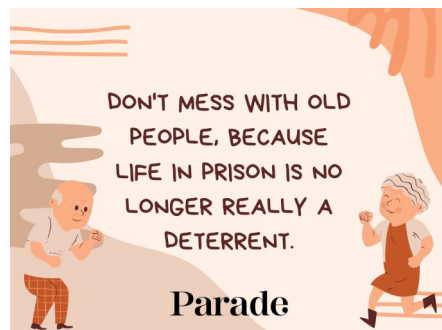


WSAC

Office: 701-324-4032

Fax: 701-324-5254

Website: www.jamesriverseniors.com



WSAC GAZETTE

March 2026



Published

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



WSAC STAFF

Outreach Coordinator/Site Lead: Jenny
Receptionist/Dispatchers: Jen & Lyric
Head Cook: Arlys
Cook's Assistant: Leigh Ann
Office & Dining Staff: Jen & Lyric
Transit Drivers: Mary & Jim
Fleet Manager/Sales/Billing: Glen

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 January 2026
HOME DELIVERED MEALS: 686
CONGREGATE: 483
TRANSIT RIDES: 353
TRANSIT MILES: 2632

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.

2025-26 Board of Directors
 President— Rod Olin
 Vice-President— Deb Lee
 Secretary/Treasurer— Sue Corwin
 Directors: Joan Morris, Tom Geffre, Linda Misemer & Jim Boatman

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

March

Happy March!

As we move onto the third month of the year, the sun stays longer and we enjoy bursts of warmer weather.

We hope you guys had a great February and will have an even better March!

St. Patricks Day is the 17th!

Don't forget to wear green!

 Find us on Facebook

What's Inside

Word Find.....pg 3
 Communicationpg 4
 Transit Information.....pg 5
 Nutrition Article.....pg 6
 Thank you!.....pg 7
 Scam of The Month.....pg 8
 Meal Program.....pg 9
 Senior Club.....pg 10
 Grandparents program.....pg 11



Wells/Sheridan Senior Center and Public Transit

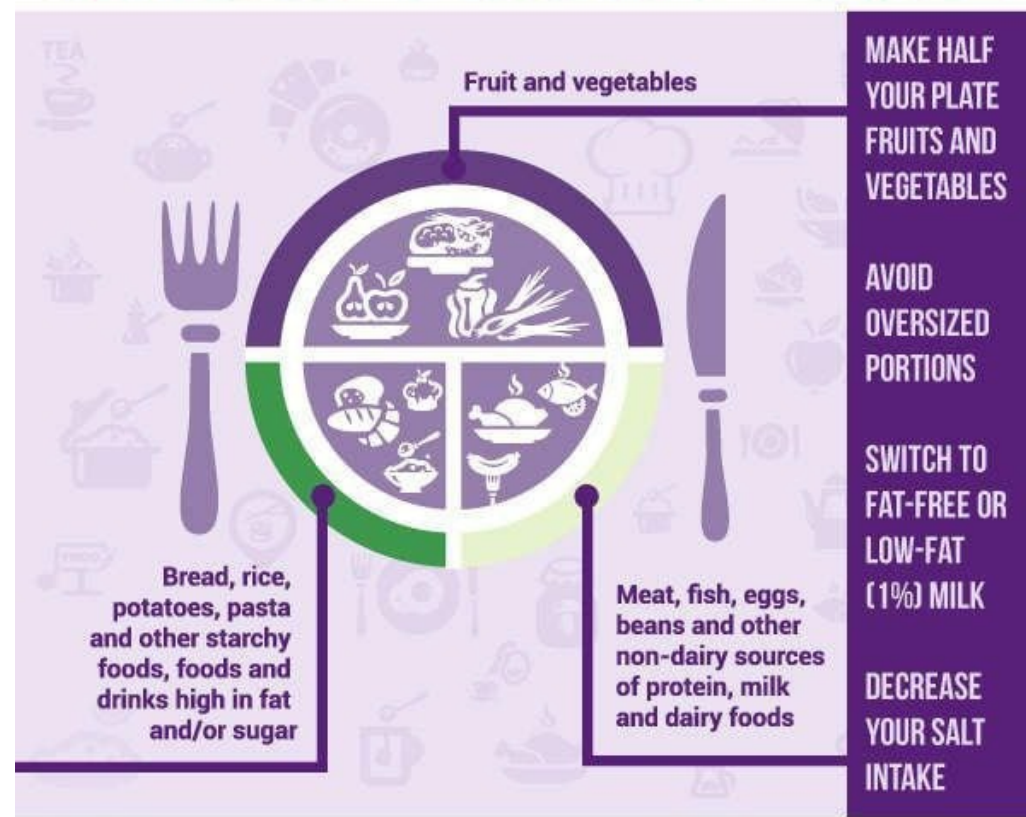
Hours: 8:00 am – 5:00 pm Monday thru Friday

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

For Our February 2026 Menu Please See Insert

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

March is #NationalNutritionMonth **KNOW YOUR PLATE**



 **PRESBYTERIAN SENIOR LIVING** One Trinity Drive East • Dillsburg, PA 17019 • 717-502-8840
www.PresbyterianSeniorLiving.org

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, or Cindy Keller 701-693-6311.

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



St. Patrick's Day Word Search



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



- | | | |
|-------------|------------|-------------|
| CLOVER | IRELAND | PARADE |
| COINS | IRISH | PATRICK |
| CORNED BEEF | LEPRECHAUN | POT OF GOLD |
| TRADITION | LUCK | RAINBOW |
| GREEN | MARCH | SHAMROCK |



CRAYONSANDCRAVINGS.COM



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

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 \$7.32 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.



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.

The information provided is intended to be a general summary only. Source of information: Lankford, K. (2025, October 3). *New Medicare card scams*. AARP

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.



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.

THANK YOU TO OUR VOLUNTEERS!

Hav-It
Joyce Pestal
Tim Huseh
Herald Press
Bob Pestal
Beth Huseh
Steve Kourajian
Ardent Mill Employees
KHND
Evie Nelson
David Thomas
Dorothy Best
Shawn
Shane
Melissa Faul



We are always looking for volunteers, especially for helping with delivering meals in town. If you or someone you know may be interested please have them stop in and talk to Jenny.



Thank you!

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.

we appreciate you