



Northfield Senior Center

active,
connected,
engaged

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Planning for the Future by Planning to Give

by Gerry Gengenbach, Board of Directors' President

As the Northfield Senior Center Board of Directors looks to the future we expect “the silver tsunami”, “the age wave”, “the senior boom”, and “the aging of America” will have a profound impact on Northfield. The programs, services and facilities of the Northfield Senior Center will be needed and stretched even more than today. Our membership, which has grown from about 500 members in 2000 to more than 1,600 today, **will likely pass 2,000 within seven years!**

The funds to support this bright future for the Northfield Senior Center will continue to come from

many sources. But one of the most important sources will be **bequests and other estate gifts** from current members and friends of the Senior Center. More and more people are taking advantage of the many gift-planning options available today. A planned gift requires careful thought and a visit with someone who can advise you on the best plan to meet your needs. Your attorney or financial planner can help you.

Have you named the Senior Center in your estate plans? If so, please use the inserted form* to let us know. If not, will you let us send you some valu-

able information on estate planning? It would be worth reading whether or not you choose to make a future gift to the Center.

*If you are reading this on-line, the form is the last page of this pdf document.

The Northfield Senior Legacy Society is an organization of friends of the Northfield Senior Center committed to helping ensure the long-term financial viability of the Northfield Senior Center through bequests and other estate gifts.



HAVE YOU MADE YOUR ANNUAL FUND DONATION? You can give on line through givemn.org. Enter Northfield Senior Center as the organization that you want to support and you can easily donate. Your donation will be sent to the Center. Last year we received \$1600 in donations through the GiveMn.org website. Let's make it \$2000 this year. Thanks for giving and thanks for supporting the Northfield Senior Center.

NOVEMBER 14, 2013

Pajama Sale for Community Action Christmas Sharing

Thursday, Nov 21, 9 - 3
in the Center lobby

All pajamas are \$20.

Children's sizes 1 – 12, flannel tops and bottoms
Adult sizes X-sm – XX large, flannel bottoms only

Start your Christmas shopping at this annual event. Each year the Pajama Committee for Christmas Sharing sells home-made flannel pajamas to the public as a fund

raiser. This year there will be three new items: flannel chemo hats, sleeping slippers, and lounging pants for those of us who get cold feet and heads while sleeping. Hats and slippers are \$10 apiece; lounging pants are \$20. If you buy one hat, and pair of slippers and lounging pants, there is a reduced price of \$35 for the set.

In addition to putting Christmas presents under your tree, you will be helping the CAC. All proceeds from the sale go to purchase of fabric for the coming year's Christmas Sharing. The need is great. Each year the number of families served by Christmas Sharing has increased.






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for those we serve*



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DAY**
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NOVEMBER
14
2013

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For an appointment, call FamilyHealth Medical Clinic at **507-646-1494**.



507-646-1494 : FamilyHealthClinics.org/Northfield
2000 North Avenue, Northfield

FamilyHealth Medical Clinic



There are changes coming in the Silver Sneaker fitness programs at the Center

The changes that are described below are directed by the insurance companies, not the Senior Center.

Effective January 1, 2014:

- Medica, and Blue Cross Blue Shield Platinum Blue, will no longer offer the Silver Sneakers program. Silver Sneakers will continue to be offered through U Care.
- Medica, Blue Cross Blue Shield Platinum Blue, Health Partners, and Humana insurance will offer the Silver and Fit fitness program, starting January 1, 2014. If you are 65 and insured through one of these insurances, you may qualify for Silver and Fit. To verify call the service rep. phone number on your insurance card.

If you currently are a Silver Sneaker member:

- And insured by Medica, or Blue Cross Blue Shield Platinum Blue insurance plans, and want to continue your membership at the Center, you will need to renew your membership under the Silver and Fit Fitness program.
- You will no longer be a Silver Sneaker member. In order to attend the Silver Sneaker class you will need to pay the class fee.

The Silver and Fit program benefits at the Senior Center:

- Allows a Gold membership level.
- The Center is reimbursed \$28.00 per month for your membership dues as long as you participate in a fitness activity at the Center 1x per month.
- Zumba Gold, fitness class, is sponsored as a Silver and Fit class and can be attended at no fee to Silver and Fit members.
- Silver and Fit members can participate for no fee in a fitness group – biking, hiking, walking, ping pong, water volleyball, or open use of the fitness room or pool. It does not include any classes or other groups, such as cards, book club, hook and yarn, etc. as these are not included in the Gold level. To attend a class, or group other than fitness there is an additional cost.

As a Silver and Fit member, can I pay additional money to the Center and receive more benefits?

- Yes. You can pay the difference between the Center's Gold and Platinum membership level. This will be an annual payment of \$160.00. If you choose to do this, you will be considered as Silver and Fit member at the Senior Center platinum level and receive the benefits of a platinum membership – no additional fees for classes and groups.
- At the Silver & Fit level you may also attend any class, group, or program at the Center, but you will need to pay the Senior Center program fees.

For more information, call your insurance representative, or contact Jackie Johnson, at the Senior Center.

- The Senior Center staff do understand that this may cause you some confusion. Please don't hesitate to come and talk to us if you have questions or are not quite sure if you will be affected by the change.
 - The Center staff is still learning about the details of the Silver and Fit program. *We strongly encourage you to call ASH Networks Member Services at 877-427-4788 or go online at www.silverandfit.com for more information regarding your eligibility in the Silver and Fit program, through your insurance plan.*
-

LITERARY ART:

A MOMENT IN TIME

In the September newsletter we introduced this opportunity for members to share their special "Moments in Time," inviting them to submit pieces of their writing, or to share their moment orally. Here are three such Moments in Time.

Submissions for the December edition must be received by November 15. Send submissions via email to patsydew@nscmn.org, or leave hard copy in the office for Patsy Dew. If you would like to have help with the writing of your moment in time, contact Steven James Beto or Patsy Dew at patsydew@nscmn.org.

The Art of Storytelling

An Interview with Don Forsberg by Steven J. Beto

I met with the multi-talented, Don Forsberg to discuss the art of storytelling and how it might differ with story writing. We are approaching the season which contains our most important and sacred stories, and Don is a master at the craft. We have included a number of the excerpts from a larger interview that can be read online at: www.northfieldsenior-center.org.

"When you tell a story orally, you are using many different instruments. You have the instrument of your voice, for example, intonation, speech, pace...."

"Your facial expressions are powerful so that you have the use of all these instruments which on the page are missing."

Don Forsberg

"Conflict is the most important thing if you want people to listen to your story."

Don Forsberg

"...we tend to organize our lives and our perception of ourselves in the form of stories."

Don Forsberg

Sjb: *Do you have a story in mind that you would like to tell?*

DF: Sure. My father was active and alert and intelligent at the age of 86, and he had a heart attack. It came out of nowhere. He was living in Brainerd, Minnesota, at the time and I was living in Anoka. I got the call late one night from my mother. My wife and I and my son drove up there along with a number of relatives, all the way up to Brainerd and no sooner did we get there than we were told that we had to go back down to Abbott Northwestern hospital in Minneapolis because things were critical and there wasn't the proper equipment in Brainerd.

My father was frightened; I had never seen my father frightened before, and he wanted me to ride down in the ambulance with him, but they didn't allow me to do it. I said, I'll be right behind. I'll follow right behind.

When we got down to the hospital, my father was whisked off for some various tests and so forth and finally he was brought back to his bed. By this time, it was mid-morning. The room was full of people—relatives. We could see that was confusing him so what we did was have

people moved away from the bed. There was one chair next to the bed and we took turns in the chair engaging my father as much as he could be engaged.

I was sitting there when the meal came in. He was—he wanted to eat, but he couldn't manage it on his own. My sister said to me, "Donnie," my family calls me Donnie. "You'll have to feed him." I didn't want to. I felt squeamish about it for some reason, I don't know why. I didn't want to, but I had to. I couldn't say I didn't want to; I couldn't get out of it. So, I did. As soon as I began, the squeamishness went away and it was fine. As a matter of fact, if you've ever fed a child, you've had to scrape bits of food from their lip with a spoon and see that it gets home where it belongs. When I did that, some great circle closed itself. He had fed me, and I was now feeding him. As a child, I had been frightened, and now so was he. He died several hours later, but I'm really glad that I fed him. I'm really glad that I fed him his last meal.

Sjb: Thank you for your time, sir.

Moment in Time, cont.

Category: Poetry

Faithful to the Remembered and Those We Love

With a strong heart we can
remember those who have
passed,

A strong heart to always en-
dure the pain in our essence.

With ultimate love
we will always miss our loved
ones that are gone,

And forever and
ever always share that love
with others that are amongst
us.

With an everlasting
faith in the fate of our lives,
we will always
Remember that those we
love will always live happily
and live on after life.

- John R. Fredrickson



“Misty Dawn with Walker,” photo by David Perez. David will be teaching three classes on photography in November. See page 6 for more details about these classes.

Thank you to the following people who gave contributions to the Center in September:

Diane Boyum, Winnie Drentlaw, Beth Endert, Lois Guggemos, Dorothy Hammer, Glenda Holz, Douglas & Sue Ims, Dave & Char Jacobsen, Sheila Kimble, Dick & JoAnn Kleber, Bruce Dalgaard & Carol Korda, Beverly Lubbers, Russ & Lynn Margulies, Alice Nasby, Laura Olson, Dorothy Swanson, Laurel Pankow, Anne Ulmer, Charles Wagner, Beverly Watson, Elizabeth Williams



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JACQUI DORSEY: THE ESSENTIAL DOCUMENTS YOU NEED BEFORE YOU DIE

Tuesday, Nov 5, 10:00a

If you want the people you care about to have an easier time if something happens to you, gathering and organizing all your critical documents is essential. Attny Jacqui Dorsey will present a hands-on and informative session to give you peace of mind.

Cost: \$6 Preregistration is required

CONSUMER AND INVESTMENT FRAUD

Wednesday, Nov 6, 1:00-2:00p

Nationwide, scams against seniors generated billions of dollars each year for criminals. Gary Johnson, Senior Outreach Manager for the Better Business Bureau of Minnesota and North Dakota, will give attendees the tools to deal with frauds and scams directed at seniors.

Cost: \$3

THE ASSASSINATION OF JFK

Monday, Nov 11, 3:00

Where were you when JFK was assassinated? Nearly 50 years later, this event still sparks discussion and controversy. Historian David Jones, will present the many sides of the discussion to allow audience members to decide for themselves.

Cost \$6

ART CLASSES



ZENTANGLE CLASS REVISITED!

Wed, Nov 20, 1 -4p

Take the class for the first time or come back to learn more.

Zentangle is a meditation achieved through pattern-making. It is a miniature abstract work of art which is created from a collection of given patterns. With your mind engaged in drawing, your body relaxes.

If you took the class in October, come back for special projects designed to take you a step further. The introduction for new students will feature different patterns than those used in October. After that review, get ready to work with color and try shading to achieve dimension.

Cost: \$28m/\$34nm (PL, SS - \$10 materials fee)

Teacher: Joyce Francis

PHOTOGRAPHY SERIES \$12m/18nm each class OR \$30m/42nm, all 3

UNDERSTANDING YOUR CAMERA

Thurs, Nov 7, 1-3p

This session will help people understand their digital camera better. We'll talk about: How a Digital camera works, Interchangeable or Fixed lens, Important Buttons and Switches, Choosing Camera Settings, Exposure Modes, Image Quality, Important Menu Items

Bring your camera and your manual.

BASIC PHOTOGRAPHY

Thurs, Nov 14, 1-3p

This session will help you understand focusing, metering, how light works, and getting proper exposure. We'll talk about: Focusing, Metering, Understanding Exposure, Working with

Light, Resolution, Using Your Flash, Getting your images from the camera to the computer, Ways to Improve Your Images

Bring your camera and your manual.

COMPOSITION

Thurs, Nov 21, 1-3p

Understanding composition can help you turn your snapshots into photographs. But this isn't just for photographers. Painters, photographers, graphics artists, and even web designers all have to be aware of, and understand the "rules" of composition, and when to break them. This session will look at some of these "rules" of composition, and help you understand when to break them.

Teacher: David Perez

COMPUTER CENTER NEWS

SEE THE CALENDAR BELOW for a listing of all classes being offered in our Computer Center for the month of September. If you want more information about any of these classes check out the Fall Program Guide, pg 14-16, always available in the lobby or on our website. The computer page on the website also provides complete descriptions of these classes. Registration Deadline: Noon, Wednesday, the week before the class begins.

NOVEMBER COMPUTER CLASSES

NOVEMBER

Monday	Tuesday	Wed	Thursday	Friday
1:00-4:00 4 Basic Photo Editing/Print.	9:30-11:30 5 Intermed Internet and Email		9:30-11:30 7 Intermed Internet and Email	1:00-4:00 8 Basic Photo Editing/Print.
1:00-4:00 11 Adv Photo Editing/Printing	9:30-11:30 12 Facebook	1:00-4:00 13 Adv Photo Editing/Printing	9:30-11:30 14 Facebook	9:30-11:30 TECH TIME 15
9:30-11:30 18 Scanning Pictures	9:30-11:30 19 Taking Better Photos		9:30-11:30 21 Taking Better Photos	9:30-11:30 22 Photography Group

NOVEMBER'S TECH TIME: ONLINE SHOPPING

Friday, Nov 15
9:30 - 11:30a

How does online shopping work? Is it safe to use my credit card? What's Paypal? Will I get what I ordered? How do I find the best deal? Come join Gloria to talk about the in's and out's of shopping online. Share your experiences, learn new tricks. Bring your questions, confusions, and fears; leave feeling more confident about shopping online. Tech Time is free and requires no advance registration. Money back guaranteed.

THE HISTORY AND ART OF LEFSE MAKING

Thursday, December 5, 1:00
Cost \$3

What are the holidays for us Minnesotans without lefse? Join Mary Nystuen for a hands-on class on making lefse. Munch on a fresh warm piece of this traditional Norwegian delight while discussing fond holiday memories and debate the "correct" way to eat lefse. Butter? White sugar or brown? Jelly? Lutefisk?



BOARD & COMMITTEE NEWS

Directors present: Tom Brawley, Evelyn Burry, Bob Craig, Don Diehl, Duane Everson, Gerry Gengenbach, Evelyn Burry, Dottie Hammer, Marvin Kormann, Gordon Simonson, Greg Smith, Eve Webster, Phil Winter

Absent: Nancy Ashmore, Bernard Borene

Staff present: Lynne Pederson, Patsy Dew

Others: Rose Ann Steenhoek

1. CALL TO ORDER

The meeting was called to order by Gerry Gengenbach at 3:02 p.m.

Action: The agenda was approved.

Action: Motion and second to approve the August 22, 2013 board minutes. Carried.

2. REPORTS

Review and approval of Financial Reports

Bill Gruszewski reported on the financial statement. Income to date is 67% of budget and expenses are at 66%. Percentage for this time of year should be at 66%.

Finance Committee

Tom Brawley reported.

Minutes of the Sept 26 Board Meeting

Items covered in the finance committee meeting will be covered by other committee reports.

Facilities Committee

Marv Kormann reported. An architect has suggested changes to the men's locker room and tile work has been sent out for bids. Other changes to the locker room are in the works. Carpeting for rooms 103 and 105 is out for bids.

Membership Committee

Evelyn Burry reported. Dottie Hammer is taking over as chair of the committee.

Computer Committee

Evelyn Burry reported. Mini-Macs have been installed. Beginning in October, basic classes in both Mac and Windows will be offered. Evelyn is stepping down from the committee. Eve Webster volunteered to be the liaison to the Board from the computer committee.

Action: Motion and second that the Board send a thank you to the computer committee for all their work installing the new computers. Carried.

Advancement Committee

Annual fund donations total \$44,213 from 335 donors,

including 26 sustaining donors. The goal is \$70,000.

Executive Director Report

Lynne Pederson talked about the Silver and Fit program offered by several insurance plans. Silver Sneakers and Silver and Fit programs will now co-exist at the Center.

3. OLD BUSINESS

NCRC Update

CAC, Northfield Senior Center and Three Rivers have formed a legal entity named NCRC Corp, which will manage the NCRC building. This entity will enter into a contract with the City. NCRC Corp will contract with a property management company to oversee the day-to-day operations of the NCRC building.

Action: Motion and second to approve the Northfield Senior Center affirming participation in the NCRC Corp. Carried.

Board Terms and Nomination Committee

Operations Manual for Board and Committees

Finance Committee has been working on this manual.

DJJD Float Review

Thank you to all Senior Center members for their

work on the parade.

Board Self Evaluation Survey

Results to be tabulated by the next meeting.

4. NEW BUSINESS

Northfield Senior Legacy Society

An invitational dinner will be held September 29 to introduce those attending to the Northfield Senior Legacy Society. They will be asked to consider putting a gift in their wills to the Senior Center.

Nominating Committee Work

Evelyn Burry has resigned from the Board. The Nominating Committee is charged to find a replacement.

5. ADJOURNMENT

The meeting was adjourned at 4: 34 p.m.

Submitted by Duane Everson, Board Secretary

(assisted by Rose Ann Steenhoek)



KING'S ROOM, ST OLAF

Date: Wed, Dec 11
Time: 11:30 am

Come and join us at the beautiful King's Room in Buntrock Commons at St. Olaf College for our annual holiday feasting at St. Olaf College. Their sumptuous buffet has a wide variety of soups, salads, entrees and desserts. Parking is a problem so try to drive there with friends. Please fill out a class registration slip and pay for this meal in advance. Price includes a gratuity. Reservations are absolutely required.

Cost: \$15

Sign up date: 9 December

PROHIBITION EXHIBIT

MN History Center
Tues, Nov 12
9:30 am - 4:00 pm

The History Center's upcoming new exhibit, American Spirits: The Rise and Fall of Prohibition, tells the story of this period in our history. Lunch on own will be at the Center's Café which features "grab and go" items as well as entrees, grill and deli. Included is a special program before lunch and the museum exhibit after lunch

Cost: \$44

Sign up date: Nov 1

SORRY, WRONG CHIMNEY

DayTrippers Dinner Theater
Tues, Dec 10
11:00 a - 4:30 p

"This is a lighthearted Christmas tale full of mistaken identities and zany foul ups, with a smattering of slapstick. What you see is what you get: A couple of hours of uncomplicated laughter and fun!" So says the Phoenix Gazette. This is a new Twin Cities Dinner Theater for us whose menu includes fish, chicken, pasta, salad, vegetables, dessert, coffee and tea. Sounds like a fun afternoon

Cost: \$48

Sign up date: Dec 3

AMERICAN SWEDISH INSTITUTE

Thurs, Dec 19
9:00 a - 4:00 p

Tour the American Swedish Institute to look at the Nordic Christmas Rooms that represent holiday traditions of Sweden, Norway, Denmark, Iceland and Finland. This year's theme is "New Nordic Cuisine." Included is a Lucia exhibit and a Swedish Holiday Traditions another exhibit called "It's Not the Why, It's the What." For lunch we'll dine on own at FIKA restaurant, which features traditional Swedish delicacies alongside modern interpretations of the New Nordic Cuisine.

Cost: \$40

Sign up date: Dec 11

ALMOST MAINE

Old Log Theater
Wed, Jan 29
11:00 am - 5:00 pm

"Almost, Maine" is a remote, mythical town in which residents fall in and out of love in unexpected and often hilarious ways. It's a delightful midwinter night's love story! Lunch includes a choice of pork, chicken walleye chowder or veggie pasta. Indicate your lunch choice when you sign up.

Cost: \$70

Sign up date: Jan 14

MAMMA MIA

Orpheum Theater
Saturday, Feb 22
12:30 am - 6:00 pm

Cost: \$71

Sign up date: Jan 2



NORTHFIELD OLIVE OILS AND VINEGARS TOUR AND TASTING

Thursday, Nov 14, 9:00a

Cost \$6 Event limited to 15 people

Meet at Northfield Olive Oils and Vinegars on Bridge Square for a tasting and tour of their extensive and exotic array of flavored oils and vinegars. Learn how to select and use them to create meals that treat your tongue to a whole new level of flavor.

TRAVEL AND OUTINGS

Future Trips!

MAMMA MIA - ORPHEUM THEATER, MINNEAPOLIS FEB 22

MATISSE EXHIBIT - MINNEAPOLIS INSTITUTE OF ART MAR 4

MINNESOTA OPERA - THE MAGIC FLUTE APR 13

GROUP ACTIVITIES

BOOK CLUB

The Satanic Verses
by Salman Rushdie

Book Club meets Nov 8
at 10:30a

Paper Crafting group - Holiday Special

“MAKE AND TAKE”
SESSION

November 4th 1:30 -
3:30

Join the talented paper crafters for a fun-filled afternoon of making holiday gift tags and gift card holders. See samples of the 6 items you will be able to make on the hall bulletin board.

Cost: \$6 for materials.
Preregister by Nov 1

Seasoned Singers
meets Tuesdays 4:30-6
All women welcome.

Chime Choir
meets Thursdays 1:30-
3:30

New members welcome.
No experience needed.

Dining Center Thanksgiving Dinner

will be held Tuesday November 19. The “Out to Lunch” Clarinet Quintet will be providing us with music during the registration time (11:00 - 11:30). The dinner will be served at 11:30.

NEW Artist Group

Meets every 1st and 3rd
Thursday (Nov 7 & 21)

1 - 4pm

Come draw or paint with others.

Meets in the Far Link.

Welcome! to these new members.

Jane M Kipp, Jan Schroeder, Linda P Olson, David J Peterson, Orick I Peterson, Danny Ayotte, Lea Ann Ayotte, Bill Wustenberg, Wendy Wustenberg, Derek Melby, Robert T Callaway, Paul Kluge, Brent W Mueller, Diana Mueller, Rita Olson, Nancy Hiner, Lora Tutewohl, Roger Tutewohl, Kenneth Erickson, Linnea Erickson, Cynthia Nelson, Elda Ann C Frauenshuh, Judy Spillane, Barbara Cleare, Mark Cleare, Alice Marin, Kendra Hanna, Sandra Rippel

NSC STAFF DIRECTORY

Director / 664-3701
Lynne Pederson

**Assistant
Director / 664-3708**
Patsy Dew

Bookkeeper / 664-3705
Kathy Bjerke

**Membership
Coordinator / 664-3704**
Jackie Johnson

**Fitness
Manager / 664-3702**
Gale Marchand

**Program
Coordinator / 664-3707**
Chris Ellison

**Administrative
Coordinator / 664-3703**
Nancy McDougall

**Used A Bit
Shope / 645-1399**
Kristi Casson

**Dining Site & Popcorn
Wagon Mgr / 664-3735**
Gail Noren

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Henwood, Ruth
Johnson-Wirth,
Pat Sunquist, Beth
Endert



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Left to right: Elizabeth, Dave, Steve, Danielle



Northfield Senior Center

1651 Jefferson Parkway

Northfield, MN 55057

<http://www.northfieldseniorcenter.org/>



This activity is made possible in part by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund.

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(Rt) Scene from The Treasure
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Monday-Friday: 6 am-8 pm

Saturday: 6 am-5 pm

Sunday, Fitness: 10 am-5 pm

Sunday, Pool: 5:30-7:45pm

USED A BIT SHOPPE

624 Water St. / River Mall

Monday-Saturday: 10 am-5 pm

Thursdays: 10 am-7 pm



(Please return this reply form to Northfield Senior Center, 1651 Jefferson Pkwy, Northfield, MN 55057.

Dear Friends at the Northfield Senior Center:

___ I have already provided a bequest for the Senior Center in my will.

___ Please contact me regarding information about the Senior Legacy Society.

___ Please contact me regarding donating to the Northfield Senior Center

My name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____
