

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, Matt
 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 January 2026

HOME DELIVERED MEALS: 1967
 CONGREGATE: 525
 TRANSIT RIDES: 3107
 TRANSIT MILES: 12,093

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

March 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

THE COUNTDOWN HAS BEGUN!

As we look ahead to the end of April, excitement continues to build as we prepare to move into our new home! Watching the progress of the building over the past months has been incredibly rewarding. What once was just a vision on paper is now becoming a warm, welcoming space that will allow us to better serve our seniors and the entire community for years to come.

This new facility represents growth, opportunity, and a renewed commitment to our mission. Every wall raised and every finishing touch brings us one step closer to expanded programs, improved accessibility, and a space designed specifically with our participants in mind. We cannot wait to open the doors and welcome everyone inside.

We are deeply grateful to the generous donors whose support and donations helped move this project forward. The outpouring of encouragement and financial

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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**
- 2nd Mondays - Technology with Mary Reed**
- 4th Wednesdays- Legal Aid**
- 3rd Thursdays - Memory Café 1:00 p.m.**
- 4th Thursdays- Movie - 1:00 p.m.**
- 2nd Fridays - Craft Day - 1:00 p.m.**

**THURSDAYS ARE
FREE POPCORN
DAY!**

For Our March 2026 Activities & Menus Please See Insert or
Check our

Continued from Page 1

contributions reminds us just how much this center means to our community.

We would also like to extend a sincere thank you to the University of Jamestown for their continued patience and partnership as our move-in date has shifted. Their flexibility and support during this transition have meant more than we can say.

As moving day approaches, we look forward to sharing more updates and celebrating this exciting new chapter together. The best is yet to come!


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.**



Submitted by Luella Morehouse, Stutsman County EFNEP Nutrition Educator

Connect with Food this Month

What are some keys to a healthy long life?

Nutrition, physical activity, regular health screenings and visits to a healthcare provider help keep us healthy. According to researchers, another key component is probably even more important to longevity.

Staying connected with friends and family can help people live longer and healthier. Being lonely and isolated can have negative effects and even shorten our lives.

March is National Nutrition Month

Connecting with friends and family while enjoying food or physical activity may have benefits to our health on several levels. Put aside cell phones and connect with others with health-promoting activities.

- Cook a themed meal together and involve everyone in the preparation process. Try food from other cultures, such as Mexican, Thai or Indian recipes. Alternatively, have each person bring a part of the meal to share, such as an appetizer, bread, main course or dessert. Provide recipes ahead of time.
- If you have children or grandchildren, ask them to help pick out a recipe to try with you. See the **NDSU Extension website** and explore the recipes.
- Invite a friend over to enjoy “fika,” the Swedish custom of slowing down and having coffee and a treat with family or friends. Instead of a cookie or other dessert, how about making a fruit platter with a tasty dip?
- Teach younger family members or friends about cultural traditions around food. Show them how to make a recipe from your childhood or heritage. Consider putting a healthy spin on it. As examples, see the NDSU Extension “Exploring North Dakota Foodways” publications, “Scandinavian Cuisine (Past and Present)” and “Germans from Russia.” In these publications, we reduced sodium and fat in some traditional favorites while keeping the recipes true to the original flavors.
- Join a fitness group with a friend, whether you enjoy swimming, walking or other activity. Having a buddy can be motivating.

Article used with permission from Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension, NOURISH newsletter, Issue 86. For more information, contact the Stutsman County Extension office at 252-9030 or email luella.morehouse@ndsu.edu.



Grief Support Group

JAGST Offering Grief Support Group

The Jamestown Area Grief Support Team is offering a grief support group for anyone who is grieving the loss of someone important to them, whether the loss is recent or from years past. The group will meet once a week at 5:30 pm at the First Assembly of God Church, 1720 8th Ave SW, Jamestown, beginning on Thursday March 12, 2026 and will run for 6 weeks. The group is free of charge, however, participants must pre-register to ensure that enough materials are available. Participants should plan to attend all six sessions. For more information, or to register, please call Tamra at 701-368-8471 or Maren at 701-269-2676.

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**



MARCH CRAFT

March 13, 2026 1:30 p.m.

(2nd Friday of Each Month)

Call to reserve your spot- limited seating & materials

701-252-2882



Hear Better, Live Better: Prioritize Your Hearing This Season

As we move into a new season, it's the perfect time to focus on something that plays a vital role in your daily life — your hearing. Whether you've begun noticing subtle changes or a loved one has mentioned concerns, taking action early can make a meaningful difference.

Hearing loss often develops gradually. You might find yourself turning up the television, asking people to repeat themselves, or feeling drained after social gatherings. Many patients tell us they didn't realize how much effort they were putting into listening until they experienced clearer hearing again. When hearing improves, conversations feel easier, relationships strengthen, and everyday moments become more enjoyable.

Today's hearing technology is more advanced than ever. Modern hearing aids are discreet, comfortable, and remarkably intelligent. Many devices automatically adjust to different listening environments, helping reduce background noise while enhancing speech clarity. Bluetooth-enabled options can connect directly to your smartphone for phone calls, music, and even television streaming. Rechargeable models also offer simple, convenient daily use.

However, technology alone isn't the full solution. Personalized care is what truly sets the foundation for success. At our clinic, we take the time to understand your lifestyle, communication needs, and long-term goals. A comprehensive hearing evaluation allows us to assess your hearing health thoroughly and recommend solutions tailored specifically to you.

Research continues to show that untreated hearing loss may contribute to increased cognitive strain, social withdrawal, and reduced overall well-being. Addressing hearing challenges early not only improves communication but also supports brain health and emotional wellness. Clearer hearing helps you stay engaged in conversations, participate confidently in activities you love, and maintain strong connections with family and friends.

If you've been curious about your hearing, scheduling a baseline evaluation is a simple first step. The appointment is painless, informative, and designed to give you clarity about your hearing health. Even if no treatment is needed right now, establishing a baseline allows us to monitor any changes over time.

We also encourage open conversations within families. Often, loved ones notice hearing changes before the individual does. Approaching the topic with care and support can lead to solutions that truly improve quality of life.

Better hearing is about more than sound. It's about connection, confidence, and fully experiencing the moments that matter most.

If you or someone you care about has questions about hearing health, we are here to help. Call our office today to schedule an appointment. We look forward to partnering with you on your journey to better hearing.



1-800-441-1431 to Schedule an Appointment

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.**



MARCH MADNESS

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

RENEWAL
 LUCK
 PARADE
 REBIRTH
 WINDY
 BLARNEY
 IRELAND

SHAMROCK
 LEPRECHAUN
 BASKETBALL
 GREEN
 RAIN
 FLOWERS

RAINBOW
 SUNSHINE
 DAYLIGHT
 BLOSSOM
 GROWTH
 TRAVEL



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

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
- **St Paul's Methodist Church**
1000 5th Ave NE

HELP WANTED

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

VOLUNTEERS NEEDED

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)

FEBRUARY DONATIONS

Ameriprise

Jim Boatman

Joanne Etter

Lee & Thelma Hennings

Alvin & Jean Humes

Si & Martha Liechty

Jonathan & Elsie Liechty

Diann Loper

Progress Enterprises

Mike Rudy

Mike & Marilyn Smyth

Paul Weber

Gordy & Tammy Wilke



Eichler

HEARING CENTER

Get your hearing tested
in Jamestown!



1008 10th St. SE

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

MEMORIALS:

Bonnie & Gary Olson
In Memory of
Roberta Anderson



The Master Gardener.....

By Laurie Podoll



Everyone has things they like to collect that brings them joy. Dolls, tea cups, figurines and more. The list is endless. If you are a gardener, this time of year is exciting. Seed catalogs in your mail box, commercials about all the new gadgets you need for your garden and store aisles lined with seed displays.

Gardening is a hobby that can be enjoyed by everyone on some level. I find myself enjoying the whole season and the hobby is exhilarating and exciting to the point I can become overwhelmed. In fact, I'm not alone in the department of letting your hobbies move from enjoyment to stressful feelings.

55% of all U.S. households (71.5 million people) have a garden. 66% of American households own at least one houseplant. The average person owns between 5 to 10 plants.

Gardening is not just about plants; it's a reflection of life, patience and growth. So to help with those moments of stress, here are a few things to consider before heading out to shop.

Take a good look at what you already have. Are your pots in good shape? Would a little clean up refresh their look? Do you get over whelmed with remembering to water or saddened when they die? Maybe consider a plant requiring less maintenance.

Do you have room for another plant? Silly question if you ask me. But if you have limited windows with light, another plant might be brought home to slowly die.

Plants at their peak of beauty are so inviting. Bright colors and full foliage can lure you in. If you want a new face in the house, consider sharing a plant you have now with a friend.

Go shopping during the week, when crowds are less. Shopping during a busy time can lead to frustration and impulse buying since you can feel the stress to buy before you get to really consider what you want.

Watch out for new arrivals and specialties. They are not always for our climate and require special treatment that we don't always have time for.

Now put on a pair of comfortable shoes and hit the garden center. You can't buy happiness, but you can buy plants... and that's pretty close! I tell my husband I'm stepping out for a plant and surprise him with a jungle. Happy Spring!

Scams Targeting Medicare Beneficiaries

Scammers are targeting Medicare members with tricks tied to coverage updates in 2026! Scammers are talking about the new \$2,100 limit on Part D drug costs and using AI to pretend to be real officials. They try to steal personal information by promising lower costs or saying they need to “check” your enrollment. Scammers use this information to commit fraud or take money from Medicare.

Medicare Scams to Watch For

- Prescription Drug Cap Scams: Scammers say they can help with the new \$2,100 drug cost limit and ask for a fake “processing” fee.
- AI Voice Scams: Scammers use computers to copy the voices of doctors or family members to trick people into sharing Medicare numbers.
- “2026 Enrollment Check” Calls: Calls or messages saying you must confirm your personal information to keep your Medicare coverage next year.
- Hospice Enrollment Scams: Offers of free groceries or medical equipment that secretly sign someone up for hospice care without their knowledge.
- Fake Medicare Chip Cards: Scammers claim Medicare is sending new cards with a chip and asking for personal information to replace your card.
- Medical Equipment Scams: Bills or deliveries for braces or other equipment that were never ordered or never received.

Tips to Stay Safe

- Never Pay Upfront: Real Medicare programs do not charge fees to get benefits.
- Hang Up on Urgent Calls: Medicare will not call to scare you or ask for your Medicare number or any personal information,
- Check Your Statements: Look at your Medicare Summary Notices or Explanation of Benefit statements for charges you don't recognize.
- Report Anything Suspicious: Call ND Senior Medicare Patrol or 1-800-MEDICARE if something seems wrong.

Time is running short: From January 1 to March 31, 2026, Medicare Advantage members can change plans or return to Original Medicare. **Act now!**

Reporting Medicare fraud:

If you suspect fraud, contact the ND Senior Medicare Patrol (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.

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/>

Like us on Facebook: North Dakota Senior Medicare Patrol

