Golden Roundup November 2012

On the Hunt

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Williston Senior Center **Enjoy Your Golden Years**

By Tie Shank

Life is always full of changes and we face many choices throughout our lifetime. As you approach retirement age, the time many of us look forward to, you also have other choices to make about how you are going to spend your "Golden Years."

The Williston Senior Center – Heritage Center, located at 18 Main St in downtown Williston, is there to help make your life easier, healthier and more enjoyable. They serve congregate meals Monday – Friday at 11:30am for a suggested donation of \$4.00 to seniors 60 and older and \$8.00 to those under 60.

They also offer a "Meals on Wheels" program for those seniors or disabled individuals who cannot get out during the day and a "Moms Meals" program on Saturdays and Sundays for individuals who are on the Meals on Wheels program during the week. To get more information about any of these programs, contact the center at 701-577-6751.

In addition to offering meal programs, the senior center has many activities going on throughout the week: You can take in a morning aerobic class, play SKIPBO or Pinochle, or even shoot some pool with your friends. They are always open to beginning new activities, just express your interest and they'll see if others have the same interest.

The center is a great resource. Medicare can be very

confusing and the center has volunteers who come in and sit down with you and will help you understand Medicare. They are there to answer your questions and to set your mind at ease. Call 701-577-6751 Monday – Friday to schedule an appointment for a one on one meeting with a volunteer.

If transportation is what you're looking for, look no further. The Williston Senior Center runs the Public Transit Monday – Friday from 7am to 6pm and on Saturdays from 7am to 2pm. The cost is \$2 per ride. Call 701-577-6753 a day in advance to schedule your ride.

You can purchase bus tickets through the center as well. The Bus line stops at the center two times each day and connects with Greyhound taking you too many cities throughout the United States. Remember to purchase your Saturday and Sunday tickets during the week because the center is closed on the weekends.

The Williston Senior Center will be closed on Thanksgiving Day and the day after, but will be celebrating Thanksgiving on Wednesday, November 28th. Call in advance to RSVP for a delicious Thanksgiving Dinner

The center is always looking for volunteers to help out in the kitchen and to deliver meals to homes. If you have a special talent, call the center and volunteer to perform for their lunch guest. All volunteers are greatly appreciated.



The Williston Senior Center - Heritage Center, located at 18 Main St in downtown Williston







Horizon Bazaar



Horizon
Assisted
Living in
Watford City
held a bazaar
on Nov. 2.
Left: Bazaar
patrons
enjoy some
lunch.
(Photos by
Kathy Taylor)

Stroke Affects Older Veterans

Recognizing Stroke Symptoms is Critical

Submitted by DPHHS

For veteran Chuck Bennett, it was a day just like any other. He came home from work and sat down to watch TV. The next thing he knew he was in the hospital. Bennett had suffered a stroke.

Bennett, who served in the Air Force for almost 22 years, had only one warning sign. His wife, Rita, noticed one side of his jaw drooping and called the family doctor. The doctor told her to immediately call 9-1-1.

"If there is any advice I can give a veteran it is get to the hospital, preferably by EMS, immediately if you think you are having a stroke," Bennett said. "Strokes can strike with no warning, but getting help immediately saved my life."

Each year in the United States, approximately 15,000 veterans are hospitalized for stroke-related conditions, according to the Veterans Health Administration of the Department of Veterans Affairs (VA). These numbers will rise as veterans grow older. The risk of stroke begins to increase dramatically after age 55.

"Unless they have someone looking out for their health issues, a lot of older veterans are unlikely to seek the medical attention they need," said Helena's Mike Hankins, a veteran of the Korean conflict and an advocate for veterans.

Delay is deadly in the event of stroke. In as little as four minutes, brain cells begin to die, so it is imperative to call 9-1-1 right away. The best treatment for stroke must begin within three hours from the start of symptoms. Treat-

ment can include a drug that breaks up blood clots and prevents further brain damage. Patients who arrive by ambulance receive faster care because the hospital can prepare before the patient arrives.

"Recognizing stroke symptoms and acting fast are critical to help save lives and prevent permanent impairment," said Anna Whiting Sorrell, director of the Department of Public Health and Human Services (DPHHS).

The DPHHS Cardiovascular Health Program kicked off in November a stroke awareness campaign in Lewis & Clark County.

The VA Hospital at Fort Harrison, the Montana American Legion, Lewis & Clark County Health Department, Helena Cooperative Health Clinic, Lewis & Clark County Library, St. Peter's Hospital, Senior Centers, and other local partners will help to get stroke education materials to the public over the next five months.

Stroke warning signs include:

Sudden weakness of the face, arm or leg usually affecting one side of the body

Sudden loss of balance or coordination

Sudden confusion, trouble speaking or understanding Sudden vision problems or severe headache with no known cause

To learn more about stroke, visit http://www.strokeassociation.org or call 1-888-4-STROKE (1-888-478-7653).



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Hunting A Live Long Passion



Harris and his 2011 personal record mule deer buck.

By Ashley Harris

Hunting sure has its challenges, but sometimes other obstacles stand in the way.

For local hunter Steve Harris Sr., hunting is a passion yet it has its extra challenges.

Ever since Harris moved to Sidney from Wisconsin 40 years ago, hunting has been a passion of his. "When

I came out here and saw all the deer, it just got me turned on to hunting," he said.

Harris always enjoyed taking his kids out hiking with him, even when their legs got too tired and he had to carry them. It was always a family thing; there was always at least 1 of the kids that wanted to tag along. Now Harris' kids are all grown up, and 2 of the boys Right: Harris in 1986 with one of his many bucks over the years.

Below: Harris single handedly carrying back his antelope buck in 2009.



kept that passion for hunting. Now that the boys are grown and on their own, Harris does more hiking by himself. "I love hiking, I love the nature of everything," he stated, "If I get something, that's just extra."

Over the last 15 years ago, Harris has had asthma problems which just added one more challenge to the hunt. Harris stated, "I'm always up for a challenge." He still carries back his deer and goes hiking, but now he has to go at a much slower pace.

Harris has had his share of ups and downs, just like every hunter. Last year was his best year yet as he harvested a personal record mule deer after a near perfect hunt. Harris and his son Steve Jr., set out on a hike and found him bedded down. After a great shot, they hauled it back the 3 mile hike together.

Plenty of memories have been made in his 40 years of hunting and Harris is adamant about one thing, "I have no intention of quitting."



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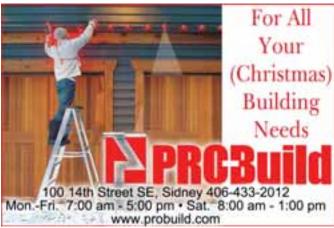
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Domestic Violence Awareness and Elder Abuse Prevention

By Tie Shank

Many people are sadly mistaken in to thinking domestic violence is a younger woman's issue, but unfortunately, violence and abuse have no discriminating factors. Age is no protection against sexual or domestic abuse and perpetrators are often those you'd never expect: home health aides, nursing home staff or residents or one's own family members. In 2010 the National Center for Victims Crime Publication found that in sexual abuse cases involving adults 60 years and older, only 15.5 Percent reported their abuse to the police.

Numerous things make older adults vulnerable to abuse: Their physical limitations, social isolation, mental impairments, fear of losing their independence, fear or lack of financial resources or housing, fear of retaliation, or shame and embarrassment are just a few.

Abusive behavior is not always sexual or physical, it can be anything used to maintain or gain power

or control of a person. It can be psychological threats or actions that influence another person such as; intimidating behaviors, humiliation, terrorizing, blaming, frightening, or hurting them.

It's important to take note of any changes in your friends or loved ones. Changes could be as simple as an unexplained bruise, a behavioral or attitude change, withdrawing from routine activities, isolating themselves from others, confining themselves to a certain room, a newly developed fear of speaking to their suspect or giving inconsistent explanations to injuries. If you suspect abuse, express your concern to your friend or loved one.

There is help available. If you are in immediate danger, call 9-1-1. If you are in need of emergency safety services, shelter or support, call the National Domestic Violence Hotline 1-800-799-SAFE (7233). Your health and safety is extremely important.







Fairview Memories

The Fairview News

THURSDAY, OCTOBER 24, 1935

AN INDEPENDENT NEWS PAPER

CCC Boys Are At Ridgelawn Site

Opening of the Ridgelawn CCC camp took place the early part of this week when a trainload of young men arrived Sunday with officers to be stationed at this site during the coming months.

The camp was constructed during the summer months just west of the reclamation camp. It consists of several large barracks, mess hall, recreational headquarters, commissary and headquarters.

It is hoped that the unit will eventually constitute 200 boys who will work on several projects of the reclamation system, which will include clearing brush land, rip-rap work at Intake dam and repair work throughout the system.

An invitation is extended to all the CCC boys and officers to visit in Fairview whenever possible. The people of this community will be pleased to give them all possible assistance in their work and as well as to show them a good time during their stay in the valley.

Sewer Project Advances Steadily

Speed with which the Fairview WPA sewer project is going forward has been very gratifying to local people in recent weeks and with the crew continuing at its present status in man power the system will be completed on about November I, in the opinion of Max Mathews, project foreman.

It is understood that about two and one-half miles of pipe line has now been completed and approximately 1200 yards can be added each week with the present crew. In the neighborhood of 70 men are working on the present shift and 40 men are on the shift following, thus making a total of 121 men on the job each month, according to W. L. Thompson, timekeeper.

The material needed to complete the job will all be here after the arrival of two carloads of cement which recently were ordered. Final shipments of sewer tile were recently received.

WANT AD. COLUMN

(Want advertisements are strictly cash in advance. Fifteen words for 25 cents. If adv. is over 15 words, 5 cents is charged for each additional five words or fraction thereof.)

TWENTY LOTS in Fairview for sale, all in same block, \$100 cash. See M. Thorsen. 42-2tc

CORN FOR SALE — 150 bushels Falconer seed corn @ \$4.50. Also one milk cow. Henry Arnston.

42-4tp

ALFALFA and sweet clover hay for sale. C. C. Nohle. 42-2tc

OATS for sale, \$1.80 per hundred. See S. J. Hardy. 40-4tp

PRIVATE STENOGRAPHIC work. See Dorothy McDowell at Pete Baitus home. 40-tfc

TIRE and rim found on Sidney-Nohly road. Owner may have same by calling at News office and idenifying and paying for this adv.

COTTONWOOD LUMBER, any dimension, \$20 a thousand. Sawdust, block wood and diamond willow posts. Paul Aurdal, Big Opening. 33-4tp-tf

HAVE MADE arrangements for logs. Can now fill all orders for lumber. I. B. Robins, saw mill, Fairview, Rt. 2.

FALCONER seed corn, \$4.50 per bushel, 99 percent germination test. Roscoe Deming. 42-6tp

FOR SALE — 10 large prime legally tagged beaver pelts. Dr. H.F. Tavlin. 43-1tc

SEED CORN — 25 bu. @ \$2.50 for sale, also Falconer shelled corn @ \$3.50. Germination tests from 96 to 100. Jim Marvin, Dore, N. D. 43-2tp

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Jan Dodge Retires from McKenzie County Tourism



Jan Dodge has been McKenzie County Tourism Director for the past six years.

By Ashley Harris

After working for the County for 10 years with 6 years as Tourism Director, Jan Dodge has decided to redirect her focus elsewhere. When she spoke about her experience there she replied, "I thoroughly enjoyed my position as tourism director. We expanded not only in tourism, but also welcoming people to the community."

Dodge described her departure as "bittersweet". She can picture a lot of expansion in the future. "I wanted to see the visitor center as a welcome mat to everyone passing through or moving to the community," she stated. She is

going to work more with the Pioneer Museum where she is Director and Secretary of the Treasury.

Dodge is originally from the Keene, ND area and has grown up in the area. Her family also does some farming and ranching, so she's excited to be able to participate more in that aspect now.

She is still on a variety of committees, including the Centennial Committee which is planning for the 2014-2015 celebration. "I'm looking forward to the efforts on that," Dodge mentioned.

"I'm not going anywhere, just wanted to redirect my focus," she stated.

Retirement The Next Generation



Mike Mohl

Submitted by Mike Mohl Ameriprise Financial

If you had a dollar for every time you heard the phrase "Start investing early," you could retire with a million. If you actually acted on the phrase, you are probably retiring with more. Now is the time to encourage your children and grandchildren to start saving as soon as they get their first job.

Let's assume that your teenage child or grand-child is employed for five years from age 16 to 21. During this time, he or she saves \$277 per month (\$3,326 per year) and invests the money in a Roth IRA (paying taxes, of course, but at a low tax bracket). This may be a serious sacrifice for a teenager, so any contribution from you would be of great help. Assuming the money returns the historical equivalent of a diversified 60% stock/40% bond portfolio, your child can retire at 65 with \$1 million tax-free, without having to invest another dollar after age 21.

Past performance is no guarantee of future results. This is for illustrative purposes only and not indicative of any investment. Government bongs are guaranteed by the full faith and credit of the United States government as to timely payment of principal and interest, while stocks are not guaranteed and have been more volatile than bonds.

Source: Stocks in this example are represented by the Standard & Poor's 500, which is an unmanaged group of securities and considered to be representative of the stock market in general. Bonds are represented by the 20-year U.S. government bond. An investment cannot be made directly in an index. The data assumes reinvestment of all income and does not account for taxes or transaction costs. The diversified portfolio was rebalanced every 12 months. The return used for calcualations was the average of 50-year rolling returns for 1926-2010.



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Demystifying Medicare Part D Enrollment

(BPT) - With so many options based on where you live and what prescriptions you need, selecting a Medicare Part D Plan can be complicated and time consuming. However, every American 65 and older or Medicare disabled who wishes to enroll must enroll in a plan for 2013 no later than Dec. 7, 2012.

Alexis Abramson, Ph.D, a gerontologist and leading advocate for health and wellness issues affecting baby boomers and seniors, offers five simple tips to guide you through the process during this year's registration window.



1. Sign up for Medicare Part D - no matter what. Even if you currently don't take any prescription medications, you should still consider signing up for a Medicare Part D Plan. If you enroll late or when you

are in need of drug coverage, you could pay much higher premiums. The only exceptions to this rule are seniors with equivalent or creditable drug coverage from an employer's health care plan, retiree health plan or from the U.S. Department of Veterans Affairs.

2. You can get Part D two ways, but PDPs are a more affordable option.

Your first option is to buy Part D coverage as part of a private Prescription Drug Plan (PDP) that is based on the drugs you take. Your second option is to sign up for Medicare Advantage, a Medicare HMO (Health Maintenance Organization) that also includes Medicare Part A and Part B (hospital and medical). According to the Kaiser Family Foundation, a majority of Medicare Part D enrollees opt for private PDPs.-

3. Plans change annually so take your time to research.

Assessing all your options isn't easy. You must weigh short-term savings in monthly premiums against longterm costs from co-payments or limited overall benefits. Consider your developing health concerns and how easily a plan will allow you access to your favorite

doctor or specialist and medications you may be taking.

4. Preferred pharmacies matter.

Once you've found a plan that fits your budget and medication needs, don't forget about convenience when filling your prescriptions. A pharmacy accepted as 'preferred' by a Medicare Part D Plan is a network pharmacy that offers covered drugs to plan members at lower out-of-pocket costs than what the member would pay at a non-preferred network pharmacy. For example, Walmart is a preferred pharmacy on multiple plans including the Humana-Walmart Preferred Rx Plan. People with high blood pressure or who are concerned about heart health also should know that Humana and Walmart just announced that members of the Humana Walmart-Preferred Rx Plan will have access to 10 hypertension drugs for a penny each when filled at one of the 4,400 Walmart or Sam's Club pharmacy locations.

5. Medicare plan finders are your friend.

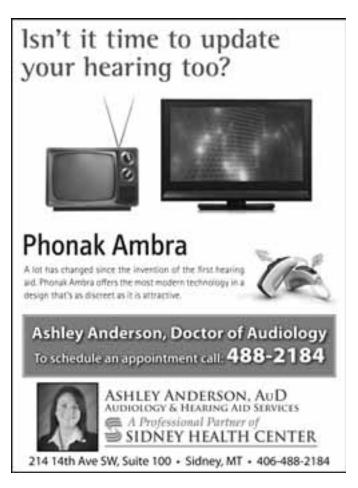
There are so many options out there, so it can be hard to keep them all straight. Try one of the simple online search tools that source the most cost-effective plan for you. Walmart.com/RxPlan is easy to use and compares all available plans for you based on your zip code and medications you take.



Honoring Our Heros

Rau Elementary in Sidney paid tribute to the veterans of the armed forces to comemorate Veterans Day by singing patriotic songs at several locations in Sidney. The sudents performed at the Kiwanis luncheon at the Elks and The Lodge on Thursday, November 8. Above: Rau music teacher Leif Halverson introduces the students to the audience at The Lodge.







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Dr. Douglas Clark, M.D.

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