

Newburgh Senior Center

October 2019 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am - 2 pm

Manager's Corner

We've almost made it. Fall is officially here and soon, the weathermen promise, we'll see cooler weather and rain. Before we know it, we'll be whining about being cold instead of hot.

I am desperately going to try not to complain about winter this year, so I can grumble about the heat next summer with a clear conscience. With climate change staring us in the face, I know it's going to be stinking hot again next year.

On the other hand, if I moan about cold weather, I could be an expert at weather carping by the time next summer rolls around.

We will be open Columbus Day but we'll need to bring in lunch that day, since SWIRCA will be closed. If everybody brings in a side dish, the Center

will provide a simple main dish. The chicken and tuna salad worked well the last time, so it'll be something like that again.

We have lots of programs and projects happening here in October. Check our calendar for opportunities to have fun with us.

I can't tell you how much I appreciate all the hard work that our volunteers put into Porkapalooza. It's so nice to work for people who are willing to serve the organization to keep it going and expand its programs in the community. All you all rock! Thanks for another great event.

I also want to personally thank all the United Way Day of Caring volunteers who showed up to clean, paint, glue and landscape. We look even better

than we did around here before -- inside and out -- and we can see better, too, now that the windows and blinds are clean. Thanks, and please come by and visit whenever you can. We won't put you to work unless you want something to do.

For those who don't know, we lost our longtime friend and employee, Barb Isaac, in September. She will be sorely missed by her friends here at the Center. We mourn with her family and friends.



Help us 'Treat' our shut-ins



We'll be filling trick or treat bags for our shut-ins on Tuesday, Oct. 22 at noon. Right now, we have 33, so we'll need quite a bit of wrapped candy to put in the bags. (A little extra for the "fillers" will be appreciated.) Most everybody likes chocolate, so that's a good choice. Only individually-wrapped candy, please.

We'll be playing Halloween bingo, too, so if you have extra treats or treasures of the season, feel free to bring them in for extra prizes.

October Birthdays

Agnes Spillman	2
Joan Holsapple	2
Charles Koewler	8
Donna Medford	9
Kathy Weeds	9
Velda Warner	13
Alice Van Sandt	20
Sharon Dagit	20
John Smith	25
Ed Retherford	29
JoAnn Bagby	30
Suzan Sorensen	31

Thanks to our Day Sponsors for October

We appreciate our Day Sponsors:

October 11 is sponsored by Family Dentistry of Newburgh: Drs. Ogle, Schmitz and Fickas. They wish us *Happy Dental Hygiene Month* and remind us that dental health is a cornerstone of physical health. They remind us to get regular checkups and to floss!! Thank you, Drs. Ogle, Schmitz and Fickas for your support.

October 17 is *International Credit Union Day* and is sponsored by Heritage Federal Credit Union. HFCU is the Internet Cafe sponsor for the Center,

and we are so grateful for their support. They encourage us to think about our financial health and are always happy to help you at their offices, by phone or on-line. Thank you, HFCU.

October 31 is sponsored by Teresa Graham to celebrate the birthday of Ray Graham, her husband. Teresa says Ray is a great husband and loves his Halloween birthday. Thank you, Ray and Teresa. Happy "Boo"thday Ray!



Bad news for chocoholics



Just in time for Halloween, here's some chocolate-covered bad news. Many of the world's cacao plants – the natural ingredient in chocolate – are being decimated by a fungus. Cacao is one of many crops that run the risk of mass annihilation because they have been so narrowly cultivated throughout history, selected for specific taste preferences.

The *Gros Michel* banana became virtually extinct for the same reason. Most varieties of cacao grown today belong to a narrow set of clones that were selected in the 1940s. This means they share very similar genetics, making them susceptible to the same diseases and enabling blights to spread rapidly.

That's exactly what happened to the Costa Rican cacao crop in the 1970s. It was almost entirely wiped out by a

fungus called *Moniliophthora roreri*, or frosty pod rot, and has never recovered.

Now a new outbreak of frosty pod is threatening the cacao-dependent economy of Jamaica. It started in September 2016 and is spreading fast.

If it were to spread to West Africa, where much of the world's candy chocolate is made, then the entire lobe's chocolate supply chain could be disrupted. Researchers at CATI (an acronym in Spanish for the Tropical Ag Research and Higher Education Center) are trying to develop more resilient strains of cacao in case the worst happens. They have grown 1,235 different varieties of cacao trees, selecting them for taste and disease resistance.

Six of the varieties are now being grown by farmers in Central American, Mexico and Brazil. They produce more pods and are almost completely resistant to the three most dangerous cacao diseases: frosty pod rot, witches' broom and cacao swollen-shoot. Still, the solution is not perfect, as the plants cannot self-pollinate and the pods tend to be smaller. But CATIE believes the solution lies in diversifying the gene pool of tasty cacao plants, so

that they can be more resistant to the next blight. Let's hope so.

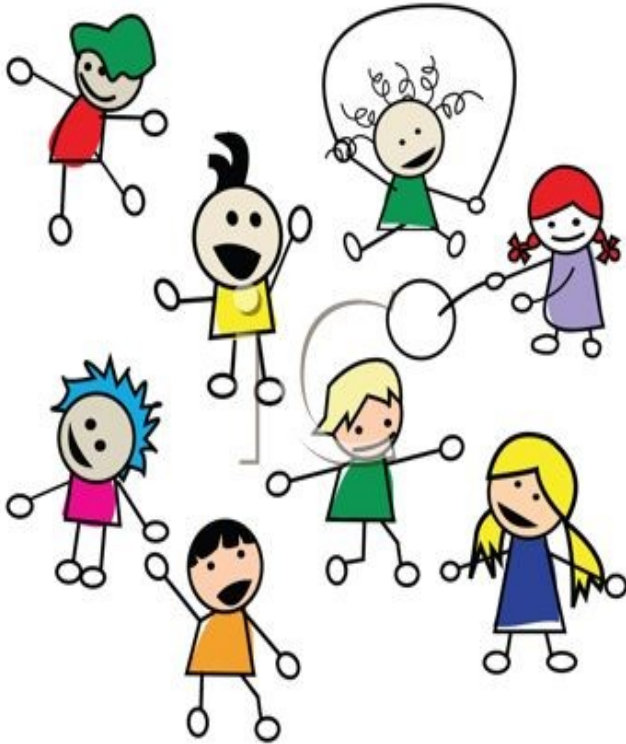
Given that bananas are suffering a similar fate as chocolate, and they taste so delicious together, I can only wonder if the eradication of peanuts is next.

Thanks to these sources used in this article which was published in September 2019 in Curious: New York Times, "A Battle to Save the World's Favorite Treat: Chocolate;" CATIE, "International Cocoa Collection;" The Tico Times, "Costa Rica's Chocolate Comeback", Smithsonian, "How to Save the Chocolate Tree Without Sacrificing Flavor."



We'll be open Columbus Day, Monday, October 14. Lunch carry-in. Bring a side dish and join the fun.

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.

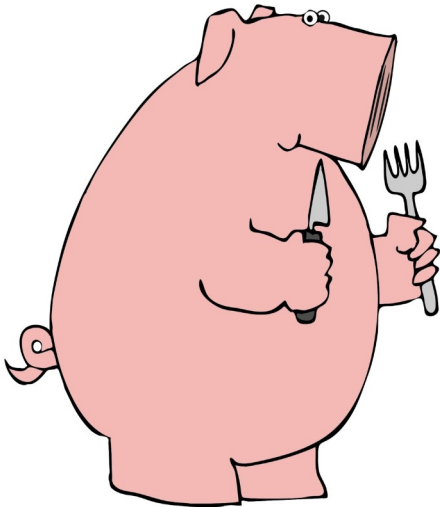
***Mike and Linda Andreas** — Landscaping, garden and flowers sponsor.

***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.

Thanks to all for another great Porkapalooza



By the time October gets here, another great event will be in the bag.

Thanks so much to everyone who was involved. Great work on Porkapalooza 2019!

A special thanks to Colleen Martin, the general behind all the hard work and her committee, Debbie Craig, Sue Welte and Teresa O'Rourke.

Thanks to the Newburgh BBQ Coalition for again smoking up the Burg. It smelled great and tasted like heaven.

To our other volunteers, a huge thanks. We could not hold Porkapaloo-

za without all you all.

Thanks to our sponsors: Walmart; Sam's Club; Dr. Shea Perkins, Newburgh Family Dental; People's Savings and Trust Bank; JoAnn Krantz, Attorney At Law; Fine and Hatfield-Todd Glass; Newburgh Healthcare; Judy Lopez and the Martins.

Along with our thanks to sponsors and volunteers and to those who smoked the pork, thanks to those who bought it in one form or another and all those who baked, contributed and ate items from the bake sale.

October will be a busy month at Newburgh Senior Center

It seems we always have something special going on at the Center but October seems especially busy with Halloween, etc.

We'll have a couple of visits in October that you might want to pay mind to for your health and peace of mind. First, Our State Health Insurance rep-

resentative, Melanie Wilkinson, will be here Friday, October 10 at 10 a.m. to answer questions and discuss probable changes in Medicare for 2020.

Second, our friend, Carol, will be on hand Thursday, October 17 at 10 a.m., to check hearing aids and all things hearing-related. If you'd like a hearing

test, she can schedule that, too. There is no cost for her services.

And, don't forget, our craft day will be Tuesday, October 15 at 9 a.m. We'll be doing a fun project for Halloween.

We'll be playing cards, RumiKub and bingo, too, so we hope you'll plan to join us.

Halloween's 'brewing' at the Center



Get your best costume ready for the Center's Halloween Party on October 31 at noon. There will be photos taken and prizes awarded in several categories.

There will be "witches brew" and some spooky desserts for fun. If you would like to bring treats, that would be great. (Make sure anything with nuts is appropriately marked.)

Thanks to Day of Caring Volunteers

Thanks to the great volunteers from all over the area who came on September 13, for the annual United Way Day of Caring. More than two dozen of them swooped in and washed windows and blinds; trimmed trees and bushes; pulled weeds; brought soil for our raised beds; glued stamps to

blocks; cleaned our kitchen cabinets; power washed our chairs and a lot more.

We had folks from Vectren, George Koch, Atlas, and Evansville Teachers Credit Union. Thanks for taking your time to help around here. Thanks, also to the United Way of Southwest Indiana for organizing this event.

Happy Anniversary

Happy Anniversary to Teresa and Mike O'Rourke. They are friends of the Center. Teresa is responsible for all the decorations around here.



If October wasn't already weird enough, here are a few more bizarre holidays

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| 1: International Day of Older Persons | 9: International Top Spinning Day | 17: Mulligan Day |
| 1: Model T Day | 9: Leif Erikson Day | 18: Meatloaf Appreciation Day |
| 1: National Black Dog Day | 10: National Handbag Day (This one's for you, Wanda and Rita!) | 18: National Chocolate Cupcake Day |
| 2: Guardian Angels Day | 12: Costume Swap Day | 18: Newspaper Comic Strip Appreciation Day |
| 2: Name Your Car Day | 12: International Moment of Frustration Scream Day | 19: Sloth International Day |
| 2: Peanuts (Cartoon) Day | 12: Universal Music Day | 19: Sweetest Day |
| 4: Dick Tracy Day | 12: I Love Yarn Day | 20: World Toy Camera Day |
| 4: International Ship in A Bottle Day | 13: Silly Sayings Day | 22: Make A Dog's Day Day |
| 4: Kanelbullens Dag (Cinnamon Roll Day) | 14: Be Bald and Be Free Day | 22: National Nut Day |
| 4: World Smile Day | 14: Spider-Man Day | 23: National Mole Day |
| 5: Cephalopod Awareness Day | 15: I Love Lucy Day | 25: Frankenstein Friday |
| 5: Walk A Mile In Her Shoes Day | 15: National Cheese Curd Day | 27: Black Cat Day |
| 5: Woofstock | 15: National Grouch Day | 28: National Chocolate Day (Celebrate while you can!) |
| 6: Mad Hatter Day | 15: Pay Back A Friend Day (Not in a grouchy way.) | 29: National Cat Day |
| 6: Pickle Day | 16: Global Cat Day | 30: Create A Great Funeral Day |
| 7: National Chocolate Covered Pretzel Day | 16: Hagfish Day | 30: Devil's Night or Mischief Night |
| 7: National Forgiveness Day | 16: Information Overload Day | 30: Haunted Refrigerator Night |
| 7: You Matter To Me Day | 16: National Take Your Parents to Lunch Day (Tell your kids.) | 31: Magic Day: |
| 8: National Face Your Fears Day | | 31: National Caramel Apple Day |
| 8: World Octopus Day | | 31: National Doorbell Day |