

# THE SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 4 June, 2022

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### World Elder Abuse Awareness Day Wednesday, June 15, 2022 12:30 pm

Join members of the West Central Vulnerable Adult Coalition on Wednesday, June 15 at 12:30 pm for a presentation on scams, exploitations and elder abuse.

World Elder Abuse Awareness Day is an opportunity for people and organizations to take action to protect older adults by raising awareness about elder abuse, why it occurs, and what we can do to stop it.

Elder abuse is more common than we think. Many conditions can increase the risk of elder abuse in our communities such as missing or weak elder abuse awareness, trainings and social support services. By strengthening these activities, we can prevent elder abuse and make sure all of us have the opportunity to thrive as we age.

**We can take action to protect each other from abuse, neglect, and exploitation.  
Let's stop elder abuse together!**

(See page 16 for more information on Elder Abuse.)



# Join Us for Activities!



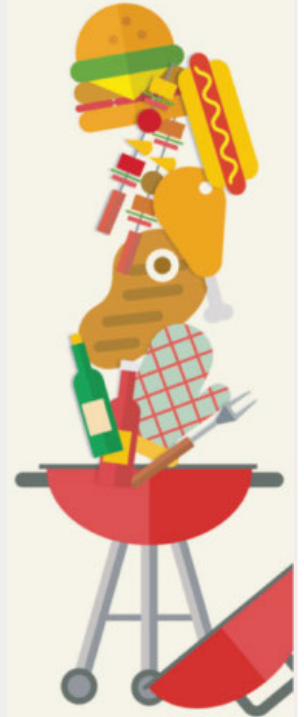
**LUNCH MENU:**  
Chicken Drumstick  
Potato Salad  
Baked Beans  
Grapes  
Ice Cream Bars

## INDOOR SUMMER PICNIC TUESDAY, JUNE 21, 2022, 12:00 PM

Join us on the longest day of the year for an inside summer picnic at the Burleigh County Senior Center!

Enjoy a picnic lunch and music from Jim Geiger!  
Visit with friends!

Lunch reservations are required.  
Please call 258-9276 to make a reservation.



## CURIOSITY STREAM: THE HISTORY OF FOOD

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

*Note: The June 30th episode will air at 9:00 am!*

### June 2: The Invention of Cooking

Humans have depended on fire for millennia, but do we fully understand the impact it has had on our diet? When our hunter-gatherer ancestors learned to harness this tool, it ignited a culinary and cerebral revolution believed to be one of the most important factors in our evolution.

### June 9: The Agricultural Revolution

From the first row of planted crops, the practice of agriculture rendered man's hunter-gatherer lifestyles obsolete in favor of settled life and stable food supplies. This led to a skyrocketing population and enabled humans to develop skills outside of gathering the food needed to survive.

### June 16: The Fermentation, Preservation and Exploration

Just as humans have always sought food to survive, we have also sought the means to preserve that food. Right from the very moment of a kill or a harvest, food begins to break down. With preservation, we can plan for times of scarcity during times of plenty.

### June 23: The Industry of Food

Industrialization brought the second great food revolution. Over the brief span of the 20<sup>th</sup> century, agriculture underwent greater change than it had since it was first practiced some 12,000 years ago.

### June 30: The Future of Food 9:00 AM

Industrialized and processed food has dominated the last century. Now, the question is what's next? We go around the world to meet pioneers in urban farming, veganism, and insect protein production to find out what will be the future of food.

Following this episode, participants are invited on a bus ride to the **Bis-Man Food Cooperative** for a tour! The bus will load at 9:45 am and return at approximately 11:15 am.

**Participants must sign up for this tour in advance by stopping by the Administrative office or calling 255-4648. There is no charge for this tour. Space is limited.**



# 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.

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# Join Us for Activities!

## BOOK CLUB

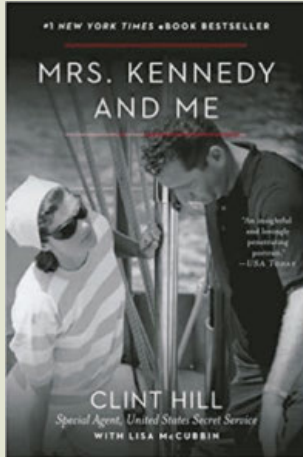
The Book Club will meet in the Senior Center Library on Monday, June 27 at 1:00 pm to discuss the book, **Mrs. Kennedy and Me**, written by Clint Hill.

Discussion will be led by Dr. Wayne G. Sanstead.

### Book Synopsis:

This book is a moving memoir of the Secret Service agent, Clint Hill, who was assigned to guard Jackie Kennedy and who almost - but not quite - made it in time to take the fatal bullet for her husband, President John F. Kennedy, when he was brutally assassinated on November 22, 1963 in Dallas, Texas. Clint Hill is originally from North Dakota.

Book Club does NOT meet in July.



## AT THE MOVIES!

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

#### June 3: **New Life**

Ben met Ava at age seven standing in his driveway. As the two journey together through the seasons of life, a tragedy occurs that leaves their entire future in jeopardy.

#### June 10: **Dog**

In this road-trip comedy, two hard-charging former Army Rangers paired against their will – Briggs and a Belgian Malinois named Lulu – race down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time.

#### June 17: **Still Mine**

A farmer fights back when local authorities hamper his efforts to build a cottage for his dementia-stricken wife.

#### June 24: **The Last Laugh**

Retired talent manager Al reconnects with former client Buddy, a comedian who gave up performing decades ago, and urges him to go back out on the road.

## AARP Offerings

### AARP SMART DRIVER



On Friday, June 10 and Friday, June 24, at 10:00 am, AARP will be hosting a course that will teach us valuable defensive driving skills and also give us a refresher on the rules of the road.

The cost for this course is \$20.00 for AARP members and \$25 for non-members. Space is limited and pre-registration is required. Please call 226-5956 to register.

### 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 (\$1 each) are served on Wednesdays from 8:30 am until sold out! Sorry, no take-outs!

Join us for Pie Happy Hour on Monday, June 27 from 12:45 to 2:30 pm. Dutch Apple pie will be served. Purchase a slice of pie, ice cream and coffee for \$2.50. Sorry, no take-outs!



# Celebrate Your Inner Artist!

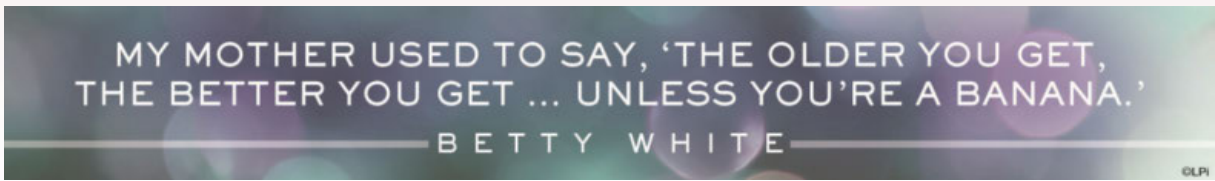
## ART WITH NICOLE

Join ND Council on the Arts artist Nicole Gagner on Tuesday, June 28, at 10:00 am as she leads a class in painting "Landscapes, Near & Far".

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, June 13 at 9:30 am as she leads us in creating a "Flower Fence" 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 & CARAMEL ROLLS WITH A COP**

Officers Clint Fuller and Caity Horne will be at the Burleigh County Senior Center on Wednesday, June 15 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**

Royce Schultze, from the ND Center for Independent Living, will be in the Library on Thursday, June 9, 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, June 14 and Tuesday, June 28 from 1:00 to 4:00 pm.

This group welcomes new members! If you are interested, please call Lori 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.

## **SEASONAL ALLERGIES**

Are seasonal allergies making you feel terrible? Join Amy Haugen in the Dining Room on Thursday, June 2 at 12:30 pm to learn steps you can try to help minimize the misery and find relief.

Allergies can occur when outdoor molds release spores – Trees and weeds release pollen into the air to fertilize other plants. There are over 50 million Americans that experience various types of allergies each year. Are you one of them?

## **10 WARNING SIGNS OF ALZHEIMER’S**

Alzheimer’s and other dementia’s cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of diagnosis; possible test and assessments for the diagnostic process, and Alzheimer’s Association resources.

Nikki Wegner will be presenting this session on Tuesday, June 21, at 10:00 am in the Dining Room.



# Bingo!



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

# June Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Swiss Steak Sour Cream & Chive Mashed Potatoes Buttered Corn Strawberry Applesauce Salted Caramel Brownie	2 Pork Paprika Herbed Potato Gnocchi Roasted Root Vegetable Blend Banana	3 Chicken Parmesan Rotini Pasta CA Normandy Vegetable Blend Ambrosia Salad
6 Stuffed Green Pepper Parslied Butter Potatoes Capri Vegetable Blend Dark Cherries	7 Beef Stroganoff Mashed Potatoes Summer Vegetable Blend Fruit Cocktail	8 Cheese Tortellini with Ham & Peas Cucumber Salad Garlic Breadstick Chunky Fruit	9 Roast Turkey with Gravy Tri-colored Roasted Potatoes Pacific Vegetable Blend Fresh Orange Apple Crisp	10 Baked Catch Wild Rice Pilaf Roasted Asparagus Pears
13 Asian Orange Chicken White Rice Egg Roll Fortune Cookie Pineapple	14 BBQ Ribs Mashed Sweet Potatoes Green Beans & Bacon Corn Muffin Watermelon	15 Chicken Kiev Roasted Rosemary Potatoes Sheraton Vegetable Blend Asst. Fruit Cups	16 Meatloaf Mashed Potatoes with Gravy Glazed Carrots Fresh Apple Chocolate Pudding Cup	17 Baked Ham Hashbrown Casserole Murray Vegetable Blend Peaches
20 Spaghetti with Meat Sauce Peas with Pearl Onions Garlic Toast Mandarin Oranges	21 Chicken Drumstick Potato Salad Baked Beans Grapes Ice Cream Bars <b>INDOOR PICNIC</b>	22 Chef Salad Fresh Bun Melon Blend Scotcharoo	23 Roast Beef with Gravy Baked Potato with Sour Cream Country Style Vegetable Blend Apricots	24 Beer Battered Cod Waffle Fries Coleslaw Applesauce
27 Tater Tot Hot Dish Cheesy Broccoli Garlic Breadstick Fruit Cocktail	28 Chicken Fried Chicken Mashed Potatoes with Country Style Gravy Scandinavian Vegetable Blend Tropical Fruit	29 Pork Chop in Gravy Sunrise Potato Medley Roasted Cauliflower Cinnamon Apples	30 Swedish Meatballs Egg Noodles Chuckwagon Corn Fresh Pear Asst. Dessert Bars	<b>MENU SUBJECT TO CHANGE!</b>

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.

# June Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>8:30 Caramel Rolls 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>2</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 Invention of Cooking 12:30 Seasonal Allergies 1:00 Bridge 1:00 Hand &amp; Foot 1:00 BUNCO</p>	<p>3</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
	<p>6</p> <p>9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle</p>	<p>7</p> <p>9:00 Strength Finders 9:15 Advisory Committee 12:30 Whist 1:00 Bridge 1:00 Trivia</p>	<p>8</p> <p>8:30 Caramel Rolls 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>9</p> <p>8:30 Prairie Sea Hearing 9:00 Craft Time 9:00 Strength Finders 9:30 Agricultural Revolution 9:30 Yoga Talk 10:00 Computer Basics 1:00 Bridge 1:00 Hand &amp; Foot <b>BOOKMOBILE</b></p>
<p>13</p> <p>9:30 Wii Bowling 9:30 Art from the Heart 12:45 Strength Finders 1:00 Pinochle</p>	<p>14</p> <p>9:00 Strength Finders 9:30 Torn 11:30 Dementia Care Services (by appt) 12:30 Whist 1:00 Bridge 1:00 Quilting Group 1:00 Board Games</p>	<p>15</p> <p>8:30 Caramel Rolls (with a Cop) 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:30 Elder Abuse 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 1:30 Caregiver Support Group 2:00 Aging Gracefully</p>	<p>16</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 Fermentation, Preservation &amp; Exploration 1:00 Bridge 1:00 Hand &amp; Foot 1:00 BUNCO 1:00 BCCA Meeting</p>	<p>17</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>20</p> <p>9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle</p>	<p>21</p> <p>9:00 Strength Finders 10:00 Warning Signs of Alzheimers 10:30 Hearing Loss Support Group 12:00 Summer Picnic 12:30 Whist 1:00 Bridge 1:00 Trivia</p>	<p>22</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 Caregiver Support Group</p>	<p>23</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 Yoga Talk 9:30 Industry of Food 1:00 Bridge 1:00 Hand &amp; Foot</p>	<p>24</p> <p>9:30 Chair Yoga 10:00 Smart Driver 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>27</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>28</p> <p>9:00 Strength Finders 10:00 Art with Nicole 12:30 Whist 1:00 Bridge 1:00 Quilting Group 1:00 Board Games</p>	<p>29</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 Caregiver Support Group</p>	<p>30</p> <p>9:00 Craft Time 9:00 Strength Finders 9:00 Future of Food 9:45 Bis-Man Food Co-op Tour 1:00 Bridge 1:00 Hand &amp; Foot</p>	<p><b>DAILY</b> Coffee Bar 8:00 am—11:30 am Sew &amp; 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 *Torn* on Tuesday, June 14 at 9:30 am.

In *Torn*, National Geographic Explorer Max Lowe turns the lens on his own family, as the body of his father is uncovered seventeen years after his death.

## TRIVIA

Join us for Trivia on Tuesday, June 7 and June 21, 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, June 14 and June 28, 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, June 7, at 9:15 am in the Library.

“BY THE TIME YOU’RE 80 YEARS OLD, YOU’VE LEARNED EVERYTHING. YOU ONLY HAVE TO REMEMBER IT.”

*-George Burns*

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**STACY HERTHER WOLDIE**

*Close to Home...*

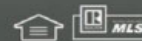


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# Health & Wellness



## **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.

**June 3, 10, 17, and 24  
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, June 15 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, June 9, 9:30 am:  
*Journey through the Elements with Yoga.*

Thursday, June 23, 9:30 am:  
*Settling Into Summer with Yoga.*

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, June 15, 22 and 29 in the Fitness Room. **NOTE: This class will not meet on June 1 or 8.**

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, June 3, 10, 17, and 24 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

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# 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, June 21 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, June 1 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, June 14 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, June 9, 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 caregivers 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, June 8 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—**URGENT NEED!**
- 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 stop by the Administrative Office or call 255-4648.



## Featured Volunteers



### ROGER VOLK

Roger Volk has been volunteering at the Burleigh County Senior Center for 8 months. He and his wife have been coming to the Center for 10 years. They heard people talking about how nice the Senior Center was and wanted to find out for themselves.

Roger takes meals from the kitchen to the home delivery packing area and also takes meals out to the Drive-Thru. He is getting his exercise!

In between his volunteer work, Roger likes to ride bike in our fitness room. His favorite pastime is watching old westerns. He also likes word searches and you will always find him with his favorite pocket slot game.

Roger grew up in Hague with twin sisters and three brothers. In the 1960's Roger moved to Bismarck and his first job was with Sweetheart Bakery. Then Roger worked for the City of Bismarck as a heavy duty operator for the next 18 years. Roger was married in 1972 and he and wife Mary just celebrated their 50<sup>th</sup> wedding anniversary! Roger has two daughters and four grandchildren and they all live in the area.

Roger likes to volunteer because it keeps him occupied and he gets to meet new people and visit. The bonus is all the exercise!



### MARILYN ZINS

Marilyn Zins has been volunteering at the Burleigh County Senior Center for 3 years. She works in the home delivered meal packing area.

Marilyn started coming to the Senior Center to meet new friends and volunteer. Marilyn enjoys playing cards, having coffee and visiting with friends, and taking bus trips to different places.

Marilyn grew up in a family of seven children. She lived in Williston before moving to Bismarck. She has 4 girls, 3 boys and 9 grandchildren. Marilyn worked for MidDakota Clinic and Liberty Tax.

Marilyn volunteers at the Senior Center because she enjoys helping people and making new friends!

**THANK YOU  
ROGER AND MARILYN  
FOR ALL YOU DO!**

# 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. SNAP Benefits may be used. No one 60+ will be denied meals due to an inability or unwillingness to make a donation. The price for those under 60 is \$10.00.

## 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

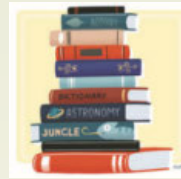
Pinochle:	1:00 pm, Monday, Wednesday, Friday
Bridge:	1:00 pm, Tuesday, Thursday
Hand & Foot:	1:00 pm, Thursday
Bunco:	1:00 pm, 1st & 3rd Thursday
Bingo:	1:00 pm, Wednesday
Whist:	12:30 pm, Tuesday
5 Crowns:	12:30 pm, Last Monday of month

**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 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!**

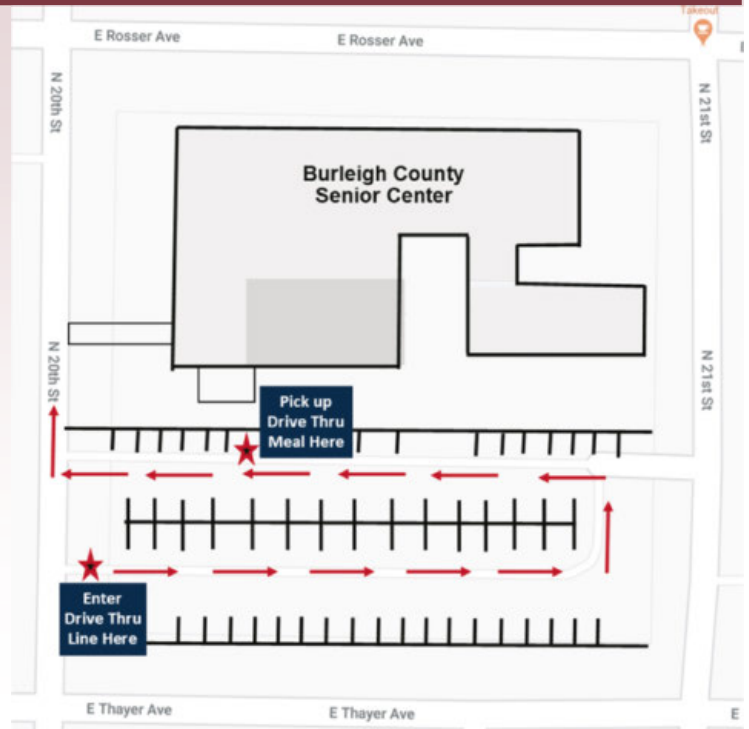
Patrons may choose between congregate meals or drive-thru meals. If you are using our Drive-Thru Meal Service please follow the route shown.

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

E 4C 05-0634

# Protecting Seniors from Elder Abuse

**World Elder Abuse Prevention Day** is recognized on June 15th to raise awareness of this health problem that is a largely unreported and often neglected issue in the United States. Reports show that 1 out of 10 people over the age of 60 has experienced this form of abuse. Since many cases of elder abuse go unreported, researchers say the actual numbers are probably much higher.

Why do so many cases go unreported? One reason is that the abuser is often a family member or close friend. The senior being abused might also be afraid or unable to seek help. While most of us don't want to think an older adult we know is being abused, there are steps you can take to protect them.

## Four Ways You Can Help Prevent Elder Abuse

According to the American Psychological Association (APA), there are four ways we can help prevent elder abuse in our communities.

### 1. Learn the types of elder abuse

The APA says the first step in preventing elder abuse is education. Not all signs of elder abuse are easy to see. The term "elder abuse" can be used to describe a variety of mistreatment and maltreatment including:

- Physical abuse or intimidation
- Emotional and verbal abuse
- Neglect or abandonment
- Financial abuse, including fraud and scams
- Sexual assault or abuse

### 2. Raise awareness about senior care solutions

People who abuse an elder sometimes do so because the stress and frustration of being a family caregiver overwhelms them. They have no one to turn to for help or support. This is especially true for those caring for a loved one with Alzheimer's disease.

That's why it's important for family caregivers to find ways to take routine breaks. If there isn't a friend or family member who can pitch in, respite care might be a solution to consider.

Home care agencies and assisted living communities offer short-term care options designed to give weary caregivers a break. If finances are tight, your local agency on aging might have funds available to help pay for respite care. Call your local chapter to learn more.

### 3. Encourage caregivers to connect with a support group\*

When a caregiver has a strong network of support, difficult days are easier to navigate. For some caregivers, that means finding ways to stay connected with family and friends. A good laugh can help make a stressful day more manageable. Caregivers can also benefit from connecting with an online support group. The Family Caregiver Alliance has a variety of online support groups to consider.

### 4. Help raise community awareness

The more people know about this national problem, the better. You can help raise awareness in your own community. It might be by sharing this article in your center's newsletter or with your local media. The more we shine a spotlight on elder abuse, the more likely it is people will recognize the warning signs in someone they know.

If you'd like to learn more about elder abuse, we encourage you to visit the National Center on Elder Abuse. You'll find resources on topics ranging from education to advocacy. ©LPi



***If you feel you or someone you know is a victim of Elder Abuse and you need help, please reach out to a Burleigh County Senior Adults Program staff member for help.***

\*The Burleigh County Senior offers a weekly Caregiver Support Group. See page 12 for more information.

# 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—July 11

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



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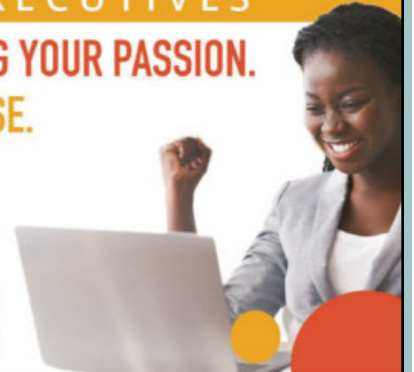
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## Burleigh County Senior Adults Program Giving Opportunities

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:

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

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

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

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

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