

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 & Amanda
Kitchen Staff: Rhonda, Nathan & Bonnie
Gardenette Site Manager: Mirt
Jameshouse Site Manager: Carol
Janitor: Amanda
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 May 2019

CONGREGATE: 909

HDM: 1373

TRANSIT RIDES: 4973

TRANSIT MILES: 15,848

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—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

July 2019

What's New at the Center?

Lots of changes are happening at JRSC these days; from our new café items to new employees, it seems there is something new every day!



Our Scheduled Breakfasts:

Tuesday: Waffles, Eggs, Sausage

Wednesday: Biscuits & Gravy, Omelettes, Bacon

Thursday: Egg Biscuits/Muffins, French Toast, Ham

Friday: Breakfast Pizza

**All menus subject to change.

New items in Café

Charlotte include:
bagels, English muffins, waffles and ice cream!

Breakfast served Tuesday - Friday.

We have new faces here at JRCS as well! We have a new dishwasher on Wednesdays, Thursdays

Continued on Page 6

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 July 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.

THE BOOKMOBILE SCHEDULE

June 11 * July 16 * August 13
(Tuesdays)

The Meadows 9:00 a.m. - 9:30 a.m.

Deer Ridge 9:45 a.m. - 10:15 a.m.

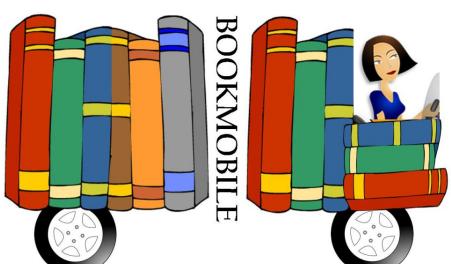
Eventide 10:30 a.m. - 11:15 a.m.

Heritage Center 11:30 am. - 12:15 p.m.

Legacy Center - 1:00 p.m. - 1:30 p.m.

Jameshouse -1:45 p.m. - 2:15 p.m.

Edgewood Vista 2:30 p.m. - 3:00 p.m.



Submitted by Cristina Rittenbach, Stutsman County Extension

Enjoy Sweet Corn, a Summer Treat

Sweet corn is a great way to add color and variety to your summer meals. One 6-inch ear of corn provides 60 calories, 0.5 gram (g) fat, 2 g protein, 14 g carbohydrate, 1.5 g fiber and 2 milligrams sodium. Sweet corn also has vitamin C, iron, thiamin and potassium. Purchase corn that has the green husk still intact and a brown, dry silk top. The cob should not appear to have any damage or bugs.

Test the quality of the corn by using your fingernail to break a kernel on the cob. The best-quality corn will have a milky texture inside. If the liquid is white or creamy, the corn will have an unsatisfying flavor. The crop should have a sugary-sweet taste when perfectly ripened.

Sweet corn requires **cleaning and preparation** before being consumed. To clean the sweet corn the same way you would any other vegetable, remove the husk and wash the ears under cool, running water. Do not use soap. Boiling or grilling are popular ways



If you plan to prepare the ears the day you buy it, you can wash the ears under cool, running water. Do not use soap. Boiling or grilling are popular ways to eat fresh sweet corn.

The corn also can be stored in the refrigerator for later use. Fully shucked ears of corn can be stored in the refrigerator for about 30 minutes. Drain the water and wrap the ears in plastic. The corn can be stored in the refrigerator for a few days but should be eaten as soon as possible for best flavor.

An abundant amount of sweet corn can be preserved for you to enjoy year-round. Types of preservation include freezing, canning and drying. You can freeze sweet corn in a few ways: whole-kernel, creamed-style or on the cob. Find a container or bag that is durable and leak-proof. Label the bag with contents and the date.

When ready to use, partially thaw the corn to ensure the kernels are able to cook thoroughly, which takes about 10 minutes. The quality of the corn will be best if used within 12 months of freezing.

Another way of preserving sweet corn is canning. A pressure canner must be used to process the corn to prevent any botulism risks. The canning process time for creamed-style corn is approximately 85 minutes for 1 pint or 55 minutes for 1 pint of whole kernels. Drying sweet corn is a relatively easy process. Husk the corn and cut the kernels from the cob. Dehydrate the corn for six to eight hours, until the kernel becomes crisp and brittle. Store the dried corn in a glass jar, container or freezer bag. The crop will keep well for six to 12 months. Dried corn tastes great in soups, dips, stew or sauces.

For more information, contact the Stutsman County Extension office at 252-9030.



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 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 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

July 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 Lacey Thu. Let's take this time to thank Lacey 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.



***** MEMORIALS

**Aloha Kercher in
Memory of Mary Deery**

**Don & Melinda Schwehr
in Memory of Art**

Eckman



Services

What to Ask Before You Buy Hearing Aids -

Qual Hearing, 10th St SE, 252-0706



The National Institute on Deafness and other Communication Disorders estimates one in 3 people in the U.S. between the ages of 65 and 74 have presbycusis, also known as age-related hearing loss. Most cases of presbycusis can be treated with hearing aids.

First steps : Admit your having problems hearing and make an appointment with a hearing healthcare professional. Make a list of questions and list priorities. Take a friend or family member with you.

Be prepared for a hearing loss diagnosis - If the hearing professional determines that you have a hearing loss, hearing aids may be recommended. Although these medical devices won't restore your hearing to normal, they will improve your listening, speech comprehension and overall communication. Research shows that the sooner you begin treating hearing loss, the healthier and happier you'll be.

What type of hearing aids are recommended - Share your list of priorities and discuss cosmetic preferences. The hearing professional will help determine, based on degree of loss, which style and features will fit for you.

How much do they cost? - Hearing aids range from \$1000.00 to \$4000.00 each, depending on technology. Hearing aids aren't usually covered by insurance, ask about financing.

Is there a warranty? - Typically, yes....If you need or would like extended coverage, ask about options.

When should I replace them? - Most hearing aids last about 5 years... lifespan depends on care, features and quality.

What kind of trial period do you offer? - Most hearing centers offer a trial period so you can experience the difference the aids make in your day-to-day activities.

How often do I need them adjusted? - Adjustments can usually be made anytime by simply calling or stopping in as needed to handle unexpected problems.

What services are included? - Hearing aids aren't the only thing your buying from a qualified hearing healthcare professional, most purchases include follow-up care, education and adjustments.

Summary - In many conversations with hearing healthcare professionals, almost all say that patients tell them, "I wish I would have done this sooner. The key to hearing your best is to acknowledge your not hearing well and see a qualified hearing professional for treatment-you and your loved ones will be glad you did!"

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.

July 24th - 1:00 pm - 3:00 pm
August 28th - 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.

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.



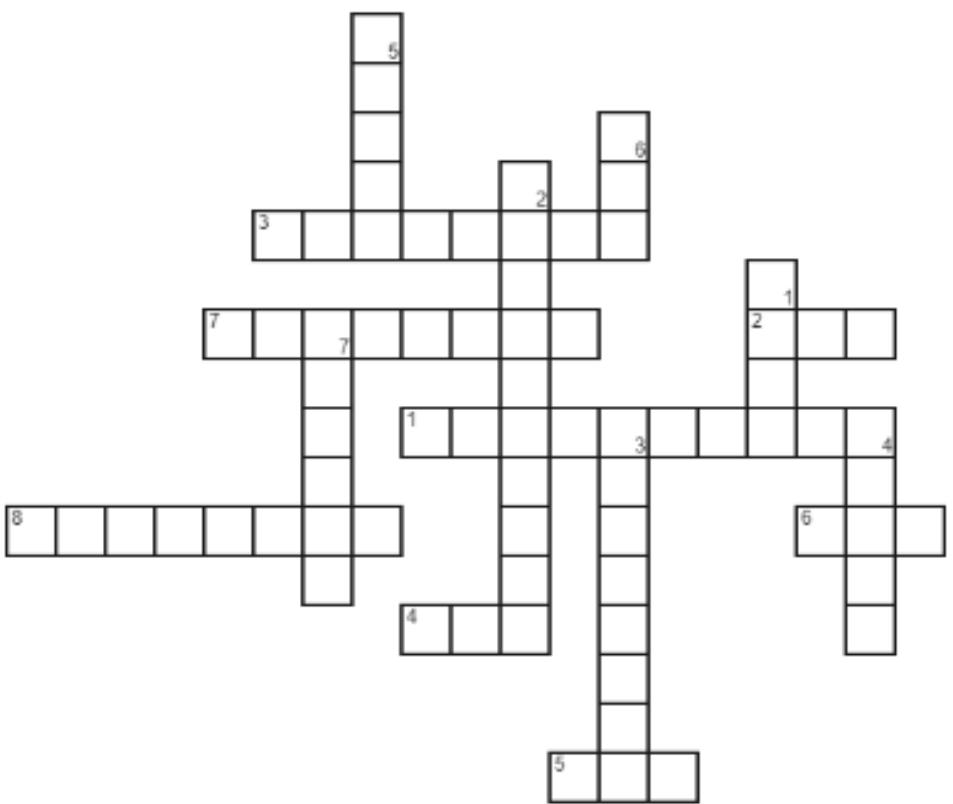
Senior Companions Program

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

SUMMER FUN



Across

1. BBQ PRODUCT
2. PICNIC PEST
3. COOL DRINK
4. HEAT PRODUCER
5. AFTERNOON SLEEP
6. INDOOR BREEZE PRODUCER
7. GARDEN PRODUCE
8. SUMMER ACTIVITY

ANSWERS:

1. lake
2. watermelon
3. umbrella
4. snake
5. storm
6. hoe
7. mowing
8. swimming
7. tomatoes
6. fan
5. nap
4. sun
3. lemonade
2. ant
1. hamburger

Down

Down

1. SWIM LOCATION
2. SUMMER FRUIT
3. SUN SHADE
4. GARDEN PEST
5. SUMMER BOOMER
6. GARDEN TOOL
7. LAWN MAINTENANCE

Across

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	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 3:40 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



"New" Continued from Front Page:

and Fridays. Her name is Judie Gleich, and she is a ball of energy! Marty Olson is still with us on Mondays and Tuesdays but this will give him time to do his summer projects.

We also have a new face in our Outreach office. Our part time dispatcher, Kathy Evenson, will now also carry the role of full time Outreach staff. She is excited to begin this new venture. She is replacing Kerry Larson, who retired May 31st. We wish Kerry a wonderful, relaxing retirement. Kathy began her duties June 24th.

Another exciting development was that, thanks to your donations, United Way and NDDOT Grants; James River Public Transit was able to replace a couple well-worn transit vehicles. We are excited to put our **two new vehicles** into service. The vehicles they will replace have well over and close to 200,000 miles and are over 12 years old.



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

Two Supper Nights For July!

July 8th and July 22nd



July 8th -

3:00 - Fun, Games, Snacks, Free!(Sponsored by Walmart Employee Volunteers)

4:30 - Bingo 5:00 - Supper Served

Breaded Pork Chop Macaroni & Cheese Green Beans Blushing Pears

July 22nd -

3:00 - Special Olympics Athletes Speak

4:30 - Bingo

5:00 - Supper Served

Cabbage Rolls

Mashed Potatoes

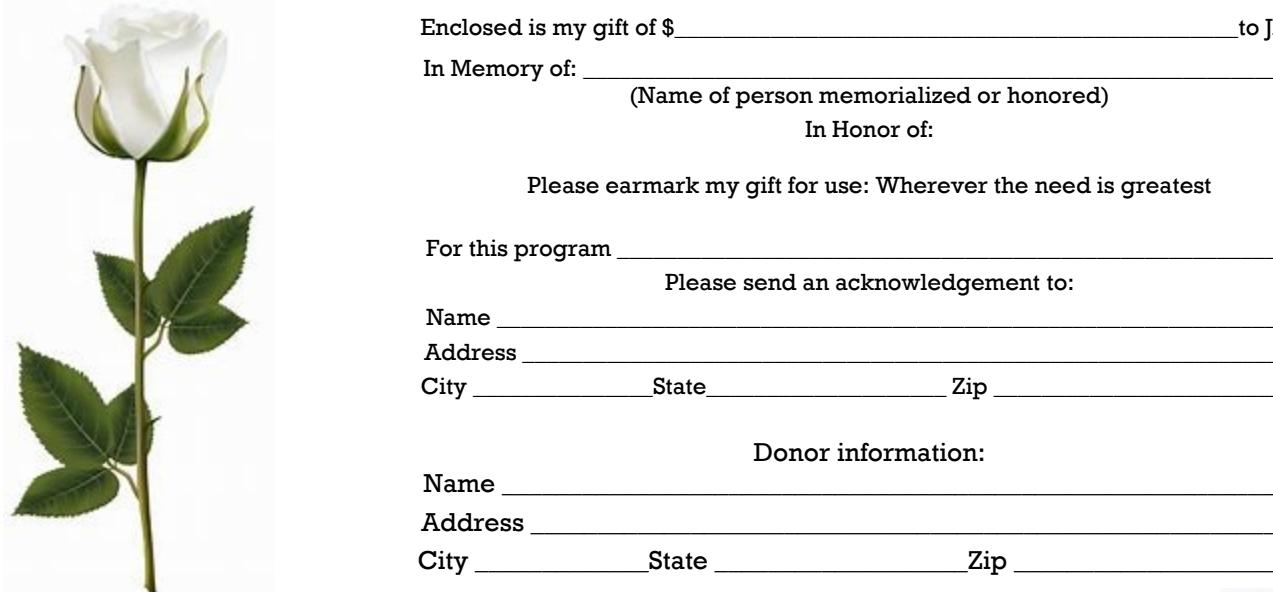
Country Veggies

Fresh Fruit

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).



Upcoming EVENTS

JULY

7/1 - Spend the Day! 12:00 - Dinner (Please RSVP) 12:30 - Cake & Ice Cream celebrating all the July birthdays. 1:00 - Bingo (\$.50/card - limit 4 cards)

2:00 - Patriotic Music Sing-a-long 3:00 - Picnic - Hot Dogs, Chips, Watermelon, Rootbeer Floats! - Wear Your Red, White & Blue!

7/8 - Supper Night - Walmart Employee Volunteers Sponsoring - Fun, Games, Snack - See other activities

7/10 - 10:30 - Beth with Alzheimers - "Effective Communication"

12:30 - Central Valley Health Nurse - Sun Safety & Benefits of water.

7/15 - 12:30 - Char Jung - "Tips to a Good Night Sleep"

7/22 - Supper Night - See Activities on next page.

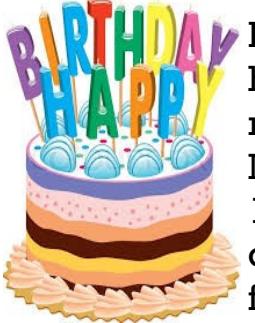
DO YOU KNOW?....

1. Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, The Man Who Knew Too Much?
2. Which singer had a 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?
9. The Coasters recorded a song in 1959 with the line "You're gonna need an ocean of Calamine lotion." What is the name of the song?
10. B.J. Thomas sang "I Can't Help It If I'm Still In Love With You" in 1967. Who first recorded it in 1951?

TRIVIA

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 Crickets 9. Poison Ivy 10. Hank Williams Senior

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 June winner was Bernice Schultz! Congrats, Bernice! The rest of you...come this month & try your luck!

TRIVIA?



1. Who invented the telephone?
2. Which fingernail grows fastest?
3. Who wrote Julius Caesar, Macbeth and Hamlet?
4. What did the crocodile swallow in Peter Pan?
5. Who did Lady Diana Spencer marry?
6. How many states are there in the United States of America?
7. Which German city is famous for the perfume it produces?
8. When did the First World War start?
9. Which is the only mammal that can't jump?
10. Where is the smallest bone in the body?

Answers:

1. Bell 2. Middle 3. Shakespeare 4. A Clock 5. Prince Charles 6. 50 7. Cologne 8. 1914 9. Elephant 10. Ear



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



Mark Bischoff

Laurie Hagan

Marvin Lee

Geraldine Lee

Arline Lueck

Richard Pfarr

Dennis

Trautman

Alfred

Ziegelman

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

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



Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts.

Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses.

It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

Review our list below, so you can identify a potential scam.

1. Medicare/health insurance scams

Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money.

In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at makeshift mobile clinics, then use the personal information they provide to bill Medicare and pocket the money.

2. Counterfeit prescription drugs

Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. This scam is growing in popularity—since 2000, the FDA has investigated an average of 20 such cases per year, up from five a year in the 1990s. The danger is that besides paying money for something that will not help a person's medical condition, victims may purchase unsafe substances that can inflict even more harm. This scam can be as hard on the body as it is on the wallet.

3. Funeral & cemetery scams

The FBI warns about two types of funeral and cemetery fraud perpetrated on seniors.

In one approach, scammers read obituaries and call or attend the funeral service of a complete stranger to take advantage of the grieving widow or widower. Claiming the deceased had an outstanding debt with them, scammers will try to extort money from relatives to settle the fake debts.

Another tactic of disreputable funeral homes is to capitalize on family members' unfamiliarity with the considerable cost of funeral services to add unnecessary charges to the bill. In one common scam of this type, funeral directors will insist that a casket, usually one of the most expensive parts of funeral services, is necessary even when performing a direct cremation, which can be accomplished with a cardboard casket rather than an expensive display or burial casket.

(To Be Continued in Next Issue)

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**

