

THE

SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 4

April 2015

FROM THE DIRECTOR...

Whooooooo Makes a Difference? BCSAP Volunteers Dooooooo!!!



April is all about celebrating the Burleigh County Senior Adults Program VOLUNTEERS!

In 2014, our 100+ volunteers donated nearly 38,741 hours of their time to support the services of the Burleigh County Senior Adults Program. Translated into dollars, the value of this time is \$926,673! WOW!!!

Here is a highlight of what volunteers accomplished in those 38,741 hours:

Volunteers...

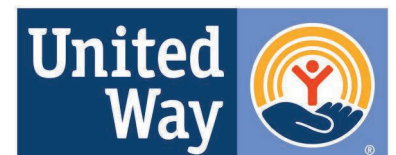
- Assisted in preparing, serving and delivering 84,832 congregate and home-delivered meals.
- Scheduled 1,623 foot care appointments.
- Answered thousands and thousands of telephone calls and assisted in providing hundreds of Life Enrichment activities at the Bismarck Senior Center.
- Hand made merchandise that earned approximately \$5,600 in the Gift Shop. Their earnings, along with those from billiards added nearly \$6,000 to the Bismarck Senior Center Building and Maintenance Fund.
- Served customers at the Coffee Bar which earned \$6,200 to support the services of the Bismarck Senior Center.

The Burleigh County Senior Adults Program/Bismarck Senior Center could not provide the services we do, without the assistance of our volunteers. So, THANK YOU, to each and every one of you that has given your time and talents to make our program GREAT! We appreciate everything you do each day!

With all good wishes,
Renee Kipp, Director

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Missouri Slope Areawide United Way

www.BismarckSeniorCenter.org

Special Events & Activities



20 MILE WALK– GET FIT CHALLENGE AWARDS CEREMONY

The Awards Ceremony for the Get Fit Challenge will be held on April 15th at 11:30 am in the Dining Room. You must record your laps by April 13th. All participants please attend!

PAPER CRAFTING

Get inspired with paper crafting! Donna Kuhn from Jo-Ann Fabrics will be here on April 9th from 1:15 pm—3:00 pm in the Art Room to teach a class on paper crafting. Paper crafting is a collection of art forms using paper or cards as the primary artistic medium for the creation of three-dimensional objects. Anything from cards, scrapbooks, to little boxes can be made at this fun and informative class! Class space is limited to 12 people. Register by calling 255-4648. There is no cost to participants.

ACRYLIC PAINTING

Sally Storslee from Theo Art School will instruct an acrylic painting class on April 20th at 10:30 am in the Art Room. The cost is \$7 for participants. Class space is limited to 12 people. Register by calling 255-4648.

FACEBOOK TRAINING

Jackie Buckley from NDSU Extension will be here on April 23rd at 1:00 pm with 20 computers to teach a class on how to navigate Facebook on the internet. Please contact Colette Barth at 255-4648 by April 21st if you are interested in attending.

PIE HAPPY HOUR

Join us for Pie Happy Hour on Monday, April 27th from 2:00 pm—3:30 pm!

Peach pie will be served, along with ice cream and coffee for \$2.00. Pie tickets will be sold starting at 1:30 pm at the Site Manager's desk. Please have a seat in the dining room after you have purchased your tickets. A line will be formed when the pie is ready to be served. This is to prevent any traffic jams in the lobby. Thank you for your cooperation in this matter!



BUNCO

Because Good Friday falls on the first Friday of April, BUNCO will be played on Friday, April 10th, and Friday, April 24th. At least four tables will play each week, and there is room for more! Call in to register at 255-4648 to play. All are welcome!

WHIST

WHIST will begin regular play on April 9th and 23rd at 10:30 am in the Recreation Room. Sign up in the business office if you are interested in playing.



DROP-IN CRAFT GROUP– Mondays through Fridays, 9:00 am to 11:30 am

Come to our craft sessions to meet fellow crafters and make everything from stamps to cards to crochet goods and beyond!

The arts and crafts group is informal with no instructors.

Bring your own project or check over our free supplies to make your own creations!

Special Events & Activities

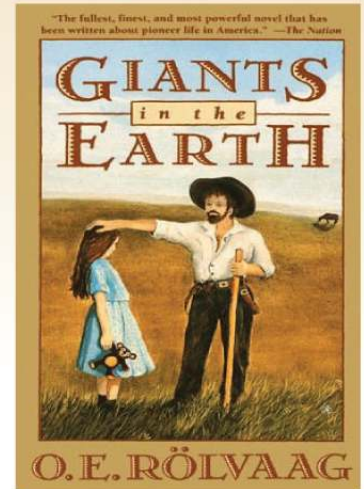
BOOK CLUB

Book Club will meet on Monday, April 27th at 1:00 pm in the Art Room. The book for discussion is *Giants in the Earth* by Ole Edvart Rolvaag. (Please obtain your own copy of this book.)

The novel follows a Norwegian pioneer family's struggle with the land and elements of the North Dakota Territory as they try to make a new life in America. The book is based partly on Rolvaag's personal experiences as a settler, and the experiences of his wife's family, who had been immigrant homesteaders. The novel depicts snow storms, locusts, poverty, hunger, loneliness, homesickness, the difficulty of fitting into a new culture, and the estrangement of immigrant children who grow up in a new land.

Book Club meets the last Monday of each month, except the months of July and December.

All are welcome!!!!



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This & That

FALLS POLICY

The staff and volunteers of the Burleigh County Senior Adults Program are not to lift anyone who has fallen. If the person cannot get up on their own, 9-1-1 will be called. The staff from the Center will stay with the person that has fallen and make them as comfortable as possible until emergency personnel arrive. This policy is in effect for the Bismarck and Wing Senior Centers.

LEGAL SERVICES OF ND

Legal Services of ND is a non-profit organization providing legal help to disadvantaged elderly and low-income North Dakotans. LSND meets with individuals by appointment on the second Wednesday of each month at the Senior Center. You must schedule an appointment in advance to meet with them.

To schedule an appointment, please call 258-4270 or 877-258-5263.

ATTENTION ALL CRAFTERS:

We are looking for talented crafters to make homemade scrubbies, dish towels, dish cloths, or other items to sell in our gift shop! Those who can help us by making and donating these items will be greatly appreciated!



SENIOR MEDICARE PATROL

Eunice Meidinger from Senior Medicare Patrol will be available on Wednesday, April 8th from 11:30 am to 1:00 pm in the Lobby to answer your questions regarding Medicare fraud and scams.

HEARING LOSS SUPPORT GROUP

The Hearing Loss Support Group will meet on April 14th at 10:30 am in the Library. The focus of this support group is to help those with hearing problems live successful lives in spite of their hearing loss.

BONE BUILDERS EXERCISE CLASS

Bone Builders prevents and reverses osteoporosis; improves balance; enhances energy and well-being; stresses bones therefore increasing bone density; and increases muscular strength.

The schedule for Bone Builders at the Senior Center is:

Tuesdays: 1:15 pm, Dakota Room

Wednesdays: 9:00 am and 10:30 am, Recreation Room

Thursdays: 1:15 pm, Dakota Room

Fridays: 9:00 am and 10:30 am, Recreation Room

Feel free to attend any class that fits your schedule. If you are new to Bone Builders, you must complete a short registration form prior to starting.



SENIOR CENTER FROZEN MEALS

The Senior Center offers frozen meals for you to purchase for weekends and holidays. The cost of each meal is \$4.00. Stop by the office or call 255-4648 for more information.







DOCUMENT SHREDDING

Record Keepers, LLC has a secure shredding container in the Recreation Room of the Bismarck Senior Center. You are welcome to put your documents that need shredding in the container.

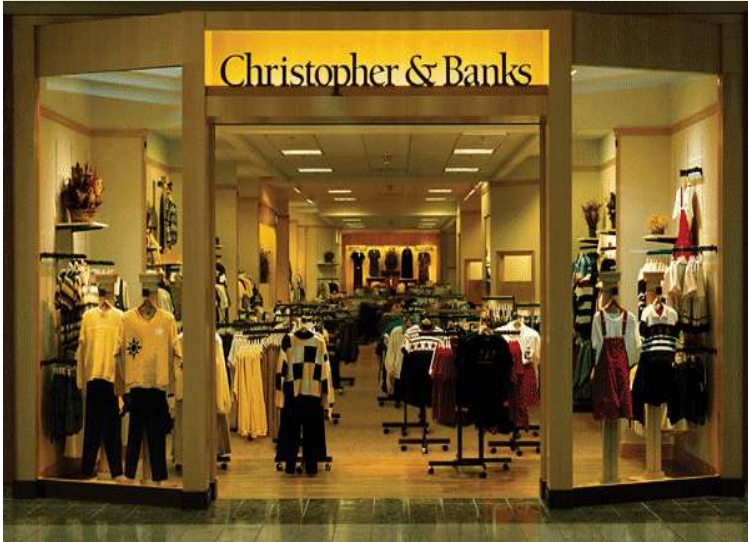


DID YOU KNOW?

The game cabinet in the Sun Room is stocked full of games available for playing all day, every day. Games include board games, cards, croquet, and more! Please return the games back into the Sun Room when you have finished playing. For assistance, contact the Site Manager, Colette Barth.

 <h2>Dakota Travel Nurse Home Care, Inc</h2> <p>Keeping "HOME" an Option!</p>		 <p>The preferred alternative to hospitalization or nursing home placement.</p> <p>701.663.5373</p> <p>Locally owned and operated Licensed by the ND State Health Department</p>
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 <p>Jackson, Thomason & Weiler, P.C.</p> <p>Brittney Bornemann Estate Planning, Wills, Probate (701) 751-4847 418 E. Rosser Ave. Ste 330 Bismarck, ND 58501 www.jacksonthomasonweiler.com</p>	<p>Traditional - Cremation - Memorial Services - Preplanning</p> <p>"The Affordable Funeral."</p>  <p>DaWise & Perry Funeral Services 100% Locally Owned by David Wise 4614 Memorial Highway • Mandan, ND 701-663-3239 • www.dawiseperry.com</p>	

This & That



Thank You to Christopher Banks and CJ Banks for the Lovely Spring Style Show!

Special thanks to all the models: Sally Kraft, Mabel Jespersen, Ruth Boyer, Erna Engebretson, Sheila Specht, Quirina Schmidt, Harriet Steinley, Cecelia Roehrich, Ilene Schwengler, Colette Barth, Stephanie Storslee, and Renee Kipp!

OPTIONS COUNSELING: YOUR LINK TO SUPPORTS AND SERVICES AT HOME

Whether easing the completion of daily tasks such as cooking, home cleaning, laundry and shopping or learning about assistive safety devices, meals delivered to the home or respite for a caregiver, an Options Counselor is able to explore and link people to the services they need to maintain an independent lifestyle in their home or community.

If you or a loved one is in need of in-home supports or services or are interested in exploring options, contact Rhonda, the Burleigh County Options Counselor at 701-255-4648.



SINGLES CARD CLUB

Bored on Friday nights? Join the Singles Card Club for cards and company. They meet each Friday night at 7:00 pm in the Recreation Room of the Senior Center. Call Sharon at 663-3962 for more information!

WANNA PLAY SHUFFLEBOARD?

There are shuffle board paddles available to anyone who is interested in playing. Contact the Site Manager, Colette Barth, for assistance. Shuffle board is available on Monday, Tuesday, and Thursday mornings.

2015 AARP Tax-Aid Schedule February 2—April 15, Bismarck Senior Center South Conference Room

Monday: 9 am—12:30 pm

Tuesday: 1 pm—7 pm

Wednesday: 1 pm—5 pm

Thursday: 1 pm—7 pm

Friday: 9 am—12:30 pm

Saturday: 9 am—12:30 pm

NO APPOINTMENT NECESSARY!

Be sure to bring all
pertinent documents with you!

Older Americans Act federal regulations require individuals age 60 and older to complete an annual registration in order to participate in the Congregate Meals Program, or a semi-annual registration to participate in the Home-Delivered Meals Program. Individuals are notified when their registration needs to be updated.

Suggested donation:

- \$3.75/congregate meal
- \$4.00/home-delivered meal
- EBT/SNAP accepted

MEAL RESERVATIONS • Call at least one day in advance.

- Bismarck Senior Center, **258.9276** from 8:30 am to 3:30 pm
- Crescent Manor, **258.6646** from 10:30 am to 2:30 pm
- Wing Senior Center, **943.2490** from 9:00 am to 1:00 pm
- Home-Delivered Meal inquiries, please call **255.4648**

The meal price for those under 60 is \$7.50.
Menu items subject to change
based on availability.

April Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Meatloaf Creamed Potatoes Broccoli Normandy Pineapple</p>	<p>2</p> <p>Chicken-Dumpling Casserole Peas Carrots in Gelatin Mandarin Orange Cake</p>	<p>3</p> <p>Closed for Good Friday</p>
<p>6</p> <p>Chili Corn Muffin Coleslaw Peach with Cottage Cheese</p>	<p>7</p> <p>Meatball in Brown Gravy Whipped Potatoes Carrots Fruit Cocktail</p>	<p>8</p> <p>Pork Loin with Gravy Whipped Potatoes Green Beans Applesauce Gelatin</p>	<p>9</p> <p>Salisbury Steak Baked Potato with Sour Cream Beets Apricots Pudding</p>	<p>10</p> <p>Tangy Chicken Breast Scalloped Potatoes Broccoli Normandy Apple Crisp</p>
<p>13</p> <p>Chicken Nuggets Potato Wedges Vegetable Blend Apple Cookie</p>	<p>14</p> <p>Beef Stew Buttermilk Biscuit Apricots Brownie</p>	<p>15</p> <p>Pepper Steak O'Brien Potatoes Green Beans Tropical Fruit</p>	<p>16</p> <p>Pork Roast Whipped Potatoes with Gravy Buttered Corn Applesauce</p>	<p>17</p> <p>Baked Fish Dilled Potatoes Carrots Mandarin Orange Gelatin</p>
<p>20</p> <p>Sausage Whipped Potatoes Sauerkraut Green Beans Plums</p>	<p>21</p> <p>Baked Chicken Creamed Potatoes Winter Mix Vegetables Fruit Cocktail Cake</p>	<p>22 </p> <p>Steak with Onion Gravy Parslied Potatoes Carrots Orange Ice Cream Treat</p>	<p>23</p> <p>Swedish Meatballs Whipped Potatoes with Gravy Baked Squash Peach Gelatin with Topping</p>	<p>24</p> <p>Meat Lasagna Italian Vegetables Lettuce Salad with Dressing Banana</p>
<p>27</p> <p>Hamburger, Rice and Cabbage Casserole Corn Mandarin Oranges Pudding</p>	<p>28</p> <p>BBQ Chicken Breast Baked Potato with Sour Cream Marinated Cucumbers Watermelon</p>	<p>29</p> <p>Pork Fritter Wild Rice Capri Blend Vegetables Spicy Apple Rings Oatmeal-Raisin Cookie</p>	<p>30</p> <p>Roast Turkey Whipped Potatoes with Gravy Green Beans Strawberries with Whipped Cream</p>	

Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 & 10:30 am Bone Builders 1:00 pm Pinochle 1:00 pm Dominoes 1:15 pm Bingo	2 1:00 pm Woodcarvers 1:00 pm Bridge 1:15 pm Bone Builders	3 CLOSED FOR GOOD FRIDAY
6 1:00 pm Senior Center Singers 1:00 pm Pinochle	7 10:00 am Advisory Committee Meeting 1:00 pm Senior Club Meeting 1:00 pm Bridge 1:00 pm Wii Bowling 1:15 pm Bone Builders	8 9:00 & 10:30 am Bone Builders 11:30 am Senior Medicare Patrol 1:00 pm Pinochle 1:00 pm Dominoes 1:15 pm Bingo 1:30 Legal Aide	9 10:30 am Whist 1:15 pm Paper Crafting 1:00 pm Woodcarvers 1:00 pm Bridge 1:15 pm Bone Builders	10 9:00 & 10:30 am Bone Builders 1:00 pm Bunco 1:00 pm Pinochle 1:00 pm Line Dancing
13 1:00 pm Senior Center Singers 1:00 pm Pinochle 5:30 pm Senior Club Potluck	14 10:30 am Hearing Support Group 1:00 pm Bridge 1:00 pm Wii Bowling 1:15 pm Bone Builders	15 9:00 & 10:30 am Bone Builders 11:30 am Get Fit Challenge Awards 1:00 pm Pinochle 1:00 pm Dominoes 1:15 pm Bingo	16 1:00 pm Woodcarvers 1:00 pm BCCA Meeting 1:00 pm Bridge 1:15 pm Bone Builders 3:30 pm Volunteer Appreciation Party	17 9:00 & 10:30 am Bone Builders 1:00 pm Pinochle 1:00 pm Line Dancing
20 10:30 am Acrylic Painting Class 1:00 pm Senior Center Singers 1:00 pm Pinochle 6:00 pm Dinner Dance at the AmVets	21 1:00 pm Bridge 1:00 pm Wii Bowling 1:15 pm Bone Builders	22 9:00 & 10:30 am Bone Builders 1:00 pm Pinochle 1:00 pm Dominoes 1:15 pm Bingo	23 10:30 am Whist 1:00 pm Facebook Training 1:00 pm Woodcarvers 1:00 pm Bridge 1:15 pm Bone Builders	24 9:00 & 10:30 am Bone Builders (Dakota Room) 1:00 pm Bunco (Dakota Room) 1:00 pm Pinochle (Dining Room) RECREATION ROOM CLOSED
27 1:00 pm Book Club 1:00 pm Pinochle 1:00 pm Senior Center Singers 2:00 pm Pie Happy Hour	28 1:00 pm Bridge 1:00 pm Wii Bowling 1:15 pm Bone Builders	29 9:00 & 10:30 am Bone Builders 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Bingo	30 1:00 pm Woodcarvers 1:00 pm Bridge 1:15 pm Bone Builders	

Burleigh Senior Club News

CLUB MEETING

Tuesday, April 7th at 1:00 pm at the Bismarck Senior Center in the Ceramics Room

CLUB POTLUCK

Monday, April 13th at 5:30 pm Bismarck Senior Center in the Dining Room



Dinner Dance

Monday, April 20th, 6:00 pm
AmVets Club

Reservations for the Dinner Dance must be made in person at the Bismarck Senior Center on April 13th, 14th or 15th from 8:30 am to 1:00 pm. Please NO phone calls.

For cancellations **ONLY**, you may call 255-1694.

SENIOR CLUB OFFICES

CHAIR– Quirina Schmidt VICE CHAIR– Keith Cleveland TREASURER– Herb Ritz
SECRETARY– Elaine Beyl DIRECTORS– Cecelia Roehrich, Jane Anderson, and Mary Volk

The Senior Sentinel

| 9



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Health Maintenance

ASSISTIVE MEDICAL EQUIPMENT

The Bismarck Senior Center has medical equipment available to you on a 'loan' basis. Equipment that can be loaned out for up to 90 days include transfer/shower benches, walkers, canes, commodes, toilet risers, and other smaller items.

Wheelchairs are available on a limited basis for seven days only.

We suggest a donation of \$5.00 for each piece of equipment borrowed. A \$100.00 deposit check is required for wheelchairs. The check is returned to you upon the timely return of the wheelchair.



SPILLS CAN BE DANGEROUS!

“Safety first” is our motto at the Bismarck Senior Center! Please be careful when carrying coffee, water, or any drink to your seat, to the back room, or to play pool. This is to prevent any slipping and falling. Spills happen, and it’s okay! If you do happen to spill, please wipe it up. If you are unable to, please let a staff person know. They will be glad to assist you to prevent any accidents!



RANDOM HEALTH FACTS

- You burn more calories sleeping than you do watching television.
- You are about 1 centimeter taller in the morning than in the evening.
- No one seems to know why people blush.
- The attachment of the human skin to muscles is what causes dimples.
- Men have more blood than women.

APRIL SCHEDULE

Monday, April 13	Nurse in Wing, ND
Thursday, April 30	8:30—10:30 am Blood Pressure / Fasting Blood Sugar Screenings (No appointment necessary.) 11:00 am, Nurse in Sterling, ND

FOOT CARE SERVICES are available throughout the month by appointment only. Call 255-4648 to schedule your appointment.

ONE-ON-ONE VISITS for home-bound seniors are available. To inquire if you are eligible for a home visit, or to schedule an appointment, call 255-4648.

*All services are provided at the Bismarck Senior Center, unless otherwise indicated.

HEALTH MAINTENANCE SUGGESTED CONTRIBUTIONS

In Office Services

Foot Care: \$20.00
(Full Cost \$45)

Medication Set Up: \$5.00
(Full Cost \$24)

Blood Pressure: \$2.00
(Full Cost \$6)

Fasting Blood Sugar: \$3.00
(Full Cost \$7)

Home Visit: \$30.00
(Full Cost \$85)
(Includes any combination of above services)

Clients may, but are NOT required to contribute

SE Burleigh Golden Age Club News

SE BURLEIGH GOLDEN AGE CLUB, STERLING, ND UPCOMING EVENTS & ACTIVITIES




APRIL

- 1: Transit bus to Spirit Lake Casino
- 2, 9, 16, 23: Transit bus to Bismarck shopping
- 13: Activity Day– Bismarck Deal Day
- 15: Transit Bus to Wing Noon Meal
- 30: Regular meeting day at the Center

MAY

- 1, 7, 14, 21, 29: Transit bus to Bismarck shopping
- 6: Transit bus to Prairie Knights Casino
- 11: Activity Day – Video and Game Day
- 20: Transit bus to Wing Noon Meal
- 26: Regular meeting day at the Center

The transit bus goes to Bismarck for doctor appointments and shopping every Thursday except on meeting day and then it goes on Friday. Call Transit for rides at 224-1876. For other information, call SE Burleigh County Golden Age Club at 387-4749.

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<p>People are looking for your business.</p>  <p>Help them find it by advertising here.</p> <p>Contact Jim Byrne to place an ad today! JByrne@4LPi.com or (800) 678-4574 x4035</p>	 <p>KNIGHTS OF COLUMBUS IN SERVICE TO ONE. IN SERVICE TO ALL.</p> <p>www.kofc.org</p>	<p>Dakota Eye the Ones to See</p> 
		 <p>PRIMETIME Wellness At the Y Total Wellness Programming for Adults 65+</p> <p>MISSOURI VALLEY FAMILY YMCA (701)255-1525 ext. 109 www.bismarckymca.org</p>  <p>Total Wellness Programming for Adults 65+</p>

Wing/Wilton News

Golden Wing Club

A successful health fair was held on February 14; blood pressures, blood sugars, pulses, and more were checked.

There were two **simulated** emergencies. In the first **simulated** emergency, a group was playing cribbage and an argument started, ending up in a shooting. An ambulance was called, the victim was stabilized and taken to the emergency room. In the second **simulated** emergency, a person was shot by an arrow (rubber tipped). The ambulance was called again, the victim was stabilized and taken to the hospital. The ambulance crew received hours for their practical training.

GOLDEN WING CLUB EVENTS AND ACTIVITIES

APRIL

MAY

1: Transit bus to Spirit Lake Casino

6: Transit bus to Prairie Knights Casino

8, 22: Transit bus to Bismarck

13, 27: Transit bus to Bismarck

13: Regular meeting at the Center

11: Regular meeting at the Center

Wilton Pioneer Senior Center

APRIL EVENTS AND ACTIVITIES

1, 8, 15, 22, 29: "Hand and Foot" 12:30 pm, Pool 7:00 pm

4, 11, 18, 25: Dominoes 7:00 pm

6, 13, 20, 27: "Hand and Foot" 12:30 pm, Pinochle 7:30 pm

7: Monthly meeting and Program at the Center

16: Food Pantry

18: Senior Social 12:00 pm

Noon meals are served Monday through Friday at 12:00 pm, please call the day before. Wilton Meals on Wheels is Monday—Friday at noon and transport to the Washburn Senior Center for distribution. Morning coffee is also served at 9:00 am Monday through Friday. Medical supplies such as wheelchairs, canes, and walkers are available for rent upon request. For more information please call 734-6169.

REGION VII HEALTH & LEARNING DAY

Free and Open to the Public!

Tuesday, May 5, 2015 at the
Bismarck Senior Center

Tentative Schedule

8:30 am - 12:15 pm:

Exhibits Open

Health screenings of Blood Sugar, Cholesterol and more will be offered.

9:00 am - 12:00 pm:

Concurrent Workshops

Topics will include: Diabetic Sweet Treats, Volunteerism, Personal and Home Safety, Genealogy, and More!

12:45 am - 1:30 pm:

Keynote Address ~ *“Humor That Stress”*

Ann Dolence, Certified Recreation Therapist

Is stress getting you down? Need a good laugh? Ann will be presenting the health benefits of laughter and humor to counter that stress—proving that laughter really is the best medicine!

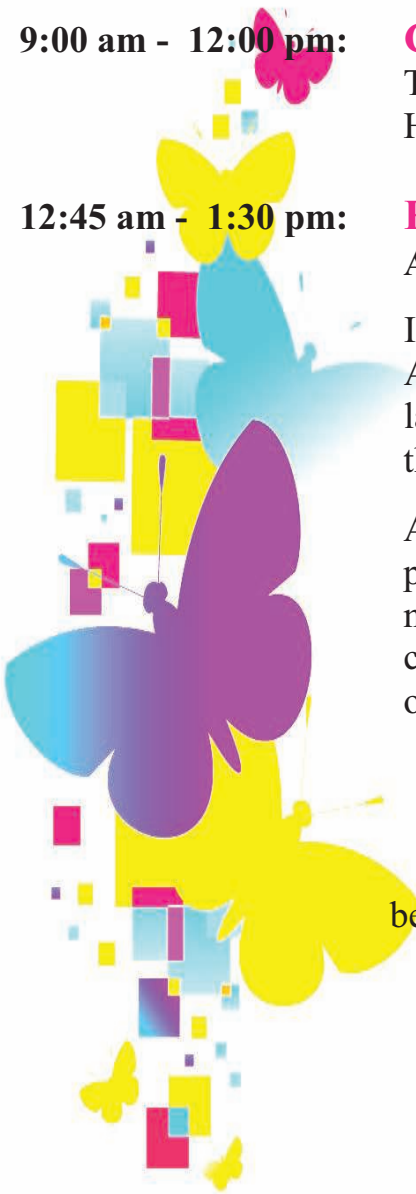
Ann is a certified recreation therapist, a self-published author, video producer, and health guru. She promotes nationally and locally that creativity, playfulness, laughter, and celebrations of life are nature’s way of re-energizing and revitalizing ourselves.



The Senior Center Coffee Bar will be open throughout the day, with beverages and snacks available. A Title III lunch reservation can be made by calling 258-9276 no later than Friday, May 1, 2015.

Cost of lunch is \$7.50 for those under 60.

If you are 60 or older the suggested donation for lunch is \$3.75.



Volunteer News

VOLUNTEER APPRECIATION PARTY

Bismarck Senior Center, April 16, 2015 at 3:30 pm
in the Dining Room.

Don't forget to bring your invitation with you to
enter your name for door prizes!

It's going to be a HOOT!



WE LOVE
OUR VOLUNTEERS

“Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another.” ~Erma Bombeck

BCSAP VOLUNTEERS MAKE A DIFFERENCE!

Thank you very much for your 2,583 hours of service in
February 2015!

“The world is hugged by the faithful arms of volunteers.”
~Terri Guillemets



Happy Volunteer Appreciation Week

National Volunteer Appreciation Week is April 12th-18th! In recognition of all the important, meaningful, inspiring, thoughtful and fun service RSVP+ volunteers do throughout the year, RSVP+ staff say THANKS for your time and dedication to serving the community!

“Those who can, do. Those who can do more, volunteer.”
~Author Unknown

Volunteer with the Young People in Your Life

Spring is just around the corner, and with the change in season comes many great opportunities to volunteer with the young people in your life. The “+” in RSVP+ allows individuals of all ages to volunteer, so take as many opportunities as you can to volunteer with your kids or grandkids! Contact RSVP+ for family-friendly volunteer opportunities.

“Volunteers do not necessarily have the time; they just have the heart.” ~Elizabeth Andrew

“Volunteers are love in motion!” ~Author Unknown

“The broadest, and maybe the most meaningful definition of volunteering: Doing more than you have to because you want to, in a cause you consider good.” ~Ivan Scheier

Office Hours

RSVP+ is open Monday through Friday from 8:00 am-4:30 pm.



RSVP+ Central ND
701-258-5436, Mary.Siverson@ndsu.edu
Erin.Pringle@ndsu.edu

“A volunteer is a person who believes that people can make a difference - and is willing to prove it.” ~ Author Unknown

“Volunteers are paid in six figures... S-M-I-L-E-S.” ~Gayla LeMaire

“A volunteer is like a rare gem. When placed in the right setting and cared for, they will shine and give pleasure to all who see them.” ~ Author Unknown

Thank You to Our Donors

Thank you to the following for their generous donations!
 (Donations listed below were received between February 11 and March 12, 2015.)

- Anonymous
In Memory of Howard Burns
- Carol Peterson
- Doris A. Fischer
In Memory of James W. Fischer
- Claudia Steckel
- Duane Mack
In Memory of Charlie Herman
- Capital Electric Cooperative
Operation Round Up
- Paul & Beryl Dinkins
- Midcontinent Communications



Burleigh County Senior Adults Program Giving Opportunities

The Burleigh County Senior Adults Program, a 501(c)3 nonprofit organization, accepts donations for its programs. Donations can be made to:

- *Nutrition
- *Health Maintenance
- *Options Counseling
- *Life Enrichment Activities

If you would like to make a donation, please send it, along with this completed form to:

BCSAP
 315 North 20th Street
 Bismarck, ND 58501

Enclosed is my gift of \$ _____ to the Burleigh County Senior Adults Program.

Please designate my gift to: Nutrition Health Maintenance
 Options Counseling Life Enrichment Activities
 Where it is most needed

My gift is In Honor / Memory of:

(Name of person honored or memorialized)

GIVING LEVELS
 Platinum: \$1,000 and up
 Gold: \$500—\$999
 Silver: \$200—\$499
 Bronze: \$100—\$199
 Friend: \$50—\$99

Your name will be placed on our giving wall with your donation, honorarium or memorial of \$50 or more.

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Telephone: _____

Burleigh County Council on Aging
 Burleigh County Senior Adults Program
 315 North 20th Street
 Bismarck, ND 58501

The Senior Sentinel is published monthly by the Burleigh County Senior Adults Program.
 315 North 20th Street • Bismarck, ND 58501 • 255-4648
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 Monday - Friday, 8:00 am to 4:30 pm

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Bismarck, ND 58501

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The Burleigh County Senior Adults Program and its governing board, the Burleigh County Council on Aging, assure that they will comply with Title VI of the Civil Rights Act of 1964, (P.L.88-352): If otherwise eligible, no person shall be denied or excluded from participation or benefits or be otherwise subjected to discrimination due to race, color or national origin. Any person, otherwise eligible who feels he or she has been denied service from participation for reason of race, color or national origin should contact the BCSAP Director at 701.255.4648.