

Kip Courier

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Aging

Building Bridges ofr Successful
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In Memoriam: Julius Cadenas April 8, 2003

55 Kip Center members and staff were saddened by the loss of a good friend and member, Julius Cadenas. Julius passed away on April 8th leaving behind a son, Raymond, along with many friends.

Jules first came to the Kip Center as an instructor with AARP's 55 Alive driving course. He liked what we had to offer, and we gained an enthusiastic new member. Soon afterwards, he approached the staff with an idea of starting a current events discussion group once a week. What began with about four men quickly grew to a group of over 20 men and women who met twice a week to discuss world issues as well as local news and events. Then he joined another group, the "31 Club", who get together several times a week to play cards. Even though they will miss his insight, laughter, and his jokes, both groups will continue on knowing how much they meant to Jules. As a Kip Center member, he continued teaching the 55 Alive course here at the center once a year and at many other locations for AARP. Julius also became one of the most dedicated "Bridgebuilder Home Friend" volunteers. Over the last four years, he drove many of our Home Friends to their doctor appointments - even when he was called on with very little notice.

It was our privilege to honor Julius Cadenas posthumously at our Volunteer Recognition Dinner on April 30th. A presentation was made to his son and neighbors recognizing Jules for his dedication as a Kip volunteer. Julius Cadenas certainly left his mark on 55 Kip Center and he left so many of us with great memories of a wonderful man who lived life with gusto. He will certainly be missed.

Many of his friends at Kip are starting a collection to go towards a left on the center's Tree of Life to memorialize Julius. If you would like information, please call the office at 201-460-1600.

National Senior Center Week **May 11th - 17th, 2003**

National Senior Center Week is an annual celebration of the mission of centers and a time to promote their value in the community. Many senior centers began as "Nutritional Centers" federally mandated by the 1965 Older Americans Act. Centers such as 55 Kip Center have expanded in order to better serve the varying needs of a new generation of older adults. A variety of services and programs have been added to promote their physical, emotional, educational and spiritual well-being. The first senior center was founded 60 years ago; now there are an estimated 10,000 to 15,000 senior centers nationwide serving millions of older adults.

May is "Older Americans Month

"What We Do Makes a Difference" is the theme for Older Americans Month 2003. Each year in May, we honor and recognize older Americans for their important sacrifices and contributions to our society. Our seniors have cared for their families and communities, enhanced our economic prosperity, and defended our Nation. The celebration also recognizes the extended role seniors play in our families, communities, and workplaces as they live longer, healthier, and more productive lives.

One way older adults currently "make a difference" is through volunteering. One statistic shows that 45% of older adults aged 65-74 volunteer in some capacity. 55 Kip Center was proud to honor all of our older adult volunteers in April for their dedication, experience, and generosity of time and talent.

Kip Golf Outing - May 19th

The 8th Annual Golf Outing will be held at High Mountain Golf Club in Franklin Lakes, NJ on Monday, May 19th. Please help support our biggest fund raiser. Call today for more information.

KIPBITS.....

Our 8th Annual Kip Fitness Day will be held on Wednesday, May 28th. In conjunction with "Older American's Month, the last Wednesday in May is set aside for Senior Health and Fitness Day. Activities include a one mile walk, breakfast, entertainment, demonstrations of Kip Fitness Programs, door prizes and goodie bags. For more information see Peggy.

A big thank you to Dan Rominski, owner of Olympic Karate on Park Avenue. Dan volunteered his time as a substitute instructor for Carol's Tai Chih class on April 4th. Throughout the one hour class, Dan gave a history of Tai Chih stressing the movements and the importance of proper breathing. Everyone enjoyed the class and we all look forward to continued guest appearances by Dan and other members of his staff.

Pat Yannacci continues to find interesting trips and events for our members. Check the calendar and weekly postings so you don't miss out on anything. Pat is available on Tuesday, Wednesday and Thursday morning for additional information.

DONOR NEWS....

Just a quick thank you to Boiling Springs Savings Bank for underwriting the Newcomer's Day luncheon on Thursday, April 17th. 38 Kip Center members served as mentors welcoming 12 new friends to the center.

Center members have also been busy collecting everything from toiletries to books and candy to send to our troops overseas. Peggy Letsche's niece Robin Brown is stationed in Iraq and Robin's husband Jason is in Afghanistan. Care packages for both were sent out just after the Easter holiday. Many thanks to all who made donations including members who contributed toward the cost of postage.

Reminder - please return all sold and unsold 50/50 raffle books by Friday, May 16th. The drawing will be held Monday, May 19th. To date 3,000 tickets have been sold.