



Northfield Senior Center

active,
connected,
engaged

Gallery.....2
 News.....2,3,13
 Fitness News.....4
 Classes and Talks ...4-6
 Trips.8
 A Moment in Time.....9
 Sunshine Cafe.....11
 Group Activities.....11



My Lucky Streak by Patsy Dew

Looking back I see a combination of good decisions and even better luck that have brought me to this point in my life. Going to Germany for two semesters of college was a good decision; meeting and falling in love with a fellow student there was good luck. Our decision to marry after he had his first job offer to teach at Carleton College meant we moved to Northfield. I have often thought that “landing in Northfield” was one of the luckiest events of my life.

Living in Northfield meant I could pursue my interests in the arts, both through the Northfield Arts Guild and in classes at Carleton (a benefit of being a faculty spouse). We could easily get to events

in the Twin Cities, all the while experiencing the value of small town life: making good friends over a long period of time, good schools for the kids, ease of getting around. There is no doubt that this town has nurtured me.

And my lucky streak continues. Eight years ago I decided to take the job of Assistant Director of this Senior Center. I confess I had not paid much attention to this organization before I came to work here. Now I know how lucky all who live in this community are to have this forward-looking organization dedicated to promoting healthy aging. Back in the 1990’s, while I was concentrating on raising

children and dabbling in the arts, leaders of this organization were planning a fitness center. This goal was met in the year 2000, and improvements to the facilities have continued to this day.*

I feel lucky! To have a place to take yoga classes, participate in theatre events, play cards, swim a lap or two, learn about issues of the day, and spend time with others who are committed to positive aging. And I hope that you feel lucky here, too.

*To learn more about what has gone into the success of this organization, see Gerry Gengenbach’s article, “Senior Center Celebrates 40 Years,” on pages 8-9.

New Classes Starting in March

See pg 4-5 for these new opportunities!



- African Drumming
- Drawing Landscapes
- Collage Workshop
- Self Defense class
- Home Health Care 101

GALLERY NEWS

NEXT OPENING RECEPTION

TUES, MAR 22
4 - 6 PM

Current Exhibit: Continues through March 13

Featuring four artists ALLAN MATHISON, acrylic paintings TOM WILLIS, pottery CHRISTIE CLARKE, pottery JUDY SAYE-WILLIS, fiber art, artist books and boxes

Upcoming Exhibit: March 14 - April 17

Featuring two artists MARJ GRUSZEWSKI, paintings



Artist Statement

I am currently concentrating on artwork that reflects my lifestyle in the Valley Grove area. This includes abundant flowers and valley views. My goal is to use color, reflected light and active brushstrokes to convey feelings and emotions.

- Marj Gruszewski

and GERIE THELEN, fused glass



Everyone has a story to tell...

...and each of our stories is important...

For some reason, my stories do not come out in words; but when I work with glass...my heart sings & the glass talks to me.

Each piece of glass I create is formed in my heart and is produced with great love.

My designs include two-dimensional pieces, sculptures, and installations, and honor the significance of women's hands in the history of art and design.

- Gerie Thelen

Membership Committee for the Sr Center Seeks new members

If you are interested, call Dottie Hammer, 218-639-5296.

Sunday Afternoon Concert, March 6, 3 pm, Randy Ferguson, Guitarist

(more information on pg 7)



"Care You Trust From People You Know"

Appts: 507-332-9900 Optical: 507-332-9800

Crossroads Professional Building

1575 20th Street NW #101, Faribault, MN 55021

Michael G. Richie M.D.
Murray H. Hanson O.D.
Bruce V. Gustafson O.D.
Misty J. Purfeerst O.D.

Memory Café

Northfield Senior Center

1651 Jefferson Pkwy,
Northfield, Mn 55057

History: The concept started as an Alzheimer Café in the Netherlands in 1997 and was so successful over there that there are now 200 of these meetings throughout the country (with a population of 16 million)! From there it went to England, Belgium, France, Sweden and recently even Indonesia, said Marc Wortmann, Executive Director of Alzheimer's Disease International. Dr. Bère Miesen, a Dutch psychologist, understood this need for social connection when he opened the first such café in Holland. The idea is now gaining traction in the US, where close to 200 cafés have opened in cities and towns across the nation.

Purpose: The purpose of a Memory Café is to provide people with early stages of dementia and their care partners an opportunity for social engagement and peer support in a respectful, understanding environment without the pressures and stigma that may exist in

more general community settings. Memory Café gatherings are one way people with memory loss and their care companions are coming together to make new friendships and support one another. In a Café type setting, various activities will be offered—coffee and refreshments, the “topic of the day,” speakers, group exercises, taking a walk, putting a puzzle together, etc.

Goal: Exchange experiences and information, support, camaraderie, fun, help participants stay as independent as possible for as long as possible; help maintain good lives in home environments, ability to remain in roles, and establish connections with the community, improving self-esteem, reduce loneliness.

Information will be provided of events and programs being offered in the community that participants could enjoy attending together. Participating in other activities at the Senior Center will be encouraged.

Place: The Memory Café will be held in the Northfield Senior Center Sunshine Café.

Who: The Café is open to anyone who is experiencing early stages of dementia and their care partner from Northfield and other surrounding communities. It is not necessary to be a member of the Senior Center.

When: The start date for the Memory Café is April 20 at 1:30. It is planned that the Café will meet once a month on the second Wednesday. The date and time is subject to change depending on what is best for the participants.

Facilitator: The Café will be planned and facilitated by Breanna Wheeler. Breanna has a Master degree in Public Administration with many years working with the older adult population. Currently she is working with the Northfield Act on Alzheimers group, is a board member for the Minnesota Board on Aging, and for many years was the Activity Director for the long term care unit at Northfield Hospital.

Contact information: Lynne Pederson, Director, Northfield Senior Center @ 664-3701, lynnepederson@nscmn.org

NEWS



FITNESS NEWS



Welcome Back Stacey Popp!

Stacey Popp used to work for the Senior Center teaching various classes. Stacey is now back teaching Cardio Strength Mix on Tuesday afternoons 4 to 4:45 pm. Stacey is one of the most well-versed group exercise instructors in the fitness industry. She holds various group exercise certificates along with excellent communication skills, and positive outlooks on life. We can guarantee when you take a class from Stacey you will leave the class knowing you had an amazing workout, with both a smile and a puzzled look on your face, wondering where she came up with those exercise ideas. She is truly a mastermind when it comes to the exercise world! Welcome Back Stacey!!

NEW CLASS: AQUA YOGA

Wed, 2 - 3 pm
Begins March 2

Aqua Yoga lets you experience the benefits of linking movement to breath while in the warm, supportive waters of the pool. The water gives buoyancy, which lessens stress on joints. We will build strength, flexibility and balance, without having to come onto the knees. All poses keep the head and face above the water. Enjoy the relaxing experience of yoga in the water.

Instructor: Marie Fredrickson: Certified Yoga Instructor and Aqua Yoga Instructor

Note: Lap Lanes will be open but the rest of the pool will be reserved for the class

Featuring These Current Classes!

Cardio Strength Mix Tuesday 4 to 4:45 pm

Join in with the Famous Stacey Popp for an explosive full body workout. The class will leave you wanting more...

Cardio Cabaret Wed, 5 to 5:45 pm

Enjoy the fun of Dancing while working out. Go at your own tempo or build it up to get your body sweating and your heart racing.

Barre Class Wed. 6 to 7 pm.

Try out Barre Class, where you will combine ballet with various other exercises that ensure you to get a full body workout.

CLASSES & TALKS

The Freeing Art of Paper Collage

Sat, March 5, 1 – 3 pm

The workshop will explore the potential of paper products as a visual art medium. Content for the workshop includes the following areas:

- Sources and types of papers and paper products,
- Lamination methods commonly used in constructing collages.
- Selection and prepa-

ration of materials on which to build collages,
- Arrangement and lamination of selected papers,
- Refinement and toning of dry collage, and
-Protection of the finished collage.

Cost: \$24 m/\$28 non-m;
Plat Equiv - \$10
Teacher: Virginia Epps

Participants should bring rubber or latex gloves and wear a cover-up or “old clothes” because the process includes diluted permanent acrylic glazes.

Teacher: Virginia Epps

Virginia Epps is an accomplished collage artist who showed her work in one of our NSC Gallery exhibits last year. Virginia’s connection to Northfield is her sister, Peggy Prowe.

**ADULT SOCIAL
BALLROOM & LATIN
DANCE: BEGINNER
LEVEL 1**

Sat, 12:10 - 12:55 pm

This introduction to the popular social dances gives you the basics in Swing, Salsa, Waltz, Tango and more. No partner needed.

**ADULT SOCIAL
BALLROOM & LATIN
DANCE: BEGINNER
LEVEL 2**

Sat, 1 - 1:45 pm

Beginner Level 2 strengthens your social dance skills in Swing, Salsa, Waltz, Tango and more.

Instructor: Andrea Miranda

Apr 2 - May 21

Cost for either level:

\$86.40m

(Plat Eq \$44.40)

*When signing up for these ballroom classes, use special form located on the registration table.

**HOME HEALTH CARE
101**

**Wednesday, March 9
3:30-4:30**

Most of us wish to remain in our own homes as long as possible. But as we, or our loved ones, age we may find it increasingly difficult to do so. Home health services could be the answer to extending our ability to live independently. Kelly Simmons from Prairie River Home Care will present information and answer questions about what services are available through home care,

how to determine when such services are needed and how to pay for them. Join Kelly and learn what you need to know before you or a loved one might need this help.

Cost: \$4 Plat Equiv: no fee



**OLDER WISER LIVELIER
SENIORS (OWLS) LEARN
AND LUNCH PROGRAM**

**Wednesdays: March 9,
April 13, May 11, June 8**

10:30-11:30

River Bend Nature Center will bring their fourth series of natural history talks to the Senior Center starting this month. OWLS (Older, Wiser, Livelier Seniors) programs feature a local expert presenting a topic on the environment, geography or biota of this area. The talk will be followed by a soup, sandwich and dessert lunch to enable class participants to continue discussions on the presented topic.

The topic for March 9: The Story of the Stars: Nearly every ancient culture has looked up at the stars and seen fantastic stories sown together by the twinkling lights. Join us for a presentation of the stories from a variety of cultures from around the world and the star clusters that prompted those stories.

**Cost: \$12 for each
program and lunch
(Plat. Equiv.: \$6)**



AFRICAN DRUMMING

**Tuesdays, March 1 - 15
6 - 7:30 pm**

Bob will teach two and three part drum songs from Ghana, West Africa, taught to him by Master Drummer Sowah Mensa. These songs will be taught in the aural tradition - by ear. Drums will be provided.

Cost: \$32 memb/\$42 non-memb/Plat Equiv, no fee

Teacher: Bob Gregory-Bjorklund



DRAWING LANDSCAPES

Tues, March 1 - 29, 1 - 3pm

In this class we will explore the properties and language of drawing landscapes. We will practice and apply a variety of artistic techniques using pencil and other media to render observed and photographed landscapes.

Students should begin gathering photographic images of landscapes either through their personal collection or from magazines you respect for excellent landscape photography. Photos should be clear and, in some cases, enlarged. They can be black and white or color.

All skill levels will enjoy this class. Come prepared to learn new skills or expand existing skills. All papers should accommodate pencils, inks and in some cases, watercolor.

Teacher: Kate Douglas

Cost: \$70memb/\$90 non-memb

Plat equiv - no fee

MATERIALS LIST available at Front Desk, and online

CLASSES & TALKS

Computer Class in March

INTRO TO SPREADSHEETS

After an initial study of basic spreadsheet techniques, a variety of spreadsheet applications will be examined.

Tues/Thurs, March 1, 3, 8, 10

9:30 - 11:30 am

Cost: \$40m/ \$45nm

Instructor: Jim Finholt

Registration Deadline for all computer classes is **NOON, WEDNESDAY**, the week before the class begins.

For a complete description of the computer classes, see the Fall Program Guide, pg. 12-13 or see the “Computer Center” on our website.

Open Lab Plus

Every Thursday, 4 – 6pm, the computer lab offers an opportunity for you to get your individual tech-questions answered. You may come with questions about computer programs, your smart phone or your tablet. For the past two years, we have had a St. Olaf student, Nathan Chowwiwat, serving as the expert who will help you with these questions. Here is his personal introduction:



My name is Nathan Chowwiwat and I am currently a Junior at St. Olaf College majoring in Computer Science and Asian Studies. I moved to America when I was 5 years old from Chiang Mai, Thailand. Since then, my family and I have been able to gain our U.S Citizenship and thus, we are now dual citizens of Thailand and the United States. I grew up in Eau Claire, Wisconsin and later moved to St. Paul, Minnesota before coming to St. Olaf.

In my free time, I enjoy playing the piano, playing games, and cooking. I also enjoy learning new languages and traveling the world. I have been to Shanghai, China and Tokyo, Japan during my time here at St. Olaf. I am planning on participating in more study abroad programs for my last year of college. After graduating, my plans are either to join the Peace Corps or to go straight to flight school to become a pilot.

- Nathan Chowwiwat

Explanation of different COSTS listed

We often list member and non-member prices for a program/class. To save newsletter space, we abbreviate these to m/nm or memb/non-memb. Certain memberships here (Platinum, Silver & Fit PLUS, and Silver Sneakers) include many of the class fees. We use the term “Plat. Equiv.” when special rates apply to those three membership levels.

Aging Mastery Program

Wed, March 30-June 1
1:30-3:00p
Cost: \$25/Plat.Equiv \$0 plus \$25 for materials for all membership levels. Scholarships are available.

The Northfield Senior Center received a grant from the National Council on Aging to enable us to offer a fun, innovative 10-week health and wellness program to our members and others in the community. This is a wonderful opportunity for adults 55 and over to participate in and reap the benefits of, this cutting-edge wellness program. Northfield is one of only 13 locations in the state to offer this program.

The goal of this program is to empower seniors to

make small but impactful changes. The class goals and outlines and materials are created by NCOA but are presented by local experts in the field. The Senior Center is working in cooperation with the Northfield Hospital to secure the most knowledgeable speakers available. The classes will explore navigating longer lives, physical activity and meditation, sleep, healthy eating and hydration, financial fitness, medication management, advanced planning, healthy relationships, falls prevention and community engagement. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered and supported to cultivate health and longevity. Equally important, the program

encourages mastery—developing sustainable behaviors over time.

Why is this Aging Mastery Program important? Life expectancy has increased dramatically over the past 50 years, yet people are generally unprepared for this increased longevity. We'll have twice as many healthy years in retirement as our grandparents did. Most seniors want to spend those years in productive and enjoyable ways. AMP offers an innovative approach to guide individuals through this phase of life. The program incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools they need to achieve measurable improvements in managing their health, re-

NEWS



maintaining economically secure, and contributing actively in society. All program materials and resources align with the goal of helping people enjoy self-sufficient lives.

Information meeting about this program on Thursday, March 3 at 1:30.

HOLD THE DATE!

Friday, April 29

5:30 p.m.

A "Speak Easy" back to the 40's party. Annual Fund Drive Kick-off and Annual Meeting. Watch for details next month.

Sunday Afternoon Concert

March 6, 3 pm

Guitarist Randall Ferguson

Classical and flamenco guitarist Randall Ferguson will be presenting a program, Sunday afternoon, March 6th, 3:00, at the Northfield Senior Center. He will be playing music representing the history of the guitar, from the stately court music of Renaissance Europe to the exciting syncopated dance rhythms of Spanish Flamenco, on 20 antique and modern instruments that date from 1785, 1830, 1850, 1900, and 1917, to present. Guitar, Renaissance and Baroque lutes, banjo, mandolin, & ukulele. Please join us for a wonderful afternoon of music!

No fee

EVENTS



TRAVEL NEWS

MUSEUM OF AMERICAN PATTERN GLASS AND LUNCH AT MEDITERRANEAN CRUISE CAFE

Friday, March 11
8:30 am - 3 pm

We're heading over to the Mediterranean Cruise Café to enjoy a delicious lunch of Greek and Mediterranean food and...belly dancers! But before we get there, we'll stop at the Museum of American Pattern Glass to see the an exhibit of beautiful pieces that held a special place in middle class households and were usually displayed and used for special occasions. Lunch is on your own.

Cost: \$29
Sign up by: March 1

Sign up by: March 30, 2016

"FIDDLER ON THE ROOF"

Bloomington Center for the Arts
Sat, April 23
12:30 - 5:00 pm

This musical tells the story of Tevye, whose love, pride and faith help him face the oppression of turn-of-the century czarist Russia and guide him as he must choose between his own daughter's happiness and the poor tailor she loves and the traditions that dictate that the father chooses his daughter's husband. Enjoy this musical theater classic with us this spring.

Cost: \$53

"CIRQUE DE LA SYMPHONIE"

Minnesota Orchestra, Minneapolis
Sunday, May 22
12:45 - 5:00 pm

If the MN Orchestra ran away and joined the circus, this is what it would look like: on stage with the orchestra the circus will be all around them and flying over their heads - aerialists, acrobats, contortionists, jugglers and strongmen making astounding feats look easy. The perfect show for the whole family - it's the magic of the Big Top brought to the concert hall. We have seats with unobstructed view which is important for this kind of show.

Cost: \$82
Sign up by: April 4

Hold the Dates for annual Shakespeare trips: We will again this year make two trips to Winona for the Great River Shakespeare Festival (GRSF).

Wed., July 6 As You Like It
Wed., July 13 **Julius** Caesar
Cost: \$80 per play; \$150 for both plays

Both shows are matinees with a box meal with actors to follow after. Approximate schedule is to leave the Center at 10:45 and return about 8:30 p.m. Cost will be announced later.

Also note that Doug Scholz-Carlson, artistic director of GRSF, will be again giving a presentation in early June.

Future Trips!	
Calendar Girls, Park Square Theater	June 26
St Paul Saints Baseball Game	July 12
South Pacific, Guthrie Theater	Aug 3

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 date receive a full refund. Cancellations after that date receive a full refund **IF a replacement can be found**. Note that our trips require a minimum of 20 persons for each outing.

January 2016

Paul Kluge

I like the system at Aldi Foods where a quarter gets you a shopping cart, and then you get your quarter back when you return the cart. Occasionally, however, I find myself pulling into the Aldi parking lot without a quarter in my pocket. Yesterday, for example, I discover a dime and some nickels, but no quarter. It's January in Minnesota; I don't want to go into the store without a cart, wait for a busy cashier to give me change, and then go back outside for a cart. Ah, but here comes a couple out of the store who have just finished their shopping. Now it's a simple matter of waiting for them to unload that cart so I can reimburse their 25 cent investment, commandeer the cart, and save myself time, steps, and cold.

I notice that they appear to be Hispanic. Not surprising;



this is a diverse community. It would be nice to exchange a pleasantry or two, so I'm hoping the couple speaks English. It can't be in Spanish because mine is about as good as my German, which never got past *gesundheit*.

I politely wait behind them. Good heavens, I don't appear to be suspicious in any way, do I? How could that be, I wonder in an instant? I'm just a normal white guy with an agenda who is hanging around behind people I don't know. Instinctively I now look away from their glances. OK, now I'm behaving in a suspicious manner.

As their trunk door clicks shut I speak up. "I don't have a quarter but I have some nickels and a dime here," I feebly offer—hoping they understand. Maybe I seem even more suspicious now as a result of my wimpy and begging demeanor. Oh yeah, and I might look a

little shabby since I didn't spiff up a lot to buy groceries. The man hesitated, but only half a second or so, and then nudged the cart toward me. Too quickly, perhaps, I reached over the cart with my nickels and dime, thinking the deal was clear and straightforward, even if these people have no English.

With a quick, furtive glance, and in perfect English, the man says, "No, that's OK, sir." He wasn't interested in my pocket change. Surprised, and not always quick on my feet, I respond with, "Really?" It came out like I was overjoyed to keep my three nickels and one dime. Recognizing at this point, I'm sure, my naïve posturing, the gentleman ends the interaction with the finality of a flat, "Oh yeah."

And away I go—with a free shopping cart and the uncomfortable sense of being a suspicious white guy. Yup. I was.

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

FROM YOUR BOARD PRESIDENT

Senior Center celebrates 40 years, 1976 - 2016

The beginnings

Northfield had many gathering places for senior citizens in the 1940's and 50's. Restaurants and coffee shops - the Quarterback Club, the Ideal Cafe, the Quality Bakery were busy. Study and service groups met regularly in church basements - Ladies Aid, Brotherhood, and Knights of Columbus. Lodges and service organizations were popular - the Masons, Eagles, Moose, American Legion, VFW. Many of these organizations still provide opportunities where adults, especially senior adults gather and socialize.

Something new in 1960

The City of Northfield hired a new Recreation Director for the Department of Parks and Recreation named Fay Miller. In September 1960 he announced that a new program for Senior Citizens would be offered once a month on Tuesday afternoons. There would be some form of entertainment, transportation would be provided by members of the various churches, and lunch would be served by the women of the churches. A volunteer Senior Advisory Committee was recruited to help plan the programs. The first "Senior Citizens

Meeting" was held on Tuesday, September 13, 1960. The Mayor, WT Nelson was on hand to welcome everyone. Entertainment included magic tricks by St Olaf Speech Professor I L Gardner, and music by Tom Ellingboe playing the "bones", accompanied by Mrs Bess Bresnahan on the piano. These monthly programs became very popular with senior citizens and continued to be held for many years.

Congress passed the "Older Americans Act" (OAA) in 1965

The OAA established the AoA (Administration on Aging) to fund 56 state agencies, such as the MBA (Minnesota Board on Aging) "to maintain the dignity and welfare of older individuals." For the first time federal and state money was available to assist senior citizens. However, to make it work someone at the local level needed to ask for the funds and set up the programs.

CAC Community Action Center of Northfield

It was a group of mostly women who took up this task in Northfield. Groups like Church Women United, and The Human Relations Council, and women like Dorothy Headley, Molly Woehrlin, and Mary Lou Street proposed setting up a new social service agency.

They asked to use some space in the parish house of the First United Church of Christ at 303 Washington Street, where Head Start was already meeting. The Church Council agreed. In January 1968 the women organized The Northfield Community Center. The word "Action" was soon added to the name and Mary Wood was hired to be the part-time director of volunteer services. She began work in January, 1969.

Within one year the Community Action Center started The Clothes Closet in one bedroom, a playroom for small children in another bedroom, a furniture exchange in the garage, commodities distribution in the basement, a telephone and volunteer receptionist, a transportation coordinator, a Foster Grandparent program, and camp scholarships. In December the CAC was asked to take over organizing and distributing Operation Santa Claus, gifts for children.

The CAC adopted the motto "A place to Ask, A place to Give - HELP".

One of the first programs for Seniors was Meals-on-Wheels which began in 1971. Meals were prepared at the (old) Northfield Hospital and delivered by volunteers. In January 1974 the CAC sent a questionnaire to 600 retired Northfielders asking:

What do you need? Seniors responded with three primary requests:

1. Help with transportation
2. A meal program like school children have
3. A place to gather

With grant money from the Older American's Act the CAC hired Elaine Thurston to be the Coordinator of Senior Services. She began working on solutions to the seniors' requests.

Seniors had requested a meal program like at school. Beginning on September 30, 1975 a noon meal was served once each week on Tuesdays at the UCC church.

Seniors had requested help with transportation. Work-

ing with Faribault and Rice County the CAC helped organize CARE-A-VAN to give seniors rides to doctor's appointments, shopping trips and the new congregate dining. Seniors could also get a subsidized Taxi ride for 25 cents.

Seniors had requested "a place to gather", their own senior community center.

The Leisure Lounge

The very first Northfield Senior Center was opened in 1976 in the fellowship hall of the UCC church. It was named "The Leisure Lounge". It quickly became a popular place for seniors to gather - for cards and

board games, music, quilting, coffee and conversation. The Leisure Lounge was the first version of the Northfield Senior Center.

Time to celebrate 40 years of serving seniors

It is time to celebrate 40 years of the Northfield Senior Center, 1976 – 2016. The tagline today is "Active, Connected, Engaged". Our outlook on aging has changed dramatically over the past 40 years. I will share more stories about these fabulous 40 years of the Northfield Senior Center!

-Gerry Gengenbach

Book Club Book

March - *Red Notice: A True Story of High Finance, Murder, and One Man's Fight for Justice* by Bill Browder

Sunshine Cafe

Each day in the Café we advertise at least one sandwich and one soup as well as our plate special. But did you know you have other options? Hungry for something in particular just ask. We can do a sub sandwich or grilled cheese or hamburger. JUST ASK THE COOK. This month we are also adding a veggie burger for our vegetarians. If you think of something you would like to see us offer we are glad to have suggestions.

March 16 – 11:00 am,
O'Brien and McGrath musical entertainment

March 16 – Celebration of March birthdays

March 22 – Easter Dinner

Due to expected large crowds for the Easter Dinner, pre-registration is requested. You may sign up in the café, at the front desk or call 507-664-3735. The menu for that day is Baked Ham, Sweet Potatoes w/ Margarine, Green Beans w/ Mushrooms, Roll, and Lemon Pie. Everyone welcome. Meal is \$7.00 or a donation of \$3.50 for persons 60 and over.



Are you interested in playing Cribbage?

Call 664-3700 or stop at the front desk to put your name and phone number on the Cribbage Interest list. If there is enough interest we may be able to start a group that will meet Monday's from 9:30-11:30 a.m.

GROUP ACTIVITIES

Northfield Senior Citizens, Inc.

Minutes: Northfield Senior Citizens, Inc. Board of Directors meeting, January 28, 2016

Directors present: Nancy Ashmore, Bernard Borene, Tom Brawley, Gerry Gengenbach, Bill Gruszewski, Marvin Kormann, Greg Smith, Richard Jackson, Dan VanTassel, Bob Craig, Elizabeth Olson, Beth Endert
Absent: Jerry Gehler, Duane Everson

Staff present: Lynne Pederson, Patsy Dew

1. CALL TO ORDER

The meeting was called to order by Gerry Gengenbach at 3:03pm

Action: Minutes from the December Board Meeting and meeting agenda were accepted

2. REPORTS

Review and approval of Financial Reports

Bill Gruszewski reported. Income is at 101.39%, expense is at 103.5% compared to 100%. The Used a Bit Shoppe net income is higher than in 2015.

Endowment Year End

Report: Year-end return was -5.3%. Fund distribution to operations in 2016 is \$30,972. 2015 is the first year that the fund is managed by Wells Fargo Investments.

Finance Committee

Bill Gruszewski presented. In review of the current Strategic Plan, all outcomes were met. An item to be included in the new plan is to increase work on building the Legacy Gift program.

Facilities Committee

Marv Kormann reported. New benches have been installed in lockers; pool lane markers are on order; flat screen tvs will be added to classrooms in 104, and 103. An item in the new strategic plan will be to address the need for more parking due to the lot is full much of the time.

Membership Committee

Nancy Ashmore reported. An item in the strategic plan will be to consider distributing satisfaction surveys directly to participants, study non-member usage, and incorporate the 40th anniversary of the organization in planning this year.

Advancement Committee

Beth Endert reported. The 2015 Annual Fund total is \$70,339.11 from 739 donors, including 43 sustaining donors. Using an existing event such as the melodrama

for a signature event is being discussed. A campaign to increase the number of sustaining donors will be initiated. It is suggested that all Board members become a sustaining donor, as a model to members.

Nominating Committee

The committee has one name for potential board member. Other suggestions were presented by board members.

Executive Director Report

Lynne Pederson reported. The Aging Mastery Grant from the National Council on Aging was granted for the amount of \$16,800. MOTION made that the Northfield Senior Center supports the National movement for Age Friendly Cities and agrees to be a partner with the Northfield Planning Committee to designate Northfield as an Age Friendly City. Motion passed. It is suggested that a grant request be submitted to the Northfield Economic Development Authority to support the Memory Café program. Elaine Grism is hired as the Administrative Coordinator.

3. OLD BUSINESS

Nancy gave an update that she will present to the Zoning Commission in March, asking for changes to the City signage code.

4. NEW BUSINESS

Board Resolution: In helping Cannon Valley Elder Collegium (CVEC) plan for future operations, and in view of the long and close relationship between CVEC and the Northfield Senior Center(NSC), the Board of NSC affirms their intent to maintain this partnership for a period of at least ten years (the expected lifetime of the new audio-visual unit that CVEC plans to purchase for their NSC classroom use). Resolution passed unanimously.

MOTION: made to request a bylaw change for the Board of Directors to meet every other month. Motion passed by vote 5 yes, 4 no.

MOTION: move to not have a Board of Directors meeting in February, 2016. Motion passed by vote, 6 yes, 3 no.

Motion made and passed to adjourn.

5. ADJOURNMENT

The meeting adjourned at 5:05pm.

AARP volunteers

NEWS

offer assistance in filing your federal and MN State taxes. To make an appointment, call our Receptionists, 507-664-3700. Included here is the list of all materials you need to bring to your appointment.

1. Last year's tax return. The date on the last year's return is needed to complete the new tax return if you had itemized deductions the previous year, received a state refund, and in other circumstances.
2. Social Security Card, or SS statement displaying the entire SS#, for you, your spouse (if applicable) and all others on the return.
3. Picture ID for the taxpayer(s) present when the return is being prepared. Joint tax return filers must both sign the returns.
4. Income-related documents: Forms W2, Unemployment Compensation Statements, SSA 1099, 1099R, and other 1099 forms, or identification of other income such as self-employment. If you receive a pension or annuity from a former employer, please bring the date that you began to receive payments (in some cases, this is required.)
5. Health care coverage (W-2, SSA 1099, Form 1095, or Exemption Certification Number)
6. Brokerage statements or other documentation for sale of capital property (e.g. stocks, bonds), including date purchased and cost basis.
7. Expense related documents: Checks and forms showing federal and state taxes paid, 1098 forms showing mortgage interest, documentation of medical, dental, charity, and business expenses, any vehicle and property taxes, and mortgage interest paid. Expense receipts need to be in reasonable order and legible. Organize and total expenses by category is appreciated and often required.
8. Education expenses statements including Form 1098-T from the institution, and receipts for other education expenses.
9. If you wish to use the direct deposit/direct debit option, you must bring your checkbook to verify your bank account and bank routing numbers.
10. If a renter, a signed 2015 Certificate of Rent Paid (CRP).
11. If a homeowner, both 2015 AND 2016 Statement of Property Tax Payable. You should receive the 2016 Statement in the last half of March.

Senior Friendship Program

Tuesday, March 15, 10:30 a.m

Friendships are important and they enrich our lives. Common Good RSVP connects volunteers age 55 and over with senior members of the community. The Senior Friendship Program (SFP) is a volunteer based program that offers community members friendship and support to continue to live independently in their homes. Volunteers typically meet with their senior friend once a week.

This friendship and support may include:

- Visiting and spending time together
- Attending a community event together
- Helping with trips to the grocery store or an appointment
- Participating in hobbies or activities
- Assisting with a small household task

If you are interested in finding out more about this program, you are invited to attend a brief event at the Northfield Senior Center in the card room. Refreshments will be provided. RSVP Regional Coordinator, Michael Maas, will give a brief presentation, answer questions, and have printed information available. You may contact Michael Maas at (507) 450-1518 or email him at mmaas@ccwinona.org.

DONORS

Thank you to these January Donors

Shirley Trcka, June Herman, Jan Lips, Barbara Hanson, Gordon Rasmussen, Tha Thi Russell, Bardwell Smith, Margaret Stary, Sharon Steinhouse, Linda Wagenbach, JoAnn Edwardsen, Chris Ellison, Gerry Gengenbach, Marie Gery, Bonnie Gretz, Georgene Johnson, Jackie Johnson, Julie Klassen, Marvin Kormann, Harriet Menard, Mary Olander, Elizabeth Olson, Lynne Pederson, Ken Persons, Roberta Persons, David Appleyard, Solveig Bailey, William Beery, Karen Broughton, Mary Brown, William Carlson, Eileen Cooper, Thomas DeWolfe, Diane Boyum, Karen Kempke, Judy Broske, Winnie Drentlaw, Malcolm Gimse, Douglas Ims, John Micklo, Elizabeth Williams, Dorene Knowles, Donna Jadwinski, Pat Lamb, Roxanne Baumann, Clare Roos, Don Pavek, Russell Farnsworth, Dick Brown, Curtis Swenson, Alice Nasby, Julie Borene, Roger Brown, Rosemary Ohles.

MEMBERSHIP

Welcome to these new members

Ernest Hoag, Darline Rech, Richard Rech, Kathryn Broeckel, Anne Marie Erickson, Ronieda Henderson, Harold Keilen, Elfreda Merritt, Sue (Marion) Schweickert, Austa Torgerson, Susan Lynch, Jeannie Ness, Jane Gambucci, Eugene Henning, Tim O'Connell, Carolyn Ruccolo, Ralph Yernberg, Lynn Hutton, Michele Maring, Donald Nihart Jr, Stephen Openshaw, Judith Streitz, Donna Jacob, Janet Gilmer, Curt Johnston

HELPING SENIORS BUY AND SELL REAL ESTATE

Tim Freeland
Call or text 507-581-5038
tim@timfreeland.com

Edina Realty
Licensed in Minnesota

#1
IN SALES

14 YEARS
RUNNING!

Airport Service

Every time you call on us...

www.YouArriveOnTime.com

RELAX AND ENJOY
VACATION OR WORK

To & From msp
Minneapolis-St. Paul International Airport

First Choice Shuttle

Ron: **507-339-1651**

Airport Direct and/or Shared Shuttle for all your destinations

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
Craig Swenson

Program Coordinator / 664-3707
Chris Ellison

Administrative Coordinator / 664-3703
Elaine Grisim

Used A Bit Shoppe / 645-1399
Kristi Casson

Dining Site / 664-3735
Gail Noren

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

Reflections Care~Suites
End of Life Hospice Services



Reflections~Care suites, on the campus of Three Links, offers person centered care in a home-like environment that offers compassion and comfort to residents and families during the end of life journey.

Call today if you have questions or concerns about advanced care planning, end of life care, hospice services or would like a tour. —We're here for you and your loved ones.



Susan Samuelson, RN — Clinical Manager
susan.samuelson@threelinks.org



Part of the Three Links Community

Reflections~Care Suites | 809 Forest Avenue | Northfield, MN 55057 | 507.664.8809



PROFESSIONAL DRIVE
DENTAL
GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264

Northfield Eye
Physicians & Surgeons



**Don't Miss Out
On Life's Great
Moments.**

Ophthalmologist
Michelle Muench, MD,
can diagnose and treat
a range of degenerative
eye conditions, including
cataracts, glaucoma,
diabetic eye disease and
macular degeneration.



Restore your vision and enjoy
the world around you.

For an appointment, call 507-645-9202.

CONNECT WITH US

Sophisticated Care. Neighborhood Convenience.

507-645-9202 : NorthfieldHospital.org/Services/Ophthalmology

Located in River Valley Eye Professionals Building - 2019 Jefferson Road

**Advantage Care
Hearing Center**

Faribault Farmington Cannon Falls Zumbrota

507.412.9813



Jayne Bongers, CHIS

My Services include:

Hearing evaluations

Hearing aid sales

Repair

Hearing aid cleaning

Batteries and supplies

advantagecarehearingcenter.com



Northfield Senior Center

1651 Jefferson Parkway
Northfield, MN 55057

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



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

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



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

CENTER LOBBY & FITNESS CENTER HOURS

Monday-Thursday: 6am-8pm

Friday & Saturday: 6am-6pm

Sunday: 9am-8pm

POOL HOURS

Monday-Thursday: 6 am-8pm

Friday & Saturday: 6am-6pm

Sunday: 5:30pm - 8pm

USED A BIT SHOPPE

507-645-1399

624 Water St. / River Mall

Monday-Saturday: 10 am-5 pm

Thursdays: 10 am-7 pm



Grab your flapper outfit and come to a 1940's style "Speak Easy" party

Late April, Date TBD