

The Center Piece

Rochester Senior Center • February 2012

Senior Center Mission: To enrich the lives of older adults

Upcoming Special Events



Deuces Wild! Dueling Pianos

Kick-off to WinterFest X

Thursday, February 2, 8-10:30 pm

Doors open at 6:30 pm

at Wicked Moose, 1201 Eastgate Dr. SE

VIP Sponsor:



Dueling Pianos, Comedy, Improv and Audience Participation

Cost: \$30/person, purchase at door

All proceeds benefit the Rochester Senior Center.

Free Coffee

Thursday, Feb. 16th at 9:30 am in the Dining Room

Learn more about how you can become a member the Senior Legacy Society.

See page 11 for more information on the Senior Legacy Society.



SENIOR LEGACY
Rochester Senior Center Foundation

Living Your Life Well

Led by Sally Gallagher

Make 2012 your best year & join me to enhance your mental health & well-being. Set aside 1 hr. a week towards living your best life.

February 2nd, 9th, 17th, & 24th at 9 am, spend an hour together, learning & examining 10 proven tools that can help you feel stronger & help you live your life well. These tools are based on extensive scientific evidence & will help us learn how to better relax, grow & flourish. From 9-9:30 am we will study the tool & then for the last ½ hour we will visit & enjoy time getting better acquainted. Come early for some coffee & a breakfast item from the Castle Café.

No RSVP or registration required, come as you are able. Men, women, singles, couples, all are welcome! Gather to make some new friends. Cheers to 2012 & better understanding the ways you can become the best & happiest you.

New Programs in Partnership with Med City Mobility

See page 12 for more information on *Improve Your Independence with Med City Mobility* and *"Med City Don" Answers Your Independence Questions*

Rochester Senior Center – 121 N. Broadway – Rochester, MN 55906

507.287.1404 – www.rochesterseniorcenter.org

SENIOR CENTER HOURS ~ Monday–Thursday: 9 am–4 pm • Fridays: 9 am–1 pm

CASTLE CAFÉ ON BROADWAY ~ Monday–Friday: 7:30–10 am • 11 am–12:30 pm

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Special Events

Memory Writing

Monday, February 13th & 20th, 1-3 pm

What stories do you want to tell? In this course we will discuss inspiration, the writing life, & various methods of wrangling our experiences into the written word in order to preserve them for generations to come or even just for yourself. The course also provides a safe environment to share your work if you choose. We all have a unique story and it's up to us to share it and have some fun while doing it.

\$6/Members, \$10/Non-members, RSVP to the Business Office by February 9th.

Presenter: Emily Urness

Senior Community Forum

Thursday, February 16th, 1 pm

Calling all of our valued, treasured & talented older adults...We want to learn more about you! In extension to the community-wide survey, the Community Asset Inventory Project is hosting a series of forums aimed at learning more about specific groups & individuals. Join us for an afternoon of feedback & fun to learn more *About You* & the creative & valued community you make up.

Light refreshments & snacks will be provided.

Please RSVP to the Business Office by Feb. 10th.

By the way, have you taken the survey yet? If not, we encourage you to take the survey prior to the community forum. To do so & to learn more about the About You project visit www.aboutu.org

Never Stop Learning

Good News for Aging Brains & Body

Monday, February 6th, 10 am

Presenter: Dr. Tom Davis, Counseling & Psychotherapy
Dr. Davis will review some recent research & explore the implications for positive, healthy aging, and the potential for lifelong mental & physical well-being. Open to the public, no RSVP required. Free-will donation.

Shingles Education Seminar

Wednesday, February 8th, 2 pm

The Senior Center is hosting a free physician-led education seminar on shingles & post shingles nerve pain. Designed for those who have or have had shingles or post nerve pain & for caregivers of those that suffer from the condition. Topics include symptoms, causes and treatment options. The purpose of the seminar is to teach attendees how to talk with their doctors about shingles pain & how to make an informed treatment decision. Materials & refreshments will be provided. Open to the public, all ages, no RSVP.

Native Americans Thursday, Feb. 9th, 10 am

Presenter: Nakoma Volkman

Learn about Native American culture, including the diversity of tribes, history, stereotypes, ceremonies, spirituality & issues today. The presenter will sing & answer questions. Some of his art will be displayed & explained. Open to the public, no RSVP required. Free-will donation

Current Events

Thursday, February 9th, 11 am

Learn about and discuss current local issues with Mark Bilderback, City Council 4th Ward, and Barry Skolnick, Local Activist.

Typically held the 2nd Thursday of each month.

Free, open to the public, no RSVP required.

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Current Events continued...

A Valentine's Treat! Broadway's

Favorite Love Songs Mon., Feb. 13th, 1 pm

Presenter: Frank McIlmail

Some of Broadway's most memorable love songs -- *People Will Say We're in Love, If I Loved You, Some Enchanted Evening*, to name a few -- jog your memory & warm your heart at this Valentine's Day celebration! Open to general public, no RSVP required. Free-will donation.

Love Songs Tuesday, Feb. 14th, 10 am

Presenter: Dale Blanshan

Love songs, a light-hearted view of romantic expression through the ages. Learn more about Medieval & Elizabethan, the 1800's, & the first half of the 1900's love songs. Learn about this form of expression, how the times influenced the songs & the skill displayed in composition. We'll sing the songs together, & maybe have time for participants to reminisce about their "love song". Open to general public, no RSVP required. Free-will donation

Healthy Bones Thursday, Feb. 16th, 10am

Join OMC dietitian Rynn Geier to talk about good nutrition for healthy bones. Rynn will answer your nutrition questions while participants make a "good for your bones" snack to take home. Free, Open to general public, no RSVP required.

Prostate Cancer Thurs., Feb. 23rd, 10 am

The risk of developing prostate cancer during a man's life is 1 in 6. About 1/2 of all men who develop it are age 68 or younger. Few prostate cancers are discovered on the basis of symptoms; most are discovered by screening exams. The American Urological Association recommends that screening for prostate cancer should be offered to men 40 years of age and older. Men found to have prostate cancer should discuss with their physicians the benefits & risks of treatment

options including active surveillance. This talk includes info. on screening & treatment options and vital info. for men & for those who are a part of his life. Open to general public, no RSVP required. Free-will donation.

Presenter: Richard Vetter, prostate cancer survivor and Director of the Mayo Clinic Prostate Cancer Research Advocates

150 Years of Immigration in

Olmsted County Thurs. Mar. 1st, 10 am

Presenter: Paul Koeller

Take a look back at 4 different groups of immigrants that have made Olmsted County & Rochester their home. Compare & contrast immigrants from Northern Europe (mid-late 1800s), Greeks (1920-1940), Southeast Asians (1970-1990), and recent immigrants from Somalia & other countries (1990s-present). The lives of representative individuals from each group will be used to tell the story. Open to general public, no RSVP required. Free-will donation.

Financial & Legal

On the Markets

Tuesday, February 14th, 10:30 am

Presenter: Andrea Mattson, Financial Advisor, Morgan Stanley Smith Barney, LLC

Do you understand the importance of asset allocation & the role investment style can have on your long-term objectives? Do you have a well-diversified portfolio; one that is properly positioned across asset classes & styles? Have you modified your investment strategy in response to changing personal objectives, recent tax law changes or activity in the capital markets? Do you have general questions & want to learn more about investing? Join us for an informational round-table discussion about investing in today's markets.



Randy Vine



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Chad Sietsema

Love Of The Arts

Knitting Fridays, 11 am-1 pm
Learn how to knit! Free, Members Only.

Quilting Mondays, 9 am-Noon
Contact Mary Hanson at 289-8318 for info.

Big News - Artists!!!
Bob Melton is Back
2nd & 3rd Friday of the Month, 10 am-Noon
February 10th and 17th
Join us to paint, create, receive feedback & chat with Bob. We are thrilled he is able to be at the Center. No RSVP required, Free, Members only.
Open Art Studio: Every Friday, 9 am-Noon.

Ceramics - Open Studio (No Instructor)
Open to all members, no RSVP required.

Tuesdays, Noon-4 pm, \$2
Wednesdays & Thursdays, 9 am-4 pm;
\$2/ ½ day or \$4/all day
Firing(s): 20% of piece
Glaze, Paint, Stains: Flat charge per piece
1"-5" tall: 50¢, 5"-10" tall: \$1
Over 10" tall: \$2

Pay Ceramics Bookkeeper at end of month.
Optional: Group Trip to Minnie's the 1st Thursday of the month at 1 pm to buy greenware.

Crochet *This group is growing! They will now meet on Tuesdays, 12:30-2:30 pm AND Thursdays, 12:30-3 pm*
Come once a week or for both days, your preference.

Woodcarving Tuesdays, 9 am-Noon
Bring projects and enjoy working with friends!

Greeting Card Making & Scrapbooking Wed., Feb. 8th, 12:30 pm
2nd Wednesday of each month

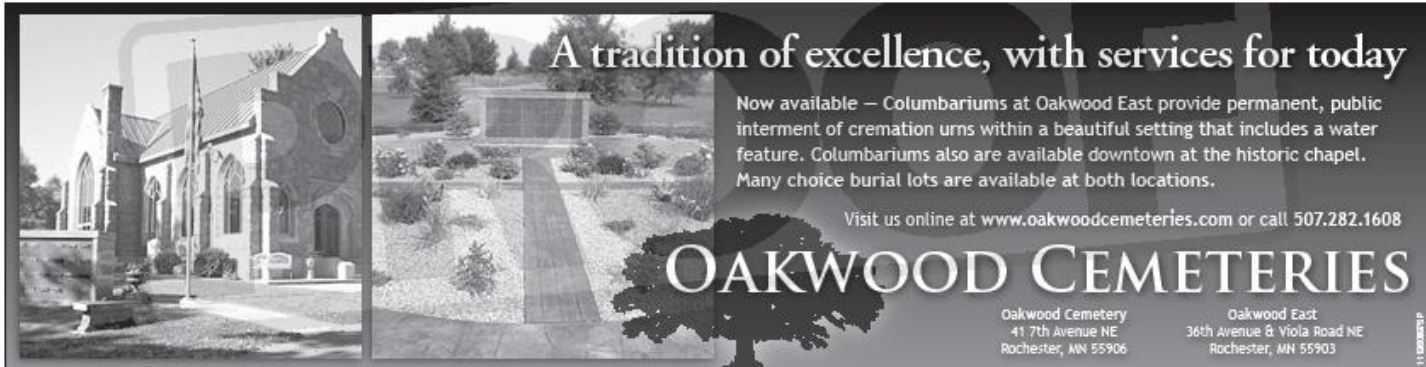
Have fun & meet new friends. Get important projects done while sharing ideas; get questions answered & inspire one another to complete cards, layouts and gifts from the heart. Come for all or part of the scheduled time. The first half hour will be devoted to a "Make and Take" item that one of the members will instruct. All levels of experience are welcome. If this is a new experience for you, it is not necessary to come with supplies as a table will be set up with materials & tools that we will all share; information provided on where you may purchase items of your own.

Kitchen Band
A unique band that uses common kitchen utensils to make "tasty tunes". Performing in Rochester & out-of-town bringing smiles to many nursing homes, skilled senior facilities, schools, graduations & private parties.

Looking for fun & committed gals to join this close and supportive group. For more info., contact Doris Stowe, 288-3110.

Young at Heart Singers
"I don't sing because I'm happy. I'm happy because I Sing." ~ William Jones
Love to Sing? Join us! Wednesdays, 10-11 am, through May. Call Becky at 289-6802 for more information or to book a performance.

Group Leader Sought - Young at Heart Singers
Becky Pierce is stepping down from being the Group Leader/Conductor at the end of May. If you are interested, please contact Julie at 507-424-6407.



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OAKWOOD CEMETERIES

Oakwood Cemetery
41 7th Avenue NE
Rochester, MN 55906

Oakwood East
36th Avenue & Viola Road NE
Rochester, MN 55903

Healthy Living

Blood Pressure Check Clinic

Thursday, Feb. 2nd & Tuesday, Feb. 21st
Comfort Home Health Care will be at the Center on the 1st Thursday and the 3rd Tuesday of each month from 12:45 to 1:15 pm.

No RSVP required, general public invited. Free.

Med City T'ai-Chi Ch'uan Club

Mondays, 6-7:30 pm
\$25/month, \$15/month if a Sr. Ctr. Member.
For more information, contact 289-1795.

Foot Care Clinic

1st, 2nd, & 3rd Thursdays, 12-3:30 pm
4th Thursday, 9 am-12:30 pm Kay Plotner, RN
Wednesdays, 9-11:30 am Judy Dahl, LPN
Appointments required.
Cost: \$20/Member, \$25/Non-Member per visit.
Foot care consists of trimming nails and addressing other foot problems such as corns, calluses, and ingrown nails.

Silver Treads Square Dance Club

Tuesdays, 1-3 pm
Square dance attire and a partner are not necessary. Singles are welcome.
For demo dances or if you have other questions, call Herman & Marilyn Yates at 288-7929.

Healthy Living--Exercise

Fees to Participate in Exercise Classes:

Mondays: \$2/class/Member, \$4/Non-Members

Tuesdays & Thursdays: \$1/Members,
\$3/Non-Members

Wednesday & Fridays: Free for U-Care Members, \$2/Non-U-Care Members



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TO REGISTER CALL 507-287-1404

**Check with your physician before starting any type of exercise program.

Exercise Ready....Set....Start....

For class fees, see bottom left.

Monday-Friday, 9:30-10:30 am

Mondays: Train with light weights, increase your range of movement & help prevent falls, experience improvements in walking and breathing!

Wednesdays & Fridays: U-Care Enhance Fitness Exercise Program

The U-Care Enhance Fitness Exercise Program is based on scientific research & input from older adults resulting in the most effective fitness class offered. The program combines 3 key components of fitness: strength training, flexibility & cardiovascular conditioning.

Work at your own pace, instructor provides individual attention, demonstrations, variations & modifications to the program so you can find a level that is a perfect fit for you. Casual atmosphere.

Instructor: Deb Cannon

Tuesdays & Thursdays: Arthritis Foundation Exercise Program

Certified Instructor: Deb Cannon

Results of this program are backed by research studies. In one study, individuals who attended the class for 4 months reduced their pain by 24% and increased confidence in their ability to continue activities by 22%.

Developed by physical therapists specifically for people with arthritis, this low-impact, joint-safe exercise program has been documented to help decrease arthritis pain & relieve stiffness while increasing flexibility & range of motion. Build stronger muscles & overall stamina through balance and endurance exercises.

Cards & Games

All Groups Welcome New Players!

500 Cards Thursdays, 12:30-4 pm,
Fridays, 9 am - Noon

For Thurs. session, contact the Program Director at 424-6407 for info. For Fri. session, contact Dorothy Beasley at 271-1746.

500 Tournament

Thursday, February 16th, 12:30 pm

Play will start promptly at 12:30 pm; open to all ages and the general public. Free; prizes awarded. Free parking north of the building, first come, first serve. Optional: lunch beforehand at the Castle Café.

Billiards/Pool Room

Monday, 12 pm-8 pm; Tuesday, 12-4 pm;
Wednesday, 9 am-8 pm; Thursday, 9 am-4 pm;
Friday, 9 am-1 pm; Saturday, 10 am-2 pm

Ladies Pool: Tuesdays, 9 am-Noon
\$2 to play all day! Members only.

Bingo Mondays, 1:30-3:30 pm
\$1 per card. Pick-Your-Own cards 25¢ each.
Sixteen games are played.

Canasta Tuesdays, 9:30 am-Noon

Cribbage Wednesdays & Fridays, 9-11 am

Contract Bridge Wednesdays, 12:30-4 pm

Dominos Wednesdays, 1-4 pm

Euchre

1st & 3rd Tuesdays, 12:30-3:30 pm
Contact Diane Schneider at 273-6486 for more information.

Hand & Foot Wednesdays, 12:30 pm

Contact Joyce Richmond at 281-6344 for more information.

Mah Jongg Thursdays, 9:30-11:30 am

Pickleball

Wednesdays, 1-3 pm; Thursdays, 1-3 pm;
Fridays, 11 am-1 pm *Fred Reed Hall, 3rd floor*
No Pickleball on Friday, Feb. 10th

Pickleball uses a ball similar to a wiffle ball, paddles similar to large ping-pong paddles, & the court is about the size of a badminton court. Wear comfortable clothing & tennis shoes. Contact Jan at 287-6854 for more info.

Ping Pong

Tuesdays & Thursdays, 9-10:30 am
\$2 suggested fee/session.

Single Deck &/or Double Deck

Pinochle Mondays, 12:30-4 pm

Texas Hold-Em Tuesdays, 1:30 pm

Play in our weekly tournament! \$2.

Pool Room Open on Saturdays, 10 am to 2 pm

Through the end of Spring, MEMBERS ONLY.

Driver Refresher

Instructor: Dave Ruzek
Call 287-1404 to register.

Payment is due before first day of class. Parking is available in the Center Street Ramp, bring your ticket for validation to receive a reduced fee, or at metered parking around the Center. To park in the Center's lot you must be a current member & have the access card.

Initial Class - 8 Hours

Two, 4-hour sessions for drivers 55 years and older. Taking this class will guarantee you eligibility for a 10% reduction on your auto insurance.

Cost: \$20/Members, \$22/Non-Members.
Tues., Mar. 6th & Wed., Mar. 7th, 5:30-9:30 pm

Refresher Class - 4 Hours

In order to maintain the 10% discount, drivers 58+ who have completed the 8-hour class must take the refresher class every 3 years.

Cost: \$15/Members, \$18/Non-Members.

Tues., Feb. 7th, 9 am-1 pm

Tues., Feb. 28th, Noon-4 pm

Computer Interest

All classes are 2 hours long & meet as indicated. Detailed descriptions of each class are available online. Register by mail, by phone (424-6413) or online. Class fees can be paid at the first class. Walk-in Registration: Wed., Feb. 15th, 9-11 am.

Exploring Windows 7: 8 Sessions, \$30
Mon/Wed, starting February 20th at 9:30 am
Learn various ways to open programs & files, how to modify your desktop, the taskbar & Start menus and how to maintain the health of your computer.

Computer Fundamentals: 4 Sessions, \$20
Mon/Wed, starting February 20th at 12:30 pm
Designed for those with no computer experience.

Introduction to Word Processing: 8 Sessions, \$30
Tue/Thu, starting February 21st at 9:30 am
Create & edit a document, change the format, insert clip art, and create a form letter.

Introduction to Computers: 8 Sessions, \$30
Tue/Thu, starting February 21st at 12:30 pm
Learn about basic Windows 7 procedures & become familiar with some of the features of Open Office 3.3 for word processing.

Introduction to Genealogy: 4 Sessions, \$20
Tue/Thu, starting February 21st at 3:30 pm
Learn how to organize a database using free version of Legacy Family Tree program. Gather & enter family data and print various charts.

Introduction to the Internet: 4 Sessions, \$20
Mon/Wed, starting March 5th at 12:30 pm
Learn how to search/use the World Wide Web (Internet) and how to send & receive e-mails.

SeniorNet Open Computer Lab

Take advantage of open computer labs every Friday from 9 am to Noon when classes are in session. Check the schedule posted on the SeniorNet Learning Center door for additional information. You don't need to be attending a class in order to use the open lab.

MyPC Series Open House (FREE!)

Monday, February 20th at 3:30 pm
An introduction to four 3-hour workshops:

1. Connecting with Friends & Family
2. Creative Photo Slideshows
3. Digital Photo Editing
4. Getting started with Windows 7

At the end of the open house, register for the workshops you are interested in.

At Your Leisure

Breakfast Club

Tuesday, February 28th, 8:30 am
Canadian Honker, 1203 2nd St. SW
Morning coffee, breakfast and friendship.
No reservations necessary!

Nintendo Wii

Bowling League: *New Leagues Forming, New Time!* Wednesday afternoons at 1 and 3 pm.
No experience or RSVP necessary. Free, Members Only. **No Bowling League on February 8th.**
You can also use the Wii or Wii Fit on your own. To reserve a time, call Julie at 424-6407.

Book Club

Meets 2nd Thursday of each month
Free, Members only.

February 9th:

Checking out *Cane River* by Lalita Tademy
March 8th:

Checking out *The Help* by Kathryn Stockett
**On March 8th, the group is invited to watch the movie "The Help" after the meeting.

Historic Fiction Book Club

Meets 3rd Thursday of each month
Free, Members only.

Upcoming Meetings and Books:

February 16th: *The Girl with a Pearl Earring* by Tracy Chevalier

**On February 16th, the group is invited to watch the movie "The Girl with a Pearl Earring" after the meeting.

Spirit & Soul

Ladies Bible Study

Wednesdays, 9:30 am

For more info, please contact Chris Quick at 288-5962 or Kay Meyers at 289-0145.

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Friday: 9:30 am - 12:30 pm

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Rochester Commercial Banks Association

Senior Legacy Society is an organization of friends of the Rochester Senior Center committed to helping ensure the long-term financial viability of the Senior Center through bequests & other estate gifts.



SENIOR LEGACY
Rochester Senior Center Foundation

Castle Café on Broadway



Continental Breakfast Bar

Available 7:30-10 am

- Oatmeal - \$1.50
- Cereal - \$1.50 (large bowl w/milk)
- Bagels - \$1.00 Toast - 75¢
- Muffins - 85¢ for 2 small or 1 large
- Waffles - \$1.50 Yogurt - \$1.00
- Fruit - 75¢ or as listed
- Pastries - Selection and price varies
- Beverages -
 - Coffee - 75¢ bottomless cup/meal
 - Juice - 75¢
 - Milk - 50¢
 - Tea - 75¢

Bring in a Group!

Call one week in advance to reserve Quiche, Egg Bake, or other Breakfast Bake items for your morning group. Pricing will vary based on request.

To make arrangements, call 287-1404.

Castle Café Special Events

Valentine's Day & February Birthday

Lunch Tuesday, February 14th, 11:30 am

Entertainment: the Petit Sisters, Rita (Petit) Schultz & DeLane Morris;

Meal served at Noon

Menu: Chicken Alfredo, Green Beans, Dinner Roll, Cake & Ice Cream

Ice Cream Sponsor: Kemps

Cost: \$4.50 per person

Please purchase tickets from the Business Office by 4 pm on Tuesday, February 7th.

Please note: Call in your reservation & pay over the phone w/your credit card, you can then pick up your tickets the day of the party.

Lunch Options

Available 11 am-12:30 pm

No Reservations*

Soup: Small bowl - \$1.75, Large bowl - \$2.25

Sandwich of the Day - \$2.75

Small/Side Salad - \$1.50, Large Salad - \$2

Add-ons available for additional charge

Special of the Day - \$4.50

Comes with two sides such as salad, vegetable, potatoes, rice, roll, etc.

Dessert: Cookies, Bars, & more. Prices will be posted.

Beverages - same as prices on the left

You-Pick-Two Options - \$3

½ Sandwich & Small Salad

½ Sandwich & Cup of Soup

Small Salad & Cup of Soup

***Reservations requested for Special Event Meals will be noted (Birthday Parties, etc.).**

NOTE: The weekly menus are available at the Center and online on our website, www.rochesterseniorcenter.org.

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Director's Desk

Sally Gallagher
Executive Director



I would like to introduce to you the leaders of Rochester Senior Center/Senior Citizens Services, Inc.

The following list of Agency Board members and Foundation Board members have been elected and charged with effectively leading the Senior Center and its financial resources. The following leaders bring a variety of skills to the boards they sit on. As our community's senior population grows, these leaders recognize their role and understand the importance of creating a senior center that meets the varying needs of our older population.

2012 Board of Directors Roster

The Board of Directors sets general policy and direction for the program and financial management of the Center. The board is responsible for the evaluation of the Center management and organization effectiveness. Board members are advocates for the organization and provide strategic and long-range planning leadership. Board members are elected and serve a three year term, with two additional terms possible.

***Denotes new member*

- | | |
|-----------------------------|-------------------|
| Nancy Brataas** | Ben Cheney |
| Shannon Day | Tony Enquist |
| Herb Erickson | Mary Hanson |
| Pat Johnson | David Moertel** |
| Deb Nusbaum—Treasurer | Lucinda Stockwell |
| Dale Richter | Dr. Ericka Tung |
| Angie Rustad—Secretary | Doug Wright |
| John Scheid—VP | Grace Wallace |
| Dr. Eric Tangalos—President | |

Ann Sand—Found Brd Pres. Pat Taylor-Advisory Council Pres.

Acknowledgement of Agency Out-Going Board Members

After serving 3 terms (9 years): Charles Canfield, I.J. Lewison, and Helen Richardson
Wayne Herivel, served 8 years
Barb Coe, served 4 years
Mark Bilderback, served less than one year

2012 Foundation Board Roster

The purpose of the Rochester Senior Center Foundation is to raise funds which are used to support the Senior Center mission and its goals and objectives. Board members are elected and serve a three year term, with two additional terms possible.

- | | |
|---|-------------------|
| Paul Barton | John Beatty |
| John Ellingson | Dr. Jerry Gray |
| Kevin Hennessey | Dick Hexum |
| Lori Lonergan Brennan | Jerry Mahoney |
| Joe Mahoney | Tina Mohr |
| Timothy Melin—Treasurer | Bernie Nesler |
| Ann Sand—President | Deb Nusbaum** |
| Robin Schoeppner—Secretary | |
| Bruce Swanson | Lucinda Stockwell |
| Dr. Eric Tangalos—Sr. Ctr. Brd. President | |
| Elected Staff—Dean Stenehjelm, Sally Gallagher, & Stacie Baertsch | |

Acknowledgement of Foundation Out-Going Board Members

Carol Hennessey—served 3 terms, 9 years
Roger Polansky—served 1 term

2011 Year-End “SOS” Support Our Seniors” Campaign raises \$22,393.47

I would like to personally thank the 182 donors who made a contribution to this important year-end fund-raising activity. \$4,310.66 was designated to the Center's Foundation and \$18,082.81 was designated to support the on-going budget of the Center.

9TH ANNUAL ROCHESTER ON TOUR AT THE CAPITOL

GROWING MINNESOTA'S FUTURE. TODAY!

Rally with community members in St. Paul on Thursday, March 8, to promote Rochester at Rochester on Tour at the Capitol!

Cost: \$40 (includes lunch, dinner, entertainment and tours of the Capitol and Supreme Court. Free transportation for seniors 62+). Register by calling 288-1122 or online at rochesterminnchamber.com

Thank You

Donations to the RSC Foundation:

Mr. & Mrs. I.J. Lewison in memory of Birger Rolstad and DeLos Olson, Loren & Lucille Weisbrod in memory of Steve Law, Vivian Malcomson in memory of Oliver Ohr, Advisory Council in memory of Tilman Treangen, Donald Jensen, Delores Cockroft, DeLos Olson

Item Donations to the Center:

Eileen Hamre, Dee Hrdlicka, Mary Bailey, Fred & Pat Ableitner, Fran Daly, Priscilla Van Grevenhof, Sharon Sandberg, Jerry Hennessey, Marivon Johnston, Rose Mayo

Monetary donations to the Center:

IBM Grant for SeniorNet, Local Independent Charities of America, Linda Blanshan, Elizabeth Boler, Ron Bymers, Charles Canfield, Dori Johnson, Pat Olsen, Laurie Pearson, Mabel Pierce, Mr. & Mrs. Wayne Richardson, J. Daniel Skinner, Harold Stewart, Susan Rich in memory of Freddie Frederickson, Sharon Henzel for Gift Shop improvements & supplies, Senior Center Quilting Group, Julia Koepsell in memory of Noreen Skogen, Gina Depuydt, Senior Center Crochet Group in memory of Nancy Kane's mother, Wayne Harris, IBM Employee Donations, IBM Retiree Charitable Campaign, Peggy Maloney for Lloyd Wasson's computer help, Vivian Malcomson in memory of Hilton Vilen, Meadow Lakes Builders of Rochester, Susan Raye Thompson, Young at Heart Singers, Donald & Carol Hint for Tom Adams's computer help, Delores Applen, WalMart North, Florence Schubert, Peter Wottreng, Patrick & Janet Taylor in honor of his mom's "Pat" Birthday, Mr. & Mrs. Robert Elwood, Med City Mobility, Lee & Shirley Graham in memory of Millie Cunningham & Julian "Bud" Renaux

Foundation Corner

Dean Stenehjem
Development / Foundation Director



Want to Leave a Legacy?

Promoting planned gifts & benefiting the Senior Center mission for generations to come is the core purpose of our Foundation's "Senior Legacy Society". This is currently a group of 27 people (plus 3 who are deceased) who have seen fit to have the Senior Center Foundation named as a beneficiary in their will or estate plan.

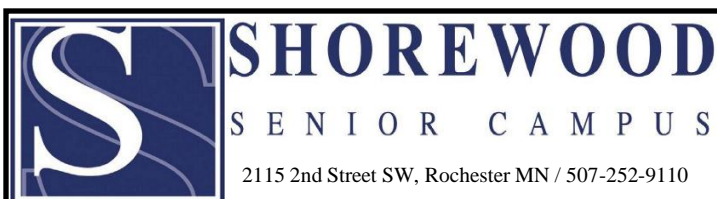
You are invited to a free coffee on Thursday, Feb. 16th at 9:30 am in the Dining Room to learn more about how you can become a member the Senior Legacy Society.

Many of us are aware that the baby boomers are now becoming senior citizens... but were you aware of the huge generational transfer of wealth that is taking place across America as wealth, property and possessions are handed down from one generation to the next?

In order to make sure your accumulated wealth is going where you want it to go after passing on, a thoughtful, prepared and organized plan is needed regardless of your prosperity. Typically wills & estate plans are the prime ways to chart out your bequests & inheritances. You should work with a qualified professional who will carry out your wishes so the funds you have devoted a lifetime accumulating will make the difference you intend.

Here is some basic information: Wills & estate plans are designed primarily to take care of family members & dependents after your passing. Wills & bequests afford many opportunities as vehicles for transferring your wealth & reducing tax liabilities. Planned gifts present an excellent opportunity for donors to 'Leave a Legacy' to nonprofit organizations.

As always, contact Development Director, Dean Stenehjem at 424-6406, or at foundation@rsc-mn.org if you have any questions.



Offering: Senior Apartments, Assisted Living,
Memory Care & Respite/Short Term Stays.

Senior Advocate Here to Help!

The Senior Center's Senior Advocate is available to anyone 60 years old or older to answer questions and solve problems on:

- Medicare
- Supplemental Insurance
- In-Home Help
- Financial Help
- Financial Power of Attorney
- Advance Directives and Much More!

Available to answer any questions you may have; common concerns involve Medicare Part D, eligibility for financial assistance, Power of Attorney, Health Care Advance Directives, and access to local senior resources. Call 424-6409 or stop by Vicki's office on the 2nd floor.

Senior Center Caring Fund - What is it?

The Senior Center Caring Fund is designed to assist low income seniors with paying the cost for activities & programs that they would not otherwise be able to afford. During this difficult economic time, many seniors are on extremely limited budgets. I have had seniors come to me stating that they would like to be able to participate in activities at the center, but are having difficulty paying for their medications, food, housing, etc., so do not have any extra to pay for our programs. And it is common knowledge that seniors (and others) who do not participate in social activities can become depressed & lonely, and begin to suffer physical & mental ailments.

So how can you help??? By simply donating to the fund, you are helping seniors who would otherwise not be able to afford it to participate in the programs & activities that we offer. This in turn can lead to less depression, loneliness, & anxiety. Your donation is tax deductible, so please consider giving to this much needed program so that everyone - even those who have difficulty affording it - can enjoy all the benefits of the senior center!

New Programs

Improve Your Independence with Med City Mobility

Wednesday, February 29th, 10:30 am

What devices or equipment can make your life easier, keep you in your home longer, decrease the chances of falling & aid you in daily living? Join our friends from Med City Mobility for a program of information designed as a service to Sr. Ctr. Members to increase your knowledge & awareness of how you can remain independent longer through the use of various products & durable medical equipment. Each month there will be a different topic of interest for the older adult led by one of the Med City Mobility staff.

The 1st session will focus on new mobility products & options in mobility devices. There will also be an opportunity for you to get a 'tune-up' and 'fix-up' of your walker or wheelchair (not electric powered), cane, or whatever needs a bit of help.

Join us as we welcome our new 'partners' Med City Mobility in this exciting new monthly program, held the last Wednesday of each month. No registration needed.

"Med City Don" Answers Your Independence Questions

Weekly, Tuesdays, 10 am-Noon

Questions about medical or mobility equipment & devices or services that are available to maintain your independence?

This is a weekly drop-in opportunity for you, hosted by Don Schmoll, manager of Med City Mobility. He will be available to answer your questions & make recommendations as needed. Feel free to bring any questions you have that are in the area of Medicare payments for equipment & services, mobility devices, medical equipment, how equipment might help your health issues, how you can continue to drive with disabilities, & more.

Thanks to our friends at Med City Mobility, this service is **free for you, our Members.**

Tax Assistance

ATTENTION SENIORS! FREE HELP WITH TAX RETURNS

February 2nd - April 12th

Free assistance in filling out federal and state tax forms will be available again this year for senior citizens with low-to-moderate incomes, beginning February 2nd. This includes the property tax refund for which either homeowners or renters with low income may qualify even if they are not required to file an income tax return.

Trained counselors in the AARP Foundation Tax-Aide Program will be available at the Rochester Senior Center every **Tuesday and Thursday, 1-4 pm, February 2nd through April 12th**. Appointments can be made by calling the Center at 287-1404 between 9 am & 4 pm, Monday -Thursday or Fridays 9 am to 1 pm.

In addition, days are scheduled to complete property tax refund forms for building residents at various high-rise apartments (Central Towers, Fontaine Towers, Gramercy Park, High Pointe, Meadowlakes, Northgate Plaza, Park Towers, Realife Cooperative and Shorewood). Arrangements can also be made for counselors to provide tax help in homes of those who are homebound by calling the Senior Center.

In order for tax counselors to help complete your tax forms, you **should bring the following**:

- Social Security (or ITIN) cards for everyone in your family
- Copies of completed 2010 tax returns (last year's returns)
- Any tax information you have received in the mail regarding tax year 2011
- W-2 forms & other income/tip information (including welfare payments received)
- 1099 forms (eg, interest, dividends, social security, pension benefits, unemployment compensation)
- Statement of stock or mutual funds sold (including information regarding original cost)
- Receipts if itemizing deductions (taxes, medical and health insurance paid, charitable donations)

- Summary of amount spent on child care (plus child-care address & employer identification number)
- 2011 Certificate of Rent Paid (CRP) forms received from your landlord
- Real estate tax statement for Taxes Payable in 2012 (property tax refund)

Some volunteer translators are available in other languages on request. Ask when you call.

If your income is low, it is important to prepare a tax return even if you do not owe taxes. If you earned wages, you may qualify for earned income credit. Also, if you are a renter, you may qualify for a property tax refund if your household income is less than \$54,620 (if a homeowner, less than \$100,780, or an increase of over 12% and at least \$100 since last year).


Questions? Call 287-1404 and an AARP tax counselor will get back to you.

Bad Weather Protocol

Reminder: Senior Center Policy for Bad Weather - *It could still happen*

Bad weather may force closings & cancellations. If the weather looks uncertain, tune into your local radio station for information regarding the closing of the Rochester Senior Center. Local radio stations will be notified if the Center closes. The Sr. Ctr. follows the local school district's decision on closing; as soon as the Roch. Public School District closes, the Roch. Senior Center will close. If the Center is closed, ALL Center activities, programs & classes are cancelled.

Always remember to stay safe in this MN weather. Roads & walkways may appear to be clear, but could be icy. If the weather looks uncertain, it is always better to be safe & stay home.



Foot & Ankle Clinic
Dr. Stephen Panetta

2768 Superior Dr. NW
282.1053

- General Podiatry & Nail Care
- Diabetic Footcare & Diabetic Shoes
- Foot & Ankle Surgery

rochesterfootclinic.com

Please Note:

Cab Coupons Cab coupon books are available for sale in the Business Office. These books are worth \$20, but the Center is able to sell them to seniors for \$15 (a 25% discount).

City Lines Bus Tickets Purchase your Rochester City Lines bus tickets at the Center. Seniors (over age 65 w/a Medicare or Zips Card), students (under age 18) & disabled individuals (w/either a Medicare or Zips card) can purchase 10 rides for \$8.

Credit Cards Accepted

MasterCard, VISA, or Discover

Library/Lounge Check out a book from our terrific library-lounge • Star Tribune & Post Bulletin • Large Screen TV • Puzzles • Wi-Fi

More Centerpieces Member Birthdays & additional Center news. Copies can be found on the library check-out podium, at the Business Office, & by the 2nd St. entrance.

Parking Parking in the Center's Parking Lot is on a first-come first-served basis. Purchasing the parking card does NOT guarantee space in the lot. If you can't find an open space in the lot, you need to find other parking in either the nearby Center St. parking ramp or at meters along the street. Parking in areas marked for staff, areas that block crosswalks, and other non-parking spots may result in cars being towed at the owners' expense.

Tours of the Center

Tuesdays, 10-11 am

Leaving from Reception Area on 2nd floor.

Upcoming Events

Monthly Dinners

3rd Thursday of each month, starting Thursday, March 15th from 5-6:30 pm

Mark your calendar and check the March edition for more information.

**Mobility & Wellness Presentation/
Lunch** Friday, March 16th

Sale Into Spring

Saturday, March 24th, 9 am- 2 pm

In the Community

Tuesdays with Morrie

Through major funding from Thrivent Financial for Lutherans, Rochester Group, Seasons Hospice is presenting "Tuesdays with Morrie" utilizing professional actors from the Civic Theatre. The performances will be at the Rochester Civic Theatre on Fri., Feb. 24th at 7 pm & Sat., Feb. 25th at 2 pm. Discounted rate of \$15/ticket to senior citizens (regularly \$25). For tickets, call 282-8481 or visit www.rochestercivictheater.org

Rochester Coronary Club (RCC)

A volunteer group who has experienced heart events meets once a month on the 2nd Wed., Sept-May, at the Roch. Sr. Ctr. from 7-9 pm. The primary goal is to provide heart education, camaraderie, & fun. Healthy heart education is provided by our speakers, cardiologists, nurses, exercise specialists, dietitians, & pharmacists. All are welcome to attend, however, if you'd like to join as a member, dues are \$15/year/family. For more info., contact President Bob Dimler at 269-5064 or rp4515@aol.com

Kids under 5
eat FREE!

Kiwanis Chili Feed

Benefiting the Rochester Senior Center

Adults: \$7
Kids: \$3

March 3rd, 11 am - 7 pm
@ the Rochester Senior Center

Join us at our 21st Annual Chili Feed.

Open to the Public, tickets are NOW available at the Senior Center.

Contact Us

CENTER HOURS ~
Mon-Thurs: 9 am to 4 pm, Fri: 9 am to 1 pm

- Business Office**..... 287-1404
Cindy Sogla, administrator@rsc-mn.org
Linda Blanshan, info@rsc-mn.org
- Program Director**..... 424-6407
Julie Gran, recreation@rsc-mn.org
- Volunteer Opportunities**.....424-6408
Rogene Fox, volunteer@rsc-mn.org
- Castle Café on Broadway**..... 424-6400
Cathy Ingham, Deb Krueger cooks@rsc-mn.org
Jason Iverson
- Senior Advocate**.....424-6409
Vicki Lawrence, advocacy@rsc-mn.org
- Executive Director**424-6402
Sally Gallagher, director@rsc-mn.org
- Executive Assistant**.....424-6401
Stacie Baertsch, stacie@rsc-mn.org
- Foundation / Development Director** ...424-6406
Dean Stenehem, foundation@rsc-mn.org
- Maintenance / Facilities**.....287-1404
Gary Boardman, Chad Wandler

Welcomes & Goodbyes

Welcome New Members!

Marlene Cross, Judith Murphy, Neville Schuman, Jean Vrieze, Michael Foley, Jerry Schliep, Stephen Troutman

Goodbye, Dear Friends

Delores Cockroft, DeLos Olson

Membership News

December 2011 / Jan-Dec 2011:

- 5 / 123 Honorary Members (90+)
- 49 / 1,107 Membership Renewals

Correction: A name was misspelled in the January edition, thank you for the donation made by Arletta Derby. Our apologies for the misspelling.

Policy Statement: Due to our non-profit status & postal regulations dealing with newspaper mailings, we cannot accept most advertisements for insurance, financial, credit cards, travel or tours. Political ads must include a disclaimer and be prepaid.

Membership Info.

2012 Annual Membership Fee

- Age 62 & Older: \$40/year
- Age 90 & Older: Honorary Membership

Supporting Participants:

- Age 50-61: \$45/year
- Age 49 & Younger: \$60/year

Reduced and complimentary memberships are available for anyone in need.

Parking Information

We have a parking lot located across the street from the Center. Parking access cards may ONLY be purchased by Members of the Center and Associate Members age 50+ for \$7 **PLUS** the annual parking fee.

Annual Parking Fee: \$35

The annual fee is prorated. The parking lot is on a first-come, first-serve basis.

Parking is also available in the Center Street Ramp (across from Michael's Restaurant). Bring your parking ticket to the Center's Business Office for validation and receive a discount. Metered parking on the street is also available. Those with a disability parking permit may park at public parking meters without feeding the meters or in non-metered passenger spaces without regard to time limits unless posted separately.

Raffle

2012 Raffle Quilt - Country Dreams

90"x 98", Queen Size

Tickets: \$1 Each

Quilt will be raffled off on Saturday, March 24th at the *Sale into Spring* rummage sale.

Stop by the Center to see this quilt on display in the Dining Room, lower level.

Proceeds benefit the Senior Center.

Rochester Senior Center

121 N. Broadway
Rochester, MN 55906



Non-Profit Organization
U.S. Postage
PAID
Rochester, MN 55906
Permit No. 51

NEED HELP WITH MOBILITY PRODUCTS?

Med City Mobility is a *full service* mobility company specializing in a large range of products and services



- Power Mobility Scooters
- Power and Manual Wheelchairs
- Lifts and Ramps
- Incontinence Products
- Enteral Feeding Supplies
- Walkers
- Lift Chairs
- Stair Lifts
- *AND all the services you need!*

LIMITED TIME OFFER!



Stop in today to request your **FREE** sample of any TENA Product and receive a coupon for \$5.00 off your first case purchase of TENA Products!

WE DO RENTALS!!

507-252-0555

1200 Eastgate Dr Rochester MN 55904
Located on Highway 14 East.

Look for the big red scooter!



Med City Mobility
FREEDOM TO MOVE