

The Silver Express

Holiday Changes

Monday, July 3rd - The Grand Forks Senior

Center will be open from 8 am to 4:30 pm. We will serve all meals.

Meals on Wheels and Home Delivered Meals will go out. There will not be any health appointments, activities, or resources appointments.

Tuesday, July 4th - The Grand Forks Senior Center will be closed.



Purse Sale

Aug 8, 12:30 pm - 4:00 pm

Outside under the canopy
(Dining room if weather is bad.)

Cash or check recommended.

Accepting purse donations until July 31.

Grand Forks Senior Center (GFSC) Phone Numbers

GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Assistant Director/Development Officer, Becky Broadwell	701-757-4864
Meals on Wheels (MOW) Coordinator, Roxie Honkola	701-757-2006
Home Delivered Meals (HDM) Paula Altepeter, Rhonda Stephan	701-780-5169
Resources Manager Stacy Narlock, BSW	701-757-4874
Grand Forks Resources, Josee Locken, BSW	701-757-4883
Grand Forks Resources, Bethany Markwardt, LBSW	701-757-4872
Rural (GF & Nelson) Resources, Joyce Austin	701-757-4881
Activities Manager, Amanda Rengstorf	701-757-4866
Bingo Coordinator, Cheryl Ramberg	701-757-4873
Public Relations Manager, Paul McCullough	701-757-4863
Kitchen Supervisor/Head Cook, Gerri Davis	701-757-4871
Sit-Down Meal Information & Frozen Meals, Mary Johnson	701-757-4869
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN, BSN	701-757-4868

<p style="text-align: center;">GFSC Board of Directors</p> <p>President Alice Hoffert</p> <p>Vice President Brad Westrum</p> <p>Secretary Alice Mattern</p> <p>Treasurer Brenda Jobe</p> <p>Amy Enget Bobbie Kurtyka Dave Willprecht Jason McCarthy Kari Goelz Emily Nielsen Bob Rost Curt Sandberg Kathy Snider Michael Venaccio Clair Zirnheld</p>	<p style="text-align: center;">Mission Statement</p> <p>The mission of the Greater Grand Forks Senior Citizens Association, Inc. is to provide opportunities for older adults to live to their full potential.</p> <p>The Greater Grand Forks Senior Citizens Association, Inc. makes available all services and assistance without regard to race, color, religion, national origin, age, sex, political beliefs, disability, or status with respect to marriage or public assistance. If you feel you have been discriminated against, please contact one of the board members or the Executive Director.</p>	<p style="text-align: center;">Building & Program Usage Guidelines</p> <ul style="list-style-type: none"> • Building and Activities: For people 55 and older. Younger guests may accompany seniors occasionally. • Senior Dining Meals: For people 60 and older and their spouses. Younger guests may accompany seniors occasionally. • Foot Care: People 60 and older. • Meals on Wheels: For homebound people 60 and older and their spouse or caregiver of any age. • Home Delivered Meals: Homebound, people of any age. • Bingo: People 18 and older, according to state gaming laws.
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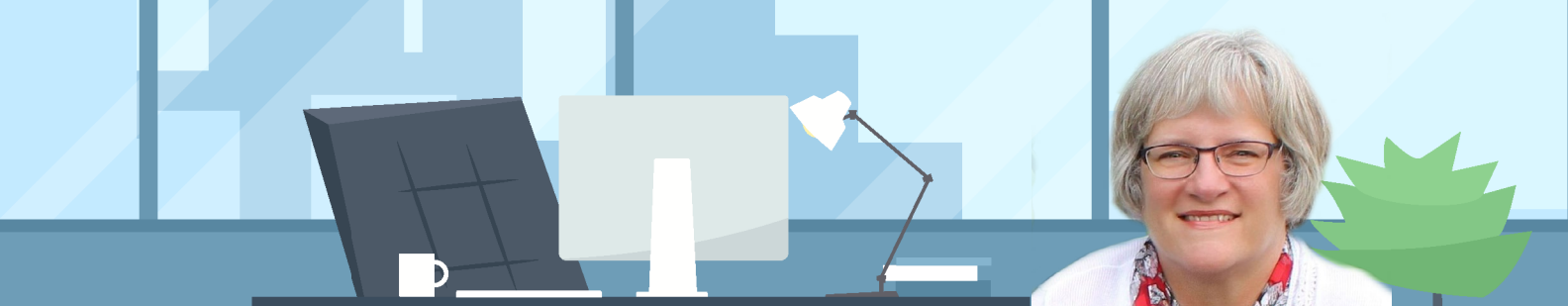
While at the Grand Forks Senior Center (GFSC) or on GFSC trips, you may be recorded or photographed.



Your presence at the GFSC constitutes your permission for us to use your likeness.

PLEASE stay home if you are at all sick.

We cannot emphasize this enough. There are many illnesses circulating and the population we serve has a decreased immune system. Also, if too many staff get sick, we will be unable to serve you at full capacity. If you are at the Grand Forks Senior Center and staff sees that you are under the weather, we will ask you to leave. Our main priority is to keep everyone healthy!



From the Director's Chair by Colette Iseminger

Older adults had a successful state legislative session! A **BIG** Thank You to our state legislators who came through for senior citizens and our meal programs in the state. An additional \$12.9 million dollars for the biennium was allocated for the Older Americans Act Title III meal programs. This will increase not only what we get reimbursed per meal but also the amount of meals that we are reimbursed for. Here in Grand Forks, meals are up 40% from pre-pandemic (2019) numbers, and our costs have soared with both supplies and staffing costs affected by inflation and a worker shortage. New menu requirements that went into effect May 11th, 2023 have also increased our meal costs.

If you see a state legislator out and about, please thank them for this additional funding! It means we will continue to serve meals to all seniors who need and want them, and we can do that without raising the suggested contribution for meals. The best deal in town will continue to be a great deal!

P.S. Yes it's true that we are pushing assessment/registration forms for everyone 60 years and older that receives a meal from us. This is because the pandemic emergency is over and we are required once again to gather information on the people that eat meals at the Grand Forks Senior Center. This is so we can get that partial reimbursement from the state. I apologize if you have to fill out the paperwork multiple times but we are trying to catch everyone.

PLEASE - If we give you a form, please return it completed.

'Til Next Time,
Colette Iseminger

Colette Iseminger,
Executive Director

MEMBERSHIP NOTE!

Starting July 1, 2023, GFSC memberships are half-price for the remainder of the year. \$10 for an individual and \$15 for a couple. You can either print and mail a form from www.gfseniorcenter.org/membership or call 701-772-7245. Support the GFSC with a membership! Membership is required to attend trips or to participate in exercise classes, and encouraged for those who utilize our programs and services.

IMPORTANCE OF VITAMIN C

BY: KATHRYN TROCHMAN, UND STUDENT DIETITIAN

HEALTHY FOOD SOURCES

(Mayo Clinic, 2020)



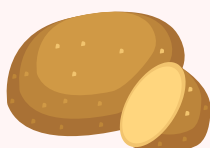
Bell Peppers



Tomato



Citrus Fruits



Potato



Brussel Sprouts



Broccoli

Vitamin C should be implemented through a healthy diet (Ncoa, 2023)

References:

The National Council on Aging.
(<https://ncoa.org/article/vitamin-c-and-older-adults-how-much-is-enough>)

Mayo Foundation for Medical Education and Research. (2020, November 17). Vitamin C. Mayo Clinic. <https://www.mayoclinic.org/drugs-supplements-vitamin-c/art-20363932>

HEALTH BENEFITS

- AIDS IN WOUND HEALING
- STRENGTHENS IMMUNE SYSTEM
- SUPPORTS IRON ABSORPTION AND STORAGE
- HELPS FORM COLLAGEN

(Ncoa, 2023)



RECOMMENDED INTAKE

Men: 90 Mg per day

Women: 75 Mg per day

(Ncoa, 2023)



Activity Info

GFSC OPEN

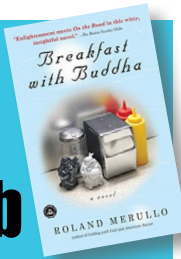
Monday, July 3

No scheduled activities, no health appointments and no resources on July 3rd, 2023.

GFSC CLOSED

**Tuesday, July 4
in observance of
Independence Day**

Constant Reader's Book Club



**Monday, July 10
at 10:30 am**

We will be discussing "Breakfast with Buddha" by Roland Merullo. Book for August, "The Life-Changing Magic of Tidying Up: the Japanese Art of Decluttering and Organizing" by Marie Kondo will be distributed at the July meeting. New people welcome!

KNOX Update

**Thursday, July 6
at 7:45 am**

Tune in to KNOX radio to listen to our monthly update with Brian Michaels. 1310 AM or 107.9 FM

Tech Talk Class

**Thursday, July 6 at
10:30 am**

July's Tech Talk will cover **MyChart**. The app that both Altru and Sanford Health use! DeAnn McDonald will be here from Altru to show you everything you can do in MyChart. No need to register! Just show up!

Tech Support for Androids

**Friday Mornings
By Appointment**

Need help with your android cell phone or tablet? Call 701-757-4866 to schedule an appointment for tech support. **We are still looking for a volunteer to help with Apple Products!**

Visually Impaired Senior Support Group



Vision Support is **canceled for July and August**. It will resume in September.

Tour the Senior Center

**Tuesday, July 11
at 9 am**

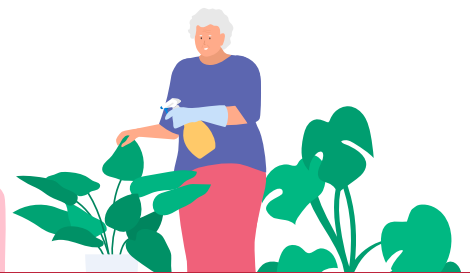
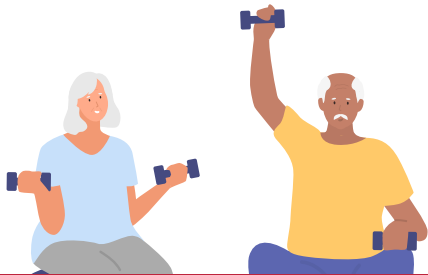
Tours are normally the first Tuesday of each month, but we are closed July 4. Plan for an hour. You will be seated most of the time.

Monthly Creations



**Wednesday, July 12
at 10:00 am**

Join Amanda as she teaches you how to make rainbow yarn keychains. Cost is \$2 per person. Call 701-757-4866 to register. Class size is limited.



FREE Legal Services for Seniors

Thursday, July 13
from 9 am - 10:30 am

Thursday, July 27
from 2 pm - 3:30 pm

Legal Services of ND provides free legal assistance twice a month at the Grand Forks Senior Center. Call 701-852-4369 ext: 330 to make an appointment. Walk-ins accepted as time allows.

Coffee and Pie with a Cop

Tuesday, July 18
at 1:30 pm

Join Sergeant Kris Brown in the Grand Forks Senior Center dining room for coffee, pie and conversation. **French Silk Pie** will be available to purchase for \$2.

Music Monday

Mondays at 1 pm

Join us select Mondays at 1 pm as we gather and appreciate the talents of local musicians.

- July 3** No Music Monday
- July 10** Barb Graf
- July 17** Theresa & the Plow Boys
- July 24** The Odds & Ends
- July 31** Too Old to Die Young

Purse Donations Needed!

Seeking donations of gently-used purses, wallets, and totes, for our annual Purse Sale (no jewelry please). **We are currently accepting donations and the deadline for purse donations is Monday, July 31.** Please bring items to the Grand Forks Senior Center front desk.

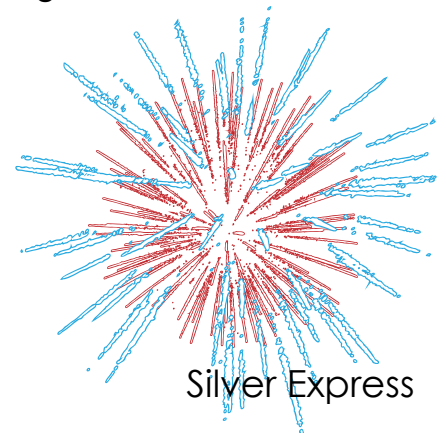
AARP Driver's Safety



Wednesday, Aug 2
from Noon - 4 pm

The AARP Driver's Safety course teaches valuable driving skills and gives a refresher on the rules of the road. You may also qualify for a discount on your car insurance by completing this course! Call your insurance agent to see if you are eligible! **There will not be a class in July.** You can register now for the August class!

Cost: \$20 for AARP members, \$25 for non-AARP members (cash/check only). Call the GFSC front desk at 701-772-7245 to register. Class size limited.



July 2023 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>GFSC Open</p> <p>No scheduled activities on this day.</p> <p>All meals will be served.</p>	<p>4</p> <p>GFSC Closed for Independence Day</p>	<p>5</p> <p>9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>6</p> <p>7:45 am KNOX Update 9:30 am Men's Coffee 10:00 am Crochet Class 10:30 am Tech Talk 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>7</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p> <p>Android Tech Support available by appointment on Friday mornings. Info on pg 7.</p>
<p>10</p> <p>9:30 am Men's Coffee 10:30 am Book Club 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>11</p> <p>9:00 am Healthy Bones AM 9:00 am Tour 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management Support Group 1:00 pm Vision Support Group 1:00 pm Trivia 2:00 pm Farkle 3:30 pm Healthy Bones (Hope Church)</p>	<p>12</p> <p>9:30 am Men's Coffee 9:30 am Game Group 10:00 am Monthly Creations 12:45 pm Open Wii Bowling 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>13</p> <p>9:00 am - 10:30 am Free Legal Services 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>14</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p> <p>Android Tech Support available by appointment on Friday mornings. Info on pg 7.</p>
<p>17</p> <p>9:30 am Men's Coffee 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>18</p> <p>9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management Support Group 1:00 pm Farkle 1:30 pm Coffee & Pie w/ a Cop (\$2/pie) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>19</p> <p>9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Open Wii Bowling 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>20</p> <p>9:30 am Men's Coffee 10:00 am Crochet Class 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>21</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Women's Coffee</p> <p>Android Tech Support available by appointment on Friday mornings. Info on pg 7.</p>

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31 9:30 am Men's Coffee 1:00 pm Music Monday 1:00 pm Dominoes 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)				



Our library contains a variety of books by Kristin Hannah. Hannah's notable works include *The Nightingale*, which is currently in production to become a movie starring Elle Fanning, and *Firefly Lane* which was turned into a Netflix series.

Check out these books by Kristin Hannah, as well as many others on the 2nd floor in our Library! Sign-in on the sheet in the library and take your books home with you. When you finish them, place the books in the bin in the corner of the library and our volunteers will put them back.



GFSC Resources - SNAP Benefits Getting Cut Down

Unfortunately earlier this year, more than 40 million Americans faced deep cuts in their Supplemental Nutrition Assistance Program (SNAP) benefits, as they return to pre-pandemic levels. Those who receive the minimum benefit—many of them older adults living alone—will see their monthly food assistance fall from \$281 to \$23. Here's what this means for older Americans, other federal health and nutrition programs that can be leveraged, and what more needs to be done.

The September 2022 White House Conference on Hunger, Nutrition, and Health, called for expanding incentives for fruits and vegetables in SNAP and making it easier to apply for and use SNAP benefits. The USDA recently expanded produce prescription programs and other nutrition incentive programs in the Gus Schumacher Nutrition Incentive Program (GusNIP), to encourage individuals to eat more healthfully by increasing access to fresh fruits and vegetables. With regulatory changes, more retailers are now able to accept online ordering for SNAP, which can help improve access. Yet about **three out of five older adults who qualify to receive SNAP are not enrolled**—an estimated 5 million people. It's necessary to reach these older adults where they are to increase enrollment. If you want to see if you qualify for SNAP benefits, information on how to enroll can be found on the next page. Help show the government how important this program is to older adults.

Your Help and Advocacy Needed!

This year the farm bill, of which nearly 80% of its funding goes toward nutrition programs, will be reauthorized for another five years. This process allows updates and changes to nutrition programs and determines funding for government nutrition programs, including SNAP and the Commodity Supplemental Food Program. Beneficial changes could be made to SNAP during this process, like stricter stocking standards for retailers to increase availability of healthy foods, further investment in demonstration projects, integrating SNAP benefit applications with other benefit programs applications, and authorizing every state to include standard medical deductions in calculating eligibility for older adults. Share your story and find other ways to spread the news at Food Research and Action Center's SNAP advocacy website: <https://frac.org/programs/supplemental-nutrition-assistance-program-snap/emergency-allotments>

Source: <https://generations.asaging.org/snap-benefits-being-slashed>



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP, formally known as Food Stamps) is a nutrition assistance program that can help pay for healthy food. People who are eligible for SNAP receive a monthly dollar amount issued on an Electronic Benefits Transfer (EBT) card. These benefits help supplement a person's monthly food budget and can be used to buy food from grocery stores, farmers markets, the Grand Forks Senior Center, and other approved vendors.

What can be purchased?

Only certain foods can be purchased using SNAP. This includes breads, cereals, fruits, vegetables, meat, fish, poultry, and dairy products. Senior meals, such as Meals on Wheels, can also be purchased using SNAP dollars for people 60 years of age or older.



Who is eligible?

You may be eligible to receive SNAP benefits if you meet certain requirements. To find out if you are eligible, scan the QR code and answer a few questions. You can also access the screening questions [here](#).



How to apply:

If eligible, complete an application online using the Self-Service Portal at hhs.nd.gov/applyforhelp/snap or visit the Grand Forks Human Service Zone office.



Need help?

Contact the Grand Forks Human Service Zone or Customer Support Center using the information below.

Grand Forks Human Service Zone

151 S. 4th Street #201, Grand Forks, ND
(701)-787-8500
gfcosocialservices@nd.gov
Open 8:00 - 4:30pm Mon - Fri

Customer Support Center

P.O. Box 5562 Bismarck, ND 58506
1-866-614-6005 or 701-328-1000; 711 (TTY)
applyforhelp@nd.gov



Joyce Austin is Retiring!

Joyce Austin has been working at the Grand Forks Senior Center for over 20 years! Over the course of her career here, she has held many different titles including Resources Coordinator, Resources Manager, and most recently Rural Resources Coordinator. Joyce said,

"The most enjoyable part of working at the Senior Center is the people, especially providing information and assistance in accessing services, to both rural and in-town clients." Joyce has expressed her wish for no party, so if you would like to congratulate or show your appreciation for Joyce, you may send her a card. No gifts please. Send cards no later than July 27th, 2023 to the following address:

Grand Forks Senior Center
Att'n: Joyce Austin
620 4th Ave S
Grand Forks, ND 58201

Happy Retirement



Meet Bethany!

Bethany is our newest Resources Coordinator. She will be working primarily with rural clients in Grand Forks and Nelson counties, but will also do data entry and assist with clients in the city of Grand Forks.

Bethany is originally from Bismarck, ND. She came to Grand Forks to attend the University of North Dakota (UND), and transferred to Concordia to finish her degree in Social Work. Bethany moved back to Grand Forks in 2013 with her husband, so he could attend Law School at UND, and they have been here ever since! Together, they now have two young sons.

Bethany came to the Grand Forks Senior Center after previously working at Valley Senior Living. She said "I love working with older adults! I feel like there is so much to learn from their life experiences and so much they can teach us!"

In her free time, Bethany loves to read (favorite authors include Norah Roberts and Jodi Picoult), and spending time hiking/ kayaking outdoors with her family. She also enjoys a cup of good, strong coffee and a glass of red wine. If you see her around, make sure to say "Hi!"

Fun Fact: Taught by her grandparents at a young age, Bethany loves Pinochle!

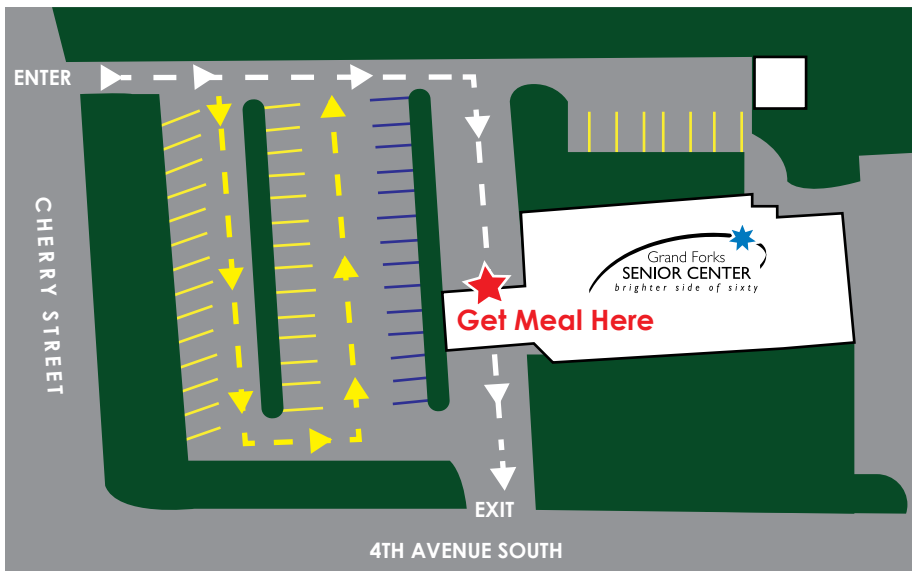
It's **HERE!**

We finally got our health exam chair delivered. The chair was purchased from heartfelt donations received on Giving Hearts Day back in February. **THANK YOU** to everyone who donated! Our clients love the chair because its so comfy and easier on their joints when putting up their legs. The nurses love it because they can raise and lower the chair to whatever height they need to make the work easier.



Drive-Thru Lunch Route Map

Monday - Friday | 11:30 am to Noon



Please use **EXTREME CAUTION** while in the Senior Center Parking Lot!

Enter lot from **Cherry Street**

Do not come into lot before 11:25 am.

You may choose between sit-down or drive-thru meals. If you are using our drive-thru, please follow the route shown.

Follow the **white** arrows if the line is short. Follow the **yellow** arrows if the line gets long.

Donations & Memorials

Thank you so much to our generous donors who support older adults! Brighter Side Society Members are designated by the * symbol. The gifts below were received from May 8, 2023 to June 12, 2023.

Donations of \$1,000-\$4,999

Helgeson, Diane
Ryan, Jerry

Donations of \$500-\$999

ICS, Inc
Employee donations for Meals
on Wheels
Meals on Wheels America
Share the Love 2022-23

Donations of \$250-\$499

Altendorf, Diane
Ideal Aerosmith

Donations of \$100-\$249

AmazonSmile
Anonymous
Belobraydic, Matt and Rochelle*
Benson, Ray and Mary
Broadwell, Ray and Becky*
Buckley, Ann*
Drees, Ken and Maureen
For Meals on Wheels
Dudgeon, Gary
Dvorak, Marlene*
Erickson, Dennis and Cheri
Hammerstrom, Tooker*
Helgeson, Donna*
In memory of my husband,
Arral (AJ)
Herrmann, Karen*
Hogan, Shirley
Iseminger, Carl and Colette*

Mattern, Alice*
Miller, Caren
In memory of Marlys
Mittelsteadt
Morken, Penny
In memory of Beverly O'Shea
Nelson, Duane
In memory of Lila Jane Nelson
Neumann, Marie
In memory of Cheryl Brooks
O'Neil, Terry
In memory of Stephanie
O'Neil
Pedersen, Melvin
Sandberg, Curt and Ione*
For Meals on Wheels
Schiele, Kathy*
In memory of Don Schiele
Schubert, George
In memory of Arline Schubert
Schumacher, Matt and Jami*
Sulland, Steve and Linda*
Thrivent Choice
Thrivent Choice donation from
Art and Joyce Schroder
Torrey, Dianne
In memory of Stephanie
O'Neil
Vein, Jerry and Mary*
Westacott, Richard
In memory of Marilyn Kaiser
Westrum, Brad and Yvonne*
Wilson, Neil and Ann
Zirnhelt, Clair and Ronda*

Wish List



The Grand Forks Senior Center is in need of the following:

- Coffee
- Napkins
- Paper Towels
- Wheelchairs & Transport Chair 19 inches and greater

If you are able to contribute please drop off needed items at the front desk.



If you like to bike to the Grand Forks Senior Center, make sure to lock up your bike and park it at your own risk. We recently had a seat stolen off of a volunteer's bike. If your seat is easily detachable, you may bring the seat inside with you, but please do not bring your bike inside!

Survey

What do you want to see the Grand Forks Senior Center doing? How can we help you? Please let us know! You can make a note below, or write on a different slip of paper. Give it to an employee, volunteer or put it in our suggestion box in the lobby.

Resources Department



**Lower Level of the
GF Senior Center
701-772-7245**

GF Senior Center Resources Coordinators can assist people with “How Do I?” questions that are related to aging. They can assist with applications and provide any additional information for services. Schedule an appointment by calling 701-772-7245 and asking for Resources. **For individuals 60 and older.**

Checking-In

Make sure your phone number is correct with us and remember to check-in when you come to the Grand Forks Senior Center. We will be using our software to call you when we have changes/cancellations and we cannot contact you if we don't know you are a part of an activity group, or if your phone number is incorrect! Call 701-772-7245 if you would like to verify your phone number.

Volunteers Needed!

- **Home Delivered Meals**, located in Altru Hospital, needs volunteers weekdays, from 11 am - 12:30 pm. Call HDM at 701-780-5169, or email HDMeals@midconetwork.com to help.
- **Meals on Wheels**, located in the GF Senior Center needs volunteers weekdays, from 10:30 am - Noon. Please Call Roxie at 701-757-2006, or email mow@gfseniorcenter.org to help.
- **Both meal delivery programs are in need of substitutes as well!**

Did you know?!

The Grand Forks Senior Center partners with cafés in Grand Forks & Nelson Counties to offer meals for seniors!

Call Cafés for menu, home delivery options and serving times.

Good Friend's Bar & Grill (M-F)
220 Towner Ave, Larimore, ND
701-343-2044

Friends & Neighbor's Café (M-F)
122 E Main, Tolna, ND
701-262-4522

Queen City Café (Tues-F)
Re-Opening July 5th
310 Main Ave, Aneta, ND
701-326-4148

Thank you to Quality Lawn Care for the donation of summer weed control and fertilizer application!

Paid Advertisement

Aspen Park



Briarwood



Parkview Terrace



Our 55+ communities offer: heated indoor parking, elevator, controlled entry, in-unit laundry, library, community room, exercise room, central air, trash chute, storage lockers, 24/7 emergency maintenance and more!



www.immapartments.com • 701-780-8162

Foot Care Appointments

Is it difficult to take care of your toenails? Is your vision failing or do you have arthritis, which can make this task difficult? Whatever the reason, if you are 60 or over, you can have your foot care done by nurses at the Grand Forks Senior Center. Call today for an appointment. Suggested donation of \$30 for foot care at the Grand Forks Senior Center and \$35 for home visits or visits in rural communities.

APPOINTMENTS AVAILABLE: Please call 701-757-4878 to make a foot care appointment at the GF Senior Center or at one of the satellite foot care clinics listed here.

Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

July 12	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
July 13	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
July 19	McVille Fire Hall, 203 Baldwin Street, McVille	9:30 am - Finish

Revised guidelines to keep clients and staff safe:

- Nurses are properly equipped for the safety of all individuals.
- Client masks are optional. Please bring one with you if you want to wear a mask. The Grand Forks Senior Center will no longer provide masks.
- You must call and reschedule your appointment if you are not feeling well!

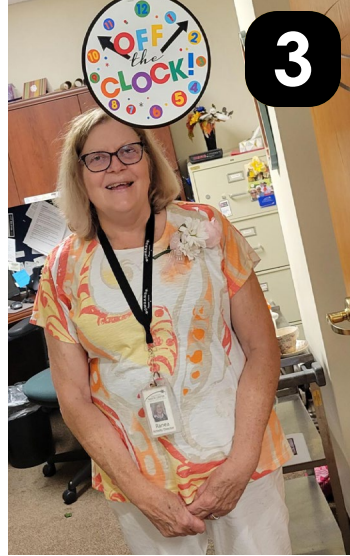
Please help to keep our nurses healthy to serve you!

Fun In The Center

1-2 That Hunka, Hunka Burnin' Love, Elvis made an appearance at the GFSC!

3-5 Photos from Ranea's Retirement Party

6-10 Photos from the June Monthly Creations Tea Cup Fairy Garden Class



HEART HEALTH

STEPS TO A HEALTHY HEART

Heart disease is the number one cause of death in the United States. Research shows that small, everyday changes can make a big difference to your heart. Lower your heart disease risk by following these steps to a healthier heart.



Stop Smoking

Smoking can harm artery walls and weaken your heart.



Manage Stress

Stress in your body changes hormones that can increase the risk of heart disease.



Drink in Moderation

On average, drink no more than two drinks a day for men and one for women.



Maintain a Healthy Weight

Limit portion sizes and be physically active.



Practice Gratitude

Research shows that practicing gratitude can help to lower blood pressure and improve immunity.



Control Blood Pressure and Cholesterol

Know your numbers! Small changes to your diet and lifestyle can improve your levels. Take medication as prescribed by your doctor when needed.



Engage in Physical Activity

Get at least 150 minutes per week of activity such as brisk walking. Add strength training two days per week and focus on good balance.



Follow a Heart-Healthy Diet

Fill half your plate with fruit and vegetables and include whole grain foods and lean meats. Limit saturated fats, sodium, and added sugar.



GF Senior Center 2023 Trip Information

July 22 | "Footloose" in Devils Lake, ND

Enjoy an outdoor musical in Roosevelt Park in Devils Lake, followed by a trip to the Spirit Lake Casino. (Trip will be cancelled if the weather is bad.)

SOLD OUT - We have a waiting list if you'd like to be added.



Aug 3 | "Shenanigans" at Jasper Theater

Shenanigans will feature your favorite fun songs of the 50's and 60's.

Cost - \$80 per person - Few spots remain!



Aug 15-16 | Medora, ND

Includes transportation, one night lodging (double occupancy) at the Rough Rider Hotel, Medora Musical Ticket, Pitchfork Fondue, and Gospel Brunch.

Cost - \$445 per person (double occupancy)

We must have the minimum number by July 11th in order to go to Medora!



*Must be a GFSC member to attend any GFSC trip. Check or cash only. (If we have to cancel, it will be easier to refund.)
Trip sheets with detailed info are at the GFSC front desk or you can find info online at gfseniorcenter.org/trips.
Questions? Contact the Activity Director, Amanda at 701-757-4866 or activity@gfseniorcenter.org.

Paid Advertisement

 **Edgewood**
Cottage Homes
www.edgewoodcottagehomes.com

A 55+ community in
South Grand Forks

FOR SALE

MEGGEN SANDE
701.330.3638



msande@greenbergrealty.com | greenbergrealty.com

July 2023 - Grand Forks Title III Older Americans Act Food Program

Suggested contribution for seniors is \$2 for Breakfast; \$4.25 for Lunch. Please contribute what you can. Cash, Check, EBT/SNAP and Credit Cards are accepted at the GFSC. You may call 701-772-7245 to pay with your card. Those under 60 years are required to pay the actual cost of the meal unless your spouse is over 60. The actual cost of the meals are: \$6.50 for Breakfast; \$11.75 for Lunch. The second entree option is available for sit-down meals at the Senior Center. Menu is subject to change based on availability of food and supplies.

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
8 oz 1% Milk (1 cs) 1/2 c Fruit Sauce (1cs) Sausage Egg Muffin (2cs) Whole Grain Cereal (1cs)	8 oz 1% Milk (1 cs) 1/2 c Fruit Sauce (1cs) Whole Grain Cereal (1cs) Cinnamon Roll (2cs) Scrambled Egg	8 oz 1% Milk (1 cs) 1/2 c Fruit Sauce (1cs) Egg Made to Order Hashbrown Patty (1cs) 2 WW Toast (2cs)	8 oz 1% Milk (1 cs) 1/2 c Fruit Sauce (1cs) 2 Blueberry Pancakes (3cs) 2oz Turkey Sausage	8 oz 1% Milk (1 cs) 1/2 c Fruit Sauce (1cs) Omelet (.5cs) 2 WW Toast (2cs)
Breakfast: Toast with a meal includes margarine, jelly and peanut butter choices; Syrup and margarine are available with pancakes and french toast meals				
Monday Lunch: July 3	Tuesday Lunch: July 4	Wednesday Lunch: July 5	Thursday Lunch: July 6	Friday Lunch: July 7
Lemon Pepper Fish over Rice Blend (1cs) or Chicken Wild Rice Cass (2cs) 1/2c Buttered Potatoes (1cs) 1/2c Yams (1cs) Apple (1cs) 1 WW Bread (1cs)	CLOSED FOR INDEPENDENCE DAY	Baked Chicken (.5cs) or Salisbury Steak 1/2 c. M. Potato/Gravy (1cs) 1/2 c Sicilian Blend Veg (.5cs) 1/2 c Mandarin Orange Sc (1cs)	2 Beef Enchiladas (2cs) 1/2 c Southwest Corn (1cs) 1/2 c Seasoned Black Beans (1cs) or Seafood Supreme Salad* (3cs) 1/2 c Cantaloupe (1cs) No Bread	4 oz Chicken Kiev (1cs) or Swiss Steak 1/2 c. O'Brien Potatoes (1cs) 1/2 c Green Beans 1/2 c Pear Crisp (2cs)
Monday Lunch: July 10	Tuesday Lunch: July 11	Wednesday Lunch: July 12	Thursday Lunch: July 13	Friday Lunch: July 14
BBQ Ribs (1cs) or Cranberry Chicken (1cs) 1/2 c Sweet Potato (1cs) 1/2 c. Mixed Vegetables (.5cs) 1/2 c. Pear Sc (1cs)	BBQ Chicken on WW Bun (2cs) or Hamburger on WW Bun (2cs) 1/2 c Potato Salad (1cs) Lettuce Leaf, Tomato, Onion 1/2 c. Steamed Broccoli Orange (1cs)	Beef Roast or Pork Roast 1/2 c. M. Potato/Gravy (1cs) 1/2 c. Carribean Veg (.5cs) 1/2 c. Strawberries (1cs)	Lasagna (2cs) 1 c Romaine Salad (.5cs) 1/2 c Herbed Green Beans or Chicken Caesar Salad* (3cs) 1/2 c Cantaloupe (1cs) 1 WW Bread (1cs)	4 oz Grilled Salmon or Meatballs in Gravy 1/2 c. Roasted Potatoes (1cs) 1/2 c Dilled Carrots 15 Grapes (1cs)
Monday Lunch: July 17	Tuesday Lunch: July 18	Wednesday Lunch: July 19	Thursday Lunch: July 20	Friday Lunch: July 21
3 oz Orange Chicken Breast or Liver and onions 1/2 c Rosemary Potatoes (2cs) 1/2 c Mixed Vegetables (.5cs) 1/2 c Rosy Applesauce (1cs)	Stuffed Bell Pepper(1cs) or Potato Crusted Pollock (1cs) 1/2 c Mashed Potato/gravy (1cs) 1/2 c Steamed Broccoli 1/2 c. Honeydew (1cs) 1 WW Bread (1cs)	3oz Swedish Meatballs (1cs) or Bk Chix Fried Steak (.5cs) over 1/2 c Rice Blend (1cs) 1/2 c Mashed Pot/Gravy(1cs) 1/2 c Broccoli Normandy (.5cs) 1/2 c Strawberries (1cs) 1 WW Bread (1cs)	3 oz Meatloaf (.5cs) 1/2 c Potato Salad (1cs) 1/2 c. Peas & Carrots (.5cs) or BBQ Chicken Salad* Entrée Size (3cs) 15 Grapes (1cs)	Pork Roast/Gravy or 8 oz Chili (1cs) 1/2 c Baby Potatoes (1cs) 1/2 c Glazed Carrots (.5cs) Med Orange (2cs)

Monday Lunch: July 24	Tuesday Lunch: July 25	Wednesday Lunch: July 26	Thursday Lunch: July 27	Friday Lunch: July 28
4 oz Cabbage Roll (.75cs) or Chicken Parmesan 1 sm Baked Potato (1cs) 1/2 c Green Bean Almondine(.5cs) 1/2 c. Tropical Fruit (1cs)	Italian Pasta Bake (3cs) 1/2 c Seasoned Zucchini 1c Romaine Salad (.5cs) or Chef's Salad* (3cs) 1/2 c. Cantaloupe (1cs) 1 WW Bread (1cs)	Tarragon Chicken over Rice Blend (1cs) or Spaghetti Holdish (2cs) 1/2 c. Sweet Potato (1cs) 1/2 c Strawberries (1cs) 1 WW Bread (1cs)	Taco Salad (3cs) or Salmonloaf (.5cs) 1/2 c. M. Potato (1cs) 1/2 c. Creamed Peas (1cs) 1/2 c. Berry Crisp/Topping (2cs) 1 WW Bread (1cs)	Pork Chop in Gravy or Beef Tips/Gravy 1/2 c Mashed Potato (1cs) 1/2 c. Parslief Carrots Apple (1cs)
Monday Lunch: July 31				
Hot Dog or BBQ Pork (.5cs) WW Hot Dog Bun (2cs) 1/2 c. Baked Beans (1cs) 1/2 c Potato Salad (1cs) Orange (1cs)		*Entrée Salads must be pre-ordered with your meal reservation (except Taco Salad)	MENU SUBJECT TO CHANGE WITHOUT NOTICE	
Sit-down Breakfast (8:30-9am), Drive-Thru Lunch (11:30am-Noon) and Sit-Down Lunch (Noon-12:15) Served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices at the Senior Center only. First choice in bold is the drive-thru meal for that day.	Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g Attn: Diabetics- These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts	No reservations required at the Grand Forks Senior Center (620 4th Ave South). Reservations required at these sites: Homestead-1639 24th Ave South from 12-12:15 The Link-300 Cherry Street from 11:15-11:30. Visit your site by the day before to make your reservations.		

1% Milk (1cs); 2 Whole Wheat Bread (unless noted) (2cs); and margarine are available with each lunch.

Date: 5/31/2023 Licensed Registered Dietitian #13899 Colette Iseninger Colette Iseninger, MS, RD, LRD



Sit-Down Breakfast - Served 8:30 am - 9 am
Drive-Thru Lunch - Served 11:30 am - Noon
Sit-Down Lunch - Served Noon - 12:15 pm

Don't be late, or you won't get a plate!
Please be considerate of serving times!

Cities Area Transit offers
SENIOR RIDER

Monday - Friday:
6:00 am - 10:00 pm
Saturdays:
8:00 am - 10:00 pm



Call **787-9120** weekdays before 5:30 pm. Before using this service, you must complete an application with Cities Area Transit (**allow one week for processing**). If you call this number in the evening or on the weekends, you will need to leave a message. Call one business day in advance of when you need your ride after your application has been approved. **Masks and social distancing are encouraged.** Rides within GF and EGF city limits only.

**ND Aging &
Disability
Resource Link**

for information
on senior services
in North Dakota, you
may contact the
following:

Phone:
1-855-462-5465
Website:
carechoicend.
assistguide.net



**Transportation
to FARGO**

The Walsh County Transportation Program takes a bus to Fargo the second Monday of each month for \$15 round trip. The bus departs at 9:00 am from the I-29 South Truck Stop (Flying J) in GF and leaves Fargo at 3:00 pm to come back. Call 701-284-7980 by 3:00 pm the Friday before for reservations.

If you would **like to receive this newsletter** (either in the mail or by email), you **no longer wish to receive this newsletter, or your address is changing**, please contact the GF Senior Center at 701-772-7245 or pr@gfseniorcenter.org. If you live outside of Grand Forks or Nelson county, you will need to become a member in order to get the newsletter by mail.



620 4th Ave. S.
Grand Forks, ND 58201
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Grand Forks Senior Center
July 2023
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

Closed Tuesday, July 4
in observance of
Independence Day

Tech Talk Class

Thursday, July 6 at 10:30 am



July's Tech Talk will cover the **MyChart App**. This is the app that both Altru and Sanford Health use! DeAnn McDonald will be here from Altru to show you everything you can do in MyChart including how to contact your doctor, how to see your bills and pay online, and how to schedule appointments. No registration needed. For individuals 55 and older.