

THE

SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 4 May, 2022

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National Senior Health & Fitness Day at the Burleigh County Senior Center Wednesday, May 25, 2022

The Burleigh County Senior Adults Program will join an estimated 1,000 local groups from around the country to celebrate the 29th Annual National Senior Health & Fitness Day on Wednesday, May 25, 2022.

As an official host site, the Burleigh County Senior Center will hold health screenings and other activities from 8:30 am to 11:30 am. *See page 2 of this newsletter for more information.*

By participating, you will join with an estimated 100,000 seniors across the country expected to help promote active, healthy lifestyles through physical fitness, good nutrition and preventive care.

“Older adults at all levels of physical fitness are encouraged to participate in National Senior Health & Fitness Day,” says Patricia Henze, National Senior Health & Fitness Day program manager. “Our event goals are to increase awareness of the benefits of regular exercise, and to encourage all older adults to take advantage of the many health and fitness activities offered in their communities, as well as online.”

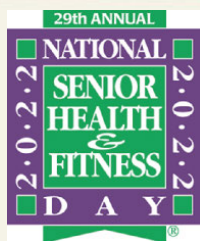
The event at the Burleigh County Senior Center is a wonderful opportunity for seniors to make, renew, and revitalize their commitment to live healthier lives through better health and fitness.

About National Senior Health & Fitness Day®

National Senior Health & Fitness Day is now held twice each year: Spring and Fall. The Spring event is the last Wednesday in May—for this year, May 25, 2022, and the Fall event is the last Wednesday in October—October 26, 2022. The events, the largest of their kind, are organized by the Mature Market Resource Center, a national clearinghouse for professionals who work with older adults. For more information about National Senior Health & Fitness Day, visit fitnessday.com.



2022 National Senior Health & Fitness Day



Wednesday, May 25, 2022 – 8:30 am – 11:30 am
Burleigh County Senior Center

(Offerings confirmed as of April 16, 2022, Subject to Change.)

Join us for caramel rolls and coffee, participate in health screenings and activities, and stay for lunch*!

ACTIVITIES

FITNESS BINGO

Join Katie Johnke from Bismarck-Burleigh Public Health in the Dining Room for some fun with this creative way to increase your physical activity without even realizing it! Get a BINGO and win a prize!

Fitness Bingo at 9:30 am

FREE

STRENGTH FINDERS

Strength Finders is a senior strength training exercise program. Consistent participation in this class will improve your muscle strength and balance as well as improve your energy and general health. Join Mary Ann Smith in the Fitness Room for a demonstration of what you can expect by joining this exercise class.

Class Demonstration at 10:00 am

FREE

HEALTH SCREENINGS AND SERVICES

BURLEIGH CO. SENIOR ADULTS PROGRAM

BCSAP nurses will be providing blood pressure screenings, as well as information on the causes of hypertension, how to decrease your blood pressure and low sodium diets.

Blood Pressure Screening

FREE

ND ASSISTIVE

ND Assistive brings assistive technology (AT) devices and services into the lives of North Dakotans of all ages who need it. AT is any device that can help someone overcome limitations. Assistive technology helps people live, work, learn, or play! Stop by this table to view devices that may help you overcome limitations, as well as learn about available programs to cover all or some of the costs of these devices.

Assistive Technology Demonstrations

FREE

SANFORD HEALTH PHYSICAL THERAPY

Sanford Physical Therapy assists patients in regaining mobility and strength. They also help patients recover after an injury, illness, disability or health condition. Therapists will be on hand to provide balance screenings to help you identify if you are at high risk of falling.

Balance Screening

FREE

BISMARCK-BURLEIGH PUBLIC HEALTH

Visit Katie Johnke, BBPH Nutrition Services Program Coordinator, for information on living a healthy lifestyle. Katie will be on hand to answer any nutrition questions you may have.

Healthy Lifestyle/Nutrition Information **FREE**

DRUG TAKE BACK

Bismarck-Burleigh Public Health and the Bismarck Police Department will be providing a safe, convenient and responsible means for disposing of old prescription drugs. Bring old prescriptions you no longer need and drop off at their table. They will also be providing education about the potential for abuse of medications.

Old Prescription Drug Disposal

FREE

GATEWAY PHARMACY

Gateway Pharmacy serves the citizens of Bismarck, Mandan and surrounding communities, leading the way at providing exceptional and friendly service and value to their customers. Gateway Pharmacy will be providing the following services:

CHOLESTEROL SCREENING:

Cholesterol Lipid Panel (fast for 8-10 hours) \$25.00

Cholesterol Lipid Panel (non-fasting) \$20.00

Blood Sugar Screening \$ 4.00

Bone Density Screening \$10.00

PRAIRIE SEA HEARING CENTER

Prairie SEA Hearing Center is a local, independent, community-oriented practice. They are committed to listening to your concerns and helping you renew your world of hearing. Jessica McLindsay, Au.D.,FAAA, will provide hearing screenings and hearing aid cleanings.

Hearing Screening/Hearing Aid Cleaning **FREE**

(*Lunch: Drive-Thru meals are available from 11:15 – 11:45 am. Inside dining and take-out meals are available from 12:00 – 12:30 pm. If you would like lunch, please call us at 258-9276 to make a reservation.)

Senior Center Shuttle



Senior Center Shuttle

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

The Burleigh County Senior Center Shuttle provides transportation 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.

Are you turning 65 or new to Medicare? Call your local licensed sales agent.

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

Call 701.355.1597



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, May 23 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.



AT THE MOVIES!

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

May 6: Queen Bees

While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls."

May 13: 5 Flights Up

A husband and wife spend a hectic weekend pondering the sale of the apartment they've shared for more than 40 years.

May 20: The Trip to Bountiful

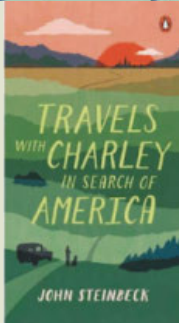
Carrie Watts may be old, but she suffers no shortage of spirit. When her carping daughter-in-law and overprotective son forbid her to travel alone from Houston to her childhood home in Bountiful, she strikes out anyway. Learning that trains no longer stop there, she takes a bus instead and en route meets a young woman with whom she shares both secrets and memories. Little does she know that her family has alerted the police.

May 27: Waking Ned Devine

When best friends Jackie O'Shea and Michael O'Sullivan discover someone in their small Irish village has won the lottery, they immediately set off to see if the winner is in a sharing mood. Deducing that Ned Devine is the lucky man, O'Shea and O'Sullivan pay him a visit, only to find him dead from shock. Since Devine is the only one who can claim the prize, the townsfolk band together to convince the claim inspector that O'Sullivan is really Devine and split the cash.

BOOK CLUB

The Book Club will meet in the Senior Center Library on Monday, May 23 at 1:00 pm to discuss the book, *Travels with Charley: In Search of America*, written by John Steinbeck. 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 Lori at 255-4648 to make other arrangements. Please return the book no later than May 23.

Book Synopsis:

A quest across America, from the northernmost tip of Maine to California's Monterey Peninsula.

To hear the speech of the real America, to smell the grass and the trees, to see the colors and the light—these were John Steinbeck's goals as he set out, at the age of fifty-eight, to rediscover the country he had been writing about for so many years.

With Charley, his French poodle, Steinbeck drives the interstates and the country roads, dines with truckers, encounters bears at Yellowstone and old friends in San Francisco. Along the way he reflects on the American character, racial hostility, the particular form of American loneliness he finds almost everywhere, and the unexpected kindness of strangers.



Celebrate Your Inner Artist!

ART WITH NICOLE

Join ND Council on the Arts artist Nicole Gagner on Tuesday, May 24, at 10:00 am as she leads a class in painting May flowers.

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, May 3 at 1:30 pm for the fourth 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.



ART FROM THE HEART

Join Nina on Monday, May 9 at 9:30 am as she leads us in creating a "Garden Door" 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.

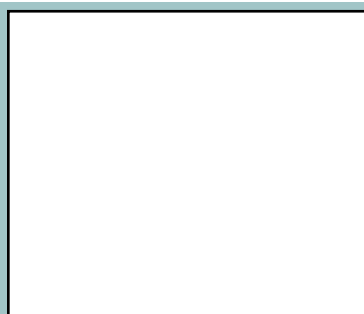
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Join Us for Activities!

COFFEE & CAMEL ROLLS WITH A COP

Officers Clint Fuller and Caity Horne will be at the Burleigh County Senior Center on Wednesday, May 18 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 Library on Thursday, May 12, 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, May 10 and Tuesday, May 24 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.



CURIOSITY STREAM



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

May 5: *On the Rails –USA*

If there is one essential train in the American West, it is the California Zephyr. “Go West!” On this railroad which descends from Denver to California, we relive the epic of the conquest of the west to the shores of the Pacific.

May 12: *Midnight Traveler*

When the Taliban puts a bounty on Hassan Fazili’s head, he is forced to flee with his wife and two daughters. Capturing the journey, Fazili shows the dangers facing refugees seeking asylum and the love shared between a family on the run.

May 19: *Migrations Frequent Flyers*

Half of all bird species undertake annual migrations, everything from heavy-bodied swans to delicate hummingbirds. Migration is one of the most remarkable phenomena on the planet, hosts of animals of all shapes and sizes demonstrating incredible feats of endurance.


May 26: *The Vikings*

The Vikings were great explorers and sailors. They exceeded all others in that area. Speedy, lightweight ships carried Nordic warriors all the way from their Scandinavian homes to lands of conquest. How were these ergonomic ships built and what made them so special?

Bingo!

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

May Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Smoked Sausage with Sauerkraut Spaetzle Beets Applesauce	3 Chicken Fried Chicken Mashed Potatoes with Country Style Gravy Corn Grapes Asst. Sweet Breads	4 Beef Tips Egg Noodles Candy Corn Vegetable Blend Mandarin Oranges	5 Pork Roast with Gravy Roasted Tri Colored Potatoes Capri Vegetable Blend Banana	6 Fabulous Creamy Chicken Rotini Pasta Prince Edward Vegetable Blend Dark Sweet Cherries
9 White BBQ Chicken Baby Baked Potatoes Steamed Peas Peaches	10 Salisbury Steak AuGratin Potatoes Roasted Brussel Sprouts Chunky Fruit	11 Ham & Cheese Quiche Hashbrowns Broiled Tomato Fruit Cocktail Apple Pie Cake Donut	12 Open Faced Hot Turkey Sandwich Mashed Potatoes with Gravy Country Style Vegetable Blend Pears & Cranberry Sauce	13 Potato and Cheese Crusted Cod Rice Pilaf Murray Vegetable Blend Cinnamon Apples
16 Carnitas Enchilada Casserole Spanish Rice Refried Beans Tropical Fruit	17 BBQ Pig Wings Baked Sweet Potato Green Beans Corn Muffin Apricots	18 Chicken Stir Fry Fried Rice Egg Roll Fortune Cookie Fresh Orange	19 Meatloaf Onion Roasted Potatoes Chuckwagon Corn Strawberry Applesauce Carrot Cake	20 Pork Tenderloin with Mustard Cream Sauce Wild Rice Pilaf CA Normandy Vegetable Blend Lemon Fruit Salad
23 Creamed Chicken Garlic Mashed Potatoes Glazed Carrots Mandarin Oranges	24 Porcupine Meatballs Parsley Buttered Potatoes Summer Vegetable Blend Fresh Apple	25 Pulled Pork Sandwich Baked Beans Coleslaw Peaches and Blueberries Asst Cookies	26 Roast Beef with Gravy Baked Potato with Sour Cream Cheesy Broccoli Melon Blend	27 Lemon Pepper Tilapia O'Brien Potatoes Scandinavian Vegetable Blend Pineapple
30 CLOSED FOR MEMORIAL DAY	31 Cabbage Rolls Sunrise Potato Medley Mixed Vegetables Asst Fruit Cups			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 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 and credit/debit cards are 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.

May Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle</p>	<p>3</p> <p>9:00 Strength Finders 9:15 Advisory Committee 12:30 Whist 1:00 Bridge 1:00 Trivia 1:30 Art with Andrea</p>	<p>4</p> <p>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 1:30 Caregiver Support Group</p>	<p>5</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 On the Rails 1:00 Bridge 1:00 Hand & Foot 1:00 BUNCO</p>	<p>6</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>9</p> <p>9:30 Wii Bowling 9:30 Art from the Heart 12:45 Strength Finders 1:00 Pinochle</p>	<p>10</p> <p>9:00 Strength Finders 9:30 Cyber-Seniors 11:30 Dementia Care Services (by appt) 12:30 Whist 1:00 Bridge 1:00 Board Games 1:00 Quilting Group</p>	<p>11</p> <p>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) 1:30 Caregiver Support Group</p>	<p>12</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 Midnight Traveler 9:30 Yoga Talk 10:00 Computer Basics 1:00 Bridge 1:00 Hand & Foot</p> <p>BOOKMOBILE</p>	<p>13</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>16</p> <p>9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle</p>	<p>17</p> <p>9:00 Strength Finders 10:30 Hearing Loss Support Group 12:30 Whist 1:00 Bridge 1:00 Trivia</p>	<p>18</p> <p>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 1:30 Caregiver Support Group 2:00 Aging Gracefully</p>	<p>19</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 Migrations Frequent Flyers 1:00 Bridge 1:00 Hand & Foot 1:00 BUNCO 1:00 BCCA Meeting</p>	<p>20</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>23</p> <p>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>24</p> <p>9:00 Strength Finders 10:00 Art with Nicole 12:30 Whist 1:00 Bridge 1:00 Board Games 1:00 Quilting Group</p>	<p>25</p> <p>8:30 Senior Health & Fitness Day 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 Caregiver Support Group</p>	<p>26</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 Yoga Talk 9:30 The Vikings 1:00 Bridge 1:00 Hand & Foot</p>	<p>27</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>30</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>31</p> <p>9:00 Strength Finders 12:30 Whist 1:00 Bridge</p>			<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>

Join Us for Activities!

DISCOVER YOUR WORLD

Join us for a special viewing of **Cyber-Seniors** on Tuesday, May 10 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.

(This program is rescheduled from April 12.)

TRIVIA FOR SENIORS

Join us for Trivia for Seniors on Tuesday, May 3 and May 17, 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, May 10 and May 24, 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, May 3, at 9:15 am in the Library.

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STACY HERTHER WOLDIE
Close to Home...


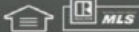


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Burleigh County Senior Adults Program, Bismarck, ND

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Health & Wellness



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.

You may also use the loop around the Dining Room to get your walking in—20 laps around the Dining Room is equal to one mile!

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.

**May 6, 13, 20 and 27
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.

WII BOWLING

Wii Bowling is held on Mondays at 9:30 am. If you are interested in playing, please stop by the Administrative Office or call us at 255-4648.

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, May 18 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, May 12, 9:30 am:
Favorites from Past Yoga Talks Part I.

Thursday, May 26, 9:30 am:
Favorites from Past Yoga Talks Part II.

Attend these classes in person at the Senior Center or join in via Zoom 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, May 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.

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, May 6, 13, 20, and 27 in the Fitness Room.

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

D 4C 05-0634

Support Groups & Free Services

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, May 17 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, May 4 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 in the library at the Burleigh County Senior Center on Tuesday, May 10 from 11:30 am to 2:30 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 Wednesday, May 25, from 8:30 am to 12:30 pm in the library, to provide hearing screenings and hearing aid cleanings. No appointment necessary!



GRIEF/LOSS & CAREGIVER SUPPORT GROUPS

We all experience loss, whether it's through the death of a loved one, loss of mobility, health concerns, or the passing of a beloved pet.

It is helpful to have a safe place to talk about our grief and learn ways to cope with the challenges and changes in our life. Some of us are experiencing burn out, frustration, and uncertainty because we are care givers for a partner, parent, or one who requires our help with daily tasks.

There are groups that can help and support you during these difficult times.

Being with others who are sharing the same thoughts, feelings, and experiences as you is very helpful to keep you focused, answer questions and learn how to cope on an ongoing basis.

Group leader, Kathleen Meckler worked as a counselor and marriage and family therapist prior to retirement and is now donating her expertise to the Grief/Loss Support Group and Caregiver Support Group.

Both groups meet on Wednesdays in the Dakota Room — Grief/Loss Support Group at 10:00 am and Caregiver Support Group at 1:30 pm.

Registration is required. If you would like to participate, please call 255-4648 or Kathleen Meckler at 226-9084. Each group is limited to 10 people.

LEGAL SERVICES

Legal Services of North Dakota will be at the Burleigh County Senior Center on Wednesday, May 11 from 1:30 to 3:30 pm to meet with individuals by appointment.

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

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
- Senior Center Shuttle Drivers
- A variety of jobs which would require a few hours one day per week.

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



Featured Volunteer

RUTH SCHAFER



Meet Ruth Schafer, our featured volunteer for May! Ruth grew up on a farm with four brothers. Ruth worked for 18 years in the kitchen at the hospital. After she left the hospital, she became a union pipe fitter for 10 years.

Ruth was married for 18 years, and has 4 children and 9 grandchildren. Her favorite thing to do is to get together with her family.

A friend introduced her to the Senior Center. She liked it so much she decided to volunteer! Ruth has been volunteering at the Burleigh County Senior Center for three and a half years as a dining room attendant, which includes carrying food trays for patrons and washing the dining tables after lunch. Ruth also tries to sit and visit with those that may be sitting alone in the Senior Center. When she is not volunteering, Ruth is busy taking care of her house and during the summer her yard.

Ruth likes to volunteer at the Senior Center because she likes the people. With her smile and her big heart, Ruth makes sure all feel welcome at the Burleigh County Senior Center. Thank you Ruth!

HELP SHUT DOWN SCAMMERS

Too many Medicare beneficiaries have been tricked into handing out information to scammers. There are ways to protect yourself:

- If you receive a call from anyone claiming to be from Medicare or Social Security, **hang up. It's a scam!**
- If you answer a call and someone threatens you with arrest, freezing your bank account, or promises to increase your Social Security payment, **hang up. It's a scam!** You can get more information on scams at www.oig.hhs.gov.
- Under no circumstances should you give callers any personal information or money.
- Never let a caller press you for immediate payment with gift cards, cash, bank account numbers or credit-card information.
- Ask for their information so you can think about it and return their call. Often this will prompt the caller to disconnect the call, which means it was a scam!
- Even if a caller knows part or all of your Social Security or Medicare number, don't give in to their demands or threats.
- The best way to stop a scammer is to report it to the Office of Inspector General, the Federal Trade Commission, the ND States Attorney General's office, or reach out to your ND SMP office at 1-800-233-1737 for additional assistance.

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

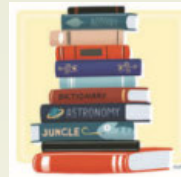
Pinochle:	1:00 pm, Monday, Wednesday, Friday
Bridge:	1:00 pm, Tuesday, Thursday
Hand & Foot:	1:00 pm, Thursday
Bunco:	1:00 pm, 1st & 3rd Thursday
Bingo:	1:00 pm, Wednesday
Whist:	12:30 pm, Tuesday
5 Crowns:	2:30 pm, Last Monday of month

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 Lori Koth 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!**

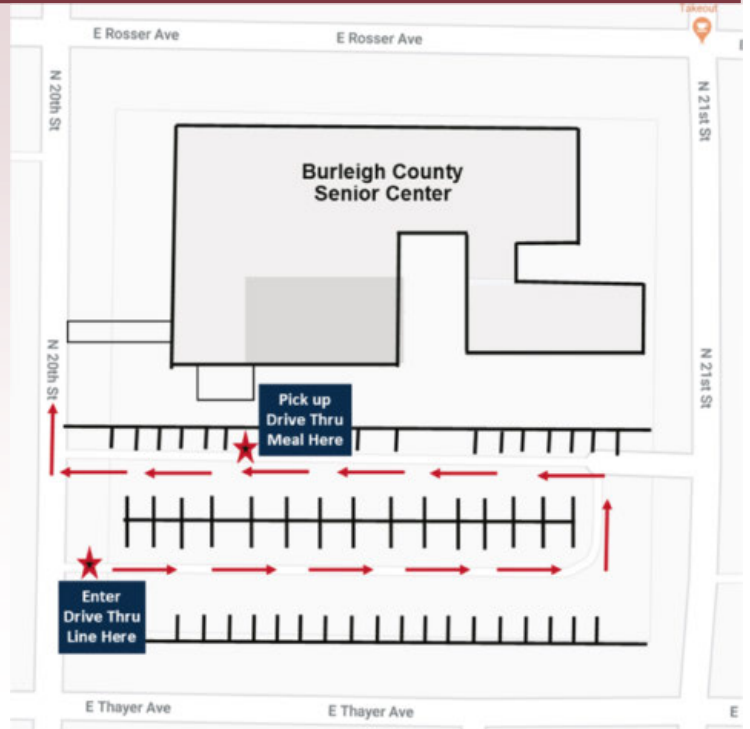
Patrons may choose between congregate meals or drive-thru meals. If you are using our Drive-Thru Meal Service please follow the route shown.

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

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The Lighter Side

Age Old Test

One way to find out if you're old is to fall in front of a group of people...

If they laugh, you're young! If they panic and start running toward you, you're old.

The Art Collector

An artist asked the gallery owner if there had been any recent interest in his paintings which happened to be on display.

"I have good news and bad news," the gallery owner replied. "The good news is that a gentleman inquired about your work and wondered if it would appreciate in value after your death."

"What did you say?" questioned the artist. "When I told him that it would, he bought all 15 of your paintings."

"That's wonderful!" the artist exclaimed. "What's the bad news?" "The gentleman was your doctor."

Parents and Technology

A curious mom uses her new iPhone to text her daughter to ask a very important question. The text reads: What does IDK, ILY, TTYL mean? Before long, the daughter texts back, "I don't know. I love you. Talk to you later" to which the mom responds, "It's okay. Don't worry about it, I'll ask your brother. Love you, too."

©LPi

Bacon S'mores

Prep time: 20 minutes

Cook time: 5 minutes

Servings: 8



4 strips any variety

Smithfield Bacon

8 marshmallows

2 chocolate bars (about 3 ounces),
broken into eight pieces

8 graham crackers, broken into squares

Heat oven to 375 degrees Fahrenheit. On lightly sprayed, foil-lined, rimmed baking pan, separate strips of bacon; lay flat in single layer and gently stretch each strip 1-2 inches. Bake 10-12 minutes, or until bacon begins to curl and edges just start to crisp, rotating pan halfway through cooking. Remove bacon from pans with spatula while warm, draining briefly on absorbent paper; reserve.

Cut bacon slices in half crosswise and tightly wrap around marshmallows, securing with skewer or roasting stick. Roast marshmallows over open fire until toasty brown on edges, being careful not to burn or ignite marshmallows.

Immediately sandwich roasted marshmallows between two graham crackers with piece of chocolate.

To find more summer entertaining tips and recipes, visit Smithfield.com.
(Courtesy of Family Features)

©LPi



The Burleigh County Senior Adults Program and its meal sites will be closed on Monday, May 30th in honor of Memorial Day.

©LPi

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—June 13
- *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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Thank You to Our Donors...

We sincerely thank the following individuals and/or businesses for their generous donations.
(Listed donations were received between March 1-31, 2022.)

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--Gwen Brady

Glenn & Debbie Muske
Carol Peterson
Electric Systems, Inc.
Carol Hattel

In Memory of Gladys Lampe
--Lorraine Atwood



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:

Name: _____

Address: _____

City, State, Zip: _____

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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: _____

State: _____ Zip Code: _____

Telephone: _____

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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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