

Newburgh Senior Center

May 2017 Newsletter

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Director's Corner

Spring is looking good around the Center. Our trees are leafed out; our roses are in bloom and the aroma is great; and the garden is plowed. We have lots to anticipate. Before we blink, Porkapalooza will be here again and we'll be having fun with our bake sale and lunches for that weekend.

Spring reminds us of new life and new experiences. As we get older, fewer new things happen to us that are pleasing. Yes, new things hurt, fall apart or move on for us. But we have choices to make. We can sit back and cherish all the old days (Don't things look better in hindsight? They probably weren't as perfect then as they seem now.) or stick out our necks and try new things.

I was always a picky eater as a child and my parents reinforced those choices. So, when I grew up, I had to

decide to learn to try new foods, especially those I "knew" I didn't like but had never tasted. As a mother, I encouraged my children to eat a wide variety of foods. When they were little, the rule was they had to eat as many bites as they were old. When they were older, we picked out a Food of the Year to learn to eat. This will amaze some of you, but through the years, we learned to eat broccoli, cauliflower, peaches, pineapple and smoked white fish. It's surprising how our palates can change and we don't even know it.

Just recently pickled beets were on the lunch menu. (Beets were a Food of the Year in the past, but I never really took a liking to them.) I had never tasted pickled beets, although they are easily one of my spouse's favorite foods. He makes them several times a

year in a gallon jar.

You may have guessed, but I fell in love with pickled beets and could not get over the years I've missed out on eating them.

The moral of this story is that we have to be willing to take chances on new foods, interests and activities, even as we get older—no, especially as we get older. You might be like me and find that something new becomes your favorite.

Vectren offering home energy audits, rebates

If you still live in your own home, Vectren is offering free energy-use assessments. Their suggestions could help lower your utility bills.

They will also give you energy-saving products such as faucet aerators, energy-efficient lighting, high-efficiency shower heads, pipe wrap, or a water heater temperature setback.

Kristin Cain will answer any questions you may have about the program. Call her at 812-297-9706 or schedule an appointment for the energy audit at 855-298-5390.

If you income-qualify, you may receive free weatherization upgrades, such as insulation, duct sealing or energy-efficient appliances. Income limits are \$23,760 for one person or \$32,040 for two.

Ms. Cain said the energy representative will make an appointment with you and have proper ID when he/she shows up at your door. No one will try to sell you anything.



May Birthdays

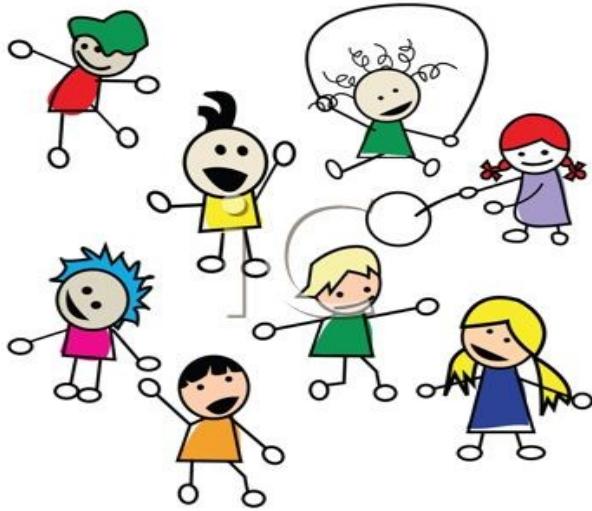
Diane Wright	May 5
Jack Spillman	May 8
Jane Oshman Schmitt	May 10
Sue Zak	May 21
Bonnie Eberle	May 22

Membership dues reminder

Thanks to all who have paid their dues. Our dues are \$12 a year. If it is not possible to pay your dues, please don't worry about it. We want to be open to all seniors, regardless of expendable income. All seniors, 55 and older are welcome here.

Our lunches are provided four days a week by SWIRCA and the asking donation is \$3.50 per meal. There again, if that is not in your budget, throw in what you can afford. We are in the business of having fun, and the more here, the better.

Thanks to our Activity Sponsors



Save the dates!
Porkapalooza
2017
September 29 & 30

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.

Ingredients making Grandma

(This was written by an anonymous third grader. We wish we knew who this kid was. He/She has a good grasp on what ingredients go into the making of grandparents. It should be noted, however, that this was written many years ago and modern grandparents are more hip than they were then. Happy Mother's Day to all our mothers, grandmothers, sisters, aunts and cousins with the double X chromosome. We'll wish our XY fellows a happy day in June.)

A grandmother is a lady who has no children of her own, she likes other people's little girls.

A grandfather is a man grandmother. He goes for walks with the boys, and they talk about fishing and tractors and like that.

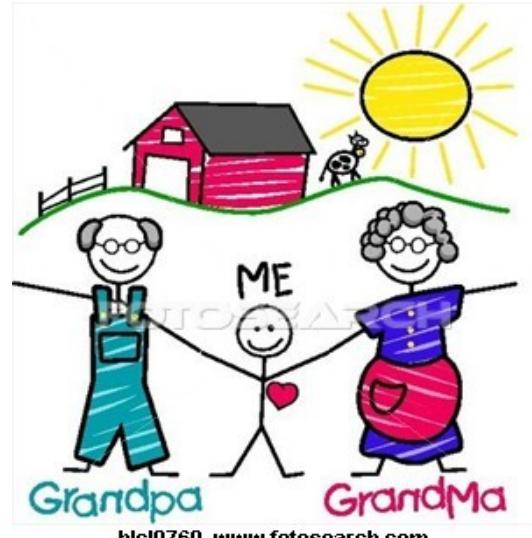
Grandmas don't have to do anything except be there. They're old, so they

shouldn't play hard or run. It is enough if they drive us to the market where the pretend horse is and have lots of dimes ready.

Or if they take us for walks, they should slow down past things, like pretty leaves or caterpillars. They should never say, "Hurry up." Usually they are fat, but not too fat to tie your shoes. They wear glasses and funny underwear. They can take their teeth and gums off.

It is better if they don't typewrite, or play cards, except with us. They don't have to be smart, only answer questions like, "Why don't dogs like cats?" and "How come God isn't married?"

They don't talk baby talk like visitors do, because it is too hard to understand. When they read to us, they don't skip or mind if it is the same sto-



ry again.

Everybody should try to have one, especially if you don't have television, because grandmas are the only grownups who have got time.

Thanks to our Day Sponsors for May



We appreciate our May Day Sponsors:

May 1 is sponsored by Newburgh Healthcare, in celebration of their 39th year of providing services for your health and rehabilitation needs. Many thanks to Carol and Bruce Baker, who have been loyal supporters of the Center for many years. Thank you for taking good care of those entrusted to your care.

May 6 means Happy Birthday to Nancy Prusz. The day is sponsored by Ed Prusz in honor of Nancy's special day. Dr. and Mrs. Prusz have been Day Sponsors for several years. Thank you so much and Happy Birthday, Nancy!

May 24 is sponsored by Dr. Alan Gomoll, in honor of the memory of his dear wife, Elaine, who would have been 82 on this day. Elaine is missed and remembered by Dr. Gomoll and all her family. Thank you for including our Center in this special day.

Reserve your spot for Derby Dinner performances

Reservations for the "Music Man," Wednesday, August 16 and "Southern Fried Nuptials," Sept. 27 at Derby Theater are being accepted. Members' discount price is \$39.50 for each performance. Non-member cost per trip is \$79.

Dues must be paid ahead of the trip in order to get the discount. Reservations should be paid by July 1 for the first trip and by August 15 for the second. We have 15 seats available for the bus and the theater. The bus will leave from and return to St. John's Catholic Church in Newburgh.

The Center board has approved the discounted price for members. Feel free to invite friends and family to these fun days.



Better Business Bureau warns of new scams in our area



Did you receive a phone call from former President Obama? If so, it is the most recent scam making the rounds. The call plays a recorded message from former President Obama or former Secretary of State Hillary Clinton asking for a donation.

This is followed by another voice telling you to push a button to speak with an agent who asks you for your credit card information.

Unfortunately, your money is not going toward a political cause. It goes

into the scammers' pockets instead. It is best not to speak with the "donation agent" because doing so could give the scammers important information about you that they can use in later scams.

Do not provide your credit card number or any other personal information because doing so could make you vulnerable to fraudulent credit or bank charges and possibly identity theft. This is a basic rule you can apply to any phone calls you get: If you don't have a previous relationship with the charity, do not give them information. Period.

Only a few agencies or organizations need your social security number — ever. Be careful how you share it. Always be suspicious of people who call out of the blue and ask for this

kind of information.

One other thing: It's safe to say you didn't win a sweepstakes you didn't enter. If you entered, some one will contact you and have credentials.

Is Your Pacemaker Secure?

Your BBB® just received an article from *Wired* magazine that has the scary headline, "Medical Devices Are the Next Security Nightmare," and we would like to pass along the information to our readers.

The short answer is yes, pacemakers, defibrillators, insulin pumps, and other electronic medical devices are vulnerable to hacking.

Not only can hackers take control of a single device, but they can potentially control "networks associated with that device and all related devices at a hospital."

Rathbone Home offering elder abuse prevention workshops

One of our newest Bingo sponsors, the Rathbone Home, is sponsoring the inaugural World Elder Abuse Awareness Day on Thursday, June 15 from 11 a.m.—2 p.m., 1320 SE 2nd Street in Evansville. We will have a table there to share information about our Center.

Stephanie Haire, Rathbone Retirement Community admissions coordinator, says from 11 a.m. to noon, Hal Wolford will be entertaining. At noon, there will be an invocation and launch of memorial lanterns. From 1 to 1:45 p.m., the Saints Alive Senior Choir will be singing. There will also be a pinwheel planting to remember victims of elder abuse.

Funds raised through sponsorships and other donations will be given to VOICES, a non-profit organization that addresses concerns about elder abuse in the area.

Although there are no nationwide tracking systems for elder abuse, the National Center on Elder Abuse estimates that somewhere between one and two million Americans over the age of 65 have been abused (through injury, mistreatment or exploitation) by a loved one or caregiver.

Other statistics on elder abuse, as provided by the National Center on Elder Abuse, include:

- In 1996, approximately 450,000 adults over the age of 60 were abused and/or neglected in domestic settings.
- In 2000, states were asked to report the number of elder abuse reports received. Based on those figures, the total number of reports was 472,818.

In 2008, the Long Term Care Ombudsman state programs investigated nearly 21,000 complaints of abuse, exploitation, and gross negligence among

nursing home residents.

The best way to ensure your parent or family member does not become a victim of elder abuse is to remain informed and aware of any and all changes, whether physically, emotionally or behaviorally.

Keep an open line of communication with your loved one's caregivers, ideally through face-to-face contact, and be aware of subtle changes in your loved one, such as a lack of appetite, becoming withdrawn, acting out or self-harming, or repetitive movements, such as rocking or swaying. Immediately contact the caregiver's supervisor and the local authorities if you suspect elder abuse.

Obscure May Holidays

- 1 May Day
- 1 Loyalty Day
- 1 Mother Goose Day
- 3 Lumpy Rug Day
- 4 Star Wars Day
- 5 Cinco de Mayo
- 5 International Tuba Day
- 6 National Nurses Day
- 9 Lost Sock Memorial Day
- 11 Eat What You Want Day
- 11 Twilight Zone Day
- 12 International Nurses Day
- 12 Limerick Day
- 13 Leprechaun Day
- 14 Dance Like a Chicken Day
- 15 National Chocolate Chip Day
- 16 Wear Purple for Peace Day
- 20 Pick Strawberries Day
- 23 Lucky Penny Day
- 24 National Escargot Day
- 25 Tap Dance Day
- 31 Save Your Hearing Day

Holiday closing

Just a note to remind everybody we will be closed Monday, May 29 for Memorial Day.



Girl Scouts helping with our garden this year

We are blessed to have two Girl Scout troops who are going to plant, weed and otherwise care for our garden. Our neighbors next door will take care of watering the plants if they need it in between tendings by the Scouts.

Kay Fenimore, one of our members, is also going to help us get down in the dirt. We are going to plant toma-

toes, a couple varieties of squash, marigolds, some herbs, watermelons and pumpkins.

Ed Butch planted our flower boxes with onions and Michael Groves is taking care of them for us.

We are grateful for the help with the garden and the garden sponsorship by Mike and Linda Andreas. Bon Appetit later this summer!

Programs we're looking forward to in May

We will welcome back Scott Connor and Ronda Haley with their beautiful dulcimer music on May 24 at noon. Feel free to invite your family and friends to this hour of traditional and new music.

We have bingo scheduled eight days in May. There are several days open if you know anyone who would like to sponsor a game.

Cards with Jane will be Wednesday, May 17 at noon. Please note that is a

change from their usual day. If you would like to join this lively stamping group, please call us at 812-853-5627.

If you have ideas for new programs, please talk to our manager. We are a fun loving, flexible group around here and we'll try most anything once. — Well, maybe not skydiving, unless it's with a buddy.

Thanks to our Friday lunch sponsors for May: Cypress Grove; Humana and Atria. They feed us well.