

Kip Courier

Volume X, Issue VIII

Building Bridges for Successful Aging

September 2003

SEPTEMBER – A TIME TO BEGIN AGAIN

Summer is over and winter is only a few months away. The kids are back to school and the weather is turning cool. Fall is the time of beginnings. We here at 55 Kip Center are beginning a new schedule of programming, which we hope you will find exciting and innovative. Enclosed is our Fall Brochure. New programs begin the week of September 9th and end the week of December 15th. Aerobics is offered again on Tuesdays, Wednesdays, Thursdays and Fridays. Other returning classes include: Opera Appreciation, Bible Study, Tai Chi, Yoga, Men's Fitness, Computer and more. New programs include Body Strengthening, Cooking for One, Quilting and a program featuring local merchants who will share their expertise with you. Also this fall is a ½ hour massage for \$15.00. If you haven't decided on which classes you would like to take, why not join us for Newcomers Day on September 4th. This will give you the opportunity to learn more about the classes. Reservations for Newcomers Day are required. Call (201) 460-1600.

SATURDAY PROGRAMS

55 Kip Center is open to serve you and your friends on Saturdays. Each Saturday, Kip offers various programs of interest to our members. In the morning, we gather over coffee and cake renewing old friendships or beginning new ones. Programs in the morning include speakers on topics of interest including nutrition, health, local history, entitlements and many more. Some mornings we have old-time serials or a game of bingo. Lunch, prepared by our chef Grace Nathanson, is served by members of local church and civic groups. Afternoons are usually filled with the sound of music. Our members enjoy listening and dancing to an array of entertainers. Saturday activities for September are listed on the monthly calendar. If you haven't joined us for a Saturday lately, why not come back and see what we have to offer, we're sure you'll have a great time.

MEET THE STAFF

Did you know that all the meals at 55 Kip Center are prepared completely on site? Grace Nathanson, our chef, is the former owner of Nato's in Leonia and has been preparing delicious and healthy meals for our members for the last year. Grace, a senior herself, is a whirlwind of activity in the kitchen. With the help of a few devoted volunteers who show up daily, Grace chops, grate, pares and stirs her way to wonderful meals. Preparing a meal for 100 is as easy for her as preparing a meal for her family and is done with the same amount of love and concern. Having just completed a required course in Food Handling in Hackensack, Grade, with thermometer in her gloved hand, is looking forward to a new season of delicious and nutritious meals. Why not come in and enjoy one of the great meals served at the Kip Center on Tuesdays,

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Thursdays, Fridays and Saturdays. Reservations are required. Please call (201) 460-1600 and join us at noon for a delightful culinary experience.

FROM THE DIRECTOR'S DESK

As the cost of prescription drugs continue to rise it becomes more difficult for people who are on a fixed income to afford their medications. A prescription drug discount program has been implemented through the Borough of Rutherford and the County of Bergen. County residency is the only eligibility requirement for this plan. For a small fee, residents and all members of their household will be able to save 10% to 50% off regular prescription drug prices. All residents, regardless of age, income or health, are eligible to participate in this dynamic new program. Rutherford's plan applies to Senior Citizens and disabled individuals. Pamphlets are available at the Center. Mayor Bernadette McPherson will join us on Saturday, September 6 at noon to introduce the plan and answer any questions or concerns you may have. Why not make reservations for lunch and learn more about this program.

Donor News....

55 Kip Center is grateful for the hard work and support provided by many volunteers who helped make "A Taste of Rutherford" a successful fundraising event. We had students and seniors – community groups and churches – merchants and entertainers all up and down Park Avenue lending a hand. We are awaiting a final review of event income and expenses by the Board of the Downtown Partnership but should know shortly the amount that will be donated to the Center. Proceeds from this event will be used to cover the cost of the programs and activities we offer to our members.

Center staff is also working hard on several grant proposals. 55 Kip Center will again be applying to the Bergen County Department of Human Services for the renewal of the Bridgebuilder grant. An application for funding is also being prepared for the Bergen County Division of Community Development. And finally, we have prepared a grant application to the NJ Foundation on Aging for an innovative new transportation program to better serve those who need assistance in getting to medical appointments, shopping, and social activities. Keep your fingers crossed!

Kipbits....

A representative from Life Line Screening Radiology will be at the Center Thursday afternoon, September 4th. There will be a brief informative workshop about non-invasive, preventative screening using Doppler ultrasound technology. The screenings include Stroke/Carotid Artery, Abdominal Aortic Aneurysm and Peripheral Arterial

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Disease and will be done at the Center on Monday, September 29th **By Appointment Only**. If you have any questions, please call us.

Mailing List: If you are not receiving this monthly newsletter please call and give us your name, address and phone number.

Cancellations: Call ahead for class cancellations/weather-related closings – call (201) 460-1600.

Suggestions: Let us know what features, trips, events you want!