



WSAC
Office: 701-324-4032
Fax: 701-324-5254
Website:
www.jamesriverseniors.com



WSAC GAZETTE

SEPTEMBER, 2025

WELLS SHERIDAN AGING COUNCIL
HARVEY SENIOR CENTER
905 LINCOLN AVE, HARVEY, ND 58341
www.jamesriverseniors.com 701-252-2882



2025 Published Monthly

WSAC STAFF

Outreach Coordinator/Site Lead: Jenny
Receptionist/Dispatchers: Barb & LeAnna
Head Cook: Arlys
Cook's Assistant: Leigh Ann
Office & Dining Staff: LeAnna
Transit Drivers: Mary, Ken and James
Fleet Manager/Sales/Billing: Glen
Dishwasher: Maddy

DISCRIMINATION POLICY:

Wells Sheridan Aging Council, under the direction of 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 Senior Center & Public Transit
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
WELLS/SHERIDAN COUNTIES**

For the Month of July 2025

HOME DELIVERED MEALS: 668
CONGREGATE: 674
TRANSIT RIDES: 311
TRANSIT MILES: 2032

Wells Sheridan Aging Council operates under the direction of James River Senior Citizens Center and Board along with the guidance of an advisory board comprised of Wells and Sheridan County members. This Board is in the process of re-assembling. Keep watching for updates.

The James River Senior Citizens Center Board of Directors hold their meetings the 4th Monday of every other month at 11 a.m. If you would like to attend a meeting please call 701-252-2882 and let the receptionist know along with your contact information in case of cancellations.

2024-25 Board of Directors

President— Rod Olin
Vice-President— Deb Lee
Secretary/Treasurer— Sue Corwin
Directors: Joan Morris Tom Geffre, Linda Misemer & Jim Boatman




September 2025

Welcome to September and the beginning of the end of summer. Time to watch the leaves turn colors and fall begin.

In observance of Labor Day we will be closed Monday Sept. 1st.

Upcoming Speakers

Sept. 9th @ 12:15— Mayor Dean Klier
Sept. 23rd @ 12:15— Sheila Collins— Harvey
Wells County Public Librarian

 Find us on Facebook

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Labor Day

Labor Day is the first Monday in September every year. The first Labor Day was celebrated in New York City on September 5, 1882. In 1894 President Grover Cleveland declared Labor Day to be the first Monday in September. This day is set aside to honor American workers. American workers make our country a strong and prosperous nation.

Wells/Sheridan Senior Center and Public Transit

Hours: 8:00 am – 5:00 pm Monday thru Friday

OUR NEWSLETTER IS NOW ONLINE AT: www.jamesriverseniors.com

For Our September 2025 Menu Please See Insert

On-Going Activities:

Wednesdays- 1:00 p.m. - Bone Builders
Thursdays - 1:00 p.m. - Bingo



ND Senior Career Development (NDSCD)
Phone: (701) 483-5335
Cell: (701) 260-7117
<https://ndseniorcareerdevelopment.org/>
Email: office@ndscdev.org
We are an AmeriCorps Seniors grantee funded through the FGP Program.



Become a Foster Grandparent Program Volunteer Today.
Help Our Local Children Who Need It Most.

We are looking for volunteers throughout western ND for the Foster Grandparent Program. The Foster Grandparent Program is a nationwide program and has been around for over 50 years. This program provides the opportunity for people 55 and older to volunteer 5 to 40 hours a week working one-on-one with children in our local schools. The program's goal is to engage seniors to help children by guiding the children's emotional, social, and academic growth. Qualifying volunteers will also receive required training, an hourly stipend, and reimbursements for meals and mileage.

- **Make an impact** - As a Foster Grandparent volunteer you will be able to help children in the community develop the academic and life skills that are critical to their personal growth and future successes. Sharing your time and experience can assist children in preparing for school readiness, be there to support children while they learn and grow, help them tackle tough subjects, and guide them into making decisions that keep them on the right path. We will match your skills and passions to opportunities that interest you.

Volunteering just 5 hours a week could make a major difference in a child's life!

Volunteer Tasks/Goals could include:

- Comfort/Communicate
- Model appropriate social skills
- Reading/Writing
- Positive encouragement/redirection
- Help with schoolwork
- Social/Emotional guidance

HISTORY

Congressional interest in establishing a program targeted to service by and for older persons began in 1968. In 1973, the Foster Grandparents program concept was incorporated into the Domestic Volunteer Service Act with the first eighteen programs receiving funding in August 1974. Since that time, the program has expanded throughout the United States. In 2021 the Corporation for National Community Service was rebranded to AmeriCorps. The Foster Grandparent Program is one of the AmeriCorps Senior's programs.

We are ND Senior Career Development (NDSCD), a Nonprofit established in March 2017 and headquartered in Dickinson ND. Currently we are working with AmeriCorps Seniors promoting the Foster Grandparent Program in western ND.

If you would like more information, please feel free to contact us at:

email: office@ndscdev.org
phone: 701-483-5335 - text 701-260-7117
website: <https://ndseniorcareerdevelopment.org/>

HARVEY SENIOR CLUB

The Harvey Senior Club makes available the Harvey Senior Center for rentals. Need space for a birthday party? Anniversary party? Baby Shower? Family Get-together? Call the Harvey Senior Center for contact information. 324-4032

Club Meetings:

The Senior Club meets the second Friday every other month at 1:00 p.m. at the Senior Center. All seniors welcome.



North Dakota School for the Deaf/Resource Center for Deaf & Hard of Hearing

Adult Outreach

Are you or someone you know struggling with hearing loss? The Adult Outreach staff are available to meet with adults who are Deaf or Hard of Hearing. We can provide current information and resources on hearing loss, recommend assistive technology devices that will enhance communication and promote safety and independence. Outreach services are free to North Dakota residents. Please contact the Adult Outreach Hearing Specialist in your area for an appointment.

Dawn Sauvageau

Office: 701-239-7380 dawn.sauvageau@k12.nd.us

Name: _____

Date: _____



September's here, and so is a word search packed with seasonal fun! Can you find all the hidden words scattered in every direction—forward, backward, up, down, and diagonal? Circle each word as you find it and cross it off the list.

K J L L A B T O O F S E Q U I N O X
S X G H A Y R I D E D R F R Q D P M
P E Q S C H O O L S N I K P M U P V
T L P G L X F P B J R F G W C T Q M
K E S T C A P L T A O W O R P M I Q
M A D D E A B N T L C R K S W G L S
K V R R R M L O I K C K I M R W J Q
S E A C E F B A R E N R P A Z N B U
N S H K Q L G E R D C W T A B F O I
R F C N F E O A R N A I N R C T N R
O A R R S A C O T N O Y E B X K F R
C R O E E S L Q C N X E Z T J T I E
A M N T P C M L H K Z V S R K J R L
M E N A A D E P I Y W E M D R C E N
N R R E R N P K K N V M J P R B Q Y
K S O W G T Q D A R G C B Y Q U M B
H T C S R F L Q A R A U T U M N O H
K R K T R T M H F R E D I C T T G G

ACORNS

APPLES

AUTUMN

BACKPACK

BONFIRE

BREEZY

CIDER

COOLER

CORN

CRISP

EQUINOX

FALLING

FARMERS

FOLIAGE

FOOTBALL

GOURDS

GRAPES

HARVEST

HAYRIDE

LABOR DAY

LEAVES

MIGRATION

ORCHARDS

PUMPKINS

RAKE

SCHOOL

SEPTEMBER

SQUIRREL

SCARECROW

SWEATER



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It's a "We" problem. It's a "Me" problem.

September 2025

Hearing loss is one of those health challenges that rarely shows up when we're alone. If you live by yourself, have limited social interaction, or spend most of your time in quiet environments, you might never realize you have a hearing problem—because there's no one there to point it out.

Our brains quickly adjust to the way we hear. If your television is set to a volume that feels "just right" to you, you won't notice it's too loud—unless a friend or family member says something. The same goes for conversations. If you miss words or misunderstand a question, you may not realize it until someone says, "That's not what I meant," or you notice puzzled looks from others.

The truth is, hearing loss is never just about the person who can't hear clearly. It's about everyone they interact with. Frustration happens between two people when one has to repeat themselves over and over. Embarrassment happens when a response doesn't match the question. Feeling left out or socially isolated happens when group conversations move too quickly to follow.

Research shows people wait an average of nearly seven years after noticing hearing problems before getting help. During that time, the emotional strain builds—missed moments, misunderstandings, and, sometimes, conflict with the people we care about most.

It's often this emotional heaviness, not just the hearing difficulty itself, that motivates people to seek help. A spouse tired of turning the TV down. A friend asking why you didn't respond. A grandchild saying, "You didn't hear me."

Addressing hearing loss isn't just about improving your own quality of life—it's about improving communication, connection, and joy for everyone around you. Because hearing loss is never a "me" problem. It's a "we" problem—and solving it benefits us all.

HARVEY & FESSENDEN SENIOR MEAL PROGRAM

Senior meals are served at noon, Monday through Friday (Monday, Wednesday, and Friday for Fessenden) - Frozen meals available for weekends.
Home delivered meals are available for those in need.

Call 701-324-4032 and ask for Jenny to get registered or if you have any questions.

North Dakota Senior Meals Good Nutrition For Healthy Living

People age 60 or older and their spouses are eligible to eat at our Senior Meal Sites. 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; 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 \$7.23 of service. Senior Meals are an affordable way to **help maintain your health**. The full cost to provide a Senior Meal is: \$12.98. 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.** 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 Jenny Ballhagen 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 or Streeter and it's time for your yearly Congregate Meal Registration, you will be contacted by Jenny Ballhagen. 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.



ND SMP Scam of the Month—September 2025



Protect Yourself from QR Code Fraud



Quick Response codes, better known as QR codes, are scannable barcodes that will direct you to web-sites. There are many real and helpful uses for QR codes, but scammers often use QR codes to trick people into visiting a fraudulent website or downloading malware that compromises their personal information. Some examples:

- Send QR codes by email or text message pretending to be from delivery companies.
- Request that you confirm your information due to suspicious activity using fake QR codes.
- Place harmful codes on social media advertisements.

Here are some tips to avoid related scams.

Verify the source: Before scanning a QR code, make sure it comes from a trusted and reliable source. Legitimate QR codes from SSA will always send you to a safe and secure webpage.

Inspect the code. Scammers may try to imitate a QR code. Study the QR code closely. Look for any signs of altering or misspellings. Avoid scanning a QR code if something looks suspicious.

Be aware of codes from unknown sources. Social Security Administration and Medicare will never send a QR code by text or email asking you to confirm your information.

Be aware of urgent requests using QR Codes: Fraudsters often pretend to be government officials and use fake QR codes to defraud people. For example, a scammer may pose as a Social Security employee claiming that there is a problem with your account.

Stay Informed: Stay up to date on the latest QR code fraud and scams. Follow trusted sources such as news outlets and official government websites for updates. QR codes are an easy and convenient way to get information, but it's important to remain vigilant when using them.

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: Social Security Matters. *Fraud, Scams, Privacy & Identity*. Protecting yourself from QR code fraud.

North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>



This project was supported, in part, by grant number 90MPPG0021, from the Administration for Community Living, Department of Health and Human Services. Points of view or opinions do not necessarily represent official Administration for Community Living policy.

Like us on Facebook: North Dakota Senior Medicare Patrol

WELLS SHERIDAN PUBLIC TRANSIT INFORMATION



Rides Available: Monday through Friday 8:00 a.m. - 5:00 p.m.

Join us for a warm meal at any of our 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.

Services

In-town rides are \$1.50/one way.

Out of town rides are available with prior pickup times set up. Minot rides from Harvey are \$30.00 round trip plus \$1.50 for each extra stop. Bismarck rides are \$40.00 round trip plus \$1.50 for each extra stop. Other out-of-town rides are \$.20/mile. Please schedule your rides at least a week in advance. Rides will be confirmed once a driver has been found. We will also have a scheduled ride to Minot & Bismarck each month. These rides may be for medical appointments, shopping, social gatherings or whatever else you may need.

If you are ND Medicaid eligible, you must be pre-approved for out-of town service. In-town rides - please provide your Medicaid number.

Medicaid rides are from Home, Work or School Only to Your Medical Appt and then from your Medical Appt to Home, Work or School Only.

Please call 701-324-4032 to schedule your ride.

To All Medicaid Recipients: Please verify with your case worker that your Medicaid card is active and the date it expires, so that you may renew it. If we bill Medicaid for your ride and they turn it down, that payment is now your responsibility and you will be billed.

EGG SAFETY

SALMONELLA Eggs Salmonellosis, the No. 1 cause of foodborne illness in the U.S., is an infection that occurs when someone eats a sufficient number of the Salmonella microorganisms in raw, undercooked, poorly handled or inadequately refrigerated food. Salmonella enteritidis, a strain of Salmonella, frequently appears to be associated with eggs.

In the 1960s, cracked and dirty eggs were identified as a source of Salmonella (not Salmonella enteritidis), but industrywide programs to wash, sanitize and grade eggs were successful in reducing the problem. For more than 15 years, Grade A shell eggs were not associated with Salmonella infection of any kind. However, in recent years, an increasing number of Salmonella enteritidis infection outbreaks have been tied to clean, uncracked, Grade A eggs. This started in the northeastern part of the U.S. and spread to other parts of the country.

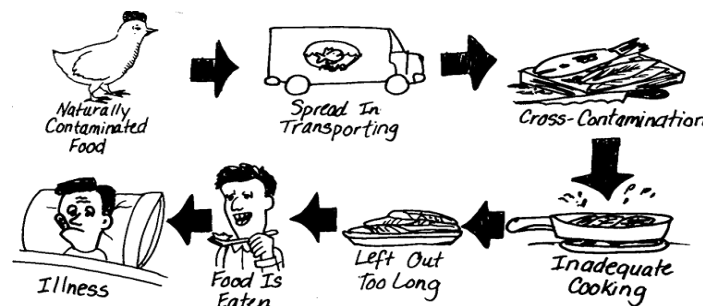
The number of intact eggs that contain Salmonella enteritidis is small, estimated at one in 10,000. Consequently, foods containing raw or undercooked eggs, such as homemade eggnog or ice cream, hollandaise sauce and Caesar salad dressing, pose an occasional risk of infection. The very young, elderly or immunocompromised people, such as some patients with cancer or AIDS, are at greatest risk for Salmonella enteritidis infection. These people should be especially careful not to eat foods containing raw or undercooked eggs.

Eggs are an economical, versatile and nutritious food. They also are a safe food when properly handled. Clean hands, countertops and utensils; sanitary food handling practices; proper cooking temperatures; and adequate refrigeration are essential in safely preparing any food or egg product.

The following cooking times should provide adequately cooked eggs:

- Scrambled: Cook until firm throughout, one minute at medium stove-top setting (250 F for electric frying pan).
- Poached: Five minutes in boiling water.
- Sunny side: Seven minutes at 250 F or four minutes at 250 F covered.
- Fried, over easy: Three minutes at 250 F (medium setting) on one side, then two minutes after turning.
- Hard cooked: Seven minutes in boiling water. Eat eggs promptly after cooking. Avoid holding them at a warm temperature for more than one hour.

Consider using pasteurized eggs or an egg substitute to serve a large group or to take on a trip.



THANK YOU TO OUR VOLUNTEERS!

Hav-It
Joyce Pestal
Dick White
Tim Huseh
Luella Vetter
Linus Hager
Brenda Lloyd
Sandy Post
Donna Wipf
Sheila Grosgebauer
Herald Press
Bob Pestal
Carol Weninger
Beth Huseh
Lewelyn Tewksbury
Steve Kourajian
Vi Seibold
Connie Kunz
Judy Weigelt
Ardent Mill Employees
KHND
Pam Lemer
Evie Nelson
David Thomas
Sandy Kittelson
Candice Krieter
Vicki Durick
Dorothy Best
Harry Detling
Shawn
Shane



ADVERTISE WITH OUR MOVING BILLBOARDS!

Circulating in the town of Harvey & beyond, 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 annual time periods.

- Available in various sizes and formats, from side panel displays to window displays
- Move throughout Harvey & surrounding areas
- Seen by pedestrians and vehicular traffic from multiple directions, simultaneously
- Variety of formats and embellishments make your ad stand out

Call 701-952-7900 or email jamesriver-seniors@gmail.com for price listing.

