

Kenmare Wheels & Meals
221 North Central Ave
Kenmare, ND 58746
Office Hours: 9:00 am-2:00 pm
Office Phone: 701-385-4364
Toll-free: 1-877-385-4364
Email: Kwheelsmeals@outlook.com

OCTOBER 2026
Service to Minot Available
Every Tuesday \$12.00
OPEN TO THE PUBLIC

REMINDERS

- ***KWM Board Meeting***
October 28th 2026 @ 2:00
- ***Ward Co. Council on Aging***
October 13th @ 10:30 Kenmare SC
Ron Nelson Performing



Daylight saving time ends on **Sunday, November 1, 2026**. At 2:00 AM local time, clocks move back one hour to 1:00 AM

**** H.R.139 - Sunshine Protection Act of 2025**
Received in the Senate and Read twice and referred to the Committee on Commerce, Science, and Transportation.

Medicare Part D Enrollment
Oct 15th – Dec 7th, 2026
Contact ND Insurance Department
1-800-247-0560 or 701-328-2440

For 2027, the Medicare Part D maximum annual out-of-pocket spending cap for covered prescription drugs is set at \$2,400 (increasing from \$2,100 in 2026). The standard Part D annual deductible will be \$700, which counts toward hitting your out-of-pocket maximum

Margaret Peterson Birthday Oct 12th
Richard Pausig Birthday Oct 26th
Wishing you a day filled with joy and success!



Understanding Cancer in Older Adults

Cancer is a significant health concern for senior citizens, as they are more likely to develop various types of cancer due to age-related factors, early detection and tailored treatment options are crucial for improving outcomes in this demographic.

- **Increased Risk-** Seniors are more likely to develop cancer with over half of diagnoses occurring in individuals aged 65 and older.
- **Common Types-** The most prevalent cancers among older adults include Lung, Breast, Prostate, and Colorectal cancers.
- **Treatment Challenges-** Older patients often face unique challenges in treatment, including comorbidities and varying responses to therapies.
- **Support Systems-** Emotional and Social support is vital for seniors undergoing cancer treatment, impacting their overall well-being.

American Cancer Society-1.800.227.2345

ND Cancer Coalition 855.462.5465
<https://www.hhs.nd.gov/health/community/comp-cancer>

Hope Foundation – 701.787.5800
<https://www.hopefoundationnd.org/ope>
Foundation

October 2026

Kennmare Wheels & Meals receives some federal & state funding to assist with food costs, but there is a suggested contribution of \$5.00 per meal

Suggested contribution means 'pay what you can afford' and each senior is responsible for determining what he/she is able to pay
All meals served with 1% milk, 2 slices of whole wheat bread and 2 tsp of margarine unless otherwise stated

KENMARE 11:45 AM

MENU SUBJECT TO CHANGE

COLUMBUS/LIGNITE 12:00 PM

Please call : 385-4364 (KENMARE)		385-4364 (Burke County)	Call the day before to reserve or cancel a meal.	
	5		1	2
	Cheeseburger Lett, Tom, Onion Baked Beans Carrots Pears		Chicken Noodle Soup Chef Salad Orange Slices Brownie	Biscuits and Gravy Potato Wedge Sausage Links Banana
12 BBQ Pulled Pork /Bun French Fries Corn Mandarin Oranges	6	7 Oven Fried Chicken Mashed Pot/Gravy Green Beans Fresh Fruit	8	9
	Salmon Patties w/Hollandaise Sauce Whipped Potatoes Peas Fruit Cup		Potato w/Bacon Soup Ham Sandwich Lett, Tom, Cheese Pickles Fruit Cup	Seafood Fettucini Alfredo Garden Salad/Dressing Peaches Garlic Bread
19 Roast Beef/Bun Sweet Potatoes Steamed Cauliflower Apple Crisp	13	14 Lemon Pepper Fish Au Gratin Potatoes Steamed Spinach Apple Crisp	15	16
	Scalloped Pots w/Ham Green Bean Mandarin Oranges Congregate Meal Site Closed		Creamy Chicken w/Rice Soup Grilled Chicken/Bun Fruit in Pudding	Meatloaf Whipped Pot/Gravy Seasoned Broccoli Bananas in Pudding
26 Sloppy Joe on a Bun Potato Wedges Tom/Cucumber Salad Fruit Cocktail Salad	20	21 Roast Pork Boiled Pot/Gravy Seasoned Mixed Vegetables Mixed Fruit	22	23
	Porcupine Meatballs Potato Parslaid Carrot Fruit Cocktail		Tomato Soup Egg Salad Sandwich Pickles Fruit in Jello	Herb Roasted Chicken Whipped Pot/Gravy Cooked Squash Lemon Fruit Salad
26 Sloppy Joe on a Bun Potato Wedges Tom/Cucumber Salad Fruit Cocktail Salad	27	28 Salsa Chicken Breast Scalloped Potatoes Mix Veg Pears	29	30
	Enchilada Casserole w/Rice and Beans Cottage Cheese w/Peaches		Knoephia Soup Kielbasa & Sauerkraut Seasoned Peas Fruit Cobbler	Meatball Sub Cracker Barrel Hashbrowns Corn Fruit Cup