

Newburgh Senior Center

June 2016 Newsletter

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812-853-5627



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The Place Where Seniors Congregate

Monday - Friday, 9 am—2 pm

Manager's Corner

There are many people in our community who take care of us, one way or another. We are grateful to all our supporters: those who give to our annual appeal, or donate their time and talents; those who bring lunches, programs and games; and those who provide Bingo prizes (and who call the games.) Our lives are blessed by those who support the Center.

We also appreciate the Town of Newburgh and the employees who maintain our building. It was a difficult decision for town officials to make several years ago to provide the necessary support for the Center after Warrick County officials decided only to fund

one Senior Center — and it wasn't Newburgh. Without the town's support, we would have to restructure operations, charge more and limit participation.

We had several events and programs in May that brought people in to the Center who don't participate in our projects and programs. We were a polling site for the Primary Elections. We hosted a performance by Minnie Black's New Gourd Band, a piano recital for young students and a seminar for legal and financial planning for seniors. The folks who were here for the first time were visibly impressed with our building and facilities. I hope they

will spread the word about us and invite others to join us because we offer something for everybody, 55 and older. You don't have to be "old" to be a member here.

As you read through our newsletter, I ask all our members to think of another person or two who would have fun doing what we do here: play games of all sorts; be sociable; eat well and enjoy each other's company. If every member recruited another person to join and participate, we would have a full building every day we're open.

So to all those who help us out one way or another, here's a big thanks from all of us!

June birthdays

Jackie Snodgrass	June 2
Kenny Scheessele	June 13
Connie Levengood	June 14
Becky Brackett	June 15
June Huber	June 19
Lorraine Gilly	June 25
Catherine Bausch	June 29



Get Walkin' Helping Hoosiers get on their feet

We all know there are multiple benefits to walking. Purdue University Extension has a new, free, on-line walking program to help you get moving and exercise at your own pace. To register, or for more information about the program, contact Kristina Deters, Health and Human Sciences Educator at deters@purdue.edu.

Thank
You

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.

June Bingo schedule

Thanks so much to the folks who bring Bingo to the Center every month. Here's a list of Bingo dates for this coming month and the sponsors.

June 1 — Hamilton Pointe

June 2 — LNB Community Bank

June 3 — Bell Oaks

June 8 — MSA Hospice

June 9 — River Pointe

June 15 — Marlene Crenshaw

June 16 — Oasis

June 17 — Gary Krick

June 24 — Heritage Hospice

Learn county history and then how to relax this month at NSC

Since this is our state's bicentennial, we thought it would be a great time to learn about the history of Warrick County. Local historian, Joe Schitter will be with us on Tuesday, June 7 at noon to share how it was back in the "old days" when Newburgh and Boonville were becoming major trading areas in southwest Indiana and when young Abe Lincoln was in this area.

Laura George of MSA Hospice will be here Tuesday, June 21 at noon to show us relaxation techniques. Stress is a killer and learning to relax is one way to reduce it.

This seminar is open to the public and will last about an hour.

Thanks to lunch providers

We so appreciate those who donate money or bring us lunches on the days SWIRCA doesn't serve. Currently, we need lunches brought in on Fridays.

Humana Health Care has committed for lunches once a month for the rest of the year.

Thanks to Jayne Christian and Keith Haynes for the delicious pasta, salad and cupcakes. And, thanks to Heritage Hospice for lunch and bingo.

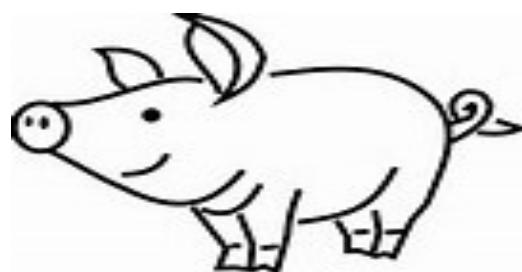
If you know a group, individual or organization who might be willing to furnish lunch, please pass along the contact information to our manager or have them call 812-853-5627.

Porkapalooza reminder

Mark your calendar now so you can be sure to be around for our 2016 Porkapalooza. It's going to be September 23 and 24.

We hope the Newburgh Barbecue Coalition is again going to be smoking the ribs and pork loins. You'll want to get in on the pulled pork sandwiches both days for lunch.

We'll let you know more as information becomes available.



Thanks to our June Day Sponsors



June 12 is sponsored by Dr. Ed and Nancy Prusz in celebration of their 45th wedding anniversary. Congratu-

lations on such a momentous occasion. Thank you, Ed and Nancy, for including the NSC in your special day.

June 13 is sponsored by Jovita Vondersnick in honor of her dad, Kenny Schesselle's birthday. Kenny is a dear friend and NSC member. Happy birthday, Kenny. Hope you have a great day.

Thank you, Jovita, for supporting the Newburgh Senior Center all the way from Seattle.

Kazoo band schedule for June

Summer is coming and our June song package will be like a cross country road trip! This will be our last month for performing until we start again in September.

Think of some Senior Center members or other friends and invite them to sing and kazoo with us. Singing is good for you, and that's a scientific fact! So share some of the benefits of singing with your friends.

Please mark your calendars for the



following dates:

Thursday, June 9, 2:30 p.m. at Woodlands. Please be there by 2:15 p.m.

Thursday, June 30, 1:30 p.m. at Bell Oaks Assisted Living near Showplace Cinema. Please be there by 1:15 p.m.

Thanks to our supporters

We appreciate everyone who supports the Senior Center. This month, we thank Cypress Grove for the generous donation.

We also want to thank Minnie Black's New Gourd Band for the concert and Hamilton Pointe's Lauren Hayden for the class on Balance and the Alzheimer's Association for sponsoring a legal/financial awareness seminar.

If there are programs that you would like us to have here at the Center, please let our manager know of your interest.

Beware of phone and internet fraud

Scams abounding throughout the area

Several of our members have received phone calls from someone supposedly their grandson who is in trouble and needs money sent to them. Thankfully, they were sharp enough to hang up and not take the bait. Your grandson will know his name and he probably isn't in some far off place in a foreign jail. If you think this is possible, contact other relatives before you part with your money.

Other scams around now are the Nigerian scam, where you can receive thousands of dollars if you will just send them a "processing fee." If you respond, they will keep asking for more money and you will never see any of that promised landfall. There's also a foreign lottery scam that follows about the same course.

Someone may call or email that your computer is infected by a virus or some such. Do not let anyone take over your computer to repair it unless you have called and made the contact. Windows or Microsoft will never call you about your computer.

The IRS will never call you and threaten to have you arrested for tax fraud.

Free trial offers may be a scam in that after you get your free items, the group keeps billing your credit/debit card every month. Call your bank or credit card company to have the charges removed and for a new card if this happens.

If you think a phone call or email is an attempt to commit fraud, call the police and report the activity. If it sounds too good to be true, it is.



Box tops, soup labels, lids being collected for charity

Several organizations and agencies collect Campbell soup labels and box tops. If you are not currently saving these for anyone, please bring yours to the Senior Center and we will see they get to the right places.

Balance is one aspect of preventing falls

Most of us are aware that falling is one of the primary causes of illness, injury and death in older people. Preventing falls should be one of our highest priorities. Recently, Lauren Hayden of Hamilton Pointe brought us some tips on increasing our core strength and balance.

Below are some balance exercise from the Otago program. They can be done with or without leg weights and with or without support.

1. Knee bends. Stop the bend when you feel your heels start to lift and straighten. Do 5 reps until you feel comfortable increasing the number.
2. Walk backwards 10 steps. Turn around and walk backwards to your beginning point.

3. Walk in a clockwise direction in a figure eight until you return to your starting point. Repeat as many times as you can without getting dizzy.

4. Sideways walking. Take 10 steps to the side. Reverse and come back. Do complete set five times.

5. Heel to toe standing. (You may need to hold something at first.) Stand with your left foot in front of your right. Hold for a 10 count. Reverse position and hold for 10.

6. Heel to toe walking. Place one heel directly in front of the opposite toe.

Take 10 steps in a straight line. Turn around and repeat.

7. One leg stand (You may need support). Standing tall, raise one leg to the back, bending the knee. Hold for a 10 count. Reverse leg and hold for 10.

8. Heel walking. You can do this holding on to a table. Raise back on your heels and walk 10 steps. Turn around and repeat.

9. Toe Walking. (Same table) Come up on your toes. Walk 10 steps. Turn around and walk back.

10. Stand to sit. Get a sturdy chair with arms. Sit with your feet slightly back from your knees. Lean forward over your knees and push off with your hands to stand. Start with five reps.

11. Stand to sit with one hand. See above, but fold one arm to your chest and only use one arm to stand.

12. Stand to sit with no hands. Cross your arms across your body and push off with your feet slightly behind your knees. Do five reps until you can comfortably do more.

13. Stair walking. Hold onto the hand rail and go up and down the steps as many times as comfortable.

Always get your doctor's approval before launching on an exercise program. Don't get carried away at the beginning. If you get sore, you'll quit.



Member notes

It's great to have members return to an active life after being off the grid for awhile. We are happy to have Barb Isaac back with us after a brief hiatus and Flo Neeley after a long absence. Welcome back, ladies, from all of us at the Center.

We were sorry to hear Lorraine fell and broke her arm and will be away for a few weeks. Hurry and get well.

And our sympathies to the family of Elnora Ingram. She was always a joy in our midst.

Clabber, Euchre, Pinochle, Bridge and Scrabble players wanted



If you are an active Senior (55 and older) and need an activity to keep

from being bored out of your mind, consider joining one of our weekly groups to play games. Monday at noon, Clabber is the main focus in our common room.

Bridge players meet on the first and third Tuesdays at 11 a.m. and Pinochle players gather on the second and fourth Tuesday at 11 a.m. They are starting a Thursday, 11 a.m. group, too.

Euchre players are invited to join the fun on Wednesdays at 12:30 p.m. Actually, players start rolling in here

about 11:30 a.m., so a game could begin before the official start time.

For those who love words, Scrabble players gather at noon on Thursdays. If you are interested in joining any of these groups, please call the Center to get info. The leaders like to know who is going to show up and who is taking off that week.

If you would like to learn to play any of these games, there are willing teachers for each. Contact us to set up a learning session so you'll be prepared to play.