

NEWBURGH SENIORS SPEAK

JULY 2010 NEWSLETTER

Newburgh Senior Center
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Sidelines: Pam

Every July, I think of my Mother's words, "Once we reach July 4th, summer is over".

As a young girl enjoying my three-month vacations from pop quizzes, school lunches and the mandatory house rule of an 8:30 p.m. bedtime, I hesitated to put much stock in Mother's prediction. After all, Mother was not a meteorologist, but a schoolteacher. Following retirement, Mother continues to mark the passing of time according to the academic school year and her former "lesson plans".

Many years later, as is so typical in life, I now put credence in Mother's scholastic calendar. "Why?" you ask. Well...I am done with the 90-degree and matching humidity weather! I am done with my eyeglasses fogging up upon exiting an air-conditioned environment; done with blistering auto steering wheels; done with a parched lawn, and I am done with the complete lack of energy that I now share with my 14-year-old cat, Fred.

If swimming in an Olympic-sized pool was an activity at the Center, I may enjoy these steamy months. Till then, I am banking on Mother's prediction.

A SERVANT'S HEART

Born and reared in a part of the country that offered little variation in temperatures with the absence of any distinct seasons, it was necessary to become aware of change through other means; such as, friendship.

Take Len Dorsett. She came through the Senior Center and then in a heartbeat she was gone. Fortunately for the seniors, she left behind memories of her generosity and goodness.

Another season of friendship is upon us in the names of AARP employees, Sybil Cuellar, Steve Amos and Joanne Ferguson. As for all the rest of us

who are likewise passing through, I am most grateful and humbled by our time together.

Happy Birthday Wishes

Sylvia Smith	7/2
Burl Houston	7/3
Sally McGregor	7/23
Margie Helming	7/30



JULY DAY SPONSORS

July 4...Sponsored by Jackie Schen, owner of Edgewater Grille

July 11...Sponsored by Don Lee of Don Lee Realty

We offer our sincere appreciation to Jackie Schen and Don Lee.
Thank you kindly for your generosity.

I have a question for you?

What kind of a person celebrates their 81st birthday by not just sharing, but giving their gifts to friends? Yes, this particular kind, caring person is our very own Newburgh Senior Center farmer, Kenny Scheeselle!

When Kenny's children asked him what he wanted for his birthday, he knew exactly what he wanted. He asked them to donate to the Senior Center, which is exactly what Ralph, David, and Jo Vandersnick did.

Thanks to all the Scheeselle's and especially to the man himself, Kenny, for all of his generosity to the Center over the years. This includes the wide spectrum from birthday donations to green beans, *both solid and liquid.*

As life would have it, there is another young couple at the Center that recently celebrated their 55th wedding anniversary. What did Aileen and Owen "Jeff" Jeffries do to commemorate their special day? They made a generous donation to the Senior Center.

Not that long ago, The Abney's made a generous donation to the Center in honor of their wedding anniversary. I tell ya'...this goodwill is contagious!

A QUICK WASSUP!?

Get Well Soon....Brenda Pierson. We miss you.

Wanda Smith...Niagara Falls! Montana! Come back soon.

Has anyone seen the Spillman's?

Velda & Barb will soon be cruisin' in Alaska.

UPCOMING EVENTS

- An Aseracare Hospice Grief Support Group begins July 7th at the Newburgh Senior Center. Meetings will be held every second Wednesday of the month. The next meeting this month is July 21st. Support group dates will be available in the August newsletter. Fred Benton is the bereavement care coordinator at Aseracare. Fred suggests the group might bring a brown bag lunch during the sessions as he will facilitate conversation among members between 12 – 1 p.m. Fred adds that members in this open group are free to come and leave at will.

In his endeavor to provide support and comfort to others, Fred Benton shares his dedication and fulfillment in helping people learn to adapt to a new normal. “You can’t get over the loss of a loved one, but you can get through it,” offers Benton.

- Play Wii Trivial Pursuit at the Center on Friday, July 9 at 12:15 p.m. We need two teams with four in a team.

- Can you believe it? It's been a full year since the first NSC Fundraiser Talent Show! This year promises to be bigger and better. Check your calendar for the upcoming rehearsals dates for the second annual “Live from Newburgh” Talent Show on Sunday, July 18 from 3 – 5 p.m. Tickets are \$4 in advance at the Newburgh Senior Center between 9 a.m. and 2 p.m. and \$5 at the door. All proceeds benefit the NSC.

- These are mysterious, “who dunnit” times at the Center compliments of Steve Amos. Imagine the scene...a darkened room...we can barely distinguish one from the other...we are engrossed with every sound effect...there is possibly murder in the air.

Yes, that describes friends at the Center who are gathered around the radio listening to an Agatha Christie drama. It is here that the past and present are connected as our senses are awakened with nostalgia and pleasantries. The next mystery is in the Drawing Room....I mean the Computer Lab...on Friday, July 23 at 12 Noon.

- We are back again in the Senior Center Wii Bowling Alley for a six week, three team competition starting June 25 through July 30. For the next six Fridays at 1 p.m., Atria and River Pointe will try their hardest to beat the Newburgh Senior Center...surely, an act of futility, eh?!

(Always know that Wii time is anytime; however, some scheduled dates are every Monday, Tuesday and Thursday at 10 am.)

- “Understanding My Diabetes”, a St. Mary’s PrimeWise event will be held at the Senior Center on Tuesday, August 3 at 12:15 – 1:15 p.m. The presenter is Mandy Patton, RN, CDE, Joslin Diabetes Center. It is free of charge. Call (812) 485-5850 for reservations.
- Pot Luck July date is not available, but will be announced shortly.

JUNE WRAP UP & IMPORTANT NEWS

The “Huge” Rummage Sale at the Center was also a “huge” success thanks to the Good News Fellowship Sunday School Class of the Newburgh United Methodist Church. Their unwavering energy, inspiration, enthusiasm, and complete rummage sale “know-how” contributed to the overall victory of the day.

As for the NSC seniors, the Friends of the Center, and the Senior Center Board, we extend our sincere appreciation for their time, hard work, and ongoing dedication to the needs and concerns of the Center.

Another enjoyable June event, Flag Day BINGO, was provided to the

Center by the kindness and generosity of Health South Deaconess Rehabilitation Hospital in Evansville.

Other wonderful, loyal and appreciated monthly BINGO sponsors that bring fun times and great prizes to the Center are Aseracare Hospice, Sterling House of Evansville, Cypress Grove, Golden Living Center-Woodlands, and Specialty Home Health Care.

Oops...no way can we overlook the weekly dedication and joy-filled Holly who leads the SWIRCA (Southwestern IN Regional Council on Aging) exercise class.

As for moving meditation and “parting the ways of confusion”, it was quite the sight to behold on a balmy Saturday night on the Ohio River! There we were, devoted students of Tai Chi Sifu, Ron Weatherford, gathered together in 90+ degree heat practicing our gentle movements.

Ron teaches Tai Chi every Thursday at 10 a.m. inside the Newburgh Kiwanis building behind the Senior Center. Admired by all of his students, Ron is the exceptional teacher who has the capacity to bring so many people outdoors to exercise on one of the hottest evenings of the summer.

If you enjoy the sight of a brown recluse, black widow or tarantula, then the Center was the place to be on June 18. With the protection and guidance of the SWAT Pest Control’s Purdue Entomologist, we safely shivered at all their hairy legs and anecdotes.

It was lunch at Rafferty’s on June 23rd. Although the weather was sizzling outside, their hot potato soup was a delightful treat!

The June “Lagniappe” Home Tours were a great success, or should we say discovery?

How else would we have found out that Monte has a Marilyn Monroe poster on his mantle?

How else would we have seen Flo’s 110 bears and one killer watchdog?

How else would we have found out that the Abney's could receive guests at a moments notice?

How else would we have found out that Velda can sew, paint, quilt, bake and still have time to be named the Historic Newburgh Inc. "Volunteer of the Year"?

Mark Your Calendar for September 8, 2010. The Kazoo Band will perform at the Red Cross "Let's Dine Out" fundraiser at a local restaurant. Stay tuned for the upcoming time and place.

The Senior Center has truly arrived! We have our very own website currently up and running thanks to both Colleen Martin and Jim Turner. Our web address is www.newburghseniorcenter.com

Our website is under construction; however, it will be a tremendous source of information and services with links to the Town of Newburgh, AARP, etc. Be sure to check out all the fun pics.

If that's not exciting enough...it looks like the transportation for Warrick County is going to be up and running hopefully by the end of July. The Newburgh Center will be a designated stop along the route and the fare for seniors over 65 will be 50 cents.

Well, last week our very own Theresa O'Rourke facilitated a "Two truths and One Lie" game. It was a game of discovery as we determined who the best liars in the room were. It was fun and relatively simple to play with just a tad of disclosure.

For example:

1. I ran in the Camellia City Classic 10K in Slidell, LA.
2. I once lost 70 pounds in 6 weeks.
3. I sky-dived from a Cessna in Picayune, MS.

Ok.....which one is the lie?

If you choose to volunteer, advertise in our newsletter, or make a donation to the Newburgh Senior Center, you will find true happiness. Thank you from all those who share great wisdom, wit, compassion and a joyful spirit.

