

Newburgh Senior Center

February 2019 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am - 2 pm

Manager's Corner

We made it through January! Spring can't be as far away as it was the beginning of the year. Somebody at the Center said they'd gotten their first seed catalog. Ah, garden dreaming.

We had a great turn out for the new trip guide information session and now we are anxious to go on some of those ventures. Look further in this newsletter for info.

February is Valentines' Day and that should remind us to take care of our hearts. Many of us have already had issues of one sort or another, so let me urge you to go to your appointments and listen to what your doctors say.

Heart attacks are the most prevalent cause of death in U.S. women and men. Part of the reason for that is some of us will not have the traditional symptoms: chest pain, cold sweat, nausea, pain down the left arm. Chest

pain is still usual in women experiencing a heart attack, but women might just as easily have back pain, arm discomfort and pain in the neck and jaw. Men tend to have the expected symptoms. Women often do not. Here are some other symptoms you might experience.

Women may also feel cardiac palpitations. (That symptom can be caused by a number of other issues, too, so don't assume an irregular heartbeat is a heart attack; but don't be too sure it's not.) Another common heart attack symptom that is common is shortness of breath or the feeling that you can't get enough air when breathing.

Excessive sweating is a common heart attack symptom in women. Light-headedness, dizziness and fainting can also happen during a heart attack.

Excessive fatigue can be caused by

cardiac issues. If you so tired you have to go lay down – and you don't have a good reason to be that tired, you should contact your doctor.

And if your body is telling you that "something's just not right," you should contact your doctor. There are several tests that can be done to figure out if you are having a cardiac event.

I hope all our hearts are in good shape for the shape we're in, and we all have a fun Valentines' Day. We'll be making favors for our shut-ins and collecting school supplies for Newburgh Elementary School.

Oops, we omitted a January birthday

Mia culpa.

Sorry, we omitted Aileen Jeffries' birthday last month. It was January 17 and we hope she had a great day. And, we congratulate Bettie Abney on her latest birthday. It was a big one, with a zero at the end.

We usually have a birthday cake for all the birthdays of each month on the first Monday.

Thanks to Titzer Family Funeral Homes for sponsoring Birthday Mon-

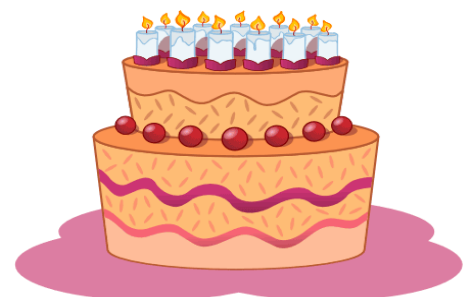
day every month this year.

If you or your family would like to celebrate your special day, feel free to bring in dessert or treats for everyone.

If your birthday gets left out of the list, please check with our manager to make sure you are "in the book." And if you ever don't want everybody to know it's your birthday, please let her know at least a month in advance so she doesn't advertise it.

February Birthdays

1 Hazel Cox	18 Betty Stahl
2 Alonzo Moore	18 Chris Smith
2 Sue Welte	20 Chuck Bauer
3 Vicki L. Seibe	23 Colleen Martin
10 Terry Mather	23 Terry Best
12 Nancy Schauburger	25 Sylvia Will
14 Ruth Edgerton	26 Craig Moore
18 Naomi Faire	26 Judy Ice
	28 Sue Crawford



Our February Day Sponsors get our “heart felt” thanks



February 01 and 02 are sponsored by Arnold and Suzanne Sorensen. Those days are the Newburgh Chocolate Walk. Participating downtown Newburgh businesses will be hosting the third annual Newburgh Chocolate Walk to benefit The Newburgh Area Food Pantry. Simply start in a participating retailer and for a \$10 donation you will receive a Chocolate Walk bag along with a Chocolate Walk guide listing all participating businesses. Then set out to enjoy the community and collect chocolates as you explore historic Newburgh. Susanne and Arnold are active volunteers of the food bank and hope you can join the event.

February 14, Valentine's Day, is sponsored by Dave and Marsha Lambert. Thank you, Dave and Marsha, for your heart for the Newburgh Senior Center and for our community.

President's Day is sponsored by Newburgh Presbyterian Church. The church, a long time Newburgh house of worship, recently closed. They were a pillar of our community and we think the heritage of George Washington and Abraham Lincoln provides a great opportunity to thank the church and its members for their heritage in Newburgh. They supported the Newburgh Senior Center and many other local organizations.

A Poem for February ***“Afternoon in February”***

The day is ending,
The night is descending;
The marsh is frozen,
The river dead.
Through clouds like ashes
The red sun flashes
On village windows
That glimmer red.
The snow recommences;
The buried fences
Mark no longer
The road o'er the plain;
While through the meadows,
Like fearful shadows,
Slowly passes
A funeral train.
The bell is pealing,
And every feeling
Within me responds
To the dismal knell;
Shadows are trailing,
My heart is bewailing
And tolling within
Like a funeral bell.

-Henry Wadsworth Longfellow

We'll be open Presidents' Day, 2-18

We'll be celebrating Presidents' Day at the Center with a carry-in lunch. Bring whatever you want.

Dessert will be cherry pie and cherry cake or something to commemorate the tale of Washington chopping down his father's prize cherry tree: one of our favorite urban legends, even though it's probably not true. (We'll look for some Lincoln stories, too, especially from his younger days in

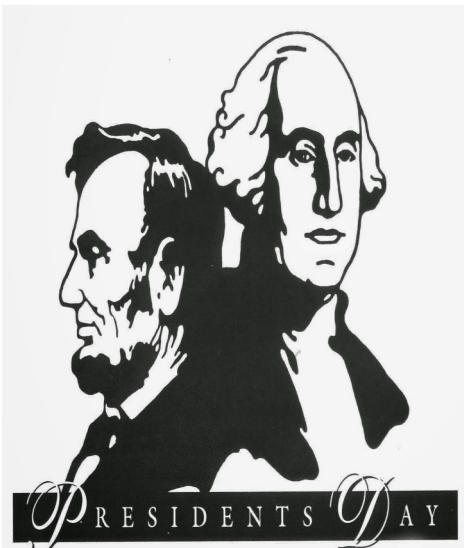
Kentucky and Indiana. One of his favorites was his mama's gingerbread. We might have some of that, too.

Bring a dish to share with other diners. There will be no charge to eat that day but if you don't bring something, feel free to throw a couple bucks in the can.

Players needed for NSC games

If you are a Euchre, Clabber or Bridge player, we have games for you. Clabber is Monday at noon, Bridge is Tuesday at 11 a.m. and Euchre is Wednesday at noon.

We have had some interest in Rook and Pinochle, too. Call or email if you'd like to participate in any of our games.



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.

***Mike and Linda Andreas** — Landscaping, garden and flowers sponsor.

***Ohio Township** — Activity sponsor.

***King Mechanical Specialty and Zion United Church of Christ** — Hospitality sponsors.

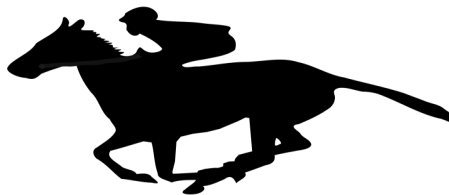
If you would like to support the efforts of the Newburgh Senior Center, please contact us at (812) 853-5627 or email our manager, Nancy Lybarger at manageratnsc@gmail.com.

Our first 2019 road trip is scheduled

We are going to the Derby Dinner Theater with Servants Travel of Evansville on April 17. The cost is \$81 per person and if you are a member, you pay only \$41!

We are only reserving 15 tickets, so do not procrastinate getting your name on the list and your money paid. (It's not official until we get your money.)

We'll be treated to "The Newsies," a smash-hit Broadway musical filled with



songs and dances. Adapted from a Disney film, this rousing tale is based on the true story about the New York City newsboys' strike against unfair working

conditions. We need your reservation and your payment by Feb. 28. If you have questions, please contact Barb Isaac at the Center.

The cost of your ticket includes transportation, lunch and the play.

Pick up in Newburgh will be at the front of the lot at the Dollar Store (where the old Wesselman's Grocery was).

Punxsutawney Phil is spring's predictor of lore

Groundhog Day, February 2, is traditionally the mid-point between the winter solstice and the spring equinox. Because farmers needed to start planning crops, they needed to know if spring would be early or late. Sunshine on Candlemas (2-2) was said to predict the return of winter for another six weeks. If it was cloudy, spring melting was right around the corner.

Our Groundhog Day is a faint shadow

of that superstition. German immigrants to Pennsylvania in the 1800s brought the tradition with them, except they had looked for a badger to predict spring's arrival. Finding no badger, they turned to the groundhog. Punxsutawney Phil has predicted spring's arrival since 1887 (Info from the 2019 Old Farmer's Almanac).

Just how accurate is Phil? Data from the Stormfax Almanac's data shows

that Phil's six-week prognostications have been correct about 39 percent of the time.

Phil does a shade poorer when you check his performance against actual weather outcomes since 1969, when the accuracy of weather records is less in question, said Tim Roche, a meteorologist at *Weather Underground*. From 1969 on, Phil's overall accuracy rate drops to about 36 percent.

Weird and wacky holidays for February

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| 1 Bubble Gum Day | 15 National Gum Drop Day |
| 1 Change Your Password Day | 15 National Hippo Day |
| 1 Spunky Old Broads Day (Also all month) | 16 World Whale Day |
| 1 Wear Red Day | 17 Champion Crab Races Day |
| 2 Ice Cream For Breakfast Day | 17 Random Acts of Kindness Day |
| 2 World Play Your Ukulele Day | 18 Cow Milked While Flying In An Airplane Day |
| 3 Popcorn Day | 18 Eat Ice Cream for Breakfast Day |
| 4 Quacker Day | 19 Best Friends Day |
| 5 Play Monopoly Day | 19 Chocolate Mint Day |
| 6 Canadian Maple Syrup Day | 21 The Great American Spit Out |
| 6 Lame Duck Day | 22 National Wildlife Day |
| 7 National Periodic Table Day | 23 Curling is Cool Day |
| 7 Wave All Your Fingers At Your Neighbor's Day | 23 International Sword Swallowers Day |
| 8 Laugh and Get Rich Day | 23 International Tongue Twister Day |
| 9 Read in the Bathtub Day | 26 For Pete's Sake Day |
| 11 Don't Cry Over Spilled Milk Day | 27 International Polar Bear Day |
| 12 Darwin Day | 27 Pink Shirt Day |
| 12 Extraterrestrial Visitor Day | 28 National Chili Day |
| 13 Madly In Love With Me Day | 28 National Tooth Fairy Day |
| 14 Ferris Wheel Day | 29 Superman's Birthday (Only on Leap Years) |
| 14 International Book Giving Day | |



New exhibit, "A Day in the Park" opening at museum

Early in the 20th century, Newburgh was a booming center of entertainment. One of those places to go for fun, food and frivolity was Kuebler's Garden, on Jefferson Street. Sunday afternoons there were filled with wine, food, and music, baseball and other entertainments.

Folks came from all around to sit around tables with friends, or dance to the band playing, or watch a horse race or a baseball game.

Kuebler's Garden was the place to see and be seen in the early 1900s.

Kuebler was from Alsace Lorraine, arriving in Newburgh in 1860. He built the house in 1875. There were smaller summer houses for guests.

The home is now privately owned.

A new exhibit at Newburgh Museum, 2 W. Main Street, (at the corner of State and Main) just opened about Kuebler's Garden, which sat just across the street from where the Sen-

ior Center is now. The exhibit offers the history of John Kuebler's enterprise, which included the house that's still on the property, extensive gardens, greenhouses, a vineyard, race-track, baseball diamond, a bandstand and a tannery.

The exhibit will run Feb. 1 to June 29. The museum is open Fridays and Saturdays, 11 a.m.-3 p.m. Private tours are by arrangement. Call (812) 853-5045 for information.

Beware of Senior Scams in our area

We all know not to give our social security number to someone on the phone. We know not to give out banking information on the internet or over the phone. However, those are not the only scams floating around here, targeting Seniors in particular.

Several of our members received calls about roofing and driveway repairs. They could be legit, but probably not.

As always, before you seriously talk to a contractor, call the Town of Newburgh or the Better Business Bureau to confirm they are licensed and insured. Call Newburgh at 812-853-7011. Call the BBB at (812) 473-0202. Make sure you see the certificate of insurance before you sign any papers to do work. Do not let anyone pressure you into making a decision right at the moment

and do not pre-pay the entire estimate.

Publisher's Clearing House will never ask you for money up front. If someone calls and offers you a prize of some sort, be careful. If you did not enter a contest, you will not win.

NEVER go to a store or business and get a money order to pay someone who calls for any reason.