

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

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

JRSC STAFF

Receptionists: Judy & Mary

Event Coordinator: Open

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

Kitchen Staff: Rhonda, Nathan & Bonnie

Gardenette Site Manager: Mirt

Jameshouse Site Manager: Carol

Janitor: Mercedes Dishwashers: Marty & Judie

Office Manager: Rhonda Director: Maureen

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 August 2019

CONGREGATE: 995

HDM: 1482

TRANSIT RIDES: 4422

TRANSIT MILES: 14716

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.

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

Senior Hi-Lites

October 2019

JRSC INTRODUCES NEW SERVICE

WHAT: Massages...focusing on hands and feet

WHEN: Mondays and Thursdays

TIME: 2:10, 2:25 & 2:45 p.m.



Sign up at the James River Senior Citizens Center receptionist desk or call 252-2882.

This is a free, ten minute massage service for seniors 60 years and older. Spots are limited so call early. (1 per month/per person)

This service is free, thanks to the generosity of Crystal Backhaus.

What's Inside

Ongoing Activity.....	pg. 2
Honored Volunteer.....	pg. 3
Medicare Part D Event.....	pg. 3
1st 48 Hours.....	pg. 4
Transit Information.....	pg. 5
Flu Shots.....	pg. 6
Financial Scams.....	pg. 8
Classic Catering.....	pg. 9
Upcoming Events.....	pg. 10
Supper Nights.....	pg. 11
Elder Abuse.....	pg. 12
Services at JRSC.....	pg. 13
Need More Sleep?.....	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 18th St NE,
Jamestown ND 58401
Ph: 701.252.6404
heritageliving.org
sue.purdy@smphs.org

Heritage Centre
OF JAMESTOWN
ASSISTED LIVING AT ITS FINEST

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 October 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.



CAFÉ CHARLOTTE BREAKFAST SCHEDULE:



Tues: Waffles, Eggs, Sausage

Wed: Biscuits & Gravy, Omelettes,
Bacon

Thurs: Egg Biscuits, French Toast,
Ham

Friday: Breakfast Pizza

FREE COFFEE!

**8 a.m. - 4:00 p.m. - Breakfast until 11
419 5th St NE**



Do You Need More Sleep?

Submitted by Luella Morehouse, EFNEP/FNP Nutrition Educator



As we all know, sleep is critical for functioning in daily life, but most people experience occasional insomnia. The Centers for Disease Control and Prevention declared insufficient sleep is a public health epidemic.

On average, adults need seven to eight hours of sleep per night. In a survey by the Better Sleep Council, 48 percent of Americans stated that they do not get enough sleep, but less than half of them take any one specific action to help them get better sleep.

Women are more likely than men to feel sleep-deprived, and women are more likely to recognize the health issues associated with sleep deprivation.

So, what's the big deal about not getting enough sleep? Most of us recognize issues related to fatigue and inability to concentrate when lacking sufficient shuteye. Longer-term issues include a link to heart disease, strokes, diabetes and mental health issues. A lack of sleep upsets hormones linked to appetite control, which can lead to weight gain.

Tips for Better Sleep

Establish a bedtime routine and stay on a schedule with your sleep patterns. Go to bed the same time on weeknights and weekends.

Don't nap after 3 p.m. Occasional short naps are OK, but persistent napping may indicate you are not getting the restful sleep you need.

Be aware of your caffeine intake. Caffeine can disrupt sleep, so try refraining from caffeine after noon. Avoid nightcaps (alcoholic drinks). Drinking alcohol may make you sleepy; however, you may wake up when the effects wear off.

Avoid large meals or large amounts of beverages before bed.

Unwind before bedtime. Listen to music, read and/or take a warm bath.

Make sure your room is quiet and cool. Be sure your mattress is comfortable and supports your body.

If you can't sleep after 20 minutes, get up and do some relaxing activity such as reading.

If you have persistent issues with sleeping, see a health-care professional.

Sources: National Institutes of Health and the Better Sleep Council

Question: Changing the clock back or forward during Daylight Saving Time affects me for a few days. Am I the only person who has trouble adjusting to time changes?

One hour of lost snoozing time has some major repercussions, according to a survey of 1,000 adults the Better Sleep Council conducted in 2013 and 2014. About 61 percent of the survey respondents said they feel the effects of the time change the following Monday. About 29 percent of the respondents said that recovering from the time change takes a full week, with women having a harder time adjusting than men.

Younger adults have a harder time adjusting than older adults. About 39 percent report that Daylight Saving Time affects their mood. In fact, 5 percent of the survey respondents indicated that "the Incredible Hulk has nothing on them." If you lack sleep, try the "sleep tips" and let your health-care provider know at your next visit.

Article used with permission from Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension, Nourish newsletter, Issue 9. For more information on this topic, 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.



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 Appreciation Night

October 28, 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 Amanda McCann. Let's take this time to thank Amanda for all she does!



FUEL ASSISTANCE

If you qualify, this program will pay a portion of the fuel & weatherization cost used to heat your home. This program runs between October 1 - May 31. Income guidelines are as follows:

Household Size	Annual Income
1	\$28,831
2	\$37,702
3	\$46,573
4	\$55,444
5	\$64,315

Contact: Rose Berger
Outreach Spec./Community Options
701-952-0220 ext 3336

2019 MEDICARE PART D ANNUAL ENROLLMENT EVENT

Free, unbiased information about your Medicare Part D and Medicare Advantage options for 2020 from a trained State Health Insurance Counseling program counselor. You may be paying too much for your medications. Participate in this event to learn more and save!

Gladstone Inn
Friday, October 18
8 a.m. to 2 p.m.
(First Come First Served)

1st 48 hours with Hearing Aids

A story by Adam Felman (Hearing Health Foundation)



It can be very easy to dismiss the impact of a gradual, creeping condition such as a hearing loss. The gradual onset of HL is that you are unaware of how it is changing you until the symptoms have become moderate to severe. Guilt and embarrassment about saying "what?" and "huh?" may lead to another day you don't risk going out to socialize, simply because the effort it takes to process their speech is so draining. Until you start looking at HL as a condition, it simply feels like part of your worldview. It can strip at least 30-50% of the human experience from your day.

Even food comes alive! A packet of chips being opened 20 feet away sounds like it's right next to my head! The sound of a bite and extra crunchy things that I was previously unaware of.

My hearing no longer feels impaired - until I remove the hearing aids. Hearing birds sing, running water, rustling leaves, are things people take for granted! I have a lot to learn about life with hearing aids, but my first lesson was that no one close to me sees it as a negative. I've realized that however self-conscious you might feel about wearing hearing aids, people only see it as a connection with the world. I see them as an opportunity, rather than as debilitating or cumbersome devices. They occasionally produce a squeal or feedback, and keeping them wedged in my ears can be a challenge, however, I am connecting with the world more closely now. They are not perfect, but they certainly are a game-changer.

Sound is 20% of your experience as a human. Conversation, music and background noise are all part of progressing with your day. Protecting and enhancing that is truly life-changing!

Qual Hearing Aid Service
805 10th St SE
Jamestown, ND 58401
701-252-0706

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:

October 23 - 1:00 pm - 3:00

Services



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 SENIOR CENTER

Presents:

Oct 17th' 2019 at 1pm



Insurance over age 60 do's and don'ts!

Presentation: by Pat Stockert
Insurance Sales Agent for Insure Forward

Elder Abuse what you need to know!

Presentation: by Kaysee Price
Personal Banker for Bank Forward

Join us for Pie, Coffee and Conversation.

BANK FORWARD 400 2ND AVE SW JAMESTOWN ND 58401 701-251-2040

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 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 3:40 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.

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



✓	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

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

123 7th Ave SE
Jamestown, ND 58401
Phone: 701-252-1423
centralautorepair07@gmail.com

**Central
Auto
Repair
Services**

We Do All Auto Repair Needs, Including:

**Oil Changes,
Radiators, Tires,
Drive Train Issues,
Heater Issues, No-
Start, Etc.**

Serves People in Need of Food

- **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

October 4th and 25th
At James River Senior Citizens Center
419 5th St. NE
(Across from Lincoln Elementary)

*****Be sure to remember your Medicare or Supplemental Insurance Card***

October 14th and October 28th

Burger in Gravy **Mashed Potatoes**

Green Beans **Tropical Fruit**

12:30 - Chair Yoga with Char

4:30 - Bingo 5:00 - Supper Served

Chili Coleslaw Cherries

Peaches with Cottage Cheese

4:30 - Bingo

5:00 - Supper Served

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.

A detailed illustration of a single red rose. The rose is in full bloom, showing multiple layers of deep red petals. It is attached to a green stem with several green leaves that have visible veins. The entire rose is set against a plain white background.

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:

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

OCTOBER

- 1 - 10:00 - Bible Study
- 4 - 11:30 - 1:00 - Flu Vaccine Clinic at the Senior Center**
- 10 - 1:00 - Fall Craft & Treats with Jennifer from Edgewood
- 14 - 12:30 - Chair Yoga with Char
- 15 - 10:00 - Bible Study
- 17 - 1:00 - Pie & Coffee with Penny from Bank Forward
- 18 - 8:00 - 2:00 - Medicare Part D Enrollment Event -
Gladstone Inn
- 25 - 11:30 - 1:00 - Flu Vaccine at the Senior Center**



Be sure to bring Medicare or supplemental insurance card



A HUGE "THANK YOU" TO CONTRIBUTORS!

To all of you who go to the trouble of contributing any amount to James River Senior Center and Public Transit we want to say a huge "Thank You!" Your thoughtfulness is what keeps us helping others and is so very much appreciated.

Sincerely,

All of Us at

James River Senior Center & Public Transit

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 September winner was Lila Thoen! Congrats, Lila! The rest of you...come this month & try your luck!



FALL TRIVIA

What is the first day of fall called?

How long does autumn last in the Northern hemisphere?

What is a harvest moon? 2012 is a leap year with 366 days. How many Saturdays are there?

Which iconic symbol of the Cold War came down November 10, 1989?

What weed pollen causes the most common fall allergies?

1. Autumnal equinox
2. about mid-Sept to mid-December
3. full moon which occurs closest to the autumnal equinox
4. 52
5. Berlin Wall
6. Ragweed



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

Immanuel Lutheran Church
Grace Walz in Honor of Nancy Kunz

Jan Kungel Dennis Trautman
Andrew Johnson

Yvonne Becker Grace Walz
Thelma Guthmiller

Donna Mayer Doris Orr
Women's Fellowship



Lenor Roemmich

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

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



9. Sweepstakes & lottery scams

This simple scam is one that many are familiar with, and it capitalizes on the notion that “there’s no such thing as a free lunch.” Here, scammers inform their mark that they have won a lottery or sweepstakes of some kind and need to make some sort of payment to unlock the supposed prize. Often, seniors will be sent a check that they can deposit in their bank account, knowing that while it shows up in their account immediately, it will take a few days before the (fake) check is rejected. During that time, the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket while the victim has the “prize money” removed from his or her account as soon as the check bounces.

10. The grandparent scam

The grandparent scam is so simple and so devious because it uses one of older adults’ most reliable assets, their hearts.

Scammers will place a call to an older person and when the mark picks up, they will say something along the lines of: “Hi Grandma, do you know who this is?” When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research.

Once “in,” the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don’t always require identification to collect. At the same time, the scam artist will beg the grandparent “please don’t tell my parents, they would kill me.” While the sums from such a scam are likely to be in the hundreds, the very fact that no research is needed makes this a scam that can be perpetrated over and over at very little cost to the scammer.

If you suspect you’ve been the victim of a scam...

Don’t be afraid or embarrassed to talk about it with someone you trust. You are not alone, and there are people who can help. Doing nothing could only make it worse. Keep handy the phone numbers and resources you can turn to, including the local police, your bank (if money has been taken from your accounts), and [Adult Protective Services](#). To obtain the contact information for Adult Protective Services in your area, call the Eldercare Locator, a government sponsored national resource line, at: 1-800-677-1116, or visit their website at: <https://eldercare.acl>.

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:
Rhonda**

252-2882

