

Nostalgia...



In a special edition of the Nostalgia, the Bottineau Courant takes a look back at Gordy Lindquist who passed this past Friday in an unfortunate car accident coming home to Bottineau from a performance in Garrison. In the newspaper's Nostalgia photo we have Gordy during a performace many years back in his famous position of laying on his back on a piano bench playing the piano upside down wearing his piano tie. For a full story on Gordy go to the Courant's front page.

The Savvy Senior with Jim Miller

Dear Savvy Senior,
My husband and I are relocating to a nearby state to be closer to our daughter and will need to find a new primary care physician when we arrive. We are both in our late 70s and are interested in getting a geriatrician to oversee our health care going forward. Any suggestions for finding someone?

Searching for Care

Dear Searching,
Choosing a geriatrician as your primary care doctor in your 70s is a good idea, especially if you're dealing with various age-related health problems. But if you're in relatively good health you may not need a geriatrician. A good primary care doctor with an age-friendly philosophy may be all you need. Here's what you should know.

WHO NEEDS A GERIATRICIAN?

Geriatricians are primary care doctors that have additional specialized training in treating older patients. Those who can benefit the most from seeing a geriatrician are seniors age 75 and older with multiple health and age-related problems such as cardiovascular disease, diabetes, hypertension, incontinence, osteoporosis, cognitive decline, frailty, depression, or trouble with balance and falls.

Geriatricians are also particularly adept

at tackling medication problems. Because many seniors take multiple medications at the same time for various health conditions, and because aging bodies often absorb and metabolize drugs differently than younger adults, unique side effects and drug interactions are not uncommon. A geriatrician will evaluate and monitor your medications to be sure they are not affecting you in a harmful way.

Geriatricians can also help their patients and families determine their long-term care needs, like how long they can remain in their own homes safely without assistance, and what type of services may be necessary when they do need some extra help.

Unfortunately, there's a shortage of geriatricians in the U.S., so depending on where you are moving, finding one may be difficult.

To help you locate one in your new area, use Medicare's online find and compare search tool. Just go to Medicare.gov/care-compare and click on "Doctors & Clinicians" and type in your location, then type in "geriatric medicine" in the Name & Keyword box. You can also get this information by calling Medicare at 800-633-4227. The American Geriatrics Society also has a geriatrician-finder tool on their website at HealthinAging.org.

If you're enrolled in a Medicare Advantage plan, contact your plan for a list of network geriatricians in your new area.

Keep in mind, though, that locating a geriatrician doesn't guarantee you will be accepted as a patient. Many doctors already have a full patient roster and don't accept any new patients. You'll need to call the individual doctor's office to find out.

AGE-FRIENDLY PCPS

If you and your husband are in relatively good health or if you can't find a geriatrician in your new area, a good primary care physician (PCP) that practices age-friendly care would also be a viable choice.

To search for new PCPs, use the previously listed Medicare tools. Once you locate a few, call their office and ask if they're accepting new patients and if they practice the 4Ms of age friendly care, which include: What Matters (your goals and priorities); Medication safety and appropriateness; Mentation (cognition and mood); and Mobility (ways to keep you moving).

You can also research new doctors at sites like Healthgrades.com and Vitals.com.

If you're finding it hard to get into a new practice, you might even consider looking for a geriatric nurse practitioner or advanced practice registered nurse to serve as your PCP.

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

LOOKING BACK

10 years ago (2015)

The smell of plentiful home-made food hit the noses of visitors to Bottineau's United Parish church Thursday once they got inside the front door.

Most of them were patrons taking part in the church's annual community Thanksgiving dinner. What they didn't see was much of the hard work that went into making this year's event successful.

"We do all this to make sure people have a sense of family, a sense of place. It's really hard during the holidays, and we want to make sure people feel loved and cared for," said Rev. Deb Burger-Peery.

Thursday's meal at the church was provided free of charge, though many patrons left free-will donation. She said most donated money will be passed forward to the Bottineau Food Pantry and area Meals on Wheels initiative.

25 years ago (2000)

The Bottineau County Fair Board has set the dates of June 20-23, 2001 for the 112th Bottineau County Fair.

Headlining the fair this year is the fun and spontaneous group of Rascal Flatts, who will be performing in front of the grandstand on Friday, June 22 at 7:00 p.m.

"We are really excited about the 112th fair, and feel honored to have the talented and gifted group of Rascal Flatts being the fair's headline," said Katie Porter, secretary and treasurer for the Bottineau County Agriculture Society.

"We feel good about the jump we have on this year's scheduling for the fair, especially the nighttime entertainment."

The County Fair will also be holding the 12th Annual Amateur Night on Wednesday, June 20 at 7 p.m.

50 years ago (1975)

A flaw in the Antler School District's kindergarten referendum is no more than a legal technicality that can probably be ignored according to state and county officials.

A June 3 election allowed the Antler district to set up a special tax levy to pay for a kindergarten program. The state law that made such an election possible, however, didn't become effective until July 1.

"I didn't even think about that. It could be possible that it isn't a valid election," Bottineau County superintendent Charlotte Lang said in October.

It appears the public is willing to pay a levy to support public kindergarten and have expressed themselves at the poll.

Antler school district land-owners are being assessed and children in Antler are now attending kindergarten.

75 years ago (1950)

The opening home game on the new School of Forestry gymnasium floor will be held Saturday evening Dec. 2, when the 1950-51 Lumberjacks meet the School of Forestry graduates, the former members of the Lumberjacks team, announced C.V. Johnson, Forestry mentor.

Now that the new gymnasium is ready for use, with the new style glass backboards, Johnson feels that is no more than proper that the alumni, former team members be given the first chance to try out the new floor. Consequently, an invitation has been extended to the alumni for Saturday night's game.

Among those "has beens" who have accepted both the invitation and the challenge are: Dick Hills, Minneapolis; Marvin Herbel, Noonan, N.N.; John Sigurdson, Don Desautel, Har-old Jelleberg, all students at the NDAC; Leo Stumpf, Phil Pfau, Ernie Deegan, Ernie Jelleberg, all of Bottineau.

COMMENTARY

The Depression generation

By Kevin Holten

What would you be like if you'd grown up during the Great Depression? I ask that because, from what I've seen, if you did live during that time, there's little chance you would have survived it unscathed.

You can call it Post-Traumatic Stress Disorder if you want. Whatever the case, it seems that those people who lived through the Great Depression carried the weight of those trying years on their shoulders for the rest of their lives. In some ways, it made them better.

Of course, the Great Depression is considered to have started with the stock market crash in 1929 and reached its highest level of hardship in 1933. It took a World War to end the depression in 1941.

I had an uncle who graduated from high school in my little North Dakota hometown in 1933. He was almost two decades older than my mother, the youngest child in the family. When he heard them say, "Go west, young man," he did just that.

Had he not escaped the North Dakota dusty prairies for greener pastures at that time, I would not have gotten to celebrate my ninth birthday on Vashon Island, where he lived with his wife and kids. You see, the side effects of the Great Depression do extend to other generations.

Of course, some people, like my mother, who were born during the Great Depression, grew up thinking it was the norm. For example, she talks about going to school with a lard sandwich in her lunchbox.

Orson Bean, the American film, television, stage actor and comedian said this: "The movies saved my life. I grew up in the Great Depression, the only child of a pair of star-crossed lovers. My father lost his job. My mother drank. They fought. And the movies were my escape."

Of course, many of those who experienced the Great Depression, much like World War II veterans, are no longer with us. Generations that have followed, whether you realize it or not, have been affected.

One way that the Great Depression has influenced me is this: I hate clutter. Why is that? Because my mother could never throw anything away.

No, she wasn't a hoarder and she kept our house very tidy while I was growing up. But throwing away a plastic container that could be reused is beyond her comprehension.

Former NBC News anchorman Tom Brokaw, who grew up in South Dakota, said that the "greatest generation" (meaning the WWII generation) were strongly influenced by the Great Depression. They shared everything including meals, jobs, and clothing.

Brokaw also said this: "Your grandparents came of age in the Great Depression, when everyday life was about deprivation and sacrifice, when the economic conditions of the time were so grave and so unrelenting it would have been easy enough for the American dream to fade away."

Instead, it brought people together, humbled them, made them more patriotic and forced them to communicate with each other and form bonds.

Still, what is most impressive about those people who lived through the Great Depression is this: They won't take handouts. They give and are always ready to help. They have no outrageous expectations. They don't think they are owed anything.

Thus, their greatest gift to us is passing that attitude along to our generation. Our greatest gift to them is to do the same.

Contact our District 6 officials:

Representative Daniel R. Vollmer
dvollmer@ndlegis.gov

Representative Dick Anderson
dickanderson@ndlegis.gov • 701-228-4782

Representative Paul J. Thomas
paulthomas@ndlegis.gov • 701-626-2777

OR CALL: 1-888-635-3447
or 701-328-3373

Write our Congressmen in Washington:

Senator John Hoeven
338 Russell Senate Office Bldg
Washington DC, 20510
Phone: (202) 224-2551

Senator Kevin Cramer
400 Russell Senate Office Bldg
Washington, DC 20510
Phone: (202) 224-2043

Rep. Julie Fedorchak
1607 Longworth House Office Bldg
Washington, DC 20515
Phone: (202) 225-2611



Bottineau Courant

The Bottineau Courant wants to encourage members of the surrounding area to submit letters to the editor. Letters must include the author's signature, address and phone number for verification of author.

NOTE:The Bottineau Courant reserves

the right to shorten or edit letters and determine if letters are fit to be published. Members of the surrounding areas are also encouraged to submit news tips.

Letters/tips can be mailed to:

Phone (701) 228-2605 • **Fax** (701) 228-5864 • **Email** courant@utma.com

Office & Advertising Manager: Lisa Anderson • **Editor:** Scott Gillies Wagar • **Sports Editor & Paginator:** Matthew Semisch
Advertising Assistant: Aniah Lessig • **Circulation & Billing:** Lori Schmidt

419 Main Street, Bottineau, ND 58318-1229 (USPS No. 061 640) • Periodicals Postage Paid at Bottineau, ND 58318-1229 and at additional entry offices

Bottineau Courant
Letter to the Editor
419 Main Street
Bottineau, ND 58318.
Tipsters can call (701) 228-2605 or email
courant@utma.com.

Subscription Rates:

\$78 per year in N.D.
\$82 per year snowbirds
\$85 per year out-of-state
\$82 online only

POSTMASTER

Send address changes to:
Bottineau Courant
419 Main Street
Bottineau, ND 58318