

WSAC

Office: 701-324-4032
Fax: 701-324-5254
Website:

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

DISCRIMINATION POLICY:

Wells Sheridan Aging Council, under the direction of James River Senior Citizen Inc. is committed to compliance with Title Vl 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

SERVICESPROVIDED IN
WELLS/SHERIDAN COUNTIES

For the Month of June 2026

HOME DELIVERED MEALS: 727
CONGREGATE: 656
TRANSIT RIDES:
TRANSIT MILES:

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

WSAC GAZETTE

October 2026

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



Hope You Have a Great Month!

October 8th-Flu Clinic @ 11-2

October 12th-Farmers Day

October 21st- Apple Day

October 29th-Dress up for Bingo!

October 30th-Treat Your Pet Day

October 31st-Caramel Apple Day

October 31st-Halloween!

Find us on Facebook



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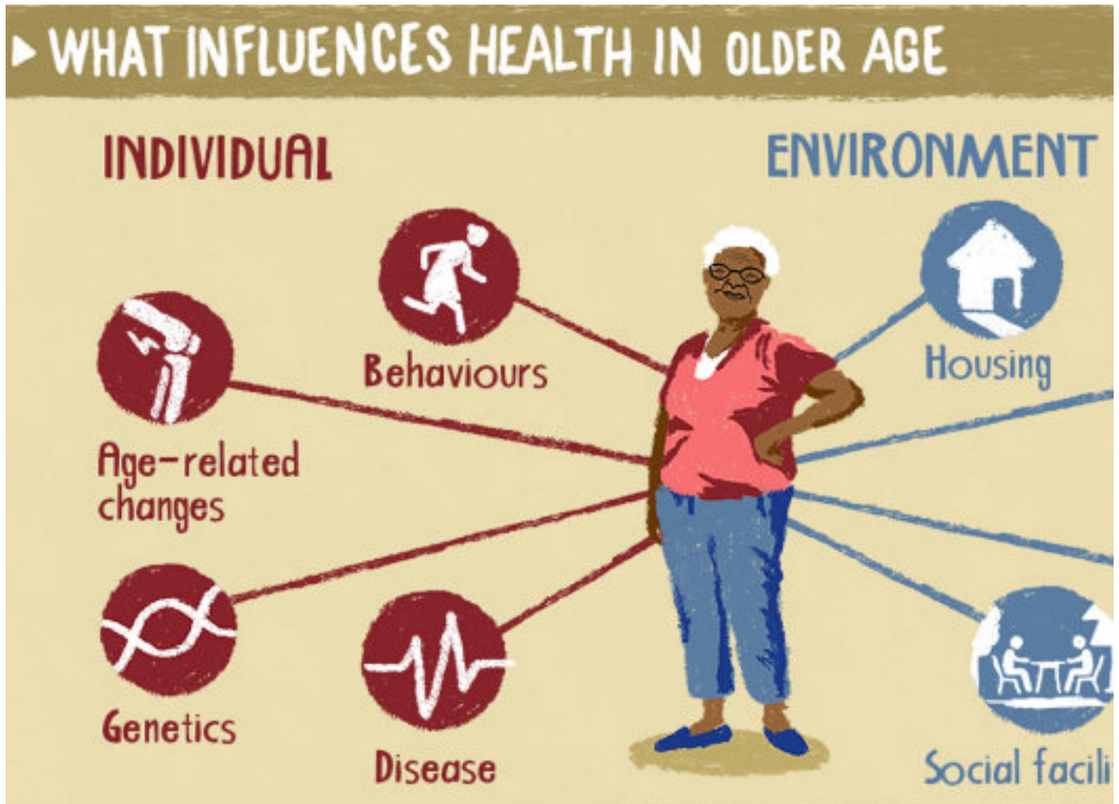
Wells/Sheridan Senior Center
and Public Transit
Hours: 8:00am – 5:00pm Monday thru Friday

OUR NEWSLETTERIS NOW ONLINE AT: www.jamesriverseniors.com

For Our October 2026 Menu
Please See Insert

Our Activities!
Tuesdays– 1:30 - Cards/Games
Wednesdays- 1:00p.m. - Bone Builders
Thursdays - 1:00p.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.

AmeriCorps Seniors | ND Senior Career Development

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 701-324-4032, or Cindy Keller 701-693-6311.

Club Meetings:

The Senior Club meets the second Friday every other month at 12:30p.m. at the Senior Center. All seniors welcome.

Senior's Club



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

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AmeriCorps Seniors

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Eichler
HEARING CENTER

Fall Into Better Hearing!

As summer winds down and fall approaches, it's the perfect time for a fresh start. Enjoy a walk outdoors, visit a farmers market, spend time with loved ones—and take a moment to check in on your hearing health.

Hearing changes often happen gradually. You may notice yourself turning up the television, asking "What?" more often, or having trouble following conversations in busy places. These small signs can make it harder to enjoy the laughter, stories, and everyday moments that keep us connected.

The good news is that a hearing evaluation is simple, comfortable, and painless. Today's hearing technology is also smaller, more comfortable, and better at helping you hear conversations clearly—even when background noise is present.

This season, give yourself the confidence to enjoy every conversation, every laugh, and every special moment.

Don't let the sounds of life pass you by!

Contact Eichler Hearing Center to schedule your hearing evaluation today.

Hear well. Stay connected. Live well.

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 for a meal. 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.
Nutritions Staff of James River Senior Citizens.

North Dakota Senior Medicare Patrol

October 2026 ND SMP Scam of the Month

Protect Yourself from Scams During Medicare Open Enrollment

Every year, scammers become more active during the **Medicare Open Enrollment Period**. They may target people with Medicare to steal their money, personal information, or both. Open Enrollment runs from **October 15 through December 7**. As you review your health and prescription plans, learn how to spot and avoid scams.

Watch Out for Medicare Scams

Scammers may pretend to be from Medicare. They may contact you when you are not expecting a call, text, or email. They may:

- Sound professional and know some of your personal information.
- Say you need a "new" or "updated" Medicare card.
- Ask for your Medicare number, bank account number, or credit card number.
- Offer you cash or gifts if you switch to their plan.
- Try to scare you by saying you must join a plan, or you will not have coverage next year.

Remember

- **Medicare cards are free.** Medicare will mail your card to you automatically.
- **Real Medicare representatives will not contact you out of the blue** to ask for your Medicare number, financial information, or payment.

How to Protect Yourself

Follow these tips to help protect yourself from Medicare scams during Open Enrollment:

- **Do not share your information with unexpected callers.** If someone asks for your Medicare, personal, or financial information, hang up.
  - Medicare may ask you to verify information when **you contact Medicare first**.
  - Medicare will not try to sell you a plan or make you pay for a Medicare card.
- **Do not trust your caller ID.**
  - A scammer can make a call look like it is coming from Medicare.
  - If you are not sure, hang up and call 1-800-MEDICARE (1-800-633-4227).
- **Get help comparing Medicare plans.**
  - Your State Health Insurance Assistance Program (SHIP) can help you compare plans.
  - You can also visit Medicare.gov, the official U.S. government website for Medicare.
  - Or call 1-800-MEDICARE (1-800-633-4227).

Reporting Medicare fraud:

Report Medicare impersonators and other Medicare scams at 1-800-MEDICARE (800-633-4227) or to the ND Senior Medicare Patrol at 1-833-818-0029. Then tell the FTC **at** ReportFraud.ftc.gov**.**

The information provided is intended to be a general summary only. Source of information: Federal Trade Commission. (2025, September 30). *This Medicare Open Enrollment season, learn how to protect yourself from scams*.

WELLS SHERIDAN PUBLIC TRANSIT INFORMATION

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

Join us for a warm meal at 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. For in-town rides just 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 caseworker 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.

As we get older, eating well becomes even more important. Our bodies change with age, and we may need more of certain nutrients—even though we may not need as many calories as we did when we were younger. Good nutrition can help us maintain strength, support our immune system, keep our bones healthy, and give us the energy we need to enjoy the things we love.

Key Nutritional Priorities for Seniors Protein

•Eat high-quality protein like eggs, fish, Greek yogurt, and beans at every meal to fight muscle loss.

•Fiber: Consume whole grains, vegetables, and berries to improve digestion and heart health.

•Calcium and Vitamin D: Protect bone strength with dairy or fortified alternatives.

•Hydration: Drink water regularly throughout the day, since the natural sense of thirst declines with age.

Smart Daily Habits

•Build a balanced plate: Focus on produce, lean protein, and healthy fats while limiting added sugars and sodium.

•Maintain routines: Eat smaller, regular meals every 3 to 4 hours to keep energy stable.

•Review guidelines: Explore the latest advice from the National Council on Aging for practical older adult dietary tips.

One Last Thought

Healthy eating isn't about giving up everything you enjoy. It's about adding more of the foods that help your body stay strong. Enjoy that piece of pie—just make sure you're getting your vegetables, protein, whole grains, and water, too!

As we get older, taking care of ourselves helps us continue doing the things we enjoy—staying independent, spending time with family and friends, traveling, gardening, dancing, playing cards, or just enjoying another beautiful North Dakota day.

Eat well. Drink up. Stay strong. And enjoy life!

THANK YOU TO OUR VOLUNTEERS!

Hav-It

Tim Huseth

Herald Press

Ardent Mill Employees

KHND

David Thomas

Dorothy Best

Shawn

Shane

Melissa Faul

Ora-Lee Toomey

Melissa Fry

Nancy Fry

Sara Stafford

Tim Kuhn

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.

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.

Thank You!

