

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

April 2019

Are you bored?..

When you think "Senior Center" what do you think of? Just a place to have lunch and maybe a game of pinochle now and then? James River Senior Center & Public Transit offers that and so much more! Hungry?...we serve lunch Monday through Friday and have two supper nights most months. Need a ride?...Only \$2.50/one-way gets you anywhere in town. Want to get out of town?...we have a transit vehicle going to Fargo every Wednesday and Bismarck every 1st and 3rd Tuesdays. Need a place for your event? Have a catering need?...call "Classic Catering". +60 Legal advice?...Legal Services comes from Fargo the 4th Wednesday of every month. Medicare questions? Need to rent some crutches? See our Outreach Worker and Receptionist. How about a place to have a cup of coffee & hang out with your friends? Our café is open from 8 a.m. to 4:30 p.m., M-F. Be sure to check out this newsletter for all the activities and resources we have available. Take advantage of our spring weather; check out some of our amenities today!



What's Inside

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- 1 and 2
- Meals
- Bedroom
- Apartment
- with attached
- Gardens
- 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

For Our April 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

Put Your Best Fork Forward this Spring



Do you make every bite count? Try these tips to add more nutrition to your day.

Do you include a variety of vegetables on your plate?

Plan meals to include different vegetable groups throughout the week: Dark green, red and orange, beans and peas, and starchy vegetables. Stir chopped spinach into scrambled eggs or soup. Roast carrots for an easy side dish. Add black beans to a bagged salad for a quick meal.

Do you choose naturally sweet fruit for snacks and salads or include them in main dishes?

Top your morning toast or cereal with sliced or chopped fruit. Make your own flavored yogurt by mixing fresh or frozen fruit into plain yogurt.

Do you make half of your grains whole grains?

Check food labels on bread or cereal boxes to see if the first ingredient is whole grain, such as whole wheat or whole-grain oats. Cut your favorite snack mix with a whole grain, such as popcorn. If new to whole-grain pasta, try it with flavorful sauces to help you get used to the change.

Do you mix up your choices in the protein group?

Families spend the largest percentage of their food budget on meat, poultry and seafood, according to a recent report. Replace half (or all) of the meat in a recipe with beans or legumes for a healthful way to save money. Try lentils in burgers, white beans in lasagna or spaghetti, or black beans in burritos.

Do you choose low- and fat-free dairy items to get the most nutrition for your calories?

Make a dip for raw veggies or whole-grain crackers from low-fat plain yogurt and taco or ranch seasoning.

Put your best fork forward by choosing a variety of healthful foods this Spring and beyond. Visit www.ag.ndsu.edu/food/recipes for recipes and more tips.

Excerpted from FoodWise Newsletter, Issue #314. For more information about this topic, contact the Stutsman County Extension office at 252-9030 or email luella.morehouse@ndsu.edu.



ROSEADELE

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

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

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

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 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.



***** Volunteer Appreciation Night

April 22, 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 Patti DeBuck. Let's take this time to thank Patti for all she does!



***** TIRED OF THE PAPER CLUTTER?

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



***** 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



Services



SLEEP QUIZ

By Web MD

1. Compared with younger people, older adults need:
A. More sleep B. Less sleep C. The same amount
2. What percentage of older adults have a hard time sleeping?
A. 10%-20% B. 50%-60% C. 60%-70%
3. As you get older, you're more likely to become:
A. A night owl B. An early bird C. A sleepwalker
4. Changes in sleep patterns mean older adults spend more time in:
A. Light sleep B. Deep sleep C. REM (rapid eye movement) sleep
5. A change in this hormone may affect your sleep as you age:
A. Insulin B. Testosterone C. Melatonin
6. This is a common sleep disorder in older people:
A. Sleep apnea B. Restless legs syndrome (RLS) C. Both D. Neither
7. One rare kind of sleep disorder can make you act out your dreams.
A. True B. False
8. If you nap, you shouldn't sleep longer than:
A. 20 minutes B. 45 minutes C. One hour
9. Research shows you may sleep better after:
A. You retire B. You downsize your home C. Your kids leave the house
10. For better sleep, the best time of day to exercise is:
A. Late afternoon B. After dinner C. An hour before bed
11. This health problem can mix up your days and nights:
A. Cancer B. Diabetes C. Dementia

Answers Below



ANSWERS TO QUIZ: 1. C 2. B 3. B 4. A 5. C 6. C 7. A 8. A 9. A 10. A 11. C

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 4th Wednesday of each month.

Here:

Apr. 24th —1:00 pm—3:00 pm

May 22nd —1:00 pm—3:00 pm



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



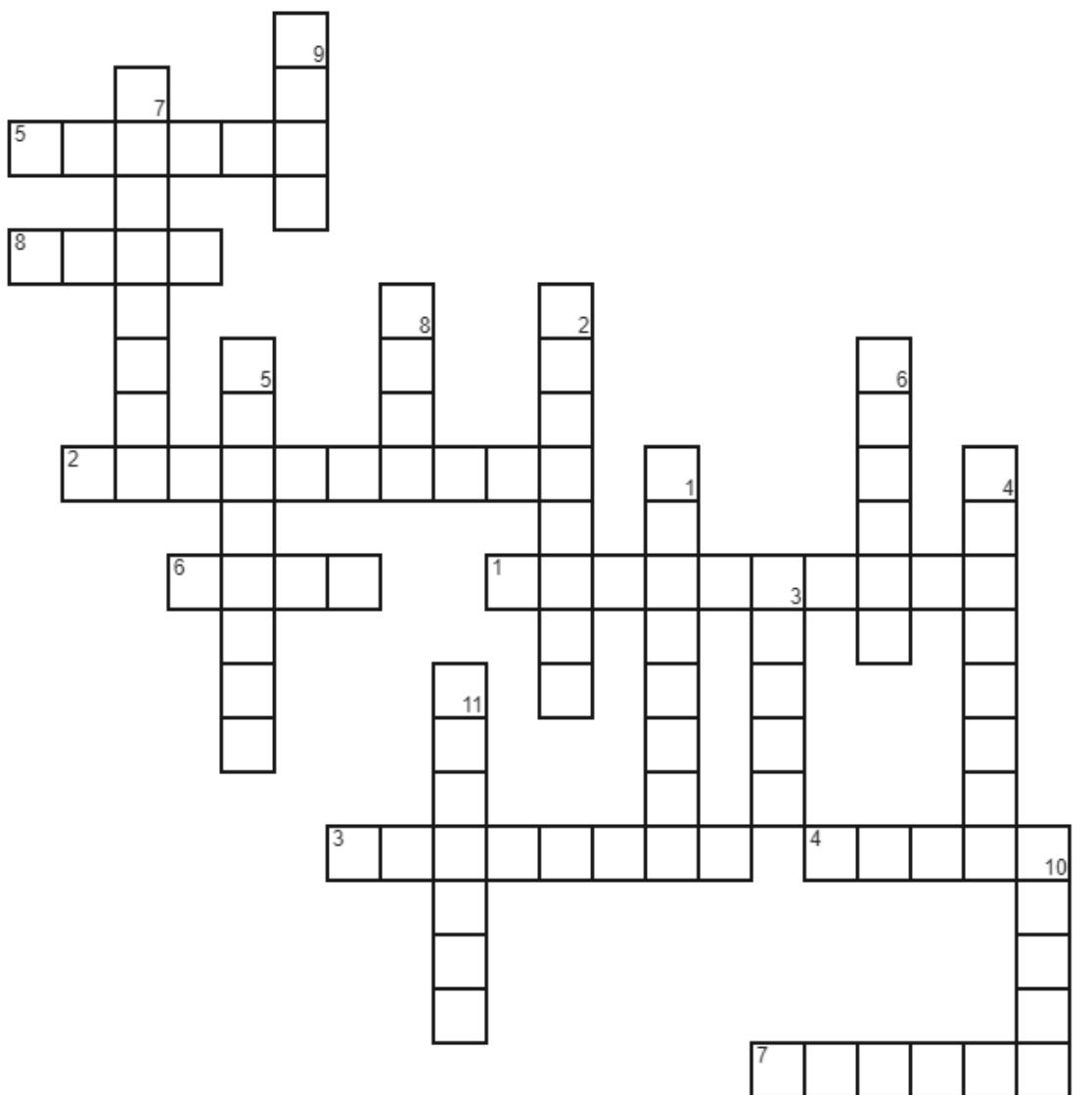
Senior Companions Program

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

How Much Do You Know About JRSC & Public Transit?



Across

1. We love our _____
2. Senior Hi-Lites is our _____
3. Classic _____ is available for your events.
4. We offer home delivered _____
5. Donate to _____ Way to help our Transit.
6. One of our receptionists
7. We celebrated birthdays the 1st _____ every month.
8. This winter we had too much _____

Down

1. JRSC County
2. JRSC Transit is for _____
3. Transit Drivers will wait _____ minutes
4. JRSC is located in the old _____
5. Our transit goes to Fargo and _____
6. We have a Loan _____
7. Favorite card game at JRSC
8. Most Wednesdays we offer a _____ Care Clinic.
9. Our other receptionist.
10. Our main dispatcher's nickname.
11. How often our newsletter is published.

ANSWERS ON PAGE 6

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. - 7:00 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. - 6:30 p.m., Sat 8:00 a.m. - 5:30 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	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

Loading from JRMC/CLINICS

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
(By 12:00 noon day Prior)**

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



HAPPY BIRTHDAY!



Seniors, if you have a birthday this month, join us April 1 at 12:30 for cake & ice cream. Put your name in for a prize. Our March winner was Ken Oja! Congrats, Ken! Come this month & try your luck!

DO YOU KNOW?

1. In 1950, the Famous Brinks Robbery netted \$2. million. Where did it occur?
A. Boston
B. New York
C. Chicago
2. Who said, "Old soldiers never die, they just fade away."
A. Gen. Dwight Eisenhower
B. Gen. Omar Bradley
C. Gen. Douglas MacArthur
- 3.. Which longest running daytime drama moved from radio to TV in 1952?
A. Days of Our Lives
B. General Hospital
C. Guiding Light

Answers:

1: A 2: C 3: C



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



CROSSWORD ANSWERS - PAGE 12

1. Stutismen	2. Everyone	3. Catering	4. Hospital	5. United	6. Mary	7. Monday	8. Foot	9. Judy	10. Siggry	11. Monthly
ACROSS	Down	Down	Across	Down	Down	Down	Down	Down	Down	Down

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

We are Back to Two Supper Nights!

Monday, April 8th

Lasagna, Garlic Toast, Green Beans and Fruit Pudding

&

Monday, April 22nd

Diced Turkey in Gravy Over Mashed Potatoes, Country Trio Veggies and
Mandarin Orange Dessert

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

Please call 252-2882 before Noon to reserve your seat

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).



DESIGN A PHOTO STAND

FREE

April 25, 2019

1:30 - 3:30 p.m.

FREE

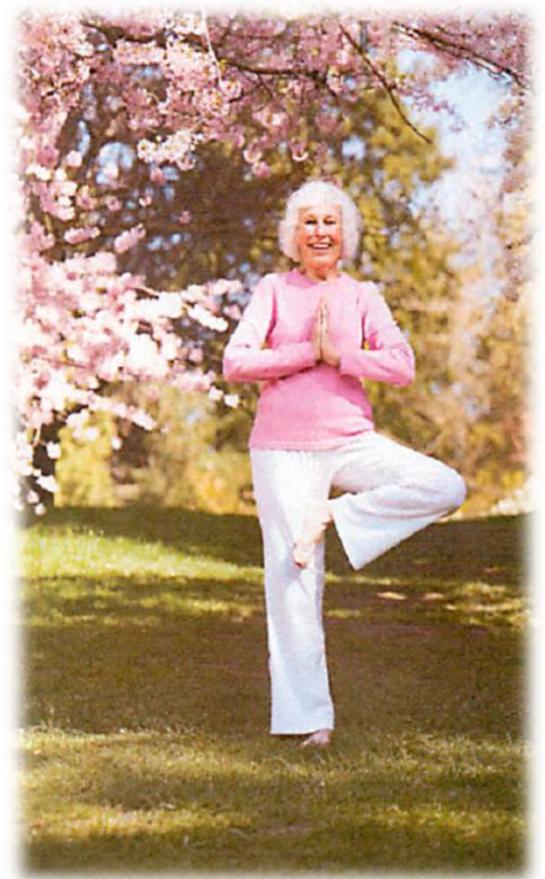
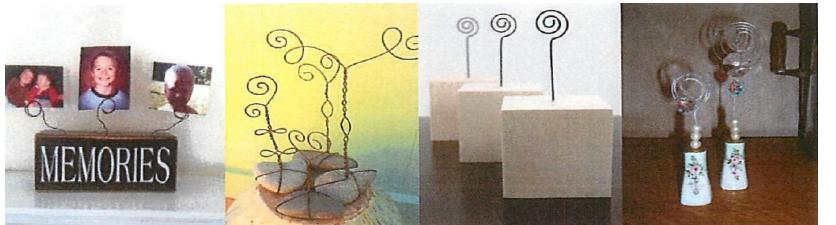
James River Senior Center

Class Size is Limited - Pre-Registration Required by



April 22, 2019

Call Beth at 701-252-4693 or email at bethd@freedomrc.org



Heathy Living for Your Brain and Body:

Tips From the Latest Research

When: Thursday, April 4, 2 pm

Where: James River Senior Center

Brief Description: At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. This workshop covers four areas of lifestyle habits that are associated with healthy aging:

- Cognitive Activity
- Physical Health and Exercise
- Diet and Nutrition
- Social Engagement

Contact Beth Olson at 701-952-0800 with Questions

10

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.



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.

ANYONE REMEMBER?

- The Amos & Andy Radio Show - 1943
- The Jack Benny Program - (debuted in 1932 and lasted 23 years)
- The Milton Berle show was always on Tuesday nights.
- The name of the family in "Father Knows Best" was the Andersons.
- Ricky Ricardo was the bandleader of the Tropicana Club in the show, "I Love Lucy".
- The "Ed Sullivan Show" was first called, "The Toast of the Town".
- First "Reality Show" - "Smile, You're on Candid Camera!"

Thanks for all you do!

- Anonymous

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

Anonymous x 2



First Methodist Church

Robert Murphy Family

Christian Motorcycle Assoc.

James Myers Neil Wegenke

Jean Nording Alice Williams

Joyce Podoll Alfred Ziegelman

Dennis Trautman John Ziegler

Grace Walz Janice Kinney

Family

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

Hearing Journal

by Kathleen Wallace

Most Americans succumb to the ageist assumption that hearing aids are only for the old and that wearing them will cement one's elderly status-a social white flag signifying that one has surrendered to the aging process. It's a position few covet in a society that often fails to acknowledge the value and worth of its elders. While this viewpoint particularly as hearing loss occurs at any age, it has been a social norm that has grown nearly impossible to shake. But even if hearing aids were coveted, most people view hearing difficulties as severe enough to warrant any form of intervention. Hearing loss most commonly occurs gradually, over time, making it notoriously difficult to perceive. While those with vision loss can easily notice when images grow blurry, we are far less acute in our ability to assess our own hearing.

As a society that craves immediate results and simple solutions, hearing aids fail to meet these unrealistic expectations. Dealing with hearing loss requires a great deal of effort, and while hearing aids certainly ease the burden of communication, the complexities of hearing loss prevent a complete return of normal hearing. Hearing aid users MUST learn to use these new devices and develop effective communication strategies to maximize the benefit of their increased access to sound.

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**

