



Savvy Senior

by Jim Miller

How to make a home safer and more accessible as you age

Dear Savvy Senior,
What simple tips can you recommend for making a home age-friendly? My husband and I are in our late-sixties and want to remain living in our home for as long as possible.

Homebody Hanna

Dear Hanna,
Many older adults, like you and your husband, want to stay living in their own home for as long as possible. But being able to do so will depend on how easy it is to maneuver your living space as you get older.

There are literally dozens of simple adjustments and modifications you can do to help make your home safer and more accessible for aging-in-place. Here's a summary of tips from the National Institute on Aging and AARP, which offers a free room-by-room guide with practical suggestions for older adults living independently.

Entrance way

- Have at least one exterior doorway with step-free access. If not possible, consider a ramp.
- Add a bench in the foyer to sit on when removing shoes or to set down items while locking or unlocking the door.

Bathroom

- Install a walk-in shower with a bench and nonskid decals or mats to prevent falls.

- Add a hand-held nozzle to the shower head to facilitate rinsing off while seated.
- Install grab bars on the shower wall and near the toilet
- Put in a taller toilet or add a toiler riser.
- Consider plugging in a nightlight.

Bedroom

- If stairs are too difficult to manage, create a bedroom on the main level by transforming a den or an office.
- Make sure the bed is easy to get in and out of. Purchase bed risers, if needed.
- Invest in an adjustable bed for extra comfort.

Kitchen

- Purchase a stove with safety features that alert the resident when a burner is on or have automatic shutoffs.
- Relocate major appliances to make them easier to reach.
- Add slide-out drawers or trays to existing cabinets for better access.
- Install a lever-style, light-touch or sensor faucet, which is easier to use than a faucet with turn-style knobs or handles.

Furniture and rugs

- Get rid of furniture and clutter to make rooms easier to move around in.
- Use chairs with armrests, which makes sitting and standing easier.
- Avoid furniture with sharp corners, which can cause bruises and cuts when bumped up against.
- Hide cords out of pathways - but don't put them under rugs.

- Area rugs, if used, should be secured to the floor with a nonslip mat or anti-slip rug tape.

For more tips, get a copy of AARP's "HomeFit Guide," which is a 36-page fully illustrated guide and has more than 100 aging-in-place tips and suggestions that can be used in an existing house or apartment or incorporated into designs for a new residence.

It explains how a smartly designed or modified home can meet the varied and changing needs of its older residents. It also features easy-to-do, low-cost and no-cost fixes that lessen the risk of trip hazards and increase the safety of high-use areas like the bathroom, kitchen and stairway.

In addition, AARP also offer videos and a HomeFit AR app (available for iPhone and iPad) that can scan a room and suggest improvements to help turn your house into a "lifelong home," free from safety and mobility risks.

Visit AARP.org/HomeFit to order or download a free copy of this guide, or to watch their videos. You don't need to be an AARP member to access this content.

If you'd like more hands-on help, you could also hire an occupational or physical therapist that works with older adults. He or she can come in, evaluate your home and recommend aging-in-place solutions. And if you get a referral from your doctor, Medicare will usually cover a home walk-through.

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

HISTORY OF NEW ROCKFORD

K.C. Gardner, Jr. • Drayton, ND • NRHS Class of 1962



On May 9, 1908, the Eddy County Teachers' Association met at the court house. At 10 a.m. the morning program began: song by the Association; Invocation, Rev. J.R. Beebe; address, County Supt. Ellen Mattson; nature study, Miss Elizabeth Monahan; discussion, Miss Grace Aldrich; vocal solo, Miss Phena [Fena] Carlson; how to teach spelling, Miss Rose Wagner; third grade exercise, Miss Dora Beer; importance of discipline, Principal E.S. Youngdahl; discussion, Dean Newton; business session.

The afternoon program began at 1:30 p.m.: chorus by the high school girls; recitation, Miss Pearl Beer; reading, Miss Myrtle Seastrand; class in mental arithmetic, Principal M.R. Davis, Sheyenne; discussion, Miss Sarah West; written work, Miss Avis Carlson; The Teacher: A Moral Influence, Monroe A. Wilder; discussion, G.E. Ledson; Beautify the School Room, Miss Dorothy Brand; vocal duet, Misses Neander and Elmgren; The Teaching Spirit, Principal M.R. Davis; open discussion. Miss Sarah West also provided music.

At 11 a.m. on Sunday, May 10, Rev. G.E. Ledson preached in the Baptist Church. In a rainstorm that afternoon, lightning struck the barn of S.M. Krider, who lived near the Rocky Mountain School, and it burned to the ground, killing two horses and destroying hay and feed. Family members were so affected by the shock that a doctor was called to attend them.

On May 11, Miss Helga Olson, daughter of Mr. and Mrs. John T. Olson from southeast of New Rockford, returned from a St. Paul hospital, where she had undergone treatment of an abscess of her ear; she was recovering nicely. Iver Olson came in from northwest of town with 15 wolf pelts for which he received a \$2.50 bounty per pelt. Mrs. Hollis Tyler left for Adrian, Minn., for a few days visiting with her sister, before going on to Rochester for another operation. Archie Brownlee left for Fargo and treatment for his rheumatism; he went down using a crutch, but came home on May 22 without it. Mrs. J.L. Kinnaird left for the Degree of Honor State Convention in Grand Forks. O.E. Couch took the train for Bismarck to serve on a federal district court jury; Mrs. Couch went along to visit relatives. Mr. and Mrs. J.W. Hodges and their daughter Miss Alice Short went to Marmarth, N.D., where they had all filed claims. At 3 p.m., Jack Johnson and Bessie

Weeks were married by Rev. S.F. Beer at the home of the bride's mother Mrs. Sarah Weeks with only immediate relatives present. Some of the out-of-towners were Mrs. James O'Brien of Harvey, Mr. and Mrs. Harvey Lake of Fargo, and the groom's brother Clarence Johnson of Bismarck. Immediately after the ceremony, the couple left for Carrington to catch the Soo Line passenger train for Minnesota, where they would spend their honeymoon. The groom was a clerk at the Bucklin & Williams drug store, and the bride had been an operator at the local telephone "for a long time." The groom had purchased the E.S. Severtson property on Dakota Street North, where they would live. They returned on June 5. That evening, the Improvement League met. At 8:30 p.m., the final declamation contest was held in the Opera House: "The Lance of Kanana," Edna Stanton; "The Traitor's Deathbed," George Hawthorne; "Lily Servoss's Ride," Agnes O'Connor; "Jean Valjean and the Bishop," Menga Haas; "Nydia's Sacrifice," Ella Johnson; "The Fall of the Pemberton Mill," Pearl Aldrich; and "A Soldier of France," Sarah Johnson. Tickets were 15 and 25 cents. George Hawthorne took first place, a trip to the State Declamation Contest in Grand Forks on May 16 (he did not place); Pearl Aldrich garnered second place, \$15, while Ella Johnson took third place, a mandolin outfit. Apparently after the declamation contest, Miss Sarah Johnson left for Rochester, Minn., for an appendectomy; she returned on June 16.

Eye specialist F.W. Soule was at the Bucklin, Williams & Co. drug store in New Rockford on May 11 and 12. On the morning of May 12, a 10-pound son was born to Mr. and Mrs. J.L. McKee, and an 8 1/2-pound son was born northwest of town to Mr. and Mrs. John Gardner. At 8 o'clock that evening, Rev. E.W. Burleson conducted Episcopal services in the Methodist Church. On May 13, E.B. Noonan of McHenry arrived to take a position as stenographer and bookkeeper at the real estate firm of Streeter & Cooling. Mrs. J.T. Wilsite left for Rochester, Minn., where she would undergo medical treatment at the Mayo brothers' hospital. That evening, the ladies of the Methodist Church held a reception in the church to honor Mrs. E.S. Youngdahl, who was leaving for the Youngdahl farmstead in Benson County. Reports on May 14 showed

the following:

The First National Bank of New Rockford, James E. Hyde, cashier, showed resources (assets) of \$81,093.37, up \$2,924.66 from the \$78,168.71 of February 14. Checking accounts were \$11,786.74, up \$3,258.24 from the \$8,528.50 of February 14.

The Bank of New Rockford, cashier E.S. Severtson, had resources (assets) of \$182,950.22, up \$16,104.52 from the \$166,845.70 of February 14. Checking accounts amounted to \$70,285.42, up \$16,170.71 from the \$54,114.71 of February 14.

The May 14 F&M statement was not listed: this is from February 14:

The Farmers' and Merchants' Bank, E.R. Davidson, cashier, had resources (assets) of \$103,899.99, down \$6,139.32 from the \$110,039.31 of December 3. Checking accounts amounted to \$27,479.01, down \$4,323.97 from the \$31,802.98 of December 3.

On May 14, the Republican State Convention was held in Minot, where the Stalwart delegates from Eddy County were seated over the Insurgents by a vote of 33-14. Prof. E.S. Youngdahl went to Grand Forks for a meeting of high school principals and to attend the State Declamation Contest; he returned on May 19. Rev. E.R. Burleson spoke to the high school students about his trip to Jamestown, Va. That evening, the YMCA sponsored a Salamagundi social at Phillips Academy with ice cream, cake and a short program. Admission was 15 cents, with the proceeds going toward "the bath tub debt."

The May 15, 1908, "Transcript" had an article on H.H. Palmer, the former editor of the "Carrington Independent," who had disappeared mysteriously "a few years ago." He had turned up in Elgin, Ore., where he was the editor of the "Elgin Leader" until May 11, when he disappeared again.

An ad: "Magee & Patchett will deliver ice promptly. Phone 62B or 145."

The quarterly school apportionment for Eddy County was \$3,444.70, with the number of students enumerated at 1295.

Fishers [fur-bearing animals] had been reported to be numerous along the Sheyenne River north of Tiffany.

A letter from C.E. Clure said that he and his family were living in Pullman, Wash. "Billy" Maw, formerly of the "Transcript," was one of the owners of the "Garden City News" in Snohomish, Wash.



Bringing your green thumb indoors for the year

by Kelsey Deckert, NDSU Horticulture agent
Burleigh & Morton counties

Fall is among us and the change of temperatures has been very evident the past week. Gardens have been put to bed. I'm guessing this time of year brings gardeners mixed emotions, with some very happy to have a break and that the growing season is over. Others are sad and look for ways to keep their "green thumb" busy. There are some outdoor tasks that can still be done to make the most of the time we have outside, such as raking leaves or starting a compost pile.

If you are ready to bring your green thumb indoors for the year, I've got an idea for you. The holiday season is approaching, and nothing is better than giving a meaningful gift. Now is a perfect time to start propagating plants! Not only will you continue to enjoy the love of gardening, but you will also have gifts of plants to share with your friends.

Propagating houseplants is very easy and an affordable way to have a special gift or just to increase your own number of houseplants. The most common way to propagate your plant is through vegetative cuttings.

Cuttings come from an actively growing plant from which you will cut a stem, leaf or branch to start a new plant. For a branch cutting, remove a piece that is 3 to 6 inches long and has at

least two nodes on it. If you are cutting a stem, remove a piece that is 2 to 3 inches long with two nodes. For a leaf cutting, leave no more than one-half inch of the petiole.

There are several media types to get roots to develop from your cuttings. Water is the easiest media that works well for any type of cutting. You can also use sand, vermiculite and perlite. You need to avoid using garden soil, as it can contain diseases or weed seeds, and won't have the proper drainage or aeration needed for the roots to grow.

One thing to consider to speed up the root development, is dipping your cuttings into a rooting hormone. Only a small amount

is needed. Simply dip the cutting into the powder and then gently tap the cutting to remove any excess.

Today there are many propagation stations available that are aesthetically pleasing that will add to your office or home décor. Many big box stores and online websites offer a variety of stations to choose from.

If you are ready to get a jumpstart on gift shopping and bring your "green thumb" indoors, consider propagating the plants you already have.

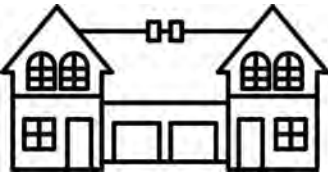
For more information about propagating plants, contact your local NDSU Extension agent. Find the Extension office for your county at ndsu.ag/county-office.

Investment Opportunity

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- Built in 2014
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SERMONETTE–

pletely abandon one practice instilled in him by his family, praying the Rosary daily. It was this one thin lifeline that allowed him to ultimately abandon the demonic lifestyle he had embraced. He experienced a mystical vision of his then-deceased father to return to God. This persuaded him to talk to a trusted professor from his hometown about how far away he had drifted. He would later take to heart the advice from a Dominican priest, who would hear his confession and later befriend him, echoing the words of the Virgin Mary, "If you seek salvation, promulgate the Rosary. This is Mary's own promise." He saw this message as a grace from God and he embraced it the rest of his life.

After conversion back to the faith, Bartolo would work toward establishing Rosary prayer groups and Rosary confraternities around a shrine of an image of Our Lady of the Rosary he established in his neighborhood church. He was so grateful that the Blessed Virgin Mary had saved him from the clutches of hell, that he devoted the rest of his life

to spreading her devotion to others and embracing a life of tireless commitment to the poor. He opened orphanages for children of inmates in prison. With the help of the Countess of di Fisco, who he would later marry, they would promote construction of a church in Pompeii dedicated to Our Lady of the Rosary. From their humble efforts, a Basilica would be built that would become one of the most popular pilgrimage spots for believers to visit. In addition to promoting devotion to the Rosary, Bartolo would spend

his later years visiting youth in cafes and bars warning them of the dangers of engaging with the occult.

Seeing someone who was a former satanic priest who turned his life around with a devotion to the Blessed Virgin Mary and the Rosary, and ultimately become a canonized saint, should be a source of hope for all of us. No matter how far away that we or those we love drift or fall from our faith, there always is a chance for conversion.

Saint Bartolo Longo, pray for us.

Public Notice

ADVERTISEMENT FOR BIDS

Notice is hereby given that sealed bids for the materials and installation of two 150,000 btu natural gas wall/ceiling heaters for the bus barn will be received in the New Rockford-Sheyenne District Office, 437 1st Ave N, New Rockford, ND 58356 until November 19th, 2025, at 10:00 am. All bids received after the scheduled time will be returned to the bidder unopened.

A copy of the bid document including specifications can be requested by emailing dave.skogen@k12.nd.us, or by calling Dave at (701) 947-5036.

Each bid shall be enclosed in a sealed envelope upon which there is disclosed and necessary information as required by the Bid Document. Please mark "Bid Bus

Barn Heater" on the envelope.

The Owner reserves the right to hold all legitimate bids for a period of thirty (30) days after the date fixed for the opening thereof. The Owner further reserves the right to reject any and all bids and waive irregularities. The Owner shall incur no legal liability for the payment of monies until the contract is awarded and approved by the proper authorities.

Dated this 29th day of October, 2025

Dave Skogen
Business Manager
New Rockford-Sheyenne School District #2
437 1st Ave N
New Rockford, ND 58356
Published November 3,
10 & 17, 2025

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