



Northfield Senior Center

**active,  
connected,  
engaged**

News .....1-3  
 Gallery.....2  
 A Moment in Time.....4  
 Opportunities.....5  
 Travel.....6  
 Membership.....7  
 AARP.....7  
 Board, Committee...8-9  
 Events, Classes.....10

# Center News FOR ACTIVE OLDER ADULTS



## ‘Tis The Season by Patsy Dew

Are you caught in the “hustle and bustle” of the Season? Do you love it? Or are you wiser now, knowing that you don’t HAVE to bake Mom’s full recipe of cut-out cookies? My mother’s delicious recipe makes 108 flakey, mouth-watering cookies, that all beg to be decorated with many colors of frosting and other festive toppings. My adult children still enjoy that. For about 15 minutes. I’m wiser. I noticed that there is one Tupperware container with frozen dough from Christmas 2012 still in my freezer. Maybe I’ll start there this year. I confess, I am a recovering Perfect-Holiday

addict. I’m still working on controlling my irrational tendency toward excessive abundant gifting.

All of this is to say, I know that your attention this month is mostly NOT on the Center. But I want to put a little bug in your ear for January, to think about gifting in another way... giving of your time. Let the busy-ness of December not overwhelm you, but let the generous spirit of the season carry over into the New Year. The Center has many ways in which you can give your time, serving others as a volunteer: Reading with

4<sup>th</sup> Graders, working as a Receptionist or pool Monitor, planning trips with the Travel committee, teaching a class through the Computer Center, delivering Meals on Wheels, helping with Thursday’s Table, serving on one of our board committees (see the notice below), working at the Used a Bit, and/or...let the staff know how you’d like to donate your time, and we’ll look for a way to make it work.

I wish you all a Happy Holiday season, full of friends, family, and fellowship. And fancy cookies, but only if you want those.

*Join your friends for the  
**Annual Holiday Party**  
 Friday, December 13, 3-5  
 Room 103-105  
 good food good friends good times  
 Seasoned Singers Troubadors  
 Chime Choir  
 Encore Players: The Gift of the Magi*

**NOTICE - YOUR TALENTS ARE NEEDED:**  
 The Northfield Senior Center Board of Directors is looking for “not just a few good men and women” but rather “all men and women” that are interested in being involved with the governance work of the Center. The Center is governed by a board of directors and committees that oversee the Center’s operations, set policy, and support the staff. The board and committee meetings are never dull, actually quite lively, and accomplish much work that furthers the organization. Opportunities are here for you in Finance, Facility, Advancement, Membership Committees and the Board. If you have an interest in being a part of the Board of Directors or a committee, talk with Lynne, Center Director, at 664-3701 for more information.

## GALLERY NEWS

In December you will be treated to the 4<sup>th</sup> annual “Senior Open” art exhibit. The NSC Gallery (located in the lobby, the link and hallway) will be filled with pastels, watercolors, oil paintings, pottery, fiber art, jewelry, wood carvings and photographs, one piece each from more than 30 artists, including Fred Gustafson, Greg Smith, Joan Herzog, Bev Steberg, Judy Saye-Willis, David Perez, Carol Gerbig, Steve Beto, Tom Willis, Kathy Miller, Sandy Dinse,

Nancy Rechtzigel, Dick Zawacki, Joannie Johnson, Steve Swanson, Deborah Martin, Linda Bliese, John Muellerleile, Mary Ruth, Nancy Butler, Lynne Pederson, Marsha Kitchell, Lucky Rimpila, Marcus Moller, Don Roos, Cheryl Frarck, Jim Haas, Beret Griffith, Paul Noah, Maryrose Gondek, Val Denison, Karen Sellers, Jean Miller, Maxine Amundson, Mary Ellen Bowe and Lois Godfrey. Come to the reception on the 3<sup>rd</sup> and help us celebrate their creativity!



NSC Gallery Exhibit  
Nov 25 - Jan 5  
Opening Reception - Tues, Dec 3, 4 - 6pm



**34 in the 4th**  
Our 4th annual Senior Open, with 34 artists participating

*Guiding the journey through the challenges of memory loss*

## Memory Care

The professional staff at Three Links will guide your loved one's journey through the challenges of memory loss. We provide assistance and encouragement, in a compassionate environment that preserves dignity, respect and acceptance.



*Three Links offers a complete continuum of care options which includes 3 locations for Memory Care on our campus.*

Call Holly for information: (507) 664.8800

Three Links, 815 Forest Ave, Northfield MN 55057

[www.threelinks.org](http://www.threelinks.org)



## Travel Medicine

**Katherine Helgen, MD**, can help you stay healthy while traveling.

- Internal medicine
- Medication supply
- Vaccinations, including yellow fever
- Prescriptions for malaria prophylaxis and traveler's diarrhea
- Health evaluation
- Help managing chronic conditions

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



507-646-1494 : [FamilyHealthClinics.org/Northfield](http://FamilyHealthClinics.org/Northfield)  
2000 North Avenue, Northfield

FamilyHealth Medical Clinic



## Update on the management of the NCRC

written by Lynne Pederson

Three organizations that use this building (the CAC, Three Rivers, and the Senior Center) are in the process of taking over the management of the NCRC. These three have formed a new non-profit named the NCRC Corp. The NCRC Corp will hire a management company to oversee the maintenance of the building; the City will still own the building.

Using financial information from the City, an operating budget for the NCRC has been developed, structured as the building is financed today. The difference is that rather than the City receiving payments from the organizations using

the building and paying the expenses, the property management company will receive the lease payments and pay expenses. It is planned that the Senior Center and the other nonprofits will not pay any more than they are paying now for the lease payments.

So why do the partner organizations want to manage the building? The City Administrator has made it very clear, that the desired outcome for the City is that ownership of the NCRC will be transferred to one or more of the organizations at the end of the three year contract. During the three years that the NCRC Corp manages, the partners will have a better understanding of the operating costs for the building and if there are ways to reduce the costs. The partners will be involved in the management of the

building to assure that the maintenance of the facilities is done efficiently and in a timely manner. For the Senior Center staff and Board of Directors, we will have a keener understanding of the facility operations, especially for the pool, heating systems, etc. By the end of the term of the management contract, the NCRC Core Group will determine if it is feasible to transfer ownership of the building, if this is a next step for the organizations, and if the reasons are compelling enough to take this next step.

If you have questions, please do not hesitate to visit me in my office or call, 664-3701. Others on the NCRC Core Group are Char Carlson, Gerry and Carol Gengenbach, Bert Reese, Mike Harper, Eve Webster, Jim Blaha, Mike Thorsteinson, Erin Mayberry, and Dawn Tommerdahl.

## New YMCA Plans

By Virginia Kaczmarek

Did you hear a YMCA is being built in Northfield? A huge number of active volunteers and supporters have been providing their time, talent and financial resources to build a place for families in our community. Northfield has amazing colleges, a great school system, a vibrant senior center and solid businesses. What's missing is a community center, a place where everyone is welcome though programs that target

youth and families.

If you are connected with the colleges, you have a place. If you are a senior, you have a place. If you are a youth on a school or traveling sports team, you have a place. But where do the kids who didn't make the team or can't afford participating or simply don't want to spend so many evenings traveling on a sports team go? Where can families from all socioeconomic backgrounds come together? How can the YMCA

and Senior Center partner?

If the YMCA is able to build an indoor walking track, this is an easy partnership with the Senior Center, especially during our coldest months. We're still raising funds to get this built (funds need to be raised by January 2014). The YMCA is also very interested in senior volunteers and we have many senior employment opportunities. You do not need to be a member to join in YMCA activities so come watch your grandchildren play or swim!

## NEWS

### NORTHFIELD YMCA VISITS THE NORTHFIELD SENIOR CENTER:

Tuesday, December  
3<sup>rd</sup>, 11:30 - 1:00

Wednesday,  
December 4<sup>th</sup>,  
3:30 - 4:30

Bring your questions  
and learn more!

## 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 January edition must be received by December 15. Send submissions via email to [patsydew@nscmn.org](mailto:patsydew@nscmn.org), or leave hard copy in the office for Patsy Dew. We may also be able to provide help with the writing of your moment...just ask.*

### The Last Dance A Conversation with Rev. Duane Everson

**Category: Non-Fiction**

Rev. Duane Everson served forty five years in Minnesota congregations as a Lutheran Pastor (Evangelical Lutheran Church in America). He is a graduate of Luther College in Decorah, Iowa, Westburg Seminary in Dubuque, Iowa, and was ordained in 1967. Rev. Everson served as a Pastor at St. Peter's Church in Northfield for 12 years, and officiated for the funeral of a friend that follows.

*The entire interview can be read on-line at: [www.northfieldseniorcenter.org](http://www.northfieldseniorcenter.org).*

Steven James Beto (Sjb): The funeral was created to be something quite unique.

Rev. Duane Everson (RDE): Throughout the ceremony, I

played on a theme. I remembered a song with a line: If you get a chance, don't sit it out, dance. During the homily and the entire service, I repeated: If you get a chance, don't sit it out, dance, and here, I was picking up the notes that in life, Dan was not a wall-flower. He didn't sit it out; not Dan. He got on the dance floor and he danced a big dance all through his life, and he had a positive, wonderful effect on a lot of people. If you get a chance, don't sit it out, dance.

During the Benediction at the end of the service, I repeated the phrase to emphasize the theme: *The Last Dance* and I sat down to listen to the music coming from the balcony—string music, nice and upbeat music, and a gentleman stood up and asked Dan's sister to dance, and together they began dancing in the aisle arm in

arm, then I got up and asked Dan's ex-wife, Gretchen, to dance, and within thirty seconds, Steve, the entire congregation—and this place was packed—is dancing. Everyone in the congregation was dancing! They couldn't get everyone in the aisle, in the chancel, so they were dancing between the pews! Completely spontaneous—I was just in awe. It was fun. It was a fun day. My first thought was, what would the old preachers of a hundred years ago say?

Sjb: They were dancing that day, Reverend.

RDE: I hope so. We attend funerals, you know, not because someone has died, but because someone has lived.

*Addendum: The entire funeral can be viewed on the Website: [www.vimeo.com](http://www.vimeo.com) under the title 'Dan Freeman Funeral.'*

---

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

Robert & Janie Anderson, Irene Bonhus, Arliss Boyum, Charles & Carolyn Carlin/Sanford, Ron Cirksena, Patricia & John Day, Larry & JoAnn Edwardsen, Edward & Mary Emery, Nancy Enge, Evelyn Estenson, Richard Falck, Darlene Finch, Margaret Fink, Joan Garvin, Joseph & Jeanette Iverson, Kenneth & Carolyn Jennings, Marcia Jones, Don & Joan Kark Niehaus, Jean Koski, Pat Lamb, Nancy Lehman, Jane McWilliams, Regine & Peter Prenzel-Guthrie, Jacqueline Prince, Sandra Rowan, Barbara Sawyer, Loretta Siler, Dale & Kathy Sommers, Norris & Joyce Stephenson, Patricia Stringer, Robert & Donna Vanderhoof, Jerry & Carol Vedra



## Make Headlines in January

“The universe is made of stories, not atoms,” says author Muriel Rukeyser — and there are thousands and thousands of amazing stories at the Northfield Senior Center. We’ll have the opportunity to share some of them with St. Olaf students in January, when the NSC will serve as a resource for a month-long journalistic writing class being taught by Jan Hill.

Jan’s students are going to be assigned to complete (1) two news stories, which can be of any sort as long as students can apply the 5 W’s in a lead and find a news peg to give the story currency if it isn’t new this week; (2) speech or meeting coverage;

(3) arts stories, either reviews or features; and (4) some sort of personality profile, which will give reporters a choice of a narrative or an interview format. We’ve got all of that and in spades – colorful and interesting experiences, active lives, and expertise on a wide variety of subjects, from agriculture and art to zoology and zumba.

The students will come to the center three Fridays in January to scout for stories and/or arrange to interview people at the NSC there or in a location of mutual convenience. Nancy Ashmore, vice president of the NSC board, will prep them for the experience during a class presentation on the center, its history, and its demographics and will help connect them to people at the center who

can speak to particular topics they may be interested in.

In addition to the opportunity to help out Jan and her students, this project offers the possibility of being able to use many of the resulting articles in the NSC newsletter, on the website, and as the basis for pieces that we’ll submit to the *Northfield News* and other media in order to raise the visibility of the center.

Are you interested in being involved? Do you know someone with a great story to tell, an ongoing or upcoming NSC activity that would make a great feature? If so, let Nancy know the best way to contact you and what you’d be interested in sharing with an aspiring journalist.

**AND...ANOTHER OPPORTUNITY TO SHARE YOUR STORIES**

Nancy Ashmore’s contact info:

Phone, 507-645-6459

Email, nancy@ashmoreink.com

### YOGA FOR POST TRAUMATIC SYNDROME (PTSD) INFO MEETING

Tuesday Dec 10, 6 pm  
Monday Dec 16, 1:30 pm

Informational Meetings in December Full Program will run in January which will be Workshops requiring pre-registration.

Instructor: Daniel Martin, Counsellor, Social Worker, Veteran, RYT-200, recently certified for yoga for PTSD

### SECOND ANNUAL NEW YEAR’S EVE MOVIE MADNESS

Tues, Dec 31, 2-8pm  
Cost: \$5.00 for pizza

Ring in the New Year with a marathon of movies, popcorn, pizza and all the leftover Holiday cookies you want to get out of your house.

**Preregister if you are planning on eating pizza**

### HISTORY AND ART OF LEFSE MAKING

Thurs, Dec 5, 1pm  
Cost \$3 - for all membership levels

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?



## TRAVEL AND OUTINGS

### Future Trips!

**OUT TO LUNCH,  
MANDARIN GARDENS  
TBA FEB**

**MATISSE EXHIBIT, MIA,  
MARCH 4**

**THE MAGIC FLUTE  
MINNESOTA OPERA,  
ORDWAY THEATER  
APRIL 13**

**AMISH TOUR,  
LANESBORO/HARMONY,  
MN  
MAY 22**

**PINE CITY TOUR  
TBA JUNE**

### Out to Lunch KING'S ROOM, ST OLAF COLLEGE

Wed, Dec 11, 11:30 am  
Last call to join us at St. Olaf College for our annual holiday feasting at the beautiful King's Room in Buntrock Commons! Parking is a problem so try to drive there with friends. Or plan to take Northfield's Hiawathaland transit bus up to St. Olaf. Please fill out a class registration slip and pay for this meal in advance. Price includes lunch and a gratuity. Reservations are absolutely required.

**Cost: \$15**

**Sign up date: Dec 9**

Extended trips are coordinated by Linda Zwolensky  
Her email: lindazwolensky@nscmn.org

### Trips SORRY, WRONG CHIMNEY DayTrippers Dinner Theater Tues, Dec 10, 11am - 4:30pm

Hurry! Hurry! Hurry!  
There are only a couple of days left to sign up for this lighthearted Christmas tale. This story is full of mistaken identities and zany foul ups, with a smattering of slapstick. We're going to 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, 9am - 4pm

Another sign-up date is close at hand! Do come with us to explore contemporary holiday traditions and farm to table seasonal cuisine in the annual holidays rooms at the American Swedish Institute. There will be time to visit the museum and Christmas gift shops as well as the rest of the mansion on your own before we return to Northfield.

**Cost: \$40**

**Sign up date: Dec 11**

### ALMOST MAINE Old Log Theater Wed, Jan 29, 11am - 5pm

"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 where all is not quite what it seems! Lunch includes a choice of pork, chicken, walleye chowder or veggie pasta entrée. Indicate your lunch choice when you sign up.

**Cost: \$70**

**Sign up date: Jan 14**

### MAMMA MIA Orpheum Theater Sat, Feb 22, 12:30am - 6pm

This outing has an early sign-up date so please mark your calendars and plan now to join us! "Mamma Mia" is a musical that combines the storytelling magic of ABBA (a Swedish musical group) with an enchanting tale of love, laughter and friendship. It is one of the biggest hits on Broadway and around the world, and has become the most popular and successful movie musical of all time. This is the ultimate feel-good show! Be sure to complete your registration form as soon as possible.

**Cost: \$71**

**Sign up date: Jan 2,  
2014**

## EXTENDED TRAVEL

### "Rollin' into the Big Easy"

(New Orleans, Louisiana) 10 days, 9 nights  
March 27-April 5, 2014

#### INCLUDED IN YOUR TOUR

- 4-Seasons Vacation Tour Director
- Deluxe motor coach transportation and accommodations
- Luggage handling for one suitcase
- 16 meals (as shown)
- WW I Museum
- Elvis Presley's Graceland
- Orpheum Theater performance of "War Horse"
- New Orleans city and post hurricane Katrina tour
- Airboat swamp ride
- Oak Alley Plantation
- Barber Vintage Motorsports Museum
- Nashville tour
- Louisville Slugger Factory

**MEMBERSHIP**

**Membership Rate changes proposed**

The following increase in membership dues is proposed effective January 1, 2014. A motion to approve the increase will be brought to the Board at the Dec. 5 meeting.

2014 Membership Proposed Rates					
Membership Options	2013 rates		2014 rates		
	Annual	Monthly ACH payment	Annual Increase	Monthly ACH payment	New Annual
Affiliate	\$34	X	\$1	X	\$35
General	\$47	X	\$2	X	\$49
Fitness	\$255	\$23	\$8	\$23	\$263
Aqua	\$255	\$23	\$8	\$23	\$263
Gold	\$337	\$30	\$12	\$31	\$349
Platinum	\$491	\$42	\$15	\$44	\$506

**AARP Rolls Out New Smart Driver Course**

After nearly two years of planning, research, volunteer insight, expert input and testing, AARP will roll out its new driving safety courses in January 2014. The renamed “AARP Smart Driver Course” is designed for the driver over age 50 to help discover how roads, cars, and you may have changed in recent years. The courses teach research-based safety strategies; the links among the driver, vehicle, and road environment; and how awareness increases self-policing behaviors and overall safer driving. Learn the newest safety and advanced features in vehicles and tips for accessing when alternate transportation methods may be the safest option.

According to one of our local AARP volunteer instructors and former high school teacher, George

Kinney, “The new version of the AARP Smart Driver Course is *much* improved. He especially likes the new videos that showcase the technology changes in current automobiles and gives us glimpses of even more changes on the way.” Led by Daryl Rieck, AARP Driver Safety Deputy State Coordinator, AARP has several trained instructors that teach at the Senior Center. George said, “I like teaching because I enjoy meeting people. Many have genuine concern for other drivers and bring very interesting questions to the forefront for discussion.”

Completion of this Smart Driver Course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premium for three years. First timers must take the 8-hour course then a refresher course every 3 years to continue the

discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

Fee: \$27

AARP members: \$22 by providing AARP # (Must register by phone or in person for this pricing)

**AARP**

**AARP DSP 4-hour Refresher Course**

Thursday	January 9	9 am - 1 pm
Wednesday	January 28	1 pm - 5 pm
Monday	February 10	9 am - 1 pm
Wednesday	March 11	1 pm - 5 pm
Tuesday	April 9	5:30 – 9:30 pm
Monday	April 21	1 pm – 5 pm
Tuesday	May 14	5:30 – 9:30 pm

**AARP DSP 8-hour Full Course**

Saturday	February 15	8am – 4 pm
Saturday	April 11 & 12	F- 5:30-9:30p S-8a-12p

## BOARD & COMMITTEE NEWS

**Directors present:** Nancy Ashmore, Bernard Borene, Tom Brawley, Don Diehl, Duane Everson, Gerry Gengenbach, Dottie Hammer, Marvin Kormann, Elizabeth Olson, Gordon Simonson, Greg Smith, Phil Winter  
**Absent:** Bob Craig, Bill Gruszewski  
**Staff present:** Lynne Pederson, Patsy Dew

The meeting was called to order at 3:01 p.m. by Gerry Gengenbach, who welcomed to the board Elizabeth Olson, who succeeds Evelyn Burry who had to resign for health reasons. He announced as well the resignation of Eve Webster, who is assuming care responsibilities for a family member that will make it difficult to attend meetings.

**Action:** The agenda was approved.

**Action:** Motion and second to approve the September 26, 2013, board minutes. Carried.

### TREASURER REPORT Financial Reports

Tom Brawley reported on the financial statement, noting that there have been no material changes since last month and that expenditures and income are close to target amounts.

# Minutes of the Oct 24 Board Meeting

## COMMITTEE REPORTS

### Finance Committee

Tom Brawley reported with additions by Phil Winter, who noted that stock market activity has been positive lately, but may be unpredictable.

### Facilities Committee

Marv Korman reported. A contractor has been chosen for work in the men's locker room, trees that eventually will shade the back patio have been planted, and room-darkening projects have been completed in the movie room. On the docket for future activity, considering ways to efficiently/inexpensively increase security in the locker rooms following several recent thefts.

### Membership Committee

Dottie Hammer reported. The committee recommended a 3% increase for membership dues and an increase in group fees from \$1 to \$2 to help offset a shortfall in the budget proposed for next year. Work is continuing on a number of projects including a banner at the entry, monthly new members' 'get acquainted' gatherings and the 'Welcome' outreach, and a partnership with St. Olaf that will bring students to the center to interview members.

### Advancement Committee

Don Diehl reported. Contributions to the fund drive through September total \$47,000 from 363 donors. The goal is \$70,000, which will be the goal again next year. He noted

the formation of a Legacy/Planned Giving Committee which will review the center's planned giving activities and ways it could be improved. He mentioned as well interest in a fund-raising "walk-a-thon," which will be discussed at greater length in months to come.

### Nominating Committee

Gerry Gengenbach noted the resignation of Eve Webster and asked board members to forward to Don Diehl and Duane Everson the names of potential replacements. He noted that the board was off balance in terms of gender (3 women and 11 men) and that we should also think about skills and experiences that prospects could bring to the organization.

## EXECUTIVE DIRECTOR'S REPORT

Lynne Pederson reported. The staff is preparing for the advent of the Silver and Fit program in January, a second draft of the budget has been prepared which ends the year \$700 in the black, Lynne and Gerry will attend a October 29 seminar sponsored by Minnesota Philanthropy Partners on how to stay connected to donors. Lynne will attend the groundbreaking for the new YMCA in November and has arranged to have its director spend time at the NSC answering concerns about whether the Y will be offering senior programming in competition with the center. [The Y has no plans to do so, but NSC hopes to partner with them on some facilities' use. They have used our pool for several years; we hope to

have access to their walking track.]

## OLD BUSINESS

**NCRC**—A recommendation was made to the NCRC Core Group to have Bluewater Commercial Real Estate manage the building once arrangements have been finalized with the city. A contract cannot be signed with Bluewater until one is signed with the city, but preparations for the transition are underway. The city is reviewing a draft contract with the NCRC Core Group, which is in the process of being officially constituted. The group will consist of a voting representative of each of the three organizations housed in it (NSC, the CAC, and Three Rivers Community Action), though meetings will be open to other building residents and others.

**Action:** Motion and second to name "the director of the Northfield Senior Center" as the center's designated representative to the NCRC Core Group. Carried unanimously.

The NCRC Core Group largely will be a "budget-free board," but each of the partners is looking to ante up \$2000 to be used to cover attorney fees and other startup costs.

**Action:** Motion and second to provide \$2000 from this fiscal year's budget for the purpose of providing startup funds for the NCRC Core Group. Carried unanimously.

In further discussion, the board recommended that Lynne continue to keep NSC members informed via the newsletter and other media



### Board Minutes cont

about the progress and outcomes of this process.

### Operations Manual —

Committees are continuing to supply needed information.

### Northfield Senior Legacy

**Society** — Gerry Gengenbach reported on efforts to begin the process of ramping up the center's cultivation of planned gifts, including gifts to endowment as well as designated gifts. A recent event resulted in commitments from seven donors. Volunteers and staff are researching various options, including the formation of an NSC foundation.

**Action:** Motion and second to encourage and support continuing this effort. Carried unanimously.

### NEW BUSINESS

Patsy Dew reported on work underway to plan a March event at the center to be focused on local sustainability, an outgrowth of NSC's "Conversations that Matter" programming. Organizers want to invite as their keynote speaker Larkin McPhee, a Peabody- and Emmy award-winning director of documentary films, including a PBS special titled *Troubled Waters: A Mississippi River Story*. Because this will involve soliciting donations from

individuals and groups, something that is restricted by policy, Patsy was seeking board permission for this fundraising.

**Action:** Motion and second to permit the solicitation of funds for this purpose. Carried unanimously, with the understanding that there will be little overlap with usual donors to the NSC and other plans will be made for keynoting if sufficient funds are not collected.

The next Board meeting date is December 5. The meeting was adjourned at 4:58 p.m.

Submitted by Nancy Ashmore, Vice President

---

## IRA Charitable Transfer Is Still OK

**Q.** Is the provision that allows you to make charitable contributions out of retirement accounts still operative?

**A:** Yes. But that law has been extended only through the end of 2013.

Under this provision, those who are 70 1/2 or older can give away as much as \$100,000 a year from their individual retirement accounts to eligible charities without having to include any of the transfer as part of their gross income. The transfer must be made directly from the IRA to the organization.

Transfers count toward that person's required minimum distribution for the year. This law applies to only IRAs — 401(k) plans are not eligible.

Northfield Senior Citizens, Inc. is a 501(c)(3) nonprofit organization as determined by the IRS and is eligible to receive charitable contributions.

There is a procedure and deadlines to follow. Obtain the form and directions from the IRA broker.

For more information, search for "qualified charitable distributions" on the IRS website ([www.irs.gov](http://www.irs.gov)).

## Welcome! to these new members

Kendra Hanna, Jane Fenton, Richard & Colleen Soukup, Peter Herborn, Tricia King, Dan Van Tassel, Pauline A Moon, Rebecca Rustad, Nader Sohrabi, William & Joanne Rodgers, Ann Muzzy, David J Antonneau, Lisa Fischer, Jane Jacobson, Patricia A Jacobson, Paul Noah & Beret Griffith, Joyce Francis, Barbara Miller, Scott Ross, Terri Casmeay, Richard Allen

*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.*

**Will you?** Include Northfield Senior Citizens, Inc. in your will or other estate plan? Contact Lynne Pederson for more information.

## SPECIAL EVENTS & NEW CLASSES

### December Happenings in the Dining Room

Dec 4, Celebrate December Birthdays at 10:45 with Bonnie and the Clydes. All are welcome to attend. There is no charge for the music but if you would like to stay for the lunch please register by noon the day before (507-664-3735).

Dec 10 and 11- The dining room will be closed due to Christmas Sharing.

Dec 12 - Chime Choir will perform at 10:45 and white elephant bingo will be at 12:15

Dec 18 - Annual Christmas dinner with Christmas carols being played at 11:00

Dec 24 - Christmas Brunch.

The meals are open for anyone to attend. The dining room serves Monday –Friday at 11:30. Pre-registration is requested by noon the day before.

### Paper Crafting Group

DEC 2 - CHRISTMAS CARD BOX

DEC 16 - COMPLETED CHRISTMAS CARD BOXES  
BRING A PROJECT TO WORK ON

### Looking Forward to 2014

#### QUICKWITZ BRAIN FITNESS

Teacher: Lu Herbeck  
Starts Jan 8  
Wednesdays, 1pm

#### IF IT'S FUNNY WHEN YOU SAY IT, CAN YOU WRITE IT FUNNY TOO?

(Writing with Humor)  
Teacher: Marie Gery  
Starts Jan 8, six  
Wednesdays  
10am - 11am

#### INTERMEDIATE WATERCOLOR

Teacher: Kathy Miller  
Starts Jan 16, four  
Thursdays, two  
sections  
9am - 12 (has room)  
1 - 4pm (FULL)

#### BEGINNING WATERCOLOR

Teacher: Kathy Miller  
Starts Feb 13,  
three Thursdays  
9am - 12

#### HATHA YOGA Thursdays 6-7 pm

#### FALL PREVENTION

Instructor: Craig  
Swenson  
Times TBD  
Fee per 6-wk session:  
\$36 m/\$48 nm  
PL & SS - \$5 for  
materials

## 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  
Shopper / 645-1399**  
Kristi Casson

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

**Evening/Weekend  
Receptionists / 664-3700**  
Janice Kasa, Barb  
Henwood, Ruth  
Johnson-Wirth,  
Pat Sunquist, Beth  
Endert



# PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264



Cold Night, Hot Eats

## MANDARIN GARDEN

Restaurant

Has many individually prepared dishes waiting just for you!

107 E. Fourth St, Northfield, 507-645-7101

Hours: Lunch Wed - Fri 11:30 am - 2 pm  
Dinner Tues - Thurs 4:30 - 9 pm Fri - Sat 4:30 - 10pm  
[www.MandarinGardenRestaurant.com](http://www.MandarinGardenRestaurant.com)

中國園



## With You for Life

The highly trained OB/GYNs at the Women's Health Center offer supportive and comprehensive care for women in every stage of life.

: Christine Braun, MD : Melanie Dixon, MD : Dana Olson, MD : Deborah Suppes, MD

Women's Health Center physicians see patients at our clinic on the Northfield Hospital campus. Call **507-646-1478** for an appointment.

CONNECT WITH US  

Women's Health Center



507-646-1478 : [NorthfieldHospital.org/WomensHealthCenter](http://NorthfieldHospital.org/WomensHealthCenter)  
2000 North Avenue, Northfield



Faribault Showroom

627 4th St. NW  
Faribault, MN 55021  
507-334-2602 \* Fax: 507-334-7574  
Toll Free: 1-866-334-2602

- In-home Stairlifts
- Modular Ramps
- Power & Manual Wheelchairs
- Scoters
- Walkers
- Hospital Beds
- Lift Chairs
- Incontinence Products
- Free In-home Assessments



**FREE Delivery**



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.

Non-Profit Org.  
U.S. Postage Paid  
Permit 31  
Northfield, MN  
55057

**ANNUAL HOLIDAY PARTY**  
Friday, Dec 13, 3-5 pm  
Good Food-Good Friends  
Plus Entertainment: Seasoned  
Singers, Troubadors, Chime  
Choir and the Encore Players  
**DO COME!**

**FITNESS CENTER  
AND POOL HOURS**  
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

