

THE

SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 4 April 2020

BCSAP Volunteers,

Thank you so much for volunteering your time and talents to the Burleigh County Senior Adults Program. In 2019, through your hard work and dedication, we provided the following services to 2,554 older adults in Burleigh County.

- 100,703 meals (congregate and home-delivered)
- 2,537 foot care appointments
- 328 different educational workshops and social activities
- 466 Bone Builders and other exercise classes
- 942 opportunities to play cards, BUNCO, billiards, and other recreational activities

Over 35,000 hours of volunteer time was recorded, with a value estimated to be about \$900,000!

We wouldn't be able to fulfill our mission of *enhancing the lives of older adults through nutrition, health maintenance, outreach services and life enrichment activities* without you!

Thank you!

From the BCSAP Staff

BCSAP is discontinuing all activities and its congregate meal service effective immediately until further notice.

This includes congregate meals at all meal sites. Instead of a congregate meal, you may receive: **Grab 'n Go Meals; Frozen Congregate Meals; or Congregate Home Delivered Meals.** Home Delivered Meals will continue as usual.

ALL meals for Crescent Manor will be packaged as a home delivered meal and delivered to their dining room M-F at 11:15 am. Health Maintenance Services at the Burleigh County Senior Center will also be discontinued. Please contact BCSAP at 701-255-4648 for more info.

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WE  OUR VOLUNTEERS



Lifelong Learning

MEMORIES IN A QUILT WITH BOBBI BROTTON (rescheduled)

Not only are quilts beautiful, but many quilts come with a story. Bobbi will be here Wednesday, April 1 at 10:00 am, to share such a story about a quilt. Each piece is made with love. Please feel free to bring a quilt of your own that holds special memories for you.

UNDERSTANDING ALZHEIMER'S & DEMENTIA

The terms "Dementia" and "Alzheimer's" are often used as though they mean the same thing. They are related, but there are important differences between the two. Join Nikki Wegner, Western ND Program Manager for the Alzheimer's Association, on Wednesday, April 8 at 1:00 pm, as she shares information about risk factors, current research and treatments available for symptoms. Nikki will also share how to get more information from the Alzheimer's Association.

LEAVING A LEGACY WITH COLETTE RUDOLF (2 CLASSES)

There are many kinds of *Legacies* that don't include money. Join Colette Rudolf on Tuesdays, April 14 & 21 at 12:30 pm, as she shows us how to create our own personal legacy project. Something that reflects the purpose and meaning of your life and something to inspire your future family. Please sign up in the office for this class. There is a suggested \$10 fee (for both classes) to help cover the cost of materials.

ELLIS ISLAND: THE HISTORY OF AN AMERICAN DREAM

Join us on Thursday, April 16 at 10:00 am, as we watch this historic documentary. About 12 million immigrants landed on Ellis Island, the first outpost of the American federal immigration station in the Upper New York Bay, and the ultimate gateway to the United States of America. However, when they first arrived, their fates did not always belong to them. In those decisive hours, when federal immigration inspectors decided who could enter the country and who was sent home, the Melting Pot was born.

JOHNNY CASH BIOGRAPHY

Join us Monday, April 27 at 10:00 am, to watch the A & E Biography of Johnny Cash. Hear his biggest hits and explore the remarkable life of the pioneering performer known as the Man in Black.

DREAM INTERPRETATION

On Wednesday, April 8 at 10:00 am, Billie Oritz, a certified dreamworker, will introduce us to Dream Interpretation via skype. Sharing your dreams with a safe, supportive community of dreamers fosters a sense of empathy, deepens self-discovery and stimulates profound discussions that can enhance creativity in one's work and play. Dreamwork is also an excellent way to satisfy that push toward consciousness that we experience when aging.

RED CROSS: HANDS ONLY CPR

You can increase the chance of someone surviving a cardiac emergency by taking a FREE American Red Cross 30-minute class. Joshua Christianson of Red Cross Dakotas, will be here Wednesday, April 15 at 10:00 am, to teach this Hands Only CPR class. More than 350,000 cardiac arrests occur outside a hospital each year. Learn how to deliver lifesaving CPR care without rescue breaths by immediately providing Hands Only CPR and increasing the chance of survival. There is no charge for this class and you will not receive CPR certification.

SOCIAL SECURITY: MEDICARE

Patty Hoffman, Specialist for the Social Security Administration for North Dakota and Western Minnesota, will be here on Wednesday, April 22 at 10:00 am, to share information on Medicare. Patty will discuss eligibility, the difference between Part A & B, the premium for Part B and the Extra Help Program for the Prescription Drug Plan. She will also talk about the application process and the income & resource guidelines. There will be time for questions and answers.

NDSU EXTENSION: GARDEN TO TABLE

Did you know that gardening is excellent exercise? Did you know gardens can be very large or planted in containers that fit in small areas? Gardens offer quality nutrients for your diet. Join Shaundra Ziemann-Bolinske, NDSU Extension, on Thursday, April 23 at 10:00 am, as she shares information about gardening, healthy eating and all the benefits that go with having a garden.

Celebrate Your Inner Artist!

ART FROM THE HEART WITH NINA

Join Nina Loeks on Saturday, April 4, at 9:30 am, as she leads participants in painting a bunny picture for Easter.



She will also be here on Monday, April 13, at 9:30 am, to lead us in creating a beautiful painting of flowers in the rain.



The suggested donation is \$5 for each class and is non-refundable. Please make your donation when you sign up at the Office. Space is limited to 10 people for each class.

ART WITH NICOLE: TULIPS

Nicole Gagner, ND Council of the Arts, will be here Tuesday, April 14, at 10:00 am, to share her tulip painting techniques.



The suggested donation is \$5 and is non-refundable. Please make your donation when you sign up at the Office.

CRAFTY CREATIONS: DECO MESH SUMMER WREATH WITH TANA PENDERGAST

Join Tana on Monday, April 27, at 12:30 pm, as she shows us how to create a beautiful deco mesh wreath. Say Hello to Summer with a colorful wreath. All supplies will be provided. There is a suggested donation of \$5 that is non-refundable. Please make your donation when you sign up at the Office. This class is limited to 10 people.

Region VII Health & Learning Day



Tuesday, May 5, 2020, 8 am- 2 pm
Burleigh County Senior Center
Free and Open to the Public
(Subject to Change)

A Life Well Lived: How Practicing Gratitude Can Help You Stay Healthy, Live Better and Lead well
by Raychel Perman



Featuring...

PLUS...

- **FREE Health Screenings!**
 - * Blood Sugar
 - * Bone Density
 - * Hearing
 - * Balance / Fall Risk
 - * Blood Pressure
 - * Vision - Eyeglass Cleanings & Adjustments
- **Cholesterol Screenings: Fasting/Non-Fasting!**
 (Fee applies)
- **Classes!**
 - * AARP Homefit/Prepare to Care
 - * Osteoporosis & Bone Health
 - * Medicare Review
 - * Immunizations for Older Adults
 - * Plus More!!!
- **Drug Take Back!**
 Bring in old prescriptions for disposal.
- **Exhibits!**
 Browse through the exhibit area and learn about the programs and services available to successfully 'age in place'!
- **Box Lunch Available!**
 Call 258-9276 for lunch reservation.

One-on-One Tech Support with your iPhone, iPad, Android or tablet. (Bring your device.)

Skip the Hassle of Parking -- Catch the Edgewood Shuttle!

Simply go to the Edgewood facility of your choice, park, and go into the lobby. Relax, enjoy a cup of coffee, and catch the shuttle to the Health & Learning Day! Catch the shuttle back when you are ready to go. **No parking and no long distance walking!** *Sponsored by Edgewood Village, Edgewood Dominion and Edgewood Mandan. Transportation provided by West River Transit.

Edgewood Village 3124 Colorado Lane, Bismarck (east of Pebble Creek Golf Course)	Edgewood Dominion 3406 Dominion Street, Bismarck (Behind Menards)	Edgewood Mandan 2801 39 th Ave SW, Mandan (just off McKenzie Dr)	Burleigh Co. Senior Center 315 N 20 th Street, Bismarck	Burleigh Co. Senior Center 315 N 20 th Street, Bismarck
To Senior Center 7:30 am 9:00 am 10:30 am	To Senior Center 7:45 am 9:15 am 10:45 am	To Senior Center 8:15 am 9:45 am 11:15 am	To Edgewood Dominion/Village 8:45 am 10:15 am 2:00 pm 2:30 pm	To Edgewood Mandan 9:30 am 11:00 am 2:00 pm 2:30 pm

Become a Techy!

COMPUTER BASICS

Vicki Laraway, from the ND Center for Independent Living, will be here on Thursday, April 16, 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 classes are limited to five people, please sign up early at the Office, or call 255-4648.



PARKING: Parking at the Burleigh County Senior Center is limited. It can be a challenge to find a parking spot on busy days. Please consider carpooling with others, using the Senior Center Shuttle, or being dropped off. Thank you!

Culinary Delights

The Advisory Committee will be hosting a special Easter Bake Sale on Thursday, April 2 from 8:30 am - 12:00 pm. The proceeds benefit our Activity Fund. If you would like to donate Baked Goods, please drop them off on Wednesday afternoon by 3:30 or Thursday morning by 8 am.



PIE HAPPY HOUR

Join us Monday, April 27, at 1:30 pm for Fruit of the Forest pie, ice cream and coffee. All for \$2.00!



Friday's at the Movies!

Apr. 3 - Risen: This movie is the epic Biblical story of the Resurrection, as told through the eyes of a non-believer. Clavius (Joseph Fiennes), a powerful Roman military tribune, and his aide, Lucius (Tom Felton), are tasked with solving the mystery of what happened to Jesus (Cliff Curtis) in the weeks following the crucifixion, in order to disprove the rumors of a risen Messiah and prevent an uprising in Jerusalem.



Apr. 10 - CLOSED (NO Movie)

Apr. 17 - Downton Abbey: In this historical drama, a wealthy British family and their servants deal with daily life in early 1900s Britain. The 2019 film is a sequel to the popular series that aired on PBS. Hugh Bonneville, Laura Carmichael, Jim Carter, Michelle Dockery, Elizabeth McGovern, Maggie Smith, and Penelope Wilton star.



Apr. 24 - Rookie of the Year (1993): Rookie of the Year is a light-hearted comedy about a 12-year-old baseball fan who, despite his love for the sport, can't play the game at all. During one Little League contest, he breaks his arm. After it heals, it miraculously becomes a super-human arm that can out-pitch any player in the major leagues (starring Thomas Ian Nicholas).

Just for Fun!

FOUR BEARS CASINO TRIP

On Tuesday, April 28, we will leave the Senior Center at 7:30 am sharp! Lunch will be served between 11:00 am and 2:00 pm. The bus will depart Four Bears Casino at 3:00 pm and arrive back at the Burleigh County Senior Center by 5:00 pm. Cost is **\$30.00** per person. Payment must be made and the "Day Trip" form must be completed to be registered for this trip. **Please park on the South side of parking lot when you come for this trip.**

RAPID RESPONSE: CENSUS BUREAU

On Wednesdays, (April 8, 15 and 22) from 8:30-12:30, members of the 2020 Census Team will be in the Dining Room to assist seniors in completing the 2020 Census. Seniors are encouraged to bring their filled out Census cards to the Rapid Response table.

MEALS & MELODIES

In the Dining Room:

Thursday, April 2- Lori Mittleider (12:30 pm)

Thursday, April 16 - Kris Kitko (12:15 pm)



Saturday at the Senior Center OPEN 9 am - 1 pm

April 4: Art with Nina - 9:30 am

Bingo - 10:00 am

Lunch- 11:30 am (Soup/Sandwich)

Art for Life

TREE OF LIFE PROJECT

Join artist Mel Gordon on Tuesdays, April 7 and 14 from 1:00 - 3:00 pm, as she leads us in this amazing project of creating a "Tree of Life". This project will take about 6 weeks to complete and will hang in the Craft Room when finished. We will do some simple paper cutting and crafting of flowers, birds and other items that reflect life. Each piece will be placed on the tree. There will be discussion on the significance of each item we make! We will join with the second grade classes from Rita Murphy for 2 sessions to make apples and butterflies. You can attend one or all of these creative classes. There will be reflection and conversation about our lives. A special reception will be held on May 14 to honor the completion of the Tree of Life and all those who participated in this remarkable project. There is no need to sign up for this class, just join us for this incredible endeavor.

TREE OF LIFE PROJECT WITH RITA MURPHY ELEMENTARY STUDENTS

On Tuesdays, April 21 and 28 from 9:30 - 11:00 am, we will meet with the second graders from Miss Becker and Miss Bren's class to make items for our Tree of Life. The children will help us make apples at one session and then butterflies the next session. We will share our memories of grade school and growing up with the children. We will have a special treat with the children as we create our Tree of Life paper crafts.

April Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cabbage Roll Parslied Potatoes Country Blend Veg. Peaches	2 Stuffed Pork Loin Mashed Potatoes with Gravy Cooked Cabbage with Bacon Apple Crisp with Whipped Topping Easter Meal	3 Salmon with Dill Sauce Rice Pilaf with Peas Broiled Tomato Fresh Banana
		6 Chili Topped with Shredded Cheese Corn Muffin Coleslaw Fresh Grapes	7 Chicken Cacciatore Baked Potato with Sauce from Chicken or Sour Cream Green Beans Lime Gelatin with Fruit Cocktail Fresh Bun	8 Roast Beef Mashed Potatoes with Gravy Parslied Carrots Fruit Cocktail Chocolate Cake
13 Turkey Ala King over Mashed Potatoes CA Blend Veg. Peaches Lime Perfection Salad	14 BBQ Ribs Baked Sweet Potato Baked Beans Pear with Cranberry Sauce	15 Swiss Steak with Onions & Tomatoes Parmesan Roasted Potatoes Malibu Blend Veg. Fresh Orange	16 Baked Chicken Baked Baby Red Potatoes Brussel Sprouts Pineapple Fresh Bun	17 Spaghetti with Meat Sauce Italian Blend Veg. *Salad Bar Apricots Garlic Toast
20 Open Faced Hot Beef Mashed Potatoes with Gravy 5 Way Mixed Veg. Berry Blend with Vanilla Yogurt	21 Pork Roast Scalloped Potatoes with Gravy Spring Blend Veg. Cooked Apples Fresh Bun	22 Porcupine Meatballs Mashed Potatoes with Gravy Capri Blend Veg. Sunshine Salad	23 BBQ Chicken Legs Baked Potato with Sour Cream Asparagus Fresh Banana Assorted Cookies	24 Stuffed Green Pepper Garlic Mashed Potatoes Corn Pears
27 Crispy Chicken Burger Deluxe with Lettuce, Tomato & Onion Tomato Basil Soup Marinated Veggie Salad Strawberry Applesauce	28 Pork Chop with Celery Sauce Baked Sweet Potato Green Beans Plums Lemon Bar	29 Beef Tips with Gravy Mashed Potatoes Chef's Blend Veg. Peaches Fresh Bun Ice Cream Treat 	30 Beef with Broccoli over White Rice Oriental Sugar Snap Peas Mandarin Oranges Fortune Cookie	* Senior Center Only CM/HDM: Side Salad <div style="border: 2px solid pink; padding: 5px; text-align: center; color: pink;"> Menu subject to change without notice. </div>

OAA federal regulations require individuals age 60 and older to register annually to participate in the Congregate Meals Program, or semi-annually to participate in the Home-Delivered Meals Program. Individuals are notified when their registration needs to be updated. Suggested donation is \$4.50/meal. SNAP accepted.

MEAL RESERVATIONS: Call the following locations at least one day in advance: Burleigh County Senior Center, **258-9276** from 8:30 am to 3:30 pm; Crescent Manor, **258-6646** from 10:00 am to 2:30 pm; Wing Senior Center or Sterling United Methodist Church, **943-2490** from 8:30 am to 3:30 pm; or Home-Delivered Meal inquiries, please call **255-4648**. The meal price for those under 60 is \$9.00.

April Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00, 10:30 & 1:15 Bone Builders 10:00 Grief Support 10:00 Memories in a Quilt 1:00 Pinochle 1:00 Bingo 1:00 Whist	2 8:30 Bake Sale 8:45 & 1:15 Bone Builders 10:00 TV From Days Gone By 10:00 Chair Yoga 12:30 Lori Mittleider 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco	3 8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing Saturday 4 9:30 Art with Nina 10:00 Bingo
6 9:00, 10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 Stretch Class 1:00 Senior Club Meeting 1:00 Pinochle 1:00 Duplicate Bridge 1:00 Senior Center Singers Practice	7 9:00, 10:00 & 1:15 Bone Builders 9:30 Advisory Committee Meeting 10:00 Aging Gracefully 12:30 Wii Bowling 1:00 Bridge 1:00 Art for Life	8 8:30 Census Bureau 9:00, 10:30 & 1:15 Bone Builders 10:00 Dream Interpretation 10:00 Grief Support 10:00 Poetry Group 11:30 Alzheimer's Caregiver Support 11:30 Senior Medicare 1:00 Pinochle/Whist 1:00 2x4 Bridge/Bingo 1:00 Understanding Alzheimer's & Dementia 1:30 Legal Services by Appointment	9 8:45 & 1:15 Bone Builders 10:00 Chair Yoga 10:00 TV From Days Gone By 12:45 Hand & Foot 1:00 Bridge Bookmobile	10 CLOSED 
13 9:00, 10:30 & 1:15 Bone Builders 9:30 Art with Nina 9:30 Tick Card Game 1:00 Walking with Leslie 1:00 Pinochle 1:00 Senior Center Singers Practice <i>6:00 pm Senior Club Dinner Dance at Eagles Club</i>	14 9:00, 10:00 & 1:15 Bone Builders 10:00 Art with Nicole 10:00 Aging Gracefully 12:30 Wii Bowling 12:30 Leaving a Legacy 1:00 Bridge 1:00 Art for Life	15 8:30 Census Bureau 9:00, 10:30 & 1:15 Bone Builders 10:00 Low Vision Resource Group 10:00 Grief Support 10:00 Red Cross 1:00 Pinochle 1:00 Whist 1:00 Bingo	16 8:45 & 1:15 Bone Builders 10:00 TV From Days Gone By 10:00 Chair Yoga 10:00 Computer Basics 10:00 Ellis Island 12:15 Kris Kitko 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco	17 8:45 Bone Builders 9:30 Tick Card Game 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing NO Standing Yoga
20 9:00, 10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 Stretch Class 12:30 Wellness Challenge 1:00 Pinochle 1:00 Duplicate Bridge 1:00 Senior Center Singers Practice	21 9:00, 10:00 & 1:15 Bone Builders 9:30 Art for Life 10:00 Aging Gracefully 10:30 Hearing Loss Support Group 12:30 Wii Bowling 12:30 Leaving a Legacy 1:00 Bridge	22 8:30 Census Bureau 9:00, 10:30 & 1:15 Bone Builders 10:00 Poetry Group 10:00 Grief Support 10:00 Social Security 1:00 Pinochle 1:00 Bingo 1:00 2x4 Bridge 1:00 Whist	23 8:45 & 1:15 Bone Builders 9:30 Prairie Sea Hearing 10:00 TV From Days Gone By 10:00 NDSU: Garden to Table 10:00 Chair Yoga 12:45 Hand & Foot 1:00 Bridge 1:00 BCCA Meeting	24 8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing
27 9:00, 10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 Johnny Cash Bio. 12:30 Crafty Creations 1:00 Pinochle 1:00 Walking with Leslie 1:00 Senior Center Singers Practice 1:00 Book Club 1:30 Pie Happy Hour	28 7:30 Four Bears Casino Bus Trip 9:00, 10:00 & 1:15 Bone Builders 9:30 Art for Life 12:30 Wii Bowling 1:00 Bridge	29 9:00, 10:30 & 1:15 Bone Builders 10:00 Grief Support NO Pinochle NO Bingo NO Whist	30 8:45 & 1:15 Bone Builders 10:00 Chair Yoga 10:00 TV From Days Gone By NO Hand & Foot NO Bridge Building Closes at 1:30 pm 5:00 Volunteer Appreciation Party	

Book Club

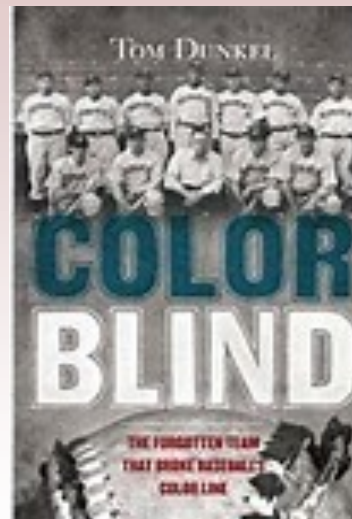
The Book Club will be meeting on Monday, April 27, at 1:00 pm, in the Library. The book for discussion is *Color Blind* By Tom Dunkel (State Library).

When baseball swept America in the years after the Civil War, independent, semipro, and municipal leagues sprouted up everywhere. With civic pride on the line, rivalries were fierce and teams often signed ringers to play alongside the town dentist, insurance salesman, and teen prodigy. In drought stricken Bismarck, North Dakota during the Great Depression, one of the most improbable teams in the history of baseball, whose marquee player was Satchel Paige, was assembled by one of the sport's most unlikely champions. A decade before Jackie Robinson broke into the Major Leagues, car dealer Neil Churchill signed the best players he could find, regardless of race, and fielded an integrated squad that took on all comers in spectacular fashion.

May: *Hilliby Elligy* By JA Vance (Bismarck Public library).

June: *Abercrombie Trail* By Candac Simar (State Library).

Note: Book Club does not meet in **July** or **December**.



Health & Wellness

AGING GRACEFULLY

Join us Tuesdays (April 7, 14 and 21) at 10:00 am, as we experience the joys and benefits of dance while creatively addressing concerns related to balance, cognition, motor skills, and physical confidence. Class integrates movement from modern, ballet, tap, folk and social dancing to engage participants' minds and bodies, and create an enjoyable, social environment for artistic exploration. This class is conducted by Northern Plains Dance.

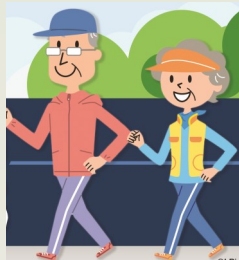
Please sign up in the office. A suggested \$10 donation for the 3 classes is requested, or \$5 per class. Limit of 10. If you have any questions, please see Lisa.

STRETCH CLASS

Ease your stiff joints and improve flexibility with these simple stretch classes on Monday, April 6 and April 20 at 10:00 am. A more flexible body means you will have a greater range of motion in your joints, which makes it easier to move! This is an easy to follow DVD.

WALKING WITH LESLIE SANSONE

Leslie Sansone is the foremost authority on fitness walking. She has developed several walking DVD's. We will have walking classes on April 13 and April 27 at 1:00 pm, where we will do the One Mile Walk and the Two Mile walk, right in the Fitness Room. You can participate in one or both walks! Wear comfortable shoes.



LINE DANCING

Love to Dance? Then join in on our weekly Line Dancing session! This group meets at 1:00 pm every Friday in the South Conference Rm.



BONE BUILDERS

Bone Builders is a program of RSVP. If you are interested in Bone Builders, or have questions or concerns, please contact Mary at RSVP (258-6815), or speak with a class leader.

WELLNESS CHALLENGE

Join us for our monthly Wellness Challenge meeting on Monday, April 20 at 12:30 pm (note time change from previous schedule).

Libby Bakken, senior fitness specialist and certified health coach, with YOUvitalize Health & Spa, will share information about exercise as we age. Libby also specializes in nutrition for optimal aging.



Please bring your monthly achievement worksheet to be put in for the drawing for the reserved parking space.

Participate in at least six months of the Wellness Challenge and you will be eligible to be in the grand prize drawing in December.

It's not too late to join! Come to our meeting or stop by the Admin office! Each month we will focus on different aspects of wellness and fitness. This year's Wellness Challenge will provide you the opportunity to set monthly goals to improve your lifestyle.

YOGA

Yoga is a great way to maintain a positive attitude and relieve stress. Yoga also provides movement without strain, increases flexibility, promotes good bone health and helps you maintain a sharp mind. There are two yoga sessions offered at the Senior Center. Chair Yoga is on Thursdays at 10:00 am and Standing Yoga is on Fridays at 10:00 am in the Fitness Room.



Chair Yoga: April 2, 9, 16, 23 & 30

Standing Yoga: April 3 & 24

***No Matter What Your Age, Size or Fitness Level,
It's Never too Late to Start Exercising!***

Health & Wellness

FITNESS ROOM I SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am Bone Builders-1	9:00 am Bone Builders-4	9:00 am Bone Builders-1	8:45 am Bone Builders-6	8:45 am Bone Builders-4
10:30 am Bone Builders-2	10:00 am Bone Builders-6	10:30 am Bone Builders-2	10 am Chair Yoga	10:00 am Standing Yoga
1:15 pm Bone Builders-3	1:15 pm Bone Builders-5	1:15 pm Bone Builders-3	1:15 pm Bone Builders-5	

We now have two fitness rooms — Fitness Room I and Fitness Room II.

Fitness Room II is available for all Burleigh County Senior Centers participants. Please feel free to use this room anytime. There are two exercise bikes for your use, as well as exercise videos.

Exercise videos include: Zumba Gold, Chair Yoga, Laughter Yoga, Wii Games, FitDeck Stretch, FitDeck Senior, Tai Chi Chih, ROM Dance, Armchair Gentle Exercises, Stretch Class, Leslie Sansone, Walking One Mile and Two Miles DVD.

Use the Fitness Room II as your starting point for the Walking Track. Walk laps in the hallways around the Dining Room (**20 laps = 1 mile; 10 laps = 1/2 mile; 5 laps = 1/4 mile**).

Support Groups & Free Resources

GRIEF SUPPORT AND SHARE GROUP

There are many different ways to grieve and many different things we can grieve over. You can grieve over the death of a loved one, a pet, a disagreement with a family member, the loss of a job and even moving from your home.

Kathleen Meckler worked as a Youth Counselor and therapist prior to retirement, and is now donating her time and expertise to offer a Grief Support and Share Group at the Senior Center. This Grief Support and Share Group provides emotional support in a safe environment for you to explore how to cope.

This Group meets every Wednesday from 10:00 am to 11:15 am. Sessions are scheduled for April 1, 8, 15, 22 and 29.

We welcome you to this group!

HEARING LOSS SUPPORT GROUP

The Hearing Loss Support Group will meet on Tuesday, April 21 at 10:30 am in the Library. The focus of this support group is to help those with hearing problems live successful lives in spite of their hearing loss.



PRAIRIE SEA HEARING CENTER

Jessica McLindsay, from Prairie Sea Hearing Center, will be here Thursday, April 23, from 9:30 -11:00 am, for hearing screenings and hearing aid cleanings.

LOW VISION RESOURCE GROUP

This group shares information to help visually impaired individuals remain in their homes and stay independent. The group will meet on Wednesday, April 15 at 10:00 am in the Library.



FOR YOUR USE!

Library, including
Computers with
Internet Access

Television
Free WiFi
Billiards
Craft Room
Puzzles & Games

ALZHEIMER'S CAREGIVER SUPPORT GROUP

The Alzheimer's Caregiver Support Group will meet on Wednesday, April 8 at 11:30 am. This support group provides a safe place for caregivers, family and friends of persons with Dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs, and concerns.
- Learn about community resources.

LEGAL SERVICES OF ND

Legal Services of ND is a non-profit organization providing legal help to disadvantaged elderly and low income North Dakotans.

LSND will be at the Senior Center on Wednesday, April 8, at 1:30 pm. You must have an appointment to meet with them. Please call 877-258-5263 Ext. 303, to schedule an appointment.



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 include transfer/shower benches, walkers, canes, commodes, toilet risers, and other smaller items. We suggest a donation of \$5.00 for each piece of equipment borrowed.

Wheelchairs are available on a limited basis for seven days only. A \$100.00 deposit check is required for wheelchairs. The check is returned to you upon the timely return of the wheelchair.



Ongoing Events & Activities

GAME ON!

- Pinochle:** 1:00 pm, Monday, Wednesday & Friday
Bridge: 1:00 pm, Tuesday & Thursday
Duplicate Bridge: 1:00 pm, 1st & 3rd Monday
2X4 Bridge: 1 pm, 2nd & 4th Wednesday
Hand & Foot: 12:45 pm, Thursday
Bunco: 1:00 pm, 1st & 3rd Thursday
Whist: 1:00 pm, Wednesday
Tick: 9:30 am, Monday & Friday
Wii Bowling Teams: 12:30 pm, Tuesday (except July & Aug.)
Line Dancing: 1:00 pm, Friday
Bingo: 1:00 pm, Wednesday

Stop by or call the Admin Office (255-4648) to sign up for Bridge, Hand & Foot, or Bunco.

Photographs

While at the Burleigh County Senior Center, or on a Senior Center sponsored trip, you may be videotaped or photographed. Your presence at the Senior Center constitutes your permission for us to use your likeness.

BURLEIGH COUNTY BOOKMOBILE

New books will be delivered to Lisa's desk on Thursday, April 9. Books are checked out and returned there in 25 days. You may request books and they will do their best to get it to you. Stop by to see what new titles we receive!



Did You Know...?

- There is a secure container in the Rec Room entrance for personal documents in need of shredding.
- The Admin Office has Bis-Man Transit tickets and stamps available for purchase.
- You may drop your MDU payment at the Admin Office. Payments are mailed twice weekly.
- The Senior Center Library has books available for checkout, as well as two computers for your use.
- Free WiFi is available!

BILLIARDS

The Senior Center has four billiards tables for your use. There is a suggested donation of \$1 per day to play.

POETRY ENTHUSIASTS

Do you have an interest in reading or writing poetry? Join a group of poetry enthusiasts at 10:00 am on April 8 and 22, in the Library.

SENIOR MEDICARE PATROL

Eunice Meidinger from Senior Medicare Patrol, will be available in the Dining Room on Wednesday, April 8 at 11:30 am to answer your questions regarding Medicare fraud and scams.

ADVISORY COMMITTEE

The Burleigh County Senior Center Advisory Committee will meet on Tuesday, April 7 at 9:30 am in the Library.

CARDS & BOARD GAMES

The Rec Room is available for cards and board games every morning. You can find a variety of games in the Sun Room cabinet, including Skipbo, Phase 10, Scrabble, Yahtzee, Uno, and Backgammon.

Please return games to the cabinet when you are finished.



Wednesday is Caramel Roll Day!

Join us Wednesday mornings for fresh, hot out of the oven, Caramel Rolls! Just \$1 Each!

PLEASE NOTE:

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

News from Area Senior Clubs

Burleigh Senior Club, Bismarck

Monday, April 6

1:00 pm Senior Club Meeting
Burleigh County Senior
Center Library
(All are Welcome)

Reservations for the Dinner Dance must be made IN PERSON at the Burleigh County Senior Center on April 7, ONLY from 8:30 am to 12:00 pm. Please NO phone calls. For cancellations **ONLY**, you may call 255-1694 .

Monday, April 13

6:00 pm Dinner Dance
Eagles Club

\$10.50/ticket
(non-refundable)

SENIOR CLUB OFFICERS

CHAIR– Quirina Schmidt VICE CHAIR– Keith Cleveland
TREASURER– Herb Ritz SECRETARY– Elaine Beyl
DIRECTORS– Cecelia Roehrich, Jane Anderson, and Mary Volk

Golden Wing Club, Wing

April 1: Casino Trip (need a minimum of 6).

April 2, 9, 16, 23 and 30 (if a minimum of 6 people riding): Transit Bus to Bismarck for medical appointments and shopping.

April 3, 10, 17 & 24: Pinochle at 7:00 pm with Potluck Lunch. Cost is \$5.25 per person to play with an 81% payback in prizes. Please call 943-2446 or 943-2490 for more information. All ages are welcome!

April 10: Good Friday - Closed

April 12: Happy Easter!!!

April 13: Golden Wing Club Meeting at 1:00 pm.

March 19: First day of Spring!

Noon meals are served Monday, Tuesday, Thursday and Friday. Wednesday meals are served at 6:00 pm beginning April 1.

Morning coffee is served Monday - Friday and caramel rolls every Wednesday morning at the Wing Senior Center.

Donuts available daily (individually or by dozen).

For more information, contact 943-2490 or email gwc@bektel.com. Suggested donation is \$4.50/meal. SNAP accepted.

The meal price for those under 60 is \$9.00 and \$5.00 for children age 12 and under. Everyone is welcome!

SE Burleigh Golden Age Club, Sterling

April 1: Casino Trip (need a minimum of 6 people).

April 2, 9, 16 & 23: Transit to Bismarck for appointments and shopping.

April 10: Good Friday - Closed

April 12: Happy Easter!!!

April 15: Transit to Wing (noon meal).

April 30: Regular Monthly Meeting with noon potluck and/or Senior Meals. Health Maintenance Services available.

Congregate meals are served at 12 noon on Mondays, Tuesdays, Thursdays and Fridays.

Health Services: 255-4648
Meal Reservations: 943-2490
Club Info: 387-4749 or 387-4581
West River Transit: 224-1876

All activities are held at Sterling UM Church and are open to those 60+ years of age.



News from Area Senior Clubs

Wilton Pioneer Senior Center, Wilton

Mondays: Hand & Foot 12:30 pm; Pinochle 7:30 pm

Wednesdays: Hand & Foot 12:30 pm; Pool 7:00 pm

Food Pantry: 3rd Thursday 4:00-6:00 pm

April 7: Monthly Meeting 1:00 pm with social activities after.

Noon meals are served Monday - Friday. Please call 734-6426 before 8:00 am the day of the meal to make a reservation.

Washburn meals are delivered by Washburn church members, starting around 10:45 am. Wilton home deliveries start around 11:00am.



Morning coffee is served at 9:00 am Monday - Friday at the Wilton Senior Center. Medical supplies (available for free will offering) are: hospital beds (one electric), canes, wheelchairs, lifts, commodes and risers, bed pans, and walkers. For more information, call 734-6426.

Our Volunteers Make the Difference!



Mary J. Bergland

Mary has been volunteering at the Senior Center for two years. She enjoys volunteering in the Gift Shop because it gives her the chance to visit with Senior Center visitors. When Mary is not at the Senior Center, she enjoys doing puzzles, knitting, watching the Game Show Channel and going to bingo. Mary received her Bachelor's Degree in Elementary Education from Dickinson State University and taught for two years in Sidney, MT and another two years in Bismarck. She started doing daycare in 1977 and continued that career for 38 years. Mary has two daughters, one granddog and a bestfriend dog named "Greta". Mary comes to the Center for the meals and to socialize. The staff is super nice and makes her feel welcome!



**Home
Delivered
Meals**

Robin Schumacher

Robin has been delivering meals for the Senior Center since August of 2016. When she is not delivering meals, she enjoys traveling to see family, crocheting, walking and reading. Robin has worked in various office settings for 40 years with 32 of them being with the State of North Dakota. She has also volunteered at other organizations over the years. After she retired, she wanted to be active while "paying it forward" to those organizations that had allowed her to grow professionally and also assisted her or her family. She and Allen have been married for almost 36 years and have two daughters, five granddaughters and a very special granddog. She started volunteering to give back to an in-home service provider with the intent to meet new people, that she possibly could end up getting emotionally involved with. She has not been disappointed!

Thank you Mary and Robin, for giving your time and continuing to serve others at the Burleigh County Senior Center!

**COME ONE,
COME ALL!!**

**STEP RIGHT UP &
JOIN THE FUN!!!**

SAVE THE DATE!
IT'S TIME TO CELEBRATE THE
TREMENDOUS EFFORTS OF OUR VOLUNTEERS!
THURS. APRIL 30
5:00PM TO 7:30PM (DOORS OPEN AT 4:45PM)
BURLEIGH COUNTY SENIOR CENTER

315 N 20TH STREET BISMARCK, ND

VOLUNTEER OPPORTUNITIES

The Burleigh County Senior Center is in need of the following:

- Home Delivered Meal (HDM) Packers
- HDM Drivers
- Registration Desk
- Table Washers

If you would like to help, please contact
Site Manager Lisa Bennett or
HDM Coordinator Deb Hausauer at 701 255-4648.

WELCOME NEW VOLUNTEERS

Sharon Helbling, Diane Newberry, Andrea Kluck,
Liz Willer, Mary Sennert and William Sennert.



Policy Reminders

BUILDING A VIBRANT CENTER

Thank you to those who are signed up and using Senior Space! Please continue to scan in each time you are at the Senior Center.

If you have not yet signed up, please stop by the Front Lobby Desk to do so.

Your patience and cooperation is greatly appreciated! This new system will enable us to provide more accurate reports for community stakeholders, assist us with scheduling and tracking volunteer hours.



CORONAVIRUS, FLU AND OTHER ILLNESSES

The best way to prevent illness is to avoid being exposed to viruses or other germs. Some simple everyday preventive actions will help prevent the spread of respiratory diseases and help you avoid becoming ill. These actions include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Use a facemask if you show symptoms of illness to help prevent the spread of the disease to others. Also, use a facemask if you are caring for someone who is ill in a close setting. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Thank You to Our Donors...

We sincerely thank the following individuals and/or businesses for their generous donations:
(Listed donations were received between Feb. 1, 2020 and Feb. 29, 2020.)

- BISMARCK MOOSE LODGE #302
- NISC (Employee Kara Heck In Memory of Della Hegel)
- KELLEY & DON FRANKLUND (In Memory of Betty Jo Zachmeier)
- CLAUDIA STECKEL
- CAROL PETERSON
- JOANNE MONSON



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: _____
(Name of person honored or memorialized)

Please send acknowledgement of my memorial/honorarium to:

Name: _____

Address: _____

City, State, Zip: _____

GIVING LEVELS

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

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

DONOR CONTACT INFORMATION:

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Telephone: _____

Thank you for your support!

Health Maintenance

SUGGESTED CONTRIBUTIONS

(Effective March 1, 2018)

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.



Thursday, April 2

Foot Care Clinic at St. Gabriel's

NO Health Maintenance Clinic, Wing, ND

Thursday, April 30

8:30 - 10:30 am Blood Pressure

Fasting Blood Sugar Screenings

(No appointment necessary.)

12:00 pm Health Maintenance Clinic in

Sterling, ND, at United Methodist Church.

FOOT CARE SERVICES are available at the Burleigh County Senior Center throughout the month by appointment only. Call 255-4648 to schedule your appointment. Health Services available at Crescent Manor for residents. Appointments at Crescent Manor can be made by calling 355-7617.



ONE-ON-ONE VISITS for home-bound seniors are available. To inquire if you are eligible for a home visit, or to schedule an appointment, call 255-4648.

The Senior Sentinel is published monthly by the Burleigh County Senior Adults Program.
 315 North 20th Street • Bismarck, ND 58501 • 255-4648
 www.BismarckSeniorCenter.org
 Monday - Friday, 8:00 am to 4:30 pm

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 along with \$5.00 to:

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

Name:	
Address:	
City, State, Zip:	
Telephone:	

Please make checks payable to BCSAP.

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