

Kip Kourrier

Volume IX, Issue VIII

" *Building Bridges for Successful Aging* "

September 2002

Join in the Fitness Parade- September begins 10,000 Steps to Freedom

September 11, 2001- a day none of us will ever forget. Across the country people will be remembering this terrible tragedy and paying tribute to those who lost their lives. 55 Kip Center will also commemorate the first anniversary by adopting a patriotic theme for our fall fitness session; "10,000 Steps to Freedom." This program encourages freedom to choose an active lifestyle thereby improving your health and quality of life.

The value of fitness has been documented over and over. Ask the scientists, ask the practitioners, and more importantly ask any Kip Center fitness program participant. Increasing your energy level, and reducing stress, are just some of the reasons we continue to promote our fitness program wherever we can.

This year, in partnership with Kearny Federal Savings Bank we are going 10,000 steps further and a 'virtual' walk across America. Register for any of our fitness programs (see the brochure for eligible programs) and you will receive a T-shirt, Dyna-Band and Pedometer along with a 9-11 commemorative lapel pin. (Studies have shown that an adult who walks 10,000 steps a day will burn between 2,000 and 3,500 extra calories per week which will result in achieving a vastly better health profile and longer lifespan.)

Classes begin the week of Sept. 9th. Register your name on the walk across America and we will chart

your results- one step at a time. Let us help you walk your way to a healthier life style!

Bridgebuilder Volunteer Training Scheduled Oct. 1st.

September starts a new session of classes and activities at 55 Kip Center. Volunteers are a key component to the quality and quantity of programs and services we offer in the center as well as to those homebound seniors and disabled in the community.

On **Oct. 1st at 7:30p.m.** we will be conducting a training workshop for volunteers- for new recruits as well as a retraining for those who already participate as a Bridgebuilder volunteer. Increasingly we receive requests for friendly visitors to sit with someone who needs no physical care only a companion while their caregiver takes care of essential needs. Many of the calls are from women needing someone to visit with their husband. We would encourage men with a little time on their hands to think of volunteering. An hour or two a week or even once a month would be all

Sept. 11, 2001

A day etched in our minds and hearts forever. We were here, glued to the TV, watching the incredible events unfold. Kip members frantically calling loved ones to make sure all arrived home safely. It will never be forgotten nor the freedom we celebrate every day taken for granted. Our prayers and thoughts are with the families and friends that experienced this terrible tragedy first hand.

A town-wide memorial event- "Rutherford Remembers" begins at 6p.m at the Library with a service to follow at 7p.m. in Lincoln Park.

the time needed to give someone the gift of peace of mind. Call today to find out how you can make a difference in two lives- yours and that of a grateful recipient. Remember "Pairs that Care" is another opportunity in our HomeFriends program that enables a student and an adult to make a friendly visit. Mother, daughter, father, son or grandparent and child- perfect together! Call us today at 201-460-1600.

Check out the new classes this session at the center: Weight Management....Stress Reduction and

55 Kip Center, Rutherford, NJ 07070

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Pain Managment...Walking Club..... expanded
computer classes and much more....**Sign up today!**

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KIPBITS.....

Mark your calendars- this year's Bergen County Senior Citizen Picnic will be held Wednesday, Sept. 18th at Van Saun Park in Paramus from 10a.m.-3p.m..(rain date on the 19th). Entertainment, a Flea Market and Craft Fair are all part of the days festivities. Transportation will be provided on the mini-bus from the center - leaving at 9a.m. Bring your lawn chairs and wear sturdy shoes. Contact office for further information and bus reservations. For those wishing to drive, parking is available.

Kids, computers and Kip were all linked this summer. Students were on hand to assist those members who needed some computer guidance. All appreciated the assistance and youthful guidance. The students will return this fall ready to assist you.

Check out Saturdays at Kip. Join us on the 7th with the lively sounds of Four Plus Two. Dr. Chen our resident Doc talks to Kip members on the 14th and Don Anthony completes the day with his lively music. On the 21st at 1p.m. we welcome back the wonderful tap dancers "Best Foot Forward." Joan Campanelli from the Div. of Senior Services is also on hand that day with nutrition information. On the 28th a special program , sponsored by CancerCare is offered "How to Talk with Your Doctor."

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DONOR NEWS.....

Mt. Ararat Baptist Church continues to support the mission of 55 Kip Center through their volunteer efforts as well as their annual donation. We are most appreciative of their on-going involvement in helping us to help others.

Hugs and kisses to all the sponsors, golfers, and prize and monetary donors who supported our 7th Annual Golf Outing. The golf committee, Chaired by Ed Ravettine, included Dot Clare, Ann Ferraro, Jack Hopkins, Tony Sinopoli, Tom Arnold, Andrew E. Bertone, Peggy Letsche, Jerry Vogel and Victor Gardella also have our sincere appreciation for their effort in making this another successful fundraiser for the center. The 50/50 winners were John Zaremba, Jack Boyle and John Hipp. (Special thanks to John for donating 50% of his winnings back to the center.) We can't say thank you enough to all our 'partners' who enable us to build bridges for successful aging.

Town & Country Living of Lakewood gets a special thank you this month for their donation of new tablecloths for our nutrition program. It certainly enhances the meal and creates a bright and cheery atmosphere.

ADDRESS SERVICE REQUESTED

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Save The Date

Sept. 5th- Newcomer's Day

Sept. 10th- Fall Classes begin

Sept. 12th- Busy Hands Holiday Crafts

Sept. 17th- "Come As You Are Party"

Oct. 1st- Volunteer Training