

Kip Kourrier

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" Building Bridges for Successful Aging "

January 2004

NEW YEAR'S RESOLUTIONS

Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time. Free yourself of envy and bitterness. Make a genuine effort to stay in closer touch with family and good friends. Forgive an injustice. Listen more. Be kind to yourself as well as others. Apologize when you realize you are wrong. Try to understand a point of view that is different from your own. Think things through. Avoid pessimists and negative people who bring you down and contribute nothing. Don't abandon your old-fashioned principles. Walk tall and smile more. Don't be afraid to say "I love you". they are the sweetest words in the world. *"Here's wishing you the kind of troubles that will last as long as your New Year's resolutions!"* - (Traditional)

FROM THE DIRECTOR'S DESK

Each year it seems like the holiday season starts earlier. Many stores had their trees and Santas on display in October sharing shelf space with pumpkins and ghosts. No matter how early stores start pushing the season, December is always hectic and then suddenly it's all over except for vacuuming up the pine needles or packing away the artificial tree. I suspect from past experience that many of you also have a few gifts you just don't know where to put that were received from well intentioned relatives. Despite telling them that you really don't need anything, how many of you received another pair of slippers, a sweater, gloves? How many picture frames, wallets or candy dishes did you get? This year, the adult children of one our members approached the staff and requested a gift certificate to purchase for their dad that would pay for a certain number of lunches or a class. What a great idea we thought!!! Not because you can't afford to buy your own meal, but it's a nice practical gift. We

also sell Kip t-shirts and sweatshirts. How about a certificate to pay for the next center-run trip to Atlantic City? Or wouldn't it be nice to have your name up on our "Tree of Life". You can feel confident that your dedicated staff has both your best interest and that of the Center at heart. Be assured that all names and addresses are confidential and are not shared with any other agencies. There are so many ways that your children or loved ones can give you a beautiful gift that will last long after the holidays are over. Having their addresses also

enables us to keep them aware of what is happening at the Center. If you would like to share an address with us, please see Peggy or Charlene.

January Book Discussion

The group will be discussing "Empire Falls" by Richard Russo at its January 30th meeting. In this latest novel from the author of "Mohawk" and "Nobody's Fool" the residents of a

small Maine town survive on simmering feuds, dirty backroom deals and plenty of comic relief. This book is also available in cassette and large print at the Rutherford library. Mark your calendar and join the group.

Winter Session

Pat Yannacci, Program Coordinator continues her search to find a fitness instructor so we can once again offer Wed/Fri classes. She is also looking for an instructor to lead the chorus group. If you know of anyone please see Pat. As far as the fitness classes, Pat has already called the YMCA as well as all of the area fitness spas and gyms with no luck. In addition, if there is a program you would like us to offer - or you would like to teach, let us know. This is your center and we continue to make every effort to provide the programs you want.

Newcomer's Day Thursday, January 8th

Please tell your friends and neighbors about us. Invite them to this special day set aside to welcome new members and inform potential members about who we are and what we have to offer. Orientation begins at 11:00 a.m. Lunch is served at noon. Call the office at 201-460-1600 for reservations.

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MEET THE STAFF

Lan La has been a lunchroom volunteer for almost two years now and is a tremendous help to our cook, Grace Nathanson. Busy from the time she arrives at 9:00 until lunch cleanup is completed at 1:00 Lan is a pleasure to be around. Originally from Vietnam, Lan has been in the United States for 12 years and has lived in Rutherford for the past 9 years. She is a part-time student at Bergen Community College. She and her husband, David Tran, have four children ages nine, eight, seven and four. We haven't figured out how she finds the time to get everything done but we are glad 55 Kip Center is the recipient of her generosity. Lan and her family will be celebrating "Tet", the vietnamese New Year on January 22nd and wishes all the Kip Center family "Chuc Ming Nan Moi" - Happy New Year!

INTERGENERATIONAL PROGRAM

On Thursday, January 15 a group of 6th graders from Union School are coming to the center. As part of their writing skills curriculum, they would like to interview our members, asking questions about "the good old days". What was life like before microwaves, malls and cell phones? How did you work in an office without computers, faxes, and scanners? How did you take care of your babies without disposable diapers, ready made formula? They will be here at 10a.m. and can only stay for about an hour. If you can help out, give us your name so we can have the teacher assign students to members prior to the 15th.

THANK YOU TO OUR VOLUNTEERS

Each month so many members, organizations and students volunteer their time to ensure that we continue to run one of the best programs around. As we have said before, we could not continue to hold the fundraisers and other events if we did not have the support of so many people. Although you don't volunteer your time because of the recognition, it is still nice to feel appreciated and that is why we try to list names each month. The Holiday Parade and Victorian Tea were held on Saturday, November 29th.

Both events were well attended and everyone had a good time. If we were to name all the volunteers individually who helped with those events, it would fill *two* newsletters. So - thank you to the hearty group from St. Mary's High School Key Club and Rutherford High School Interact Club who braved the cold temperature in the morning to hand out flyers and warm apple cider after the parade. One huge thank you to all of you who helped with set up, baking, serving, kitchen duty, ticket sales, thrift shop, centerpiece assembly, and clean-up in the afternoon.

On December 13, 2003 our trees and wreaths were given out. Congratulations to all the lucky winners. Thank you to all the individuals and organizations who decorated a tree or wreath for our raffle. And a special thanks once again to Virginia Marass for chairing the Festival of Trees and Wreaths. Virginia gets the press releases in the paper, delivers some of the wreaths, puts in her own entry and always seems to have additional lights and ornaments in case someone needs them.

Thank you to Cathy Colsh and Ruth Guerra who supervise the Thrift Shop all year. In November the Thrift Shop becomes the Holiday Boutique. With all of our special holiday events, Cathy and Ruth are always on hand to open the shop and sell their wares.

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KIPBITS.....

Programming information: Piano instruction will be offered again this session. Ed Schneberger is a talented musician and patient instructor. For the nominal fee of \$25.00 for 12 - 1 hour classes including theory and hands-on instruction this is the best deal around.

We are still fine-tuning a Legal Consulting Service made available through a grant from the Bar Association. In its' original format, our funds could only provide consultation for 6 people at a ½ hour each. Since the purpose is to provide education concerning legal matters we could serve more people by holding 2 or 3 group workshops. Hopefully the first one will be held the end of January. We will inform you by flyers and press release of the date and time.

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Donor News

Our annual appeal letters went in the mail the week of December 8, 2003. Response is great, keep those envelopes coming in. Donors will be thanked in the 2003 Annual Report if the envelope was received by December 31, 2003. Envelopes returned after that date will be acknowledged in the 2004 Annual Report. Heartfelt thanks to all!

A dove was recently added to our Tree of Life in memory of Marge Reenstra and we are thankful for that gift. Also Frances and Ed Farrell added two leaves to the Tree; one to commemorate their Golden Wedding Anniversary and the other in memory of Fran's sister Dorothy Hadden Waters. Thank you for your generosity.

Thank you to everyone who contributed to the Giving Tree and Food Pantry. A trunkful of items was delivered to Kathy Hildebrand, the community social worker, to help brighten the holidays for needy families.

ADDRESS SERVICE REQUESTED