

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

Event Coordinator: Erin

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, Mercedes

Kitchen Staff: Rhonda, Nathan & Bonnie

Gardenette Site Manager: Mirt

Jameshouse Site Manager: Carol

Janitor: Mercedes

Dishwasher: Mercedes

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 November 2019

CONGREGATE: 907
HDM: 1501

TRANSIT RIDES: 3776
TRANSIT MILES: 12497

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.

2020 Board of Directors

President—Ann Ede

Vice-President—Tom Geffre

Secretary/Treasurer—Jim Boatman

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



2020



GRANT INVIE TO PLAY AT JRSC

Grant Invie will entertain during our January Supper Night, January 13th at 6:00 p.m.

Grant NV is an old soul country singer who has brought the good ole classic music from the past to

the present. This young performer brings the traditional style from way back when to create an engaging experience for all ages. This professional performer will provide fun for ages 9 to 95. Grant NV has been compared to Johnny Cash with his low cut country voice. He is guaranteed to entertain anyone that enjoys the real country sound with some hints of gospel and rock n roll. He can tear your heart out with his country heart break songs, or he'll keep you on the dance floor with his toe tapping country singing.

Continued on Page 3

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

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 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 January 2020 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: Ham Egg Bake/ Waffles or Fr.

Toast

Wed: Biscuits & Gravy, Omelettes

Thurs: Egg Biscuits or Ham Eggbake, &
Ham Patties

Friday: Breakfast Pizza

Cold Cereal/Hot Soup Daily



FREE COFFEE!

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

419 5th St NE

HOW CAN I PREVENT PRE-DIABETES?

The most effective way to prevent prediabetes is to make lifestyle changes that increase healthful eating behaviors and physical activity. The American Diabetes Association recommends the following lifestyle changes:

Eat Well

Create a meal plan that includes fresh fruits and vegetables, whole grains, lean meats, poultry and dairy products, and limits processed foods.



Exercise

Exercise at least 30 minutes per day, five days per week. You can begin slowly and work your way up to 30 minutes, if needed.



Lose Weight or Maintain Weight

Losing 5 to 7 percent of your weight can reduce your risk for developing Type 2 diabetes significantly. Make lifestyle changes to lose weight gradually to lower your risk. If you already are at a healthy weight, maintain it.



Additional Resources:

American Diabetes Association: www.diabetes.org

National Diabetes Information Clearinghouse (NDIC): www.diabetes.niddk.nih.gov

Diabetic Lifestyle: www.diabetclifestyle.com

NDSU Extension Service: www.ag.ndsu.edu/food

NDSU EXTENSION SERVICE

North Dakota State University, Fargo, ND - July 2015



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.

* Continued from Page 1 - **"Grant Invie to Sing at JRSC"**

Grant NV dares his audience to resist the urge to sing a long with the songs they grew up to know and love.

Limited Seating Available. Please RSVP by January 10th if you plan to join us for supper. Join us for the day!

Day's Agenda:



- 9:30 - Bone Builders
- 10:30 - Understanding Alzheimers Disease
- 4:30 - Bingo
- 5:00 - Supper
- 5:30 - Volunteer Appreciation
- 6:00 - Entertainment



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 | \$30,346 |
| 2 | \$39,683 |
| 3 | \$49,021 |
| 4 | \$58,358 |
| 5 | \$67,695 |

Contact: Rose Berger
Outreach Spec./Community Options
701-952-0220 ext 336

Weather Information

In case of inclement 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.



Made for Happy, Healthy Life.

- Hearing loss isn't just an ear issue, it's a quality of life and health issue. It can occur for natural reasons, but other causes might surprise you.
- OLDERADULTS with impaired hearing may have a SHORTERLIFE SPAN than their peers without hearing problems. (70 years and older)
10%, 20%, 30%, 40%
- People with hearing loss experience a 30-40% faster decline in cognitive abilities compared to peers without hearing loss. (70 years and older)
- People with low-frequency hearing loss are considered at risk for cardiovascular events. Now hearing aids are made so people with hearing loss won't have to miss a single sound that brings them joy. They are made knowing people who hear better live better.
- Adults with untreated hearing loss were more likely to report depression, anxiety and paraesthesia than peers who wore hearing aids. (50 years older)
- Over 360 million of the world's population have disabling hearing loss. Adults with untreated hearing loss are more likely to develop dementia.
- Mild loss-2x, Moderate loss-3x, Severe loss- 5x more likely.
- There is a significant association between high blood pressure and untreated hearing loss.
- People with mild hearing loss are 3x more likely to have a history of falling.
- 90-95% of people with hearing loss can be treated with hearing aids.



Qual Hearing Aid Service
805 10th St SE Jamestown, ND 58401 701-252-0706

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:
January 29 - 1:00 p.m. - 3:00 p.m.



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.

JANUARY IS OUR VOLUNTEER APPRECIATION MONTH AT JRSC FOR 2019

Our Volunteers Keep JRSC Going and are Very Appreciated!

Lacey Thu

Mary Waagan

Lou Housenga

Amanda McCann

Sue Corwin



Willie Mehlhoff

Eugene Spangler

Patti Debuck

Elvira Divers

Mike Wanzek

Shirley Vandal

January we are asking all of our 2019 "Volunteers of the Month" to join us for Supper Night, January 13, 2020 at 5:00 p.m. for a Meal, Cake, Entertainment and Recognition.

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 3:50 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 40.00 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 |

A place to call Home

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

**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. December winner was Lu Huisenga. Come this month & try your luck!

**Central Auto Repair
& Services**

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

**Central
Auto
Repair
Services**

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



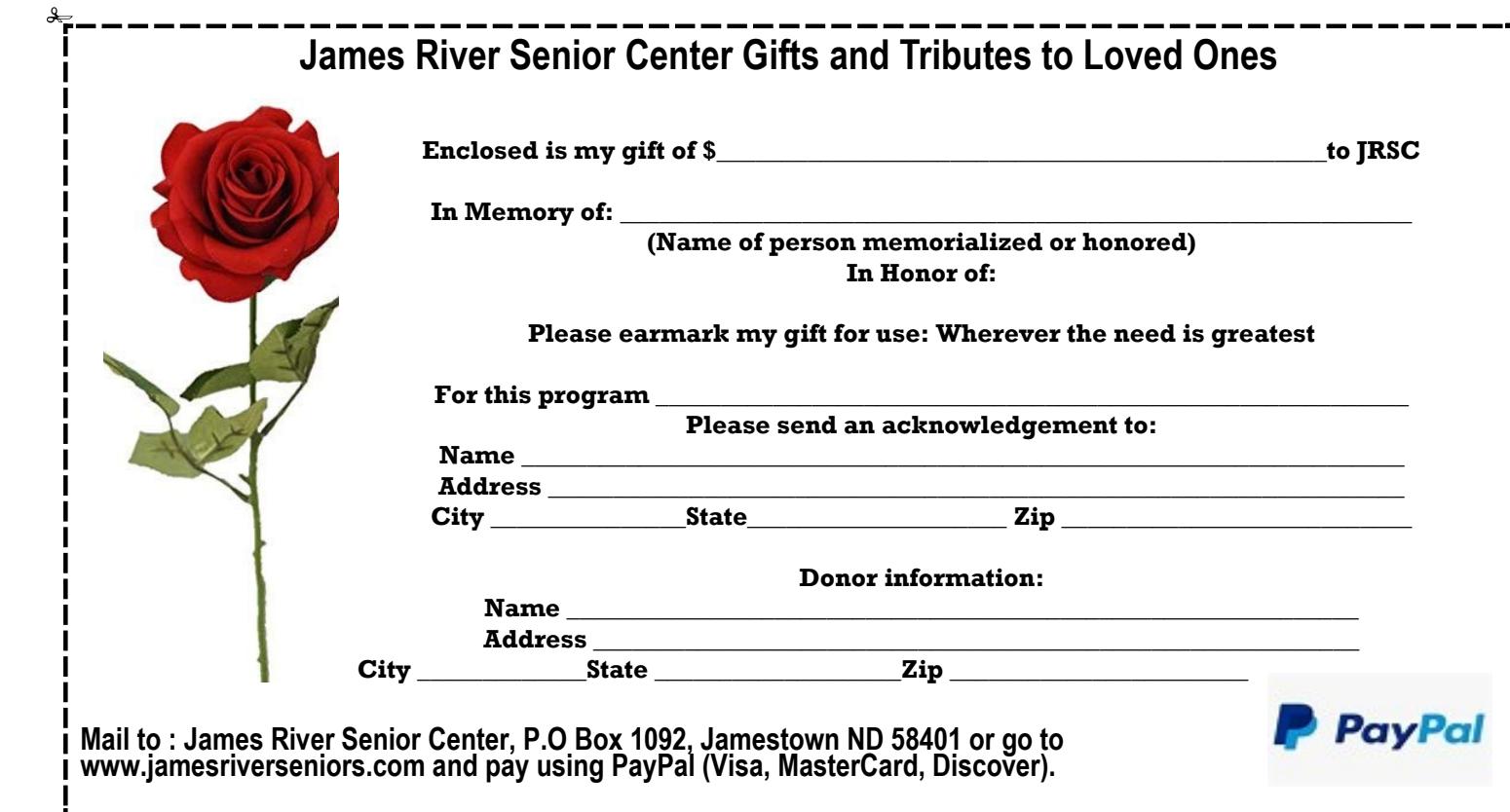
One Supper Night For January!

January 13, 2020

4:30 - Bingo
5:00 - Supper Served 5:30 - Volunteer Recognition
6:00 - Entertainment - Grant Invie
Cabbage Rolls Mashed Potatoes
Green Beans Cake and Ice Cream

Spend the Day with Us!

Suggested Donation of \$4.00 per person for age 60 and older. The cost is \$7.29 for those under age 60.
Call 252-2882 by 1:00 pm the day of the meal to sign up for supper night.



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

JANUARY

- 2nd - 10:30 - Hearing Loss Support Group
- 6th - 12:30 - Birthday Party
- 9th - New Year's Party - Line Dancing, Snacks, Fun!
- 13th - 11:30 - Understanding Alzheimer's
 - 4:30 - Bingo
 - 5:00 - Supper
 - 6:00 - Entertainment

ANSWERS TO THIS MONTH'S CROSSWORD



WINTER

Thank
You!

to the
Jamestown Girl Scout
Troups for the
Wonderful
Cookies for our Home
Delivered Meals!



A HUGE "THANK YOU" TO CONTRIBUTORS!

To all of you who go to the trouble of contributing any amount to James River Senior Center and Public Transit we want to say a huge "Thank You!" Your thoughtfulness is what keeps us helping others and is so very much appreciated.

Sincerely,
All of Us at James River Senior
Center & Public Transit



ANSWERS TO THIS MONTH'S CROSSWORD



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

HEALTH TIP: WHAT TO DO IF YOU FALL

Tripping over a box or slipping on a wet floor could leave you with a broken bone. And a fall could easily send an older person to the hospital, says the National Institute on Aging.

If you fall, stay calm and follow the agency's recommendations:

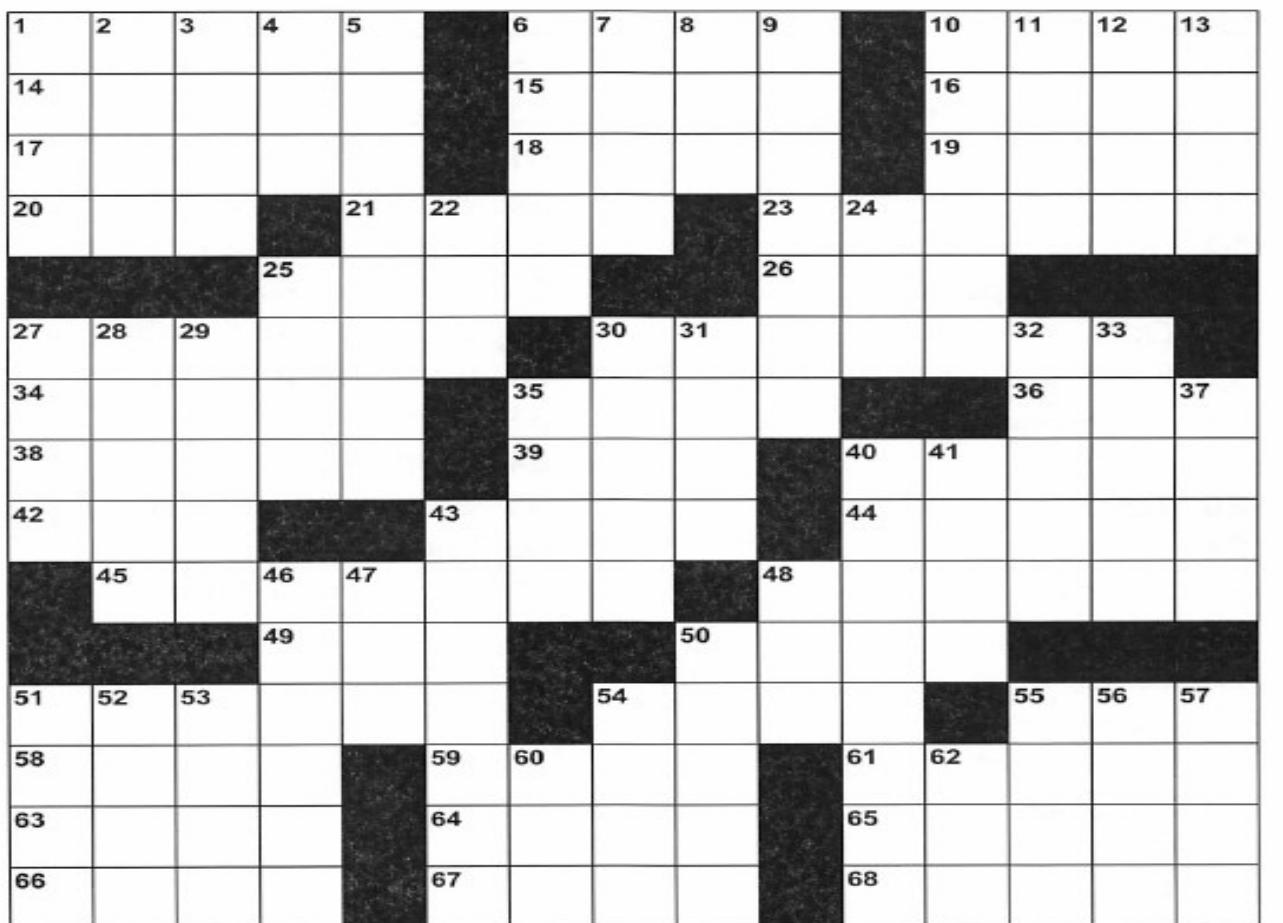
- Take several deep breaths to try to relax.
- Remain still on the ground for a few moments.
- If you are hurt or cannot get up on your own, ask for help or call 911.
- If you are alone, try to get into a comfortable position and wait for help to arrive.

DONATIONS

Anonymous
Arnie Becker
Char Bellon
Dorothy Chouinard
Clint & Robin Eberl
James & Sharon Hatlewick
Gardenette Homes
Shirley Judin
Jamestown Girl Scouts
Montpelier Club
Noridian
Alice Wolff
Women's Fellowship
Alfred Ziegelman

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

WINTER



ACROSS

- 1 Had a speed contest
- 6 Sheep
- 10 Body of an organism
- 14 Before
- 15 Water (Spanish)
- 16 Oak
- 17 French monetary unit
- 18 Voiceless
- 19 Nurture
- 20 Toddler
- 21 Dueling sword
- 23 Frothy
- 25 Sign
- 26 Clock time
- 27 Sweet melon
- 30 Guacamole need
- 34 Flexible
- 35 Gush out
- 36 Ewe's mate
- 38 'love' (Italian)
- 39 United Parcel Service
- 40 Fire product
- 42 Morning moisture
- 43 Thaw
- 44 Shelter
- 45 Regardless of

DOWN

- 48 Buddy
- 49 Scorching
- 50 Sliding toy
- 51 Word in U.S.S.R.
- 54 Move quickly
- 55 Metric weight unit
- 58 Tel __ (Israel's capital)
- 59 Women's magazine
- 61 Fancy round mat
- 63 Wind
- 64 Element
- 65 Swiss mathematician
- 66 Like a wing
- 67 September (abbr.)
- 68
- 1 Log boat
- 2 Big hairdo
- 3 Winter outerwear
- 4 Gray sea eagle
- 5 Twelfth month of the year
- 6 Encumbered
- 7 Accent mark
- 8 Untalkative
- 9 Calf (2 wds.)
- 10 Layer
- 11 Mined metals
- 12 Sandwich need
- 13 Visionary
- 22 Legume
- 24 Escudo
- 25 Hawaiian island
- 27 Dressed
- 28 Pointed at
- 29 Harriet Beacher __
- 30 Orange's partner
- 31 Sleeveless shirt
- 32 Multitude
- 33 Similar to oak
- 35 Fat used in making tallow
- 37 Heal
- 40 Grated

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



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 and Party Event Planning contact:
Rhonda**

252-2882



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

