

February 2013



A Summary of the NCRC Study By Lynne Pederson

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Putt-putt Mini Golf Tournament Feb 25 - Mar 1 (see pg 7)

The year long study to determine the feasibility of the transfer of management and/or ownership of the Northfield Community Resource Center (NCRC) is coming to an end. The NCRC Core Group, made up a representatives from the original building partners, will present the results of the study at a City Council work session on February 12, at 7:00. We have dug deep into the history of the NCRC, how and why it was built, the financing that made it possible, and the governing model initiated by the building partners-Northfield Senior Center (NSC), Community Action Center (CAC), Three Rivers Community Action, Northfield Public Schools, City of Northfield. We researched models of ownership and management, tax property status, and legal implications for a transfer. We talked with experts in the field about maintenance and property management to determine what is feasible and needed to manage the

building. We have developed the people of Northfield. an operating budget for the building, funded by the building lease payments. We have talked with NSC members, the nonprofit partners, and others to hear their opinions. The information learned and the work we have done has guided the committee to reach conclusions and to make a recommendation.

Our conclusions are: In 1998, the Northfield community showed strong support of the NCRC through a vote, with a 83% to 17% margin, to approve a \$2.2M general obligation bond to finance the construction of the NCRC. The original purpose and use of the NCRC continues to be fulfilled; after twelve years the original nonprofit organizations are still housed in the building, effectively running and managing programs. A connection between the City and the NCRC should continue to support the nonprofit organizations that are serving Governance (cont. on pg 2)

The City approached the nonprofit building partners to purchase the NCRC to improve the financial situation for the City. The nonprofit partners have a feeling of ownership towards the NCRC and are committed to providing well maintained and equipped facilities for the members and clients. A win-win solution is needed to satisfy all.

Drawing on these conclusions, the NCRC Core Group recommendation is to transfer the management of the NCRC from the City to the four founding partners— NSC, CAC, Three Rivers, Nfld Schools, reinstating a Governance Council. The Council will assume management responsibilities of the NCRC, under a two year, renewable contract with the City of Northfield. This relieves the City from the daily management of the building and frees up City staff to work on other needed projects. The

(NCRC Study Summary cont) Council will hire a property management company to maintain daily operations. During this two year period, the Governance Council will determine the feasibility of a transfer of ownership of the building.

As you may well guess, there

is much more detail to the report and the information gained. If you would like to know more, please ask me. I will be glad to talk with you.

Where in the World is Norma Monroe?

CAN YOU IMAGINE what the sailors felt, when they sailed around the world gathering supplies, goods and whale oil? Crew standing on the yardarms 117 feet off the deck, unfurling and hoisting the sails. Then hearing the snap of the wind as it caught the sails and pushed the ship forward. What did it feel like? That is what I wanted to know and experience when I scheduled my trip to sail on the 150 year old, tall ship, Bark Europa out of Norway to see Antarctica.

I boarded the Europa on January 15, 2012, in Ushuaia Argentina, the southern most city in South America, for the 22 day trip to Antarctica. There were 13 permanent crew and 36 training crew. We used a watch system that divided us into 4 working groups, 6 hour shifts, which ran day and night. We did most of the work to sail the ship, with jobs like taking the helm, steering with a compass, standing watch, climbing the rigging, hauling the lines, and setting the sails. The new crew was from nine different countries using English as the common language and working together for the experience of a lifetime. We sailed passed Cape Horn right into the Drake Passage, which has the reputation of being stormy and wild. The first crossing was

calm with the winds only coming from two directions at once, and

with that wind we set all 22 sails and reached speeds up to 12 knots. The Cape petrels, White-chinned petrels, and Albatross flew around and beside the ship all day. The sunsets were fire red and gold, and the nights had millions of stars from horizon to horizon with the Southern Cross right over our ship. Sailing southwest we crossed the Arctic Current, where the water temperature dropped 12 degrees. We sailed between the huge, clear blue, tall icebergs to the South Shetland Islands.

Our explorations of Antarctica were led by a crew with 3 trained naturalists; one of them Mike Stewart, who graduated from Carleton College. Twenty-two different times we were transported in dinghies ashore so we could walk in the rookery among the penguins, see the seals, and experience the wildlife.

One penguin parent stood watch over its two chicks in the rock nest, protecting them from the scavenging birds, the Great petrel and the Antarctic skuas. Since these birds are the only land predator in Antarctica, anything they do (cont on pg 3)

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Left to right: Elizabeth, Dave, Steve, Danielle









Where in the world, cont.

not scavenge or take will remain for years. The other penguin parent marches to the ocean to fish for krill, a small one inch long fish, to eat. The penguins swim together in pods that look like ripples on the water for safety from the hungry crab seals and the lion seals. The parents have the attitude of urgency with this never ending routine. The chicks have about ninety days before winter returns, to hatch, eat, grow, molt twice, and grow long enough tails so they can balance to walk to the ocean and find food. For many the time is too short. We visited penguin colonies from the size 100 pairs to 5000

Senior Center Staff

664-3701

Director

Lynne Pederson

pairs. We walked in the rockeries of the Gentoo, Chinstrap, Adelie, and saw the Rare White and Macaroni penguins.

The return trip across the Drake Passage was very different. We had dark, cold, rainy nights, with the storm winds blowing from five directions at once. The ship acted like a cork, rolling from side to side sometimes at a 35 degree angle, then pitching forward over the crest of a wave to have water splash over the bow and across the main deck. The crew had to wear safety lines at all times while on deck and we were only allowed on the stern of the ship. Eating

meals during the crossing was a challenge, and we learned to eat with one hand and hang on to something with the other one. Getting out of our bunks was usually sliding across the floor until we hit something to stop us. Many of the crew were seasick and in bed for several days. Yes, I think we will all remember the Drake Passage and think of the Europa as one great little boat that thought it could. The Europa returned to post in Ushuaia, Argentina on February 5. The crew had a new understanding for each other: different countries, languages, politics, and jobs were all the same when the call came to HOIST THE SAILS.

Still on my bucket list: to walk on all seven continents—Africa yet to go; to see things and places before they disappear—Greenland, Canada the home of Polar Bears, and sleep with lions roaring outside my tent. My Motto is WHY NOT.

- Norma Monroe

Asst. Director	664-37	08	Sa
Patsy Dew			Sı
Bookkeeper	664-37	05	
Kathy Bjerke			Fitne
Membership Coordin	ator		Mo
Jackie Johnson	664-37	04	Sat
Fitness Manager			Sun
Gale Marchand	664-37	02	C 1
Program Coordinator			Sunda
Chris Ellison	664-37	07	
Administrative Coord	inator		
Nancy McDougall	664-370	3	64
Dining Site Manager			0-
Gail Noren 664-3735			
Evening/Weekend	664-37	700	
Janice Kasa, Barb Ho	enwood,	Ruth	Mond

Used A Bit Shoppe 645-1399 Kristi Casson

Johnson-Wirth, Pat Sunquist

Saturday 7 am—5 pm Sunday 10am—5pm *Fitness Center and Pool Hours* Mon—Fri 6 am—8 pm Saturday 6 am—5 pm Sunday, Fitness 10 am—5 pm Sunday, Pool* 5:30-7:30 pm

Senior Center Lobby Hours

Mon-Fri 7 am-8 pm

Used A Bit Shoppe 645-1399 624 Water St.

Shop Hours

Monday - Saturday 10 am—5 pm Thursdays 10 am—7 pm

Fitness News

Coming Back from an Injury, Surgery or Illness

By Gale Marchand

Fitness Class Changes NEW times are:

Core and More Thurs, 8:15 -9:15am

> Zumba Wed eves 6 - 7pm

We were fit, strong, and impervious. Then came the surgery (or illness or injury, or -you fill in the blank). And then we may be in the process of self-searching with questions similar to these:

"Now, how do I get back to where I was? How do I get strong again? Will I ever regain my former virility, mojo or fitness level? If I can regain it, HOW? (recovery seems to take so long ??)"

Well, take heart. Many of us are in the same boat, but life isn't over. We just need to be patient and take some steps! NSC is the place to do it with

excellent support. Often our members have been challenged with health issues but frequently manage to recover speedily. The Center offers 'hidden' resources that can facilitate your recovery.

One of these resources is a consultation with one of our Certified Personal Trainers. Our trainers will work with your consulting physician to determine the best timeline for recovery using a safe progression of exercises.

Sometimes medical plans will pay only for a certain number of visits for medical rehabilitation or physical

therapy, and you are left to do exercises or stretches on your own. When it is difficult to maintain this regimen on your own, a skilled Certified Trainer can help you along the way to become as strong and fit and functional as possible. Many of our trainers have themselves overcome some dramatic health issues and have returned to full strength. They know what it is like to battle the way back up.

For a consultation, contact any of our trainers directly or talk with the Fitness Manager, Gale Marchland, for guidance as to which trainer may be the best fit for your situation.

Food is Medicine Series, Drop-ins allowed

This series includes healthy and fun eating tips (WITH food samples each class date). The program will help guide you through food choices that or dietary supplements for

can lead to good, bad or ugly health parameters. Come learn about the scientific evidence that supports the use of foods

improved health. Energize yourself with information about your health and by sampling tasty recipes!

Feb 6: Eating for blood sugar control or diabetes prevention

Feb 13: Eating for risk reduction of cancers

Feb 20: Eating for a healthy gastrointestinal tract

Feb 27: Part I: The BlueZones - cultural, culinary and nutritional travel where people live healthy to 100

Mar 6: Part II: The BlueZones – cultural, culinary and nutritional travel where people live healthy to 100

Presenter: Louanne Kaupa, MS, Registered Dietitcian with 30 years in the field of nutrition Drop in rates will be \$6m/\$8nm/\$2PL & SS

If you wish to drop in on any class, check in with the receptionist and pay the drop in rate.

Learning Opportunities

Rice County Pioneers

Wed, Feb 20, 10a Presenter: Sue Garwood, Exec Dir. of Rice Co. Historical Society

You will be introduced to a few of Rice County's earliest residents and some of their stories. Learn about the Nuttings – both of Northfield and of Faribault; hear Anna Larson's description of what it was like to be a teacher in the early 1860s; hear the stories about early Native American/ Settler relationships; listen to Ann North describe early life in Northfield and much more.

<u>Cost \$5</u> Registration deadline: Feb 13 As a follow-up to our Local History programs, the Travel committee has planned a history trip to Faribault on May 22. This trip will include visits to the Rice County Historical Society Museum, the Alexander Faribault House and the Episcopal Cathedral of Bishop Whipple.

Look for more information about this trip in subsequent newsletters. Living Safely in Your Home

Tues, Feb 5, 10a Presenters: Diane Winkles, Rice Co. Public Health Home Care Supervisor, and Pat Glaess, CSMR Home Care Services

As we age, our own homes can present hazards that can lead to falls or other injuries. Learn about the small changes you can make in your house to reduce the risk of falling, personal actions to be safe at home and support services available to enable you or an elderly parent or relative remain living at home.

Correction:

The Feb 18 AARP Refresher class is from 9 am – 1 pm. This is a change from what was originally printed in the program guide.

Hot Topics Series Continues

Feb 13: World Hunger Nigeria and Botswana and

Presenter: David Norman, Agricultural Economist

In order to maximize time for discussion David will distribute a small handout indicating the dimensions of the current problem, the trends in terms of hunger, and some of the challenges to solving the hunger problem. David will focus mainly on low-income countries where he spent most of my career.

David spent 20 years working long-term in

after joining Kansas State University, would teach one semester/year teaching and supervising graduate students, and then most of the rest of the year doing many short-term assignments with international agencies (e.g., World Bank, United Nations Agencies, Ford and Rockefeller Foundations, and country donor agencies) in about 80 countries in Asia, Africa, Latin America and the South Pacific.

Feb 27: Climate Change

Presenter: Gary Wagenbach, Biologist

Hot enough for you? Perspectives on global warming and climate change. A look at what we know and don't know and the range of responses, from denial to activism, we find in the media.

Cost: \$5 for each event Please Register





For the Love of Food

Book Club books:

Feb. - <u>Bruno Chief</u> <u>of Police</u> by Martin Walker

Mar. - <u>The Horse</u> <u>Boy: A Father's</u> <u>Quest to Heal His</u> <u>Son</u> by Rupert Isaacson

Apr. - <u>Shadow on</u> <u>the Mountain</u> by Margi Preus

Exceptional Eats

Sunday, February 10, 5p

Menu:

Appetizer - Pesto sun-dried Tomato Torte

Entrée - Mixed greens with apple and toasted pecans Broiled Shrimp Kabobs Beef Tenderloin with Madeira Sauce Point Potatoes Almondine Zucchini Cups with Baby Peas

Dessert - Chocotate Tasting,* Fresh Fruit

*Chocolate tasting experience elucidated with commentary by Jerry Mohrig

Cost: \$25/person for all membership levels



For the Love of Music

Set aside SUNDAY AFTERNOONS for a new concert series.

Sun, Feb 3, 3:00p Bob Kahn, classical pianist

Sun, Mar 3, 3:00p St. Olaf Brass

Sun, Mar 17, 3:00p Hardanger Fiddlers

Cost: \$5 for each concert

Bob Kahn started his career a the age of 16, playing the organ for church services. Since then, he has played the organ for many churches, taught piano to 100s of students, taught piano and served as choral director at the Wayland Academy in Beaver Dam, WI, and has given many recitals.

Bob is pleased that this concert comes close to

Bob Kahn started his career at
the age of 16, playing the
organ for church services.Valentine's Day, and has
planned to play pieces that
will fit this theme. The
concert will be divided into
two parts:

- Music of the Romantic period—Brahms, Grieg, Rachmaninoff, and Liszt.
- Music all about water, a nod to Minnesota's famous 10,000 lakes, the Mississippi River, and snow.

For the Love of Words - The World of Carl Sandburg

Under the direction of Myrna Johnson the Encore Players will present a Reader's Theater version of *The World of Carl Sandburg* by Norman Corwin. This script brings together the best of the Pulitzer Prize winner's verse and prose (including some of his famous biography of Lincoln). The readings are interspersed with folk songs from Sandburg's songbag.

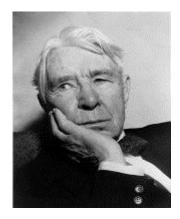
Readers will be Joy Ganyo, Patsy Dew, Bob Bruce, Sharon Gates-Hull, Elizabeth Olson and Claire Erickson.

<u>Performances</u> are Saturday, February 23 at 7pm and Sunday, February 24 at 2pm. Dessert will be served following the performances. Tickets are \$10; available now at the Reception Desk.

Here's a taste of Sandburg's fine writing (included in this newsletter because it is soon Valentine's Day).

Explanations of Love

Carl Sandburg There is a place where love begins and a place where love ends. There is a touch of two hands that foils all dictionaries. There is a look of eyes fierce as a big Bethlehem open hearth furnace or a little green-fire acetylene torch. There are single careless bywords portentous as a big bend in the Mississippi River. Hands, eyes, bywords-out of these love makes battlegrounds and workshops. There is a pair of shoes love wears and the coming is a mystery. There is a warning love sends and the cost of it is never written till long afterward. There are explanations of love in all languages and not one found wiser than this: There is a place where love begins and a place where love ends—and love asks nothing.



For the Fun of Jt

Putt-Putt Mini Golf Tournament

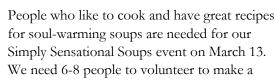
February 25 - March 1

The golf courses are closed and cabin fever is raging, so we're holding our own Senior Center golf tournament. Five days of golf madness, right here in our lobby. A new hole every day - each one crazier than the one before. Golfing in mittens? Putting with a water noodle? Anything is possible! Our first hole is titled, This Is Snow Time to be Golfing. A sense of fun is required – golf skills are optional. Look for the signup board and the rules to be

posted soon in the lobby. Fore!!!!! Green fees are only \$1 / person for the whole week of golf – and that includes an Awards Ceremony with treats at the end!



Wanted:



batch of soup to serve 24 small (¹/₂ cup) samplings and to provide the recipe to include in a booklet to be given to each guest and cook. If you would be interested and willing to be one of our soup chefs, please contact Chris Ellison at <u>chrisellison@nscmn.org</u> or 664-3707.

Travel

Winter Getaway

San Antonio, TX

February 16-24, 2013

Tour Includes: Luxury Motor Coach Transportation

- 8 Nights accommodations
- 14 Meals: 8 Breakfasts, 6 Dinners
- Guided tour of San Antonio

• Visit to the famous ALAMO and IMAX Theater presentation: "ALAMO" The price of Freedom

- Tour of the LBJ Ranch
- Cruise at San Antonio's famous River Walk District

Regional Trips

(for more details about these trips, see Winter Program Guide, pg. 27)

OUT TO LUNCH



Tokyo Grill February 19, 2013

Sign up with the Receptionist. Because this is a small venue, reservations are limited to 20.

James Sewell Ballet Sheldon Theater, Red Wing Saturday, March 2, 5:50 - 10p

Cost: \$46 <u>Sign up by February 12</u> Motor Coach and Extended trips are coordinated by Linda Zwolensky.

You can contact her through email: lindazwolensky@nscmn.org

Ask for travel books and trip brochures at the Senior Center reception desk.

Taming of the Shrew

Guthrie Theater, Minneapolis Wednesday, April 3, 2013, 10:30a - 4:00p Cost: \$58 Sign up by March 22

Art in Bloom Minneapolis Institute of Arts

Friday, April 26, 9:00 am – 3:00 pm

This once-a-year spring event highlights the talents of more than 150 floral artists, whose work will be on view next to the works of art that inspired them. Plan to lunch on own at the museum and take time to browse other flower or art displays.

Cost: TBA Sign up date: April 12

Membership News

Welcome! To these new members: Catherine Hanson, Michelle Tarka, Shirley Halverson, Stephen Taylor, Karen Otte, Holly Natvig, Marshall Brynildson, Elizabeth Littlefield, Kathy Reside, Julie Allis , Katherine Baty, Joan Bell , John Bremer, Rose Brennan, Neil Brown, Robert Caauwe, Linda Cross, Ann Dybvik, Bruce Dybvik, Richard Fellows, Kimberly Foss, Karl Hella , Anita Hellie, Charles Hellie, John Holden, Eugene Holmgren, Patricia Jones, William Jones, Michael Keefe, John Larson, James Lundergan, Stephen Malone, Richard Maxwell, Marylu Miller, Guy Modory, Raymonde Noer, Richard Noer, Raymond Ozmun, Phillip O. Peterson, Patricia Pinc, Colleen Press, Patricia Prill, Allen Reichardt, Bruce Rickert, Penny Rippentrop, Arthur Roberts, Michelle Sabyan, Mary Jane Schaefer, Christine Stanton, Sheryl Strachan, Raenell Sutter, Janet Swearer, Kathy (Kathleen) Taylor, Carla Thompson, Iver Torgerson, Sue Van Eeckhout, Jean Wakely and Raymond Young.

Computer Learning Center

See the Calendar below for a listing of all classes being offered in our Computer Center for the next six weeks. If you want more information about any of these classes check out the Program Guide, pg 16-20, either in the lobby or on our website. The computer page on the website also provides complete descriptions of these classes.

Registration Deadline: <u>Noon, Wednesday</u>, the week before the class begins.

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
1-4p 4	9:30-11:30 5		9:30 -11:30 7	1-4p 8
Basic Photo Editing, and Printing	Intro to Internet and Email		Intro to Internet and Email	Basic Photo Editing, and Printing
1-4p 11	9:30 -11:30 12		9:30 -11:30 14	9:30-11:30 15
Adv Photo Editing, and	Intermed Internet and Email		Intermed Internet and Email	TECH TIME
Printing				1-4p
				Adv Photo Editing, and Printing
	9:30 -11:30 19		9:30 -11:30 21	9:30 -11:30 22
	Microsoft Word I		Microsoft Word I	Photography Group
9:30 -11:30 25	9:30 -11:30 26	9:30 -11:30 27	9:30 -11:30 28	
Taking Better Photos	Microsoft Word I	Taking Better Photos	Microsoft Word I	

February Tech Time: Borrowing Ebooks

Learn how to borrow ebooks Now from the Northfield Public book Library at the next Tech (elec Time, 9:30 AM, February 15. without

Now you can install library books on your ereader (electronic book readers) without leaving home. Tech Time is free and requires no advance reservation.

Mac Users Unite

Everyone interested in participating in a Mac user group is invited to come to an organizational meeting at 9:30 AM on Wednesday, February 13. If you can't make this session but would like to meet with others who use Apple products please send an email to Barb Henwood, barbhenwood6@gmail.com.

AARP to Offer Tax Counseling

Trained and certified AARP Tax Aide volunteers will prepare and electronically file Center Receptionist Desk or individual income tax returns. This assistance is for services will be available taxpayers with low and middle incomes, with special attention to those ages 60

and older. Appointments will be taken at the Senior by phone (664-3700). These February 8 thru April 11. Appointments are available Monday thru Saturday and

are scheduled hourly, beginning at 8:30 am with the last appointment scheduled at 11:30 am. Plan to arrive 15 minutes prior to appointment to complete mandatory forms.

To complete your Federal and State tax forms, please bring:

Your copy of last year's Federal and State tax returns Social Security and Identification cards, including one photo ID for taxpayer W-2 forms from employer(s) Unemployment compensation, if applicable All 1099 forms that show: Social Security income for 2012 Pension income Interest or dividend income Sale of stocks or mutual funds Self employment Other miscellaneous income If a renter, a copy your 2012 Certificate of Rent Paid (CRP) If a homeowner, a copy of property tax paid in 2012 AND, when received, a copy of property tax payable in 2013

Medicare Consulting Now on Tuesdays

Are you preparing to enter the Medicare system? Do you need help with Medicare?

A volunteer SHIP (State Health Insurance Assistance Program) trained counselor will be available in the computer lab to provide confidential one-on-one help or problems on a walk-in basis. Inquiries may include: simply learning how Medicare works and what Medicare supplemental insurances are available, comparing products, determining which products will provide the best solution for you now and in the

with your Medicare questions future or finding answers to something you don't understand, directing you to appropriate Medicare personnel.

> Medicare Consults 1st and 3rd Tues. 1-2:30 pm Call the Receptionist to sign up for an appointment, 664-3700.

You May Now Put Money in Your Prepayment Account ON-LINE

On our website, www.northfieldseniorcenter.org, click on the tab "SIGN UPS +" and then on the button "Add Prepayment to Your Account." After entering your phone number, and selecting your name, you will be taken to a form to enter the amount you wish to put on your prepayment account (used for open swim, fitness room, aqua and fitness classes), and then you will enter your credit card information on a secure site. Takes a lot of words to describe, but it's easy to do!

Diabetes and the Eye Thurs, Feb 21 10:30 - 11:30 am

Nathan P. Heilman, of the River Valley **Eye Professionals**

NSC Gallery Exhibits

Through Feb 10

The current exhibit of paintings by Larry Torgerson, and 3-D collages by Greg Smith continues through February 10. All of Torgerson's paintings are for sale at reduced prices, as he feels he must diminish the number of paintings he has on hand due to poor health.

Feb 11 - March 17

The next exhibit will feature the work of one woman, Andrea Costoupolos, currently of Rochester. Costoupolos is an eclectic artist, skilled in many media. While in her mid-thirties, she changed careers from nursing to art, studying at the Tues, Feb 19, 4 - 6pm

Herron School of Art and Purdue University with a major in ceramics and a minor in painting. She moved to Rochester in 1998, and became a member of the SEMVA Gallery. Costoupolos has been involved in coordinating large-scale art projects in Rochester, and is currently working with the Ronald McDonald House to place local artwork that focuses on the children who stay there. Most of her recent work is in creating jewelry and scarves. Costoupolos sells her work locally at the Eclectic Goat.

Opening Reception -



Heart Flight, Painting by Andrea Costoupolos



Painting by Larry Torgerson



Bracelet by Andrea Costoupolos





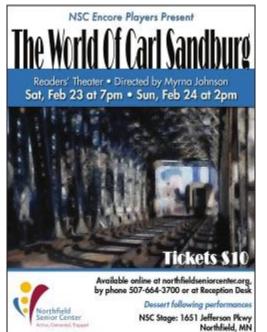
1651 Jefferson Pksy Northfield, MN 55057

Phone: 507-664-3700 Fax: 507-664-3720 www.northfieldseniorcenter.org

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



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: Katherine Helgen, MD : Randolph Reister, MD

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FamilyHealth Medical Clinic



507-646-1494 : FamilyHealthClinics.org/Northfield