@gmail.com</p> <p><b>ALLIANCE REAL ESTATE</b></p> <p>701-222-2217 1022 E. Divide Ave Bismarck, ND 58501</p> 		
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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 or 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, March 16 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, March 10, 9:30 am:  
*Find Joy with Yoga*

Thursday, March 24, 9:30 am:  
*Mindfulness for Yoga Practice*

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, March 2, 9, 16, 23 and 30 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, March 4, 11, 18 and 25 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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D 4C 05-0634

# Health & Wellness

## **WII BOWLING**

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

This 12 week series will 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](http://freetv.org),  
Roku or Apple TV.

**March 4, 11, 18 and 25  
at 10:30 am**

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



# Celebrate Your Inner Artist!

## **ART FROM THE HEART**

Join Nina on Monday, March 14 at 9:30 am as she leads us in creating a sunset painting. There is a 10 person limit for this class and a \$5 suggested 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, March 8, at 10:00 am for a class on drawing photos using the graphing method.

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 Monday and Tuesday, March 21 and 22 from 9:30—11:00 am for a class on using colored pencils as an art medium. 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 ANDREA**

Join Andrea Dvorak on Tuesday, March 1 at 1:30 pm for the second in a four-part series on Paper Quilling. 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.



# 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](mailto:springr@burleighsenioradults.org), or stop by the Administration office at the Burleigh County Senior Center!**



## 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.

## 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!

## 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 \$10.00. SNAP Benefits may be used. No one will be denied meals due to an inability or unwillingness to make a donation.

## **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.

## **ONGOING ACTIVITIES**

Pinochle: 1:00 pm, Monday, Wednesday, Friday  
Bridge: NEW TIME-12:30 pm, Tuesday, Thursday  
Hand & Foot: 1:00 pm, Thursday  
Bunco: 1:00 pm, 1st & 3rd Thursday  
Bingo: 1:00 pm, Wednesday  
Wii Bowling: 9:30 am, Monday  
Whist: 12:30 pm, Tuesday  
5 Crowns: 1:00 pm, Last Monday of month

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

## **Happy St. Patrick's Day**



## **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.**

# Drive-Thru Meal Service

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

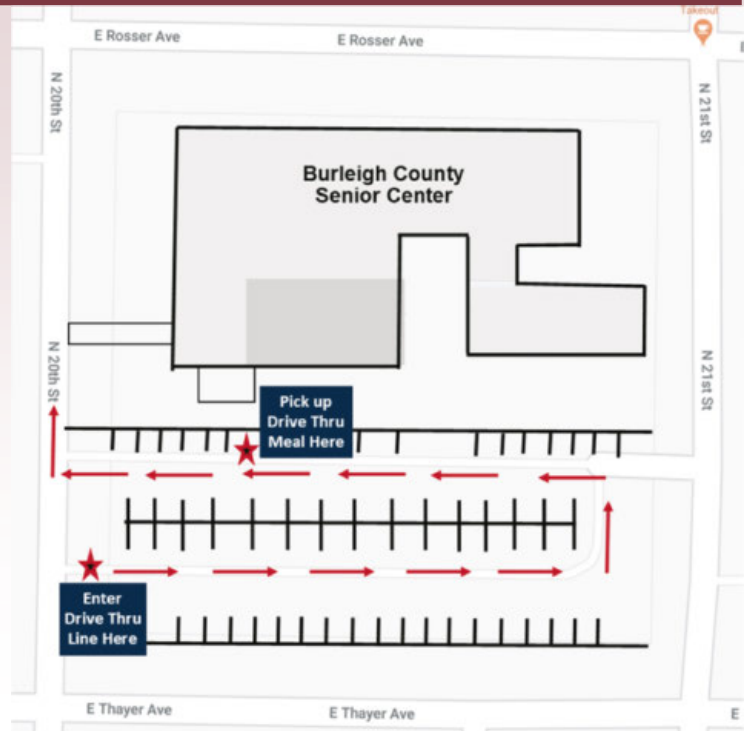
Patrons may choose between congregate meals or drive-thru meals. If you are using our Drive-Thru Meal Service please follow the route shown.

Use extreme caution while in the parking lot and follow directions of staff when picking up your meal or coming into the Senior Center.

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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## Featured Volunteers



### Kelly Hickel & Marlene Knutson

Kelly Hickel started volunteering at the Burleigh County Senior Center on September 15, 2021 as a Home Delivered Meal Driver.

Kelly learned about the Burleigh County Senior Center from another volunteer. Pictured next to Kelly is his mother-in-law, Marlene Knutson, aka 'Mean Marlene' as Kelly playfully jokes with her and she growls back at him! Marlene is Kelly's navigator when they deliver meals together.

Kelly loves to spend time with his beautiful wife Lori, who he has been married to for 43 years. They have one son together, Todd, who lives in Minot. Kelly also has two dogs, Lily and Olive – who at times accompany him on his routes!

Previously, Kelly was employed in the oil field industry for 44 years, with 37 of those years being spent at Hess.

Kelly enjoys volunteering at the Senior Center because it is a fun way of meeting many new people and it helps him learn how to get around town!

### Loraine Meidinger



Loraine was born on a farm by Wishek to loving parents and grew up with five brothers and three sisters.

The work on the farm was hard but love was plentiful. Loraine has warm memories of her family. She married Walter Meidinger and moved to Bismarck where they were married 58 years. Loraine has four children, one boy and three girls, eight grandchildren and thirteen great grandchildren. They are a blessing to her.

Loraine worked for the Baptist home for five years, and then at Sanford until she retired. Loraine volunteered for *The Banquet* until the Covid pandemic started. She likes to visit with family and friends, and has a love for sewing. Loraine made and sold 3D blankets at craft shows for 13 years.

In March 2021, Loraine started volunteering at the Burleigh County Senior Center. She works at the coffee bar and helps pack meals for home delivery.

Loraine loves the people at the Senior Center, and loves the work because everybody is so kind and pleasant!





# 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—April 28
- \*Wing Foot Care Clinic—March 14

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



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(Listed donations were received between January 1—31, 2021.)



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## 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

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

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

The Senior Sentinel is published monthly by the Burleigh County Senior Adults Program.  
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 Monday - Friday, 8:00 am to 4:30 pm

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