

Newburgh Senior Center

July 2014 Newsletter



Newburgh Senior Center

529 Jefferson St.

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NewburghSeniorCenter.com Lisa1ashlyn@aol.com

Hours: Monday - Friday, 9am to 2pm

Lisa Ashby Goff, Manager

Allen Gomoll - July 10

Ron Weatherford - July 18

Rudolf Fischer - July 25

Carol Parsons - July 28

We appreciate our July Day Sponsors

July 2nd is sponsored by Dr. John. P. Morgan, of the Hand Center of Evansville. Happy Birthday, Dr. Morgan. We thank you for being a continuing Day Sponsor for the Newburgh Senior Center.

July 4th is sponsored by King Mechanical of Newburgh. They wish all of us a safe and meaningful holiday. We are grateful for King Mechanical. They are good neighbors and have been generous supporters of the Center.

July 26th is sponsored by Bayer Plumbing, of Newburgh in honor of the birthday of Joe Bayer. We join Joe's wife, Maria, in wishing Joe a Happy Birthday on July 26. Bayer Plumbing is our Sundae Friday sponsor and is a long time supporter of the Center.

Community Happenings:

*Heritage Federal Credit Union Fireworks and Evening in the Park-Friday, July 4th from 6pm to 9:30pm at the riverfront

*Roll-in on the River Cruise in - Friday, July 11..registration starts at 5pm

Health & Wellness:

*Nursing Students from ITT Breckinridge School of Nursing will visit us on Tuesdays this month. They do blood pressure checks for us and we enjoy their company as well.

**"Stretch & Go Yoga with 'O'" is each Wednesday at 10:30. The public is welcome to participate for \$4 per class.

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

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

*Group exercise Thursdays at 12:30.

*Nutrition Class with Carolyn Schmidt from the Purdue Extension Office of Warrick County is Thursday, July 24th at noon.

SHIP News

If you have **Medicare and other health insurance or coverage**, each type of coverage is called a "**payer**." When there are two or payers, **coordination of benefits rules** decide which one pays first. At that point there is a primary insurance and a secondary insurance. There may even be a third payer in some circumstances.

What it means to have a primary and secondary payer...

The insurance that pays first (**primary payer**) pays up to the limits of its coverage. The one that pays second (**secondary payer**) only pays if there are costs the primary insurer didn't cover.

The secondary payer (**which may be Medicare**) may not pay all the uncovered costs. If your employer insurance is the **secondary payer**, you may need to enroll in **Medicare Part B** before your insurance will pay.

Paying "first" means paying the whole bill **up to the limits of the coverage**. It doesn't always mean the payer pays first in time. Medicare may be billed and make a conditional payment to pay the bill, and then later recover any payments the primary payer should have made.

If you have any questions about Medicare or primary and secondary payers, call SWIRCA & More ADRC at (812)464-7817 or (866)400-0779. Office hours are M-F 8am-4:30pm.

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. Most people do not realize they are dehydrated until they end up with other health problems, and this is dangerous. 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!

Thanks to our Business Sponsors for 2014:

- *Bayer's Plumbing- (812) 853-2305- is our Sundae Friday 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.
- *Tom & Penny Bodkin-our garden/landscape sponsor.
- *Zion UCC Church, Newburgh, is our Hospitality Sponsor.
- *Ohio Township-Activity Sponsor
- *Christian Science Society of Boonville Irrevocable Trust Fund-Sponsor
- *Family of Tennis Hatfield-National Christian Foundation grant-newspaper sponsor.