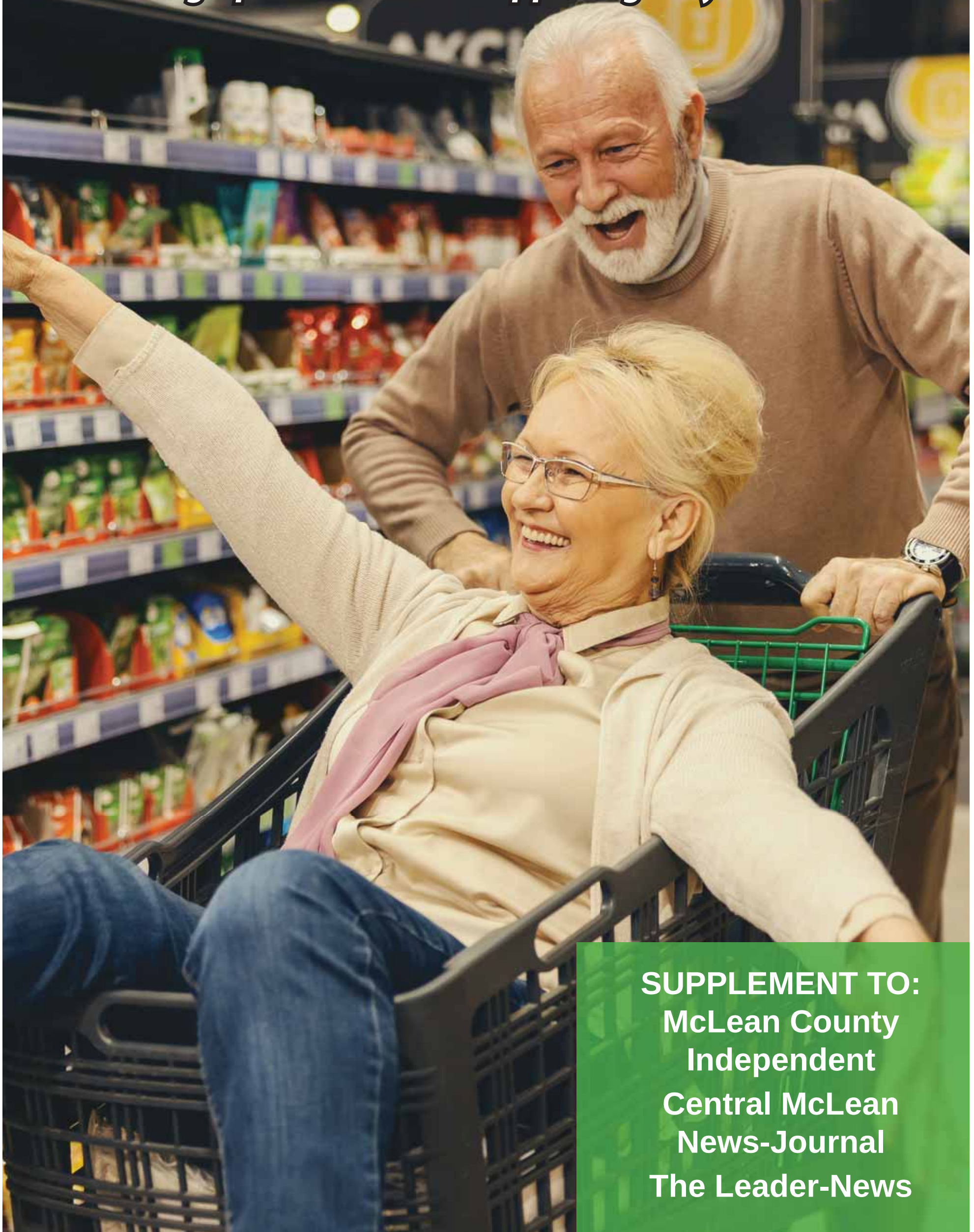


MY LIFE, MY TIME

Highlighting local community members, senior living tips and historic happenings in your area



**SUPPLEMENT TO:
McLean County
Independent
Central McLean
News-Journal
The Leader-News**

Max MOWs a community lifeline

BY ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

Meals on Wheels programs have become a vital lifeline for many seniors who may be unable to leave their homes or cook for themselves. These programs deliver hot, nutritious meals directly to the doorsteps of seniors, ensuring they receive the nourishment they need to maintain their health and independence.

In Max, one such program

has been serving the community since May of 2019.

According to Kathy Huettl, director of the Meals on Wheels in Max, the program serves an average of 11 meals per week-day to seniors in the Max, Benedict and Douglas areas.

While the number of households they serve has decreased over the years due to people moving or passing away, “the program is still able to help around eight to ten families each week,” she said.

Huettl emphasized that the Meals on Wheels program is open to anyone in the community and surrounding areas over the age of 60.

“Seniors can reserve a meal and come into the cafe anytime after 10:30 a.m. until about 1 p.m. on any weekday (Monday through Friday) to enjoy it,” Huettl said. “Meals are also delivered directly to seniors’ door-

MOW
continued on page 5



Kathy Huettl, owner of the Max Cafe and director of the Meals on Wheels program in Max, said that around eight to 10 families are served each week by the program – and she would like to see more take advantage of it.



Tia Zuck, left, and Misti Wills prepare meals, which will be delivered to seniors as part of the Meals on Wheels program, at the Max Cafe on March 9. (James C. Falcon)

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Over a century of history

Wilton's Soo Depot tells story of coal miners, city founder

What is now a museum of the area's storied railroad industry was first a bustling train station that helped transport coal miners and also reportedly housed Wilton's founder.

The Soo Line Depot is nearly as old as its city of residence, being built in 1900, one year after Wilton was established.

Like Wilton, the depot was created by William Drew Washburn, who founded the city following his purchase of 115,000 acres of land in central North Dakota, including the large lignite mine east of Wilton.

Washburn, who laid railway tracks throughout his newly-acquired property, established the depot alongside the tracks in Wilton, with plans to use the depot as a hub for coal mining operations.

Miners traveled by train from Wilton's depot to work in underground mines for many years, paying a fee to avoid travel by foot during the winter months.

The new depot was purchased in 1904 by the Minneapolis, St. Paul and Sault Sainte Marie Railroad Company, also known as the "Soo" in reference to the phonetic spelling of "Sault."

It served as a sort of headquarters for Washburn's new railway and coal endeavors and reportedly also as a personal dwelling for him when doing business in Wilton.

Depot Specifics

Designed by Minneapolis architect William Keith, the depot was twenty feet wide, sixty-eight feet long and was completed, with electricity, on December 17, 1900. A twenty-four foot addition was added in 1907.

The depot was largely

akin to other stations of this time period and featured a simple rectangular footprint with an overhang across the platform and several small rooms inside.

A five sided bay window projecting off the ticket office allowed the station agent a view along the tracks. An interior window with wrought iron brackets separated the ticket office from the waiting room.

A three-roomed apartment on the second floor officially served as the stationmaster's quarters but many reports claim Washburn used it as his personal apartment when he was in the area.

What sets the depot apart is its oriental pagoda, a 16-square-foot octagonal tower perched at the top of the depot. No official documents have explained the reasoning for the pagoda, but some state historians credit Washburn's travels across Asia with inspiring the unique feature.

About William D. Washburn

Washburn was born in a rural part of Maine and studied law before moving to Minneapolis, Minnesota.

Much like his brothers, Washburn pursued business ventures in multiple industries throughout his life, becoming wealthy after early endeavors in lumber and flour milling.

Washburn founded the Pillsbury-Washburn Milling Company, which later became the Pillsbury Company, which was finally purchased by General Mills, which was founded by his brother Cadwallader Washburn.

From 1883-1889, Washburn served as the first president of what would become



State Historical Society of North Dakota

This 1973 photo shows Wilton's Soo Line Depot, which is over 120 years old. (N.D. Historical Society)

the Soo Line Railroad and founded the Washburn Lignite Coal Company during his ventures in North Dakota.

Washburn served in both the Minnesota and United States House of Representatives, and later in the United States Senate.

Upon his death in 1912, the Washburn Leader noted that flags in the town were at half mast in his honor.

Moving the depot

The Soo Line Depot operated for well over a half century before being retired in

December of 1970 as the line was discontinued.

As Wilton began planning for the United States bicentennial in the mid 1970's, a committee decided that the depot would be a fitting commemoration.

With the stipulation that it be moved from railroad right-of-way, the Soo Line donated the depot to the city and in May of 1976, it was relocated to the corner of McLean Ave and 1st Street in Wilton.

The depot has now become a railroad museum cataloging and preserving the

history of the local industry and its past 123 years in Wilton.

In 1978, the Depot was added to the National Register of Historic Places.

Today this building stands as the only physical reminder of Washburn's railroad endeavor.

(Information courtesy of the North Dakota State Historical Society, Society of Architectural Historians, The National Parks Service, Prairie Public and the City of Wilton)



State Historical Society of North Dakota

The depot was used to transport miners to work each day for about 20 years. In this 1914 photo, a freight train is stopped outside the Depot at its original location.



State Historical Society of North Dakota

The Soo Line Depot, viewed here from the west, was built in 1901 by William D. Washburn.

Fun activities for seniors

Physical activity is an important component of overall health. Health experts advise that exercise can increase lean body mass, prevent conditions like diabetes and cardiovascular disease, improve balance, and positively affect mental health/cognition. Exercise also can foster socialization with others, helping people overcome boredom and isolation.

As individuals get older, they may not be able to participate in all of the activities they enjoyed as youths, but that doesn't mean older adults must resign themselves to sedentary lifestyles. There are plenty of entertaining ways to remain physically active that can accommodate any limitations a person may have. Explore these methods for staying active.

Garden or do yard work

The Office of Disease Prevention and Health Promo-

tions says adults should get 150 minutes of moderate exercise per week. Raking leaves, mowing the lawn, digging in flower beds, trimming bushes, and other outdoor tasks could help a person meet this quota in a way that doesn't seem like exercise at all.

Explore senior center offerings

Community senior centers often fill calendars with a vast array of activities, some of which can include physical activities. Hikes, walking tours, dances, and other activities all serve as entertaining ways to get out and about while meeting some fitness goals.

Play games with grandchildren

Little kids may inspire older adults to be more active, as it can be difficult to keep up with those youngsters. Take

infants or toddlers for walks or push them in strollers. Attach a child seat or towing carriage to a bicycle and ride around the neighborhood. Play games that require movement, such as hide-and-seek or Marco Polo in the pool. If it's snowing, have a snowball fight or make a snowman in the yard.

Take up a new hobby

Find hobbies that incorporate physical activity. Perhaps learning to salsa dance or taking Zumba® will be fun? Pickleball has caught on across the nation. The sport is a mix of tennis, racquetball and badminton that caters to all ages. Joining a bowling team is another way to get active and meet new people.

Physical activity is important at any age. Seniors can explore fun ways to stay in shape and be active to reap all the benefits of exercise.



When seniors plan trips, they have many ways to get around in style. (Stock photo)

Retired? Now what?

Retirement provides individuals with ample time to engage in activities they enjoy. Many seniors spend that newfound free time relaxing and seeing the sights.

Seniors are a travel-friendly demographic. The World Tourism Organization says that, in 1999, more than 593 million international travelers were age 60 years and older. Seniors are projected to take two billion trips annually by 2050. As Baby Boomers and Generation Xers continue to retire, a larger portion of the overall population will have time to travel.

When seniors plan trips, they have many ways to get around in style.

Cruising

Cruising can be an ideal way for older adults to travel. Cruise ships depart from ports across the world and travelers can choose from an array of itineraries. People can travel on cruises that are at sea for as few as three to five days to others that are out for weeks at a time.

One reason seniors enjoy cruising is because it's all-inclusive with little extra planning required. Step aboard a cruise ship and enjoy a floating hotel complete with food, lodging, entertainment, shop-

ping, gambling, and much more. Organized excursions at ports of call can add to the thrill of cruising.

Guided tours

Escorted tours are another option seniors may want to consider. By working with reputable tour operators, seniors can engage in affordable, safe and comfortable tours via bus, train or other modes of travel. Tour companies take the work out of the trips by handling the details and showcasing the best locales. Tour experts know when to schedule meals and sightseeing to avoid the crowds so that everyone can sit back and relax on their adventures.

RV excursions

Travel by recreational vehicle is a great way for individuals with time on their hands to see the sights up close and personal. When RVing, the time spent traveling is the adventure, and the destination is simply the cherry on top.

The RV industry exploded during the pandemic because it provided a safe way to enjoy a vacation and get away from home. MARVAC Michigan

TRAVEL

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Lowering blood sugar may reduce Alzheimer's risk

Aging is associated with certain ailments, some of which concern seniors more than others. One of the conditions many older adults worry about is dementia, particularly in the form of Alzheimer's disease. Though there's no cure for Alzheimer's disease, recent research suggests reducing blood sugar may be associated with a lower risk.

Doctors and researchers have determined a link between high blood sugar levels and the formation of dementia, which includes a loss of memory and thinking skills that afflicts millions of older people. A 2013 study published in the *New England Journal of Medicine* found that, even when diabetes was not evident, there is a correlation between sugar and dementia. A blood sugar level above normal levels (depending on activity level and weight, among other factors) can contribute to an elevated risk of developing dementia. Furthermore, a longitudinal study published in 2018 in the journal *Diabetologia*, which followed 5,189 people over 10 years, found those with high blood sugar had a faster rate of cognitive decline than those with normal blood sugar - whether or not those blood sugar levels classified the people as being diabetic.

The link could be due to an enzyme that breaks down insulin. Insulin-degrading enzyme, a product of insulin that breaks down both insulin and amyloid proteins in the brain, which are the same proteins that can lead to Alzheimer's disease, is a factor in the connection to dementia. Melissa Schilling, a professor at New York University, reviewed studies and found that people who

have type 1 diabetes and don't produce enough insulin can't break down the amyloid proteins naturally. Furthermore, those who take insulin to treat diabetes can end up with a surplus of insulin in the body. The insulin-degrading enzyme gets used up trying to break the surplus down. This doesn't leave enough enzyme to tackle amyloid brain clumping proteins. These same scenarios can occur in people if their blood sugar levels are elevated, even if they don't have diabetes yet.

Data published by Harvard Health Publishing indicates "any incremental increase in blood sugar was associated with an increased

risk of dementia." Individuals who have elevated blood sugar levels, or roughly 100 mg/dL or higher after a fast, can tame sugar levels by exercising, losing weight and shifting away from highly refined grains. Individuals also may want to favor a Mediterranean style of eating, which focuses on fish, olive oil, fruits, vegetables, and beans over a processed carbohydrate- and sugar-laden diet.

High blood sugar is another factor linked to the formation of Alzheimer's disease and other dementias. Making lifestyle changes can keep seniors healthy throughout their golden years.



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The rare serviceman

Wiese one of few remaining WWII veterans

Former Washburn resident 96-year-old Jack Wiese is one of the area's last living veterans of World War II, which concluded more than seven decades ago.

Jack, who turned 18 the same year the war ended, was stationed in the Philippines as a member of the U.S. Navy during World War II.

A longtime resident of Washburn, Jack is one of the city's few remaining veterans of the war.

Jack married Alice (Sackman) Wiese in 1945 and the couple had three children. Their son Bob and his wife Jill reside in Washburn. Jack and Alice's other children -- Linda and Larry Maslowski and Gordy and Eileen Wiese -- live in Bismarck.

Jack worked for the U.S. Postal Service until retiring and has been an active member of the Washburn American Legion Post No. 12 for 78 years.

Two other Washburn World War II veterans, both also members of the U.S. Navy, died within the past few years.

Gerald "Stork" Norquist served in the Navy from 1944 to 1946, and died in 2020 at age 94.

Ray Wicklander served in the U.S. Navy Air Corps from 1941 to 1945, joining just after Pearl Harbor. Wicklander died in 2019 at age 98.

Jack and Alice currently reside in a nursing home in New Salem.



World War II Veteran Jack Wiese is pictured with his daughter-in-law Jill Wiese. (Submitted)



Wiese was stationed in the Philippines during his time serving in the U.S. Navy. (File photo)

MOW continued from page 2

steps, ensuring they receive the nourishment they need even if they are unable to leave their homes."

Huettl pointed out that the program has a menu made for the whole month. Seniors can order one to two meals for one week or all five meals the next week, all depending on if the menu appeals to what they want to eat.

As long as they call their request in by 9:30 a.m., they can get their meal that same day. Meals are prepared to program requirements, but due to food supply, some weeks they need to rotate or substitute.

While the Meals on Wheels program in Max has been able to provide essential services to the seniors in the community, Huettl noted that there is always a need for volunteers.

Her husband usually does

the deliveries, but he recently had back surgery, so the staff and Huettl have been working hard to ensure all meals are delivered.

The Meals on Wheels program in Max is an essential lifeline for seniors in the community. As the program continues to serve its purpose of providing nutritious meals to seniors, it relies on volunteers to help with deliveries and other tasks. The program also has a vehicle that is currently in the shop for repairs, so anyone interested in volunteering to do the delivery on a specific day or days each week would be greatly appreciated.

If you are interested in volunteering or know someone who could benefit from the program, reach out to Kathy Huettl at the Max Cafe (701-679-8268) or the Max Senior Center for more information.

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Stepping up in a small town

BY CAMMIE WRIGHT
cammie@nordaknorth.com

Rural communities often lack the resources of larger cities, especially concerning economic development and local organization.

Local leaders like Diane Schell of Underwood and Turtle Lake mayor Dianne Zenker know this better than most.

Schell, a former Underwood City auditor and avid community organizer, says her connection to the community is part of her DNA.

"I've lived in McLean County all my life," Schell, who is an active member in the Underwood Area Economic Development Council and Civic Club, said. "I grew up on my parents' small dairy and grain farm six miles southeast of Underwood and attended Underwood School. We didn't get to town very often, but when we did...we loved it! On Sundays, after Sunday school and after dinner at Grandma's house we'd go to the Rexall and look through the comic books and maybe get to buy one. We'd hear the car races going at the track, but never got to go. We loved school, probably because we could get to town and see everything. I have great childhood memories that I hope can be recreated for others."

Schell considers herself more of a helper than a leader. She says her experience with the JC's group developed her passion for progress in Underwood.

"I learned how to put projects and events together through the JC's," Schell said. "The JC's were a great group of people who supported and helped you with any idea or project you had a passion for. I think because of the positive support from fellow JC's many local leaders were developed. You didn't have worry about having your ideas crushed or dismissed. We had fun doing

projects and I loved seeing people enjoy themselves."

Schell says she had inspiration from others as well, specifically Syl Vonderhied.

"Underwood has had many great leaders through its 120 years," Schell said. "One that always impressed me, and I wish I could be more like, was Syl Vonderhied. He supported everything and everyone. If you needed a ride to a football or basketball game, you just asked him and he was always willing to give you a ride. If there was an event, he was there. If there was a cause or a fundraiser, he always supported them, even in his elderly years. I think a good leader should be like Syl. Support everything and everyone. Don't try to tear people or their ideas down."

Schell hopes that younger residents can continue the tradition of homegrown initiative in Underwood.

"I'd say to young parents that by participating in events and organizing events, and getting your family and friends involved, it gives your children a "step-up" in their leadership development," Schell said. "I've seen parents bring their little children to events their helping with, and those little children are setting up chairs, having fun participating, helping with clean up after an event. By participating in events,

you start to make friends, you get to know other people in the community, and you find out where your skills are needed and where you could volunteer those skills to help your community. Again, helping your family and friends."

Although Turtle Lake mayor Dianne Zenker didn't grow up in McLean County, her ties to the area began in the early 80s.

"We moved here 2001, but we had a cabin at Blue Lake since 1981 and each spring we were welcomed back for the summer," Zenker said. "So we loved coming back each spring for that reason."

Dianne's late husband Greg served as Turtle Lake's mayor and their son, also named Greg, is on his second term as city commissioner in Bismarck. But although it appears leadership runs in the Zenker family, Dianne says that it all came down to a calling to step up and serve her community.

"It was never my intention to run for any office," Zenker said. "In fact, when my husband ran for city commission, I told him 'You do the city I will do the church' because I was on the council at St. Catherine's at the time. It was only after my husband died, and Dick Britton stepped up to become mayor that I said I would serve out Dick's term. I have to admit it



Diane Schell calls bingo numbers during the recent Ham it Up Bingo event hosted by the Underwood Civic Club. (NorDak North)

was intimidating, being the only woman on the commission and I had never done anything like it before. Whether it is church or community organization, volunteers make it work. The best way to get to know a community is to volunteer and you can make the best friends... I know I have."

Zenker says a good leader should listen more than they

speak.

"A good leader must be open to new ideas," Zenker said. "Serving as mayor I strongly feel it is important that I listen to the citizens and let them know they are being heard. I may not be able to solve the problem or go forward with a suggestion, but I will give it my best shot. And I will always listen."

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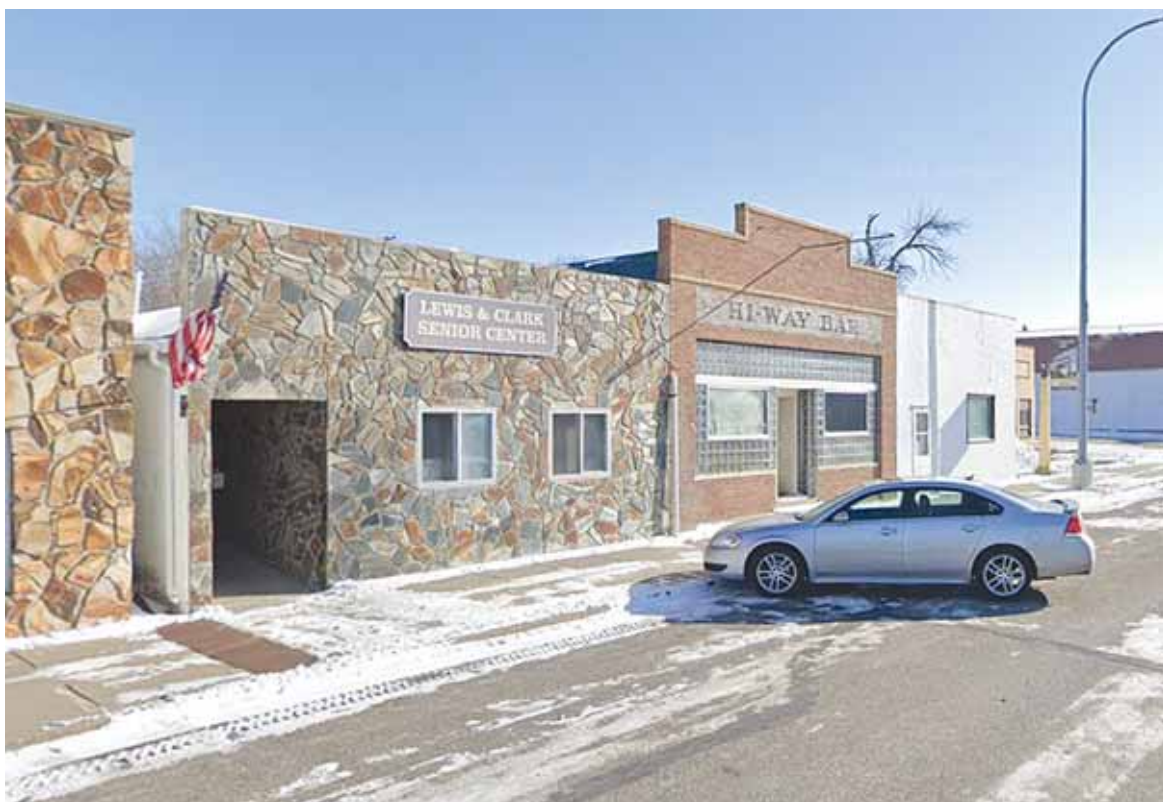
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The Lewis & Clark Senior Center is looking for new people to become members and take part in events at the facility. (File photo)

Washburn senior center seeks members

Local community members can find opportunities to socialize, play games or host events at Washburn's downtown senior center.

The Lewis & Clark Senior Center is looking for new members to join the facility, which offers monthly get-togethers and a variety of benefits for the older population.

Seniors age 55 and up are welcome to enjoy billiards, coffee and socializing every

day at the center, plus take advantage of membership perks, like open access to the kitchen and sitting areas.

Members are invited to monthly potlucks every second Friday of the month, with birthday celebrations the third Friday.

Card games are held every Tuesday at 2 p.m., given enough members are in attendance.

And while anyone is able

to rent the center for special events, members get a discount on both daily and hourly rentals.

Membership dues are \$10 per year per person and the center is actively looking for new people to join the facility.

The Center is located at 714 Main Avenue in Washburn.

For more information, contact Gary at 701-527-4061 or Carol at 701-462-8106.



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City of Wilton to celebrate 125th

City begins planning for Quasquicentennial

Wilton's Quasquicentennial celebration has been set for the second weekend in July of 2024, with event details coming together as planning begins.

The Wilton 125th anniversary celebration is set for July 12-14, 2024, with volunteer community members getting to work on making the event a splash.

Volunteers are in the initial planning stages that include brainstorming a wide variety of options for the celebration.

Initial ideas for the event include a 5K/10K, parade, community church service and alumni banquet.

Potential entertainment included a street dance, a fashion show of fashion through the

years, movies in the park and evening fireworks.

Several athletic tournaments are also being discussed including corn hole, horse shoe, pickleball, softball, volleyball and basketball.

Options for family-friendly afternoon activities include inflatables, paddle boat races, face painting, old time photos at the senior center and a dunk tank.

Details for the event have not been set and planning will take place over the next year. Anyone interested in taking part in helping with the event is invited to attend the next planning meeting on April 12 at 7 p.m. at the Wilton Ambulance bay.

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Submitted photo

Driven by dedication

BY CAMMIE WRIGHT
cammie@nordaknorth.com

“Is your seat warm enough?” Hughie Weisenberger asks a rider as he checks the temperature settings in his van on a cold March morning.

Weisenberger drives for West River Transit, a non-profit transportation service that serves area residents. His daily routes take customers to and from appointments, errands, shopping trips and meetings.

“I have to make sure I schedule my time right, especially when I have folks who have appointments in Bismarck,” Weisenberger said. “Today I had nine riders with appointments so I am waiting for them to call me back so they can do their shopping or whatever they need to do afterwards before we drive back.”

Weisenberger, 70, says the six years he has been working for West River Transit is the latest iteration in a life of service for the Army veteran.

“I have always wanted to live a life of service,” Weisenberger said. “I served in the military, I was a mailman for 30 years delivering door-to-door, walking the streets. And so I decided to come out of retirement to work for West River Transit because I feel a

call to serve, I always have.”

West River Transit executive director Carol Anderson has led the program for more than three decades. She says the organization is an essential service for many in rural areas, and drivers like Weisenberger are paramount to the program’s success.

“We get great compliments on our drivers,” Anderson said. “We have some drivers that have been with us for us a long time, we have a lot of dedication. The great feedback is a testament to them.”

The idea behind West River Transit is not far off from ride sharing companies like Uber or Lyft. Although there is no app to log in to, rides are scheduled by calling ahead to the central dispatch center, which then facilitates the driver and vehicle needed to accommodate the trip. The organization started in 1975 through a grant established by the Federal Transit Administration and the North Dakota Department of Transportation. Its purpose is to “exemplify an innovative rural public transportation program, in a multi-county region adjacent to Bismarck,” according to its website.

“Transportation is essential for elderly and disabled people because they don’t have a lot of options in the rural areas,” Anderson



said. “We provide transportation for regular essential appointments like dialysis for example. If people can’t get to those appointments, it can be a life-or-death situation. If people don’t have reliable and safe transportation to those essential appointments, they must move to cities where the services are local and easily accessible.”

The organization has 22 vehicles in its fleet, including buses and vans. Some West River Transit vehicles include a wheelchair lift and custom back seat area for those who need accommodations.

“To serve in this capacity is an honor,” Weisenberger

said. “The service is such a dividend for what the people have invested in all their lives, so now we are here for them to drive them wherever they need to be.”

West River Transit serves Burleigh, Dunn, Grant, Oliver, McLean, Mercer, and Morton counties. It also provides transportation to popular events in Bismarck and Minot, Prairie Knights

Casino, and other activities around the areas served. Anyone can schedule rides, and the organization’s website has a schedule of planned trips based on events in surrounding locations.

For more information about West River Transit, view their event roster, or to schedule transportation, visit www.westrivertransit.com or call 701-224-1876.

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New hospital to feature comforts and amenities

Ever since F.W. Woolworth added a “motor stairs” to its downtown Minot store in 1953, escalators have been rare in Magic City structures. But that will change this spring when Trinity Health’s new Healthcare Campus and Medical District (HCMD) joins a tiny group of Minot buildings to feature, among other amenities, an escalator just inside the main entrance.

No need to wait for an elevator, the escalator will serve as a perpetual conduit optimizing patient flow from the main entrance to the Integrated Procedural Platform, an array of emergency, surgical, imaging and interventional care units, centrally located to accommodate patient care needs and today’s technologies.

“The escalator will come in handy as a mobility option for patients and visitors who want to access the second-floor where most of the outpatient services are located as well as the large hospital waiting area,” said Dave Kohlman, vice president of Facilities Management.

Hospitals can be stressful places, especially when a loved one is sick or injured. To ease anxiety, Trinity’s new campus will incorporate family- and visitor-friendly amenities designed to help the edgiest visitor experience a sense of calm. Naturally lit spaces and open-air design will evoke a sense of comfort and reassurance. Add to that warm, natural materials that suggest an overall mood of serenity.

The cafeteria, a major amenity for families and individuals, will offer a cornucopia of food choices, according to Desiree Steinberger-Blevins, director of Nutrition Services. “We’ll have tried-and-true items as well as some new fun flavors for guests to experience; for example, on certain days we’ll offer different stations for submarine sandwich-



Trinity Health’s new Healthcare Campus and Medical District, located in southwestern Minot, will open this spring. (Submitted)

es or pizza, or a world cuisine station for Mexican, Asian or other international fare. We’ll also incorporate different cooking techniques to provide healthy food options for staff, guests and patients,” she said.

To further ensure visitor convenience, amenities such as The Station Coffee Shop, gift shop and drive-through pharmacy will be available. And not all the amenities will be indoors. Tied in to the sidewalk system will be a rest area and park complete with trees, park benches and playground equipment – a nice alternative for families as well as an opportunity for visitors and staff who wish to take a walk or enjoy lunch outdoors.

Twenty-first century hospitals are more patient-centered and holistic in their design, and Trinity Health’s new

HCMD will be no exception. Kohlman says the elements of patient safety, comfort and privacy have been built into the overall design, a process that has been developed and fine-tuned over several years in consultation with experts and key clinical staff.

“Patients arriving at the new facility will notice a welcoming environment,” he said. “They’ll be dropped off at a canopy-covered entrance, protected from rain and snow. When patients leave the hospital, it will be a much more dignified exit. They’ll depart from a discharge lounge, so they won’t have to go through the main hospital.”

Another major design element will be what Kohlman describes as a “front of house” and “back of house” feature. The division will

keep service functions separate from patients and their families and shield the sick and injured from public view. In addition, patient privacy will be greatly enhanced by the hospital having 100% private rooms. Studies show that healthcare facilities designed around patient needs improve healthcare outcomes, resulting in reduced stress, fewer hospital-acquired infections and greater satisfaction.

The new Healthcare Campus and Medical District is located along 37th Avenue SW in Minot, a mile and a half west of the Walmart store. It’s comprised of an acute care hospital and adjacent Medical Office Building, each of which are connected on every level, allowing for a smooth flow of patient traffic between the facilities.

“Every floor has a waiting area tied to the service line,” Kohlman said. “Orthopedics has a waiting room; Same Day Surgery and Radiology Services will have their own waiting areas. Plus, every connector between the Medical Office Building and the hospital will have waiting space as well with a nice view in both directions. Then we’ll have the large common waiting area right above the cafeteria and kitchen. All of these spaces will have furniture equipped with USB ports where visitors can plug in their phones.”

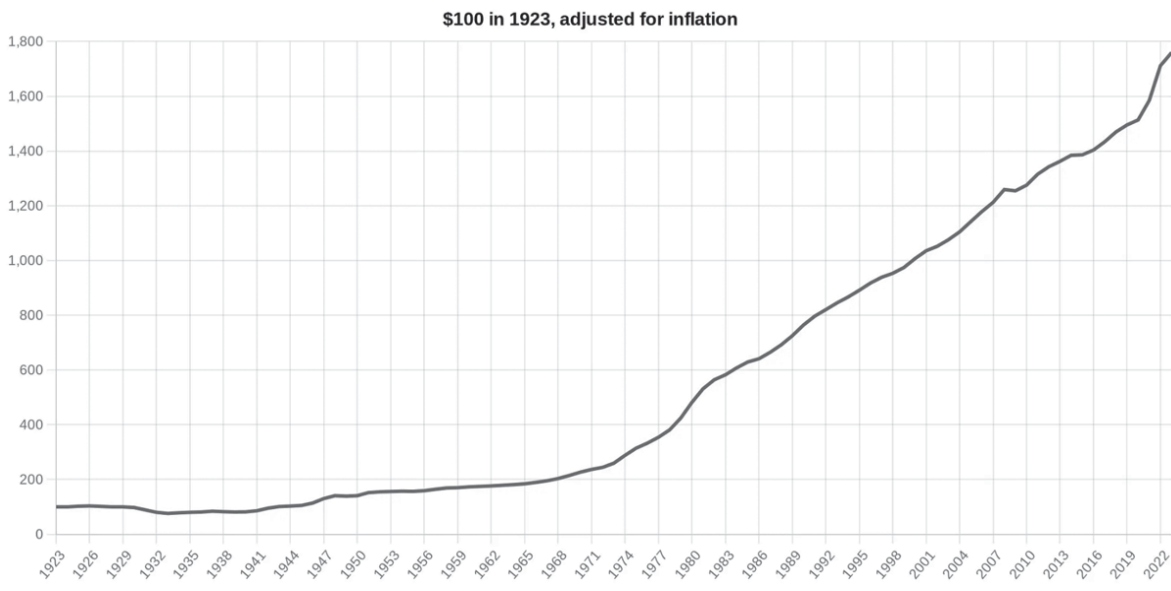
The MOB will house more than 60 hospital-based physicians, such as orthopedists, OB/GYNs and cardiologists, and will contain a Kidney Dialysis Unit and drive-thru outpatient pharmacy.



An escalator inside the main entrance transports guests to the procedural platform where imaging, endoscopy, surgery and other essential services are located.



High ceilings, sky view windows and suspended halo lighting adds a welcoming touch for patients as they register for service.



\$100 in 1923 is equivalent in purchasing power to about \$1,759 today, an increase of \$1,659 over 100 years. The dollar had an average inflation rate of 2.91 percent per year between 1923 and today, producing a cumulative price increase of 1,659.30 percent. This means that today's prices are 17.59 times higher than average prices since 1923, according to the Bureau of Labor Statistics consumer price index. (USBLS)

The value of the dollar

How the price of goods has increased in the past century

Courtesy of the Bureau of Labor Statistics and The People History.

Average Cost of New Home

2018	\$385,880
2013	\$289,500
2008	\$238,880
2000	\$119,600
1990	\$123,000.00
1980	\$68,700.00
1970	\$23,450.00
1960	\$12,700.00
1950	\$8,450.00
1940	\$3,920.00
1930	\$3,845.00

Average Cost of New Car

2023	\$48,680
2018	\$35,742
2013	\$31,352
2008	\$27,958
2000	\$21,850
1990	\$16,950
1980	\$7,200
1970	\$3,450
1960	\$2,600
1950	\$1,510
1940	\$850
1930	\$600

Average Cost Loaf of Bread

2021	\$2.12
2018	\$1.98
2013	\$3.80
2008	\$2.79
2000	\$1.26
1990	70 cents
1980	50 cents
1970	25 cents
1960	22 cents
1950	12 cents
1940	10 cents
1930	9 cents

Average Cost Gallon Of Gas

2022	\$4.32
2018	\$2.82
2013	\$3.80
2009	\$2.051
2000	\$1.26
1990	\$1.34
1980	\$1.19
1970	36 cents
1960	25 cents
1950	18 cents
1940	11 cents
1930	10 cents

Average Cost 1 pound Hamburger

2021	\$4.03
2018	\$4.32
2013	\$4.68
2008	\$3.99
2000	\$2.46
1990	89 cents
1980	99 cents
1970	70 cents
1960	45 cents
1950	30 cents
1940	20 cents
1930	12 cents

Average Annual Wages

2022	\$54,132
2018	\$52,145
2013	\$44,321
2008	\$40,523
2000	\$41,673
1990	\$28,960
1980	\$19,500
1970	\$9,400
1960	\$5,315
1950	\$3,210
1940	\$1,725
1930	\$1,970

5 ways to show seniors they are appreciated

Senior citizens account for a significant percentage of the overall population. By 2050, the number of senior citizens is expected to be close to 90 million. As of 2021, Statistics Canada reported there were roughly 7.1 million persons age 65 and older living in Canada.

People are living longer than ever, and as individuals age, the demand for senior services continues to grow - as does the need to be patient and respect the elderly. There are many ways to show seniors just how much they're appreciated.

1. Help with chores. Lend a hand with chores around the house that may have grown difficult for seniors. This can include mowing the lawn, weeding garden beds, shoveling snow, raking leaves, or

even taking the garbage pails in and out on collection days.

2. Visit more often. Frequent visits are one of the simplest ways to show seniors you care. Whether seniors live in a private home or managed care facility, visitors brighten their days, especially if they no longer get out and about as frequently as they once did. Spending time together and sharing stories can bring smiles to the faces of older adults.

3. Plan activities with seniors in mind. When organizing parties and special events, consider the needs of seniors on the guest list. Add music from their era to playlists or DJ requests. Seat seniors with mobility issues near exits and restrooms. Make sure to arrange for photos with the guest

of honor to keep family history alive.

4. Thank seniors. Find any reason to thank a senior. Perhaps someone served in the military or volunteered their time with children. Celebrate accomplishments big and small with a simple "thank you."

5. Prepare a meal. Invite a special senior over for a home-cooked meal with the family. Make it a regular occurrence on the calendar. If he or she cannot get out easily, bring a hot meal over to his or her place, instead.

Simple gestures of gratitude and appreciation can brighten a senior's day and let that person know he or she has not been forgotten.

Manage your money during retirement

What constitutes a perfect retirement is different for everyone. Some people may imagine spending their golden years fishing their days away, while others may aspire to finally embrace their inner globetrotter. Though individuals' retirement dreams differ, every retiree will need money, which only underscores the importance of a wise and disciplined approach to money management.

Average life expectancies have risen considerably over the last several decades. According to estimates from the United Nations Population Division, the average life expectancy in Canada for both sexes is just under 83 years, while it's slightly more than 79 in the United States. Those figures are a welcome sign, but they may inspire a little fear among seniors who are concerned that they might outlive their money. No one knows how long they will live, but everyone can embrace a handful of money management strategies to increase the chances that they won't feel a financial pinch in retirement.

· Study up on the tax implications of withdrawing from your retirement accounts. Every retirement investment vehicle, whether it's an IRA or a 401(k), has tax implications. Money withdrawn too early may incur tax penalties, and even money withdrawn long past retirement age could elevate retirees into a new tax bracket that could prove costly. A financial advisor can help retirees determine the tax implications of withdrawing money from their retirement accounts and may even develop a detailed guideline of when withdrawals should be made and how much should be withdrawn in a given year in order to minimize tax liabilities.

· Prioritize your own needs. Though retirees, particularly those with children and grandchildren, may feel an obligation to help their families in difficult financial times, generosity can be very costly for adults who have stopped working. Retirees may or may not have opportu-

nities to generate new income, and even those who do likely won't make enough to meet their daily financial needs. Given that reality, retirees must prioritize their own financial needs, including their immediate needs and those they will have for the rest of their lives. Though it might be difficult to turn down loved ones' requests for financial help, retirees must make sure they can pay their bills and maintain a quality of life that won't jeopardize their long-term health.

· Examine your housing situation. Equity in a home is a feather in the cap of many retirees. Retirees who own their homes and live in locations with high property taxes might be able to cash in on their equity by selling their homes and downsizing to a smaller home with lower property taxes. If moving is not a consideration, discuss a reverse mortgage with a financial advisor. A trusted financial advisor can highlight the advantages and disadvantages of reverse mortgages, which are a great option for some people to improve their financial well-being in retirement.

· Stick to a budget during retirement. The U.S. Department of Health and Human Services reports that roughly 70 percent of individuals who turn 65 will need long-term care in their lifetimes. That's just one expense retirees must budget for, and it's more sizable than some people may recognize. In fact, the Fidelity Retiree Health Care Cost Estimate found that the average retired couple age 65 in 2022 will need roughly \$315,000 to cover health care expenses in retirement. And health care costs are just one of many expenses retirees can expect to have. Budgeting and avoiding overspending can ensure retirees have the money they need when they need it.

No one wants to outlive their money in retirement. Various strategies can help retirees effectively manage their money so they can enjoy their golden years without having to worry about their finances.



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Seniors have many travel options, and retirement is the ideal time to get out and enjoy. (Stock photo)

RV & Campgrounds says currently more than nine million households own an RV in the United States. There's no age limit to buying an RV, although the RV Industry Association says the average owner is 48-years-old and married.

RV-friendly campsites and parks enable travelers to mingle with each other, providing affordable and fun ways to travel.

Timeshares

Seniors who got in on the timeshare bandwagon early in life can choose to enjoy their travel years even further. The timeshare model enables buyers to purchase the right to use particular homes, condos, hotel rooms, resorts, or other accommodations for specific periods of time. For example, some timeshare agreements are for one week each year in a designated location. Seniors with more time on their hands may want to revisit timeshare agreements to increase

the frequency in which they can use properties or to find timeshare companies that enable swapping properties with others so that different locales can be enjoyed.

Visiting family

Retirees may aspire to spend more time with family members who do not live nearby. Families may want

to consider mother-daughter residences or properties with small guest houses so that seniors can stay in the residences when visiting but have some privacy at the same time.

Seniors have many travel options, and retirement is the ideal time to get out and enjoy time away from home.

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Carnival renamed in honor of Nelson

BY TAHLIA NYGAARD
Leader-News Reporter

Beaudry said.



Morris E. Nelson
July 18, 1929
– May 11, 2022

The Washburn Lions Club has dedicated their annual event to a longtime Lion who died last year.

The Lion's Club recently hosted its 92nd Carnival at Washburn Memorial Building.

This year's carnival was the first to be renamed 'The Morris Nelson Lions Carnival' to honor Morris Nelson, a 75-plus-year member of the Washburn Lions who passed away on May 11th, 2022.

Morris was an active member of the community -- at one time he held every office in the club, but he was best known for his role in memberships, Judy Beaudry states.

"If you moved to Washburn, it wasn't long until he approached you to come to a meeting and join the Club,"

Morris, alongside his wife Thordyce, worked at every Lion's event; they were best known for their famous donuts and grape Kool-Aid.

When his wife died, Morris continued as an active member of the Lion's Club where he was still the first man at every event.

After a unanimous vote, it was decided the carnival would be renamed to honor Morris as he was more than a plaque could represent. The renamed carnival will still have all the enjoyable kid's games, inflatables, and delicious food like in previous years.

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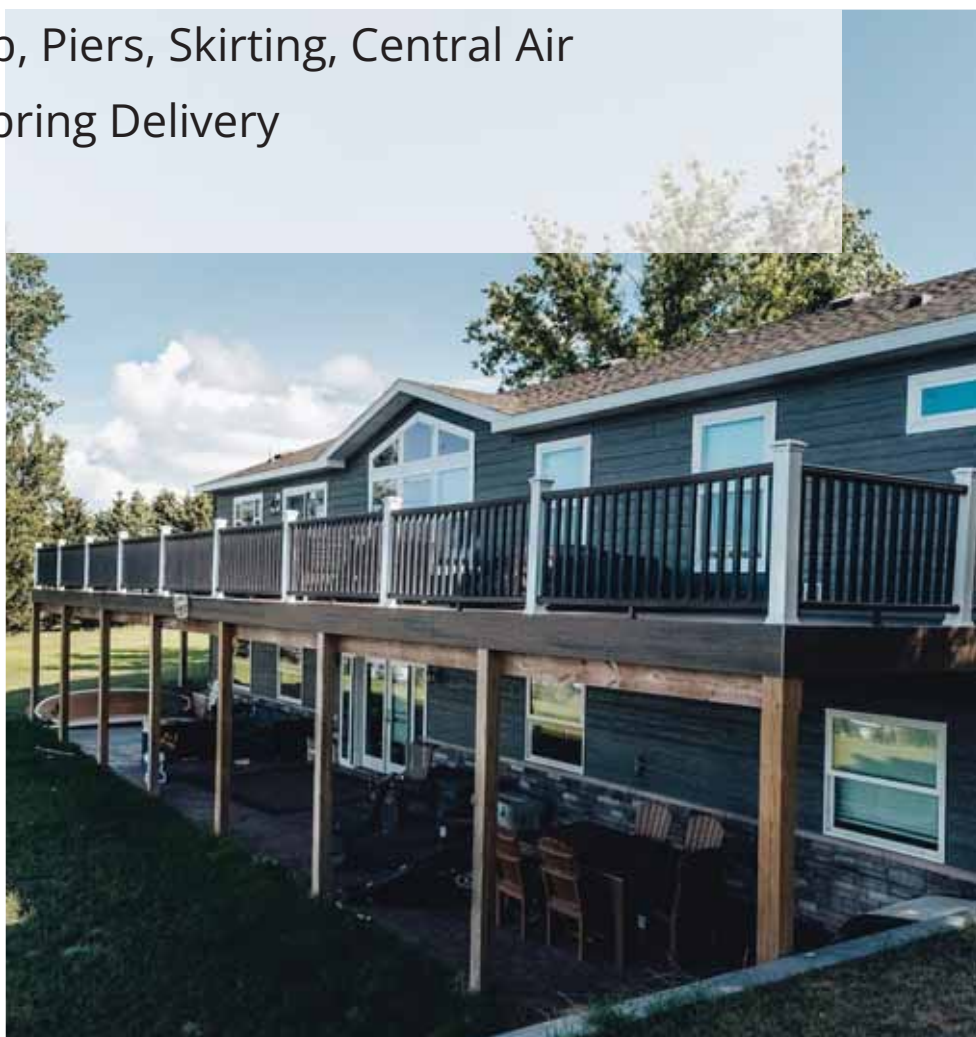
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