

8th Annual Festival of Trees & Wreaths begins November 19

Our favorite time of year is upon us at the center. Our rooms, halls and walls are transformed into a holiday extravaganza. Business, individuals, organizations and churches all donate their time, talent and materials by providing either a theme decorated tree or wreath. Join us at "**Trees & Treats**"- the grand opening of the festival on Nov. 19th from 7 p.m.-9 p.m. The winners of the six categories will be announced and best of show presented. We welcome the public to this tasty treat-pastries donated by Mazur's Bakery- to help us celebrate this special time of year. Of course, the **Rotary Holiday Breakfast Buffet**- this year featuring Santa & Sponge Bob (ask your grandchildren who he is) - is scheduled for Sunday, Nov. 24th from 9a.m. to noon. Tickets are \$6 and children under 3 are free. Don't miss out on the **Victorian Tea**, on Saturday Nov. 30th from 3 p.m.- 5 p.m. This sold out event is in conjunction with the Rutherford Downtown Holiday Festival. Delicate sandwiches, tasty treats and entertainment are all part of this special afternoon. Tickets are \$8 and will be available beginning Nov. 11th.

55 Kip Center Focuses on Expansion of Building and Program

In order to meet the increasing need for services and programs at 55 Kip Center, the Mayor & Council have allocated funding in conjunction with a grant from Bergen County Community Development Block grant funds to expand and renovate the building by approximately 1300 square feet. The construction will take place in 2003 and will provide a computer lab, an exam room, small conference room, and card/social room. The Board of Directors of 55 Kip Center has agreed to provide the interior furnishings and equipment for the addition. We are very excited about this new venture and grateful to the Mayor and Council and Community Development for this opportunity to better serve our members. Stay tuned for more information.

2003 Medicare Premiums and Deductibles Announced

The US Dept. of Health & Human Services has announced the Medicare Beneficiaries' premium and deductible rates for 2003. The annual deductible for Medicare Part A, which covers inpatient hospital, skilled nursing facility, and some home health care, will increase 3.5 percent, from \$812 to \$840, next year. The monthly premium for Medicare Part B, which covers outpatient hospital, physician and remaining home health care, as well as durable medical equipment will increase 8.7 percent, from \$54 to \$58.70.

Pumping Weights May Improve Diabetes Management for Seniors

Weight lifting may help control Type 2 diabetes in older patients, according to a study published in *Diabetes Care* in October. High-intensity resistance training, in combination with moderate weight loss, was shown to improve blood sugar control. *Another reason to enroll in our fitness & weight management classes.* More info: <http://care.diabetesjournals.org>.

KIPBITS.....

Our weight management class has been so successful we are going to continue it on Thursdays at 1p.m. Join Catherine, a real motivator, and other Kip members, as they look to affect weight loss and healthy eating. Remember computer classes are on-going. Our next set of classes begin Nov 1st. Call the office for further information.

We welcome new staff member Pat Yannacci. Pat coordinates caregiving workshops that we offer in the 7 northern counties in New Jersey. She will also become a familiar face on Saturdays as she brings her experience, energy and enthusiasm to programming for older adults.

California here we come! Our "10,000 Steps to Freedom" program has inspired so many to walk 'that extra step.' On our virtual walk- everyone has reached Pennsylvania. Rich McGill is already in Missouri! By the end of December all 150 pedometer-ites should be on the west coast!

Dr. Chen talks about Diabetes on Nov. 2nd, and Poison Control is the topic for discussion on the 23rd. Ken Stuart, Evelyn Rogers and Linda McConoughey bring a variety of music to the center on Saturday afternoons at 1p.m. in November. All members are invited to attend these activities!

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DONOR NEWS.....

Thanks to Virginia Conlin for her help with our new sign. Virginia has many talents that she brings to the center.

In November we have so many reasons to give thanks at 55 Kip Center. St. Mary's Church in Rutherford has been a long time supporter of 55 Kip Center. We are very grateful to the parish for their volunteer efforts on our behalf and their generous donation every year.

We also give thanks for our on-going donations of supplies to the center. Varrelmann's and Mario of NJ Buddies keep our breakfast table full of delicious treats. We also want to thank our volunteers. Every day and in every way they add so much to what we can offer at 55 Kip Center. Our mailing team- led by Jennie Sonnessa- makes sure that every month you receive your monthly calendar, donor newsletter or any of the other mailings we send out. Adela Soto has worked tirelessly to plan trips- much thanks to her. Cathy Colsh & Ruth Guerra head up the thrift shop.... the list could go on and on of Bridgebuilder volunteers- young and old- who make a difference every day. We are so grateful for all you do!

ADDRESS SERVICE REQUESTED

Save The Date

Nov. 19- Festival of Trees & Wreaths

Grand Opening- 7p.m.- 9p.m.

Nov. 24th- Rotary/Kip Holiday Breakfast

Nov. 30th- Victorian Tea