

Newburgh Senior Center

September 2016 Newsletter

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The Place Where Seniors Congregate

Monday - Friday, 9 am—2 pm

Manager's Corner

This winter, when we shiver in the cold and wish for sunny skies, remember the summer we've suffered through and be thankful for the break from the heat.

We've had challenges and successes this summer. The challenges make us stronger and we should be grateful for the successes.

Several of us have had visits from family and friends. They sure are getting old, aren't they?

Three or four of us have new grandbabies, or great-grandbabies. All has gone well and we are blessed

As summer slips into fall and we get through the Dog Days of summer, it'll be time for us to think about what we can do for others when the weather

turns cold. Again this Advent, we will make favors each week for our shut-in friends who get meals delivered. Last year, they appreciated our efforts so much. The God's eyes we made recently were a big hit with them.

Let's get excited about Porkapalooza and our bake sale that goes with it. Start thinking now what you want to make and bring. Last year we raised more than \$200 for the Center and satisfied a lot of sweet teeth in the process.

Those of you who know me will appreciate this story.

When my daughter was in high school, the band parents were planning a bake sale. One of the ladies in charge asked Jill what her mom would

be bringing. Jill suggested I was best at bringing plates. I am not much better at baking now than I was then, so plan on me bringing the plates and wrappings.



September Birthdays

Rosie Cooper	September 1
Yvonne Hughes	September 2
Patti Rusche	September 7
Ann Neeley	September 8
Bob Clayborn	September 13
Roberta Guthrie	September 16
Bonnie Seibert	September 18
Jahanara Tapal	September 18
Mary Lou Benkert	September 23
Betty Ruffner	September 24
Mary Ann Tuck	September 27
Bob Seibert	September 28

We're taking Porkapalooza orders

Order forms are printed and ready to distribute for Porkapalooza 2016. Stop by the office if you want to take one with you or to place your order. We are again taking orders for pork loins and ribs. Loins are \$15 each or 2 for \$25. Ribs are \$25 a full rack.

We are also looking for a few great volunteers. Only a few more are needed to help with lunch service, but we need lots to help with the bake sale and inside clean up and table maintenance. If you can help either September 23 or 24, please stop by the office and register.

Photo Op! We will have another PINK SHIRT DAY on Sept. 2 so we can get another round publicity in the papers to let folks know about our event.



OOPS, Pardon our slip

We inadvertently omitted the birthday of Linda Schifano in August. Happy late birthday wishes, Linda.

Thanks to our September Day Sponsors



Thanks to our September Day sponsors, all of whom are wonderful repeat Day Sponsors! We appreciate your support.

September 5 is sponsored by Pat and Don Brooks in celebration of their wedding anniversary. Happy Anniversary. We wish you many more happy years together.

September 6 is sponsored by Becky and Mike Ziga in celebration of their 30th wedding anniversary. For them, 1986 was a good year and we are glad to be part of their remembrance of the happy occasion. Happy Anniversary and we wish you many more good years together.

September 17 is sponsored by Dr. Allen Gomoll in memory of his late wife, Elaine on their 61st wedding anniversary. Thank you, Allen, for honoring your dear wife on this day.

September 19 is sponsored by Bill Shinn in honor of the birthday of Diane, his wife. Diane, we hope you have a wonderful birthday.

September 22 is sponsored by Cleo Holder of Shoemaker Financial, to celebrate the birthday of his wife, Carol Holder. Happy Birthday Carol!

September 30 is sponsored by Jane and Fred Stanley in honor of their anniversary. Happy Anniversary and we hope you have many more fun years together.

Scams still going around the area

You may owe Uncle Sam back taxes, but the IRS is never going to call you and threaten to take you to court over the phone. The IRS will, indeed, try to collect moneys due, but not by calls or emails. If you get one of these calls, just hang up. Call the Better Business Bureau at 812-473-0202 or check the web site at www.bbb.org/evansville.

You also can check on a questionable email 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.

Recently several of our members received calls from someone who claimed to be a debt collector. The caller will try to get the person to make a payment over the phone by sharing their checking account number and routing number so the caller will have the person's banking information and can easily clean out that account. Do not talk to this person. If you have caller ID on your phone, our best advice is only answer if you know who it is. If you don't have caller ID, you can let your answering machine pick up on all calls and return

the calls you want.

Fall is a popular season for home repair scams. If someone shows up at your door without an appointment, and they "just happened to be driving by and noticed you need some work done on your roof" or other parts of your house, be suspicious of a scam.

If that person says he/she just did some work for you neighbor or someone close by and they have left over material and they will give you a really good deal on repairs, please smell that rat and turn them away.

When a disaster strikes, we want to help those affected. Be careful when you consider donating to relief funds. Scammers galore will set up sham charity institutions to get your money. It's a good idea to give through organizations you already know and trust, like your church, the Red Cross, etc.

And then there are the "free" trial offers. A free trial offer may seem safe, but sometimes people are repeatedly billed for items, month after month, and find it difficult to get the items returned or stopped altogether.

If it seems too good to be true, it probably is.

If you didn't buy a ticket for a lottery, you aren't going to win big, no matter what the caller may tell you. Only ticket holders win lotteries.

This information was provided by the Office of the Indiana Attorney General Consumer Protection Division.

Big Thanks to our volunteers

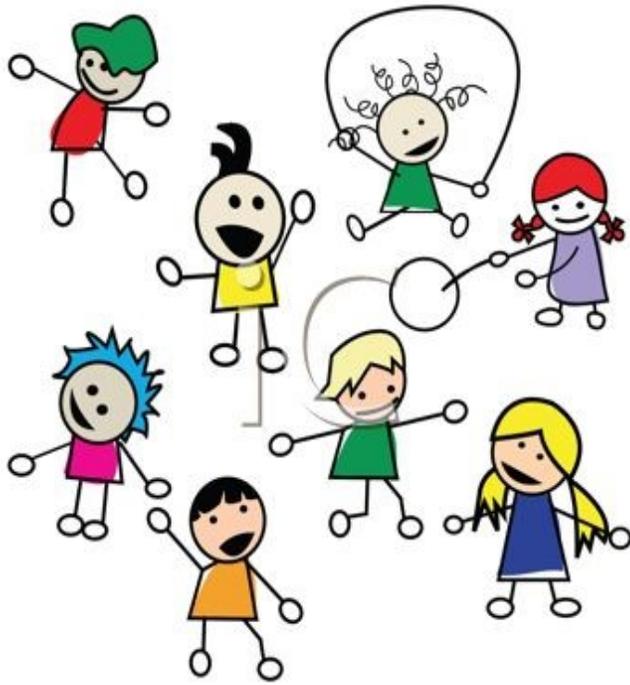
A huge thanks to Dennis and Colleen Martin for cleaning the big sign out front. It picks up some serious gunk from the air and the weather but now it looks a lot better.

Also, thanks to our newest volunteer, Sarah Burke. She's helped with several activities and will be an exercise leader substitute.

We appreciate the gift of exercise bands and squishy balls from Ray Graham's daughter. And thanks to Teresa Graham and Rev. Chris Nunley for bringing us programs about their trips to Guatemala and the Holy Land.

If you know folks who are interesting and willing to share with us, please ask them to bring us a program. Have them call the Center to set up a date.

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.

More trips planned by our friend, Joe Seibert

If you've ever been on one of Joe Seibert's trips to the dinner theater or Branson or other places, you can vouch for the fun that is enjoyed by all. Mr. Seibert has some upcoming trips you might find interesting. These, however, are not sponsored by Newburgh Senior Center, so you will be

responsible for your own ticket and fare.

The Christmas show at the Derby Theater is "Honky Tonk Angels" on Tuesday, November 29. Cost is \$75 per person, due by October 29.

An extra treat for those who love small theaters, Badgett Playhouse and

Patti's 1880's Settlement have a deal for you. Have lunch at Patti's and then see "Sander's Family Christmas" at the theater on December 15.

Call Mr. Seibert at 812-858-1434 for information or email him at happyhoosiers@wowway.com.

Escrip donations

Schnucks Grocery Stores are graciously donating to local non-profits through their Escrip program. They donate a percentage of each purchase through a registered customer. To register, go to the office and ask about the Escrip program. To donate towards Newburgh Senior Center, you need to designate us on the registration form.

Puzzle master keeps tally

Al Johnson, our Puzzle Master at the Center reports, as of August 11, he and his assistants have completed 73 puzzles during the time he has been coming here. There's always a puzzle in progress if you want to help.

Phone numbers and web sites for state agencies dealing with scams and fraud

Indiana Secretary of State

317-232-6531

www.in.gov/sos

Indiana Money Wise

800-223-6576

www.IndianaMoneyWise.com

Auto Dealer Services

317-234-7190

www.in.gov/sos/dealer

Election Division

317-232-3939

www.in.gov/sos/elections

Indiana Attorney General

317-232-6201

www.in.gov/attorneygeneral

Department of Insurance

800-622-4461

www.in.gov/idoi

Adult Protective Services

800-992-6978

www.in.gov/fssa/da/3479.htm

National Academy of Elder Lay Attorneys

(No phone number provided.)

www.naela.com

National Center on Elder Abuse

(No phone number provided.)

www.ncea.aoa.gov

Free Credit Report

www.annualcreditreport.com

MSA Hospice looking for volunteers

Most of us have or will be involved with hospice at one or more times in our lives. Those who have experience with hospice know the comfort provided along with services to loved ones.

MSA Hospice is looking for volunteers to help with a variety of activities, from sitting with a patient, helping with shopping or laundry, reading to

the patient or helping them transcribe stories for their grandkids. Hospice volunteers truly make a difference.

MSA Hospice volunteers are trained and provided regular educational opportunities. If you are interested, or know someone who might be willing to work with hospice, please contact MSA at 812-468-0000.

We have a nurse from this agency

who visits each Tuesday from 10-11 a.m. to provide blood pressure checks. She asked us to let folks know of this opportunity.

There may be other hospice agencies who seek volunteers, as well. This notice is solely to provide information and should not be construed as a recommendation.

Days you may want to celebrate in September

September 4 Eat an Extra Dessert Day
Enough said.

September 6: National Fight Procrastination Day

One of these years we're going to get around to celebrating.

September 8: National Grandparents Day

Feel free to remind your family it would be a good day to celebrate with you.

September 18: Rice Krispies Treats Day

Snap, crackle, pop!

September 9: Talk Like a Pirate Day

September 21: World Gratitude Day

What are you grateful for this year?

September 21: Oktoberfest

It has to start in September in order to get it all finished by the end of October. Though historically a Bavarian

celebration held annually in Munich, Oktoberfests have popped up in cities all over the world. The holiday started as a royal wedding celebration.

September 24: National Punctuation Day

"A celebration of the lowly comma, correctly used quotation marks, and other proper uses of periods, semicolons, and the ever-mysterious ellipsis."

September 28: Museum Day

Anyone who has visited the Smithsonian Museums in Washington, D.C. knows they are especially awesome because admission is totally free. If you have visited a museum almost anywhere else in the United States, you know they typically cost a pretty penny. On this special Saturday, however, Smithsonian is [partnering with museums all over the country](#) to offer



free admission on what they have deemed "Museum Day."

We need a walker

We have loaned out both of the walkers with wheels, so we could use a couple more to use at the Center. If you have a spare or know of one laying around in someone's garage or attic, we would appreciate the donation. We can provide a tax receipt.

Newburgh Community Theater celebrates Simon in October

The cast is practicing its lines and volunteers are working on costumes, lights and sound for the upcoming production of Neil Simon's play, "Fools" that will be staged September 29-30 and October 1-2, at Newburgh's Preservation Hall. Tickets are on sale now. Tickets are on sale now. Our own Mike LaBarbera is a cast member.



Improve your bone health

With a diet rich in calcium and an exercise program that involves weight-bearing and muscle-strengthening moves, we can improve our bone health and get stronger.

Yogurt is an excellent source of calcium, but green veggies have calcium, too. A vitamin D supplement will help your body absorb more of the calcium you ingest. Eat five or more fruits and veggies a day.

Limit salt and alcohol intake.

Walk, walk, walk. It's good for your bones. The bands we use in our daily exercise regimen at the Center are good for resistance training. Practice posture and balance exercises.

Talk to your health care provider about tests and medicines you might need. Have your vision and hearing tested annually.

Fall proof your home.

We will be closed Labor Day, September 5.