

Newburgh Senior Center

January 2020 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am - 2 pm

Manager's Corner

As I was getting ready for this newsletter, I had to change the calendar to **2020**. Years that end in zero seem a bit more special to me. I was born in a year that ended as such, so maybe that's why I feel that way.

A new year always feels a bit awkward at first. Many of us will still write the old year on checks for a few weeks. It takes us a while to get used to it. Soon enough, **2020** will roll off our tongues and flow right out of our ink pens.

The NSC board and I want to wish all you all a Happy New Year. We encourage you to be HAPPY this new year. That may not be so easy for some of

us, so we must make that choice. And, there's no better place to get your *Happy* on than the Senior Center. We always have activities, programs or projects going here and all seniors are welcome to join us. If you aren't here, you could be missing the best fun of your day.

Winter is difficult for many of us. It's dark, cold and sometimes the weather is too bad for us to get out. I encourage you to get out as much as possible. On the other hand, please don't feel like the place will fall apart if you aren't here for a couple days because of the weather. Don't take unnecessary chances with your health and well

being. We'll miss you, but we'd rather miss you for a couple days than the six or eight weeks it takes to get through broken bones.

January Birthdays



Dementia support group forming in Boonville

Beginning January 14, Woodmont Health Campus in Boonville is sponsoring a support group for Alzheimer's and dementia caregivers. The group will meet the second Tuesday each month from 5:30 to 6:30 p.m. in

the facility's Assisted Living Activity Room. Call 812-897-4114 for information. Refreshments will be served, along with tips and strategies for supporting friends and family with Alzheimer's/dementia.

Tai Chi classes continue to grow at Zion UCC

Sifu Ron Weatherford invites all seniors to his Tai Chi classes, sponsored by the Senior Center. Classes meet on Thursdays at Zion UCC Church (on the hill east of the Senior Center). He teaches beginners at 9:30 a.m. and the more experienced at 10 a.m. Classes are \$5 per session. No reser-

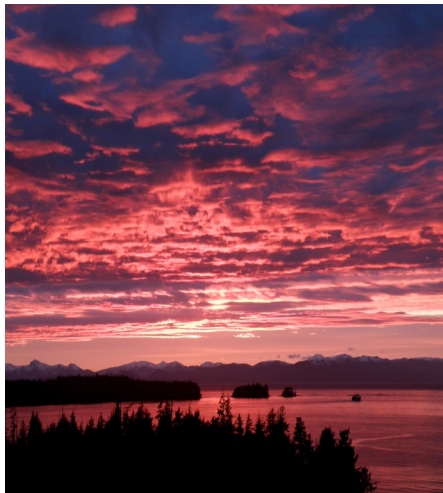
vations are needed. Wear clothes you can move around in and do the moves you can.

He also offers other Tai Chi classes and instructs a variety of Eastern arts like meditation and Kung Fu. Call 812-204-6980 for Reiki sessions or for more information.

Kay Fenimore	2
Nancy Ahrens	5
Theresa O'Rourke	6
Ed Butch	8
Marlene Crenshaw	8
Barbara White	9
Kulsoom Tapal	11
Warren Wentzel	13
Alice Brakel	15
Sharon Anderson	16
Aileen Jeffries	17
Doris Schmidt	18
Rosemary Hardin	18
Bettie Abney	19
Sarah Tapal	20
Janice Clark	22
Warren Moore	27
Connie Osborne	29
Lew Waters	29
Josephine Caskey	30

Thanks to our Day Sponsors for January

They're starting the year off right



We appreciate our Day Sponsors: **January 8** is sponsored by Colleen and Dennis in gratitude for the mild winter weather of Newburgh, Indiana. Compared to Massena, New York, their former home, Newburgh winters are a pleasure! Thank you, Colleen and Dennis, for your support of the Center. Let's hope the winter of 2020 lives up to its reputation (mild temperatures, no ice storms, little—if any—snow).

January 20—Martin Luther King, Jr.

Day—is sponsored by St. Luke Lutheran Church of Newburgh. Located on Epworth Road, St. Luke is active outside its congregation in a number of outreach and social ministries.

Some of these include the Newburgh Food Pantry, its free tutoring program, Newburgh United Methodist Clothes Closet, the Appalachian Clothing Drive, an angel tree for children who attend Chandler Elementary, and Lutherans for Habitat for Humanity. Thank you, St. Luke for supporting the Newburgh Senior Center.

With the 10-year Census, here come the scams

April 1, 2020 is Census Day — the due date for Americans to take part in the decennial national headcount. Until then, and possibly beyond, you'll probably hear a lot about, and a lot from, the U.S. Census Bureau. But census activity isn't limited to years ending in 0, and neither is census fraud.

Census scammers contact you by phone, email, regular mail, a home visit, or direct you to phony websites, seeking personal and financial information.

Like other government impostors, they adopt the mantle of officialdom in hopes of winning your trust — and they have the added advantage of pretending to represent an agency specifically tasked with asking questions. Along with its once-a-decade population count, the Census Bureau conducts more than 130 surveys each year.

There are some things no genuine census survey or agent will ask — for example, for your Social Security, credit card or bank account number. They won't ask when you leave for or return from work. They won't ask for money. They won't threaten jail time if

you don't answer their questions.

Any of these is a sure sign that a supposed census taker is phishing for ways to steal your identity, money or possessions.

Be especially watchful for impostors in early and mid-spring of 2020, when the actual Census Bureau will be sending out reminders to fill out your form and following up in person at households that don't respond. Count on these tips to head off census scams.

Things to Do

Verify that a census taker who comes to your home is legitimate. They should have a Census Bureau photo ID badge (with a Department of Commerce watermark and an expiration date) and a copy of the letter the bureau sent you. Contact the bureau's National Processing Center or the regional office for your state to verify that an American Community Survey or other census communication is genuine.

Check that a census mailing has a return address of Jeffersonville, Ind., the site of the National Processing Center. If it's from somewhere else, it's not from the Census Bureau.

Check the URL of any supposed Census website. Make sure it has a census.gov domain and is encrypted — look for https:// or a lock symbol in the browser window.

Things not to do

Don't give your Social Security number, mother's maiden name or bank or credit card numbers to someone claiming to be from the Census Bureau. Genuine Census representatives will not ask for this information.

Don't reply, click links or open attachments in a suspicious census email.

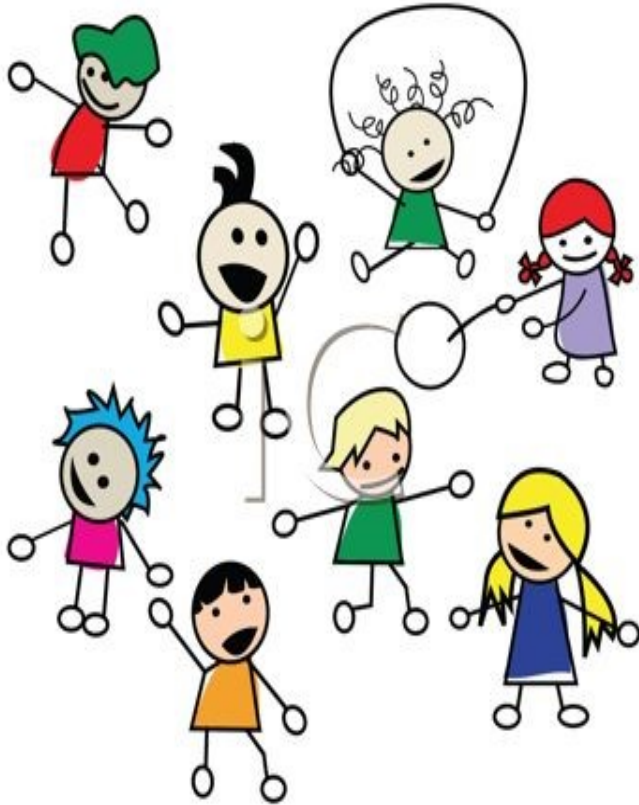
Forward the message to ois.fraud.reporting@census.gov.

Don't trust caller ID — scammers can use spoofing tools to make it appear they're calling from a real Census Bureau number. Call the National Processing Center at 800-523-3205, 800-642-0469 or 800-877-8339 (TDD/TTY) to verify that a phone survey is legitimate.

Share your 2020 jokes

There are jokes in the wings waiting to be told about vision and 2020. We hope you have a favorite to share with your friends at the Center. We can hardly wait to see.

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.

We appreciate the commitment of those in our community who sponsor our programs and projects. 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

Center membership dues are being accepted

It's time to renew your membership to Newburgh Senior Center. Our membership runs from January 1 to December 31.

We are keeping dues at \$12 again this year. That's a dollar a month! No-where else can you have as much fun for such a small amount of money.

Of course, you can pay your dues any time during the year, but we get more bang from your buck if we can use it all year.

It is not required to pay dues to participate at the Center, but we encourage you to do so for a couple of reasons.

One: It gives you a sense of ownership to say you are a member here.

Two: For those of you who like the day trips, we offer a discount.

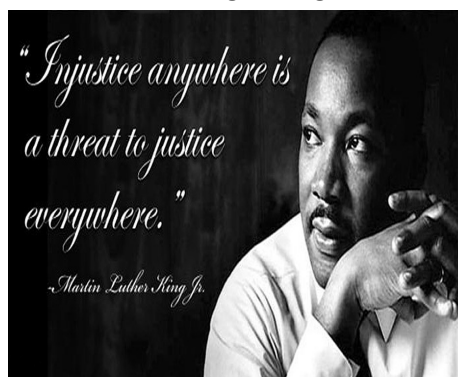
We are open for Martin Luther King, Jr. Day

We hope you'll join us for a celebration of the life and work of Martin Luther King, Jr. on Monday, January 20. We'll take a few minutes to recognize him for one of our country's leaders in the Civil Rights movement. Because of people like him, we all can feel more empowered.

He is best known for his non-violent approach to getting things changed.

On October 14, 1964, King won the Nobel Peace Prize for combating racial inequality through nonviolent resistance.

We'll have vegetable beef soup for lunch and you can bring sides dishes and desserts to go along with it.



We say goodbye to another member

Our good friend and game player extraordinaire, Viola Schriefer, passed away December 18. She fought long and hard with bone cancer and now she is free of pain.

Our sympathies also go to Sarah Burke on the death of her husband, Phil. He passed away as a result of a plane crash on December 21.

Soar high, Vi and Phil.

To both families: Our hearts are broken for you and we understand the way you are feeling at this time.

We send our love and sympathy to both these families and assurance that both have gone home.

Odd holidays to celebrate in January



- 1: First Foot Day
- 2: Happy Mew Year for Cats Day
- 2: National Buffet Day
- 2: National Science Fiction Day
- 3: Festival of Sleep Day
- 3: J.R.R. Tolkien Day
- 3: National Chocolate Covered Cherry Day
- 4: Tom Thumb Day
- 4: Trivia Day
- 4: World Hypnotism Day
- 5: Monopoly Game Day
- 5: Whipped Cream Day
- 6: National Shortbread Day
- 6: National Weigh-In Day (Always First Monday after New Years)
- 7: Old Rock Day
- 7: National Bobblehead Day
- 8: Argyle Day
- 8: Earth's Rotation Day
- 8: National English Toffee Day
- 9: National Static Electricity Day
- 11: Learn Your Name in Morse Code Day
- 12: Kiss A Ginger Day (Red Heads)
- 12: National Hot Tea Day

- 13: Make Your Dream Come True Day
- 13: Rubber Ducky Day (According to a 1973 Calendar, this is Rubber Ducky's Birthday. But, others say it's February 25, the date Rubber Ducky first appeared on Sesame Street. I also have it below on Jan. 28 for Ernie's birthday. It's boggling.)
- 14: Dress Up Your Pet Day
- 14: International Kite Day
- 15: National Bagel Day
- 16: Appreciate A Dragon Day
- 16: Fig Newton Day
- 16: Without A Scalpel Day
- 17: Judgment Day
- 17: National Bootleggers Day
- 17: Popeye Day
- 18: Winnie the Pooh Day
- 18: Thesaurus Day
- 19: Popcorn Day
- 20: National Crowd Feed Day (Always on Martin Luther King Day)
- 20: National Cheese Lovers Day
- 20: Penguin Awareness Day
- 21: International Sweatpants Day
- 21: National Cheesy Socks Day
- 21: National Hugging Day
- 22: Answer Your Cat's Questions Day
- 23: National Handwriting Day
- 23: Snowplow Mailbox Hockey Day
- 24: Belly Laugh Day
- 24: National Compliment Day
- 24: National Peanut Butter Day
- 24: Talk Like A Grizzled Prospector Day

- 25: Fruitcake Toss Day
- 25: National Seed Swap Day
- 25: Robert Burns Day
- 26: National Peanut Brittle Day
- 26: Toad Hollow Day of Encouragement
- 27: Bubble Wrap Appreciation Day
- 27: National Geographic Day
- 27: Thomas Crapper Day
- 28: National Kazoo Day
- 28: Rubber Ducky Day (Also here due to Sesame Street saying it's on the 28th. Because the general belief is that this is on Ernie's birthday. So, there are 3 dates for this. Rather boggling.)
- 29: Curmudgeons Day
- 29: Freethinkers Day
- 29: National Puzzle Day
- 30: Inane Answering Message Day
- 31: National Big Wig Day

Veterans' program starting in Boonville

Woodmont Health Campus is offering a Veterans' Café the second Tuesday each month, 9:30-10:30 a.m. at their Boonville facility.

The event is free to veterans. A light breakfast will be served. Call 812-897-4114 for information. If you know veterans of any age, please let them know about this program.

Games we play

If you are not currently involved in our games at the Center, you don't know what you're missing.

As a rule, we play Rumikub every day. Mondays, at noon, we play Clabber.

Bridge is on the first and third Tuesdays, starting at 11 a.m. Euchre is every Wednesday at noon. Mondays and Thursdays, at noon, we play Scrabble.

For Clabber and Bridge, you need to let us know you want to play. For the other games, feel free to show up for fun.

You don't have to be good but you need to have a good idea of the games before you get started. We have folks who will teach games if you need help.

Bingo sponsors needed for 2020

We appreciate all those groups and organizations who sponsor our monthly bingo games. However, sometimes, they have to drop off and we have days open for which we need sponsors.

Being a bingo sponsor involves bringing prizes so everyone participating gets to win one time and for a cover-all game. The prizes don't have to be expensive and our members prefer consumables: toilet paper, paper towels, candy, other food items and/or dish soap, etc.

If you are involved with an organiza-

tion or a business, please ask if they would like to help us provide bingo. The usual commitment is for once a month.

Our current bingo sponsors include Hamilton Pointe, Cypress Grove, Bell Oaks, River Pointe Health Care, The Islamic Center, Holiday Health Care and the Wentzel Family. Thank you to these folks who bring us fun and prizes every month.

For those groups who just want to occasionally sponsor bingo or other activities, please call the Center at 812-853-5627 and set up a date.