

# Newburgh Senior Center

## October 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

If fall isn't here yet, it's lurking around the corner. We just need to hold out a little longer for cooler weather. The nights are already taking on a chill. Then it won't be long before our major holidays: Halloween, Thanksgiving, Christmas and New Year's. It just doesn't seem possible that we are talking about Christmas already. Again, I'm asking for volunteers to help with Advent favors for our home lunch delivery folks. We'll make four

sets of favors for them —one for each week of Advent and we'll start the first week of December. If you have ideas for simple crafts we can make for them, please let me know asap. Thanks to all who helped with our

fundraiser, Porkapalooza. We can't do this without you, especially Colleen Martin, her crew of servers, folks who donated items for the bake sale, our sponsors, the ladies who divvied up the pork orders and the Newburgh BBQ Coalition. Another great job, folks. It takes a village to make this event a success and everyone stepped up to help this year.

Two of my favorite people have October birthdays. They both personify courage in my mind.

My mother, who watches us from heaven, was afraid of everything, so she decided to plunge ahead. My daughter was born way too early and survived by the grace of God and her fighting spirit. Way to go, kid. She's older than her mama, now.

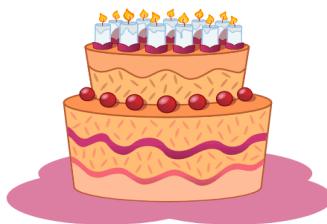
### Big thanks for donations

We so appreciate all the support we receive from our members, friends and our community. We recently asked for some new card tables. Thanks to Ed and Rosie Cooper and Charlene Deutsch for their donations. We still could use a couple more tables so we can give back the ones we are currently borrowing.

Thanks to Mike and Theresa O'Rourke for their donation of the entertainment center in the computer room. The room looks less crowded with it in there.

## October Birthdays

Agnes Spillman	October 2
Joan Holsapple	October 2
Donna Hatfield	October 2
Margie Black	October 7
Charles Koewler	October 8
Donna Mefford	October 9
Georgia Abshier	October 10
Diane Schenk	October 15
Linda Neuman	October 16
John Smith	October 25
Margaret Anderson	October 28
Suzann Sorensen	October 31
Happy anniversary on October 16, to Mike and Theresa O'Rourke.	



Many thanks to the sponsors and partners who contributed to the success of Porkapalooza 2016.

**\*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**

# Thanks to our October Day Sponsors



Thanks to our October Day Sponsors:

**October 14** is sponsored by Doctors Ogle, Schmitz, Hart and Fickas, of Family Dentistry, in Newburgh, in celebration of Dental Hygiene Month. They remind us that taking care of our teeth and proper dental care is essential to good health.

**October 20** is sponsored by Heritage Federal Credit Union in celebration of International Credit Union Day. Thanks to our friends at HFCU for 51 years of providing affordable options for financial products and services to their members. Thanks for being our internet sponsor at the Newburgh Senior Center.

**October 31** is sponsored by Ray Graham in honor of the birthday of Teresa Graham, his wife. Happy Birthday Teresa. Thank you Ray and Teresa for your support of the NSC and our community.

## October Funny

On the first day of Spring Training, a baseball scout brings a horse with him to try out for the team. The coach is curious, but the scout says, "Wait until you see him bat."

All the players are laughing as the horse grabs the bat and steps up to the plate. The pitcher shrugs, and tosses in a fast ball. The horse knocks it into the outfield. But, he doesn't take off for first. He's just standing there at home plate.

The manager yells at the scout, "Tell the horse to run to first!"

The scout looks at the manager and yells back, "If he could run, he'd be in the Kentucky Derby!"

(Thanks to Dean Zerby for this funny.)

## Remember to order your lunch so we are sure to have enough

In order to insure we have enough lunches to feed everyone, please be sure to sign up for the days you want to eat. Barb calls in the next week's numbers on Friday, so be sure to sign the sheet by Friday lunch.

You can sign up for the entire month ahead if you so choose or you can reserve meals by the week. If you aren't sure if you can be here on certain days, we can order another meal if we know the day before you want it. Suggested price is \$3.50 per meal.

## Kazoo band back in action

Please mark your calendars for the following dates:

**Thursday, October 06, at 2:30 pm at Woodlands-** Please be there by 2:15 p.m.

**Thursday, October 13 at 2 p.m. at Signature (behind Atria)-** Please be there by 1:45 p.m.

**Thursday, October 27 at 1:30 p.m. at Bell Oaks Assisted Living-** Please be there by 1:15 pm (behind Showplace Cinema)

*Do what you can, where you can, when you can. All of us can be the hands and feet of God to others!*



## Day trip to Derby Theater a possibility



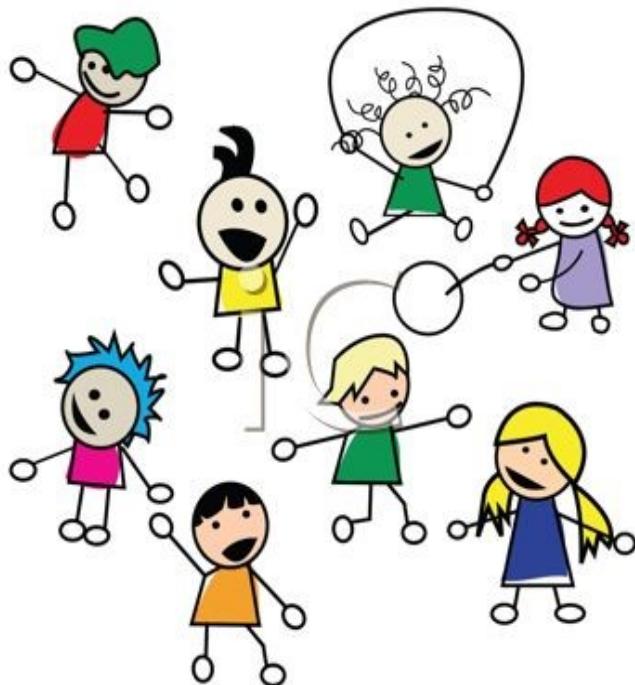
We are considering another trip to the Derby Theater this year if we can get enough interest. The November 29 show is "Honky Tonk Angels," their annual Christmas Show.

The cost is \$76 per person and due by October 29. Joe Seibert is leading the trip, so you know it will be comfortable and fun.

Departure time is 8 a.m. from St. John the Baptist Catholic Church. The bus should be home by dusk.

If you are interested, Barb Isaac will have a sign up sheet.

# 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

## October full of events in the community

October offers a myriad of opportunities for just about everyone. Listed below are several events in our area, not all by a long shot.

In Ferdinand, October 14-16, its Rosenvolk German Medieval Festival.

In Newburgh, October 14-16, you can join the Annual Ghost Walks. Call 812-853-2815. Tickets are \$8 in advance or \$10 at the door. Times vary.

Also in Newburgh, the new theater group is presenting "Fools," a Neil Simon comedy, September 29 and 30 and October 1 and 2 at Preservation

Hall. Tickets are available but are selling fast. Call 812-853-2815 for information.

The West Side Nut Club Festival is October 3-8 for anything fried and on a stick you might want to eat.

The Fall Heritage Days Rendezvous will be at Rockport's Lincoln Pioneer Village and Museum on October 29 and 30.

The Newburgh United Methodist Church UMW Circles are hosting their 25th Annual Craft Auction on October 17. Doors open at 5:30 p.m. to cruise

the auction items and the buffet of desserts and appetizers. The auction starts at 6 p.m. Tickets are \$3 at the Church on three Sundays before the auction or at the door.

Another HNI event will be a free movie, October 22, 6 p.m. at Lou Dennis Park. Star Wars: the Force Awakens will be shown. This is a free event.



### Flu shot clinic scheduled

Newburgh Senior Center is hosting a flu shot clinic on October 3, 10 a.m. in the computer room.

Check with your insurance provider. It may be covered. If not, you are responsible for the cost of the shot.

### Reducing salt in our diets good for blood vessels

We all know that salt is bad for high blood pressure. Scientists have found now that high levels of salt damage the lining of blood vessels, too. The American Heart Association recommends no more than 1,500 mg of sodium per day.

What can you do to reduce salt levels in your diet?

- Check labels. Some "reduced sodium" products still have more salt than you need. Even on regular products, read the label for sodium information. You can also get a print out from your favorite restaurants that lists the amount of sodium in their dishes.
- Limit the amount of canned and pre-packaged food that you eat. You'll find these foods are usually high in sodium.

(Information from the "Women's Nutrition Connection, Sept. 2012)

# Days in October to Celebrate

1—National Homemade Cookies Day	14—National Dessert Day - Take an extra helping, or two.
2—Name Your Car Day	16—Dictionary Day
5—Do Something Nice Day	17—Wear Something Gaudy Day
5—World Teacher's Day	21 Babbling Day
6—Mad Hatter Day	22—Make a Difference Day
7—Bald and Free Day	23—Mother-In-Law Day - fourth Sunday in October
7—World Smile Day	24—United Nations Day
9—Leif Erikson Day	31 Increase Your Psychic Powers Day
10—Columbus Day	
10—National Angel Food Cake Day	
12—Old Farmer's Day	
12—National Gumbo Day	

## October is Breast Cancer Awareness Month

Almost everybody has either been affected by breast cancer or knows someone who has had the disease. October is Breast Cancer Awareness Month and you'll be seeing a lot of pink ribbons.

There's good news and bad news when it comes to breast cancer. The bad news is that is still is a killer and you need to get your "mams grammed" when your doctor recommends.

The good news is that B vitamins may help reduce the risk for women over 65 years old. The findings came from the Women's Antioxidant and Folic Acid Cardiovascular Study. B vitamins were found to reduce the risk of breast cancer in older women by 38 percent (25 percent for all invasive cancers).

However, the study that discovered this finding also found that taking high doses of folic acid is not good for us and we should stick with foods that are rich in B vitamins, like lean beef, low-fat milk, orange juice, dark green leafy vegetables, wheat germ, lentils and beans.



## Exercise, stretching are keys to help relieve arthritis pain

Most of us have heard the "E" word from our doctors. It's just a matter of getting started and keeping at it. We do exercises here Monday through Friday, 11-11:30 a.m. We do a combination of stretching and balance. We try to have fun with it.

An article in "Healthy Years," published by UCLA Division of Geriatrics, said that those of with arthritis need to focus on strength-building and range of motion exercises. Check with your health care professionals before you start any exercise program.

People with wrist and hand problems may find working with clay or squeezing a rubber ball will increase strength. Shoulder flexibility exercises are also important.

For trouble with larger joints such as hips and knees, water exercise takes the pressure off. We use exercise bands to stretch and support knees in our program.

Everyone 55 and older is welcome to join us as we make an effort to keep flexible and balanced and get stronger. Once you have a set of recommended exercises from your professional, start slow and easy. When you are just starting out, you might want to use a topical pain-relief, and/or a neoprene knee brace.

If you are able, walking is a great exercise to increase endurance. Walking 30 minutes a day may seem too much, but if you break that up into three 10-minute sessions, it is easier. Make sure you walk on a smooth, not slick, surface and wear good shoes. If you use a cane, remember to take it with you.

We also sponsor Tai Chi classes each Thursday at Zion United Church of Christ. Beginner classes start at 9:30 a.m. and experienced classes start at 10 a.m. There is a fee for these classes.

## Escript donations

Schnucks Grocery Stores are graciously donating to local non-profits through their Escript program. They donate a percentage of each purchase through a registered customer. To register, go to the office and ask about the Escript program. To donate towards Newburgh Senior Center, you need to designate us on the registration form.

## We need a walker

We have loaned out both of our walkers with wheels, so we could use a couple more to use at the Center. If you have a spare, or know of one laying around in someone's garage or attic, we would appreciate the donation. We can provide a tax receipt.

