

Newburgh Senior Center

January 2016 Newsletter

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The Place Where Seniors Congregate

Monday - Friday, 9 am—2 pm

Manager's Corner

I don't know about you, but I hesitate to make New Year's resolutions. It's easy to stay enthusiastic about resolutions for about two weeks, then the spark starts to wane and I'm back where I was before the holidays.

Breaking old habits or developing new

ones is a difficult task. An old friend of mine said his doctor once told him that people over 40 would never change their lifestyles unless they were forced. I tend to agree with that idea. Even if we are in a rut, it is our rut and we are comfortable in it.

So this year, let's all get together and change one thing about us that needs work. I have a bunch of bad habits I need to change, but I think I'll just set one goal for this year and stick to that. I am going to get more exercise. You are my witnesses to this promise. When my kids were growing up, we decided one food we would learn to eat during a year. Thanks to that pledge, I have expanded my eating horizons. Before that, I didn't eat pineapple, sweet potatoes, kiwi, broccoli, cauliflower, any kind of berries, etc. Some of those are never going to be my favorite foods, but I've gotten to the point with them that I don't gag if they get on my tongue. I haven't decided on this year's food of the year, but I'm sure it will never be strawberries, raisins or coconut. I'm leaning toward Brussel sprouts.

We don't have to make our resolutions public, but sometimes it helps to get support on things that we plan to do, either from a group or a single friend. If you are making resolutions, perhaps you should get a buddy to keep you strong.

I would like to encourage all of us at

the Center to make a commitment to stretching our brain power this year. I will be writing articles in our newsletters with ideas for saving our memories and learning new things. I'll bring programs for us to grow our minds.

Just recently, we started playing dominos. It isn't a difficult game, but there are several versions with different rules.

We are going to play on a regular basis this coming year if we can get enough interest.

I wish you all a Happy New Year and hope for us all good health, expanded prosperity and new friends.

There are many choices we'll make this year. Some will be difficult. Most of all, I hope you choose to be happy.

Miscellaneous Notes

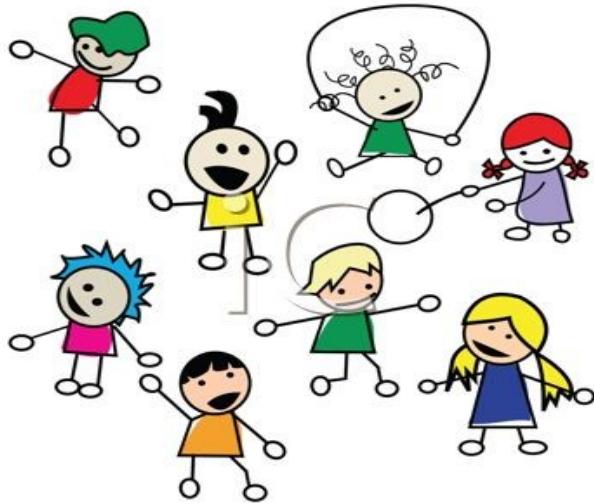
Remember to use your eScrip card when you shop at Schnucks and several restaurants in the area. We receive a donation each time you use your card.

The knitting ladies always welcome new folks, Tuesdays, at 10 a.m.

As well as Facebook and Twitter, you can check our web site for updates. Our web site is newburghseniorcenter.com and our Facebook address is facebook.com/newburghseniorcenter. Nancy Lybarger's email is manager-atnsc@gmail.com.



Thanks to our Activity Sponsors



Missing hangers

Some time back, we hosted a clothing exchange and our new wooden hangers disappeared along with the clothes. The hangers were not part of the deal and we need you to bring them back.

It wasn't obvious that the hangers were missing until coat-wearing weather arrived and there were no hangers on which to drape said apparel. So, now is the time to go to your closet and bring in the wooden hangers that belong to the Center. We have declared hanger amnesty, so you can sneak them up on the rack when you arrive.



Thanks to our retiring NSC board members

Two NSC board members retired at the end of 2015. We wish to thank Blake Larson and David Lambert for their service to the Center, its activities and its function in our community.

The other board members are returning and we appreciate their dedication, as well. If you have concerns, please feel free to contact them.

Our board members this year are Todd Titzer, Ray Graham, Kim Shirk, Alonzo Moore, Dave Zengler, Arnold Sorensen, Judy Lopez, Colleen Martin, Lisa Libs Kormelink, Betty Hendrickson, Chris Nunley, Joy Alexander and Monte Williams.

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.

SWIRCA changing operating days

Last month we received word from SWIRCA headquarter that as of January 4, 2016, they will not be serving lunch on Fridays instead of Wednesdays.

That doesn't make a difference in the schedule here at Newburgh. We serve lunch five days a week anyway, unless there is a holiday or a school weather closure.

We've had compliments on our lunches that have been served on SWIRCA's days off. So, if you have not been coming to NSC on Wednesday because you thought there was no lunch, you've been missing great meals.

We still have lunch at 11:30 a.m. and you don't need a reservation on the "off" days. Otherwise, for SWIRCA meals, you can sign up on Fridays for the following week or give us 24 hours notice so we can order your lunch. We hope you will join us on Fridays this year, as we enjoy a variety of special cuisine.

Last year many organizations and businesses provided lunches for us on the "off days." If you are a member of one of these groups, or you know of others who might feel as generous, please have them contact me to set up a day for them. It doesn't have to be an expensive spread, either. We have been just as happy with sandwiches and chips as we were with Italian delicacies. The only thing we ask is that the menu be reasonably balanced with fruit, veggies, protein and carbs.

Oh, and dessert is a crucial necessity. But, we have members who can provide extras if we need them.



Park Place neighbors plan visit to NSC

Believe it or not, there are some folks who are not aware of the fun happenings at our Senior Center. In order to acquaint a few more folks, we've invited our neighbors at Park Place to visit



us in February for lunch and a concert. They'll be joining us on February 24 for lunch and a presentation by the Southern Hollow Dulcimer and Folk Group. If you know folks at Park Place who are not members here, please personally invite them to visit us any time, but especially on their lunch day out in February.

A lot of people do not feel like they are "old enough" to participate in Senior Center activities. We need to educate them about what we do here and assure them they do not need to be old to be members. We have lots going on that should interest folks who have day time on their hands — and we are open to other activities if they

generate enough interest. Just look at all we did last year to encourage new members: We added bridge, euchre and Scrabble to our weekly activities, to mesh with our weekly Clabber Club. We exercise every day and a lot of days, we have sponsored Bingo games. We do crafts occasionally and every month we have stamping at "Cards with Jane."

It's not just up to our board or our manager to recruit new members. It's up to all our members.

Thanks to our Day Sponsor for January

Happy Birthday !

January 23 — Happy Birthday to Penny Bodkin.

This day is sponsored by Tom Bodkin in celebration of Penny's special day. Thank you Tom and Penny for all you do in our community. They are active in several events and organizations.

If you or someone you know would like to sponsor a special day, please let us know at least one month ahead. As a Day Sponsor, you can have your name (or someone else's name) on our sign out front.

We've had people celebrating birthdays, anniversaries, work or family events. Some have even put up memorials for loved ones.

Creativity is encouraged but remember, there is only room for so many words on our sign.

Luckily, there is much more leeway in our newsletter and we'll put most any wish or congratulations in this spot for you. Contact Colleen Martin or the NSC office for info.

Back in the Saddle with the Kazoo Band

January 2016-Happy New Year!!

January is "Cowboy Music" month and I hope our audience will enjoy our program. It will bring back memories of days gone by and hope for the future.

Thank you so much for all you do. Please bring someone along with you to join us.

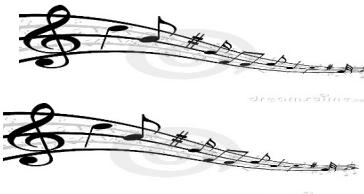
Colleen

Thursday, January 7: after lunch — a light Kazoo Practice

Thursday, January 7 at 1:30p.m. — at Bell Oaks Place. Please be there by 1:15 pm. *** Note the time difference

Wednesday, January 13 at 2 p.m. — at Signature. Please be there by 1:45 pm. ***Note the time difference.

Thursday, January 21 at 2:30 p.m. — at Woodlands-Please be there by 2:15 pm..



**Let's hope the weather cooperates. If school is cancelled, and the NSC is closed, we will not kazoo.*

NSC board establishes policy concerning health emergencies and transportation

Now that we have the AED and more people have advance directives where their health care is concerned, the NSC board felt it was important to develop a formal policy setting parameters when we will call an ambulance in case of health care emergencies.

The new policy follows on the next page of this newsletter. On the back of that page is the release agreement for participating in Senior Center activities. We ask that you keep these pages. If you have not signed a release agreement, please do so and bring it to the office. Our manager will copy it and put it in our file. The release agreement is the same as it has been in previous years, so if you already signed one, you are good to go.

Please note the release agreement highlights that we welcome all people who are 55 or older or have special needs, but we are not a day care center. If you need help in walking, going to the restroom or feeding yourself, you need to bring your own personal assistant. And, we welcome you and your assistant to participate as much as possible in our activities.

We understand that most people would prefer we not call an ambulance if they are not feeling well. We will try

to follow your wishes as far as possible, but there are circumstances — as printed in the following policy — where it will be necessary for us to summon emergency personnel.

We have a room with a bed where you can rest until your relative/friend/emergency contact can come and retrieve you from the Center if you want to wait there. Please know that we will hover over you until you are ready to scream.

In a nutshell, here are the cases when we will call an ambulance. This is not negotiable.

- *If you are unconscious or unresponsive
- *If you seem to be having a heart attack
- *If you may be having a stroke
- *If you are bleeding and we can't control it
- *If you have fallen and are in severe pain

(In certain instances we will offer to help you up; otherwise we will bring you a blanket and make you stay where you are until assistance arrives. The staff person on duty at the Center will make the decision.)

Please be sure we have your personal information form on file in our office.

If you think you have not filled out this form, they are available in the office. With the new year starting, this is a good time to update your forms. Some folks have moved within the last year and we may not have your new address.

If you have a "Do Not Resuscitate" advance directive, we need a copy for our file. If we do not have this information and we call an ambulance, their personnel are required to treat you in the best way they can provide.

We hope no one ever gets sick or injured at the Center, but the likelihood is that some day, something will happen, so we'd like to be as prepared as we can be ahead of time. Our manager is certified in CPR and basic first aid and will be happy to make an initial assessment, but she will make the call if she thinks it is necessary.

If an ambulance is called for you, based on staff assessment and you do not want to be transported, you will need to take that up with the emergency transport people. If you refuse transport, please be sure you have someone coming to pick you up from the Center.

January Quotes

"January is here, with eyes that keenly glow, A frost-mailed warrior, striding a shadowy steed of snow."

— Edgar Fawcett

"Nature has undoubtedly mastered the art of winter gardening and even the most experienced gardener can learn from the unrestrained beauty around them."

— Vincent A. Simeone

"There are two seasonal diversions that can ease the bite of any winter. One is the January thaw. The other is the seed catalogues."

— Hal Borland

January days to celebrate — or not

- 3 Fruitcake Toss Day
- 4 Trivia Day
- 7 Old Rock Day
- 13 Make Your Dreams Come True Day
- 15 National Hat Day
- 16 National Nothing Day
- 21 National Hugging Day
- Squirrel Appreciation Day
- 27 Chocolate Cake Day
- 28 National Kazoo Day
- 29 National Puzzle Day
- 31 Backward Day

