

# Newburgh Senior Center

## June 2013 Newsletter



Newburgh Senior Center

529 Jefferson St.

Newburgh, IN 47630 (812) 853-5627 Fax: 853-5629

NewburghSeniorCenter.com Lisa1ashlyn@aol.com

Hours: Monday - Friday, 9am to 2pm

Lisa Ashby Goff, Manager

---

### Happy Birthday

Kenny Scheessele - June 13

Connie Levengood - June 14

June Huber - June 19

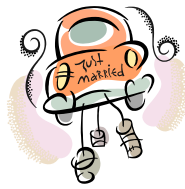
Lorraine Gilly - June 25

Catherine Bausch - June 29

We appreciate our June Day sponsors. It seems that June was the month of wedding bells for some special people.

June 03 is sponsored by Alonzo and Shirley Moore in honor of their wedding anniversary. Alonzo serves as a NSC board member. He and Shirley are very active in the good things that go on in our community. Thank you Alonzo and Shirley and congratulations on your anniversary and many more years of happiness.

June 12 is sponsored by Dr. Ed and Nancy Prusz in honor of their 42nd wedding anniversary. Thank you Ed and Nancy for including the NSC in your anniversary celebration. Congratulations and best wishes on many more years together.



## A few activities coming up this month:

\*Card-making with Jane is Wednesday, June 12 at noon.

\*Rummicube tournament is Friday, June 14 after lunch.

\*The Derby Dinner Theater Day Trip is Wednesday, June 26. See Barb for details. For those who did not sign up for the trip, the senior center WILL be open regular hours.

## Health & Wellness:

\*Walking Club meets Tuesdays and Fridays at the center at 10:10 a.m.

\*Tai Chi for beginners is Thursdays at 9:30; advanced at 10:00.

\*SWIRCA exercise is Thursdays at 12:30.

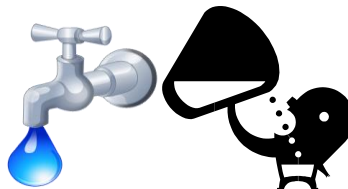
\*Arthritic Stretch Monday, Wednesday, and Friday at 11:00.

\*Nutrition class is on Thursday, June 27 at noon.

## Senior Class Kazoo Band News

No performances this month but please "kazooers" keep singing and join our sing a long this month. Remember singing is good for you in so many ways- respiratory, emotional and physical. Sing along with the radio or CD's or Television. (watch Lawrence Welk on PBS or Gaither concerts on the CMT channel for some easy to sing to music.)

**WATER -WATER-WATER**--- It's hot, so make sure you drink enough water. Keep a glass of water on your table or a bottle of water in your car. Getting dehydrated is especially dangerous for seniors. Drink a glass of water first thing in the morning as a "wake up". And keep drinking during the day.



\*\*\*\*\*

## **OUR PLANTS NEED WATER TOO!!!**

Our **Community Garden** needs some volunteers to keep it (and plants around building, and planters in back) watered...If you or a family member want to help out in that area, please let Lisa know. This would be a great project for a student looking to do some volunteer work!

## SHIP News - Health Savings Accounts

### **Medicare enrollment and Health Savings Accounts (HSA)**

**Q:** I work and my employer and I contribute to my Health Savings Account. If I enroll in Medicare can my employer and I continue to contribute to my HSA?

**A:** No. According to the Internal Revenue Service (IRS), no contributions can be made to your HSA for months you are enrolled in any part of Medicare.

**Q:** What happens to the balance in my Health Savings Account when I enroll in Medicare?

**A:** According to the IRS, after you enroll in any part of Medicare you can continue to use the balance in your HSA to pay allowable medical expenses including Medicare premiums, deductibles, and co-payments.

**Q:** I plan to continue working and apply for Social Security retirement benefits at age 66 in October 2013. Can I delay taking Medicare so my employer and I can continue to contribute to my HSA?

**A:** No. Although you can wait to take Medicare Part B, if you apply for Social Security benefits at age 65 or older you must take Part A without delay.

**Q:** If I apply for Social Security benefits in October 2013 at age 66, when will my Medicare Part A start?

**A:** Your Medicare Part A coverage will be effective April 2013 - six months before the month you apply for Social Security benefits.

*Williams, J. (Spring 2013). SHIP's Log. Indiana Department of Insurance.*

**\* If you have any questions about your Medicare coverage you can call the Newburgh SHIP office at (812) 490-2002. The office is located in the Newburgh Senior Center at 529 Jefferson Street in Newburgh. SHIP office hours in Newburgh are every Wednesday from 9am-2pm. If you need assistance and cannot reach a Newburgh SHIP counselor, call the Aging and Disability Resource Center located at SWIRCA & More. The telephone number for the ADRC is (812) 464-7817 and office hours are Monday-Friday 8am-4: 30pm. SHIP is a nonprofit, unbiased program that offers assistance to Medicare beneficiaries.**

### **Thanks to our Business Sponsors for 2013:**

**\*Bayer's Plumbing- (812) 853-2305- is our Sundae/Fruitful Fridays sponsor.**

**\*Heritage Federal Credit Union-(812) 253-6928-is our Internet Cafe/Printer sponsor.**

**\*Titzer Funeral Homes-(812) 853-8314 - is our Birthday Cake sponsor.**

**\*Zion UCC Church, Newburgh, is our Hospitality Sponsor.**