

## Newburgh Senior Center August 2013 Newsletter



Newburgh Senior Center  
529 Jefferson St.

Newburgh, IN 47630 (812) 853-5627 Fax: 853-5629  
NewburghSeniorCenter.com      Lisa1ashlyn@aol.com  
Hours: Monday - Friday, 9am to 2pm

Lisa Ashby Goff, Manager

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### Happy Birthday

Otis "Bing" Bingemer - August 3  
Janet Anderson - August 5  
Bill McClain - August 14  
Dan Kennedy - August 14  
Joyce "Joy" Alexander - August 18  
Dave Asher - August 31  
Charlotte Koewler - August 31

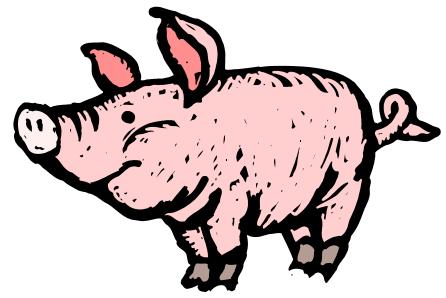
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### Thank you August Day Sponsors

Thanks to Judy Lopez for sponsoring August 12-th first day of school. As the retired secretary of St. John's, Judy knows the beginning of school is special. Thank you Judy for being such a great board member

Thanks to Blake Larson for sponsoring August 29 in honor of the birthday of his wife, Jan. Happy Birthday Jan. And thank you Blake for serving as a board member and our treasurer.

## PORKAPALOOZA IS COMING!!!!!!!!!!!!!!



The Fall 2013 "Porkapalooza" BBQ Fundraiser for the Newburgh Senior Center will take place on Friday, September 20 and Saturday, September 21, starting at 11 am until 2 pm at the Newburgh Senior Center, 529 Jefferson Street, Newburgh, IN. The famous "Newburgh BBQ Coalition" will be smoking the pork! Full slabs of baby back ribs will sell for \$25 and smoked pork tenderloins will sell for \$15, or 2 for \$25. Pickup of ribs and tenderloins will be Saturday, September 21, starting at noon. Pre-orders are preferred and will insure you get the best smoked pork in the area.

Pulled Pork Sandwich lunches, including chips and a drink will be available on Friday, September 20 and Saturday, September 21, for just \$5.00. Eat in or carry-out from 11 am to 2 pm.

\*\*\*\*MORE TO COME IN SEPTEMBER!!!!!!

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**"SENIOR CLASS" KAZOO BAND**- Please mark your August calendars for the following dates:

Thursday, August 01, 1:00 pm-after SWIRCA exercise -Kazoo Practice.

Tuesday, August 13 at 2:00 pm at Angel River. Please be there by 1:45 pm.

Wednesday, August 28 at 2:30 pm at Woodlands. Please be there by 2:15 pm.

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## Health & Wellness:

\*Nursing Students from ITT Breckinridge School of Nursing will visit us on Wednesdays and Thursdays this month. They do blood pressure checks for us.

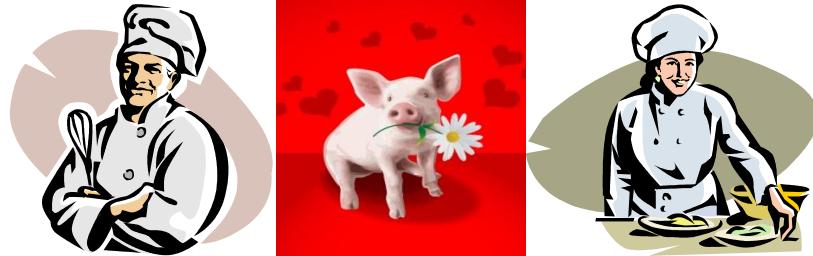
\*Walking Club meets Tuesdays and Fridays at the center at 10:00 a.m.

\*Tai Chi for beginners is Thursdays at 9:30; advanced at 10:00.

\*Arthritic Stretch Monday, Wednesday, and Friday at 11:00.

\*Group exercise Thursdays at 12:30.

# *2013 CELEBRITY CHEF SIDE DISH DINNER*



Tuesday, August 20 from 5:30 to 7 pm

Menu will be pulled pork sandwiches and an assortment of celebrity prepared side dishes to sample and judge. Who knows what wonders await?? What will be your favorite side dish?

## Newburgh Celebrity Chefs featured

Ruth Jenkins-CEO Heritage Federal Credit Union

MaryJo Huff- Nationally known Storyteller/educator

Jeff Boris- Alcoa-Global Manufacturing Manager-Rolled Products

Carol Schaefer- Director Historic Newburgh Inc.

Brett Kruse-Warrick County Sheriff

Susan Sublett-Director-Warrick County Community Foundation

Andy Byers, Principal- Castle High School

Chris Nunley, Lead Pastor at Newburgh United Methodist Church

“Bucky” Honaker, Past Commander, American Legion, Kapperman Post 44

\*\* and a few more surprises!!!!

*This year's Celebrity Judge will be Amanda Hancock- Owner and Head Chef of Vecchio's Italian Market and Delicatessen, Newburgh.*

### \*\*\*\*\* Thanks to our Business Sponsors for 2012:

\*Bayer's Plumbing- (812) 853-2305- is our Sundae/Fruitful Fridays sponsor.

\*Heritage Federal Credit Union-(812) 253-6928-is our Internet Cafe/Printer sponsor.

\*Titzer Funeral Homes-(812) 853-8314 - is our Birthday Cake sponsor.

\*Zion UCC Church, Newburgh, is our Hospitality Sponsor.

## SHIP News

### The Affordable Care Act and Medicare \*

Listed below are the top 5 things to know about the Affordable Care Act if you have Medicare:

1. **You get more preventative services, for less.** Medicare now covers certain preventative services, like mammograms or colonoscopies, without charging you for the Part B coinsurance or deductible.
2. **You can save money on brand-name drugs.** If you're in the coverage gap (donut hole), you will also get a 50% discount when buying Part D-covered brand-name prescription drugs. The discount is automatically applied at the pharmacy. You don't have to do anything to get it. The donut hole will be closed completely by the year 2020.
3. **Your doctor gets more support.** With new initiatives to support care Coordination, your doctor may get additional resources to make sure that your treatments are consistent.
4. **Your Medicare coverage is protected.** Under the ACA, your existing Medicare-covered benefits won't be reduced or taken away. You will also continue to have the freedom to choose your own doctor.
5. **The Affordable Care Act ensures the protection of Medicare for years to come.** The life of the Medicare Trust Fund will be extended to at least 2029.

This is a 12-year extension due to reductions in waste, fraud and abuse, and Medicare costs, which will provide you with future savings on your premiums And coinsurance.

\* Information from Medicare.gov website