

Newburgh Senior Center

August 2016 Newsletter

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The Place Where Seniors Congregate

Monday - Friday, 9 am—2 pm

Manager's Corner

We had a great vacation in July. It was lovely to get away and wonderful to visit with our children and three of the most-perfect grandchildren. We seldom see these branches of our family. The kids are getting old and the Grands are growing up. We were amazed again how smart the Grands are, and how much more intelligent their parents are now that they've grown up.

We played Gin, Euchre and Monopoly until our brains were exhausted. No mercy was given by any one. And a good time was had by all.

Plimoth (sic) Plantation is a great place to spend a day, with its reconstructed village and history center. We got a new appreciation of the hardships the Pilgrims endured during their first years on this continent. The view from the crest of the hill overlooking the bay is breathtaking.

Our visit to the Mayflower II reinforced our opinion that those folks were brave beyond our imaginations. They endured tight quarters, food shortages and foul weather, at an average speed of 2.9 mph for 90 days. — And we complain about our houses being hot or cold!

After having 10 days of fun, sand, education and wonderful seafood, we were glad to be home to our home and our pets. We missed the people we see

every day, but work, not so much! Thanks to Colleen Martin, Teresa O'Rourke, Barb Isaac and Marlene Crenshaw for keeping up with stuff while I was off having fun.

August is usually a hot, steamy month in Newburgh, but remember to tell seniors you meet that it is cool at the Center and we are always playing games of some sort, depending on the time of day and the day of the week. We are open to all independent seniors, age 55+ and everyone is welcome. If you know someone who is challenged, they are welcome to bring an assistant and play with us, too.

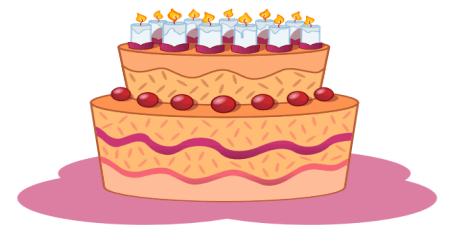
Congratulations to our friends at the Newburgh Museum for a great weekend, Newburgh Remembers. We hope there will be more events like this.

As Autumn creeps up on us and school starts again, we'll be losing our iSenior volunteers who have been a great help to us with our phone and iPad questions. Thanks to this team of teens for all their assistance. We hope they'll visit on school vacations. Dick Lant will continue to be here on Tuesdays, 10-11 a.m. for computer help and to answer questions.

We have several interesting programs coming up in August. I hope you'll invite your friends and neighbors to participate.

August Birthdays

Beverly Preske	August 1
Otis Bingmeier	August 3
Janet Anderson	August 5
Lora Lee Brown	August 6
Susie Williams	August 7
Ed Cooper	August 14
Pastor Dan Kennedy	August 14
Bill McLain	August 14
Al Johnson	August 16
Barbara Young	August 16
Joyce Alexander	August 18
Jeff Wicks	August 19
Mary Lovell	August 20
Wayne Brakel	August 20
Jerry Benkert	August 22
Irma Friedman	August 25
Dick Slade	August 28
Charlotte Koewler	August 31
Dave Asher	August 31



Anniversaries

Jack and Agnes Spillman	August 4
Bud and June Huber	August 10



Thanks to our Activity Sponsors



***Town of Newburgh** — Provides our building, maintenance and supplies/services.

***Bayer's Plumbing** (812) 853-2305 — Sponsors Fruitful Fridays and Sundae Fridays.

***Heritage Federal Credit Union** — (812) 253-6928 — Our Internet Café/Printer sponsor.

***Titzer Funeral Homes** (812) 853-8314 — Sponsors our monthly birthday cake.

***Zion United Church of Christ Newburgh** — Our hospitality sponsor.

***Women's Club of Newburgh** — Landscaping and flowers sponsor.

***Ohio Township** — Activity sponsor.

If you would like to support the efforts of the Newburgh Senior Center, please contact us at (812) 853-5627 or email our manager, Nancy Lybarger at manageratnsc@gmail.com.

Items we need around here

With our growing group of card players, we could use some extra card tables. (Thanks for the loans we're using now.) If you have card table-sized tables, we need a few that are in good shape.

We also can use flower seeds, sets and bulbs for this fall. Marlene, our AARP employee, has fun taking care of our flower beds and our garden and we like watching things grow.

Thanks to those who take care of us

We appreciate the computer help and teaching provided by Dick Lant. He's here most Tuesdays, 10-11 a.m. if you have questions or want to learn a skill. Thanks also to the town for getting our hot water and air conditioning issues resolved.

And thanks to our July lunch providers: Humana and Home Instead Senior Care. This month, Humana and Banterra Bank will be bringing Friday meals.

Teresa O'Rourke and Sue Welty continue to beautifully decorate our space.

Thanks to our summer volunteers

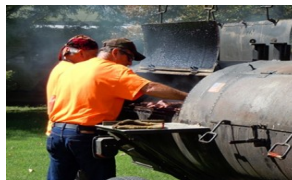
Thanks to our faithful summer volunteers from iSenior for their help with our new tech questions. We had fun!

We look forward to our next session when you have a school vacation.

Thanks to Kulsoom Tapal for her help with projects this summer.

They'll be heading back to school this month and we'll miss them. Please be sure to thank these great volunteers before they leave us to go back to school.

Get ready for Porkapalooza 2016



The Fall 2016 "Porkapalooza" BBQ Fundraiser for the Newburgh Senior Center will take place on Friday, September 23 and Saturday, September 24, 11 a.m.-2 p.m. at the Newburgh Senior Center, 529 Jefferson Street. The famous "Newburgh BBQ Coalition" will be smoking the pork!

This is the last "Smoke" open to the public by the Coalition in 2016, so be sure to stock up some smoked tenderloins and baby back ribs for the long winter!

Full slabs of baby back ribs will sell

for \$25 and smoked pork tenderloins will sell for \$15 or 2 for \$25.

Pickup of ribs and tenderloins will be Saturday, September 24, starting at 11 a.m. Pre-orders are preferred and will insure you get the best smoked pork in the area.

Pulled Pork Sandwich lunches, including chips and a drink, will be available on Friday, September 23 and Saturday, September 24, for just \$5. Eat in or carry-out from 11 a.m. to 2 p.m. Call in group orders of four or more to 853-5627 and we will have them ready for you to pick up.

Don't be disappointed. Pre-Order your ribs and tenderloins by September 20 by calling Colleen at (812)-598-8332.

Thanks to our August Day Sponsors



August 03 is sponsored by Justin Shea, of New York City, and Sarah Jorgenson of Oakland, California. They want to inspire us to celebrate the 100th anniversary of our U.S. National Parks. They encourage us to visit a park or historical site. Near us, Lincoln Boyhood Home Historical Site in Gentryville (Spencer County) is a great local one to go see this year. Farther down the road a bit is the Trail of Tears Historical Site in Hopkinsville, Kentucky. Also in Kentucky is the Lincoln Birthplace, Sinking Springs Farm, in Hodgenville.

August 29 is sponsored by Blake Larson in honor of the birthday of his wife, Jan. Happy Birthday Jan. Many thanks to Blake for many years of dedicated service as a board member for the Newburgh Senior Center.

Odd days in August to mark on your calendar

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|---|--|
| 2 National Ice Cream Sandwich Day | 9 Book Lover's Day |
| 3 National Watermelon Day | 9 Chinese Valentine's Day/ Daughter's Day - 7th day of 7th Lunar Month |
| 5 Work Like a Dog Day (Summer Olympics begin in Rio) | 10 Lazy Day |
| 6 Wiggle Your Toes Day | 10 National S'mores Day |
| 7 Friendship Day - First Sunday in August | 13 Left Hander's Day |
| 7 International Forgiveness Day - First Sunday in August | 16 National Tell a Joke Day |
| 7 National Lighthouse Day | 18 Bad Poetry Day |
| 7 Sisters Day - First Sunday in August | 21 Senior Citizen's Day |
| 8 Sneak Some Zucchini onto Your Neighbors' Porch Day (or in their car)! | 22 Be an Angel Day |
| | 26 National Dog Day |
| | 30 Toasted Marshmallow Day |



August pondering

EPITAPH seen in a cemetery in England

*Remember man, as you walk by,
As you are now, so once was I,
As I am now, so shall you be,
Remember this and follow me.*

To which someone replied by writing on the tombstone:

*To follow you I'll not consent,
Until I know which way you went.*

Ride Share info:

Call 877-369-8899 for Door to Door reservations.

Hours of operation: 6 a.m. to 6 p.m., Monday—Friday.

Call 24 hours ahead to reserve a ride. The operator can tell you the route fee. Rates vary.

The vans are wheelchair accessible but there may be restrictions for special needs.

We're getting ready to 'pig out' for Porkapalooza 2016

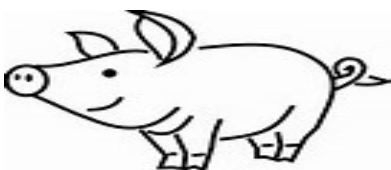
Colleen Martin is getting her committee organized for Porkapalooza 2016. As you saw in an earlier article, the dates are September 23 and 24, so get your taste buds ready for some great pulled pork sandwiches that we'll be offering both days for lunch. Tell your friends and family so they won't

miss the summer's best lunch.

We will be helping the committee in several ways. We'll be wrapping lunch plastic-ware and setting up for both days. There will be a sign up sheet passed around as soon as the committee decides what it is they want us to do.

Sign up forms for pre-orders of pork loins and ribs will be available by mid August.

We'll be talking about what we, as members of the Center, want to do to help make this an even better fundraiser.



Know where to go when you are sick



Hardly any of us like to go to the doctor. Who wants to go hang out with sick people? Sometimes, it gets to be when you are sick enough that you need some medical attention. How do you know when to go to an Urgent Care facility or to the Emergency Room.

Emergency Rooms are for health emergencies these days, and Urgent Care facilities handle the other instances where we are sick enough to go to our doctor but that's not an option for one reason or another. Here is some advice from Blue Cross Blue Shield and Anthem Insurance.

Certain symptoms and injuries are always for emergency room visits:

- Heavy bleeding

- Large wounds
- Chest pains
- Burns
- Head injuries
- Difficulty breathing
- Broken bones (including those you think might be broken).

Illness and injuries treated at urgent care centers are not life threatening.

Specific symptoms and conditions that can be treated at one of these facilities include:

- Minor injuries such as sprains
- Moderate back pain
- Severe sore throat or cough
- Fever not higher than 104 degrees
- Mild to moderate asthma
- Bleeding/cuts — not bleeding a lot but requiring stitches
- Diagnostic services, including X-rays and lab tests (only if your doctor does not order these for you)
- Eye irritation and redness
- Vomiting, diarrhea or suspected dehydration
- Skin rashes and infections.

Neither Emergency Rooms nor Urgent Care Centers are meant to replace your primary medical care providers. team.

Welcome, new Bingo sponsors

We appreciate all our Bingo sponsors. This month we welcome Around the Clock Care and Banterra Bank (who will also sponsor one of our Friday lunches this month.

Bingo schedule for August

Lots of our afternoons are scheduled for Bingo this month. We hope you enjoy the games.

- August 2 — Omni Home Care
- August 3 — Hamilton Pointe
- August 4 — LNB Bank
- August 5 — Bell Oaks
- August 9 — Cypress Grove
- August 10 — Marlene Crenshaw
- August 11 — River Pointe
- August 16 — Banterra Bank
- August 18 — Oasis Dementia Care
- August 19 — Deaconess Medical Supplies(Gary Krick)
- August 26 — Heritage Hospice
- August 30 — Around the Clock Care

Special programs slated in August

We have some entertaining programs planned for August. Remember to invite your friends and neighbors when we have special events. It's a good way to get them interested in our activities. All the following programs start at noon.

Starting with August 12, Cards with Jane offers an opportunity to craft a card or two. Jane brings the materials and stamps and helps with construction.

Teresa Graham will be with us August 17 to bring us photos and stories from her trips to Guatemala with the Newburgh United Methodist Church youth.

David Tuley will bring gospel music and sing-a-long on August 23.

Rev. Chris Nunley of Newburgh United Methodist Church will bring his

photos of numerous trips to the Holy Land to show us on August 24. Rev. Nunley is a Center board member.

And finally, Friday, August 26, is Pink Shirt Friday. The Porkapalooza Committee wants us all to wear our Porkapalooza or other pink shirts for a photo shoot for Porkapalooza publicity. Chair of the fundraiser, Colleen Martin is providing pulled pork for lunch. Reminders will be posted.

If you have ideas for programs, please contact our manager. She is the keeper of the calendar.

We usually try to keep a couple days open each month for impromptu opportunities, so let us know if your grandkids will be in town to play a recital, etc. If you hear an interesting program, get info and pass it to our manager.

Thanks for the BBB program

A big thanks to Jackie Heathcote from the Better Business Bureau for her program in July. If you weren't here, she left their web site info and phone number if you need to check out a possible scam, a potential contractor or other businesses. You can call 812-473-0202 or check the web site at www.bbb.org/evansville.

Also, towns like Newburgh require contractors to register and show proof of licensing and insurance before building/remodeling permits are issued.

She also talked about a new BBB program, Scam Tracker. You can check on a questionable contact or phone call by going to www.bbb.org/scamtracker/evansville. The map will show you where scams are active. You can report a scam there, too.