

Newburgh Senior Center

July 2015 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am—2 pm

Manager's Corner

Hope you are enjoying your summer. We are having a "cool" time here at the Senior Center and a slew of special events are planned for July. We hope you'll join us for Bingo, Clabber, RummiKub and a host of other activities.

We have undertaken to provide favors and cards each month to the members who are on the meal

delivery program. This month we made flags to commemorate our Independence Day.

The garden progresses well. If you would like to come and help with weeding and watering, all volunteers are appreciated.

We are planning a bake sale along with Porkapalooza in September and a vendor fair later in the year.

Check our calendar at the back of this newsletter for a full listing of events for July. (Of course they may change if we get a better idea.) We hope you'll find time in your schedule to become a part of our activities. If you aren't here, you are missing out on the fun.

Thanks to our Wednesday lunch providers

SWIRCA still is not able to provide lunches for our meal site on Wednesdays. Officials there are striving to regain that funding, but the official word is they don't have any idea when it might be restored. In June, we were blessed to have all four Wednesdays covered. Our June lunch hosts were Carol Durban of Heritage Hospice; Zion UCC and a host of volunteers who served; Dr. Alan Gomoll; and LNB Community Bank.

Thanks so much for all the gracious support our friends in the community provide. If you or your organization would like to provide a Wednesday lunch, call 853-5627. You can bring lunch or write the check for us to buy meals.

Mission group cleans and trims at NSC

Several members of the Mission Here group blessed us with a Saturday morning work session. They dusted baseboards, replaced chair "shoes" and cleaned our sign out front and dead headed roses. The seven youth and adults who did work here were part of a large group from all over who were in this area for a week, doing things like painting and roofing houses, cleaning up around town and making minor repairs to homes for people who were unable or could not afford to fix up their places.

We are grateful for the jobs they did here. Thanks Ray and Teresa Graham, Sharon and Larry Austin,

Audrey Watson, Maria Warren and Sophie Fanok.

July birthdays

Carman Edmonson	July 5
Dr. Allen Gomoll	July 10
Ron Weatherford	July 18
Sally McGregor	July 23
Rudy Fischer	July 25



Newburgh Senior Center Activities

July 2015

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1			*11:00 Exercise *11:30 Red, White and Blue pitch in for lunch. Bring red, white or blue food!	2 *9:30, 10:00 Tai Chi/Zion UCC	3 Closed	4 Independ- Day God Bless Ameri
6	*11:00 Exercise *Noon-Clabber Club	7 *10:00 Knit & Crochet 10:00 iSenior/help with phones/ipads *11:00 Exercise *Noon Jeopardy	8 *11:00 Exercise *1:00 Euchre Club/first meeting: set future meetings *1:00 Bridge Club/first Meeting: set future dates	9 *9:30, 10:00 Tai Chi *12:30 SWIRCA Exercise	10 *11:00 Arthritis Stretch *Noon-Bingo- Bell Oaks- Jessica	11
13	*11:00 Exercise *Noon- Clabber Club	14 *10:00 Knit & Crochet *10:00 iSenior *11:00 Exercise *Noon – Wanda's Bingo	15 *11:00 Exercise *Noon-Bingo-Sarah- Woodlands *12:30 Sjogren's support group-V. Siebe	16 *9:30, 10:00 Tai Chi *11:30 Nutrition-Carolyn *12:30 SWIRCA Exercise	17 *11:00 Arthritis Stretch *Noon-Fruitful Friday – Bayer's Plumbing *Noon – Raid on Newburgh trivia	18 Anniversar Raid on Ne 1862
20	*11:00 Exercise *Noon-Clabber Club	21 *10:00 Knit & Crochet *10:00 iSenior *11:00 Arthritis *Noon Hamilton Pointe Bingo	22 *10-?? Luau: Dare you to wear your grass skirt *11:00 Exercise *Noon-Bingo-Brittany- River Pointe	23 *9:30, 10:00 Tai Chi * 12:30 SWIRCA Exercise	24 *9:00 Cards with Jane *11:00 Arthritis Stretch *Noon Tom & Cindy Nord -- history	25 SWIRCA Lunc and served Mor Thurs, and Fri. Reservations in turned in 24 ho
27	*11:00-Exercise *Noon-Clabber Club	28 *10:00 Knit & Crochet 10:00 iSenior *11:00 Exercise *Noon-Bingo Reliable Adult Day Care	29 *11:00 Exercise *Noon Bingo with Gary Krick	30 *12:30 SWIRCA Exercise	31 *11:00 Exercise *Noon Celebrate July birthdays: Margie's baking pies!	Please note calendar is to change.

Thanks to our July Day Sponsors



July 2 — Happy Birthday to Dr. John P. Morgan. He is with the Hand Center of Evansville. Many thanks, Dr. and Mrs. Lynne Morgan, for being long-time Day Sponsors of the Center. We appreciate you so much.

July 4 — Charles and Charlotte Koewler, who encourage us to fly our flags and celebrate Independence Day. Thanks, Charles and Charlotte. God Bless America.

July 26 — The birthday of Joe Bayer, owner of Bayer Plumbing of Newburgh. Happy Birthday, Joe, from Maria, everyone at Bayer Plumbing of Newburgh, and all of us at the Newburgh Senior Center. The Bayer's are our "Sundae Friday/Fruitful Friday" sponsors for 2015. Thank you, Bayer Plumbing, for your long-time support.

New card clubs forming at NSC

We've had a great response to our quest for Bridge and Euchre players to form new clubs at the Center. For those who want to play Euchre, the first gathering will be Wednesday, July 8, 1 p.m. at the Center. We have cards. This is for people who have played before. We can refresh your memory if necessary.

The Bridge Club will meet Thursday, July 9, 1 p.m. at the Center. Again, this is for folks who know the game, even if it was years ago you last played.

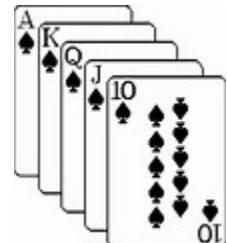
We plan to have classes to teach Euchre, Bridge and Clabber. Clabber is meeting Wednesday at 10 a.m. If you cannot make that meeting, please call to schedule a lesson. Euchre lessons will be Tuesdays at 1 p.m., beginning Tuesday, July 14. Please call 853-527

to enroll.

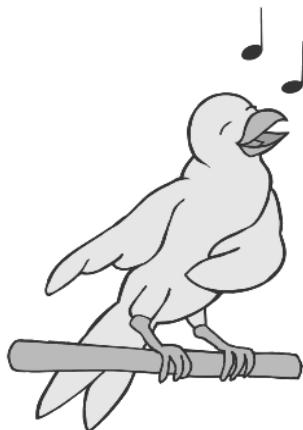
We are looking for a Bridge instructor and someone to teach Pinochle. If you are interested, please call Nancy at the number above.

If there are other games you'd like to play, let us know and we'll put out the word.

We are a "playful" group here at Newburgh Senior Center and we'd love for you to join the fun.



Follow us on Twitter



Newburgh Senior Center is now on Twitter at *seniorcenternewburgh*. (Don't use the dash; it's just there in this paragraph.) We'll be posting event info and special notices. You can follow us and get up to the minute news about NSC.

Miscellaneous reminders

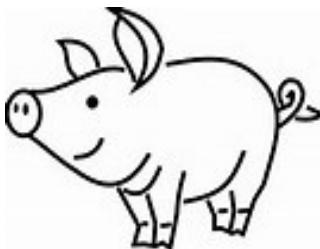
Remember to use your eScrip card when you shop at Schnucks and several restaurants in the area. We receive a donation each time you use your card.

The knitting ladies have begun another project. They are making dishcloths and will be selling them at one of our events. They always welcome new folks, Tuesdays, 10 a.m.

The iSenior volunteers are here each Tuesday, 10-11 a.m. They will help you figure out your high tech electronics, such as Smartphones and iPads. You don't need an appointment.

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.

Porkapalooza smokin' for Newburgh Senior Center



Get your taste buds ready for the best ribs and pork loins in the Tri-State. The guys and gals from the Newburgh BBQ Coalition will be smokin' at Newburgh Senior

We'll be offering pulled pork sandwich lunches both days. Pre-orders will be taken on the ribs and loins. Senior Center members are hosting a bake sale both days of Porkapalooza this year. We'll need a variety of baked goods to sell. Baked donations from your friends, family and neighbors are welcome, too.

Center on Friday and Saturday, September 25 - 26.

AARP looking for tax season volunteers

You don't need to be an accountant to help other seniors with their taxes. Dale Oberbeck says they need volunteers to greet clients, open mail and answer phones, as well as experienced tax preparers. He will be at the Center on August 11, at noon to present a program on different ways you can volunteer to help seniors get their taxes done correctly and on time. He says we may be able to use the Center as a tax site in the future.

Celebrity chefs will compete for honors



To help get the word out about Porkapalooza, we are having our annual Celebrity Chef Cook Off this year on Monday, August 24, 5:30-7:30 p.m.

This year they will be competing with their best recipe for pulled pork. The Celebrity Chefs haven't been announced yet, but we'll let you know as soon as we find out. Plan to come out for this fun evening and get tastes of great pulled pork.

Use it and don't lose it

Neurobics: Exercising our brains can keep them young

Excepted from an article by Ellen Wood

We can stimulate new neural pathways and cell growth no matter how old we live to be. Advances in brain imaging and neuroscience have enabled scientists to learn more about the brain and how it works. While researchers at the University of Kansas have found that getting plenty of physical exercise may keep your brain fit too, there's even better news.

The latest scientific research shows that your brain performs best when it has its own fitness program, fostering a whole new

industry – neurobics, exercises for the brain.

Neurobics can take the form of mental exercises, brain teasers and puzzles. Studies show that by exercising your brain, you can actually create new neural pathways and reverse cognitive decline.

This contradicts the old belief that our brain cells are just dying off as we age. The truth is we can stimulate growth in our brain cells at any age!

Another way to stimulate your brain is by learning how to do something completely new – to speak a foreign language, a new

skill such as knitting or how to play an instrument – perhaps the piano, banjo or guitar.

The best book I've found for increasing my brain power is "Train Your Brain: 60 Days to a Better Brain" by Ryuta Kawashima. So use it, don't lose it, and you can forget about memory loss.

Author, anti-aging coach, columnist and speaker, Ellen Wood helps men and women grow younger with body/mind/spirit action steps. She is living proof that they work. Sign up for three free gifts at her website: <http://www.howtogrowyounger.com>.

Heart Savers present life saving equipment to Senior Center

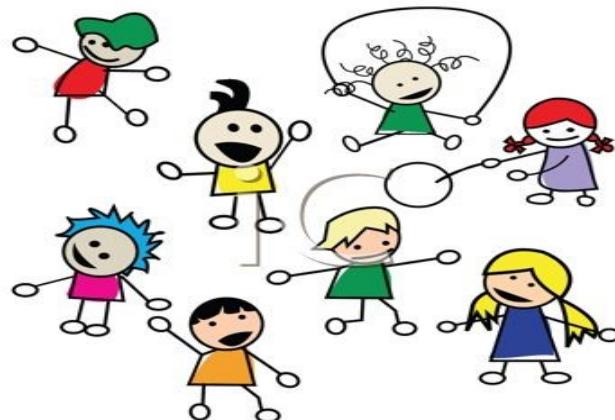


Penny Goshert, BLS, and her staff of trainers presented the Senior Center a new AED (Automated External Defibrillator) and trained our staff and volunteers to use the equipment.

The Heart Saver group, through The Heart Hospital at Deaconess Gateway, is making the equipment available at little or no cost to Senior Centers and other

places where people gather. One of the trainers said if a person needs defibrillation treatment, the first five minutes until treatment begins is critical to a positive outcome.

We are grateful to have this state of the art life saving equipment and, of course, hope we never need to use it.



Sjogren's Group meets every month at Senior Center

The Sjogren's Support Group, led by Vickie Siebe, meets at the center every third Wednesday, 12:30-2 p.m. All are welcome to participate.

Sjogren's Syndrome includes a variety of symptoms and is often mistaken for other diseases, such as Rheumatoid Arthritis, Lupus, Fibromyalgia, chronic fatigue or MS. If you or anyone in your family has Sjogren's Syndrome, we invite you to visit with this group to learn more about the illness and how to cope with it.

Although there is no cure for Sjogrens, early treatment will increase the probability that symptoms can be controlled . It is a systemic disease and affects each patient in different ways. Often symptoms are felt throughout one's body and may occur together or infrequently.

Symptoms vary from person to person but may include:

- a dry, gritty or burning sensation in the eyes
- dry mouth
- difficulty talking, chewing or swallowing
- a sore or cracked tongue
- dry or burning throat
- dry or peeling lips
- a change in taste or smell
- increased dental decay
- joint pain
- vaginal and skin dryness
- digestive problems
- dry nose
- debilitating fatigue

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Thanks to our Center activity sponsors

***Town of Newburgh** — Provides our building, maintenance and 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.