

# 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](mailto:jamesriver@csicable.net)

Website: [www.jamesriverseniors.com](http://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 April 2019

CONGREGATE: 974  
HDM: 1435  
TRANSIT RIDES: 4670  
TRANSIT MILES: 14,787

## 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](http://www.jamesriverseniors.com) 701-252-2882

We're On Facebook Too!

Published  
Monthly

# Senior Hi-Lites

June 2019

## Top 20 Retirement Destinations

In something of a surprise, Sioux Falls, S.D., tops the list. Yes, the winters tend to be a little chilly, but the South Dakota city offers a lot for retirees. It has plenty of nice neighborhoods with affordable homes, a low crime rate, and exceptional health care. A recent study by the Employee Benefit Research Institute ranked Sioux Falls' health care as the best in the nation.

As you might expect, Florida cities are well represented on the list, holding down the next five spots after Sioux Falls with a total of eight of the 20 cities.

Here is 55 Place's list of the top 20 retirement destinations:

1. Sioux Falls, South Dakota
2. Ocala, Florida
3. Lakeland, Florida
4. Jacksonville, Florida
5. Daytona Beach, Florida
6. Gainesville, Florida
7. New Castle County, Delaware
8. South Bend, Indiana

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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](mailto: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](http://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 June 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.



## Change of Address?

If your address is changing for any reason we need to know! When people have their mail forwarded, it does not apply to bulk mail, so newsletters and other mail are returned to us and we are charged each time that happens. If this happens, and your mail is returned to us, you will be taken off our mailing lists and will need to call to start up your mailings again. Call 701-252-2882 to change.



Submitted by Luella Morehouse, EFNEP/FNP Nutrition Education Assistant

## Enjoy Fruits and Vegetables in Season

Check out the delicious fresh fruits and vegetables that are in season in the spring. "In season" means they are at their best quality and price. In many grocery stores, you will find fresh asparagus, strawberries, and sweet onions (such as Vidalia), among many others, in the spring.

### Asparagus

Choose asparagus that is a rich green. Asparagus should have compact tips and smooth spears. Store refrigerated and use within a few days. Rinse the asparagus spears under running water and trim ends.

Prepare asparagus by roasting, grilling and many other methods.

- To roast: Preheat an oven to 425°F. Rinse asparagus under running water and trim the ends. Place the asparagus in an oven-safe dish and drizzle with your favorite cooking oil. Sprinkle with salt, pepper, Parmesan cheese and/or your favorite seasonings. Bake until tender, about 12 to 15 minutes.
- To grill: Preheat the grill. Follow the preparation directions for roasting. Place the asparagus on the grill or in a grill basket. Grill about three minutes or to the tenderness you like.



### Strawberries

Choose fruit that is deep red, with dark green caps and a nice aroma. Strawberries should be plump.

Store in your refrigerator in the crisper drawer. Just before eating, place strawberries in a colander and rinse under cool, running water. Do not soak strawberries. Spread them on paper towels or leave them in the colander to remove extra water. Remove the green cap and stem using a paring knife or strawberry huller. Slice, dice or serve whole.

If you have extra strawberries, place the clean, whole berries on a cookie sheet with some space. Freeze until firm, then place them in freezer bags labeled with the date you froze them.



### Sweet Onions (Vidalia)

Choose firm onions with little scent. Avoid onions with cuts, bruises or blemishes.

To reduce chances of crying when preparing onions, refrigerate them for 30 minutes before preparation.

To remove the onion smell, rub your hands with lemon juice or salt. Cut off the top/stem of the onion. Remove the papery layers, then dice or slice as you wish.

Try grilling onions:

Cut each large onion into about eight wedges. Place them on a sheet of aluminum foil. Place pats of butter on the onion (about 1 teaspoon per wedge). Sprinkle with garlic salt or seasoning salt. Wrap well so the aluminum foil seams are tight. Place another layer of aluminum foil under the onion packet, and place the packet and foil sheet on a preheated grill for 30 to 40 minutes.

For more information about this topic, contact the Stutsman County Extension office at 252-9030 or email [luella.morehouse@ndsu.edu](mailto: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](mailto:jamesriver@csicable.net) for more information.



Easy living in a *thriving community*



**STOP IN FOR A VISIT!**  
701-252-5881 | [eventide.org](http://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

June 24, 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 Mike Wanzek. Let's take this time to thank Mike for all he 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

**Daphne Drewello**  
**In Memory of**  
**Bea Stocking**



# Services



## CLASSIC CATERING

JRSC FEATURED SERVICE

**We Cater Any Size Event In-House or Deliver to Your Location**



- Brunches, Lunches, Dinners
- Family Reunions
- Birthday Celebrations
- Weddings
- Holiday Events
- Anniversaries
- Graduation Parties
- Business Meetings & Training Sessions



**Big and Small Room Rentals Available**

**AV Equipment Available:**

- LCD Projector
- Large Screen
- Microphone
- Television Monitor
- Podium

For More Information Call 701-252-2882  
Or Visit Our Website: [www.jamesriverseniors.com](http://www.jamesriverseniors.com)



### 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

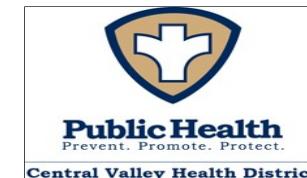
**9:30 am—11:45 am**

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:

May 22nd — 1:00 pm—3:00 pm

June 26th — 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.**

# Fruits

R	A	W	A	Y	R	Y	A	Y	A	P	A	P	B
B	N	E	E	R	L	R	A	B	B	Y	E	E	L
N	A	E	B	R	M	R	N	E	A	R	W	A	U
B	N	S	A	E	P	E	R	N	N	R	A	I	E
R	A	A	P	B	E	B	E	P	E	E	T	B	B
S	B	L	B	K	E	P	O	E	A	B	E	N	E
E	S	I	R	C	A	S	A	P	T	W	R	K	R
E	Y	B	I	A	Y	A	E	E	E	A	M	L	R
G	E	R	W	L	O	R	E	P	N	R	E	Y	Y
N	P	R	I	B	B	N	M	L	T	T	L	M	M
A	A	A	K	C	O	R	E	R	L	S	O	O	N
R	R	A	R	M	A	E	L	I	M	E	N	E	C
O	G	S	E	G	N	M	P	E	B	R	K	I	T
S	P	L	A	E	E	L	P	P	A	B	E	W	I

RASPBERRY  
LIME  
BLACKBERRY  
BLUEBERRY  
WATERMELON  
ORANGE  
BANANA  
PAPAYA  
LEMON  
KIWI  
STRAWBERRY  
GRAPE  
APPLE

## 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 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 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



**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.

**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



"Top Places" Continued from Front Page:

9. Tampa, Florida
10. Waco, Texas
11. Birmingham, Alabama
12. Memphis, Tennessee
13. San Antonio, Texas
14. Ft. Myers-Cape Coral, Florida
15. Phoenix, Arizona
16. Melbourne, Florida
17. Grand Rapids, Michigan
18. Orlando, Florida
19. Wichita Falls, Texas
20. Indianapolis, Indiana



California is missing due to the highest cost housing and taxes in the nation.

No North Dakota?! After this last winter, it may have dropped a few places.

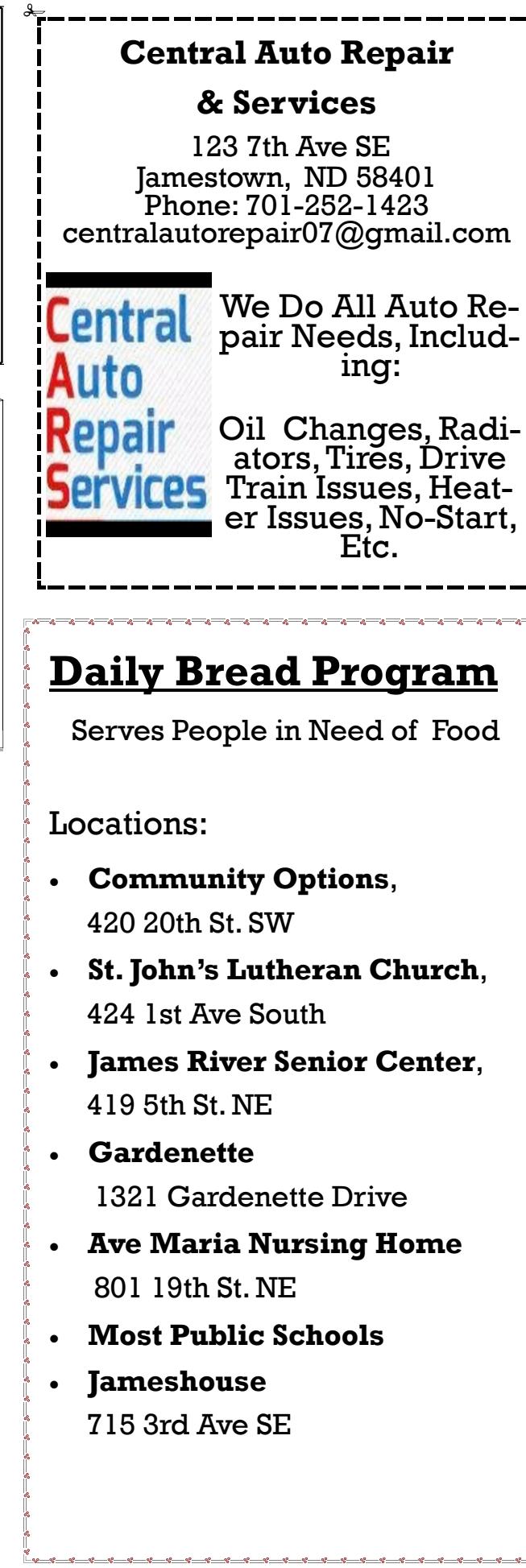


**Daily Bread Program**

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



**Two Supper Nights For June!**  
June 10th and June 24th



**June 10th - 3:00 - Grand Canyon Presentation**

**4:30 - Bingo 5:00 - Supper Served**

**Hamburger on a Bun**

**Hashbrown Bake Sliced Carrots**

**Ice Cream Cup**

**June 24th - 3:00 - Entertainment 4:30 - Bingo**

**5:00 - Supper Served**

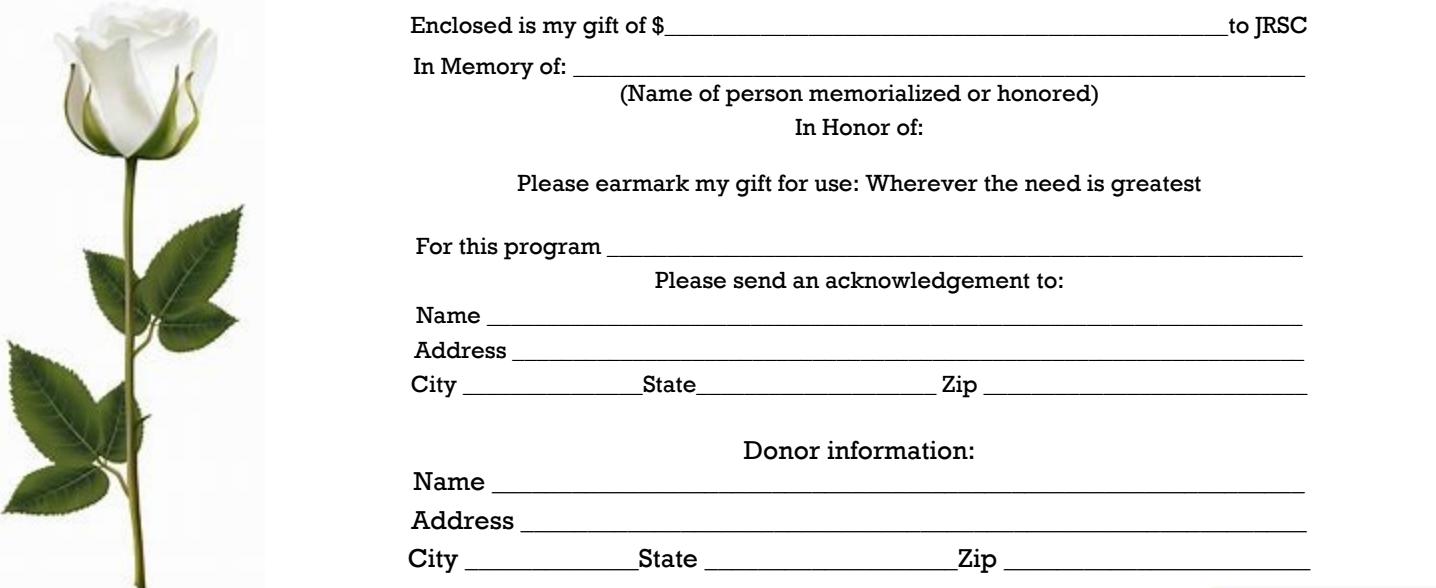
**Polish Sausage on a Bun**

**Macaroni Salad Corn Fruit in Pudding**

**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](http://www.jamesriverseniors.com) and pay using PayPal (Visa, MasterCard, Discover).



# Upcoming EVENTS

## JUNE

**6/5 - 12:00 - Join the New CEO of JRMC & Hear What's New**

**6/10 - 3:30 - Jodi Larson - "Journey to the Grand Canyon" - Presentation & Slide Show**

**4:30 - Bingo**

**5:00 - Supper**

**6/12 - 12:00 - Jenny from Eventide Assisted Living**

**6/19 - 12:00 - Stutsman County Library - "See What We Have To Offer"**

**6/20 - 1:30 - Beth with Freedom Resource - Painting Terracotta Pots**

## JULY

**7/1 - 4th of July Party! - Entertainment - Bingo - Birthday Party - Hot Dogs & Chips - Come and Join Us for All the Fun!**



## DO YOU KNOW?....

**1. Why did your mom shop in stores that gave Green Stamps with purchases?**

- a. To keep you out of mischief licking the backs, which tasted like bubble gum
- b. They could be put in special books and redeemed for various household items
- c. They were given to the kids to be used as stick-on tattoos

**2. "Praise the Lord, and pass the \_\_\_\_\_?"**

- a. Meatballs
- b. Dames
- c. Ammunition

**3. What was the name of the group who made the song "The Gypsy" a hit in the US?**

- a. The Ink Spots
- b. The Supremes
- c. The Esquires

Answers:

1. b 2. c 3. a

## HAPPY BIRTHDAY!



If you are 60 or over & you have a birthday this month, join us June 3rd at 12:30 for cake & ice cream. Put your name in for a prize.

Our May winner was Ruth Urdahl! Congrats, Ruth!

The rest of you...come this month & try your luck!

## ANYONE REMEMBER?



**1. What was a Duck-and-Cover Drill?**

- a. Part of the game of hide and seek
- b. What you did when your mom called you in to do chores
- c. Hiding under your desk, covering your head with your arms in an A-bomb drill

**2. What was the name of the Indian Princess on the Howdy Doody show?**

- a. Princess Summerfallwinterspring
- b. Princess Sacajawea
- c. Princess Moonshadow

**3. What did all really savvy students do when mimeographed tests were handed out in school?**

- a. Immediately sniffed the purple ink, as this was believed to get you "high"
- b. Made paper airplanes to see who could sail theirs out the window
- c. Wrote another pupils name on the top, to avoid failure

Answers:

1. c 2. a 3. a



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



<i>Alice Bietz</i>	<i>Dennis Trautman</i>
<i>Betty Gardner</i>	<i>Alfred Ziegelman</i>
<i>Donna Dross</i>	<i>Lorraine Zimney</i>
<i>Alida Posein Family</i>	<i>Women's Fellowship</i>
<i>Jamestown Quilters</i>	<i>2 x Anonymous</i>
<i>Guild</i>	<i>Joanne Reimers</i>
<i>Sherry Stanton</i>	<i>Stutsman County</i>
<i>Ray /Janet Thielman</i>	<i>Retired Teachers</i>



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



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

Hearing Journal-October 2017 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 is flawed in many ways, particularly as hearing loss can happen at any age, it has been a commonly held notion that has grown nearly impossible to shake. But even if hearing aids were coveted, most people don't view their 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.

**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](mailto: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
- ♦ Microphone
- ♦ Large screen

**Classic Catering contact: Rhonda  
Party Event Planning contact: Nancy  
252-2882**

