

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
Housekeeping: Mercedes **Dishwasher:** Webster
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 December 2019

CONGREGATE: 771
HDM: 1486

TRANSIT RIDES: 3,599
TRANSIT MILES: 11,658

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, 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



This is the first year James River Senior Center will be part of the Giving Hearts network. Would you consider helping us in our efforts? Your commitment will go directly to our home delivered meal program to help feed the elderly in your community. This program helps seniors stay in the comfort of their own homes and helps them keep the independence they desire.

Giving Hearts Day is On February 13th but this year you may schedule a gift any time between Jan 6th and Feb 11th by following the link provided on page 7. Just be sure to check the "Schedule This Gift" box when reviewing your cart transaction. Your gift will then be processed on Giving Hearts Day!



Continued on Page 7

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

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 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.

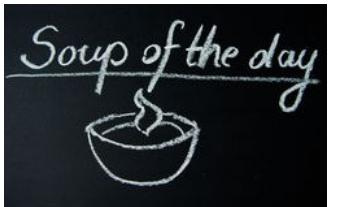
Friday: 7:30 a.m.- 6:00 p.m.

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

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



CAFÉ CHARLOTTE SOUP SCHEDULE



MONDAY: Chicken Noodle

TUESDAY: Beer Cheese

WEDNESDAY: Knephla

THURSDAY: Beef Stew

FRIDAY: Chili



FREE COFFEE!

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

419 5th St NE

How Fit Are You?

Submitted by Luella Morehouse, Stutsman County EFNEP/FNP Nutrition Educator

How many minutes of physical activity do you accumulate through walking or other activities on an average day? Do you ever have a tough time getting motivated, especially in the winter?

Not being physically fit is among the greatest risk factors for heart disease. People who exercise routinely have up to a 50 percent lower risk of experiencing a heart attack or chest pain, and they also have lower risk of other diseases, too. In addition, people who exercise routinely simply live longer than people who don't.

Question: What are the specific heart-healthy benefits linked to exercise?

Answer: Usually, people who exercise will lose weight or maintain a lower weight. They also usually will lower their blood pressure and cholesterol levels. Exercise also keeps blood vessels strong and healthy by improving the vessels' ability to dilate and increase blood flow.

Question: What if I never have exercised and am worried I don't have the motivation to make a big change? Any advice?

Answer: Start slow and build up gradually. Even small steps to fitness may make a big difference. You don't have to make big changes to have an effect on your heart health.

Question: What is the minimum exercise a person needs to improve heart health?

Answer: Health professionals recommend people engage in moderate-intensity aerobic activity at least 150 minutes per week and muscle-strengthening activity at least twice a week. Note that dividing those 30-minute workouts into three 10-minute or two 15-minute segments works just as well.

See "5 Steps to Loving Exercise ... Or at Least Not Hating It" available from the American Heart Association at <https://tinyurl.com/5StepsToLovingExercise>.

Question: I have heard that I should be sure I get enough potassium in my diet. Why is potassium needed for heart health and what foods contain it?

Answer: Potassium has many jobs in our body. It helps our heart beat, our muscles move and our nerves fire. Having enough potassium in our diet may keep our blood pressure at a healthy level. In fact, by cutting back on sodium in our diet and increasing potassium-rich foods, we may protect ourselves from stroke. However, do not take a potassium supplement unless your health-care provider recommends it.

To get enough potassium, aim to fill half of your plate with fruits and vegetables and have plenty of low-fat dairy as recommended by MyPlate. Some of the best sources of potassium are sweet potatoes, tomatoes, beans (pinto, lima, kidney), split peas, yogurt, potatoes, bananas, oranges, orange juice, strawberries, raisins, dates, spinach and milk.

Article used with permission from Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension, NOURISH newsletter, Issue 13.

For more information, contact the Stutsman County Extension office at 252-9030 or email luella.morehouse@ndsu.edu.



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 OF THE MONTH



Brian Bergstead

Thank you, Brian, for all your hard work!

Come and join us congratulate Brian during our Supper Night, February 10, 2020 at 5:00 p.m., for all the hard work he has done at the Center.



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

MEMORIALS

**Laurie and Dale McGuire In
Memory of Deidra Brown**



Weather Information

In case of inclement weather please call and listen to our phone message, 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.

Fun Facts about Hearing



(credit Kim Ryll BC-HIS)



Your ears don't stop when you sleep: your brain chooses to ignore them.

The roar when you hold a seashell to your ear is not the ocean, but rather the sound of blood surging thru the veins in your ear.

A newborn's baby's entire hearing apparatus is slightly immature but responds best to high-pitched voices.

Think of all the things you're missing if your hearing is not what it used to be:

Nature sounds, like birds chirping, leaves rustling on the trees

Grandchildren's laughter

Conversations with friends and family

Cards shuffling, rolling dice, etc...

Empathy- Putting yourself in someone else's shoes...

We want you to hear your loved one's in the car, chat with acquaintances about the weather, and hear your grandchildren tell you about their day.

Human interaction is important to a healthy life!

We all suffer at some point in our lives, but if we can empathize with each other we are opening a door to more personal connection and better communication, which leads to more understanding and hopefully more happiness.

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:

February 26 - 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.

JAMES RIVER TRANSIT INFORMATION

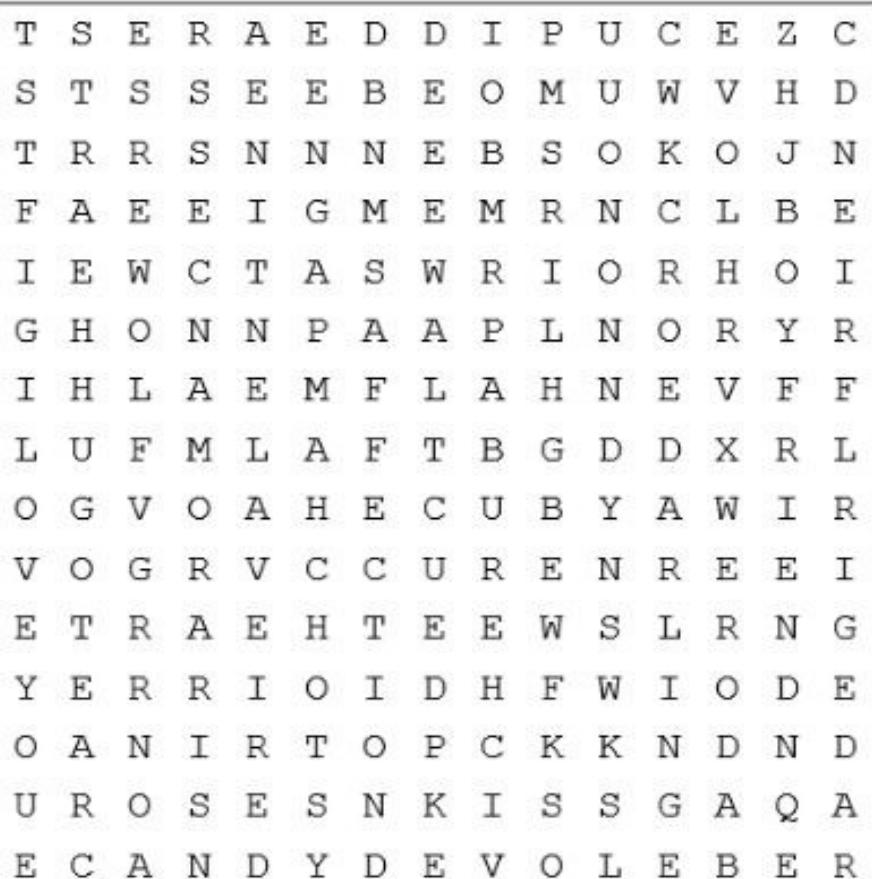
Rides Available: M-Th 6:15 a.m. - 6:00 p.m. Fri 6:15 a.m. - 7:00 p.m. Sat 8:00 a.m. - 6:00 p.m. Sun 8:00 a.m. - 1:00 p.m.

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.



Valentine's Day

February 14th



Puzzle Answer Key
On Page 10



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

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. January winner was Erna Duvall. Come this month & try your luck!

*
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*
*
*Beautiful Young People Are Acts of
Nature, But Beautiful Old People Are
Works Of Art.*
*
*
*

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

One Supper Night For February!
February 10, 2020



4:30 - Bingo
5:00 - Supper Served -
Spaghetti with Meat Sauce
Garlic Toast
Lettuce Salad
Blushing Pear Dessert



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.

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).

Home Delivered Meals - Can You Afford it?

A common misconception for our home delivered meal program is the cost. Many feel they cannot afford it. While we do rely on the suggested donation of \$4 per meal to keep our program running, we certainly do not want the cost to detain anyone from receiving meals. You only pay what you can afford to pay.

To qualify for our home delivered meal program you must be 60 years of age or older; or you must be disabled and living in senior housing.

Hot meals are delivered between 11 a.m. to 12 p.m., Monday through Friday. Meals are not delivered on the weekend but, if you are in need of a meal(s) on the weekend, you may request frozen meals be delivered with your Friday meal.

Our meals are delivered by volunteers, please be kind to these generous people that take time out of their busy days to help us out. Their helpfulness is invaluable!

Depending on the time of year, we also deliver one to two evening meals per month on the 2nd and/or 4th Monday(s) of the month. If interested in receiving this meal you will need to request it at the number below.

Remember, if you are unable to pay the suggested donation, you may still receive a meal.

Donations for this program may be sent to:



JRSC HDM Program
P.O. Box 1092
Jamestown, ND 58402

To receive a meal or for more information call:
701-252-2882.



JRSC's Spring Fling Vendor Show is Coming Soon.

James River Senior Center is having a Spring Fling Vendor Show April 24th, 2020. Food, Fun & Entertainment!

**Vendors: Call Today to
Reserve Your Table!**
701-252-2882

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

