

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 G, Don, Glen, Les,  
Larry, Dwight, Dawn, John E, Ron, John F, Julius,  
Jayda, Brandon, Jeff O. & Eric  
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

SOUP COOK-OFF AT THE MALL

Come and Join Us at the Buffalo Mall  
Saturday, March 7th, 11 a.m. to 1 p.m.  
Taste and Vote for Your Favorite Soup!  
Discounted Transit Rides  
to and From the Mall!



SERVICES PROVIDED IN STUTSMAN COUNTY

For the Month of January 2019

CONGREGATE: 888  
HDM: 1766  
TRANSIT RIDES: 4176  
TRANSIT MILES: 13547

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



A big, “thank you!” to all of you that helped make our first time working with “Giving Hearts” a success!  
James River Senior Center was part of the Giving Hearts collaborative in Jamestown. The collaborative’s goal was to reach \$1 million dollars and actually came close to the \$2 million mark!  
Here at JRSC we raised almost \$8,000, with our match money, for our home delivered meal program! This will be such a blessing to this program that relies on donations to keep going. Thank you so much!!!

What’s Inside

Ongoing Activity.....pg. 2  
Fuel Assistance.....pg. 3  
Hearing Misconceptions.....pg 4  
Transit Information.....pg 5  
Birthday Party.....pg 6  
Scam Alert.....pg 8  
Vendor Show.....pg 9  
Upcoming Events.....pg 10  
Word Search.....pg 10  
Supper Nights.....pg 11  
Thank You!.....pg 12  
Pro/Prebiotics?.....pg 15

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 18<sup>th</sup> St NE,  
Jamestown ND 58401  
Ph: 701.252.6404  
heritageliving.org  
sue.purdy@smphs.org



1 and 2  
Bedroom  
Apartments  
with attached  
Garages

Meals  
Housekeeping  
Nursing Services  
Free Transportation  
Activities  
Emergency Response Button

# James River Senior Center, Classic Catering, and James River Public Transit

Senior Center Hours: 8:00 am – 4:30 pm Monday thru Friday

OUR NEWSLETTER IS NOW ONLINE AT: [www.jamesriverseniors.com](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

Every Fourth Wednesday **Legal Services** - 1:00 p.m.

## For Our March 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 11

419 5th St NE

## What are Probiotics and Prebiotics?

You may have heard of advertisements for probiotics and prebiotics, and many health claims surrounding them. A probiotic-containing food introduces “good” bacteria into the body. “Probiotic” means “for life.”

Prebiotics are nondigestible food ingredients that provide food for the “good” bacteria in our colon. They promote fermentation in our gut, and the fiber these foods provide helps us stay regular.

While bacteria may be inactivated in the acidic environment of the stomach, some probiotics can survive and compete with disease-causing microorganisms in the small and large intestines. Probiotics also may compete with disease-causing organisms for nutrients in the gut, and they are believed to affect the nerve and muscle function of the gut.

The small and large intestines contain an estimated 100 trillion bacteria of 400 different types. Some are neutral, some are probiotics, and some have the potential to cause disease.

Researchers have studied probiotic and prebiotic dietary supplements, but the results are inconclusive. Consuming too many pro/prebiotic supplements may cause gas, cramping, bloating and abdominal pain. People with suppressed immune function such as cancer and transplant patients should avoid these products.

Try getting your pro/prebiotics through food first. Aim for plenty of fiber as part of a varied diet, and keep yourself well-hydrated.

| Food Sources of Probiotics             | Food Sources of Prebiotics               |
|--|--|
| Yogurt with “live and active cultures” | Raisins                                  |
| Kefir                                  | Plums                                    |
| Sour cream                             | Wheat                                    |
| Buttermilk                             | Dry edible beans (such as pinto, kidney) |
| Sauerkraut                             | Garlic                                   |

Submitted by:

**CHRISTINA RITTENBACH**

Extension Agent, Stutsman County

502 10<sup>th</sup> Ave SE / Jamestown, ND 58401

p: 701.252.9030 / f: 701.251.2969

[www.ag.ndsu.edu/stutsmancountyextension](http://www.ag.ndsu.edu/stutsmancountyextension)







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

## 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



## Jared Heilman

Thank you, Jared, for all your hard work!

Come and join us congratulate Jared during our Supper Night, March 23, 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

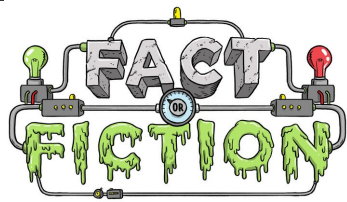
**Dale & Laurie McGuire in  
Memory of Lillian Larson**

**Dale & Laurie McGuire in  
Memory of Jackie Stratford**

**Keith Norman in Memory of Jane  
Norman**

**Mirt Brown in Memory of Lillian  
Larson**





## COMMON HEARING AID MISCONCEPTIONS

Fear and lack of knowledge prevent many people from getting the hearing help they need. Hearing aids are a common effective treatment for hearing loss. If you think you're a candidate, get the facts and keep an open mind.

**Hearing Aids are Ugly and Bulky-Todays** hearing aids are designed to be sleek and discreet. They Range from the smallest-in-the-canal (ITC) to behind- the-ear (BTE) which are versatile and easy to use. All major manufacturers strive to make their products as small as possible.

**I Only Need One Hearing Aid-** Chances are, if you noticed your hearing loss, it's already much worse than you realize, and almost always affects both ears. Your brain is wired to hear best with both ears sending it sound signals. If you needed glasses, you wouldn't order them with just one corrective lens, would you?

**Hearing Aids Are For Older People-** Because today's hearing aid wearers are younger than in the past, hearing aids themselves are made to appeal to them. Sleek designs, discreet operation and the ability to integrate with smartphones, computers and televisions make these devices suitable and attractive to young and old alike.

**Buying Hearing Aids Online Is A Good Idea-** The shape of your ears, as well as the configuration and degree of your hearing loss, is completely unique to you. Only a hearing healthcare professional can select the best products to fit your loss and lifestyle, and make sure that they are working at optimum capacity. The time and effort are worth far more than the short-term discount you might find buying online.

**Hearing Aids Didn't Work For My Friend, So They Won't Work For Me-** Even though hearing aids might not have worked for someone you know doesn't mean they won't work for you. Most hearing healthcare providers sell hearing aids with a trial period in which you can "test drive" the devices to be sure they are working for you. If you think you're ready to change your health and improve your quality of life, don't hesitate. Find a local hearing healthcare professional and learn the facts about hearing aids and give yourself the gift of better hearing!

**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:

March 25 - 1:00 p.m. - 3:00 p.m.



**James River Senior Center**

## **LOAN CLOSET – 252-2882**

One time rental fee of \$10.00 for walkers, walker trays, rolling walkers, commodes, toilet risers, canes, quad canes.

One time rental fee of \$20.00 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.**



# Thank You to All Who Contributed During Giving Hearts!!!!

|                     |                   |                                   |             |
|---------------------|-------------------|-----------------------------------|-------------|
| Laurie              | McGuire           | Ed                                | Kehrwald    |
| W Jean              | Morris            | Sarah                             | Redding     |
| Ann                 | Ede               | Lesha                             | Olson       |
| Lisa                | Jackson           | Kathy                             | Evenson     |
| Niki                | Hjelle            | Ruth                              | Brubakken   |
| Eunice              | Sahr              | James                             | Ukestad     |
| Casie               | Hardin            | Shirly                            | Krapp       |
| Deb                 | Lee               | Glen                              | Peterson    |
| Karen               | Larson            | Rick & Judy                       | Trangsrud   |
| LeAnn               | Fuchs             | Dennis                            | Gainforth   |
| Anonymous           |                   | James Ukestad, DDS                |             |
| DeLanda             | Kollman           | Erna                              | Duvall      |
| Debbie              | Greshik           | Art                               | Mielke      |
| Marcella & Clair    | Baker             | Maureen                           | Wegenke     |
| Delilah & Don       | Guthmiller        | Denis                             | Reily       |
| Mary                | Smith             | Rhonda                            | Eichhorn    |
| Shirley & Jennifer  | Olsvig & Kapp     | Tony                              | Cumber      |
| Rosanne & Kathie    | Farrell & Lindsay | Shirley                           | Judin       |
| Cindy               | Hansen            | Ralph                             | Hilgemann   |
| Robert              | Walsh             | Jay & Rhonda                      | Sahr        |
| Cassie              | DuBray            | John                              | Engelbrecht |
| Beth                | Dewald            | Brian & Nancy                     | Kunz        |
| Frank and Stephanie | Jensen            | United Presbyterian Church        |             |
| Don and Melida      | Schwehr           | Yvonne                            | Wegner      |
| Donald              | Caine             | Irene                             | Johnson     |
| Ashley              | Sahr              | Elaine                            | Millspaugh  |
| Carol               | Doehler           | Women of St Johns Lutheran Church |             |
| Angela              | Martini           | Downtown Dental                   |             |
| Shirley             | Unverferth        | Cooperstown Hardware LLC          |             |
| Joel                | Traiser           | Quality Repair                    |             |
| Aloha               | Kercher           | Harty Insurance                   |             |
| Brad or Laurie      | Pederson          | Card Ladies                       |             |
| Richard             | Ovind             | GHD Dakota Medical Foundation     |             |
| Dina                | Laskowski         |                                   |             |
| Jennifer            | Barnard           |                                   |             |
| Jerry               | Isaak             |                                   |             |
| Les                 | Nordgaard         |                                   |             |
| Amanda              | Thrift            |                                   |             |
| Shirley             | Wallace           |                                   |             |
| Anonymous           | Anonymous         |                                   |             |
| Jaime               | Kraehenbuehl      |                                   |             |
| Barbara             | Srozinski         |                                   |             |

Thank  
you so  
much

## 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 | Loading from<br>JRMC/CLINICS |
|--------------|------------------------------|
| 8:20 am      | 8:30 am                      |
| 9:20 am      | 9:30 am                      |
| 10:20 am     | 10:30 am                     |
| 11:20 am     | 11:30 am                     |
| 12:20 pm     | 12:30 pm                     |
| 1:20 pm      | 1:30 pm                      |
| 2:20 pm      | 2:30 pm                      |
| 3:20 pm      | 3:30 pm                      |

Call 252-7888

\*Times are Approximate\*

### Walmart Riders

Bus will stop at the Home & Living doors of Walmart to pick up riders.

Watch for the bus at these times.

**MONDAY THRU FRIDAY**

**8:40 am — 9:40 am — 10:40 am—**

**11:40 am—12:40 pm—1:40 pm —**

**2:40 pm and 3:50 pm**

**Be at the HOME & LIVING DOORS**

**WATCH for the BUS!**

### Out of Town Services

Every 1st & 3rd Tuesday-**Bismarck**

Every Wednesday-**Fargo**

**Please Schedule your Medical appointments between 10:00 —2:00**

*Charge is 40.00 round trip, escort free*

**If you are ND Medicaid eligible, you must be pre-approved for out-of town service**

Must Schedule Ride 24 hours in Advance

(By 12:00 noon day Prior)

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

### Transit Tickets

**Bundle of 10 and one free (11) = \$25.00**

**Bundle of 10 orange tickets = \$5.00**

Orange tickets are .50 cent a ride from **Home to Meal Site and Meal Site to Home ONLY**, and **ONLY** if you have lunch at one of our Meal Sites.

Purchase from your driver, at the Senior Center, or our website: [www.jamesriverseniors.com](http://www.jamesriverseniors.com)



**Gardenette Homes**  
 Independent Living Community

A place to  
call Home

✓ One bedroom  
Ground floor  
Walk-in shower  
Private entrance

✓ Utilities paid  
Activities Center  
On-site manager  
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. Our February winner was Ileene Albin . Come this month & try your luck!

Those who love deeply  
never grow old;  
They may die of old age,  
but they die young.

www.inspirationforsoul.org  
~ Benjamin Franklin

**Central Auto Repair & Services**  
 123 7th Ave SE  
 Jamestown, ND 58401  
 Phone: 701-252-1423  
 centralautorepair07@gmail.com

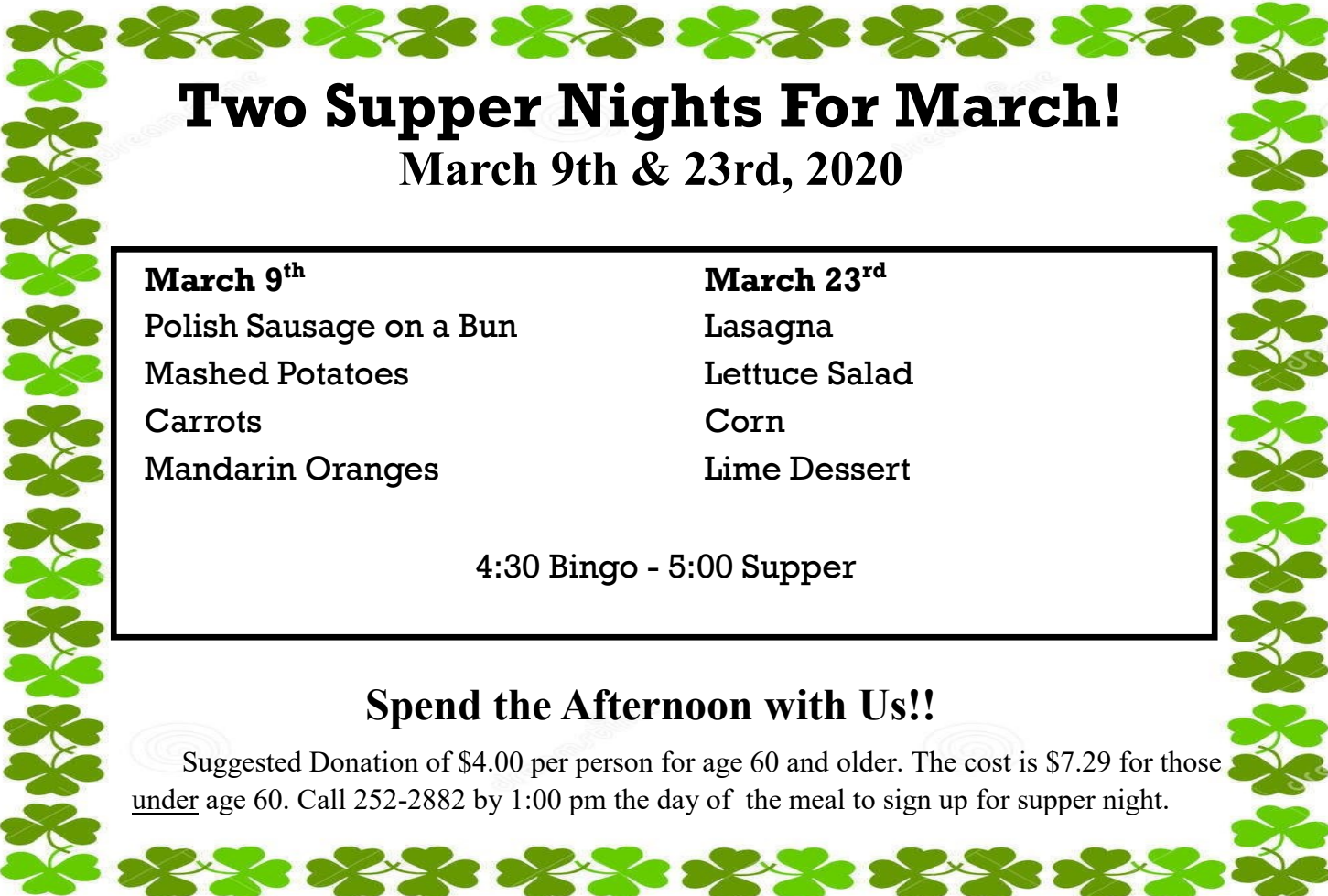


We Do All Auto  
 Repair Needs,  
 Including:  
 Oil Changes,  
 Radiators, Tires,  
 Drive Train Issues,  
 Heater Issues, No-  
 Start, Etc.

**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



## Two Supper Nights For March!

### March 9th & 23rd, 2020


**March 9<sup>th</sup>**  
 Polish Sausage on a Bun  
 Mashed Potatoes  
 Carrots  
 Mandarin Oranges

**March 23<sup>rd</sup>**  
 Lasagna  
 Lettuce Salad  
 Corn  
 Lime Dessert

4:30 Bingo - 5:00 Supper

### Spend the Afternoon 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](http://www.jamesriverseniors.com) and pay using PayPal (Visa, MasterCard, Discover).





# Upcoming EVENTS

## MARCH

**MARCH 2 - 12:30 - Birthday Party**

**MARCH 7 - 11:00 - 1:00 - Soup Cookoff at the Buffalo Mall!**

**MARCH 9 - 4:30 Bingo, 5:00 Supper Night at the Center**

**MARCH 16 - 12:30 Come to the Center & Make Rice Krispie Bars with Erin**

**MARCH 17 - 1:30 - Freedom Resources**

**MARCH 23 - 4:30 Bingo, 5:00 Supper Night at the Center**

**MARCH 26 - 12:30 - Make a Craft with Erin**

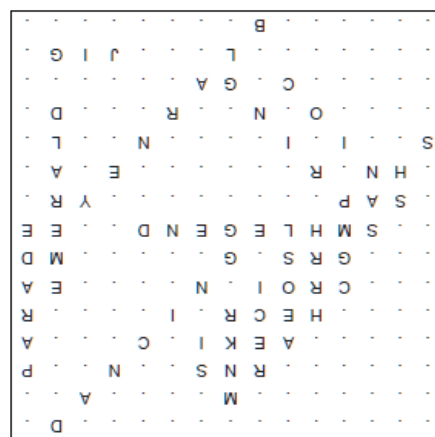
**COMING SOON!! - APRIL 24TH - JRSC Spring Fling & Vendor Show**

## St. Patrick's Day Word Search

**Instructions:** Try to find all of the hidden St. Patrick's Day words in the word search puzzle below.  
(Words can be spelled forwards, backwards, diagonally, up, or down.)



**Solution:**



### Word List

|         |         |           |
|---------|---------|-----------|
| BLARNEY | EMERALD | LEGEND    |
| CHARM   | GREEN   | PARADE    |
| COINS   | IRISH   | SHAMROCKS |
| DANCING | JIG     | SPRING    |



## DONATIONS

Kurtis Anderson

Arnie Becker

Arlo Beggs

Jeff Buehring

Jane Kulla

Jan Kungel

Bertha Labrensz

Hugo's Caribou Coffee

Doris Orr

Dennis Trautman

Alice Wolff

Alfred Ziegelman

Wilfred & Katherine Ziegler



We appreciate the many donations we received and thank each and every one of you for your support.



## Weather Information

In case of inclement weather please call and listen to our phone message, see our website: [www.jamesriverseniors.com](http://www.jamesriverseniors.com), Facebook pages or listen to the following Radio Stations: AM 600, & AM 1400 for all weather-related closing announcements.



**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



Stalemate



## New Scam Alert: Bank Card Pickup

There's a new scam in town. Our Elder Rights Center has received several reports of this scam, and we urge you to share this information with your loved ones so we can all avoid falling victim.

**The scam goes like this:** Someone calls you and says they are with your bank or credit card company. They say there has been fraud or suspicious activity on your account. They say they will be deactivating your card and will come to your house to pick up the old card for disposal. Soon after the call, a person shows up on your doorstep to collect your bank card or credit card. Then, they go on a spending spree and rack up a mountain of charges on your card.

This scam is especially concerning because a real person comes to your home. **If this happens to you or someone you know, call the police right away.** You can also report the scam to the Florida Attorney General's Fraud Hotline at 1-866-966-7226.

To protect yourself from phone scams:

- Do not answer the phone if the Caller ID shows a number you do not recognize. If it is a legitimate call from a legitimate business, they will leave a message.
- If you do answer, even if a call sounds legitimate, hang up right away. Then, pull your card out of your wallet and call your bank or credit card company at the phone number listed on your card to confirm whether the call was genuine.
- Similarly, do not call back a number that someone gives you in a phone call or leaves on your voicemail. Only call back using a phone number you know is legitimate.
- Never give out or confirm your personal information to someone who calls you. Only give your information out when you made the call to a number you know.

To learn more about scams, visit <https://www.youragingresourcecenter.org/scam-prevention-and-recovery>.



### 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**

