

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: Kathy
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
Kitchen Staff: Rhonda, Nathan & Bonnie
Gardenette Site Manager: Mirt
Jameshouse Site Manager: Carol
Janitor: Mercedes
Dishwashers: Marty & Judie
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 July 2019

CONGREGATE: 979
HDM: 1510

TRANSIT RIDES: 4086
TRANSIT MILES: 14596

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 Geffe

Secretary/Treasurer—Jim Boatman

Directors: Dennis Ova, Yvonne Wegner, Mary Geffe, & 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

COMING
SOON



JRSC SOUP AND SALAD LUNCHEON & BAKE SALE

A Variety of Delicious Soups and Salads

WHEN: Sept 6, 10 a.m.-1:00 p.m.

WHERE: JRSC

WHAT: JRSC will serve a variety of delicious soups & salads. This will be a fundraiser for James River Senior Center. Cost: Only \$7!



We hope you will come out and support us while enjoying some delicious food!

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

 1505 3rd St SE Jamestown, ND 58401

Phone 701-251-1741 Fax 701-252-1207

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



1 and 2
Bedroom
Apartments
with attached
Garages

Meals
Housekeeping
Nursing Services
Free Transportation
Activities
Emergency Response Button

September 2019

What's Inside

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James River Senior Center, Classic Catering, and James River 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

Every Fourth Wednesday **Legal Services** - 1:00 p.m.

For Our September 2019 Activities Please See Insert



TRANSIT HOURS REMINDER:

Rides Available:

Mon - Thurs: 6:15 a.m. -
6:00 p.m.

Friday: 6:15 a.m. - 7:00 p.m.

Saturday: 8:00 a.m. - 6:00 p.m.

Sunday: 8:00 a.m. - 1:00 p.m.

Dispatch Available:

Mon - Thurs: 7:30 a.m. -
4:45 p.m.

Friday: 7:30 a.m.- 6:00 p.m.

Saturday: 8:00 a.m. - 5:00 p.m.

Sunday: 8:00 a.m. - 12:00 p.m.



CAFÉ CHARLOTTE BREAKFAST SCHEDULE:



Tues: Waffles, Eggs, Sausage

Wed: Biscuits & Gravy, Omelettes,
Bacon

Thurs: Egg Biscuits, French Toast,
Ham

Friday: Breakfast Pizza



FREE COFFEE!

8 a.m. - 4:00 p.m. - Breakfast until 11

419 5th St NE

Use the Right Canning Method

Submitted by Christina Rittenbach, M.S.

Many people have been canning dozens of jars of green beans only to find they've wasted their time and lost a lot of food.



That's because they're still canning beans at home using a boiling-water canner instead of a tested pressure canning process, according to the National Center for Home Food Preservation. The beans looked fine coming out of the canner, but then they turned cloudy and jars popped open, sometimes forcefully.

These beans are spoiling from being under-processed. What's worse, the beans still could look good and the jars could be OK, but the beans could contain the botulism toxin, which, if eaten, could cause serious poisoning or death.

Botulism can develop in any jars of improperly canned vegetables and meats, not just beans, without showing any signs of spoilage.

Spores of the *Clostridium botulinum* bacteria are very, very resistant to heat. Even heating them in a boiling-water canner for hours will not kill them if they are in jars of meat and vegetables. The bacteria eventually will germinate into actively growing bacterial cells that will produce a deadly toxin.

Bacteria like the conditions inside closed jars of low-acid foods, such as vegetables and meats, so they must be killed during the canning process if you want to preserve the food safely.

For more information on canning food safely, contact the North Dakota State University Extension office in Stutsman County at (701) 252-9030, or visit www.ag.ndsu.edu/food.



James River Senior Center has a part-time volunteer cashier position. This position

would be a flexible, 8 - noon, 1 - 3 days a week. Please contact Rhonda Sahr at 252-2882 ext 1002 or email at jamesriver@csicable.net for more information.



Easy living in a *thriving community*



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

 EVENTIDE
JAMESTOWN

GREETING CARDS

We now have a Variety of Greeting Cards.

Display is located by the Receptionist's Desk
(Senior Center).

Cards are only .50¢

(We graciously accept greeting card donations)

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 1 year Registration is due, you will receive a phone call from Kathy Evenson 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 Kathy Evenson. 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.



***** Volunteer Appreciation Night September 23, 2019 - 5:00 p.m.

Supper Night

We'd like to take every day to recognize how much we appreciate the time and dedication our volunteers put in; but since that isn't possible, we dedicate one night a month to show our appreciation. This month our Volunteer of the Month is **Lu Huisenga**. Let's take this time to thank Lu for all she does!



Senior Resource Fair Winners Announced

Two winners were drawn on August 8th during the Senior Resource Fair at the Mall, at the JRSC booths.

The winner of the Classic Catering drawing of a flower pot, t-shirt and gift card was Caroline Lee.

The winner of the JRSC Mr. Coffee and 4 Mugs was Geraldine Guthmiller.

Congratulations Ladies!!

***** MEMORIALS

***Mirt Brown in
Memory of Ervin Ennis**

***Mirt Brown in
Memory of Stan
Waagen**

***Robin Stiem in
Memory of Ed Stiem
*Jeffrey & Joyce Olson
in Memory of Mary
Deery**





Fact vs Fiction:

Common Hearing Aid Misconceptions

Fear and lack of knowledge prevent many people from getting the hearing help they need. Hearing aids are a common effective treatment for hearing loss. If you think you're a candidate, get the facts and keep an open mind.

HEARING AIDS ARE UGLY AND BULKY - Today's hearing aids are designed to be sleek and discreet. They range from the smallest-in-the-canal (ITC) to behind-the-ear (BTE) which are versatile and easy to use. All major manufacturers strive to make their products as small as possible.

I ONLY NEED ONE HEARING AID - Chances are, if you noticed your hearing loss, it's already much worse than you realize, and almost always affects both ears. Your brain is wired to hear best with both ears sending it sound signals. If you needed glasses, you wouldn't order them with just one corrective lens, would you?

HEARING AIDS ARE FOR OLD PEOPLE - Because today's hearing aid wearers are younger than in the past, hearing aids themselves are made to appeal to them. Sleek designs, discreet operation and the ability to integrate with smartphones, computers and televisions make these devices suitable and attractive to young and old alike.

BUYING HEARING AIDS ONLINE IS A GOOD IDEA - The shape of your ears, as well as the configuration and degree of your hearing loss, is completely unique to you. Only a hearing healthcare professional can select the best products to fit your loss and lifestyle, and make sure that they are working at optimum capacity. The time and effort are worth far more than the short-term discount you might find buying online.

HEARING AIDS DIDN'T WORK FOR MY FRIEND, SO THEY WON'T WORK FOR ME - Even though hearing aids might not have worked for someone you know, it doesn't mean they won't work for you. Most hearing healthcare providers sell hearing aids with a trial period in which you can "test drive" the devices to be sure they are working for you. If you think you're ready to change your hearing health and improve your quality of life, don't hesitate. Find a local hearing healthcare professional and learn the facts about hearing aids and give yourself the gift of better hearing!



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



Services

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



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 on the 4th Wednesday of each month.

Next Date:
September 25 - 1:00 pm - 3:00



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.

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 & other loan equipment. **We are not responsible if you injure yourself while using our items. Rentals within Jamestown Area Only.



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

EMPLOYEE SPOTLIGHT FAREWELL



"I have been lucky enough to be able to personally tell each and everyone of you how blessed I have been to meet some very 'interesting', caring, warm-hearted people along my days at work and made some very true friends. Thank you. It was a joy making you all feel at home at JRSC with lots of memories and a very full heart I have resigned my position at James River. Thank you all!"

-Nancy Kunk

******Unfortunately, Nancy will be resigning Sept 6th. She will be missed!

CONGRATULATIONS!



Mirt Brown was honored this past month for her many years of service for James River Senior Citizens Center. The presentation took place at her favorite place, the Gardenette meal center. Mirt loves her time with "her people" and will go above and beyond to be sure they are well cared for. She has quite a history with JRSC beginning in 1968, and having several roles including executive director. Mirt is certainly a valuable asset to JRSC!

Thank you for all you do, Mirt!!

COME JOIN JAMES RIVER SENIOR CENTER INC FOR A

SOUP & SALAD LUNCHEON

FRIDAY SEPTEMBER 6, 2019

10:00 AM – 1:00 PM

419 5TH ST NE

JAMESTOWN, ND 58401

COST \$7.00

BAKE SALE DURING LUNCHEON

ALL PROCEEDS GO TO JRSC



JAMES RIVER TRANSIT INFORMATION

Rides Available: M-Th 6:15 a.m. - 6:00 p.m. Fri 6:15 a.m. - 7:00 p.m. Sat 8:00 a.m. - 6:00 p.m. Sun 8:00 a.m. - 1:00 p.m.

Dispatch Available : M-Th 7:30 a.m. - 4:45 p.m., Fri 7:30 a.m. - 6:00 p.m., Sat 8:00 a.m. - 5:00 p.m. Sun 8:00 a.m. - 12:00 p.m.



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.**

JRMC * CLINIC APPOINTMENTS

Monday thru Friday

Leaving City

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

Loading from JRMC/CLINICS

8:30 am
9:30 am
10:30 am
11:30 am
12:30 pm
1:30 pm
2:30 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 3:40 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

(By 12:00 noon day Prior)

**Please call 252-7888 to schedule
your ride.**



Gardenette Homes
Independent Living Community

- ✓ One bedroom
- ✓ Utilities paid
- ✓ Ground floor
- ✓ Activities Center
- ✓ Walk-in shower
- ✓ On-site manager
- ✓ Private entrance
- ✓ On-site maintenance

Also available in Center:

- Meals program by James River Senior Citizens, Inc.
- Health Services by Central Valley Health

1321 Gardenette Drive, Jamestown 701-251-2516



The Pharmacy That's All About Your Health

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

Hours: 9:00 am-6:00 pm Mon.-Fri
9:00 am - Noon -Saturday
Phone: 252-3002 or 1-800-279-0120

**FREE DELIVERY & MAIL
SERVICE AVAILABLE, DRIVE
THRU SERVICE**
703 1st Ave S



DONATIONS

Rhonda Eichhorn
Harold & Marjorie Gilbertson
Darlene Goehner
Lifetime Vision Source
Don & Melida Schwehr
Dennis Trautman
Women's Fellowship



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

**Central Auto Repair
& Services**

123 7th Ave SE
Jamestown, ND 58401
Phone: 701-252-1423
centralautorepair07@gmail.com



We Do All Auto Repair Needs, Including:

Oil Changes, Radiators, Tires, Drive Train Issues, Heater Issues, No-Start, Etc.

Daily Bread Program

Serves People in Need of Food

Food Locations:

- 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
- First United Methodist**
115 3rd St SE

Two Supper Nights For September!

September 9th and September 23rd

Sept 9th - 4:30 - Bingo 5:00 - Supper Served

Cabbage Rolls Corn
Mashed Potatoes Blushing Pineapples

Sept 23rd - 4:30 - Bingo

5:00 - Supper Served - Speaker - Nicole of Legacy Fitness
Hamburger/Rice Hotdish
Diced Carrots Cream Pie

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).



Upcoming EVENTS

SEPTEMBER

9/6 - 10:00 a.m. - 1:00 p.m. - Soup & Salad Luncheon Fundraiser & Bake Sale

9/9 - 4:30 p.m. - Bingo - 5:00 Supper

9/10 - 1:00 - Jim Drew - Vocational Rehab

9/19 - 1:00 p.m. - Pie & Coffee - Piano music by Sharon Caine - 3:00 p.m. - Walmart Employee Volunteers - stay for games, crafts & treats!

9/23 - 4:30 - Bingo

5:00 - Supper with Legacy Fitness - Nicole - "See What We Have to Offer"

DO YOU KNOW?....



1. Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, *The Man Who Knew Too Much*?
2. What singer had a country music chart hit with *Sixteen Tons* in 1955?
3. Which group had a hit with *Twilight Time* in 1958?
4. Which smoky-voiced singer sang *Too Young* in 1951?
5. What Cleveland disc jockey first used the term "Rock N Roll" in 1951?
6. Tony and Maria were the lead characters in what Broadway musical that premiered in 1957?
7. Who recorded *Rock Around the Clock* in 1955?
8. Who originally sang *That'll Be the Day*? in 1957?

Answers: 1. *Que Sera Sera* 2. Tennessee Ernie Ford 3. *The Platters* 4. *Nat King Cole* 5. Alan Freed 6. *West Side Story* 7. *Bill Haley and the Comets* 8. *Buddy Holly and the Chicks*

HAPPY BIRTHDAY!



If you are 60 or over & you have a birthday this month, join us the first Monday of the month at 12:30 for cake & ice cream. Put your name in for a prize.

Our August winner was Kathy Gallagher! Congrats, Kathy! The rest of you...come this month & try your luck!



?TRIVIA?

1. Which disease did Dr. Jonas Salk successfully create a vaccine for in 1952?
2. What was the name of the first satellite launched into orbit by Russia in 1957?
3. Who overthrew Fulgencio Batista in 1959 and became dictator of Cuba?
4. What year did Disneyland open?
5. What famous explorer first climbed Mount Everest in 1953?
6. Who became Premier of the Soviet Union in 1958?
7. Senator Joseph McCarthy, who conducted a nationally televised hearing in 1954 to root out Communists in the government, represented what state?

ANSWERS:

1. *Polio*
2. *Sputnik*
3. *Fidel Castro*
4. *1955*
5. *Sir Edmund Hillary*
6. *Nikita Khrushchev*
7. *Wisconsin*



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

DONATIONS

Robert & Lori Romsdal
Yvonne Becker
Rinore Block
Dorothy Chouinard
Jan Dullum
Betty Widmer



We appreciate the many donations we received and thank each and every one of you for your support.

Your donations are greatly appreciated!

TOP 10 FINANCIAL SCAMS

(Third of a Four Part Series-By N.C.O.A.)

(To Be Continued in Next Issue)



6. Internet fraud

While using the Internet is a great skill at any age, the slower speed of adoption among some older people makes them easier targets for automated Internet scams that are ubiquitous on the web and email programs. Pop-up browser windows simulating virus-scanning software will fool victims into either downloading a fake anti-virus program (at a substantial cost) or an actual virus that will open up whatever information is on the user's computer to scammers.

Their unfamiliarity with the less visible aspects of browsing the web (firewalls and built-in virus protection, for example) make seniors especially susceptible to such traps. One example includes:

Email/phishing scams

A senior receives email messages that appear to be from a legitimate company or institution, asking them to "update" or "verify" their personal information. A senior receives emails that appear to be from the IRS about a tax refund.

7. Investment schemes

Because many seniors find themselves [planning for retirement and managing their savings](#) once they finish working, a number of investment schemes have been targeted at seniors looking to safeguard their cash for their later years. From pyramid schemes like Bernie Madoff's (which counted a number of senior citizens among its victims) to fables of a Nigerian prince looking for a partner to claim inheritance money to complex financial products that many economists don't even understand, investment schemes have long been a successful way to take advantage of older people.

8. Homeowner/reverse mortgage scams

Scammers like to take advantage of the fact that many people above a certain age own their homes, a valuable asset that increases the potential dollar value of a certain scam.

A particularly elaborate property tax scam in San Diego saw fraudsters sending personalized letters to different properties apparently on behalf of the County Assessor's Office. The letter, made to look official but displaying only public information, would identify the property's assessed value and offer the homeowner, for a fee of course, to arrange for a reassessment of the property's value and therefore the tax burden associated with it.

Closely related, there is the potential for a reverse mortgage borrower to be scammed. Scammers can take advantage of older adults who have recently unlocked equity in their homes. Those considering reverse mortgages should be cognizant of people in their lives pressuring them to obtain a reverse mortgage, or those that stand to benefit from the borrower accessing equity, such as home repair companies who approach the older adult directly.

(See Next Issue for Part IV)

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



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 For Occasion; Big or Small. For meetings we can provide:

- ♦ LCD projector
- ♦ Microphone
- ♦ Large screen

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

