

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:**

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

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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@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 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.diabeticlifestyle.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.



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

WE LOVE OUR VOLUNTEERS

BINGO

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 SHORTER LIFE 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 paranoia 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 Houisenga

Amanda McCann

Sue Corwin



Shirley Vandal

Willie Mehlhoff

Eugene Spangler

Patti Debuck

Elvira Divers

Mike Wanzek

**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

<u>Leaving City</u>	<u>Loading from</u> <u>JRMC/CLINICS</u>
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 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.**



✓	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

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



 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!

*George Burns

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.**

Serves People in Need of Food

- **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

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**

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.

A detailed illustration of a single, vibrant red rose. The petals are tightly curled, showing a rich red color with subtle gradients. The rose is attached to a green stem that has several serrated green leaves. The background is plain white.

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

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!**



**Change your percep-
tion 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

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



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

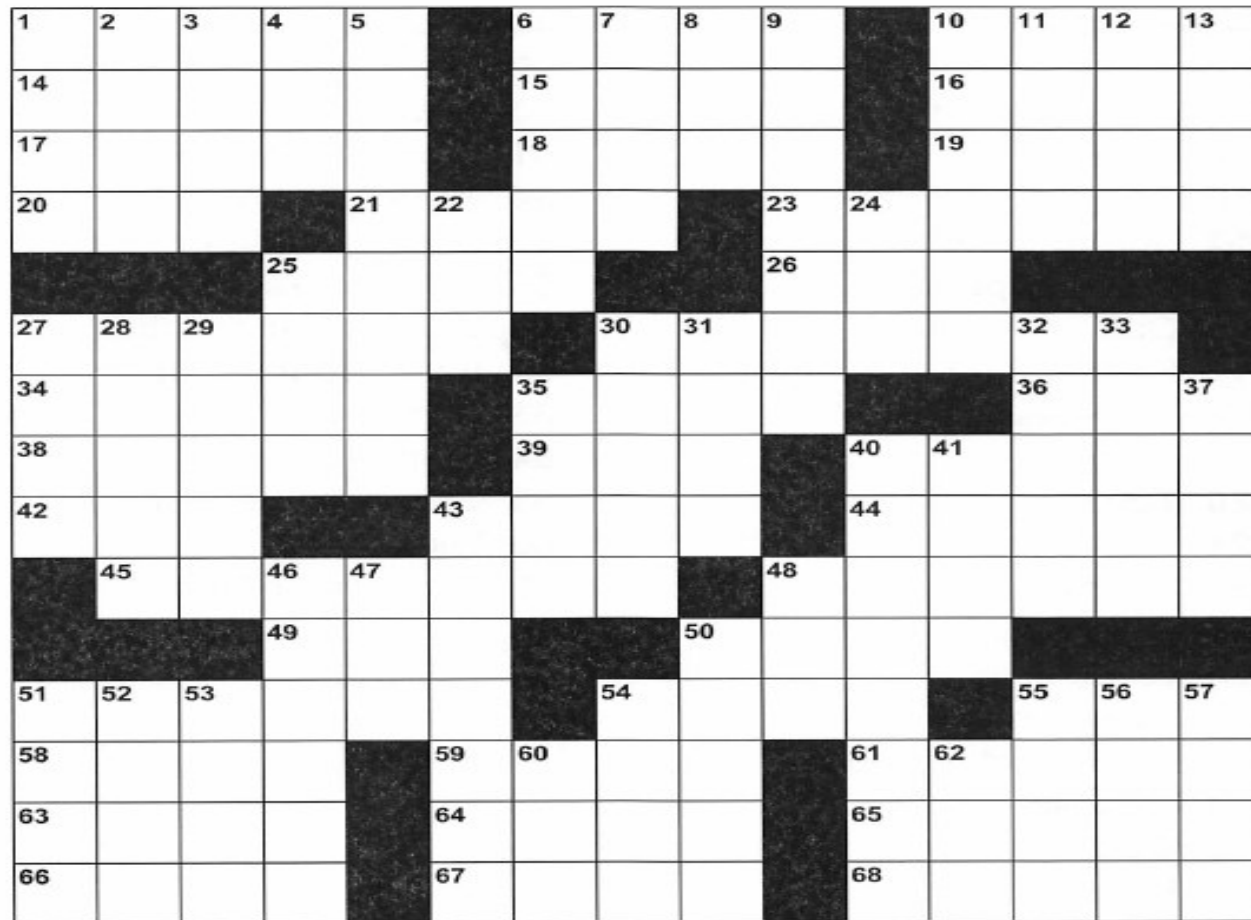
Alice Wolff

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

DOWN

- 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

- 41 Hotel cleaner
- 43 Hand warmers
- 46 Move with cold
- 47 "Raven" author
- 48 Respiratory disease
- 50 Fragrance
- 51 Heroic tale
- 52 Ovate
- 53 Capital of Vanuatu
- 54 Swill
- 55 1.6 kilometers
- 56 Fly
- 57 Greek sandwich
- 60 Downwind
- 62 French "yes"

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 and Party Event
Planning contact:
Rhonda**

252-2882

