

# Newburgh Senior Center

## November 2016 Newsletter

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## The Place Where Seniors Congregate

**Monday - Friday, 9 am—2 pm**

### Manager's Corner

Thanksgiving will be here before we know it. We should do this every day, but especially this time of year, we need to be aware of our blessings and our abundance. When I think of all the things I'm thankful for, family comes first and then the usual things like homes and sufficient food, etc.

Because I am an old newspaper editor, I am grateful for our Constitution and all the freedoms it guarantees all U.S. citizens.

I hope you'll take time to be thankful for homes, friends, food, the harvest, air conditioning and central heat, clean water and the way we conduct government. No other country in the world is as free as ours. We can gath-

er as we want. We can say what we want. We can achieve what we want to do if we set our hearts and minds to it. Some of us have to work harder to reach our goals but no one in our educational system or our government restricts our access to making a success of our lives.

With that in mind, again this year, to share with our neighbors, we'll be making Thanksgiving favors for shut-ins and a set of favors for the four weeks of Advent leading up to Christmas. If you have ideas for simple favors, let me know. We can all do something that will bring a little light into the lives of those who have trouble getting out and about.

### We will be closed Election Day, 11-8

As we are a polling site, the Center will be closed on Tuesday, November 8. In Warrick and Vanderburgh County, you can vote early. The Courier & Press printed a list of early-voting locations in Vanderburgh County. In Warrick County, go to the Government Center in Boonville.

You can also request an absentee ballot. We have the form in the office. There are deadlines for early voting and for absentee voting. Absentee votes must be submitted by Oct. 31.

As we get ready for colder weather, remember that we all need to be careful about where we put our feet: when we get out of the car in a parking lot; when we step out of the bathtub; when we go up and down stairs and when we step off curbs. Make sure you have shoes that don't slip and slide. If you are supposed to use a cane, please do. We want your seats in our seats and not in a bed in a rehab center.

### November Birthdays

Hal Wolford	November 1
Barb Isaac	November 2
Gene Welte	November 3
Susan Crowley	November 3
Phyllis Perkins	November 6
Adrian Smith	November 9
David Schaefer	November 9
Peggy Boxell	November 11
Jayne Christian	November 15
Bob Boxell	November 20
Ramon Will	November 20
Ellie VanNatta	November 22



# Thanks to our November Day Sponsors



**November 5**—American Legion Auxiliary Kapperman Post — Their Vendor Fair is November 5 at the Legion.

**November 11**-Veterans' Day is sponsored by C. Larry Rhodes, of State Farm Insurance. Thank you, Larry, for being a sponsor and for all you do for veterans.

**November 22** is sponsored by Carol and Bill Woerz in celebration of their wedding anniversary. Thanks for including the NSC in your special day.

## November 14 is World Diabetes Awareness Day

The theme this year for World Diabetes Awareness Day is "Eyes on Diabetes." Vision problems, even blindness, are common in people who do not keep their diabetes under control.

The International Diabetes Foundation estimates that right now 415 million adults have Diabetes. By 2040, that number is expected to rise to 642 million. Currently half the people with diabetes are undiagnosed. Researchers estimate 90 percent of those with diabetes have type 2.

Diabetes is described as a group of metabolic diseases in which the person has high blood glucose (blood sugar), either because insulin production is inadequate, or because the body's cells do not respond properly to insulin, or both.

The most common diabetes symptoms include frequent urination, intense thirst and hunger, weight gain, unusual weight loss, fatigue, cuts and bruises that do not heal, male sexual dysfunction, numbness and tingling in hands and feet.

Type 2 patients need to eat healthy, be physically active, and test their blood glucose. They may also need to take oral medication, and/or insulin to control blood glucose levels. As the risk of cardiovascular disease is much higher for a diabetic, it is crucial that blood pressure and cholesterol levels are monitored regularly.

As smoking might have a serious

effect on cardiovascular health, diabetics should stop smoking.

Some people may be able to control their type 2 diabetes symptoms by losing weight, following a healthy diet, getting plenty of exercise, and monitoring their blood glucose levels. However, type 2 diabetes is typically a progressive disease - it gradually gets worse - and the patient will probably end up having to take insulin, usually in tablet form.

Overweight and obese people have a much higher risk of developing type 2 diabetes compared to those with a healthy body weight. People with a lot of visceral fat, also known as central obesity, belly fat, or abdominal obesity, are especially at risk. Being overweight/obese causes the body to release chemicals that can destabilize the body's cardiovascular and metabolic systems.

Being overweight, physically inactive and eating the wrong foods all contribute to our risk of developing type 2 diabetes. Drinking just one can of non-diet soda per day can raise our risk of developing type 2 diabetes by 22 percent, researchers from Imperial College London reported in the journal *Diabetologia*. The scientists believe that the impact of sugary soft drinks on diabetes risk may be a direct one, rather than simply an influence on body weight.

The risk of developing type 2 diabetes

is also greater as we get older. Experts are not completely sure why, but it could be as simple as that as we age we tend to put on weight and become less physically active. Those with a close relative who have/had type 2 diabetes, people of Middle Eastern, African, or South Asian descent also have a higher risk of developing the disease.

Men whose testosterone levels are low have been found to have a higher risk of developing type 2 diabetes. Researchers from the University of Edinburgh, Scotland, say that low testosterone levels are linked to insulin resistance.

### Shop Amazon Smile

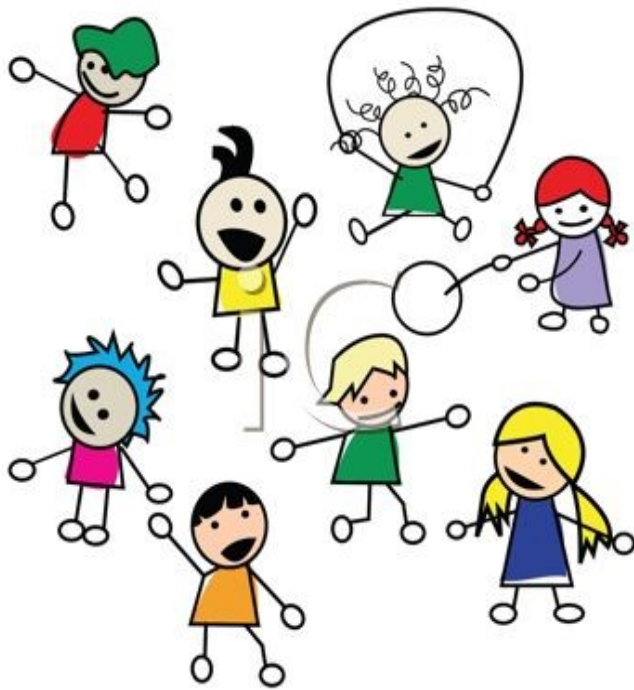
If you buy products from Amazon, you can shop and earn money for the Center.

It's very simple. Instead of signing in through Amazon, go to this web site: [smile.amazon.com](https://smile.amazon.com). Select Newburgh Senior Center and start to shop. Amazon automatically donates a percentage of your purchase to the Center.

If you have questions, our manager can help you set up your account.



# 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](mailto:manageratnsc@gmail.com).

## Other days in November to celebrate

November is International Drum Month, so get out there and drum up some friends to visit the Center. It is also National Peanut Butter Month, so grab a spoon and have a taste. Nothing is better than a peanut butter and banana sandwich.

Other days you may wish to make note of include the following:

- 1 All Saint's Day
- 2 All Soul's Day, Deviled Egg Day
- 3 Sandwich Day
- 4 King Tut Day
- 5 Book Lovers Day

- 5 Gunpowder Day, Guy Fawkes Day
- 6 Marooned without a Compass Day
- 6 Saxophone Day
- 8 Dunc Day
- 9 Chaos Never Dies Day
- 10 Forget-Me-Not Day
- 13 Caregiver Appreciation Day
- 13 World Kindness Day
- 15 Clean Your Refrigerator Day, America Recycles Day
- 16 Button Day, Have a Party With Your Bear Day
- 16 National Fast Food Day
- 17 Great American Smokeout,

- World Peace Day
- 20 Beautiful Day
- 21 World Hello Day
- 24 All Our Uncles are Monkeys Day (Evolution Day)
- 24 Thanksgiving - Eat, drink, and be thankful.
- 25 You're Welcome Day - the day after Thanksgiving
- 27 Advent begins.

### Check out equipment

We now have a book to record the date you borrow any of our health care equipment. Anyone in the community is welcome to check out equipment like walkers, safe-bathing and toileting things, suctioned grab bars and retrievers.

Please sign the book in the office when you borrow equipment.

Just a note, thanks to kind donations, we have two walkers in the small lounge for use while you are here. They may not be removed from the premises. We have one out now that needs to be returned.

## Thanks for our October special programs

Thanks to all our Bingo sponsors. We had some great prizes in October. Keep up the good work. And thanks to all who sponsored our Friday lunches. If you know of a business or organization who might like to do that for us, please have them contact our director at 812-853-5627.

Thanks to Scott Connor and Ronda Haley for the beautiful dulcimer concert and to SWIRCA for bringing us the updates for Medicare.

We appreciate our volunteers, Sarah Burke, for stepping up to help with anything that needs to be done; and Theresa O'Rourke and Sue Welte for our seasonal decorations. We look good around here!

# Porkapalooza declared a Smokin' Success



Thanks again to our sponsors and volunteers who helped make Porkapalooza a smokin' success. We made more money than ever. We use that money to fund programs for seniors and to

## Friday lunch openings

As we know, SWIRCA meals are not served on Fridays and we are responsible for those lunches. There are a few Friday lunches for which we could use sponsors. If you know of a group, organization or business that might be interested, please suggest this as a way for them to support community programs for Seniors.

Most churches have a Senior Ministries office, and service organizations often need a new project. These do not need to be elaborate productions, but plan to feed 15-20 hungry seniors.

As we are beginning to plan for 2017, we need to fill the calendar with sponsored Friday lunches.

## Volunteers needed

The Center could use another volunteer exercise leader on Tuesday, Wednesday and Friday for a few months.

Mother Theresa's, on West Jennings Street in Newburgh, needs a few faithful volunteers to help with the food bank. Duties, for instance, would be stocking shelves or picking up bread donations from Schnucks.

If you are interested, or know someone who is looking for a volunteer opportunity, please call Carol at 812-598-7670.

buy expendables such as bingo prizes and Friday lunches.

We want to thank our sponsors one more time for helping us with this year's event. They included:

- \*Newburgh BBQ Coalition
- \*Sterling Boiler-The Felkers
- \*Park Place Apts. /Ubelhor Family
- \*5 Star Security-Chad Bennett
- \*Judy Lopez
- \*The Martin Family
- \*Ruth Jenkins
- \*Justin Shea
- \*Crickets-Brad and Mollie
- \*Archie and Clyde's-Danny Brady

\*Knob Hill Tavern

\*Signature Healthcare of Newburgh

\*Kate Fischer of FC TuckerEmge Realtors

\*Newburgh United Methodist Church

\*Maureen Martin

\*Teresa & Mike O'Rourke

\*JoAnn Krantz

\*Friends of Newburgh.

Needless to say, we couldn't do this without their support and the kindness of the Newburgh BBQ Coalition and the many other volunteers who helped serve, prepare, clean and in a myriad of other ways.

## Kazoo Band November Schedule

*Veteran's Day and Thanksgiving are the focus of November. Our music selections will honor our country and our veterans, plus give thanks for our blessings.*

*The spirits of our audience members have been lifted by your singing and fellowship. Thank you for serving.* Colleen

**Please mark your November calendars.**

**Thursday, November 10, 2:00 pm at Signature**

Please be there by 1:45 p.m.

**Thursday, November 17 at 2:30 pm- at Woodlands**

Please be there by 2:15p.m.

**Wednesday, November 23 at 1:30 pm -at Bell Oaks**

Please be there by 1:15 p.m.

***Give Thanks for our blessings!!***



## United Caring Shelter benefits from our donations of health care products

While we appreciate donations to our supply shelves, we were overly-rich with a few items. We recently cleaned out our health care products shelving in the store room and donated many items to the House of Hope and Peace in Evansville. If you have items like walkers, shower chairs/seats, canes,

personal hygiene products, or safety equipment like grab bars for the bath, please call the House of Hope and Peace or any of the local health care facilities. We had inherited so many things, our shelves were running over. Thanks to Suzann and Arnold Sorensen for finding an outlet for our extras.