



Northfield Senior Center

**active,  
connected,  
engaged**

News .....1-2  
 Events.....3  
 A Moment in Time.....4  
 Travel.....6  
 Computer Classes.....7  
 Life Long Learning.....  
 .....7, 8, 13, 14  
 Activities.....9  
 Services.....10  
 Fitness News.....11



# Center News FOR ACTIVE OLDER ADULTS



## Mid-Winter Color and Warmth by Patsy Dew

Do you have special projects, trips, or springtime dreams that help you get through the winter? Perhaps you spend more time at the Center working out or taking classes. I used to make sure that I auditioned for the Arts Guild’s February play to give me something to look forward to on those short, gray days. So I wondered, why does Kathy Miller, who has a place in New Mexico, stay in Minnesota during the winter months? (Lucky for us that she does, because she’s here now, teaching her popular watercolor classes, giving her students something colorful to look forward to). Her answer to my question is really quite simple, and has nothing to do with the seasons. Her husband Griff’s coaching schedule requires that they be here during the winter.

They spend summers in New Mexico, where Kathy enjoys the beautiful, amazing

colors of the region. She loves the area with its “Sante Fe-blue” skies, and feels surrounded by diverse beauty... the mountains, the Sandhill Cranes, the snow geese, and the desert. She loves the history of the Southwest, both the geological history and the human history of the Native Americans. The arts thrive in Albuquerque/SanteFe area, where they find a mecca of art galleries, and where they attend outdoor opera and theater events.

Though she loves the Southwest, it has not yet become the subject of her paintings. She paints Midwestern landscapes, Midwestern flowers, birches and most recently scenes of Northfield. And since she began painting post retirement, she finds it easier to get through the winter months happily. When she paints, she is immersed in color, bringing out the strong elements of light, and feeling hope for sunny warm days. She was quick to add that she loves painting winter scenes, and that she sees lots of color in that snow!

Kathy’s philosophy about painting is one that her students love. She says that each painting is “just practice, a way to get ready for the next painting.” She believes that every painting is an experiment, which takes away the achievement-anxiety. Each painting teaches you something that takes you to the next level. “You have to paint the ugly before you can do the beautiful. Every single painting takes you a step further.”

And where are her past paintings leading her? She’s thinking about painting more water lilies, aspen and birch trees, Northfield landscapes, and perhaps a series of smaller paintings. Her work will be exhibited at The Paradise Center for the Arts in Faribault, Apr 8 – Jun 7, in a show titled “Perspectives.” And for those interested in learning how to experiment with watercolor painting, she is offering a Beginning Watercolor class here on Thursday mornings, Feb 13 – 27.

February 10 - March 16

**GALLERY NEWS**

**Oil Paintings by Cindy Brant  
Glass Pieces by Geralyn Thelan**

**OPENING RECEPTION  
FEB 18, 4-6pm**



Glass vase by Geralyn Thelan



Painting by Cindy Brant

**A Note From Nancy**

**THANKS FOR THE GOOD TIMES**

I wanted to take this opportunity to express to all of you, including the board, staff, volunteers, members, diners and renters, that I have thoroughly enjoyed working with you and learning from you throughout my years at the Center. You have been a huge part of my “community” in Northfield. I am grateful to have had the privilege to meet so many of you and to have been a part of this uplifting organization. I will miss you!!! I will treasure the wonderful stories, the problem solving together and the daily dose of laughter I enjoyed while working here.

Nancy



**Northfield Retirement Community**  
*Innovation. Choice. Tradition.*

**It's All Here!**

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

[northfieldretirement.org](http://northfieldretirement.org)



**Let Us Help You Find Balance!**

The experts at CSMR specialize in fall prevention and balance training. We use individualized strength and balance programs to help you improve coordination and reaction time, which helps prevent falls.

- Dizziness/vestibular rehabilitation
- Home safety and fall prevention
- Sports injury rehabilitation
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- Balance evaluation and retraining



507-646-8800 : [NorthfieldHospital.org/CSMR](http://NorthfieldHospital.org/CSMR)  
1381 Jefferson Road, Northfield

Center for Sports Medicine  
& Rehabilitation



## EVENTS

### SUNDAY AFTERNOON CONCERT

#### Piano Duo and A Few Duets

Sun, Feb 23, 3pm

Richard F. Collman and David K. Miller will present a program of two keyboard piano music and a few duets at the Center in Room 103. The program will include music from Faure to Gershwin, Faure to Rachmaninoff, and Bach to Bizet. The music has either been scored for two keyboards, transcribed for two pianos, or may exist in original duet form. David will play his synthesizer keyboard while Richard will use the studio piano at the Center.

Richard and David have performed consistently in Northfield over the past several years at the Northfield

Retirement Center and most recently at 1000 Cannon Valley Drive. They presented a full length program at the Staples-Motley Chamber Series in April of 2013 in the Motley United Methodist Church. Richard is active in the Northfield arts scene and is also organ accompanist for I Cantanti Chamber Choir. David accompanies the Le Donna Cantanti (women's choir) of that group. David is a native of the Fargo, ND area, and Richard grew up close to Duluth.

Admission: \$5

### EXCEPTIONAL EATS

#### Northfield Olive Oils and Vinegars: Deliciously Healthy Dining

Sun, Feb 2, 5:00pm

Dine on the fantastic food that can be prepared using heart-healthy olive oils

enhanced with flavor infused vinegars. Sherry and Joe Morgan of Northfield Olive Oils and Vinegars will prepare an amazing multi-course meal to showcase the versatility of olive oil and vinegar for everything from vegetables to meat to ice cream – really! Event limited to 20.

Cost \$25/person

### Mardi Gras Celebration

Sat, March 1, 5:00pm

Note date change

A taste of New Orleans comes to the Senior Center with our Exceptional Eats: Mardi Gras. Enjoy a sumptuous Cajun meal created by Jim Rossow, learn a bit about the roots of this ancient celebration and listen to some Basin Street jazz. Masks optional, beads provided, fun required. Event limited to 24.

Cost \$25/person

### December Donors and Sustaining Donors (who gave each month in 2013)

Joyce Aldrich, Dennis & Barb Altstaetter, Robert & Janie Anderson, David & Joey Appleyard, Nancy Ashmore, Bernard & Mary Auge, Solveig Bailey, Phil & Marlene Bauman, Dennis & Beth Berry, Helen Berwald, Duane & Sally Boyle, Judy Broske, Warren & Karen Broughton, Roger & Ruth Brown, Bob & Lin Bruce, William & Charlotte Carlson, Jean Chagnon & Sandy Johnson, Sonya Christensen, Eileen Cooper, Sue Demalignon, Judith Dirks, Steve & JoAnn Eaton, Larry & JoAnn Edwardson, Chris Ellison & Gene Finger, Evelyn Estenson, James Estrem, Jim & Shirley Evans, Owen & Kay Gaasedelen, Gerry & Carol Gengenbach, Marie Gery, Malcolm & Jacquelyn Gimse, Beverly Gorr, Bonnie Gretz, Lester & Della Gunderson, Kathy Bjerke & James Haas, Beverly Hamblin, Molly Hoben, Gary & Andrea Iseminger, Jennifer & William Johnson, Georgene Johnson, Gordon & Marilyn Kelley, Julie Klassen, David & Donna Knudtson, Bob Kuyper, Elizabeth Littlefield, Kathleen Rice & Greg Loek, Beverly Lubbers, Ann Lufkin, Katheryn Margolis, Janet Mathews, Mike & Ann McGovern, Harriet Menard, Ray & Jan Nelson, Mary Olander, Elizabeth Olson, Laurel Pankow, Charles & Lynne Pederson, Ken & Roberta Persons, Claire Pfau, Kenneth Praver, Gordon & Emelda Rasmussen, Jean Reuter, Thomas & Helen Rockey, Clare Roos, Jerry & Jerilyn Rossow, Barbara Sawyer, Tom Willis & Judy Saye-Willis, Arland & Mary Schwake, Anna Mae Sjogren, Bardwell & Charlotte Smith, Bill & Joan Soderlund, Anne Sovik, Diane Spletstoeszer, Lori Stanley, James & Cordelia Stenstrom, Paul & Joanne Stohl, Pat Sunquist, Harley Tate, Jill Trescott, Robert & Donna Vanderhoof, Linda Wagenbach, Marilyn Will, Elizabeth Williams, David Wolf, Kathleen Yung

## 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 March edition must be received by February 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.*

### A Ray of Sunshine An Interview with Della Lundquist

*Before we sat down, Della placed a piece of chocolate on the table. "Here, this is for you, honey," she said.*

Steven James Beto (sjb): Hibbing, Minnesota is the biggest little city for its size. So many famous people have come from Hibbing. What's going on up there? Is it the water, you suppose?

Della Lundquist (DL): It was a melting pot at one time. We had the largest open pit mine in the world; we had the largest high-school. It was quite a record that we had for a long, long time.

Sjb: I heard that the high-school was very important up there.

DL: Oh, a beautiful high-school! It was from the grades through two years of college, and everything—it's hard to believe was free because of the mining company. They offered cooking and sewing and languages. I'm Italian, so I took two years so I could learn to write it. My mother and dad came from Italy and they landed at Ellis Island. They couldn't read or write, and all they had to do was sign their name or put a cross there. And then, of course, they had sports, and it was all offered to us through the mining company. My husband was

one of the first graduates to walk across the stage to get their diploma, and that was nineteen twenty-four. I was very proud to receive a cap and gown, and I graduated in twenty-nine.

Sjb: What kind of social events did the school have for the kids? Did they have barn dances or sock-hops at the school?

DL: Well, I don't know if they had any social events. Later on, of course, they had the proms, and they dressed very moderately compared to what they do now. We had the largest hotel, *The Androy Hotel*. It was so beautiful, and it is there to this day. And, our high-school—coming back to that, they had the chandeliers and velvet seats for all the programs, and the box seats on both sides with blue velvet and gold streamers. Very few, of course, went to college. They couldn't afford it, you know. We had a two year college, but in order to get a degree they would have to go to Minneapolis, you know.

Sjb: Yes.

DL: But, they put out some wonderful talent, Bobby Dylan, for one.

Sjb: Did you know him.... Mr. Zimmerman?

DL: He graduated with my daughter, and I played

Bridge with his mother. He lived on 7<sup>th</sup> Avenue, we lived on 2<sup>nd</sup>. And now, he'd been so famous they named his avenue the Dylan Avenue; quite an honor.

Sjb: You mentioned earlier that there were proms at your high-school. Did you attend a prom?

DL: No, I didn't. You had to have a nice dress; we only had two dresses. You wore one and the next day you wore the other one. We couldn't afford to buy a—of course at that time, we didn't have the fancy gowns that they have now, but it was a wonderful town to bring up a family.

Sjb: When did you move to Northfield?

DL: Two thousand and four. I lived in Hibbing 94 years. I never left it until then.

Sjb: You didn't travel anywhere?

DL: Oh, we travelled. I mean living. Oh yes, I travelled! I went to Italy once, and to many states. I would meet people and they would invite me to visit them, and I'd go. They became friends for life. All of these places that I've been to.

Sjb: In your youth, were you raised on a farm, or were you right in town?

DL: They had a little village called 'Alice,' then it became South Hibbing, then it became just Hibbing, and that's where my father bought a little house, and it was very little. It had two bedrooms and a big living room; no running water, no electric light, no indoor plumbing—no, no, no, no.

Sjb: Did you have kerosene lamps?

DL: We had a kerosene lamp. At night when it started to get dark, you didn't have a choice. You had to go to bed. There was nothing—you couldn't read, ha-ha-ha.

Sjb: What did your father do?

DL: He was a boss for the mining company; He was a track boss. They had tracks down in the mine, and the engines going back and forth, and of course they shipped the ore all over. So it was quite the town. And, Hibbing put out a lot of good, good academic kids.

Sjb: What level of education did you achieve?

DL: High-school.

Sjb: Did you go to college?

DL: Well, no, because my mother had nine children. I was the oldest and I stayed

home to take care of them. So, you know, everybody—my brother had to carry in the coal, the other one had to carry out the ashes. One had to bring in wood for the kitchen stove, but nobody complained. They just did it, and they had to do it before it got dark. I can remember my brothers going down the alleys and they found four wheels and they made a wagon. We lived in the third house, and lucky the water pump was across the street.

Sjb: They found those wheels and they made a wagon.

DL: They made their own wagon.

Sjb: And, you used that wagon to transport water.

DL: You washed your clothes and you didn't dare waste the water.

Sjb: After high-school what did you do?

DL: I worked for the Hibbing Super Market.

Sjb: A grocery store?

DL: A grocery store, and I loved always straightening out the shelves, always a straight line. I was a fanatic at that, ha-ha-ha. That is where I met so many wonderful customers.

Sjb: Where did you meet

your husband?

DL: He had worked in Pontiac, Michigan, and then of course when cars went down, he came back to Hibbing. I was dating two fellas.

Sjb: You were?

DL: I was, then I met him and I was dating three fellas. Finally he said, you better make up your mind. The first one took me to a movie, and we had a banana split. He had a car and a job. The other one had a car and a job. He had two sisters—they were nuns. He had me over for dinner to meet his mother. Then, I met my husband. He didn't have a job; he didn't have a car. I didn't meet his mother until many years later. Ha-ha-ha, but when he got a job we got married right away. We were married forty-five years and had four children; a beautiful, beautiful marriage. I was blessed with my family, blessed, blessed, blessed.

Sjb: And, we're blessed to have you here at the Senior Center.

DL: That's what they tell me, ha-ha-ha-ha! A ray of sunshine! It's an honor to be a member of the Northfield Senior Center.

## TRAVEL AND OUTINGS

### Future Trips!

**WINONA SHAKESPEARE FESTIVAL**  
TBA JULY

**TWINS BASEBALL GAME**  
TBA JULY

**CIRCUS JUVENTAS**  
TBA SUMMER

**STATE FAIR TRIP**  
TBA AUGUST

**PINE CITY TOUR**  
TBA SEPTEMBER



**Out to Lunch**  
**MANDARIN GARDEN**  
Thursday, 20 February  
11:45 am

Reservations are required so please mark your calendar and fill out a registration slip at the Senior Center.

Sign up date: 18 February

**Trips**  
**MATISSE EXHIBIT**  
Minneapolis Institute of Art  
Saturday, 4 March  
Time TBD

About 80 of Henri Matisse's wonderful works of art will be on display, including paintings, sculptures and drawings, original prints and books. After the guided tour, there will be time for lunch on own at the museum's café or restaurant as well as time to view a selection of 40 Matisses owned by the Minneapolis Museum.

**Cost: \$42**

Sign up date: 12 February



### THE MAGIC FLUTE

Minnesota Opera, Ordway Theater

Sunday, 13 April  
10:50am - 6pm

We are oh-so-lucky to secure tickets for this very popular performance of Mozart's opera at the Ordway Theater this next year! The Magic Flute is a masterful comedy about love, truth and the pursuit of enlightenment like never before. There will be a pre-talk before the performance.

**Cost: \$108**

Sign up date: 11 March 2014

### AMISH TOUR

Harmony, Minnesota

Date TBD  
8:00 am - 5:00 pm

The Amish settlement in Harmony is the largest in Minnesota and is strictly "Old Order," meaning that the people are very private and have strong Christian convictions that bind their community together. There are over 100 families and numerous one-room schools. We will have a guided tour and visit some homesteads. Lunch on own is being planned at the Branding Iron in Preston.

**Cost: \$48**

Sign up date: 15 May

## Extended Travel

**SAVANNAH, GEORGIA**  
March 29-April 6, 2014  
Deluxe Motor Coach  
Transportation

- 8 Nights accommodations
- 14 Meals: 8 Breakfasts, 6 Dinners
- Tour of amazing Jekyll & St. Simons Island
- Guided tour of charming Savannah
- Tour of gorgeous Beaufort, SC, Queen of the Carolina Sea Islands plus a visit to Parris Island

**SAN ANTONIO, TX**  
February 22-March 2,  
2014

Tour Includes:

- 4-Seasons Tour Director, Joyce Langerud
- Deluxe 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
- And much more!

Extended trips are coordinated by Linda Zwolensky Her email: [extendedtravel@nscmn.org](mailto:extendedtravel@nscmn.org)

# COMPUTER CENTER NEWS

SEE THE CALENDAR BELOW for a listing of all classes being offered in our Computer Center for the month of February. If you want more information about any of these classes check out the Winter/Spring Program Guide, pg 16-21, 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.

## FEBRUARY COMPUTER CLASSES

Monday	Tuesday	Wed	Thursday	Friday	Saturday
	9:30 -11:30 Intermed Internet and Email 4		9:30 -11:30 Intermed Internet and Email 5		
9:30-11:30 10 Microsoft Word/MAC	9:30-11:30 11 Microsoft Word/WIN	9:30-11:30 12 Microsoft Word/MAC	9:30-11:30 13 Microsoft Word/WIN	9:30-11:30 14 TECH TIME	9 – noon 15 Intro to iPad 1-4p Intermediate iPad
9:30-11:30 17 Microsoft Word/MAC	9:30-11:30 18 Microsoft Word/WIN	9:30-11:30 19 Microsoft Word/MAC	9:30-11:30 20 Microsoft Word/WIN	9:30 -11:30 21 PHOTOGRAPHY GROUP	
9:30 -11:30 24 Quicken Basics	9:30-11:30 25 Scanning Pictures	9:30 -11:30 26 Quicken Basics	9:30-11:30 27 New Life for Old Slides		

### JOYFUL CONNECTIONS

Thurs, Feb 6-Feb 27, 10a

Nurture yourself and the caregiving relationship with your loved one who is starting the journey through dementia by sharing music. As a way of helping care for and support people with memory impairment, research has shown that music often has a dramatic effect – soothing, stimulating and bringing to mind long-forgotten memories. This series is geared to create connections and to enable the caregiver and loved one to rediscover joy and meaningful interactions by listening, singing, moving to familiar melodies. Prior musical knowledge or talent is not needed, just a desire to enjoy sharing the spark and connection music facilitates.

Cost \$24/couple

### HOT READS FOR COLD NIGHTS

The Sr Center will again be participating in this Library program. 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 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. You may sign up and drop your book slips at the Senior Center; the slips

will be delivered to the Library each week. 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's 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.

### LIFE LONG LEARNING



**LIFE LONG LEARNING**

**ZENTANGLE WITH HEART**

Tues, Feb 11, 1:30-3:30

POUR YOUR HEART INTO CREATING ZENTANGLE INSPIRED VALENTINES

The ZENTANGLE art form will be taught using the heart shape as the focus of the drawings. You will leave the class very relaxed and with valentines ready to pop into the mail.

Many different designs using ZENTANGLE patterns will be taught. By the end of class you will be creating your own designs.

The concept of ZENTANGLE is a way to practice focus and meditation through drawing repetitive lines, marks, circles and shapes. Patterns, called tangles, are chosen from the vast collec-

tion to be found in books and on the internet.

No previous experience with ZENTANGLE is required to join this class. It's easy. It's fun. It's relaxing.

If you're new to ZENTANGLE arrive at 1:00 for a brief explanation of the art form before class begins.

**Teacher: Joyce Francis Cost:**

**\$28.00m/\$34.00nm: includes all your supplies (Plat/SS pay \$12.00 materials fee)**

**Depression 101**

Thurs, Jan 30, Feb 6 & 13, 9:30 - 11a



Have you worried that a close friend may be suffering from depression? Would you like to be able to help, but aren't sure how? Or perhaps you experience ups and downs, and would like to know more about how to deal with those low, gray days, and become more resilient and less prone to depression. This program will cover the signs of depression, and the ways you can help yourself or others you care about feel better.

Presenters: Rose Kormann, retired psychotherapist and active Sr Center member

Jane Rinehart, counseling psychologist, practicing in Northfield

Jan 30: toward a basic understanding of depression. How do you know if someone is suffering from serious depression? What are the symptoms? What can you do to help?

Feb 6: Learn about Cognitive Therapy, a clinically proven, drug-free method to overcome depression. By changing the way you think about things, you can improve your outlook,

mood and productivity. Also learn how to "hardwire happiness," an approach based on neuroscience, that teaches you how, in a few seconds, to soak in greater happiness and well-being.

Feb 13: panel representing local resources (including Gary Carlson, physician; Janet Lewis-Muth, trained in WRAP; Jane Rinehart, counseling psychologist, Abby Henderson, pastor, a representative of college counseling services)

Cost: \$27m/\$36nm



## Wii Sport Winter Games Extravaganza

Monday - Thursday,  
February 24-27

8:30-2:30

It's time to rebel against the doldrums of winter with some Wii fun. Our system will be set up in the lobby for any member to give it a go solo, find a partner or build a team to try out a bit of friendly competition.

Monday will be Wii Bowling, Tuesday will be Golf, Wednesday will be baseball and Thursday will be Tennis. Every day will be Wii Fun. Skill at this is merely optional – a sense of fun and a willingness to try something new is what's really necessary.

## Dining Center

Come join us for a Valentine's luncheon in the dining room (105) on Friday, February 14. Music will be provided by "Sunshine" (Elsie, Lyle, Mickey, and June) at 10:45 with lunch being served at 11:30. Menu for the day is Baked Fish, Au Gratin Potatoes, Seasoned Broccoli, Dinner Roll and Strawberry Shortcake. Please reserve your spot by calling 507-664-3735 or signing up in the dining room.

Other special events for the dining program include

## February Movies: Love Story Month

Mondays at 1:00

**February 3 Seven Brides for Seven Brothers:** This is a classic 1954 musical comedy about 7 bachelor brothers from the backwoods of the Oregon frontier who need a crash course in dating etiquette. 102min.

**February 10 When Harry Met Sally:** This 1989 film is about long-time friends played by Billy Crystal and Meg Ryan and poses the question: Can men and women ever just be friends? 96 min.

Birthday Dinner on Wednesday, February 5 with an accordion group playing at 10:45; Bingo on the 27th at 12:15; Wii games on the 11th and 25th at 10:30.

**February 17 The Bodyguard:** Whitney Houston and Kevin Costner star in this 1992 romantic thriller about a music/movie superstar being threatened by one of her fans and the security expert whose job is to protect her at all costs. 129 min.

**February 24 From Here to Eternity:** The 1953 classic stars Montgomery Cliff, Frank Sinatra, Burt Lancaster, Donna Reed and Deborah Kerr as soldiers and the women in their lives at a Hawaiian military base during the time of the Japanese attack on Pearl Harbor. 118 min.

## Group Activities Change notices:

Double Deck Pinochle players need to contact Sharon Steinhouse (507 645 1658) in advance to schedule playing times each week. The start time is now 12:30 pm.

Chime choir rehearsals begin Thursday, February 6. All are welcome.

## ACTIVITIES

## SERVICES

### AARP to offer tax counseling at the Senior Center.

Trained and certified AARP Tax Aide volunteers will prepare and electronically file individual income tax returns. This assistance is for taxpayers with low and middle incomes, with special attention to those ages 60 and older. Appointments will be taken at the Senior Center Receptionist Desk or by phone (664-3700). These services will be available February 10 thru April 15. 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:

1. Your copy of last year's Federal and State tax returns
2. Social Security and Identification cards, **including one photo ID for taxpayer(s)**
3. W-2 forms from employer(s)
4. Unemployment compensation, if applicable
5. All 1099 forms that show:
  - Social Security income for 2013
  - Pension income
  - Interest or dividend income
  - Sale of stocks or mutual funds
  - Self employment
6. Other miscellaneous income
7. If a renter, a copy your 2013 Certificate of Rent Paid (CRP)
8. If a homeowner, a copy of property tax paid in 2013 AND, when received, a copy of property tax payable in 2014

### Get Help with Medicare and Related Insurance Questions

Volunteers are available at the Senior Center to provide information and assistance for:

those turning 65 and new to Medicare  
 those under 65 and eligible for Medicare  
 those who have questions about their current insurance coverage, including:

Medicare Part A  
 Medicare Part B  
 Medicare Part D  
 Supplemental Health Plans\*

Appointments are available on the 1st and 3rd Tuesday of each month, from 1:00-3:00 p.m., or by arrangement. Call the Senior Center with your name and phone number, and a volunteer will call you to schedule a time: 507-664-3700.

\*This service does not provide MNSure assistance.

## **NEW Sunday Yoga HATHA YOGA FLOW Sundays 1-2 p**

Flex and flow from pose to pose with yoga class that will strengthen, refresh and renew. Enjoy movement that will condition the body with gentle challenges yet nurture and invigorate with stretches and body awareness. This low impact exercise enhances our body's 'core', and aids in balancing the body. Class is designed to be easily adaptable to any skill level and help build flexibility and strengthen your joints and muscles.

**Instructor: Michael Gamble**

## **From the Fitness Center, Studio and Poolside...**

Seven Center Instructors converged on the new Silver and Fit Training Workshop held in Farmington, MN, in order to provide additional classes through this program at the Center. NSC dominated the Workshop with 80% of the attendees coming from our location. The workshop provided much desired Continuing Education Credits for Fitness Instructors.

Recent graduates of Silver and Fit - Explore, Experience, Excel – Workshops: Dan Rohr, Sheila Giles, Nancy Nieman, Craig Sw-

enson, Don Forsberg, Lu Herbeck, Jan Otteson. These instructors may be incorporating some of what they have learned in other classes at the Center. Feel free to ask them what they have learned.

Bettina Waldman, Swim Fitness Coach, EMT and CPR Instructor at NSC, has recently added to her list of credentials: NETA Personal Training Certification. She is incorporating the personal training skills into her 'land training' for Swimmers (USMA/ASCA Swim Coach) as well as into Strength Circuit Tuesday Nights. Bettina has also been recognized by being asked by a major fitness provider in the Twin Cities to develop her Swim Fitness program, which she offers at NSC, into Workshop Certification and a continuing education course work for Aquatic and Fitness Professionals. Kudos to Bettina

## **Please welcome new additions to our Instructor Staffing:**

**Michael Gamble, BA** Education, will be offering Yoga on Sundays. He recently graduated from The Lotus Seed in-resident

program in Yoga Training (RYT-200 Yoga Alliance) in Portland Oregon and is back in Northfield. Previously a medic for the US Army, his venture with this was cut short a few years ago in free fall of about 200 feet off of a cliff in Korea. Amazingly through some time, rehab, *chiropractic and yoga* he has recovered to full ability to walk and do yoga with only a compressed L5. He chooses to use his training in the field of offering yoga to seniors and youth.

**Marion McKone**, recent graduate (RYT-200) of One Spirit Yoga (Gracia Mckinely Swami Vidyananda's Yoga School in Northfield), has also worked in the Wellness field with integrative medical consultants and Christos Center for Spiritual Formation. She comes to us to offer Hatha Yoga on Thursday Nights

**Pamela Percy, RN**, member and Registered Yoga Trainer (200 hr) through the One Spirit Yoga School in Northfield, is pursuing Somatic Yoga through Novato Institute in CA. She practiced as a nurse for 15 years, but is moving into the instruction of yoga .

## **FITNESS NEWS**

## BOARD & COMMITTEE NEWS

**Minutes:** Northfield Senior Citizens, Inc. Board of Directors meeting, December 5, 2013

**Directors present:** Nancy Ashmore, Bob Craig, Don Diehl, Gerry Gengenbach, Bill Gruszewski, Dottie Hammer, Marvin Kormann, Elizabeth Olson, Gordon Simonson, Greg Smith, Phil Winter

**Absent:** Bernard Borene, Tom Brawley, Duane Everson,

**Staff present:** Lynne Pederson, Patsy Dew

**Others present:** Jim Finholt

The meeting was called to order at 3:05 p.m. by Gerry Gengenbach, who asked members to do some creative thinking about positioning the NSC as a cold weather destination. Further thought will be given to staging a beach party in March, something that will focus attention to the warm water pool.

**Action:** The agenda was approved.

**Action:** Motion and second to approve the October 24, 2013, board minutes. Carried.

### TREASURER REPORT

Financial Reports  
Bill Gruszewski, after clarifying that a drop in

# Minutes of the Dec 5 Board Meeting

the checking/savings total likely was due to a third pay period in November, upfront payments for carpet replacement, and the cost of the recent audit, noted that expenditures and income are close to target amounts.

### COMMITTEE REPORTS

#### Finance Committee

Bill Gruszewski reported on actions earlier in the day by the Investment Committee, a sub-committee of the Finance Committee. While pleased that the market is up 30% over the same time last year, the members have become concerned that this is unsustainable. In order to reduce the NSC's exposure, they have opted to convert some investment funds to cash which will be used to meet upcoming obligations.

#### Facilities Committee

Marv Korman reported. Progress on work in the men's locker room continues. The contractor is looking to see if water softening can be added to the project, something that would aid maintenance in the men's and women's locker rooms. Gordon Simonson has constructed a prototype for a shade for the back patio, which has been installed to test durability during winter conditions.

#### Membership Committee

Dottie Hammer reported. The committee recommended a 3% increase for membership dues. Work is continuing on a number of projects including advertising in Cannon Falls, something Dottie is spearheading, and a partnership with St. Olaf that will bring students to the center to interview members that is being coordinated by Nancy Ashmore.

#### Computer Committee

Jim Finholt reported on a very exciting and satisfying year in which, thanks to hundreds of hours of work by volunteers led by Mark Ulmer, a number of mini-Macs were added to the computer lab and integrated into the curriculum. And they stayed on budget! Demand for Windows-related programming is holding steady and interest in Mac-related tech is low but expected to grow.

#### Advancement Committee

Don Diehl reported. He estimated contributions to the fund drive through November at around \$62,000. The goal is \$70,000. The Legacy/Planned Giving Committee continues to develop its plans. Members are looking into staging a fund-raising "walk-a-thon" in partnership with Sertoma.

#### Nominating Committee

Don Diehl announced

that Beth Endert has been selected to fill the position vacated by Eve Webster, who resigned for family reasons. She will complete the remainder of Eve's term, which began in June.

### EXECUTIVE DIRECTOR'S REPORT

Lynne Pederson reported. The transition of members to the Silver and Fit program continues, with decreasing complaints about the surcharge imposed by the insurance companies, but things will be hectic in January. Work is underway to hire a replacement for Nancy MacDougall, who is moving to Pennsylvania where her husband has a new job.

Patsy Dew received a round of applause for her selection as a Northfield Living Treasure in recognition of her work at the Arts Guild and, more recently, the NSC in promoting art and theater in Northfield.

Lynne attended the groundbreaking for the new YMCA in November and its director and other staff have spent time at the NSC answering questions about future programming at the Y.

### OLD BUSINESS

**NCRC**—Lynn reported that arrangements with the city to shift management to the partners of the NCRC Core

**Board Minutes cont**

Group continue to go very well. The city manager hopes to have everything wrapped up on the contract within the month and ready to present to the City Council at its first meeting in January. EPIC staffers are continuing to do a great job with their mid-day cleanings of the locker rooms and lobby.

**Operations Manual** — A final push will be made to get reports from the various committees.

**NEW BUSINESS**

**2014 Budget**

Board members reviewed components of the budget for next year, including a 3% increase in membership fees, a 3% increase in payroll

expenses, and an increase in instructor compensation that arises from AARP driver safety programs that are offset by increased revenues from those programs. An adjustment to the cleaning services budget will be needed, due to the shift to self-management, but could be offset by a change in insurance providers that will drop those costs by a similar amount.

**Action:** Motion and second to accept the proposed budget, with the modifications discussed. Carried unanimously.

**Staff Appreciation**

The director solicited volunteers to help organize a Staff Appreciation event scheduled for January 23. None

were forthcoming, though we discussed assigning those duties to the board members not in attendance at the meeting. Lynne will continue to look for an alternative.

**Donor Thank You Photo**

Board members then ambled to the stairwell at the CAC end of the building, where they posed, holding letters that spelled “Thank You, Donors,” for a photo to be used in donor-recognition efforts.

At 4:58 a motion and second to adjourn carried unanimously. The next Board meeting date is January 23.

Submitted by Nancy Ashmore, Vice President

*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.

**Welcome! to these new members**

Lisa Bell, Mark F Arnold, Linda Ruprecht, Susan Jacobson, Evelyn Pellemounter, Harriett Christy, Gloria Knutson, Howard Schroeder, Ed Cahoon, Nancy Polasik, Susan Hollinger, Dawn Tommerdahl, Craig Holden, Dorthea Hrossowyc, Nancy Meixner, James Schmitz, Kristine Schmitz, Carol Irwin, GERALYN Odette, Michelle A Remold

**Cannon Valley Elder Collegium Preview Presentations**

You are invited to hear previews of two of the courses CVEC will be offering this spring. This is a chance to learn something interesting, and then decide

if you might want to sign up for the whole course. No fee for these previews.

**REINHOLD NIEBUHR: A VOICE FOR OUR TIMES**

Tues, Feb 11,  
10:30-11:30a  
Presenter: Richard Crouter

**RELIGION AND SCIENCE: FROM CREATION TO APOCALYPSE**

Wed. Feb 12,  
10-30-11:30a  
Presenter: Gary Stansell

## Art Classes

(see Program Guide for details)

### BEGINNING WATERCOLOR

Thurs, Feb 13, 20, 27  
9a -noon

Teacher: Kathy Miller  
Cost: \$62m/\$68nm

### MAKE A "REUSE IT" BOOK

Sat, Feb 1, 1:30 -4:30p

Teacher: Theresa Harsma  
Fee: \$35m/\$17 PL, SS, S&F+

### LEARNING TO OIL PAINT

Tues, Mar 4, 11, 18, 25  
6 -8p

Teacher: Cinty Brant  
Cost: \$48m/\$64nm

### PASTE PAPER AND HARD COVER BOOK

Sat, Feb 15, 1:30-3:30p, Feb  
22, 1:30-4p

Teacher: Theresa Harsma  
Fee: \$53m/\$26 PL, SS, S&F+



## Welcome! Michelle

Introducing our new Administrative Coordinator, Michelle Remold, a recent graduate of the University of Northern Iowa with a BA in gerontology. She grew up in Faribault, and in addition to working here, has started a Master's program in social work, with an emphasis on aging. Stop by her desk and introduce yourself when you have a chance.

## 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**  
Michelle Remold

**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



# PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264

## Three Links - Celebrating our 115th year!

Three Links, originally known as the Minnesota Odd Fellows Home, has a long history of caring for the young and old in Northfield. The concept began in the early 1800s, when the Odd Fellows committee selected the 120 acres known as the Nutting Farm to establish a home for widows and orphans. The Home for the widows and orphans of the Odd Fellows Fraternal Lodge opened in 1899. Today, one hundred and fifteen years later, our mission continues:

*Creating peace of mind for those we serve*



Three Links, 815 Forest Ave, Northfield MN 55057    [www.threelinks.org](http://www.threelinks.org)    507.664.8800

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## Travel Medicine



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- 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

NORTHFIELD HOSPITAL & CLINICS



# Northfield Senior Center

1651 Jefferson Parkway  
Northfield, MN 55057

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

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Northfield, MN  
55057

## 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



THANK YOU DONORS for contributing to the Annual Fund Drive! The total for 2013 is \$68,732 from 529 donors. This is the most donations received through the Annual Fund Drive ever. You are AWESOME. We appreciate you and your gift so much that we are planning a donor recognition party on the patio when the weather is warmer. Watch for more details and your invitation to arrive in the coming months.