

# Newburgh Senior Center May 2013 Newsletter



Newburgh Senior Center  
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Hours: Monday - Friday, 9am to 2pm  
Lisa Ashby Goff, Manager

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## Happy Birthday

Jack Spillman - May 8

Jane Schmitt - May 10

Jack Trainum - May 19

Elaine Gomoll - May 24

## *Thank you to our May Day Sponsors who support the Center:*

\*Colleen and Dennis Martin chose May 12 in honor of their daughter, Claire, who is graduating from Purdue University with a Degree in Children and Family Services. Claire will continue her education at Ohio State to obtain her MSW. Congratulations Claire! We are so proud of you!

\*Pat and Patty Harvey chose May 18 to honor the marriage of their son, Matt. "Congratulations and wedding joy to Matt and Amber Harvey. Enjoy living in Australia! We love you both so much!"

The American Legion Ladies Auxiliary, Unit 44, are sponsoring May 27-Memorial Day. They say: "Honor your loved ones and those who served in the armed forces, who are no longer with us. We know our freedom was secured because of those who served."

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## Coming up this month:

\*Card-making with Jane is Wednesday, May 8 at noon.

\*Memorial Day is Monday, May 27. There will be no SWIRCA lunch but the center will be open. Lunch plans to be announced...Clabber Club at noon.

## Community:

\*The second annual Rivertown Trail 5K Run is scheduled for Saturday, May 4. We still need more senior volunteers to help at town hall on Friday, May 3. This is a great way to show our gratitude and support for the town of Newburgh. See Lisa to sign up for a time slot to volunteer.

\*The Strawberry Festival will take place on Saturday, May 11 from 2 to 6pm at Newburgh Presbyterian Church, just east of the town of Newburgh. Favorite strawberry smoothies, pies, and other goodies will be available with free entertainment.

\*The HNI Jazz and Wine Fest will be May 17 and 18 at the Riverfront. Please contact HNI for tickets.

\*Newburgh Museum is seeking items for a future exhibit. Pre 1940 needle art such as crochet and knitting. Lace items such as curtains, tablecloths, napkins..rugs, bed linens, embroidered items, vintage men's clothing. Also needed are old samplers with a Newburgh connection and hair art. If you are willing to loan any of these items, please call 853-5045 and leave a message or call Suzie at 490-4190 or Scott at 455-5357.

## "Senior Class" Kazoo Band May 2013

Please mark your calendars for the following dates:

Thursday, May 02, after lunch/excercise- Practice at the Center.

Wednesday, May 08-at 2:30 pm at Woodlands. Please be there by 2:15 pm.

Wednesday, May 29 at 2:30 pm at Newburgh Healthcare. Please be there at 2:15 pm.

## **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.

## **Health & Wellness:**

\*2013 River City Games "Fit For Life 50 and Beyond" is May 1 to May 31st.  
For info call (812) 464-7800 or visit [www.swirca.org](http://www.swirca.org).

\*Walking Club meets Tuesdays and Fridays at the center at 10:00 a.m. If it is bad weather, we meet at First Christian Church and walk the indoor track.

\*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.

\*Volunteers are at the center every Wednesday from 9am to 2pm to assist with Medicare counseling. No appointment necessary unless you would like another day and time. Call (812) 490-2002 to schedule appointments.

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### **SHIP News- Glaucoma:**

If you have diabetes, a family history of glaucoma, are African-American and age 50 or older, or are Hispanic American and 65 or older, your risk of getting glaucoma may be higher than average.

A **glaucoma test** is covered by Medicare Part B (Medical Insurance) once every 12 months for people at high risk for glaucoma. The screening must be performed or supervised by an eye doctor who is legally allowed to do this test in your state.

All people with Medicare **who are at high risk for glaucoma** are covered.

You pay 20% of the Medicare-approved amount for the doctor's services, and the Part B deductible applies for the doctor's visit. In a hospital outpatient setting, you also pay a co-payment.

If you have any questions about your Medicare coverage for Glaucoma testing or any other medical treatment, please 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 immediate assistance you can call the ADRC located at SWIRCA & More, 16 W. Virginia St., Evansville, IN. The telephone number is (812) 464-7817 and office hours are Monday-Friday 8am-4: 30 pm.

***Remember that May 12 is Mother's Day. Celebrate all mothers and their contributions to our society.***