

Newburgh Senior Center

December 2016 Newsletter

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The Place Where Seniors Congregate

Monday - Friday, 9 am—2 pm

Manager's Corner

Christmas, for some of us, is not the joyous season it used to be. Our spouses, our children, our friends are not with us any more or they are too far away to make a visit. Let me remind all of us, Christmas is not about us. That may sound harsh and uncaring, but it's true. Christmas is about the birth of the Christ child and we need to remember that. So, even if we find ourselves not in a great situation over the

holidays, we are called to look to Bethlehem for courage and strength and faith to get through our rough times. If you find yourself alone at Christmas, try to find others in the same situation. Celebrate with them. Remember happier times and know that you can choose to be happy where you are in your life.

Jon and I found ourselves not able to get home one Christmas and from that point decided that we would open our house to all who were available on Christmas day. We've had some dear friends and neighbors who dropped in for fellowship on several Christmas Days thence. We are looking forward to another open house this Christmas day. You are welcome to join us, 1-5 p.m. Come when you can; leave when you must.

I remember my favorite Christmas. I had just turned nine years old and more than anything that Christmas, I wanted Santa to bring me a Betsy McCall doll. That was back in the days when McCall's Magazine included a monthly version of a paper doll Betsy McCall and different clothes for her. I cherished these but thought I needed a "real" doll of my own.

Not only did Santa bring Betsy, but he also brought a suitcase full of clothes

and a canopy bed! I was thrilled beyond imagining. I still cherish that doll after all these years, even though she lives in my daughter's attic.

It was many years later I found out my mother had spent hours and hours sewing all those clothes for my doll and my father had made the canopy bed for her.

There have been other Christmases that were not so precious at that one, but during rough years, I could look back on that one and remember the love my parents shared through a canopy bed and a Betsy McCall doll and know that I should share myself with others.

One of our own has passed

We are sad to report the death of Kenny Scheessele. He was a dear friend of ours at the Center and we will miss him. He was always quick with a great story and a sweet smile.

He had been declining for the past several months, but he continued to share his garden with us and play Clabber on Mondays. We so enjoyed his video with family stories.

His children were with him at the end of this part of his life.

Among all else, we'll miss the sip of his wine at Christmas. Goodbye for now, our friend.



We appreciate our December Day sponsors



Celebrate the Christmas season with us

We have several special events in December to help us celebrate the Christmas season. We hope you will invite your friends, family and neighbors to participate.

The Center is a well-kept secret in Warrick and Vanderburgh counties. Please help us spread the word about all the fun we have here so more folks will join us.

Beginning the month, our own Colleen Martin will be here to lead Christmas caroling at noon, December 2. That morning, she will bring the fixings for bean soup-in-a-jar that she gives our friends who volunteer their time and efforts at the Center. She'll need lots of help to fill the jars, so try to be here by 10 a.m.

On December 14, at noon, Kim Shirk, who serves on our board as treasurer, will bring us carols, too. And on December 21, Colleen Martin and our new friend Judy Peerboom will present more Christmas music.

Since we only have so few days a year to sing Christmas songs, you'll want to be here for all these events.

We'll have lots of Bingo days and Cards with Jane. Monday, December 5, will be Birthday Monday.

Thanks to our Day Sponsors this month.

December 10 is sponsored by LNB Community Bank. They encourage everyone to shop and eat "local" and support the small businesses in Newburgh during this holiday season. Thank you LNB Community Bank.

December 13 is sponsored by Diane Shinn in honor of her husband's birthday. Happy Birthday, Bill. Special thanks to Bill and Diane for being such generous long term supporters of the Center.

We want to thank all our 2016 Day Sponsors. Special Thanks to our supporters — **Sharon Anderson, Alonzo and Shirley Moore, Bill and Wanda Kavanaugh, Don and Judy Lee, Bob Claborn, Dave and Marsha Lambert, and Bob and Judy Griffin.** You made our day when you became 2016 Day Sponsors.

If you would like to become a 2017 Day Sponsor, please contact our manager at the Center, 853-5627 or Colleen Martin, 812-598-8332.

Cypress Grove is establishing a vets' unit

Cypress Grove Rehab Center is contracted with the Veterans Administration to work with eligible veterans. Soon, however, the facility will open a Veterans Unit, exclusively for veterans. The information provided said if utilizing VA benefits, veterans do not need to meet income guidelines. Co-pays may apply.

For information, contact Cypress Grove at 812-853-2993. The facility in Newburgh is part of American Service Communities.



Sjogrens group will continue to meet here

The area Sjogrens Support group will be meeting at the Center in 2017. All meetings begin at 12:30 p.m. in the computer room. Dates for next year are February 15, June 21, September 20 and November 15. Anyone dealing with Sjogrens Syndrome in any capacity is welcome to the meetings.

Sjogren's syndrome is a chronic, slowly progressive, inflammatory autoimmune disorder characterized by the infiltration of specialized cells of the immune system into the salivary glands and tear glands. This chronic lymphocytic infiltration interferes with the normal function of these glands and eventually results in a significant reduction or cessation in the production and secretion of saliva and tears. In approximately 40 percent of patients, Sjogren's syndrome progresses and other symptoms develop. Two distinct forms of Sjogren's syndrome have been recognized:

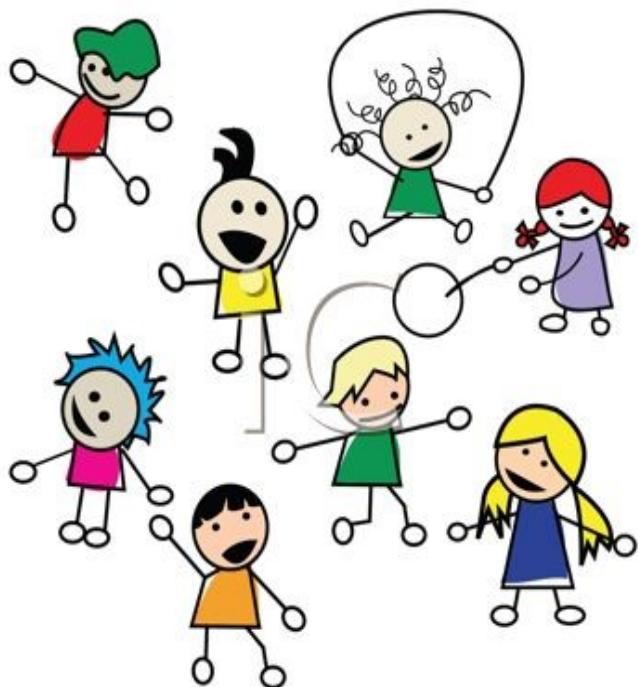
Primary Sjogren's syndrome - defined as dry eye and dry mouth that occurs by itself and is not associated with another autoimmune disorder. Primary Sjogren's syndrome occurs in approximately 50 percent of cases according to the Sjogren's Foundation of America.

Secondary Sjogren's syndrome - characterized by dry eye and dry mouth that occurs in the presence of a major underlying *autoimmune connective tissue disease* such as rheumatoid arthritis, systemic lupus erythematosus, or scleroderma.

It has been estimated that up to 4 million Americans are afflicted with Sjogren's syndrome. However, because the disorder may be difficult to diagnose, the incidence of the disease may be considerably higher. The syndrome is seen mostly in women, with the average age of onset of 52 years old.

If you have questions about this disorder, feel free to attend one of the meetings.

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.

Odd days in December you may wish to celebrate — or not

One holiday in December we'll be sure to celebrate is the anniversary of the birth of BINGO. It's a month-long celebration. Others we always remember are Pearl Harbor Day and Christmas, Hannukah and Kwanza. But here are some others that are on the other side of weird.

- 1 — Eat a Red Apple Day
- 3 — National Roof over Your Head Day
- 4 — Wear Brown Shoes Day
- 6 — St. Nicholas Day
- 7 — Letter Writing Day
- 9 — Christmas Card Day
- 12 — Poinsettia Day
- 13 — Ice Cream Day
- 14 — Roast Chestnuts Day
- 15 — National Lemon Cupcake Day
- 16 — National Chocolate Covered Anything Day
- 21 — Crossword Puzzle Day
- 21 — Look on the Bright Side Day
- 23 — Festivus - for the rest of us
- 24 — National Egg Nog Day
- 26 — Boxing Day
- 27 — National Fruitcake Day
- 28 — Card Playing Day
- 30 — Bacon Day
- 30 — National Bicarbonate of Soda Day
- 31 — Make Up Your Mind Day



Center Christmas lunch reservations

So we will know how many to plan for, reservations for lunch December 23, sponsored by the Center, are due by December 16. This is not a SWIRCA lunch. Barb will have the sign up sheet.

Watch for Vectren fraud attempts

Be aware of scammers who pose as Vectren employees threatening to disconnect electric service if an immediate payment is not made. Thieves typically attempt to steal money by phone or in person but be on the lookout for falsified mail and email as well.

What are the scammers doing?

- Threatening to shut off power unless an immediate payment is made;
- Instructing customers to go to a certain store and purchase a pre-paid card then call for further instructions;
- Telling customers they need a new electric meter but must make a payment before the new meter is installed;
- Offering a discount on their utility bill if they sign up for auto-pay;
- Negotiating total bill amounts if an immediate payment is made;

- Demanding a deposit be paid immediately.

How can you protect yourself?

Know that Vectren will never:

- Disconnect service without prior warning;
- Accept payments in person at your door or call and ask for credit/debit card information over the phone;
- Insist a payment be made with a prepaid credit card;
- Ask a customer to meet a Vectren representative in a parking lot, at a store or other location to make a payment.
- If you get a call or a suspicious email, or someone comes to your door, call the police to report it and call Vectren to let them know.

Information for this report courtesy of Indiana & Michigan Electric Company.



Membership dues are due in January

You can help support our Center programs by paying your membership dues. Since we run on a calendar year, the logical time to write your check or pay your cash is in January. Please see our manager to support the Center with your donation, which is tax deductible to the fullest extent of the law.

New Year's Resolutions: For the good of our order

As we look at the end of this year, we can take stock of how good we were to ourselves: eating right, getting exercise and plenty of rest. If we find we need to improve on those aspects of our lives, lets pledge to help each other with our resolutions for 2017. If you would like to share your resolutions with our members, please share them with our manager. She'll print up a list and we can all work together in the new year. You can make your resolution anonymous if you'd like.



Easy ways to support the Center: Escript and Amazon Smile

Every time you shop at Schnuck's Grocery or order items from Amazon, you can support Newburgh Senior Center.

The program at Schnucks is called Escript and we have the cards that you show at check out. You'll need to set up your card so a donation is made to the Center each time you shop.

If you use Amazon, you can name the Center as a recipient of a donation each time you shop. Go to smile.amazon.com and choose Newburgh Senior Center.

Then a donation will be made to the Center when you make a purchase.

Neither of these programs are going to make us rich, but since every bit of income helps, we encourage you to participate in these painless giving programs.

Players needed

Players are needed to fill slots for Clabber, Bridge, Pinochle and Euchre for the new year. If you already know how to play any of these games, you just need to let us know you want to play. Mondays are Clabber. Bridge is first and third Tuesdays. Euchre is Wednesdays. Pinochle hasn't been scheduled so players can choose their days and times.

If you'd like to learn how to play any of these games, let us know and we can hook you up with teachers.

Call 812-853-5627 for information. We'll pass your name and number to the people who are in charge of those activities.

We also play Scrabble on Thursdays if you want to have fun with words.