

Kip Kourrier

Volume X, Issue IX

" *Building Bridges for Successful Aging* "

October 2003

FROM THE DIRECTOR'S DESK

Another successful year of programming and fund raising is underway. Fran Sardoni is the newest addition to our staff (read about Fran in the "Meet the Staff" article). I am happy to say the center has continued to run smoothly as we all settle into our new positions.

On September 4th we held Newcomers Day and had a tremendous response. Thirty three newcomers came in for orientation and were quick to join our membership. A total of 90 people came "home" that day to dine with old friends and new. I would like to welcome all of our new members as well as any of our oldtimers who have not been here in a while. As always, if you have any program suggestions, please share them with us. If feasible, we will give them a try. This month's calendar has taken on a new look. In an effort to simplify, only special events and programs that differ from week to week are listed on the calendar. The "Weekly Activity" list gives the day and time for classes that stay the same every week. And finally, in September's calendar, I put in a blurb regarding weather-related closings. Little did I expect to have to deal with it as early as September 18th when "Isabel" came to call! Governor McGreevy declared a state of emergency as of 4pm that afternoon. Schools and offices closed and many districts made the decision to remain closed the following day. If you had called us Friday morning you heard our recording letting you know we were open for business as usual (it was a gorgeous sunny day). So remember, if you are not sure - call us, or you can listen to 1010 AM on your radio. If the Rutherford School District is closed, we are closed. However, let's keep our fingers crossed for mild weather!

FALL BACK - SPRING AHEAD

The idea of Daylight Saving Time was first conceived by Ben Franklin while he was in Paris to save money and energy. Parisians often slept past noon and many activities were performed after dark necessitating the use of candles or other forms of light. It was first

instituted in the United States during WWI to save energy for war production by taking advantage of the late hours of daylight between April and October. This year Daylight Saving Time ends at 2 a.m. on October 26th. Don't forget to turn your clocks back and to change the batteries in your smoke detector. (see related article about fire Prevention Month).

FIRE PREVENTION MONTH

October is Fire Prevention Month and October 5-11 has been designated Fire Prevention Week. This year's theme is "When Fire Strikes - Get Out! Stay Out! This simple statement teaches two important messages - install and regularly test smoke detectors and develop and practice an escape plan. Smoke and fire can spread thru a structure in moments, making fire prevention education and escape planning absolutely essential. At least one smoke detector should be located on every floor of your home. Smoke detectors should be placed near bedrooms and tested at least once a month. When you change your clocks for Daylight Saving Time (Sat., Oct. 26), replace your smoke-detector batteries.

FLU SHOTS AND THE ELDERLY

Influenza or "flu" is a respiratory infection that literally knocks you off your feet as it sweeps thru entire communities. Outbreaks usually begin suddenly and occur in the late fall and winter and its complications can be life threatening for the elderly. Symptoms of flu include: headache, chills, dry cough, body aches, fever, stuffy nose and sore throat. The main way to keep from getting the flu is to get the yearly vaccine which is recommended for everyone over the age of 50. Rutherford Health Department has scheduled a free clinic for residents 65 and older on Monday, October 27th between 2 and 4 p.m. and on Wednesday, October 29th between 4:30 and 6:30 for all residents 18 and older. For further information, call the Health Department at 201 460-3020. If you are not a Rutherford resident, please check with your local health department for the date and time of their clinic.

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KIPBITS.....

On Saturday, September 20th we said goodbye to Kay Calhoun and wished her luck on her move to Sparta. Kay will be living near her daughter and grandchildren, which is nice for them, but we will miss her.

Bergen County Bus Trip to Atlantic City –

Response to the trip has been overwhelming. The first bus is full and the second is filling up quickly. If you are interested, drop off your check for \$15.00 ASAP so you won't be disappointed. Bus leaves from the center on Tuesday morning, Oct. 21st. You will get \$20.00 back in coin at Caesar's Hotel.

The Alzheimer Support Group continues to meet on the second Thursday of the month at 1p.m. Dr. Stacey Tuchin is the guest speaker for the October 9th meeting. Her topic will be: Understanding the Neuropsychology of Dementia, and everyone is welcome to attend.

DONOR NEWS.....

Newcomer's Day, held on September 4th was a wonderful day. The center welcomed 33 new members. Helping to make the day extra special was Boiling Springs Bank. Boiling Springs underwrites the costs associated with the program and the very special luncheon served to our guests. Welcome newcomers!

Many thanks to the Rutherford Junior Women's Club, Pauline Boisits, Clara Mittleman, Margaret Groeschke, Marilyn Cieszynski, Delina Humphrey, and Marian Schmitt whose donations to our Home Friends program are helping 55 Kip Center to meet the needs of those in our community who are homebound.

Thank you to Glenn Elliot who donated two tickets to the Lions Club Spaghetti Dinner. The dinner is Wednesday, October 22nd at the Presbyterian Parish House. Ottley Sherwood was the lucky winner!!