

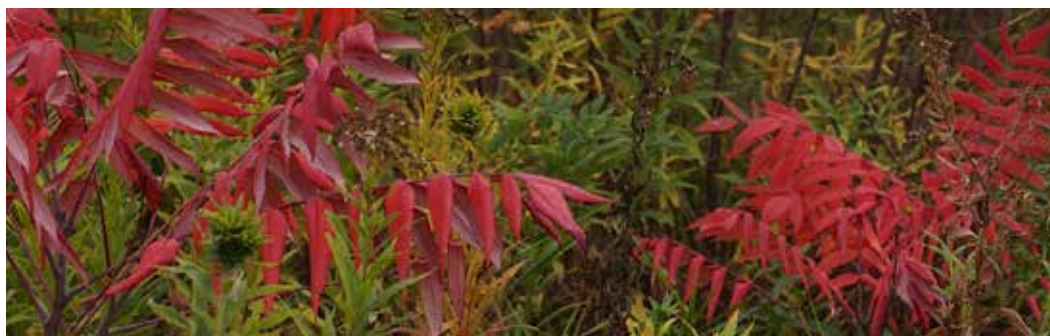


Northfield Senior Center

**active,
connected,
engaged**

- Volunteers3**
- Events3**
- Dining Center Events...4**
- Health & Finance.....4**
- Lifelong Learning5**
- Compuer Center.....6**
- Community**
- Volunteeing.....6**
- A Moment in Time.....7**
- Trips.8**
- Groups.....8**
- Board Minutes.....9**
- Visual Arts.....10**

Center News FOR ACTIVE OLDER ADULTS



Demystifying Dementia

by Patsy Dew

I am confident that if you are reading this newsletter you have known someone with dementia.

When I was growing up, my mother was the smartest person I knew. She read extensively, was up-to-date on current events, produced beautiful sculptures and tracked all her expenses on a weekly basis. She wasn't perfect. She didn't have patience for directions, and preferred to figure things out for herself. She would hold a sweater up to herself as she knit rather than read a pattern that would tell her how many inches to make the body or sleeve. Consequently one of her creations

looked like it had been made for an ostrich (short square body and long arms). Likewise, she was disinterested in machines, so I was not surprised when she couldn't figure out how to use a word processing typewriter, a precursor of the modern PC. At that time she was still the top player in any game of Trivial Pursuit.

But soon there were other troubling signs that something was wrong. My sister flew home for a visit, and found that Mom had prepared a lovely chicken dinner, but had neglected to turn the oven on. My mom, sister and I met in Chicago for a long weekend visiting a special Impressionist exhibit


at the Art Institute. Mom, the artist, had wonderful observations about each of the paintings, but could not find her way from the cafeteria to the exhibit on the third time we made that trek. One day after delightedly playing with my youngest child, Mom looked at me with a big smile and said, "Kathleen's not yours, is she?" In a heartbeat she realized her mistake, and the next thing this smart woman did was to ask for a pad of paper to write down her own genealogy. She was searching for a way to help her failing brain remember. During these early stages of my mother's dementia I

Cont on page 2



A Series on Alzheimer's Disease


**Northfield Senior Center, Room 103
Tuesdays, October 7, 14, 21, 28 • 10:00 -12:00**




Demystifying Dementia

A Series on Alzheimer's Disease


Northfield Senior Center, Room 103
Tuesdays, October 7, 14, 21, 28 • 10:00 -12:00



OCTOBER 7 SESSION 1: KEYNOTE, "Betty the Bald Chicken"
 An Overview and Personal Journey – Lori Labey
 The changing life as a caregiver




OCTOBER 14 SESSION 2: A MEDICAL PERSPECTIVE
 One Step Closer - Gretchen Ehresmann
 What is Alzheimer's? What is the current research?
 How is it diagnosed? What are treatment options?



OCTOBER 21 SESSION 3: CAREGIVING
 Caring for Caregivers - Kari Berit
 What support does the caregiver need to give and receive at
 the different stages of Alzheimer's?

OCTOBER 28 SESSION 4: PANEL DISCUSSION – RESOURCES
 What Do I Need? Where Do I Find It?
 What is needed, how to find resources, coordinating resources

Three Links will provide Adult Day Care for care givers needing that service to be able to attend this series. Please call Holly at (507) 664-8824.

Sponsored by:  **Cost: \$24 for the series**
To register: Register online at www.northfieldseniorcenter.org or
 in person at the Senior Center, or by phone (507) 664-3700

Demystifying Dementia,
Cont from pg 1
 read every book and article I could find on the subject, searching for clues, hoping for an explanation that whatever was wrong was reversible. Mom lived alone 550 miles away from me, 850 miles from my sister. My sister and I stumbled through how, and then *if* she could continue to live alone. If not there alone, then where, with whom, and how would we pay for it? This journey with our demented mother started in 1996, but the questions we struggled with then are still common ones. This month the Center is offering a wonderful 4-part series, "Demystifying Dementia: A Series on Alzheimer's Disease," to help any of you who are struggling with these questions. Each of the first three weeks there will be a featured speaker, a video presentation, and opportunity for small group discussion. In the final week we will have a panel of people representing resources in our community. In the first ses-

cont. on pg. 3



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
- : Fall risk assessment
- : Balance evaluation and retraining

507-646-8800 : NorthfieldHospital.org/CSMR
 1381 Jefferson Road, Northfield

**Center for Sports Medicine
& Rehabilitation**



Demystifying Dementia, Cont from pg 2

sion, Lori La Bey, founder of Alzheimer's Speaks, will give the Keynote address, "Betty the Bald Chicken." La Bey is an engaging and passionate advocate for those dealing with Alzheimer's, "searching for ways to shift our dementia care culture from crisis to comfort." The second week will focus on the medical perspective, featuring Northfield physician Gretchen Ehresmann. Dr. Ehresmann is interested in "working with older patients whose problems are complex and interrelated." Kari Berit, author of *The Unexpected Caregiver*, leads the third week. Through her book, radio show and consulting work, Berit gives "simple, commonsense tips and tools to help caregivers." Enrollment in this program is limited to 35, and there is a fee of \$24. Three Links will provide Adult Day Care for care givers needing that service to be able to attend. if this is a service you need, call Holly at 507-664-8824.

This program is presented with the support of Three Links, the Southeastern Area Agency on Aging, Allina Clinic of Northfield, and Alzheimer's Speaks.

THANK YOU! VOLUNTEERS

Think about all that happens at the Center (and in the community) by Senior Center volunteers. Their generosity is mind-boggling, and helps the Center keep its costs down. Volunteer receptionists greet you, help track attendance, and answer a myriad of questions. Volunteer monitors watch others using the pool, saving us the cost of life guards. Volunteers at the Used a Bit Shoppe fix and sell items, with the profits coming to the Center. Our glorious gardens are planted, weeded and watered by a team of volunteers. A volunteer work-crew moves furniture, and makes minor repairs in the building. Computer classes are planned and taught by volunteers. Group leaders, board and committee members, speakers, popcorn wagon workers, newsletter mailing crew, Meals on Wheels delivery, Thursday's Table servers...are all marvelous volunteers.

Thank you, thank you, Volunteers! The quality of this organization is enhanced by your contributions. Please come to a party in your honor on Friday, October 10, 5:30 – 7pm. SAVE THE DATE!

MOTORHEAD SATURDAY

Sat, Oct. 18, 8A- 12P

Drive on in to the front parking lot and have your car get a winter season check-up. While your car is getting its fluids, tire pressure, lights and belts checked; the mats and carpets vacuumed; and the dash and console wiped down, you can relax and enjoy coffee, muffins or popcorn. You will receive a checklist of what was done and any suggestions for follow-up care by your car dealer or repair shop.

Cost: \$5

MIDDAY ENTERTAINMENT

All of these musical performances are free and open to the public

Wed, Oct, 1 10:45 Rm 105 Rebecca Berglund, violinist.

Tues, Oct 14, 10:45 Rm 105 Bonnie and the Clydes

Wed, Nov 11, 11:00 Rm 103 The Northfield Troubadours Choir will be presenting a Veterans' Day Concert.

VOLUNTEER



EVENTS



DINING CENTER EVENTS

Tues, Oct 14, 10:45
October Birthday dinner
Bonnie & the Clydes

Thurs, Oct 23, 12:15
No charge but bring a “white elephant” prize if you can

Thurs, Oct 30 11:00
Halloween Costume Competition with prizes



HEALTH & FINANCIAL PLANNING

MEDICARE BASICS--THE ABCDS

Oct. 7 and 8, 5:30-7:30P

If you are soon turning 65 and eligible for Medicare, this is the class that will help you understand this program and help you make good choices for supplemental insurance. Over two sessions, the class will cover the various parts of Medicare-hospital, medical, and drug options. Topics include: original/ traditional Medicare; Medicare supplements; Medicare advantage plans; prescription drug plans; preventive benefits; Medicare savings programs; preventing fraud, waste and abuse; and resources to help you. Instructor Chad Wojchik is a certified State Health Insurance Program Counselor with the SE MN Area Agency on Aging.
Presenter: Chad Wojchik
Cost: \$6 Preregistration is required

WHY WILLS DON'T WORK (ON THEIR OWN)

Wed, Oct. 15,
10-11:30A

Most of us have a will (or know we should.) but a will is not enough if you want to insure that your assets are distributed as you intend. Learn about the importance of ownership and beneficiary designations on your assets, whether you need to worry about estate tax, and how to manage your assets in case of incapacity. Attorney Jacqui Dorsey will explain wills, revocable living trusts, letters of instruction and durable financial power-of-attorney forms.
Presenter: Jacqui Dorsey
Cost: \$6 Please preregister.

ADVANCED CARE PLANNING AND HEALTH CARE DIRECTIVES

Wed, Oct 22, 1-2:30P

Everyone should have health care directive and durable power-of-attorney forms on file in order for your care wishes to be followed if you are incapacitated. Some of us have no idea what a care directive is; some know they need to get their directive done but just haven't gotten

around to doing it. Susan Lohmann, Director of Social Services with the Northfield Hospital and Clinics, will explain the forms – why they are needed, what each part means for your care and where they should be filed- then she and several assistants will help participants fill out the forms. A vital task understood and completed. Do it for your sake – do it for your family's sake.

Presenter: Susan Lohmann
Cost: \$6 Please preregister.

STAYING HEALTHY - STAYING SAFE SERIES LIVE WELL AT HOME
Tues, Oct. 30, 10-11:30A

Do you want to live well in your own home as you grow older? Learn how to assess your risks and how to make it possible to live at home successfully. Presented by Arlene Theye from The Southeast Minnesota Area Agency on Aging.
Presenter: Arlene Theye
Free and open to the public



**iCook: CULINARY ARTS
101**

**Wed. Oct. 8, 15, 22, 29
3:30 - 5P**

Join us for a fun and informative interactive cooking class hosted by Just Food Co-op and Firebellies, Carleton's cooking club. This 4-week series will focus on healthy eating using locally grown, in-season food and will cover basic cooking techniques that can be applied to the different recipes you will get each week. The classes will highlight cooking for 1-3 people and preparing food that can be enjoyed immediately and frozen in small portions to savor later. Watch, learn, cook, eat and chat like foodies. Food has never been such fun!

Please pre-register.

\$6 member/\$8 non-member plus \$35 fee for materials

VISUAL ARTS

**MAKING YOUR MARK
BEGINNING THROUGH
INTERMEDIATE
DRAWING**

**Thurs. Oct 9 - 30
1-4P**

This class will provide skills in specific drawing techniques that can be used to become a better, more confident drawer. Please select five or more images to bring to the first session. If you select color images you should either take them to a place that has a copy machine and make black and white copies or bring them to the senior center to make copies. Bring all original images along with copies to the first class. Select images with which you feel a personal connection or truly enjoy. They can be landscapes, still lives, people, scenes or objects. Select photos rather than artworks from a personal photo collection, from magazines or the Internet. If you are unsure of your image

selection, bring many (6-10) to the first class and we can work together to narrow the choices.

A material list is available online and with the receptionist.

**Cost: \$81m/\$90nm
Teacher: Kate Douglas**

Kate Douglas is an artist and art educator who currently resides in Northfield. Kate began her teaching career in 1970 in Columbia Heights then taught art and designed art curriculum for all K-12 Northfield students from 1977 to 1998. She has taught post-secondary art methods at St. Olaf College, Augsburg College and Saint Catherine University in Saint Paul. She officially retired from St. Kate's in 2011 but has continued teaching and designing curriculum models until 2014. She now considers herself "almost retired maybe."

**LIFE LONG
LEARNING**



**"Mahelina Grief, Egypt"
Drawing by Kate Douglas**

**REGISTRATION
POLICY**

For most classes and events, if there is a registration deadline, it will be the Wednesday of the week prior to the class/event. The exception to this will be trips in which case another organization (such as a theater) dictates the sign up deadline. We need to do this for planning purposes (how much food to buy, whether there will be enough people to run the class, how many supplies to prepare, etc.).

VOLUNTEER IN THE COMMUNITY

HELP NORTHFIELD ELEMENTARY STUDENTS BECOME LEARNING SUPERHEROES!

Wed. Oct. 1 10-10:45A
or 2-2:45P

Northfield's low-income elementary students have trailed their peers in reading and math proficiency by an average of more than 25% over the past 5 years. By tutoring with Accelerate Northfield at one of Northfield's public elementary schools, you can have a significant impact on student success. Starting this year, Accelerate Northfield will partner with Catholic Charities and their Retired Senior Volunteer Program to help support volunteers and provide them with free benefits as they volunteer with Accelerate Northfield.

To learn more about how you can become a part of Accelerate Northfield and

help students succeed, please join us for treats and information and the opportunity to become a part of this important effort.

OPEN ENROLLMENT FOR PART D MEDICARE AND SUPPLEMENTAL PLANS

This year, open enrollment for Part D Medicare and supplemental plans is the same as last year. Dates to have your drug plan (and your supplemental insurance plan) evaluated are from October 15 to December 7. This ensures that you will have essential plan materials and membership card in hand on January 1, 2015 when new coverage begins. You will be receiving 2015 plan information from your Part D drug company in the mail in the next few weeks. Be sure to read the infor-

mation. Plans change their premiums, co-payments, deductibles and drug formularies every year. It is in the best interest of every Medicare beneficiary to review their drug plan and to compare it to others that are offered. In some cases you may save money by switching drug plans.

If you would like to have your drug plan evaluated, please use the form we have developed. Fill out this form with your prescription information including dosages and return it to the Senior Center receptionist. These forms will be seen only by our Medicare volunteers. A Medicare volunteer will process your information and call you with the results. If necessary an appointment for you with the Medicare volunteer will be scheduled.

COMPUTER CENTER

SEE THE CALENDAR BELOW for a listing of all classes being offered in our Computer Center for the month of September. If you want more information about any of these classes check out the Fall Program Guide, pg 13-16, always available in the lobby or on our website. The computer page on the website also provides complete descriptions of these classes. Registration Deadline: Noon, Wednesday, the week before the class begins.

OCTOBER COMPUTER CLASSES

		9:30-11:30 Intro to Comp/Mac	1	9:30-11:30 Intro to Comp/Win	2
	9:30-11:30 Word processing basics/ Win	7	9:30-11:30 Word processing basics/ Mac	8	9:30-11:30 Word processing basics/Win
					9:30-11:30 Word processing basics/Mac 2:00-3:30 Borrowing Ebooks
9:30-11:30 Organize my Mac	9:30-11:30 Organize my Win	14	9:30-11:30 Organize my Mac	15	9:30-11:30 Organize my Win
	9:30-11:30 Intro to Internet/email	21			9:30-11:30 Intro to Internet/email
	9:30-11:30 Intermed Internet/email	28			9:30-11:30 Intermed Internet/email
					24 9:30-11:30 Photography Group
					25 Sat 9:30-11:30 Genealogy

Sungi, Mungi

by Catherine Hanson

“Sungi, Mungi, Chicka-chicka, Fungi, Alligata, Ungi, Ooh” said Tricia my first cousin and best friend. “The days of the week Cathurn” Sungi, is Sunday, Mungi is Monday, Chicka-chicka is Tuesday, Fungi is Wednesday, Alligata is Thursday, Ungi is Friday and Ooh is Saturday.”

I was ten years old and Tricia was nine that summer of 1954 when we invented our own language. Tricia had come down from her family farm near Bemiji to stay with my family in Windom, Minnesota and I was in heaven. An entire summer with my best friend cousin. We spent much of it along the Des Moines River that flowed through our town pretending to be primitive people. We took off our blouses and stuck branches with leaves into our shorts. Tricia’s mom, Inez, was my mother’s favorite sister. She had a daughter when my mother did, a son when my mother did and then she had Tricia when Mom had me. We were all matching age cousins’ and best friends for life.

We all grew up in the 1950’s when Moms stayed home, there was no television and all the hordes of kids were sent outside to play. Our imagination was our favorite and sometimes only toy.

I had 42 first cousins and knew them all.

Tricia was a brave risk taker and I was a timid and anxious girl. She forced me to learn to ride bike, swim across the lake and one night at the age of fourteen she and I stole her father’s old beater car and together we drove it on country roads to Mountain Lake nine miles away. She worked the pedals and I did the steering. Which was fortunate because she was dyslexic and tended to drive on the wrong side of the road, which I inadvertently learned that night. I needed to use the bathroom at the city park in Mountain Lake. When I came out she drove up on the wrong side of the street to pick me up. Thank heavens it was the wee hours of the night. We drove back to Windom and parked the car at the Trucker’s cafe a few blocks from her home. We forgot to turn the headlights off and after telling her Dad James that someone had stolen the car, he couldn’t start it. He laughed at our shenanigans and we were not punished for anything. Those were the days when our parents were strict at times and lenient when they saw no harm in our adventures.

The sad fact of this story is that when Tricia was 22 she drove off the end of a highway construction site near San Diego, California and

flew through the windshield breaking her neck. I will always remember her with the “Sungi, Mungi, Chicka-chicka, Fungi, Alligata, Ungi, Ooh” which I have used many times to calm down a room full of children when I was substituting in grade schools, as well as soothing myself in anxious moments. I feel it was her gift to make me brave in times of chaos. I have taught it to many children as well as my grandchildren to ensure that it goes on into a future Tricia never had.

There are many other stories of the brief time I had with Tricia. I still dream of her. Lately I met her in a dream and I said, “Tricia you’re still young you haven’t aged. She smiled her wry smile and said “It’s OK Cathurn, I’m coming back.” But that’s another story.



LITERARY ART:

A MOMENT IN TIME

A Moment in Time was initiated in the September, 2013 issue of this newsletter. It was created to serve as a forum for our members’ writings: short stories, memoir, poems or essays. If you have something to submit, please send it to me at patsydew@nscmn.org, or put it in my staff mail box. If you have a great moment to tell about, and would like help writing it, give me a call, 664-3708.

- Patsy Dew

TRAVEL NEWS

Our tours depart from and return to the Senior Center. Please register as early as possible to avoid disappointment. Cancellations on or before the sign-up deadline receive a full refund. Cancellations after that date receive a full refund **IF a replacement can be found.**



THE DEPOT, FARIBAULT, MN - New Venue Mon. Sept. 29 Time: 11:30 am

Located in the old train depot building, the restaurant offers a large selection of daily specials. Enjoy historical ambiance, good food and pleasant socializing. Lunch is on your own.

Sign up date: Sept 26

A CHRISTMAS CAROL GUTHRIE THEATER

Wed. Nov. 19

Time: 10:30A - 5P

This perennial favorite at the Guthrie, will have its 40th annual production this year. Come and bring your family and friends to this cherished afternoon production. A special Christmas offering for lunch at the Level 5 restaurant is available – choice of mixed greens with grilled chicken, pear and cranberry with pecan vinaigrette OR vegetarian frittata with sliced fruit. Lunch is also available at other restaurants in the area.

**Cost: \$44 (play only);
\$62 (with lunch and play)**

Sign up deadline: Nov 5 ITALIAN STYLE: FASHION SINCE 1945 MINNEAPOLIS INSTITUTE OF ART

Date: TBA November

Time: 9A - 3P

Watch the Center email updates for this trip date. This will be an exciting an exhibition of Italy's rich, contribution to postwar fashion. Designers that turned Italy into the mark of style include Armani, Valentino, and Prada. Plan on having lunch at your own expense at one of the food services available at MIA.

Cost: TBA

FUTURE TRIPS!

Christmas Lights in St Paul - Dec 18

Hello Dolly, Chanhassen
Dinner Theater - Jan 24

Minnesota Symphony:

Carousel - Mar 19

Carmen Opera, Ordway

GROUPS

BIKE GROUP

Starting in mid-October, the bike group will meet for coffee at Cake Walk 9:30 AM and walk or ski at 10:30 on Mondays. Interested participants be sure Mary Auge or Peggy Prowe have your e-mail so they can tell you where the group will be and what the activity plan is. When conditions are too icy or miserable, we may walk at the Carleton recreation center track or may try the YMCA track.

The exercise is great, but feel free to come just for coffee & conversation. It is a nice way to start the week!

PAPER CRAFTING

A Card "Quest" is bringing a sample paper project with a specific theme (for example Halloween) on the 1st Monday and choosing which you want to make (1 or all of them) on the 3rd Monday. The project can be a card, box, decoration or whatever strikes your fancy. A list of supplies to bring on the 3rd Monday will be provided for each project. Come see the cute projects the members come up with!

Time: 1:30-3:30P

BOOK CLUB

Book club meets the second Friday of each month at 10:30am. The upcoming books are:

Oct: My Antonia by Willa Cather

Nov: The Healing of Democracy by Parker J. Palmer

THE MAC USER GROUP

is now meeting on the THIRD Wednesday of each month at 9:30. Bring your questions and also suggestions for future topics of discussion.

Minutes of the August 28 Board Meeting

BOARD OF DIRECTORS

Directors present: Nancy Ashmore, Bernard Borene, Tom Brawley, Bob Craig, Don Diehl, Beth Endert, Duane Everson, Bill Gruszewski, Marvin Kormann, Gordon Simonson, Phil Winter

Absent: Gerry Gengenbach, Dottie Hammer, Greg Smith, Elizabeth Olson

Staff present: Lynne Pederson, Patsy Dew

Others: Michelle Remold

The meeting was called to order by Nancy Ashmore at 3:00 pm

Action: Agenda was approved.

Action: Motion and second to approve the June 2014 and July 2014 board minutes. Carried.

COMMITTEE REPORTS

Review and approval of Financial Reports

Bill Gruszewski presented the Financial Report. Nothing problematic in the report this month. Holding steady from what it had been in June. MN Community Fund has increased. Nothing came up in liabilities. There was a lag effect due to the introduction of Silver and Fit and

now membership dues are about where they were at this time last year. Popcorn wagon sales and rentals are slightly higher than they were a year ago. Used A Bit Shoppe is showing increased income from last year.

Finance Committee

Finance Committee met a week ago. They discussed Fitness Room equipment and increasing the fee for pool use to Y members up to \$3.

Investment Committee

Investment Committee Bill Gruzewski is resigning from his position in working with and managing the Endowment Fund. The committee is holding interviews with outside managers to take over the management of the fund.

Facilities Committee

Marv Kormann reported that the Facilities Committee did not meet this month.

Membership Committee

Nancy Ashmore reported. They will report on the meeting at next month's meeting.

Advancement Committee

Beth Endert reported. Working on a campaign to recruit more sustaining donors. There will be a melodrama in November. 86 donors attended the Donor Recognition Event. Seniors Rock 2 was cancelled due to lack of interest. The committee is trying to come up with different fund raising events to help raise funds for the center.

Executive Director Report

Lynne Pederson reported. Changing back to Fall hours. Open Friday and Saturday until 6 and try having receptionists stay until 9 for Bridge and Ping Pong and until 8 on Sundays. The pool should be back to normal by Friday morning. NCRC has a preliminary budget for 2015, it looks like we will still come out ahead. Gale Marchand has given notice and interviewing for the position will start soon. Looking ahead to replace Fitness Room equipment will continue. Programming in August was 'Feast or Famine.' Softball team has new t-shirts.

OLD BUSINESS

NCRC Update, NCRC Legacy Committee

An evening event was planned at the Cowles. Of 78 invitations sent out, there were 3 yeses and the rest were no's.

Fitness Room Upgrade

Still working on gathering information on replacing the equipment. Discussed Y membership fees and hours. The center is looking pretty good so far in comparison when it comes to fees.

NEW BUSINESS

Volunteer Appreciation- Do a donor recognition type event for the volunteers. Aiming for some time in October.

Marv Kormann discussed Motorhead Saturday in October. They are looking for a crew to help with the event.

Discussed getting automatic doors.

ADJOURNMENT

The meeting adjourned at 4:05 pm.

GALLERY NEWS

CATHERINE HANSON, A RETROSPECTIVE

Oct 6 - Nov 9

This exhibit includes all aspects of Hanson's creative endeavors from works executed during her education up to the present time. Mediums in the show are cast plastic, intaglio printing, chalk and oil pastel, oil painting and design/sewing reusing vintage linens.



OPENING RECEPTION
TUES, OCT 14, 5 -7PM

Thank you to these August Donors

Dennis & Janet Hahn, Edward & Mary Emery, Judy Matson, Tom & Mary McGovern, Kathleen Silkey-Larsen, Duane Everson, Diane & Jerry Gehler, Curtis & Karen Swenson, David & Joey Appleyard, Solveig Bailey, John Bremer, Warren & Karen Broughton, William & Charlotte Carlson, Jean Chagnon & Sandy Johnson, Eileen Cooper, Larry & JoAnn Edwardsen, Chris Ellison & Gene Finger, Gerry & Carol Gengenbach, Marie Gery, Bonnie Gretz, Georgene Johnson, Harriet Menard, Mary Olander, Elizabeth Olson, Charles & Lynne Pederson, Ken & Roberta Persons, Gordon & Emelda Rasmussen, Bardwell & Charlotte Smith, Linda Wagenbach, Pam Percy, Judy Broske, Winnie Drentlaw, Malcolm & Jacquelyn Gimse, Elizabeth Williams, Dennis Keefer, Charles Wagner, Jim & Phyllis Bull, Lester & Della Gunderson, Alyce Nelson, Lois Pearson, Beverly Hamblin, Bob & Ann Knutson, Jean Larson, Alene Fink, Barbara Wagner



Get your tickets to our Annual Fall Melodrama!

A Golden Fleecing

Saturday, November 15, 7:30 pm
Sunday, November 16, 2:00 pm

Tickets: \$15

Welcome! to these new members

Ken Billings, Anthony Meyer, Joyce Lindquist, Debbie Carter, Kate Douglas, Robert & Susan Farley, Anthony J Malecha, Richard A Nord, Marilyn J Raleigh, Solveig Zempel, Eileen Anderson, Rhea Miller, Richard L Wiringa, David L Garner, Sharon McCann, Angela Mendoza, Mary J Kindseth, Michael & Rachel Bath

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

Senior Apartment Living

Three Links Apartments & Park Ridge Apartments

Call for a tour today!

carefree | affordable | senior living

- attractive 1 bedroom apartments
 - full continuum of care options available
 - NEW raised garden beds for resident's use
 - ongoing intergenerational programs
 - income-based rent • Handicapped accessible
- ... just waiting to become your new home!



Call (507) 664-8850 Visit www.threelinks.org



Creating peace of mind for those we serve

- Assisted Living
- Skilled Nursing Care
- Transitional Care
- Memory Care
- Home Care
- Home Companion
- End of Life Care
- Adult Day Services
- Independent Living

Call to arrange a tour!
507.664.8800

Visit us on Facebook!

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



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/>



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



Northfield Retirement Community
Innovation. Choice. Tradition.

It's All Here!

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

northfieldretirement.org



FRONT DESK: 507-664-3700

FITNESS CENTER AND POOL HOURS

Monday-Thursday: 6 am-7 pm
Friday: 6am-5 pm
Saturday: 6 am-5 pm
Sunday: 10 am-4 pm

USED A BIT SHOPPE 507-645-1399

624 Water St. / River Mall
Monday-Saturday: 10 am-5 pm
Thursdays: 10 am-7 pm

All volunteers are invited to an
evening at the Center for a

Volunteer Appreciation Party

Friday, Oct 10, 5:30 - 7:30 pm

Let us say

thank
you!