

# Newburgh Senior Center

## July 2016 Newsletter

29 Jefferson St.  
Newburgh, IN 47630  
812-853-5627



Nancy Lybarger, manager

Email: [manager:manageratnsc@gmail.com](mailto:manager:manageratnsc@gmail.com)

## The Place Where Seniors Congregate

Monday - Friday, 9 am—2 pm

### Manager's Corner

Happy Summer, everyone. I hope you are having fun doing what you enjoy. We are having fun here at the Center, playing Bingo, and other games like Rummikub and Clabber. The Bridge group is active and the Pinochle players sometimes meet twice a week. Euchre is an every Wednesday game. I do not care for hot weather. I am not a summer person. I try not to complain about winter so I can whine about the heat all summer. The older I get, the more narrow my comfort zone. I like it between 70 and 75 degrees, with a good breeze blowing. I have fond memories of summer. For my first five summers, our family lived at University of Kentucky while my dad

worked on his master's degree. My brother and I had lots of kids to play with and we loved it when the ice man came around to deliver the giant cubes. We had a refrigerator at home, so the ice man was a rare treat.

We lived just down the block from a dear soul who had no children of her own, so she graciously opened her beautiful home to a couple of rambunctious little girls for tea parties. She'd dress us up in her best heels and jewelry for our get togethers. That's when I discovered I can't wear mink. It makes my nose itch.

When we moved to Indiana, our home was across the drive from the school and along a creek. We played

softball almost every day. If that got too hot, we'd mosey down the hill and watch the older kids play baseball.

The creek was a good source of minnows and frogs and other creatures to fill up my bucket or my pockets to take home and adopt. My mother was a saint when it came to my bugs and wild critters.

As a teen, my first jobs were as a park supervisor and a life guard at the city pool. It was good training for what I do now.

### Thanks to our friends and lunch providers

We are so thankful for the friends of the Center who sponsor our Bingo games and our Friday lunches.

You all bring enjoyment and show us how much you care every month.

Bingo sponsors include Bell Oaks, Omni Health Care, Hamilton Pointe, LNB Community Bank, Cyprus Grove, MSA Hospice, River Pointe, Marlene Crenshaw, Oasis Health Care, Heritage Hospice and Gary Krick from Deaconess .

Lunch providers in June were Humana and Gerald Bowser. We all enjoyed the fried chicken, etc. and the grilled burgers that were provided.

If you have lunch ideas for Fridays, please contact our manager.

### July birthdays

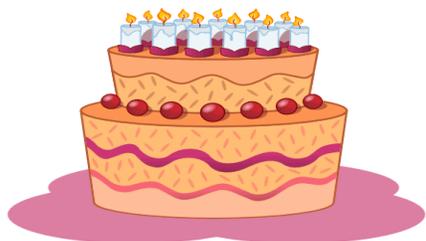
Martha Lease	July 3
Carman Edmonson	July 5
Allen Gomoll	July 10
Ron Weatherford	July 18
Donna Yuschak	July 23
Sally McGregor	July 23
Rudy Fischer	July 25

### Programs bring info and enjoyment

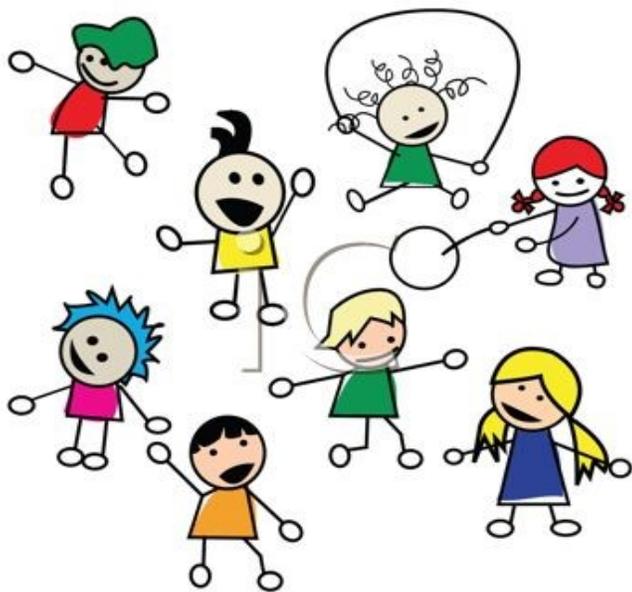
We appreciate all those who give of their time and talents for the Center.

In June, we enjoyed learning Warrick County History from Joe Schitter and coloring with Hailey from MSA Hospice. David Barnett entertained with his gospel songs.

A special thanks to Carolyn Schmidt for her nutrition education every month and to Jane Schmitt for leading the card-making class each month.



# 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](mailto:manageratnsc@gmail.com).

## Bizarre days in July to celebrate — or not

Every month has days and week designated as special by the folks who sell greeting cards or celebrate the bizarre and unusual. July is National Blueberry Month, National Anti-Boredom Month, National Hot Dog Month and National Ice Cream Month, to name a few. According to tradition, July is an unlucky month for weddings.

And for those who wish to partake, the second week is Nude Recreation Week. We will not be observing this week at the Center, just in case you wondered.

Other days that you may wish to celebrate — or not — include:

International Joke Day, July 1

- I Forgot Day, July 2
- Compliment Your Mirror, July 3
- Fry and Egg on the Sidewalk Day, July 4
- Chocolate Day, National Strawberry Sundae Day, July 7
- National Sugar Cookie Day, July 9
- Teddy Bear Picnic Day, July 10
- Cheer Up the Lonely, July 11
- Bastille Day, July 14
- Cow Appreciation Day, July 15 (Cow

hugs are in order.)

- Moon Day, National Lollipop Day, July 20
- Ratcatcher's Day, July 20
- National Hot Dog Day, July 23
- Threading the Needle Day, July 25
- 27 Take Your Pants for a Walk Day, July 27
- National Cheesecake Day, July 30
- 30 International Day of Friendship, July 30
- Mutts' Day, July 31. Love your mutts.

### iSenior helping with tech this summer



A great group of Castle High School volunteers are helping Seniors with iPad and iPhone questions every Tuesday this summer break. We've had good turn outs for the 10-11 a.m. assistance.

If you have tech questions, you don't need an appointment, just show up. They'll be here. Bring your phone or iPad so they can show you what you need to know.

For computer questions, Dick Lant is in the computer room on Tuesdays,

10-11 a.m., too.

Knowing how to use modern tools is important in order to communicate in today's world.

We can help you with email, Facebook, loading pictures, etc. Don't be afraid to ask questions.

Your kids and grandkids will be proud of you.

We have three new computers at your disposal and can help you become acquainted. Whether you just need to use one to send an email or you need to learn the basics, we can help.



Colleen Martin is getting her committee organized for Porkapalooza 2016. 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 best lunch of the summer.

Other details will appear in next month's newsletter.

# Thanks to our July Day Sponsors



**July 02** is sponsored by Dr. J.P. Morgan on his birthday. Dr. Morgan, a Newburgh resident, is an orthopedic surgeon at the Hand Center of Evansville. Thank you, Dr. Morgan for your long-time support of the Newburgh Senior Center. Hope you have a joyful day.

**July 04** is sponsored by Charlotte and Charles Koewler. They encourage us to enjoy the holiday and to be thankful for the privilege of living in the United States. God Bless America. Thank you, Charlie and Charlotte for your support.

**July 27** is sponsored by Dr. Christine Riley Polz and Steven Polz in honor of their wedding anniversary. Thank you for supporting the Center and so many other good things in our community. Happy Anniversary and hope you have many more!

## Beware phone, Internet scams

Our members are still getting scam phone calls, so we'll continue the article from last month about avoiding those and emails that are trying to trick you one way or another.

Phishing emails may be looking to steal your personal information. Never give anyone you don't know (and some you do!) your social security number, your bank information or a credit card number. These crooks can be very sophisticated, with authentic-looking corporate trademarks or formats similar to those used by legitimate companies. Typically, they ask you to verify certain information, such as account numbers and passwords, supposedly for auditing purposes. If your credit card company needs any of that information, it is already in the system and they won't call you to con-

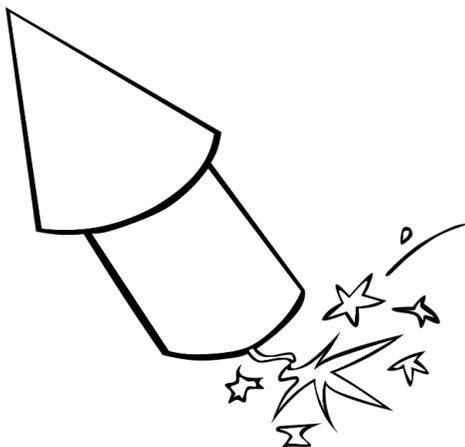
firm it.

You may get a call from someone you don't know who tells you that it's possible you have one a huge amount of money. All you have to do is give them your banking info and they will deposit it directly to your account. **DO NOT DO THIS EVER!** Or, the caller may want you to help them get money from a foreign account and they will give you a share, but you have to send them money for "fees" before they send you your part. When you read this, you knew better, didn't you? Don't fall for it on the phone.

One of the best things you can invest in is caller ID on your phone. If you can get this through your phone provider, it is worth its weight in gold. If you don't recognize a caller, don't answer the phone. Not answering

phone calls from strangers will greatly reduce the number of scam calls and telemarketing calls.

Invest in an answering machine. If someone wants to talk with you, they will leave a message and a call back number.



### Fireworks on the River an annual affair

Historic Newburgh, Inc. and many local businesses and individuals have joined together to bring the community another *blast* at the Old Lock and Dam Park. Fireworks and music and good food and fun are on tap Saturday, July 2. Newburgh Fireworks and Evening in the Park kicks off at 5 p.m.

Along with the fireworks, several non-profits will offer food and the Old Dam Community Band will be provid-

ing the music.

Thanks to Steve Roth for donating VIP fireworks pins (and Warrick County Republican candidates that he cajoled into buying them and donating them to NSC).

#### **BBB bringing program July 26**

Jackie Heathcote of the Better Business Bureau will bring us her latest updates at noon on July 26. She will be happy to answer questions, too.

# Play games, exercise and socialize to keep your brain in good health

Almost everyone knows someone who has fallen and hurt themselves. Maybe they broke bones and had to be hospitalized and then spent time in rehab. Most of us are worried that might happen to us.

While the staff at NSC can't keep you from falling, we have incorporated balance essentials into our exercise regimen to help folks stay upright.

Almost everyone knows someone who has dementia of some form. It is a frightening aspect that we all face as we age. Not long ago, we heard that most all people have some stage/form of dementia by the time they are 85.

We can exercise our bodies and our brains to keep us moving and keep our brains active. It won't make us live healthy forever, but it will help us feel better while we are here. Some of the games we have regularly at NSC are great for brain exercises. (See the schedule in the next column.) For example, For instance, Rummikub is a brain stretcher. It requires players to use counting and math; memorization and pattern/color matching. It also requires players to think ahead to future plays and defensive maneuvers.



## Get Walkin'

### Helping Hoosiers get on their feet

Purdue University Extension has a new, free, on-line walking program to help you get moving and exercise at your own pace.

To register, or for more information about the program, contact Kristina Deters, Health and Human Sciences Educator at [deters@purdue.edu](mailto:deters@purdue.edu).

Walking is a great exercise for all ages. Best of all, it's free.

While playing games, eating right and getting exercise are all important, a recent study found that just talking and interacting with other people is as important as exercise in maintaining a healthy body and attitude.

We offer many opportunities every day for social interaction, even for those with some challenges, such as hearing or vision problems. So, we encourage all Seniors, age 55 and up, to check out the Center for some activities that they may find interesting. One doesn't have to come every day or stay all day to benefit from the fun we have here.

Please invite your Senior friends, neighbors and family to our Center. We can all use some new activities in our lives. And tell them if they have ideas for something else to do here, give us a shout. We are open to new things, all the time.

The Center is open Monday-Friday, 9 a.m.-2 p.m. Annual dues are \$12. We are closed on holidays, election days and when the school system has a weather cancellation. Otherwise, we are open for fun and games. All independent Seniors are welcome.

## July Funnies

Thanks to the members who provided this opportunity for a chuckle or two.

Remember, old folks are worth a fortune. They have silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their intestines.

The preacher came to call the other day. He said at my age, I should be thinking about the hereafter. I told him I think about it all the time.

No matter where I am — in the kitchen, parlor, upstairs or down in the basement, I am constantly asking myself, "What am I here after?"



## Cards and games schedule for July

Clabber players meet Mondays at noon. If you are not a Clabber player but would like to be, contact our manager and she will set up lessons for you. We have a patient group of teachers who will get you going on this fun card game that is indigenous to Southwest Indiana.

Bridge is played the first and third Tuesdays each month at 11 a.m. If you would like to become a regular player or a substitute, please contact our manager. It is important that the Bridge folks know who is coming and who needs a sub before the day of play.

Pinochle is slated for the second and fourth Tuesdays of each month. There, again, if you don't know how but would like to learn, contact our manager and she will hook you up with the Pinochle folks.

Euchre is played every Wednesday at 12:30 p.m. Players are so anxious to play, they often start showing up at 11:30 a.m. If you are a Euchre veteran or a new player, they welcome you. There is a Sunday group that plays at the American Legion, too.

The Scrabble group is growing and meets each Thursday around noon. If you love words, this is a great opportunity for you to get in a few. We play by "seniors" rules: You can look up your words before you play them.

Dominos is scheduled for Friday, 10 a.m., but we haven't had any players. If you would like to play, let our manager know your day and time preference.