

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

JRSC STAFF

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, Larry, Dwight, Dawn, John E, Ron, John F & Jayda
Transit Dispatchers: Missy, Dawn, Judy, Kathy & Amanda
Kitchen Staff: Rhonda, Nathan & Bonnie
Gardenette Site Manager: Mirt
Jameshouse Site Manager: Carol
Janitor: Amanda
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
(701) 252-2882

ADVERTISE HERE!

Your Information will be Sent Through



Mail, Email and Internet!

Call 701-252-2882 for
More Information

SERVICES PROVIDED IN STUTSMAN COUNTY

For the Month of Jan. 2019

CONGREGATE: 823
HDM: 1353
TRANSIT RIDES: 4129
TRANSIT MILES: 12663

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

March 2019

IS THE CENTER CLOSED

DUE TO WEATHER?

Last month JRSC and the James River Transit were closed due to weather. Where do you inquire to find out if they are closed? We have several ways for you to check. One way is to just call. As soon as we know we will be closed we will put a message on our answering machines. Other ways we try to get the word out is through our website (www.jamesriverseniors.com), Facebook Pages, and the following radio stations: KSJB & KQDJ.

We do our best to stay open but may close when the safety of our patrons & employees comes in to play. Thank you for your understanding!



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



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

For Our March 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



FUEL ASSISTANCE

If you qualify, this program will pay a portion of the fuel & weatherization cost used to heat your home. This program runs between October 1 - May 31. Income guidelines are as follows:

Household Size	Annual Income
1	\$28,831
2	\$37,702
3	\$46,573
4	\$55,444
5	\$64,315

Contact: Rose Berger
Outreach Spec./Community Options
701-952-0220 ext 3336



Modifying Recipes

Do you ever want to reduce calories in a favorite recipe? What do you do if you run out of a recipe ingredient in the middle of cooking?

If a recipe is too high in fat or calories, contains items you don't have on hand or are not willing to pay a higher price for, then you can make modifications.

To decrease total fat and calories, try these tips:

Try reducing fat by one-fourth or one-third in baked products. This works best in quick breads, muffins, and cookies, but might not work as well for cakes.

Use fruit purees (plum, prune or applesauce) for part or all of the fat in baked products.

Cut back on added fat. Instead of cooking with added butter or margarine, use a nonstick pan, cooking spray, or healthy oils.

Choose healthier cooking methods that use less fat, such as baking, broiling, grilling, poaching, steaming, or microwaving.

Use skim or low-fat milk instead of whole milk. For extra richness, try evaporated skim milk.

Fat in recipes can be substituted with other ingredients to reduce the calories and fat grams, but we might find that we need to make other ingredient substitutions as well. We may be in the middle of a recipe and find out we do not have enough of an ingredient. Or, we may not be able to get to the store. Fortunately, often times there are other ingredients we can use. Here is a list of some common ingredient substitutions:

Substitute $\frac{1}{2}$ tsp cinnamon and $\frac{1}{2}$ tsp ground cloves for 1 tsp allspice

Substitute 1/3 tsp baking soda plus $\frac{1}{2}$ tsp cream of tartar for 1 tsp baking powder

Substitute 7/8 cup oil for 1 cup butter

Substitute 1 cup plain yogurt for 1 cup buttermilk, or sour your own milk by adding 1 Tbsp lemon juice or vinegar and allowing to stand for 5-10 minutes.

For more calorie-reducing tips and ingredient substitution ideas, you can check out these publications from NDSU Extension:

Now Serving: Recipe Modifications at <https://tinyurl.com/healthierrecipes>
Ingredient Substitutions at <https://tinyurl.com/ingredient-substitutions>

You can also contact the NDSU Extension office in Stutsman County for more information at (701) 252-9030

Neck Pain Exercises for Adults

STIFF NECK?



MOVE IT!

One of the most important ways to both prevent neck pain as well as treat it is to exercise. Exercise not only helps you maintain a healthy weight and prevent excess strain on the spine, but it also promotes joint fluidity and a strong back and core, all things that support spine health. **Stretching.** Sitting comfortably in a chair with your feet flat on the ground, reach one hand up to grab the opposite side of your head and pull towards your shoulder. For example, you can lift your right hand up to grab the left side of your head and press it down to your right shoulder. Repeat with the opposite side and hold each stretch for 20 to 30 seconds.

Strengthen. Weight-bearing practices like dancing, yoga, and tai chi can help to strengthen the neck, core, and back muscles that support a strong spine. So can doing exercises at home like lowering your chin towards your chest, placing a hand on the back of your head, and trying to raise your head while your hand provides resistance. Repeat on the opposite side by placing a hand on your forehead and providing resistance while trying to lower your chin to your chest.

You can also treat painful neck conditions with cold therapy (i.e. ice packs) and heat therapy (i.e. heating pad), as well as over-the-counter anti-inflammatories, topical analgesics, massage, acupuncture, and spinal manipulation by a chiropractor. Because older adults are more likely to develop age-related conditions that compromise the stability and structure of the spine, **it is always worth consulting your doctor for a thorough examination to rule out more serious underlying issues.**

(Article reprinted from WebMD)



Volunteer Appreciation

March 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 that was chosen was Eugene Schwengler. Sadly, Eugene passed away this past month. Please Join us in Remembering Eugene for All He Was and all He Did!



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

Dale & Laurie McGuire in Loving Memory of Vern Brown & Marge Lange

Dale & Laurie McGuire in Memory of Jim Bohn





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 Highlights 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**





STUMPED FOR WHAT TO MAKE TONIGHT?

NEED A BREAK?

CALL JRSC FOR A DELICIOUS PIZZA!



***TAKE OUT OR TAKE AND BAKE - 14"**

All Pizzas Come with Garlic Butter Crust and our Special 10-different Seasoning Blend, Unless Otherwise Requested.

Choices Include:

Cheese Only

Pepperoni

Pepperoni & Sausage

Supreme - (Pepperoni, Sausage, Peppers, Onions, Red Onions, Ham, Bacon, Canadian Bacon, Olives)

Meat Lovers (Pepperoni, Sausage, Ham, Bacon, Canadian Bacon)

Veggie Lovers (Green Peppers, Onions, Red Onions & Olives)

*Call between 8 a.m. & noon for same day or future order pickups.

**Extra Charge for Special Orders **

CALL 701-252-2882

419 5th St NE, Jamestown, ND

JAMES RIVER TRANSIT INFORMATION

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

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 to schedule your ride.

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

MARCH HIGHLIGHTED ACTIVITIES

3/11 - Entertainment(Tim Burchill)/Bingo, St Patty's Day Supper
3/14 - 1:00 - AARP Defensive Driving
1:30 - Pie Day with Freedom Resources
3/20 - 2:45 - St Patty's Day Party - 1st Day of Spring
3/21 - 1:00 - Spring Crafts by Sara from Edgewood



Thank you for the wonderful meals. They are so good and the people who deliver them are so great. We just love them all!

-HDM Recipient

Weather Information

In case of bad weather please see our website: www.jamesriverseniors.com, facebook pages or 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 March 4 at 12:30 for cake & ice cream. Put your name in for a prize. Winner of Feb. was Betty Gallahan! Congrats!

Legal Services

Last Will and Testament



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
Apr. 24th —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



St Patty's Supper Night

Monday March 11th, 2019

Bingo @ 4:30, Supper Served @ 5:00 pm

Please call 252-2882 before Noon to reserve your seat

Cabbage Rolls, Mashed Potatoes, Country Vegetable, and Green Jello with Fruit

Entertainment: "Tim Burchill" @ 3:00 p.m.

Dakota Horizons Junior troop 30217 will Have Girls Scout Cookies For Sale from 4 p.m. to 5:30 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

GREETING CARDS

We now have a Variety of Greeting Cards.

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



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 Roseadele 1505 3rd St SE
Carol Stahlhut, Business Manager Jamestown, ND 58401
shipleybc@daktel.com Phone 701-251-1741
Fax 701-252-1207



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

 **EVENTIDE**
JAMESTOWN



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 you're 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.



DONATIONS

Anonymous x 2

Joyce Podoll

Dennis Trautman

Trinity Lutheran Church

Marlyn Wegenke

Alfred Ziegelman

John Ziegler

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



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



Let Healthy Aging Month be your Wake-up Call to Check your Hearing

Have you heard about the new Lancet report presented at the Alzheimer's Association International Conference 2017 (AAIC 2017)?

It recommends that people be ambitious about prevention. And it lists hearing loss as one of nine, potentially modifiable risk factors for dementia-with an emphasis on managing hearing loss in midlife. That means: Don't wait until you're older.

Potentially reducing your risk of cognitive decline, and perhaps dementia, is serious. Very serious.

But it isn't the only reason to treat hearing loss. We already know-from years of research by the Better Hearing Institute (BHI)-that addressing hearing loss has a very positive impact on quality of life.

In fact, addressing hearing loss may be one of the best things you can do to stay vibrant and maintain an active lifestyle as you evolve into your older, and arguably better, self.

Need some convincing? Consider how addressing hearing loss could benefit you:

Your can-do attitude may shine through. SHI research shows that people with hearing loss who use hearing aids are more likely to be optimistic.

You may experience a rush of confidence. Many people with hearing loss say they feel more confident and better about themselves due to using hearing aids.

You may find yourself really loving life. People with hearing difficulty who use hearing aids are more likely to get pleasure in doing things and are more likely to feel engaged in life, BHI research shows. In fact, most people who currently wear hearing aids say it has helped their overall quality of life. In fact, people with hearing loss who use hearing aids are less likely to feel down, depressed, or hopeless, according to SHI research findings.

Your social life and relationships may feel the perks. Most people with hearing loss who use hearing aids say it has a positive effect on their relationships and ability to participate in group activities. They're also more likely to meet up with friends to socialize and have a strong social network.

You may hear yourself shouting. "I'm ready!" when life's next challenge comes your way. People with hearing loss who use hearing aids are more likely to tackle problems actively, research shows. And most hearing aid users in the workforce say it has helped their performance on the job.

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**

ADVERTISE WITH OUR MOVING BILLBOARDS!

Circulating in the busiest areas of the city, bus advertising offers exposure to local commuters, drivers and pedestrians. These 'moving billboards' are typically displayed on the bus exterior and come in a variety of sizes and high-impact formats to reach your audience. Available in monthly, biannual, & annual time periods.

- Available in various sizes and formats, from side panel displays to window displays to wraps
- Move throughout major and secondary arteries and the busiest streets in Jamestown
- Seen by pedestrians and vehicular traffic from multiple directions, simultaneously
- Variety of formats and embellishments make your ad stand out

Call 701-252-2882 ext
1011, 1002 or email
jrsc@csicable.net for
price listing.



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 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**

