

THE SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 4 April, 2022

WE ❤️ OUR VOLUNTEERS

Let's Celebrate!
April 17—23 is National Volunteer Week!

National Volunteer Week is an opportunity for the Burleigh County Senior Adults Program (BCSAP) to celebrate the impact volunteers have on our organization.

Volunteers work in many areas at the Burleigh County Senior Center, Crescent Manor, Wing Senior Center and the Sterling Meal Site. From packing and delivering meals to leading exercise and other classes, and many areas in between, volunteers are the lifeline of our organization. Their financial impact on our organization is enormous — their work is equivalent to approximately 18 full time staff people and \$1M annually!

Help us shine a light on our volunteers by thanking them for contributing their time and talents to make a difference at the Burleigh County Senior Adults Program!

To celebrate Volunteer Week, each morning during the week of April 17-23, from 8:30 to 10:00 am, a continental breakfast will be served to volunteers in the Recreation Room. If you are a volunteer, please join us to celebrate you and your contributions to our organization.

If you are not currently volunteering, and would like to, please see page 13 of this newsletter for more information on how you can assist BCSAP in providing services to older adults in our community.



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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, April 20 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.

COMPUTER BASICS

Vicki Laraway, from the ND Center for Independent Living, will be in the Art Room on Thursday, April 14, 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, April 12 and Tuesday, April 26 from 1:00 to 4:00 pm.

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

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 to 11:00 am in the Dining Room.



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. (No Craft Time on April 14.)

CURIOSITY STREAM

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



The ocean stirs the heart, inspires the imagination and brings eternal joy to the soul.

- Robert Wyland

April 7: The Humboldt Current – Genesis

In Chile’s Torres del Paine, melt from snow-covered mountains feeds finger-like fjords as they reach out to the sea to join the current, lowering its salinity. Rivers, estuaries, and wetlands are home to many wading birds, and the countless inlets and bays are magnets for rare dolphins and orcas.

April 14: The Humboldt Current - Renewal

The Humboldt Current is slower than most ocean currents, but it’s the most dynamic in the world because it travels for such a long distance. Upwelling from the deepest trenches brings nutrients to the surface, allowing phytoplankton to bloom, laying the foundation for an intricate marine food chain.

April 21: The Humboldt Current – Arrival

The current is followed by a unique population of Chilean blue whales and is the last refuge for other extremely rare marine mammals. From the chill of its deepest depths to the wind on its highest cliffs, the current creates unusual habits and is a study in survival.

April 28: Twilight Travelers – Visitors From the Deep

Marine biologist and cameraman Rick Rosenthal has been filming in the ocean for decades. But one spectacle has eluded him, and every other filmmaker, until now, the great vertical migration when billions of animals rise from the depths to the ocean’s surface.

Bingo!



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

Art for Life Projects

TEEN YEARS: THEN AND NOW

For those that are participating in the *Teen Years: Then and Now Journaling Project* with Innovation School, we will be having a gathering on Thursday, April 14 from 9:00 to 11:00 am in the South Conference Room.

PLEASE JOIN US!

Meet your journaling partner in person! Time will be allowed for visiting and local artist Mel Gordon will lead the group through creating your own Ukrainian Easter eggs to take home with you.

Please RSVP to Denise at 255-4648. Refreshments will be served.



MEMOIRS FROM PHOTOGRAPHS

Our new Art for Life Project is *Memoirs from Photographs: Creative Writing*.

Individuals will have an opportunity to bring in a photograph from their past and then meet with a professional writer to tell their story about the photograph. All stories and photographs gathered will then be published in a book!

Interviews will be conducted at the Senior Center by appointment on April 12, 13 and 14 in the Library.

If you are interested in signing up to participate in this project, please contact Denise at 255-4648.

These programs are sponsored by Bismarck Arts and Galleries Association, Art for Life and ND Council on the Arts.

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Join Us for Activities!



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, April 25 from 12:45 to 2:30 pm. Fruit of the Forest pie will be served. Purchase a slice of pie, ice cream and coffee for \$2.50. Sorry, no take-outs.

BOOK CLUB

The Book Club will meet in the Senior Center Library on Monday, April 25 at 1:00 pm to discuss the book, *Home Front*, written by Kristin Hannah. 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 April 25.

Book Synopsis:

In this emotionally powerful story, Kristin Hannah explores the intimate landscape of a troubled marriage—with this provocative and timely portrait of a husband and wife, in love and at war.

All marriages have a breaking point. All families have wounds. All wars have a cost... Like many couples, Michael and Jolene have to face the pressures of everyday life—children, careers, bills, chores—even as their twelve year marriage is falling apart. Then an unexpected deployment sends Jolene deep into harm's way and leaves defense attorney Michael at home, unaccustomed to being a single parent to their two girls. As a mother, it agonizes Jolene to leave her family, but as a soldier she has always understood the true meaning of duty. In her letters home, she paints a rose-colored version of her life on the front lines, shielding her family from the truth. But war will change Jolene in ways that none of them could have foreseen. When tragedy strikes, Michael must face his darkest fear and fight a battle of his own—for everything that matters to his family.



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

April 1: Senior Moment

Victor Martin is a retired NASA test pilot often seen speeding around Palm Springs in his vintage Porsche convertible with his best friend Sal in tow. His life changes when his license is revoked for drag racing and his car impounded. Forced to take public transportation for the first time, he meets his polar opposite Caroline and learns to navigate love and life again as he goes up against the state's new DA to get back his license and car.

April 8: Away From Her

Long married, Fiona and Grant find their mutual devotion tested by her struggle with Alzheimer's disease. When it becomes apparent that the condition is worsening, she checks into a rest home. Grant visits her a month later and finds that his wife has grown close to Aubrey, a fellow resident. Jealous and hurt, Grant finally seeks help from Aubrey's wife when Fiona suffers a crisis.

April 15: No Movie

April 22: A Man Called Ove

Ove is the quintessential angry old man next door. An isolated retiree with strict principles and a short fuse, who spends his days enforcing block association rules that only he cares about, and visiting his wife's grave, Ove has given up on life. After a boisterous young family moves in next door and accidentally flattens Ove's mailbox, an unlikely friendship forms.

April 29: The Straight Story

A retired farmer and widower in his 70s, Alvin Straight learns one day that his distant brother Lyle has suffered a stroke and may not recover. Alvin is determined to make things right with Lyle while he still can, but his brother lives in Wisconsin, while Alvin is stuck in Iowa with no car and no driver's license. Then he hits on the idea of making the trip on his old lawnmower, thus beginning a picturesque and at times deeply spiritual odyssey.

Celebrate Your Inner Artist!

ART WITH NICOLE

Join ND Council on the Arts artist Nicole Gagner on Tuesday, April 26, at 10:00 am for a class on painting waves.

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 FROM THE HEART

Join Nina on Monday, April 11 at 9:30 am as she leads us in creating a "Rainboots and Tulips" 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 ANDREA

Join Andrea Dvorak on Tuesday, April 5 at 1:30 pm for the third in a four-part series on Paper Quilling.

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.



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Television * Free WiFi * Craft Room * Puzzles & Games

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Support Groups

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, April 19 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, April 6 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, April 12 from 11:30 am to 1:00 pm 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.

PRAIRIE SEA HEARING CENTER

Jessica McLindsay, from the Prairie Sea Hearing Center, will be at the Senior Center on Thursday, April 14, from 11:00 am to 12:00 pm in the Art Room, to provide hearing screenings and hearing aid cleanings.

No appointment necessary!

BURLEIGH COUNTY SENIOR CLUB



The Burleigh County Senior Club will be having a *SPECIAL MEETING* on Tuesday, April 19, at 12:30 pm in the South Conference Room.

Important decisions will be made to determine the future of the Burleigh County Senior Club. All those interested in the Senior Club should attend!

GRIEF SUPPORT & SHARE GROUP

There are many ways to grieve and many 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.

Kathleen Meckler, a Youth Counselor and therapist prior to retirement, now donates her time and expertise to lead this Grief Support and Share Group, which provides emotional support in a safe environment for you to explore how to cope.

The Group meets on Wednesdays at 10:00 am. The April 6 and 13 sessions will be held in the South Conference Room, and the April 20 and 27 sessions will be held in the Dakota Room.

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, April 14 in the Library and Thursday, April 28 in the Dakota 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.

Kathleen Meckler, a Youth Counselor and therapist prior to retirement, now donates her time and expertise to lead this Caregiver Support Group, which 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.

LEGAL SERVICES

Legal Services of North Dakota will be at the Burleigh County Senior Center on Wednesday, April 13 from 1:30 to 3:30 pm to meet with individuals by appointment.

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

April Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE!				1 Shrimp Scampi Spaghetti Pasta Parmesan Broccoli Garlic Breadstick Pineapple
				4 Open Faced Hot Hamburger Mashed Potatoes Country Vegetable Blend Applesauce
11 Cranberry Glazed Pork Roast Scalloped Potatoes Glazed Carrots Apricots	12 Monterey Chicken Roasted Rosemary Potatoes Steamed Cauliflower Dark Sweet Cherries	13 Meatloaf Baked Potato with Sour Cream Buttered Corn Fruit Cocktail	14 Creamed Chicken over Biscuit Marinated Vegetable Salad Banana Salted Caramel Brownie	15 Closed 
18 Chicken Alfredo Penne Pasta Scandinavian Vegetable Blend Assorted Fruit Cups	19 BBQ Ribs Baked Beans Coleslaw Corn Muffin Melon Blend	20 Swedish Meatballs Egg Noodles Roasted Squash Medley Cinnamon Apples	21 Cheesebutton Lasagna Smoked Sausage Orange Glazed Beets Fresh Orange	22 Buttermilk Baked Chicken Thigh Roasted Tri-Colored Potatoes Murray Vegetable Blend Pistachio Fluff
25 Bacon Cheeseburger Pie with Fixings Tater Tots Tropical Fruit S'mores Triple Layer Bar	26 Smothered Pork Chop Baby Baked Potatoes Prince William Vegetable Blend Pears	27 Roast Beef with Gravy Mashed Potatoes Roasted Zucchini and Tomatoes Fresh Apple	28 Spinach and Artichoke Chicken Garlic Mashed Potatoes Stella Blues Vegetable Blend Pineapple	29 Meatlovers Lasagna Roll Up Italian Vegetable Blend Side Salad with Ranch Mandarin Oranges

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. Congregate meal participants will be updated every two years. Individuals are notified when their registration is due for updating.

April Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<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</p>				<p>1 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>4 9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle</p>	<p>5 9:00 Strength Finders 9:15 Advisory Committee 12:30 Whist 12:45 Bridge 1:00 Trivia 1:30 Art with Andrea</p>	<p>6 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Low Vision Support Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo</p>	<p>7 9:00 Craft Time 9:00 Strength Finders 9:30 The Humboldt Current-Genesis 12:45 Bridge 1:00 Hand & Foot 1:00 BUNCO</p>	<p>8 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>11 9:30 Wii Bowling 9:30 Art from the Heart 12:45 Strength Finders 1:00 Pinochle</p>	<p>12 9:00 Strength Finders 9:30 Cyber-Seniors 11:30 Dementia Care Services (by appt) 12:30 Whist 12:45 Bridge 1:00 Board Games 1:00 Quilting Group</p>	<p>13 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 1:30 Legal Services of ND (by appt)</p>	<p>14 9:00 Strength Finders 9:00 Teen Years Journaling Project 9:30 The Humboldt Current-Renewal 9:30 Yoga Talk 10:00 Computer Basics 10:30 Caregiver Support Group 11:00 Prairie Sea Hearing 12:45 Bridge 1:00 Hand & Foot BOOKMOBILE</p>	<p>15 CLOSED GOOD FRIDAY</p> 
Memoirs from Photographs—Interviews by appointment.				
<p>18 9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle</p>	<p>19 9:00 Strength Finders 10:30 Hearing Loss Support Group 12:30 Whist 12:45 Bridge 12:30 Burleigh Co. Senior Club Meeting 1:00 Trivia</p>	<p>20 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</p>	<p>21 9:00 Craft Time 9:00 Strength Finders 9:30 The Humboldt Current-Arrival 12:45 Bridge 1:00 Hand & Foot 1:00 BUNCO 1:00 BCCA Meeting</p>	<p>22 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
8:30 am—10 am Continental Breakfast for Volunteers				
<p>25 9:30 Wii Bowling 12:30 5 Crowns 12:45 Strength Finders 12:45 Pie Happy Hour 1:00 Pinochle 1:00 Book Club</p>	<p>26 9:00 Strength Finders 10:00 Art with Nicole 12:30 Whist 12:45 Bridge 1:00 Quilting Group 1:00 Board Games</p>	<p>27 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</p>	<p>28 9:00 Craft Time 9:00 Strength Finders 9:30 Twilight Travelers -Visitors from the Deep 9:30 Yoga Talk 10:30 Caregiver Support Group 12:45 Bridge 1:00 Hand & Foot</p>	<p>29 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>

Join Us for Activities!

DISCOVER YOUR WORLD

Join us for a special viewing of **Cyber-Seniors** on Tuesday, April 12 at 9:30 am.

Cyber-Seniors is a humorous and heartwarming documentary feature, which chronicles the extraordinary journey of a group of colorful senior citizens, as they discover the world of the internet, through the guidance of teenage mentors.

TRIVIA FOR SENIORS

Join us for Trivia for Seniors on Tuesday, April 5 and April 19, 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, April 12 and April 26, 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, April 5, at 9:15 am in the Library.



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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 Monday, April 4. 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.



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.

CHAIR YOGA ON TELEVISION

from the
Burleigh County Senior Center

on Dakota Media Access:
channel 12, or on HD 612.

Programs can also be
streamed online at
freetv.org,
Roku or Apple TV.

April 1, 8, 15, 22 and 29
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.

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.

AGING GRACEFULLY

Join us for Aging Gracefully on Wednesday, April 20 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.

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, April 14, 9:30 am in the Library: *Meditation Series, Part III.*

Thursday, April 28, 9:30 am in South Conference Room: *Flowing into Spring 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, April 6, 13, 20 and 27 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, April 1, 8, 22 and 29 in the Fitness Room. (No class April 15.)

Classes are limited to 12 people and advance registration is required. Stop by the Administrative Office or call 255-4648 to reserve your spot.

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Burleigh County Senior Adults Program, Bismarck, ND

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Health & Wellness Bingo

B	I	N	G	O
List 3 things you love about your favorite TV show or movie.	Complete: 20 arm curls 20 knee lifts 20 ankle rolls	Take a Walk OR Get some sun	Take 3 deep breaths *In through your nose, count 1...2...3... *Hold, count 1...2...3... *Out through your mouth, count 1...2...3...	Clean out your junk drawer! Throw away garbage, wash the drawer and share the weird items you find with us!
Call a Senior Center friend or a family member.	List 3 things that you are grateful for today!	Clean out your kitchen pantry/ cupboards. How many expired items did you find?	Share an easy recipe on the Senior Center's Facebook page	Make a list of all 50 states (no cheating!)
Drink 64 oz. of water in one day!	Stimulate your mind! Complete the puzzles in this newsletter.		Reminisce! Look through old photographs.	Listen to music that makes you happy!
Take a selfie! Send to a friend, or post on the Senior Center's Facebook page.	Write about a positive and memorable time in your life.	How many words can you come up with in two minutes using the letters from: Different	Mail a friend or family member a letter.	Play a card game!
Make something creative. (i.e., cooking, drawing, craft, etc.)	Pay it forward! Give someone a compliment.	List 3 things you love about the Burleigh County Senior Adults Program!	Write down a piece of advice you would give to younger generations.	Purge! Go through your closet, dresser, etc. and clean out items you no longer use. Donate or pass on to family.

How to Play:

Complete all the activities in a row vertically, horizontally, or diagonally. Bring in your bingo sheet by May 6 to get a prize!
Contact Denise at 255-4648 if you have any questions.



Volunteer Opportunities!

JOIN OUR VOLUNTEER TEAM!

Currently, volunteers are needed in the following areas at the Burleigh County Senior Center:

- Home Delivered Meal Drivers
- Home Delivered Meal Packers
- Nutrition Program Assistants
 - *Assist with carrying trays, clearing dishes and/or washing tables after meal service.
- Coffee Bar
 - *Help with clean up after Caramel Rolls on Wednesdays.
- Senior Center Shuttle Drivers

We will work with your schedule! Volunteer as little, or as often as you like! If you are interested in volunteering, or would like more information, please contact Spring at 255-4648 or springr@burleighsenioradults.org.



ND STATE LIBRARY TALKING BOOKS PROGRAM

The Talking Books program at the ND State Library provides eligible patrons with free access to audiobooks and magazines. It is administered by the National Library Service for the Blind and Physically Handicapped (NLS), a division of the Library of Congress.

Eligibility Requirements:

- Persons who are totally or legally blind
- Persons with visual disabilities who are unable to read standard print clearly and comfortably for a reasonable length of time
- Persons with physical disabilities who cannot hold a book, turn pages, or focus on printed material due to muscle or nerve deterioration, paralysis, or some other disabling condition

With Talking Books, you will have a wide variety of fiction and nonfiction titles to choose from, including ones about North Dakota or by North Dakota authors.

Reader Advisors are available to help patrons fulfill requests, help with players, and answer questions about your account and application.

If you or someone you know might be eligible to use this program, please contact 701-328-1408 or 1-800-843-9948 or visit <http://www.library.nd.gov/talkingbooks.html>.

This 'n That

MY SENIOR CENTER

Please check in on *My Senior Center* (formerly Senior Space) each time you come to the Senior Center and/or to 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.

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.



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

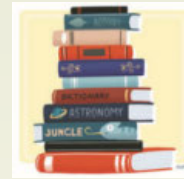
Pinochle:	1:00 pm, Monday, Wednesday, Friday
Bridge:	12:45 pm, Tuesday, Thursday
Hand & Foot:	1:00 pm, Thursday
Bunco:	1:00 pm, 1st & 3rd Thursday
Bingo:	1:00 pm, Wednesday
Whist:	12:30 pm, Tuesday
5 Crowns:	NEW TIME—12:30 pm, Last Monday of month

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



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!**

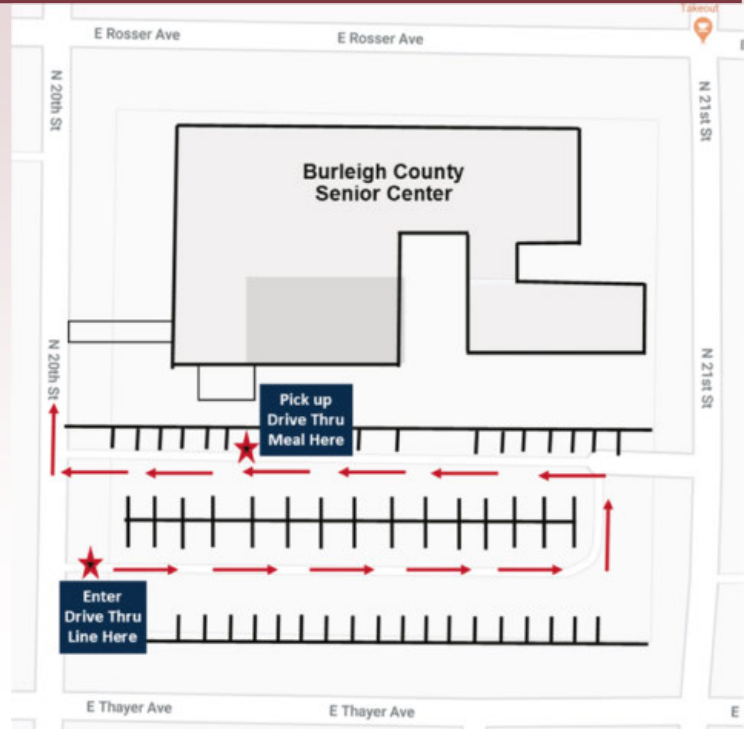
Patrons may choose between congregate meals or drive-thru meals. If you are using our Drive-Thru Meal Service please follow the route shown.

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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Burleigh County Senior Adults Program, Bismarck, ND

E 4C 05-0634

Featured Volunteers

Joel Porter



Joel Porter has been volunteering at the Burleigh County Senior Adults Program since January 31, 2022 as a Home Delivery Meal Driver.

Joel recently found himself with an abundance of idle time on his hands and decided he wanted to channel that extra time into something enriching while he waits to see where his next career path takes him!

Joel previously worked in television news for over 10 years and has lived all over the country! Within the last year, he moved back to North Dakota to be closer to his family and friends.

Joel grew up in Wilton, ND, where his parents still reside. He enjoys spending time with his sister and her husband and his adorable nephew in Bismarck. His hobbies include running, reading, hunting, fishing, and playing with his dog.

Joel likes to volunteer because he enjoys being out in the community visiting with people; "It feels like a small gesture on my part, handing someone lunch, but it's fulfilling seeing how thankful the seniors are to see you."

Grace Hendrickson



Grace Hendrickson has been a volunteer for the Burleigh County Senior Adults Program at the Crescent Manor Meal Site for 12 years.

She carries trays for those who cannot and she is always ready to help. Grace is a great volunteer recruiter and makes new and old residents feel welcome.

In her spare time, she likes playing cards, bingo, gardening and spending time with her family.

She was born and raised on a farm in New York Mills, MN. She attended college for a year and then lived in Texas for a year before returning to Minnesota. She met her husband at a grocery store in Minnesota, where they both worked. After they married they moved to Velva, ND where they operated their own grocery store and raised nine beautiful children. After she and her husband separated, Grace moved to Minot where she worked at Kmart for 20 years. Upon retiring, she started her own cleaning service and eventually moved to Bismarck to be closer to family. Grace is a kind and giving person who is always cooking for someone!



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.

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—May 9

*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 February 1—28, 2022.)

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—Deb Bogert

In Memory of Jo Conmy
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In Memory of Bernie Weisz
—Mabel Weisz

In Memory of Beckie Ellefson Bottjer
—Dave & Marian Ellefson

GOTTA Insurance Agency, Inc.



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)

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

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Burleigh County Senior Adults Program, Bismarck, ND

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

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 www.BismarckSeniorCenter.org
 Monday - Friday, 8:00 am to 4:30 pm

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