

James River Senior Citizens Center Inc.

Office: 701-252-2882 or toll free 1-855-252-2882

Transit: 701-252-7888

Fax: 701-252-2529

E-mail: jamesriver@csicable.net

Website: www.jamesriverseniors.com

Receptionists: Judy & Mary
Site Manager: Nancy
Outreach Coordinator: Kerry
Home Delivered Meals: Missy
Transit Billing: Dawn

Transit Drivers: Denny, Darrell, Tim, Jeff, Don, Glen,
Les, Keith, Larry, Dwight, Dawn, John E, Ron, John F &
Jayda

Transit Dispatchers: Missy, Dawn & Judy

Kitchen Staff: Rhonda, Nathan & Bonnie

Gardenette Site: Mirt

Jameshouse Site: Carol

Janitor: Open

Office Manager: Rhonda

Director: Maureen

DISCRIMINATION POLICY:

James River Senior Citizen Inc. is committed to compliance with Title VI of Civil Rights Act of 1964 the Civil Rights Restoration Act of 1987.

James River Senior Citizens Inc. assures that no person or groups of persons shall, on the grounds of Race, Color, Sex, Age, National Origin, Disability/Handicap, and Income Status, be excluded from participation in, be denied the benefits of, or be

otherwise subjected to discrimination under any and all programs, services, or activities administered by

James River Senior Citizens Inc.

Director: Maureen Wegenke

James River Community Center, Inc.

PO Box 1092 Jamestown, ND 58402-1092

Jamestown, North Dakota 58402-1092

(701) 252-2882

ADVERTISE HERE!

Your Information will be Sent Through



Mail, Email and Internet!

Call 605-252-2882 for
More Information

SERVICES PROVIDED IN STUTSMAN COUNTY

For the Month of Dec. 2018

CONGREGATE: 764
HDM: 1,306
TRANSIT RIDES: 3,754
TRANSIT MILES: 12,325

James River Senior Citizen's Center, Inc.
Board of Directors hold Board Meetings on the 4th Monday of every other month at 11:00 am. You are welcome to attend these meetings. Please let the receptionist know if you plan to attend, and we will make sure there is a meal available for you and put you on our Agenda. If you have any questions, please contact our Director Maureen Wegenke, or Anne Ede our President of the Board.

2019 Board of Directors

President— Ann Ede

Vice-President— Tom Geffre

Secretary/Treasurer— Dennis Ova,
Yvonne Wegner, Mary Geffre, Jim Boatman
& Dina Laskowski.

JAMES RIVER SENIOR CITIZEN'S CENTER, INC.

PO BOX 1092 JAMESTOWN ND 58402-1092

www.jamesriverseniors.com 701-252-2882

We're On Facebook Too!

Published

Monthly

Senior Hi-Lites

February 2019



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The **Medicine
Shoppe®**

FREE DELIVERY & MAIL SERVICE
AVAILABLE, DRIVE THRU SERVICE

The Pharmacy That's All About Your Health

John Fugleberg, R.Ph. ~ Karen Sinner, R.Ph. ~
Lori Graves, R.Ph. & Matt Perkins Pharm. D.

703 1st Ave S

Hours: 9:00 am-6:00 pm Mon.-Fri
9:00 am - Noon -Saturday

Phone: 252-3002 or 1-800-279-0120

421 18th St NE,
Jamestown ND 58401
Ph: 701.252.6404
heritageliving.org
sue.purdy@smphs.org

Heritage Centre
OF JAMESTOWN
ASSISTED LIVING AT ITS FINEST

1 and 2
Bedroom
Apartments
with attached
Garages

Meals
Housekeeping
Nursing Services
Free Transportation
Activities
Emergency Response Button

James River Senior Center, Classic Catering, and Public Transit

Senior Center Hours: 8:00 am – 4:30 pm Monday thru Friday

OUR NEWSLETTER IS NOW ONLINE AT: www.jamesriverseniors.com

On-Going Activities:

Every Monday & Thursday **Bone Builders** 9 am – 10 am

Every Tuesday and Friday **Pinochle** 1:00 pm

Every Wednesday **Foot Care** 9:30 am – 11:45 am please call 252-8130 to schedule your appointment.

Every Wednesday **Bingo** -1:00 pm - 3:00 pm

****2-5-19 - Alzheimers Support Group will meet at 4:30 instead of 5:00****

For Our February 2019 Activities Please See Insert

* Looking for people to pair up *
* with the grade school Children *
* from Lincoln School for reading *
* hour. What a great way to spend *
* an hour. Please contact Nancy @ *
* 252-2882 *



Change of Address? Going South for the Winter?

If your address is changing for any reason (including going south for the winter) we need to know! When people have their mail forwarded, it does not apply to bulk mail so newsletters and other mail are returned to us and we are charged each time that happens. If this happens and your mail is returned to us, you will be taken off our mailing lists. You will need to call to start up your mailings again.



Submitted by Luella Morehouse, EFNEP/FNP Nutrition Education Assistant

Snacking for a Healthy Heart

February, Heart Health Month, is a good reminder to care for your heart by reducing fat, bad cholesterol and sodium in your diet.

This is not always easy, especially with busy schedules making on-the-go snacks a necessity. This February, make simple snack swaps to keep your heart healthy and happy.

Craving crunch? Instead of reaching for potato chips, get a tasty crunch in a healthier way: Crisp apple slices; carrot or celery sticks; roasted chickpeas; lightly salted or seasoned popcorn; low-salt pretzels

Want salty snacks? Ditch lower-sodium options: or pistachios; multigrain cheesy popcorn; pita chips



salty crackers or french fries for Lightly salted nuts such as almonds crackers and cheese; rice cakes; with hummus

Reaching for a can of pop? Substitute other refreshing beverages for sugary drinks: Plain or sparkling water with fruit added; fat-free milk (add a splash of chocolate for a little sweetness); unsweetened tea or coffee; 100 percent orange or apple juice; low-sodium tomato or mixed-vegetable juice

Feeling extra hungry? Choose snacks that keep you full: Whole-grain toast with a nut butter; low-fat cheese, such as aged cheddar or Swiss; fat-free yogurt or Greek yogurt with granola; fruit and veggie smoothie (try adding avocado or chia seeds); guacamole or avocado hummus with low-sodium crackers or veggies

Trying to satisfy your sweet tooth? Enjoy natural sweet alternatives: Thin slice of angel food cake with strawberries; baked apple with cinnamon; frozen grapes or bananas (add a peanut butter or dark chocolate drizzle); Greek yogurt-covered strawberries or raisins; frozen fruit juice pops

Try making these simple switches to ensure that snack time is delicious and heart healthy.

For more information about this topic, contact the Stutsman County Extension office at 252-9030 or email luella.morehouse@ndsu.edu.

Sources: Julie Garden Robinson, NDSU Extension food and nutrition specialist; Sallie Yakowicz, Program Assistant, NDSU Extension Service; and <https://healthyforgood.heart.org/add-color/articles/healthy-snacking>.

veterans discounts. Those same retailers, grocery stores, and restaurants that don’t offer a senior discount may offer a percentage off of your purchase or sometimes even a freebie by showing a valid military ID.

5. Join a discount club.

Consider what type of discount club would benefit you most and provide the biggest “bang for your buck” if you join. Depending on your lifestyle, interests, and purchasing habits, a membership with AARP, The Seniors Coalition, or The American Seniors Association (ASA) may benefit you. There’s also the National Active and Retired Federal Employees Association for federal workers. And for RV enthusiasts who plan to spend a lot of time on campgrounds and would benefit from park discounts, there is the [Good Sam Club](#) (short for “Good Samaritan”), Camp Club USA, Escapees RV Club, Passport America, and more.

6. National park admission senior passes.

Access over 2,000 federal recreational sites and national parks with an “America the Beautiful” National Parks & Federal Recreational Lands Lifetime Senior Pass or Annual Senior Pass. These [senior passes](#) may also provide a 50% discount on some amenity fees charged for facilities and services such as camping, swimming, boat launch, and specialized interpretive services

7. Visit public institutions.

Take advantage of public institutions like public libraries, parks, schools, and community centers that may offer free or discounted services, educational opportunities, and events. Not only can you rent out books and movies from the library, but many also offer free programs and classes. Parks typically hold concerts in the summer for free. Some colleges offer reduced or free non-credit college tuition to those 55 years of age and older.

8. Consider new living arrangements.

As you age, and situations in life change, you may need to adjust accordingly. For example, if you currently live alone and the costs are adding up, consider alternative living arrangements such as getting a housemate or moving to a senior living community that may be more affordable than the up-keep of your own home, utilities, and caregiving, transportation, and grocery costs.

9. Thrift stores.

Thrift stores are an affordable option for clothing, accessories, and home goods. However, tack on the senior discount that many offer, and you can get a new item for a low price.

“Article used with permission from Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension”

Volunteer Appreciation

February 11, 2019 - 5:00 p.m.

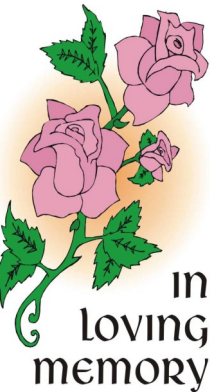


We like to take this time during the month to show how much we appreciate the time and dedication our volunteers put in. This month our Volunteer of the Month is Willie Mehlhoff. Come and Help Us Thank Willie for All He Does!



TIRED OF THE PAPER CLUTTER?

You may receive your newsletter by email and/or may view it online. Just give us a call with your preference. 701-252-2882.



**Pat Folk
In Loving
Memory of
Dolly Folk**

**Marjorie Davis in
Loving Memory of
Eunice Emo**

AARP DEFENSIVE DRIVING CLASSES OFFERED AT JRSC

March 14th

Limited Class Size

Call Now!

701-252-2882

Ask for Nancy

\$15 - AARP Members

\$20 - Non-Members

****Up to 10% discount on most auto insurance**

****Possible driver point reduction up to 4 points**

AARP®
Driver Safety

Services

**United
Way**



James River Public Transit

Partially funded by United Way

Dial-A-Ride

252-7888

Monday, Tuesday, Wednesday, Thursday:

6:15 am-6:00 pm

Friday, 6:15 am—7:00 pm

Saturday 8:00 am—6:00 pm

Sunday 8:00 am—1:00 pm

If you purchase 10 tickets at one time,
you will receive one FREE.

\$2.50 per one-way ride, within city limits

\$.50 per one-way ride to meal sites to dine

MEDICAID ACCEPTED

**Bus to Bismarck on 1st and 3rd
Tuesday of the Month**

(\$35.00 Round trip, escort rides free)

Bus to Fargo on Every Wednesday

(\$35.00 Round Trip)

For more information or to reserve a ride
Monday-Friday contact Denise or Missy

Newsletter

If you would like your Senior High-
lights emailed to you please call
252-2882.

Share this information with your
children—maybe they would like
to see what goes on at the Center!

Foot Care Clinic

Most Wednesday's of every month
Central Valley Health Unit Nursing staff
will provide foot care. The exam includes
brief foot soak, toenail and fingernail trim
and file, and moisturizing. The
suggested donation is \$30.00 for this
service. No one is denied services
because of inability to pay.

Every Wednesday

9:30 am—11:45 am

Foot Care

Appointment necessary

**To make an appointment for your
foot care call**

Central Valley Health @ 252-8130

Central Valley
Health District



Public Health
Prevent. Promote. Protect.

Year around Gifts!

**What makes a nice gift for any
occasion? We have 10 punch or 20
punch Meal Tickets, Meal Gift
Certificates, Frozen Meals, & Transit
Tickets (buy 10 get one free).
Available @ 419 5th Street NE or go to
www.jamesriverseniors.com**

 **PayPal**



JAMES RIVER TRANSIT INFORMATION

Great Ways for Seniors to Save Money



A simpler life with less things to buy means retirement can be cheaper for some folks than it was when they were working. However, with a surplus of time, a significant portion of retirees end up spending more than they used to on things like entertainment, travel, and leisure. A study by the [Employee Benefit Research Institute](#) found that in the first two years of retirement, 45.9% of households spent more than what they had spent before retirement. Costs can add up quickly, so it's beneficial to find ways to save money when possible. Seniors can save money through various cost-saving measures, such as budgeting and taking advantage of discounts which some businesses offer to those starting at the ages of 55, 60, 62 or 65. Here are some great ways for seniors to stretch their retirement savings and consider new options that can help save some money.

1. Shop for new health care coverage.

Medicare healthcare coverage that doesn't match your needs can end up costing you more in the long run. A data report by [HealthView Services](#) found that the average 65-year-old couple that retires in 2017 will pay \$11,369 in their first year for healthcare. By age 85, those 2017 retirees will spend \$39,208.

Check-in with a Medicare agent to help determine if you need to make changes to your Medicare coverage during the Annual Enrollment Period (October 15th to December 7th each year) to help avoid unexpected out-of-pocket costs. You can [get an online quote](#) at Medicare.org for Medicare plans that fit your healthcare needs. Or call [\(888\) 815-3313](#) - TTY 711 to get answers and guidance over the phone from an experienced licensed sales agent.

2. Cut your transportation expenses.

You may not be driving to work anymore, but car ownership can still be expensive. According to AAA, the [average cost](#) to own and operate a new vehicle annually is \$8,469. Maintenance and repair on older vehicles can also add up. For many people, not owning a car isn't an option. However, you can save costs in other ways, such as shopping for a lower insurance rate, or carpooling with other people. You might also consider moving to an area that has public transportation or a high walkability score so you don't need a car to get to the places you need to go.

3. Take advantage of senior discounts.

One of the perks of being an older adult are senior discounts. All you have to do is ask businesses if they offer them. You can also look on a company's website to see if they advertise any discounts. Look into retailers, restaurants, grocery stores, gyms, utility providers, auto services, hair salons, transportation and travel services, and low-cost cable TV providers that may offer discounts for seniors.

4. Ask about Veterans discounts.

If a business doesn't offer senior discounts, and you're a veteran, find out if they offer



Join us for a warm Meal at any of our Meal Sites.

Jameshouse, Gardenette or the James River Senior Center.

One way Transit Ride will only cost .50 cents when you join us for lunch or a Supper Night. **From Home to Meal Site, Meal Site to Home ONLY.**

Transit Riders **JRMC * CLINIC APPOINTMENTS**

Monday thru Friday

Leaving City Loading from JRMC/CLINICS

8:20 am	8:30 am
9:20 am	9:30 am
10:20 am	10:30 am
11:20 am	11:30 am
12:20 pm	12:30 pm
1:20 pm	1:30 pm
2:20 pm	2:30 pm
3:20 pm	3:30 pm

Call 252-7888
Times are Approximate

Transit Tickets

Bundle of 10 and one free (11) = \$25.00

Bundle of 10 orange tickets = \$5.00

Orange tickets are .50 cent a ride from **Home to Meal Site and Meal Site to Home ONLY**, and **ONLY** if you have lunch at one of our Meal Sites.

Purchase from your driver, at the Senior Center, or our website: www.jamesriverseniors.com

Walmart Riders

Bus will stop at the Home & Living doors of Walmart to pick up riders.

Watch for the bus at these times.

MONDAY THRU FRIDAY

**8:40 am — 9:40 am — 10:40 am —
11:40 am — 12:40 pm — 1:40 pm —**

2:40 pm and 3:50 pm

Be at the HOME & LIVING DOORS

WATCH for the BUS!

Out of Town Services

Every 1st & 3rd Tuesday-**Bismarck**

Every Wednesday-**Fargo**

Please Schedule your Medical appointments between 10:00 — 2:00
Charge is 35.00 round trip, escort free
If you are ND Medicaid eligible, you must be pre-approved for out-of town

service

Must Schedule Ride 24 hours in Advance

(12:00 noon day Prior)

Please call 252-7888 or 252-2882 to schedule your ride.

James River Senior Center

LOAN CLOSET – 252-2882

One time rental fee of \$5.00

for walkers, walker trays,
rolling walkers, commodes,
toilet risers, canes, quad canes.



Bathtub lift chair (\$20.00 rental).

One time rental fee of \$10.00 for wheelchairs.

If you're unable to pick up medical
equipment, we can deliver for a fee of \$5.00
within city limits. If you move out of
town/state, please return our equipment.
When your done with equipment please
Clean Equipment and return it!

We do accept donations of used hearing
aids.



Rentals within Jamestown Area.

We are not Responsible if you
injure yourself while using our items.

Legal Services



If you are in need of legal services
please call 252-2882 to schedule your
appointment. Legal Services come
from Fargo once a month 4th
Wednesday of each month. Here:
Feb. 27th — 1:00 pm—3:00 pm
Mar. 27th — 1:00 pm—3:00 pm

Daily Bread Program

Serves People in Need of Food

Locations:

- **Community Options,**
420 20th St. SW
- **St. John's Lutheran Church,**
424 1st Ave South
- **James River Senior Center,**
419 5th St. NE
- **Gardenette**
1321 Gardenette Drive
- **Ave Maria Nursing Home**
801 19th St. NE
- **Most Public Schools**
- **Jameshouse**
715 3rd Ave SE

Weather Information



In case of bad weather please
listen to the following Radio
Stations AM 600, & AM 1400
for all weather related
closing announcements.

Seniors if you have a
birthday this month,
join us February 4 at
12:30 for cake & ice
cream. Put your name
in for a prize.
Winner of Jan. was
Erna Duvall! Congrats!



Valentine Supper Night

Monday February 11th, 2019

Bingo @ 4:30, Supper Served @ 5:00 pm
Please call 252-2882 before Noon to reserve your seat

Meat Sauce Over Spaghetti

Lettuce Salad w/ Dressings

Green Beans, Garlic Toast

Strawberry Shortcake with Topping

“Bernie and The Other Guy” @ 3:00 p.m.

Come, Have Lunch at Noon and Spend the Day with Us!!

Suggested Donation of \$4.00 per person for age 60 and older. The cost is \$6.75 for those under
age 60. Call 252-2882 by 1:00 pm the day of the meal to sign up for supper night.



James River Senior Center Gifts and Tributes to Loved Ones



Enclosed is my gift of \$ _____ to JRSC

In Memory of: _____
(Name of person memorialized or honored)
In Honor of: _____

Please earmark my gift for use: Wherever the need is greatest

For this program _____
Please send an acknowledgement to:

Name _____
Address _____
City _____ State _____ Zip _____

Donor information:
Name _____
Address _____
City _____ State _____ Zip _____

Mail to : James River Senior Center, P.O Box 1092, Jamestown ND 58401 or go to
www.jamesriverseniors.com and pay using PayPal (Visa, MasterCard, Discover).



North Dakota Senior Meals Good Nutrition For Healthy Living

People age 60 or older and their spouses are eligible to eat at Senior Meal Sites (Center I, & Streeter) Others eligible for Senior Meals are individuals with disabilities under age 60 who reside in a housing facility primarily occupied by older individuals where there is a Title III meal site (Gardenette, Jameshouse); individuals under the age of 60 with disabilities residing with an eligible client in a non-institutional household; and volunteers, who are under 60, providing meal services during meal hours. Individuals under age 60 who do not meet this criteria must pay full cost of service. Senior Meals are an affordable way **to help maintain your health**. The full cost to provide a Senior Meal is: \$10.63. A **limited** amount of Older Americans Act and state dollars are available to help cover some of the program costs. **The suggested voluntary donation for a meal is \$4.00. Please contribute what you can. Meal tickets or envelopes will insure your confidential contribution.** Food stamps and Dakota Electronic Benefits Transfer (EBT) cards are accepted. No eligible individual will be denied a meal due to inability or unwillingness to contribute.

Reminder to our Senior Meal Participants

If you receive Home Delivered Meals and this is the month that your 6 month Registration is due, you will receive a phone call from Kerry Larson that it is time for her to come see you in your home and update all of your information. If you are a person that eats at one of our Congregate meal sites such as the Gardenette, Center I, Jameshouse, or Streeter and it's time for your yearly Congregate Meal Registration, you will be contacted by Kerry Larson. She will catch up with you at lunch time or on a supper night. She will stop at your meal site. The meal registration is painless, takes a short amount of your time and it is required under the guidelines of the Older American's Act. Thank you for your cooperation. Nutrition Staff of James River Senior Citizens.

Central Auto Repair & Services

**Central
Auto
Repair
Services**

123 7th Ave SE
Jamestown, ND 58401
Phone: 701-252-1423

We do all auto repair
needs including oil
changes, radiators, tires,
drive train issues, heater
issues, no start, etc...

centralautorepair07@gmail.com

We now have a
Variety of
Greeting Cards.

Display is located by
the Receptionist's
Desk (Senior Center).
Cards are only .50¢



WELCOME TWO NEW FACES AT OUR RECEPTIONIST DESK!



Beginning on January 14th , 2019, Judy Trangsrud and Mary Smith have been sharing the role of receptionist at JRSC. Judy had previously been employed as a dispatcher/driver and Mary has been a volunteer here. We are thrilled they have joined our team in the office! Be sure to stop by and say, "Welcome".

Our previous receptionist, Denise Page has accepted employment elsewhere and will be missed. We wish her all the best!!

Senior Companions Program

Home visits for lonely, homebound
seniors in Stutsman Co.
Provided by senior volunteers.

- * Bringing smiles & laughter
- * Helping to relieve loneliness & encourage activity
- * Empowering seniors to remain living independently
- * Providing respite for family caregivers

**Contact Kerry (252-2882) or Andrea (800-450-1510)
to learn more about this free program.**

Donations

We appreciate the many
donations we received and thank each and every
one of you for your support. Your donations are
greatly appreciated!



Anonymous x 3

*Chris Nygaard
Abby & Emily Carlson
Alpha Dekrey
Lu Schatz
Dennis Trautman
Stephen Vivian
Alfred Ziegelman*



**Change your perception
about hearing, and get
ready to change your
Life!**

Most people don't know what to expect from hearing aids. Misperception and second-hand experience with bulky, whistling, old fashioned analog devices continue to influence the way people think about all hearing aids.

Hearing aids have changed dramatically from a generation ago- from outward appearance to internal technology -making them vastly more appealing and effective.

Qual Hearing Aid Service

805 10th St. S.E. Mon.-Thurs 9:00—Noon
Jamestown ND 58401 & 1:00—4:00
701-252-0706 Fridays & Later by Appointment



ROSEADELE

Roseadele provides a caring place for those with Alzheimer's and other forms of dementia. We are a 20-bed basic care facility providing 24 hour care. Residents have their own private room and are free to move about within the facility to enjoy the beautiful courtyard, dining and sitting areas. Visit us today for a personal tour.

Jordan & Lynn Shipley, Owners
Carol Stahlhut, Business
Manager
shipleybc@daktel.com

Roseadele 1505 3rd St SE
Jamestown, ND 58401
Phone 701-251-1741
Fax 701-252-1207



STOP IN FOR A VISIT!
701-252-5881 | eventide.org





3 Reasons to Talk Hearing Health at Your Next Physical Exam

When was the last time you and your doctor talked about your hearing?

The fact is, only about 3 in 10 adults who had a physical exam in the last year say it included a hearing screening, according to research conducted by the Better Hearing Institute (BHI). That's a shame, because research shows that hearing health is more closely tied to whole health and quality of life than previously understood-which means that diagnosing and treating hearing loss early may be beneficial on many fronts.

Hearing loss has been linked to other significant health issues. In recent years, a flurry of studies has come out showing a link between hearing loss and other health issues, including depression; dementia; cardiovascular disease; diabetes; moderate chronic kidney disease; rheumatoid arthritis; sleep apnea; obesity; an increased risk of falls, hospitalization, and mortality; and cognitive decline. With so much new and emerging research, it makes sense for people to talk with their doctors about their hearing as a routine part of their medical care.

Addressing hearing loss often has a positive impact on quality of life. Most people who currently wear hearing aids say it has helped their general ability to communicate, participate in group activities, and their overall quality of life, according to BHI research. The research also shows that people with hearing loss who use hearing aids are more likely to be optimistic, feel engaged in life, get more pleasure in doing things, have a strong social network, and are more likely to tackle problems actively. Many even say they feel more confident and better about themselves as a result of using hearing aids.

Leaving hearing loss untreated may come at a financial cost. Most hearing aid users in the workforce say it has helped their performance on the job. In fact, BHI research found that using hearing aids reduced the risk of income loss by 90 to 100 percent for those with milder hearing loss, and from 65 to 77 percent for those with severe to moderate hearing loss. People with untreated hearing loss can lose as much as \$30,000 in income annually, the BHI research found. Health care spending may also be affected. For instance, older middle-aged adults (55-64) with diagnosed hearing loss had substantially higher health care costs, according to a study published in JAMA Otolaryngology-Head & Neck Surgery, indicating that hearing loss may place patients at risk for increased health care use and costs. The study authors suggested that early, successful intervention may prevent future hearing-related disabilities and decreased quality of life.



Qual Hearing Aid Service
805 10th St. SE
Jamestown ND 58401
252-0706

James River Senior Center Home Delivered Meals

419 5th Street NE
"Legacy Place"

Delivering smiles one meal at a time.

VOLUNTEERS NEEDED

252-2882 ask for Missy

**VOLUNTEERS
NEEDED**



MICROWAVE MUG SCRAMBLED EGGS

1 large egg

1 Tbsp. milk or water

2 Tbsp. bell pepper, diced

1 Tbsp. cheddar cheese, shredded



Spray a 12-ounce microwave-safe coffee mug with nonstick spray. Add egg and milk and lightly beat with a fork. Mix in peppers and cheese. Microwave on high for 50 seconds or until firm.

Makes one serving. Each serving has 110 calories, 7 grams (g) fat, 9 g protein, 2 g carbohydrate, 0 g fiber and 120 milligrams sodium.

"Excerpted from The Family Table newsletter, Issue 13"

Classic Catering



Classic Catering is available to cater any size event in-house or we can deliver to your location.

- ♦ Brunches, Lunches, Dinners
- ♦ Family reunions
- ♦ Birthday celebrations
- ♦ Weddings
- ♦ Holiday events
- ♦ Anniversaries
- ♦ Graduation parties
- ♦ Business meetings & training sessions

Legacy Place also has Rooms available for the use of your Occasion, big or small. For meetings we can accommodate:

- ♦ LCD projector
- ♦ Overhead projector
- ♦ Large screen

Classic Catering contact: Rhonda
Party Event Planning contact: Nancy
252-2882

