

THE

SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 2 February, 2024



Are You Heart Smart? *What to Know for a Healthier Heart*

Heart disease is the leading cause of death in the United States. One in five deaths is due to heart disease, even though the disease is largely preventable.

Keeping your heart healthy starts with living a heart-healthy lifestyle. But first, you need to get smart about your heart. Knowing what causes heart disease, what puts you at risk for it, and how you can reduce those risks can help you make informed decisions to protect your heart and keep it strong.

Want to test your knowledge? Take this short **Heart Smart Quiz**:

True or False? High blood pressure is also known as hypertension and occurs when your blood pressure is consistently 130/80 mm Hg or higher.

True or False? Your body mass index, or BMI, shows if your weight is in a healthy range for your height and is one measure of your future risk for heart disease.

True or False? Cholesterol helps make hormones, vitamin D, and substances to help you digest foods. Your body needs it for good health, but in the right amounts.

True or False? Eating lots of vegetables, fruits, and whole grains, using fat-free or low-fat dairy products, and limiting foods high in saturated fat or sugar-sweetened beverages are all part of a heart-healthy diet.

True or False? Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.

True or False? To strengthen their heart, adults should aim to get at least 150 minutes of moderate-intensity aerobic activity such as brisk walking each week.

Answer Key: All answers are True.

Continued on page 5.

What's Happening

Page 2	Lifelong Learning
Page 3	Valentine Events
Page 4	Join Us for Activities!
Page 5	This 'n That
Page 6	Lifelong Learning
Page 7	Dining Calendar
Page 8	Activity Calendar
Page 9	Celebrate Your Inner Artist!
Page 10	Health & Wellness
Page 11	Health & Wellness
Page 12	This 'n That
Page 13	Game Time!
Page 14	Support Groups & Free Services
Page 15	Drive-Thru Meals & Parking
Page 16	Volunteer Opportunities!
Page 17	Health Maintenance
Page 18	Thank You to Our Donors
Page 20	Subscription Form, Council, Staff & Advisory Committee



Lifelong Learning

AARP SMART DRIVER

On Monday, February 5, at 10:00 am, AARP will be hosting a course that will teach us valuable defensive driving skills and give us a refresher on the rules of the road. You may be eligible for a discount on your car insurance by completing this course. The cost for this course is \$20 for AARP members and \$25 for non-members. Space is limited and pre-registration is required. Please contact Norbert Mayer at 226-5956 to register.



NATIONAL WEAR RED DAY

Heart disease is the leading cause of death in the United States and is largely preventable. Wear Red on Wednesday, February 7 to show your support for Heart Disease Awareness!



SUPER BOWL FUN

The Super Bowl will be held on Sunday, February 11. Join us on Thursday, February 8 during lunch for fun and games in preparation for the Big Day! Be sure to wear your favorite team's jersey!

HEART HEALTH PRESENTATION

Healthy food and lifestyle choices are the keys to preventing and managing cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. On Monday, February 12 at 10:00 am, Katie Johnke will teach you simple steps you can take to support long-term benefits to your health and your heart.

MAKING YOUR HOME EQUITY WORK FOR YOU

Home equity is the value of a homeowner's financial interest in their home. In other words, it is the actual property's current market value less any liens that are attached to that property. Join Tanya Decker on Tuesday, February 27 at 10:00 am for information on how you can make your home equity work for you.

LEAP YEAR CELEBRATION

The reason there are leap days, and years, is because of the Earth's orbit. The amount of days it takes for the Earth to complete a full revolution around the Sun is not a whole number. The 365 days we experience is actually 365.2422 days, National Geographic reports.

Getting rid of 0.2422 days adds up. The fraction allows the seasons to correctly line up each year. If it was forgotten, the months during which we normally experience each seasons would shift, according to National Geographic. This would impact other aspects of life, such as the growing and harvesting of crops.

This is why leap years exist. When added, four 0.2422 days roughly equal one full day. Feb. 29 is added to the calendar of years that are divisible by four, including 2024.

Join us on Thursday, February 29 to celebrate this day we only see every four years!

12:00 pm	Lunch Served* BBQ Ribs Baked Sweet Potato Green Beans and Bacon Cinnamon Apples Bread Pudding with Bourbon Sauce
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12:30 pm	Celebration! Special music from Duane Kurle. Wear green, like a frog, so we can leap into the horizon on leap day! Let's make the room 'green' with envy!
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*Inside dining space is limited and reservations are required. Stop by Lori's desk in the Dining Room, or call her at 255-4648 for a special meal ticket. If you are on the 'everyday' list and you DO NOT make a reservation, your meal will be provided in the Drive-Thru. You DO NOT need to eat lunch to come to the Celebration.

All other afternoon activities will be cancelled for this special event.

Valentine Events

VALENTINE'S DAY PARTY

Wednesday, February 14

- 12:00 Noon Lunch Served*
Pecan Encrusted Tilapia with Fruit Salsa
Parmesan Risotto Pilaf
Steamed Asparagus
Valentine's Day Trifle
- 12:30 pm Celebration!
Music by Classic Rhythm!
Door Prizes!

*Inside dining space is limited and reservations are required. Stop by Lori's desk in the Dining Room, or call her at 255-4648 for a special meal ticket. If you are on the 'everyday' list and you DO NOT make a reservation, your meal will be provided in the Drive-Thru. You DO NOT need to eat lunch to come to the Celebration. Pinochle, Bingo and Mahjong will be cancelled for this special event.

VALENTINE TEA PARTY

The tradition of a tea party began with the upper class of England sometime in the 1830's or 1840's. Fortunately, tea isn't just for royals anymore. Now anyone can enjoy a cup of steaming hot tea with their family and friends.

Join Kathleen Meckler and Nanc Skaret on **Tuesday, February 13** at 9:30 am for an enjoyable tea party! You will learn about different tea pots and other vintage items that you may not even know existed! All this while enjoying tea and treats! Please wear a hat for this special occasion!

There is a limit of 20 for this special event. Please sign up at the Front Lobby Desk, or call 255-4648.



The Senior Sentinel | 3

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Help Older Adults In Your Community

In Partnership with AmeriCorps Seniors and LSS of MN in Burleigh Co, we are seeking volunteers to provide companionship to older adults via in-home, phone or virtual means. Tax free stipends are given to members of this program who qualify. Please contact Becky at 701.389.2293 or Becky.Telin@lssmn.org for more information and to make an impact in your community!!



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Burleigh County Senior Adults Program, Bismarck, ND

A 4C 05-0634

Join Us for Activities!

COFFEE & CARAMEL ROLLS

Join us on Wednesdays at 8:30 am for coffee and \$1 caramel rolls!



Officers Clint Fuller and Caity Horne will join us on Wednesday, February 21 to briefly discuss current scams and issues to be aware of in our community.

COMPUTER BASICS

Royce Schultze, from the ND Center for Independent Living, will be in the Arts & Crafts Room on Thursday, February 8, at 10:00 am.

Please bring your laptop, tablet or cell phone to receive individual assistance and learn how to get the most out of your technology!

These sessions are limited to five people, and pre-registration is required. Please stop by the Front Lobby Desk 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, February 13 and Tuesday, February 27 from 1:00 - 4:00 pm. This group welcomes new members! If you are interested, please call Lori at 255-4648.



CELEBRATION OF BIRTHDAYS & ANNIVERSARIES

Join us on Tuesday, February 6 at 12:30 pm for the February Birthday and Anniversary

Celebration! Ice cream will be served at 12:30 pm, following the noon meal.



MOVIE DAY



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

February 2: *Groundhog Dave*, G
It's Ground Hog Day! Have some fun with this animated movie!

Fun-loving Groundhog Dave has come out of his shack to predict the weather...only to discover his beloved town of Bucketville has changed! The aroma of blooming flowers has been replaced by the smell of sawdust, and the sky is cloudy with smog! Dave and his friends uncover dire news: Mr. Whatnot, the anteater, has just bought the town and plans to transform it into a big shopping center!

February 9: *Greater*, PG

Greater follows the true story of Brandon Burlsworth, the greatest walk-on in the history of college football. Brandon dreams of playing for the Arkansas Razorbacks but is told he isn't good enough to play Division 1. Written off by fellow teammates and coaches, Brandon displays dogged determination in the face of staggering odds.

February 16: *Mrs. Harris Goes to Paris*, PG

An ordinary woman's dream of owning a Christian Dior gown leads her on a Parisian adventure where her unwavering spirit charms the elite people she meets.

February 23: *Seven Days in Utopia*, G

After a disastrous debut on the pro circuit, a young golfer finds himself unexpectedly stranded in Utopia, Texas and welcomed by an eccentric rancher.

TIME TO SOCIALIZE!

The Coffee Bar is open each day from 8:00 to 11:30 am.

Come in for coffee and fellowship.



Join us for Caramel Roll Wednesday!

Caramel rolls (\$1 each) are served on Wednesdays from 8:30 am until sold out!

This 'n That

Are You Heart Smart? (continued from page 1)

How did you do? Knowing your own risk factors for heart disease can help guide your lifestyle choices, so talk to your healthcare provider to make sure you're clear. Just as important: know your numbers. Your weight, waist size, blood pressure, cholesterol, and blood sugar levels all affect your heart. If they aren't where they should be, make a pledge to begin improving them.

Adding more physical activity to your day, eating a heart-healthy diet, managing stress, getting enough quality sleep, and not smoking can put you on the path to better heart health.

Learn more about heart disease prevention from *The Heart Truth*® at www.hearttruth.gov and download the Heart Smart Basics fact sheet to improve your knowledge about heart health.



AARP TAX AIDE

AARP Tax Aide will provide tax preparation assistance at the Burleigh County Senior Center on Thursdays and Fridays from February 1 through April 12, 2024.

Appointments are required for this service. To make an appointment, call 701-751-4074 or go to bismarcktaxes.setmore.com.

You may pick up a pre-appointment packet at the Senior Center front desk and fill out the forms prior to your appointment.

The Senior Sentinel | 5



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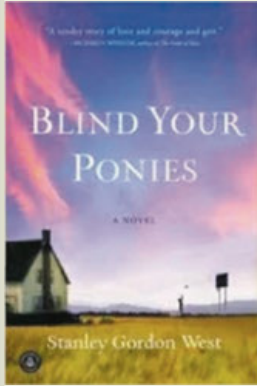
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Lifelong Learning



CURIOSITY STREAM

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



The next Book Club meeting will be on **Monday, February 26** at 1:00 pm. The book for discussion is ***Blind Your Ponies***, by Stanley Gordon West. Discussion will be led by Arlene Havig. Books are available for pick up at the Senior Center during regular hours or call Lori at 255-4648 to make other arrangements.

Book Synopsis:!

Hope is hard to come by in the hard-luck town of Willow Creek. Sam Pickett and five young men are about to change that.

Sam Pickett never expected to settle in this dried-up shell of a town on the western edge of the world. He's come here to hide from the violence and madness that have shattered his life, but what he finds is what he least expects. There's a spirit that endures in Willow Creek, Montana. It seems that every inhabitant of this forgotten outpost has a story, a reason for taking a detour to this place--or a reason for staying.

As the coach of the hapless high school basketball team (zero wins, ninety-three losses), Sam can't help but be moved by the bravery he witnesses in the everyday lives of people--including his own young players--bearing their sorrows and broken dreams. How do they carry on, believing in a future that seems to be based on the flimsiest of promises? Drawing on the strength of the boys on the team, sharing the hope they display despite insurmountable odds, Sam finally begins to see a future worth living.

Author Stanley Gordon West has filled the town of Willow Creek with characters so vividly cast that they become real as relatives, and their stories--so full of humor and passion, loss and determination--illuminate a path into the human heart.

February 1: Highway to the Arctic — Canada's Ice Roads

Every winter, ice roads are built across hundreds of miles in Canada's far north, connecting frozen rivers and lakes, and stretching up to the very northern tip of the country by the Arctic Ocean. For the people living in secluded villages these "ice highways" are vital for the transport of goods.

February 8: The Kingdom — How Fungi Made Our World

How did fungi shape all terrestrial life-including us? The kingdom of Fungi is an alien world, hidden from sight, with the largest and oldest organisms alive today. By studying fungi in the context of evolution and natural history, scientists are making life-changing discoveries.

February 15: Rediscovering T.REX

Uncover the mysteries of Planet Earth's super predator: the Tyrannosaurus Rex. Combining the latest paleontological discoveries with cutting-edge CGI, the most scientifically accurate T. Rex is born.

February 22: The Berlin Wall — From Construction to Demolition

The Berlin Wall was one of the most iconic structures ever built, and to millions of people it became something to fear, struggle against, subvert, mock, and ultimately tear down. This lecture explores its history, meaning, and ultimate demise. And why it still plays a role in our collective memory.

February 29: Eye in the Sky – Africa

Eye in the Sky: AFRICA gives viewers an amazing bird's eye view over the very best destinations and experienced across the continent of Africa.



February Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Each meal is served with 8 oz. of 1% milk and 2 slices of bread (unless otherwise indicated). Coffee and water is served at meal sites. MENU IS SUBJECT TO CHANGE!			1 Oven Baked Chicken Baked Potato with Sour Cream Mixed Vegetables Chilled Apricots	2 Fall Apart Pork Roast Roasted Baby Potatoes Balsamic Brussel Sprouts Fresh Pear Scotchardoo
5 Smoked Sausage Knoefla and Kraut Fried Potatoes and Onions Parslied Carrots Fruit Cocktail	6 Beef and Broccoli Vegetable Fried Rice Vegetable Egg Roll Mandarin Oranges Fortune Cookie	7 BBQ Chicken Sandwich Ranch Beans Coleslaw Chunky Fruit	8 Turkey Meatloaf with Cranberry Glaze Tyler's Sweet Potato Stuffing Vegetable Medley Winter Fruit Salad	9 Open Face Hot Hamburger Chive Mashed Potatoes Peas and Carrots Snicker and Apple Salad
12 Chicken Cacciatore Herbed Angel Hair Pasta Murray Vegetable Blend Strawberry Applesauce	13 Cranberry Stuffing Topped Pork Loin Mashed Sweet Potatoes Steamed Peas Peach and Berry Salad	14 Valentine's Day Pecan Encrusted Tilapia with Fruit Salsa Parmesan Risotto Pilaf Steamed Asparagus Valentine's Day Trifle	15 Smothered Meatballs Caramelized Onion Mashed Potatoes Country Trio Vegetable Honey Dew	16 Shrimp Scampi Wild Rice Pilaf Steamed Broccoli Fruited Gelatin
19 CLOSED President's Day	20 Cabbage Rolls Garlic Mashed Potatoes Capri Vegetables Asst Fruit Cups	21 Chef Salad Baked Roll Fresh Orange	22 Roast Beef Mashed Potatoes with Gravy Candy Corn Vegetables Oranges and Pineapple	23 Herbed Whitefish Lyonnaised Potatoes Glazed Carrots Fruit Cobbler
26 Beef Tips Mashed Potatoes Grizzly Vegetable Blend Dark Cherries	27 Turkey Almondine Barley Rice Pilaf Herbed Zucchini and Yellow Squash Fresh Apple	28 Glazed Ham Au gratin Potatoes Roasted Vegetables Chunky Fruit	29 Leap Year Party BBQ Ribs Baked Sweet Potato Green Beans and Bacon Cinnamon Apples Bread Pudding with Bourbon Sauce	

NUTRITION PROGRAM INFORMATION:

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 & Sterling Meal Sites: 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 \$11.00. SNAP/EBT and credit/debit cards are accepted. OAA federal regulations require individuals age 60 and older to complete a meal assessment to participate in the Nutrition Program. Meal participants are required to update their assessment annually. Individuals are notified when their registration is due for updating.

February Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
DAILY Coffee Bar: 8:00 -11:30 am Pool: 8:30 am - 4:00 pm			1 9:00 Strength Finders 9:30 Highway to the Arctic 10:00 Strength Finders 12:45 Hand & Foot 1:00 BUNCO 1:00 Bridge 1:00 Cornhole	2 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
5 10:00 Strength Finders 10:00 AARP Smart Driver 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	6 9:00 Strength Finders 9:15 BSCAP Advisory Committee 12:30 Birthday/Anniversary Celebration 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Line Dancing	7 WEAR RED DAY! 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Low Vision Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 1:00 Mahjong 1:30 Caregiver Group	8 9:00 Strength Finders 9:30 How Fungi Made Our World 9:30 Yoga Talk 10:00 Strength Finders 10:00 Computer Basics 11:00 Alliance Center for Hearing 12:00 Super Bowl Fun 12:45 Hand & Foot 1:00 Bridge 1:00 Cornhole BOOKMOBILE	9 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
12 9:30 Art from the Heart 10:00 Strength Finders 10:00 Heart Health 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	13 9:00 Strength Finders 9:30 Valentine Tea Party 10:00 Art with Nicole 11:30 Dementia Care 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Variety of Games 1:00 Line Dancing 1:00 Quilting Group	14 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:00 Valentine's Day Party (pg 3) 12:45 Strength Finders 1:30 Legal Services 1:30 Caregiver Group Pinochle, Bingo and Mahjong cancelled.	15 9:00 Strength Finders 9:30 Rediscovering T.REX 10:00 Strength Finders 12:45 Hand & Foot 1:00 BUNCO 1:00 Bridge 1:00 Cornhole	16 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
19 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	20 9:00 Strength Finders 10:30 Hearing Loss Support Group 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Line Dancing	21 8:30 Caramel Rolls w/cop 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 1:00 Mahjong 1:30 Caregiver Group 2:00 Aging Gracefully	22 9:00 Strength Finders 9:30 The Berlin Wall 9:30 Yoga Talk 10:00 Strength Finders 11:00 Walk this Way 12:45 Hand & Foot 1:00 Bridge 1:00 Cornhole 1:00 BCCA Meeting	23 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
26 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club	27 9:00 Strength Finders 10:00 Home Equity 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Variety of Games 1:00 Line Dancing 1:00 Quilting Group	28 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 1:00 Mahjong 1:30 Caregiver Group	29 9:00 Strength Finders 9:30 Eye in the Sky – Africa 10:00 Strength Finders 12:00 Leap Year Celebration (pg 2) NO AFTERNOON ACTIVITIES	Schedule Subject to Change. Please check in on "MySeniorCenter" daily.

Celebrate Your Inner Artist!



ART WITH NICOLE

Join Nicole on Tuesday, February 13, at 10:00 am as she leads us in painting Valentine cards.

There is a 10 person limit for this class and a \$5 suggested donation which can be made when you arrive.

Stop by the Front Lobby Desk or call 255-4648 to reserve your spot.

ART FROM THE HEART

Join Nina on Monday, February 12 at 9:30 am as she leads us in painting a Heart Basket.

There is a 10 person limit for this class and a \$5 suggested donation which can be made when you arrive.

Stop by the Front Lobby Desk or call 255-4648 to reserve your spot.



**The BCSAP Volunteer Advisory Committee Meeting
will be held on Tuesday, February 6, at 9:15 am in the Library.**

The Senior Sentinel | 9



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Burleigh County Senior Adults Program, Bismarck, ND

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Health & Wellness



FITNESS CLASSES

The current 8 week session of Fitness Classes runs through March 23. Registration for the next 8 week session will begin on March 4.

Standing Yoga (Session Fee \$20.00)

Wednesdays, 9:00 am

This class aims to build strength and 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. (Limited to 10 people/class.)

Chair Yoga (Session Fee \$20.00)

Fridays, 9:30 am

Chair Yoga will help you increase your strength, flexibility and balance while relieving stress and tension, all while using a chair for balance! (Limited to 12 people/class.)

Line Dancing, Tuesdays, 1:00 pm

In this class, you will learn a variety of line dances and western struts. It is a fun and social way to exercise. No partner needed! (Limited to 10 people/class.)

Strength Finders

Group 1—Tuesdays/Thursdays, 9:00 am

Group 2—Mondays/Wednesdays, 12:45 pm

Group 3—Wednesdays/Fridays, 10:45 am

Group 4—Mondays/Thursdays, 10:00 am

Strength Finders is a specific, strength-training program designed to address osteoporosis risks that so often lead to the loss of independent living. The program focuses on controlled movements to improve balance and weight, which are critical factors in reducing the risk for osteoporosis fractures. (Limited to 12 people/class.)

AGING GRACEFULLY



Join us for Aging Gracefully on Wednesday, February 21 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.

Registration is limited to 15 participants. Please sign up at the Front Lobby Desk or call 255-4648.

YOGA TALK

WITH BONNY & MARLENE

Chair yoga instructors Bonny and Marlene are going “beyond the mat” to help you learn more about yoga!

On Thursday, February 8, they will be presenting *Focus on Shoulders, Arms and Hands*, and on Thursday, February 22, they will be presenting *Focus on Backs and Hips*. Both sessions will be held at 9:30 am.

You may attend this class in person in the library at the Senior Center, or join in via Zoom from your home computer. Please stop by the Front Lobby Desk or call 255-4648 to register.

Walk Your Way to Health

©LPI

Health & Wellness

WALK THIS WAY



Lace up your tennis shoes and pump up your heart! Join Katie Johnke on Thursday, February 22 at 11:00 am in the Fitness Room for a 20-minute Tabata inspired movement session. There is a 12 person limit for this class. Please stop by the Front Lobby Desk or call 255-4648 to sign up.

NEW! "FEEL THE DRUM" FITNESS CLASS!

This NEW class uses movement through drumming to benefit both the mind and body. Build muscle stamina, relieve stress, improve coordination and stimulate brain function! ALL WHILE HAVING FUN!

This class will be held on Mondays at 11:00 am in the Fitness Room. Sign up weekly through March 23. It will then be offered as part of the 8 week session Fitness Classes.

This class is limited to 10 participants. Please sign up at the Front Lobby Desk or call 255-4648.

YOGA ON

DAKOTA MEDIA ACCESS

Senior Center Yoga Instructors offer classes on Dakota Media Access (channel 12 / HD 612). These classes are also streamed online at freetv.org, Roku or Apple TV.

For a schedule of classes, visit freetv.org, click 'community access,' and then click 'watch now.' There will be a search bar for you to search for yoga classes.



The Senior Sentinel | 11

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Volunteer in Your Community

Lutheran Social Service of MN is seeking volunteers age 55 and over in your area to provide companionship to older adults. Volunteers commit to regular weekly hours for a tax-free stipend and mileage reimbursement. Please contact us at 701.389.3770 or AmeriCorpsSeniors@lssmn.org for more information and to make an impact in your community.



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Burleigh County Senior Adults Program, Bismarck, ND

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This 'n That

NOT FEELING WELL?

If you are not feeling well, please stay home.

If you are at the Senior Center or one of our meal sites, and staff sees that you are under the weather, we will ask you to leave. Our goal is to keep patrons and staff healthy, so please follow this request.



If you are positive for COVID, even if you are not sick, you need to stay home for at least five days and wear a mask at all times on days six through 10. **THANK YOU FOR YOUR COOPERATION!**

MY SENIOR CENTER

Please check in on *My Senior Center* 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 Front Lobby Desk.

FALLS POLICY

The staff and volunteers of the Burleigh County Senior Adults Program are not to lift anyone who has fallen.

If a 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.

BOOK MOBILE/ SENIOR CENTER LIBRARY

On the 2nd Thursday of each month, the Burleigh County Bookmobile brings a variety of large print books to the Burleigh County Senior Center. If you would like to check out a book, please stop by the Dining Room Desk during regular Center hours. Books are on a 25 day loan and must be returned to the Senior Center when you are done.

The Senior Center Library also has books for check out, using the honor system. Put your name and book(s) checked out on the 'checkout log'. Return the book when you are done. Please stop by the Administrative office if you have questions.

**ALL ACTIVITIES MUST END NO
LATER THAN 4 PM TO ALLOW STAFF
TIME TO CLEAN AND
SECURE THE BUILDING.**

INCLEMENT WEATHER

Bad weather days may force the Burleigh County Senior Center and other meal sites to close for meals and activities. Please check to make sure we are offering a meal before venturing out on a snowy winter day, and keep a few of our frozen meals on hand.

To find out if we will be offering meals: Call the Senior Center at 255-4648; tune in to KFYZ TV or KXMB TV (or check their website); or check our Facebook page – Facebook.com/BismarckSeniorCenterND.

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 include milk, bread and fruit, and 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 \$11.00.

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.

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 by reason of race, color or national origin should contact the BCSAP Executive Director at 701.255.4648.

Game Time!



FUN AND GAMES!



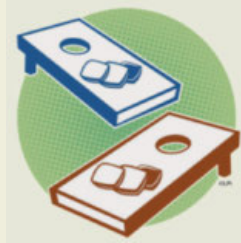
CARDS

Pinochle: 1:00 pm,
Monday, Wednesday, Friday
Bridge: 1:00 pm, Tuesday, Thursday
Hand & Foot: 12:45 pm, Thursday
Whist: 12:30 pm, Tuesday
5 Crowns: 12:45 pm, Monday

Pinochle, Bridge and Hand & Foot are played in the Rec Room. Whist and 5 Crowns are played in the Craft Room.

CORNHOLE

Cornhole is played every Thursday at 1:00 pm in the Fitness Room. Sign up weekly for cornhole at the Front Lobby Desk or by calling 258-4648. This game has a limit of 8 people per session.



Join us for **BINGO** on Wednesdays at 1:00 pm! Bingo cards are \$1 each, and you may buy as many cards as you like. Purchased card(s) will be used for ALL games played. All sessions have 100% payout.

POOL LESSONS

Are you interested in learning to play pool? Or maybe you just need a refresher course to get going again?



Rich Barrios and Bill Beaman will be providing lessons for people who want to learn more about playing pool. These sessions will be held on Wednesdays from 10:30—11:30 am.

Please sign up at the Front Lobby Desk or call 701-255-4648. There is a maximum of six (6) people per session. Must sign up monthly.

VARIETY OF GAMES

A variety of games are played on the 2nd and 4th Tuesday of each month in the Dining Room. This month's dates are February 13 and February 27 at 1:00 pm.

BUNCO



Bunco is played the 1st and 3rd Thursday of each month in the South Conference Room. This month, BUNCO will be held on February 1 and February 15.

CRIBBAGE

Cribbage is played every Wednesday at 10:00 am in the Dakota Room.

FARKEL

Farkel is played every Tuesday at 12:45 pm in the Dining Room.

MAHJONG

Mahjong is played every Wednesday at 1:00 pm in the Dakota Room.



TRIVIA

Trivia is played on the 1st and 3rd Tuesday of each month in the South Conference Room. This month's dates are February 6 and February 20 at 1:00 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!

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

**PLEASE NOTE:
The Burleigh County Senior Center
maintains its room temperature at
72 degrees. If you tend to be chilly,
please dress accordingly.**

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, February 20 at 10:30 am. This group meets 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, February 7 at 10:00 am. This group is limited to 8 people. **Stop by the Front Lobby Desk or call 255-4648 to register.**

DEMENTIA CARE SERVICES

ND Dementia Care Services provides free dementia care consultations in the library at the Burleigh County Senior Center on Tuesday, February 13 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.

LEGAL SERVICES

Legal Services of North Dakota will be at the Burleigh County Senior Center on Wednesday, February 14 from 1:30 to 3:30 pm to meet with individuals by appointment. **Call 701-222-2110, ext 303 to schedule your appointment.**

ALLIANCE CENTER FOR HEARING

Representatives from Alliance Center for Hearing will be at the Senior Center on Thursday, February 8, from 11:00 am to 12:00 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 Arts & Crafts Room — Grief/Loss Support Group at 10:00 am and Caregiver Support Group at 1:30 pm. **Each group is limited to 10 people.**

PLEASE CONTACT RENEE AT 255-4648 FOR INFORMATION ON ATTENDING THESE GROUPS.



Senior Center Shuttle

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

Transportation is provided within Bismarck and Lincoln city limits Monday through Friday from 8 am to 4:00 pm. (The last shuttle run is at 3:30 pm). Our shuttle allows patrons of the Burleigh County Senior Center to enjoy meals, receive health maintenance services, participate in activities and socialize with friends at the Senior Center. The suggested donation is \$2.50/one way trip. Riders must be 60+ and complete a one-page registration form. No participant will be denied services due to an inability or unwillingness to contribute.

Drive-Thru Meals & Parking

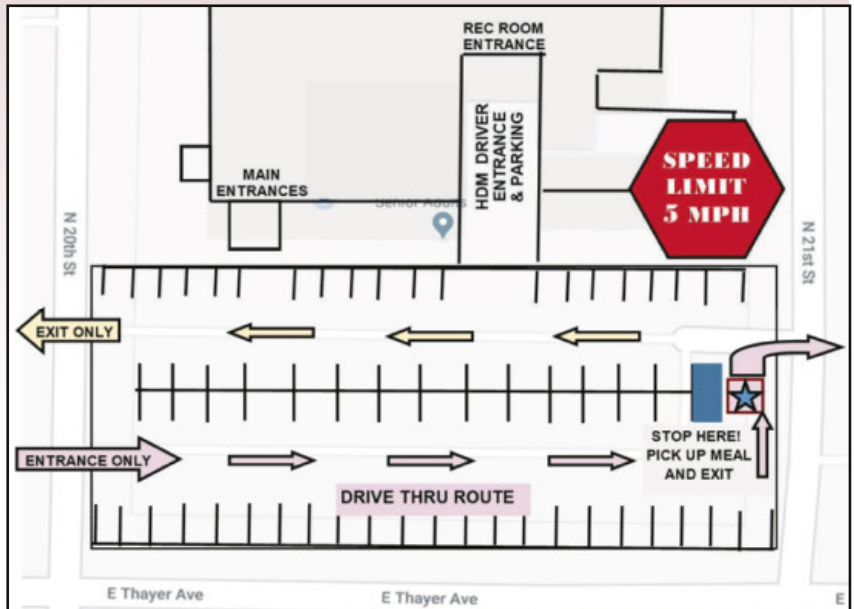
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 Concern!

Patrons may choose between a Congregate meal and a Drive-Thru Meal.

DRIVE-THRU PATRONS: Proceed to the "star" on the map and wait there to pick up your meal. **Please do not get in the Drive Thru line until 11:15 am.** If you are early, park until 11:15 am. After meal pickup, please exit onto 21st Street (right turn only).

CONGREGATE MEAL/OTHER PATRONS: Patrons coming to the Senior Center for a meal, activities, or other reason, may park where they choose, following the one-way arrows.

Thank you for your cooperation!



The Senior Sentinel | 15

**SUPPORT THE
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Volunteer Opportunities!

JOIN OUR VOLUNTEER TEAM!

Currently, volunteers are needed in the following areas:

- Home Delivered Meal Drivers
- Home Delivered Meal Packers
- Advisory Committee Members
- A variety of jobs requiring 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, or would like more information, please stop by the Administrative Office or call 255-4648.



Featured Volunteers



HILDA HORNER

Hilda has been volunteering at the Senior Center for 10 years. She started one month after retiring, as she wanted to see what it was all about. Once Hilda was here, she saw the need to help and has been here ever since!

Hilda volunteers for Hand and Foot and oversees the coffee on our famous Wednesday caramel roll mornings. That is a job in itself! Lots of rolls, lots of people and lots of coffee!

In Hilda's free time she makes refrigerator towels for all occasions, and enjoys baking and entertaining. Hilda is at the Senior Center every day except Tuesdays. The Senior Center is her home away from home!

Hilda came from a family of eighteen. Thirteen girls and five boys! Hilda has six children, four girls and two boys, and all were raised on their dairy farm in Linton ND. They all know how to work and hard work it was. Hilda has six grandchildren and eight great grandchildren. She and her husband Michael were married for 44 years until his passing in 2001.

After 40 years of crop and dairy farming the Horner's sold to Land of Lakes Grade A. Hilda then worked at Rosbluth Travel Agency in Linton. Three days after Hilda moved to Bismarck, she started working at Walmart. She worked there for 13 years until she retired. Hilda likes visiting and meeting new people. The Senior Center is the perfect place to be for that!

Thank you, Hilda!

MICHAEL STEVENSON

Michael Stevenson has volunteered with the Burleigh County Senior Adults Program, delivering home-delivered meals since the summer of 2023.



Michael was here volunteering for the Day of Caring program and asked what more he could do regularly.

Michael recently retired from pharmaceutical sales, a job he had for over thirty years. Michael was also a former scoutmaster and a soccer coach when his kids were young.

In Michael's free time, he enjoys mountain biking year round. Michael also enjoys cooking.

Michael has three kids and two grandkids. Michael's children and son-in-law are in the computer/tech industry. Michael has also been happily married to his wife for 42 years.

Michael says the camaraderie of his fellow volunteers and giving back to the community are the reasons he volunteers.

Thank you, Michael for all you do!

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

— March 11: Wing and Sterling Foot Care Clinics

— May 13: Wing and Sterling Foot Care Clinics

An appointment is required for the Wing and Sterling Foot Care Clinics. To schedule, please call 255-4648 at least one week in advance.



The Senior Sentinel | 17

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Thank You to Our Donors...

We sincerely thank the following individuals and/or businesses for their generous donations.
(Listed donations were received between December 1-31, 2023.)

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—Betty Fettig
—Myrna Wetzel
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—Sharon Kraft
—Karlis Heiser
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—Paul Rivinius
—Jane and Doug Schulz

In Memory of Nancy Keating
—Keating Family (Kathryn Dixon)

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In Memory of Charlene Zent
—Howard Zent

In Memory of Peggy Toepke
—Lavonne Samuel

In Honor of Marlene Knutson
and Kelly Hickel
—Kaitlin Knutson

In Memory of Lillian Koffler
—J. Mattern

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

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(Please Circle) (Name of person honored or memorialized)

Please send acknowledgement of my memorial/honorarium to:

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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!



Corinna Glatt Julie Tanous
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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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BCSAP Volunteer Advisory Committee

The BCSAP Volunteer Advisory Committee
 is currently being reorganized. Committee membership will be
 announced in the next issue of *The Senior Sentinel*.