

James River Senior Citizens Center Inc.

Office: 701-252-2882
Transit: 701-252-7888
Fax: 701-252-2529

E-mail: jamesriverseniors@gmail.com
Website: www.jamesriverseniors.com

JRSC STAFF

Receptionists: Open
Event Coordinator: Colten
Outreach Coordinator: Kathy
Transit Billing: Glen - Kathy
Transit Drivers: Jeff, Glen, Les, Larry, Dwight,
John E, Ron, John F, Julius, Randy, Roxanne,
Roger, Luciana, Jeffery, Gerald, Jake, Mike, Maria
Transit Dispatchers: Luciana, Kathy, Kelley
Fleet Manager/Sales: Glen
Kitchen Staff: Rhonda, Nathan, Nancy
Gardenette Site Manager: Nancy
James House Site Manager: Carol
Housekeeping: Ryan Admin Assistant: Kelley
Maintenance: Jay
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 November 2025

HOME DELIVERED MEALS: 1840
CONGREGATE: 520
TRANSIT RIDES: 2920
TRANSIT MILES: 10,542

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 Director Maureen Wegenke, or Rod Olin, President of the Board.

2025-26 Board of Directors

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

SENIOR HI-LITES

January 2026

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



Giving Hearts Day Is February 12th

Giving Hearts Day is coming up on **February 12th**, and it arrives at a meaningful time for our organization. We are in the midst of renovating and expanding our new building to better serve seniors in our community — and thanks to generous community support, we are already **more than halfway to the finish line**.

Up to this point, we have been able to move forward **without taking out a loan**, allowing our resources to stay focused on what truly matters: meals, transportation, and programs for seniors. As we get closer to completion, additional support is needed to help reduce — or even avoid — the need for borrowing.

By helping now, you are ensuring that future dollars are used for seniors, not debt payments. Giving Hearts Day is a powerful opportunity to help us

Continued on Next Page

What's Inside

- On-Going Activities.....pg 2
- Technology & Craft.....pg 3
- Hearing.....pg 4
- Transit Information.....pg 5
- Volunteer Thank You.....pg 8
- Scam of the Month.....pg 9
- Donations.....pg 10
- Memory Café.....pg 10
- Word Search.....pg 12
- Tour Of Lights.....pg 14
- Nourish With Soup.....pg 15



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

For More Information Call 701-252-2882
Or Visit Our Website: www.jamesriverseniors.com

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: - Please RSVP @ 701-252-2882

Mondays –Thursdays - Exercise with Colten- 10:00 a.m.

Mondays - Tech Questions with Colten - 1:30 p.m.

Wednesdays - Bingo - 1:00 p.m.

Fridays - Game Day Exercises - 10:00 a.m.

Tuesdays & Fridays - Pinochle - 1:00 p.m.

1st Mondays - Come Celebrate Your Birthday

3rd Thursdays - Memory Café 1:00 p.m.

4th Thursdays - Legal Aid - phone only through Feb - Movie - 1:00 p.m.

2nd Fridays - Craft Day - 1:00 p.m.

THURSDAYS ARE
FREE POPCORN
DAY!

For Our January 2026 Activities & Menus Please See Insert or Visit our Website

Continued from Page 1

cross the finish line while remaining good stewards of the resources entrusted to us.

Please consider supporting us on **Giving Hearts Day, February 12th**, by visiting givingheartsday.org or using the QR code below. Thank you for believing in our mission and for helping us continue to serve seniors as it should be — with care, dignity, and responsibility.



~~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.



Nourish Your Body with Soup

According to some archeologists, soup dates back to prehistoric times. Since that time, soup has found its way into worldwide cuisine, from gazpacho (a cold, tomato-based soup) in Spain to egg drop soup in China to hearty lentil soup in the Middle East.

Soup is a healthful addition to our menus and is delightfully warming during cold winter months. If you made a New Year's resolution to lose a few pounds, soup — a typically low-calorie dish with its high liquid content — is a great start to the year. In fact, January is designated as National Soup Month.

A steaming bowl of chicken soup is hydrating, and its protein and vegetables may also help you feel better if you are suffering from a cold. Consider these tips to optimize the nutritional properties of soup:

- Use vegetable, chicken or beef broth with less sodium. Or, make your own stock using leftover chicken or turkey bones, vegetable scraps and water.
- Add extra vegetables to your soup. We often shortchange ourselves on vegetable consumption. The current recommendation for most adults and kids is 2 1/2 cups per day, on average. Vegetables provide vitamins, minerals and fiber. To stretch your food dollar, you can add leftover vegetables from the previous night's meal to soup.
- If you purchase soup as an ingredient, compare the sodium content. Some types of soup provide more than half the day's recommendation of sodium in one serving.
- Instead of adding salt, enhance the flavor of soup with the addition of fresh herbs toward the end of cooking.
- Add some pulse foods (such as kidney beans, chickpeas or lentils) to your soup, which enhances the protein and fiber content.
- Add some pearled barley, brown rice or whole-grain pasta.
- Choose lean meats when making soup. Chill the soup and skim the fat that often congeals on top of the soup.
- If making a creamy soup, consider using half and half or milk instead of cream to reduce the fat and calories.

Try using the vegetables, protein and grains that you have on hand in your refrigerator, freezer or pantry to create a soup. See "Pinchin' Pennie\$ in the Kitchen: 7 Steps to Creating a Soup" from North Dakota State University Extension.

Article used with permission from Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension, NOURISH newsletter, Issue 84. For more information, contact the Stutsman County Extension office at 252-9030 or email luella.morehouse@ndsu.edu.

Christmas Lights Tours Were a Bright Success

Our annual Christmas Lights Tours were a wonderful way to celebrate the season, and this year's events did not disappoint. With **two tours offered**, we were thrilled to welcome a great crowd of riders, clients, and supporters who joined us for an evening filled with holiday cheer.

Guests enjoyed hot cider, treats, and plenty of conversation before heading out to view the beautiful Christmas light displays around the community. The buses were full of smiles, laughter, and festive spirit, making both evenings truly special.

A special thank-you goes to our **dedicated drivers**, who safely transported everyone and helped create a warm, welcoming experience for all. As well as our employees that dedicated time to make delicious treats to enjoy beforehand. Their time, care, and commitment played a big role in making these tours such a success.

These tours are our way of saying *thank you* to those who support and participate in our programs throughout the year, and we are grateful to everyone who helped make them possible.

Thank you for sharing the joy of the season with us. We're already looking forward to next year's Christmas Lights Tours!



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, Center I, 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: \$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**

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, Medina 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 Amer-



Are You Lost With Today's Technology & Scams?

Answers by Mary

Brought to You by AARP

- Got a new phone and not sure where to start?
- Kids and grandkids all on Facebook and you want to keep up?
- Want to know how to stop those annoying robocalls?
- Wondering which messages are scams and which are real — and how to tell the difference?
- Is paying bills online really safe?

Bring these and any other questions you have!

**Every 2nd Monday of the month at 12:30 in the Café at 419 5th St
NE—West Door**

RSVP not required but appreciated.

Call 701-252-2882



JANUARY CRAFT

Watch Facebook for Project Details

January 9, 2026 1:30 p.m.

(2nd Friday of Each Month)

Call to reserve your spot- limited seating

701-252-2882

New Year, New Commitment to Better Hearing

January is the perfect time to prioritize your hearing health. As you step into a new year filled with conversations, connections, and memorable moments, make sure you're able to enjoy every one of them. Whether you're due for your annual checkup or you've noticed recent changes, scheduling a hearing test now can help you stay fully engaged in everything the year has to offer.

Healthy hearing plays a big role in your overall well-being — from staying confident in social settings to catching every detail during gatherings, meetings, and day-to-day conversations. Even small changes can make a difference, and early detection ensures you don't miss out on anything important as the new year unfolds.



**Start the year strong —
book your January appointment today!**



**Call now to schedule your hearing test in Jamestown
and begin the year hearing your very best.**

Call 1-800-441-1431 to schedule an appointment

**Eichler
HEARING CENTER**

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 \$40.00 for this service. Services for 60 and older. No one is denied services because of inability to pay.

Every Wednesday (no 5th Wed)

9:00 am—11:00 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.



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, shower seats.

One time rental fee of \$20.00 for wheelchairs & knee scooters.

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.

**In need of 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)
to learn more about this free program.**

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.**



C F W E G I C I C L E L A W X N R A	BOOTS
L R S C E T A R B E L E C S C A R F	CELEBRATE
C O B S M C Y Y D R C C Q R E M M R	CHILLY
C S R R G W I I E J K L A Y H W H O	COLD
T T A A C I R G O O F R W D L O C Z	EARMUFFS
V Y R A U N A J N W A E K X T N A E	FREEZE
B O B T E T S P M R N N E C B S Y N	FROSTY
O T R S L E D D I N G N O F I N K E	FROZEN
O E M A I R T E Y P R C X J O O F Y	GLOVES
T G L O V E S G G W O F D R E W M P	HAT
S W X H G I P B N A R E H E N F L E	HOT COCOA
G R E K L A F X S N O W B A L L S C	ICE
D J T E D R K A O S F F U M R A E S	ICICLE
Y D R C E Q R S U M I C E L C K R R	JANUARY
I E J E L A S N O I T U L O S E R G	NEW YEAR
H E Z C I R R O Q L I E J K L A N H	RESOLUTIONS
E E I U D S T W A A C A S G O I F R	SCARF
I T Y R E P P I L S W T A P I Q J N	SKIING
W A E K X V E N C S G E L K B T E R	SLEDDING
C H I L L Y E G B O Y K S N O O T R	SLIPPERY

ACRAZYFAMILY.COM

JRMC * CLINIC APPOINTMENTS

Monday thru Friday

<u>Leaving City</u>	<u>Loading from</u> <u>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

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

Pickup Locations Change

**Often so Ask Dispatcher and
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.**





Scooter: Used - \$100

**Assorted Readers
- 225 - 300 RX - FREE**



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.

Come this month & try your luck, or just enjoy some birthday cake!

WOULD YOU LIKE TO HELP THE SENIORS IN YOUR COMMUNITY BUT CAN'T AFFORD DIRECT DONATIONS?

If you have been wanting to help out the James River Senior Center & Public Transit but just don't have the funds, designate your clothes/items donated to **Bufftown Bargains**, located at the old O'Reilly's - 810 18th St SW, to us and we will receive a percentage. Thank you!

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**
- **First United Methodist**
115 3rd St SE

Continued from Page 1



Flexible, Full & Part Time Transit Drivers

Retired? We have a great set up for you. Pick your days - earn some extra cash.

For more information and to apply, contact:

James River Senior Center & Public Transit
jamesriverseniors@gmail.com

Or go online at:

<https://jamesriverseniors.com/career-and-volunteer-opportunities/>

**James River Senior Center
Home Delivered Meals**
419 5th Street NE
"Legacy Place"

Delivering smiles one meal at a time.

VOLUNTEERS NEEDED
252-2882



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

JRSC also has Rooms Available For Your Occasion; Big or Small.

For meetings we can provide:

- ♦ LCD projector
- ♦ Microphone
- ♦ Large screen

Classic Catering and Party Event Planning contact:
Rhonda or Maureen
252-2882



James River Senior Center & Public Transit
Building Fund

Enclosed is my gift of \$ _____

In Memory of: _____

In Honor of: _____

(Name of person memorialized or honored)

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).

Memory Cafe'

Do you or a loved one have memory loss? Join us for a heartfelt conversation and meaningful connections at the Buffalo City Memory Cafe! Come and enjoy Coffee, Snacks and Build New Friendships.

3rd Thursday of Each Month

1:00 - 2:30 p.m.

James River Senior Center
419 5th St NE

For More Info Contact:

Nicole (701-253 - 6396)

Maureen (701-952-7900)



DECEMBER DONATIONS

Ileene Albin

Dr. Don & Sharon Caine

Carolyn Cichos

Dale & Delores Dean

Roger & Beth Dewald

Daphne Drewello

Joanne Etter

Shelley Fidge

Sara Frieze

Laurie Hamm

Rosemary Gasal

Casey & Samantha Harkness

Tim & Sheila Harr

Hillerud Construction

Alvin & Jean Humes

Helene Kamletz

Brian & Nancy Kunz

Barb Lang & Art Todd

Jon & Elsie Liechty

Diann Loper

Gail Marsolek

Mett LLC

Mary O'Meara

Larue Odenbach

Arnie & Deanne Rummel

Jason & Candace Smith

St Paul's United Women in Faith

Stutsman County Homemakers

Triumph

Norm & Jo Treda

Jim & Rae Ann Vandrovec

Wilhelm Chevrolet, GMC

Claire & Marcella Baker

Becky Davenport & Jack Jensen

Farmers Union Service Assoc.

Virgil Kuhns

Men of Trinity



**Eichler
HEARING CENTER**
Get your hearing tested
in Jamestown!



1008 10th St. SE

Call 1-800-441-1431 to schedule
an appointment

December Donations Continued:

Les Nordgaard

Darron & Barb Orr

Larry Thoreson

Maureen Walch

Richard Valentine

MEMORIALS:



Danny Matteson

By Laurie & Dale McGuire

Donnie Readel

By Jacqueline Readel

Daryn Moser

By Irene Williams

Arnie Becker

By Yvonne Becker

Thank You to Our Volunteers



Behind every meal served, every delivery made, and every welcoming smile is a dedicated volunteer who makes it all possible. From delivering meals to our homebound neighbors, to serving onsite meals, running the cash register, cleaning, and helping behind the scenes, our volunteers are the heart of everything we do.

Your time and kindness do more than keep our programs running — they create a place of connection, dignity, and care. For many of those we serve, a friendly greeting or short conversation with a volunteer may be the highlight of their day.

We are deeply grateful for your generosity, reliability, and compassion. Whether your role is highly visible or quietly behind the scenes, your impact is felt throughout our entire community.

Thank you for showing up, pitching in, and making a difference every single day.

THANK YOU

Recognize the Warning Signs of a Medicare Scam



Preventing Medicare Fraud

ND SMP Scam of the Month – January 2026

Medical Identity Fraud: What You Need to Know

Commit to a scam-free year as your New Years' resolution!

Medical identity theft happens when someone steals your personal or medical information and uses it to get medical care, equipment, or medicine. When this happens, false information can be added to your medical record. This can cause problems with your health care in the future. Medical identity theft can also hurt your finances. Scammers do not pay the medical bills they create using your information. You could end up with unpaid bills or medical debt, which can harm your credit.

How to Protect Yourself

You can take steps to keep your information safe:

- Only share personal information with people you trust. This includes your Medicare number, Social Security number, credit card number, and driver's license number.
- Never give your Medicare number to anyone who calls, texts, or emails you out of the blue. Medicare and Social Security will never contact you to ask for personal information.
- Keep medical papers in a safe place. This includes insurance cards, prescription bottles, and medical bills. If you throw them away, shred them. You can also cross out personal information on prescription bottles before tossing them.
- Watch out for common scams. These include offers for "free braces you did not ask for, genetic or cancer test kits, and **fake Medicare card offers**.

Signs of Medical Identity Theft

You may be a victim if you notice:

- Charges on your Medicare statement for services or items you did not receive.
- Medical supplies mailed to you that you did not order.
- Calls from debt collectors about medical bills you do not owe.
- Medicare or your Medicare Advantage plan denying care because of a condition you do not have or saying you already received care you did not get.

What to do if it happens:

- If you think someone is using your medical information, contact **ND Senior Medicare Patrol at 1-833-818-0029 or Medicare at 1-800-633-4227**.

Reporting Medicare fraud:

If you suspect fraud, contact the ND SMP at ndsmp@minotstateu.edu or call 833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General's Office at 800-472-2600.

The information provided is intended to be a general summary only. Source of information: Corti, S. (2025, November 19). *Medical identity theft*. State Health Insurance Assistance Programs. <https://www.shiphelp.org/medical-identity-theft/>

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 90MPPG0079, from the Administration for Community Living, Department of Health and Human Services. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



Like us on Facebook: North Dakota Senior Medicare Patrol