



Northfield Senior Center

**active,
connected,
engaged**

- News1,5,6
- Fitness News.....3
- Gallery.....2
- A Moment in Time.....4
- Membership.....6
- Extended Travel.....6

Fare Thee Well, Nancy by Patsy Dew

You may have heard the rumors...Nancy McDougall is leaving her employment at the Center. It is true. She will be leaving us in mid-January to join her husband David who has taken a job in Roaring Spring, Pennsylvania. There will be a Center-wide party for Nancy on Friday, January 17, 10 – 11:30am. Do come to let her know how much you have appreciated her spirit and contributions to the Center. For the past 12 years Nancy McDougall has had a presence at the Center as one of our staff members.

She has served in a variety of capacities: as the SEMCAC Dining Center Manager, Volunteer Coordinator, Program Coordinator, and finally as our Administrative Coordinator.

A thread that has run through all of her various jobs here has been her interest in people. By her own description, she is a “People-kind of Person.” She values being in a service-oriented job, and knowing that she is often the “Go-to” person who will help members with whatever they need. How well we know that! Where are the extension cords? (Ask Nancy) How do I get this DVD player to work? (Ask Nancy) I’m a new member; how do I sign up for a class? (Nancy: “Here, I’ll show you how to do that.”)

Nancy likes to do things, like setting up the stage (sometimes all by herself!), and to fix things, like figuring out why the touch screen has

ceased working, and then getting it to work again. She knows how to put stuff in order. Our office supplies, the A-V equipment, the notorious storage closet off Rm 103...all of these are now in good order because of her.

I asked her what she was looking forward to as she moves to Pennsylvania. She answered quickly, “Adventure.” She’s looking at this as an opportunity to experience a different part of the country, and to live in the mountains.

Whatever this new phase of her life brings, I know she will be getting to know lots of people, and finding some way to serve them. She told me she believes that one should “do unto others, not what you’d want them to do unto you, but what they want done unto them.” That takes empathy, and a willingness to serve, which is just one of her traits that we will miss.



*Open House for
Nancy McDougall
Friday, January 17, 10-11:30*

GALLERY NEWS

Joannie Johnson, Oil Paintings, January 6 - February 9

Opening Reception:
Tues, Jan 14, 4 - 6p

Joannie Johnson is a painter who works in oil on canvas to pursue undulating lines, sharp edges, and soft textures. She often abandons brushes and places the canvas on the floor and uses fingernails and hands to push, scrape, add, or remove paint. Johnson states "My paintings often appear at their best in slightly dimmed lighting to encourage the viewer to dream and to contemplate inner musings."



Waiting in the Corner, oil on canvas

This painting was in the Senior Open show (Nov 25 – Jan 5). Joannie writes, "I usually paint landscapes but the painting I have chosen for this show is one I did of my mother four years after her death. I was thinking of her and I remembered those last few weeks when she was in hospice care. She was "waiting in the corner" between the dark and the light."



Northfield Retirement Community
Innovation. Choice. Tradition.

It's All Here!

Attractive setting,
gorgeous spaces,
access to premier care
and services . . .

northfieldretirement.org



Short-term Respite Care

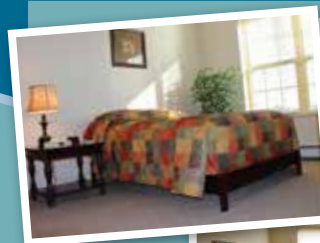
Your home away from home! Respite care is the provision of short-term, temporary relief for those who are caring for family members.

Three Links offers this care at the following:

Reflections Care~Suites - 507-664-8809

Millstream Commons Assisted Living- 507-650-0141

Villages of Lonsdale – 507-744-3453



Bright and sunny!
All the amenities
of home and more!

A typical respite
apartment:
The Villages of
Lonsdale pictured.



Three Links, 815 Forest Ave, Northfield MN 55057 www.threelinks.org

CPR/AED FOR THE PROFESSIONAL RESCUER

**Friday Jan 31 AND Feb 7 9:30- 1:30 byo lunch
OR Tues Feb 4 AND Feb 11 5-9 pm byo super**

This course teaches students to respond to breathing and cardiac emergencies in adults, children and infants, use an AED on an adult or child victim of cardiac arrest and use personal protective equipment to stop blood borne pathogens and other diseases from spreading. Course is designed for people with job-related duties in emergency preparedness and response.

Cost: \$79m/\$89nm PL & SS \$45

WAIST MANAGEMENT LIFESTYLE

**Mondays 6-7 pm
Jan 13, 20, 27, Feb 3, 10, 24, Mar 3, 10
OR March 17, 24, 31, April 7, 14, 21, 28, May 5**

**(Pick one 8-wk session)
Pre-registration required**

Looking for added professional support for your weight management quest? Lu Herbeck presents this course which combines group personal training services with lecture series that gets right to the point with evidence based, reliable and the most updated techniques in health and fitness for weight management success. The group setting offers sup-

port and motivation. Lu has 28+ years certified experience in the fitness industry and has helped thousands in their journey of healthy lifestyles. Program will include health and fitness assessment at the beginning and end of the course. Topics and activities will include: Measurements, Behavior modification and goal setting, Macronutrients (Carbs, Protein and Fats), Glycemic index, Fad Diets and Deprivation vs Lifestyle change, Digestive Health (hydration and fiber), Micronutrients (Vitamins and minerals - supplementation), Grocery Store tour, Importance of Activity and Strength Training as it relates to Waist goals, Obstacle management, Millstones and Milestones, Food Additives, Dining Out, "X" factors (sleep, stress, overtraining, undertraining), Wrap up and measurements.

**Presenter: Lu Herbeck
Fee: (8week program)
\$48 m /\$64 nm /\$20 PL, SS, S&F+**

WORKSHOP: INTERMEDIATE LEVEL BALANCE TRAINING

**Mondays 3:30- 4:15
Session 1 Jan 13, 20,
27, Feb 3, 10, 17
Session 2 March 10, 17,
24, 31, April 7, 14
(Pick one session)**

PRE-REGISTRATION ONLY

Designed for active people who want to increase their balance and agility but who

need a greater challenge than the Fall Prevention Workshops. This workshop will include intermediate level balance training without assistance of a chair for support. Methods include movement based balance/agility training, static positions, acceleration/deceleration as well as incorporation of challenging obstacle course and techniques with Bosu, balance pods, half foam rolls and other tools Recommended for those who can maintain balance on one foot for 30-90 seconds unassisted and who want to maintain and increase their balance and agility for activities of daily living or leisure time sports.

**Instructor: Craig Swenson
Register by January 11(session 1) and March 7 (session 2)
Fee per 6-wk session:
\$36 m/\$48 nm
PL, SS, S&F+ - \$5 for materials**

FITNESS NEWS

Watch for these new fitness workshops:

FOAM ROLLING AND SELF-MYOFASCIAL RELEASE TECHNIQUES

Learn the latest techniques of self-myofascial release, functional fitness, flexibility, tissue relaxation, injury prevention, body ease, tension release and healing enhancement by way of this workshop.

Instructor: Gale Marchand

STRETCHING AND OTHER TECHNIQUES TO INCREASE FLEXIBILITY

Workshop will present a series of stretches one can do on their own to increase range of motion that can prevent injuries and maintain functional wellness. Learn when and how to stretch most effectively, as well as when it may be better not to stretch.

Instructor: Gale Marchand

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 February edition must be received by January 15. Send submissions via email to pat-sydew@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.

Pickle Pickin' With Jon Rondestvedt

Jon Rondestvedt graduated from St. Olaf College having majored in English and History, and went on to obtain a Master's Degree from the University of Minnesota. Jon was awarded four scholarships from the National Endowment of the Humanities, and taught in the Robbinsdale area school district for thirty-four years.

As a boy, Jon Rondestvedt worked on a Wisconsin farm picking pickles on hot summer days. His father had given him an acre of land to tend and allowed him to keep the money he earned. For the complete interview, please log-on to our Website at: www.northfieldseniorcenter.org.

Steven James Beto (Sjb): So, you're coming towards the end of the day; you got all your pickles picked. What happens then?

Jon Rondestvedt (JR): If it's been a good pick and maybe you have three gunny sacks full of pickles, you get them down to the pickle factory in your little wagon, you bet.

Sjb: Tell me about the factory.

JR: Ben Tremain and Winnie run the receiving station for the Budlong Pickle Co.

Locals call it the "pickle factory." Think of a garage, okay? And, think of a garage with a gabled roof not a hip roof. Now, take your two car garage with the gabled roof and lengthen it twice. You take your pickles in and dump your pickles onto this flat receiving table.

Sjb: And, off they go.

JR: And, off they go up, up, up, up, and they go over the end onto a slatted bed that vibrates back and forth.

Sjb: I see. It's separating the sizes.

JR: Separating them by size, absolutely. You've dumped your pickles. The pickles go up the conveyor belt, drop over the edge onto the sorting mechanism. A set of belts bring out these sorted pickles to boxes, okay? Now, Ben Tremain—I have to tell you about Ben Tremain. My kids called him the tooth-pick man; he always had a tooth-pick in the side of his mouth. Ha! Even if we go to church on Sunday, he'd walk in with a tooth-pick hanging from his lips! Winnie had a heart of gold; that's very important. And, Ben was wonderful. Let's say you had a pail, did Ben say throw it in with your parent's pickles—no! He let the kid dump his little pail, turned on the machine.

Sjb: You had the experience of doing it all.

JR: Stop to think of that kid getting his or her own check. The next year that patch grows bigger, doesn't it? Smart! Ben built a whole system of pickers that way.

Sjb: So, you've received a check and now you're going to a bank, I'm assuming.

JR: The little bank in town was run by Myrtle Albertson, and it's a one woman show, I'll tell ya. I had my little bank book with me and I would bring.

Sjb: You had a bank book! You were saving it up!

JR: You better believe it! I would give it to Myrtle to enter the amount and she would give me my dime. I had my bank book and I loved to see it grow as a kid.

Sjb: What did you do with that dime?

JR: Oh, listen! There was no doubt. You went out of the bank, took a left, went past the wooden town hall, past the little driveway, and turned into Bum Clary's store. His name was Clark W. Clary, but when he played basketball, he had the nickname 'Bum', and working for him was this woman, Marge Regelin. She was a farm girl, I'll tell

Pickle Pickin' cont.

ya. She was one of these—rolled up the sleeves, and if you had to carry the feed down to the cow....

Sjb: She could handle it.

JR: She *could* handle it, and you waited until Marge was behind the counter serving cones to get your cone be-

cause you got a BIG one!

Sjb: A variety of different kinds were there?

JR: Oh! Chocolate marshmallow, ah yes! And, once in awhile maple nut, oh yeah, and always vanilla. So, I'd take my dime and make dang

sure Marge was available, and then I'd get my double scoop, *every single day*. Five cents a scoop! Chocolate marshmallow—Dolly Madison brand! Ha-ha-ha!

Sjb: Earlier you described yourself as the richest boy in high-school.

JR: I had all the money I wanted.

Sjb: And, did you have a future plan for all this saving?

JR: Nope, I spent it all on women!

Sjb: That's my man, right there! That's my man!

MAC USER GROUP

Wed, Jan 8th at 9:30.

Please bring topics and questions to share and discuss with others. You are invited to bring your laptop or ipad, to demonstrate a question or to try things. The Senior Center is a Wi-Fi site.

This is not a formal class, it is a gathering of people who share an interest in the Mac and related subjects.

SHINGLES:

**the disease, treatment, and prevention
Jan 15, 11a**

A Clinical Pharmacist from Cub Pharmacies will discuss the causes, symptoms and treatment of Shingles, as well as the Zostavax vaccine that is used to prevent it. Audience members will have a chance to ask any questions that may arise, and a later vaccination date will be set up for interested patients to receive the vaccine.

EXTENDED TRAVEL

Miami & Key West
January 17-27, 2014
San Antonio, TX
Feb 22-March 2, 2014
Savannah, Georgia
March 29-April 6, 2014
National Parks,
Utah & Arizona
May 10-20, 2013
Motor coach and Extended trips are coordinated by Linda Zwolensky. You can contact her through email: lindazwolensky@nscmn.org

NEWS

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

Bruce & Jane Albers, Lois Bakko, Sherry Behrens, Clayton & Linda Bliese, Glenn & Gertrude Breitag, Bill & Nancy Child, Evonne Clay, Harriet Code, Mark & Judy Code, Jerry & Lorraine Cook, Eileen Cooper, Robert & Gail Craig, Cleve Crowning-shield, Penny Cupp, Anne Daley, Bruce Dalgaard & Carol Korda, Gary & Connie DeGrote, Mary Detlie, Tom Pender & Patsy Dew, Rosemary Dickhaus, Don Diehl, Carroll Felicetta, James Finholt, Helen Gangsei, Terry & Norma Gilbertson, Jeanette Gilbertson, Louise Gossard, Gilmore & Elaine Granat, Ross & Sandra Griffin, Kenneth Grisim, Connie Gustafson, Evangline Hall, Alice Hall, Lana Hammer, Peter Herborn, June Herman, Mary Hove, Robert & Patricia Huschle, Marion Hvistendahl, Carrol & Winifred Johnson, Jan Jones, Steve & Ann Jorstad, Dennis & Arlene Kjar, Bob & Ann Knutson, Arlys Kreis, Bob Kuyper, Sally Legrand, Elizabeth Littlefield, Beverly Lundeen, Ken Madole, Cecilia McKenzie, Marylu Miller, Joyce Mokoff, Dona Morgan, Sharon Nelson, Richard & Raymonde Noer, Claude O'Neill, Edward Palan, Dorothy Palmquist, Laurel Pan-kow, Phillip & Jean Parsons, Charles & Lynne Pederson, Ken & Roberta Persons, Ruth Peters, Helen Peterson, Peggy & Diet Prowe, Bert & Bernie Reese, Charles & Lana Reich, Bob & Joan Reitz, Barbara Sawyer, Kathleen Silkey-Larsen, Gordon & Corinne Simonson, Laura Skluzacek, Michael & Patricia Smith, Bardwell & Charlotte Smith, Katherine Sovik-Siemens, Solveig Steendal, Kenneth & Sharon Steinhouse, Patricia Surratt, Erika Tallman, Chuck & Edie Thomas, Thomas Thorman, Howard & Julie Thorsheim, Linda Wagenbach, Mary White, Blanche White, Jennifer Wilhelm, Elizabeth Williams, Genevieve Wise, Bill and Wendy Wustenberg, Elaine Zobel

NEWS

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.

NCRC Building Update

Since last month, there have been several very productive meetings to finalize a contract with the City of Northfield to transfer management of the building to the NCRC Corp. It is expected that the contract will be approved by the City Council late January, 2014.

Handicap Parking - East End of Parking Lot

Please note that there are only TWO parking spots in the handicapped parking area at the east end of our parking lot. It is possible to squeeze a third vehicle in, but then there is not enough room for the driver of one vehicle to get in and out of their car.

Hot Reads for Cold Nights

Hot Reads for Cold Nights returns to the Northfield Public Library this winter. During the cold, snowy months of January and February, curl up and read some books and win prizes at the library! Join the library Hot Reads program starting Monday, January 6, and read for prizes until Friday, February 28.

After reading a book, each patron will fill out a slip with their name and phone number and a few lines describing the book. The name and phone number section of the paper will be cut off and put in a fishbowl. The comment section of each slip will be posted on the bulletin board downstairs, near the new books. Patrons will be

able to browse each other comments for ideas of new books. From the names in the fishbowl, three winners will be drawn each week. Each winner will receive a \$5.00 gift certificate to a downtown business. Once again, patrons who use the Northfield Senior Center will be able to sign up and drop their book slips at the Senior Center. The completed slips will be posted at the library, and the participants will be included in the weekly drawings.

Welcome! to these new members

Greg Grimm, CSMR, Marjorie Ott, Theresa Pederson, Mark Walker, Ron Curren, Mike Nytes, Rosemarie Schluter, Janice Lonneman, John Holle, Craig A Forsgren, Daryl Stokesbary, Julie Dale, Christy Valek

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 Shoppe / 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

Program Guide - Essential Information

Lots of programs, new classes, trips (and trip sign-up deadlines) set for JANUARY. Check your Winter/Spring Program Guide for details about art classes, writing classes, beer brewing, the Intro Computer series, iPhone classes, a series about depression, new Silver & Fit class, trips to the Old Log and the Orpheum, and more! For those who read the printed version, the Program Guide is inserted into this newsletter. For those who read their newsletter on the website, click on the "Program Guide" tab.

Handicap Parking -

East End of Parking Lot

Please note that there are ONLY TWO parking spots in the handicapped parking area at the east end of our parking lot. It is possible to squeeze a third vehicle in, but then there is not enough room for the driver of one vehicle to get in and out of their car.

NEWS



FOR SALE BY OWNER
SENIOR CONDO
1000 CANNON VALLEY DRIVE

- Spacious • South Facing • Two Bedrooms • Heated Garage
- Three Season Porch • Simulated Hardwood Floors
- Stainless Steel Appliances • Reverse Osmosis Water System
- Solid Surface Countertops • Walk-In Shower • Built-In China Cabinet
- Custom Blinds • Small and Caring Community

\$154,900

Call SAM SUNDERLIN [507-663-1948](tel:507-663-1948) or [612-237-3334](tel:612-237-3334)



PROFESSIONAL DRIVE
DENTAL
GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264



Whole-person care for adults

Our internal medicine physicians provide primary care to adults, including preventive care and management of chronic conditions.

: Katherine Helgen, MD : Randolph Reister, MD

Call **507-646-1494** for an appointment.

CONNECT WITH US  

FamilyHealth Medical Clinic



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



Northfield Senior Center

1651 Jefferson Parkway
Northfield, MN 55057

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



The Northfield Pedalers gather throughout the winter months.

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

(RT) The Board of Directors expresses their thanks to all who gave donations to the Center in 2013

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

