

Newburgh Senior Center

May 2020 Newsletter

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The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am - 2 pm

Manager's Corner

I hope all you all are holding up. I miss you so bad.

We are going to have a whale of a party once we can all get together again. **As soon as it's safe....** We just don't know when that will be, so I'll keep calling you to make sure you are okay.

If you need anything, please call the Center at 812-853-5627. We are a resource for many things during this crisis, not just Senior Center info.

The good news is we are all in this together and together we are stronger than any virus.

Our sincere gratitude goes to the faithful doctors, nurses and first responders who are putting their lives on the line. We owe it to them to stay inside and away from each other.

It won't hurt to think of all the things you want to do and the people you want to spend time with when all this is over. I'm going to the fabric shop first thing.

I miss all the great baked items you all make and bring to the center. One of our members, with whom I was talking to the other day, said Aileen's oven may think she's moved away since she's not baking for us!

We can all look forward to Mother's Day and Memorial Day in May. We'll certainly be observing them differently than usual this year.

I remember listening to the Indianapolis 500 on Memorial Day as a kid. We'd set up the radio in the back yard and party in the sun or sit in the house with baited breath if it was raining.

These days, unless they have a crash, the race is nearly over by the time the ice melts in the first glass of sweet tea and nobody has to worry about getting sunburned from staying out in the sun for hours. Oh, wait, we aren't doing sweet tea or sunbathing any more, are we? And don't plan of watching the 500 in May this year.

Like everything else, it's been moved back until fall. If all goes well, we'll be having a busy fall: The Derby, the 500, graduations, family reunions, church!

For the safety of all our Seniors, the Center will be on the tail end of places getting back up and running. I'll let you know the date when I know the date.

We have to work out the details of safe operation, like masks and sanitizer, etc. I haven't figured out yet how to play Rumikub with gloves and bleach, or Clabber from a safe distance.

We may have to move Euchre out to the main area to open up for social distancing. We may have to learn words again for Scrabble.

One more thing: I've lost track of the time line, but if you haven't filled out your 2020 census report, please do that ASAP. Many types of government

funding are tied to the numbers and Senior Citizens need to make sure we are all counted.

A huge thanks to Ed Butch who has been busy with our garden. Several things have been planted and others are still to find the dirt. I can already taste the fresh tomatoes!

May Birthdays



Linda Shaw	1
Pam Gilham	3
Greg Hall	4
Diane Wright	5
Jack Spillman	8
Marie Moore	10
Jane Schmitt	10
Mary Bolander	13
Janet Tenbarge	15
Linda Nottoli	16
Bonnie Eberle	22
Pat Rutherford	22
Bob Ice	28
Lil Sturm	30

Thanks to our Day Sponsors for May

We thank our May Day sponsors.

May 10 Mother's Day is sponsored by Colleen and Dennis Martin in honor of their mothers, Jean Race, who will soon be 92, and the late Evelyn Martin. We encourage you to take the time to connect with your family.

May 25 Memorial Day is sponsored

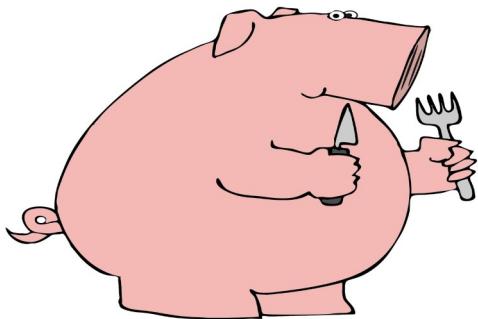
by Anonymous. She asks us to be thankful for all those who sacrificed for our freedom.

Memorial Day is the perfect time to remember that our country was built by those who stood up for freedom and liberty and it continues to be an ongoing battle.



Save the Date!

Porkapalooza 2020 set for the fourth weekend in September



Mark your calendar! Porkapalooza 2020 is scheduled for **September 25 and 26**. Makes you kinda drool just thinking about it, doesn't it?

We are still planning to serve our usual lunches and offer famous NBC ribs, pork tenderloins and pulled pork. You can almost smell the smokers.

We'll get the volunteer sheets out as

soon as we have all the details.

Start thinking now about what you'll make for our famous Bake Shop.

Tell your family, friends and complete strangers about the fabulous pork we always have at Porkapalooza, smoked especially for the Center by the Newburgh BBQ Coalition. (Waving hi to the NBC folks.)

Food available for those in need

As we all know, these are stressful times for everybody. If you need food assistance, do not hesitate to go to one of our food pantries in Newburgh. Mother Theresa's is open Monday, Wednesday and Friday, 9-11:30 a.m. and the last Thursday of the month, 4-5:30 p.m. The pantry at Newburgh United Methodist Church is open

Monday mornings. Both of these pantries are drive through only.

We are also the distribution site for the supplemental food program for people 60 and older. There are income guidelines, but if you aren't working, you'll probably qualify.

Distribution is the fourth Friday each month.

If you would like to apply, please contact Colleen Martin, 812-598-8332. She is in charge of Warrick County only.

If you live in another county, please call SWIRCA, 812-464-7817, for the contact information. SWIRCA is a good contact for other services and programs if you need help.

Seven Wonders of the World seen from a different perspective by one little girl

A group of students was asked to list what they thought were the present "Seven Wonders of the World." There were some disagreements, but the following received the most votes:

- The Great Pyramids
- St. Peter's Basilica
- The Taj Mahal
- The Empire State Building
- The Grand Canyon

- The Panama Canal

- The Great Wall of China

One little girl seemed puzzled and hadn't turned in her votes yet, so the teacher asked if she could help. The little girl said she was having a hard time because there were so many. So the teacher asked her to read off the ones she had listed. Here's her list:

- To See.

- To hear.

- To taste.

- To feel.

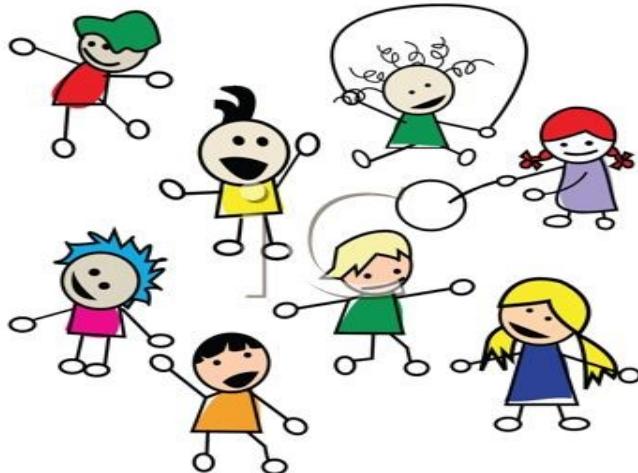
- To touch.

- To laugh.

- To love.

The room was so quiet you could have heard a pin drop. The things we take for granted are truly wondrous.

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. Thanks, too for printing our newsletter.

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

***Ohio Township** — Activity sponsor.

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

Memorial Day is older than we think

The custom of observances (including the laying of flowers on burial sites) to remember and honor those who gave their lives in military service goes back many hundreds, if not thousands, of years. Fallen soldiers were remembered as far back as ancient Greece. In the United States, that custom has long since been formalized in the creation of Memorial Day (formerly known as Decoration Day), a federal holiday observed on the last Monday in May to remember the men and women who died while serving in the United States Armed Forces.

Traditionally, every year the President (or, in his absence, another high-ranking government official) visits Arlington National Cemetery on Memorial Day to honor all those Americans who have died in military service to their country by participating in a symbolic wreath-laying ceremony at the Tomb of the Unknowns.

A precursor to Memorial Day was held by former slaves on May, 1, 1865 in Charleston, South Carolina to honor 257 dead Union Soldiers who had been buried in a mass grave in a Confederate prison camp. They dug up the bodies and worked for two weeks to give them a proper burial, as gratitude for fighting for their freedom. They then held a parade of 10,000 people

led by 2,800 children where they marched, sang and celebrated. Our modern Memorial Day originated with an order issued in 1868 by Maj. Gen. John A. Logan, the commander in



chief of the Grand Army of the Republic, for the annual decoration of war graves.

Logan declared that Decoration Day should be observed on May 30. The first large observance was held that year at Arlington National Cemetery. The ceremonies centered around the mourning-draped veranda of the Arlington Mansion, once the home of Gen. Robert E. Lee. Various Washington officials, including Gen. and Mrs. Ulysses S. Grant, presided over the ceremonies. Children from the Soldiers' and Sailors' Orphan Home and members of the GAR made their way through the cemetery, strewing flowers on both Union and Confederate

graves, reciting prayers and singing hymns.

It was not until 1971 that Memorial Day was established as a federal holiday by Congress. Debate continues regarding exactly when and where the first observance was held in the United States.

The official story of Memorial Day began in Waterloo, NY in the summer of 1865, when a prominent local druggist, Henry C. Welles, mentioned to some of his friends that it would be well to remember the patriotic dead by placing flowers on their graves. He advanced the idea again the following spring to General John B. Murray. Murray, a civil war hero and intense patriot, supported the idea wholeheartedly and marshalled veterans' support.

On May 5, 1866, Waterloo was decorated with flags at half mast, draped with evergreens and mourning black. Veterans, civic societies and residents, led by General Murray, marched to the strains of martial music to the three village cemeteries, where impressive ceremonies were held and soldiers' graves decorated.

On May 26, 1966, President Lyndon B. Johnson, signed a Presidential Proclamation recognizing Waterloo as the Birthplace of Memorial Day.

Weird holidays in May should bring on a grin



May is named after the Roman goddess Maia, who oversaw the growth of plants. Also from the Latin word maiores, "elders," who were celebrated during this month.

Dandelion Day: 1-2
Global Love Day: 1
Hug Your Cat Day: 1
Lei Day: 1
Mother Goose Day: 1
National Bubba Day: 1
Tuba Day: 1
International Doodle Dog Day: 2
Join Hands Day: 2 (But wear gloves and a mask this year!)
Martin Z. Mollusk Day: 2
National Play Outside Day: 2
Roberts Rule of Order Day: 2
Start Seeing Monarchs Day: 2
World Naked Gardening Day: 2
World Laughter Day: 3
Garden Meditation Day: 3
Lumpy Rug Day: 3
Two Different Colored Shoes Day: 3
Intergalactic Star Wars Day: 4 (May

the Fourth Be With You!)
Respect for Chickens Day: 4
Petite and Proud Day: 4
Cinco de Mayo: 5
Great American Grump Out: 6
No Diet Day: 6
Russel Stover Candies Day: 6
Beaufort Scale (Wind) Day: 7
World Password Day: 7
No Socks Day: 8
National Dog Mom's Day: 9
National Windmill Day: 9
Stay Up All Night: 9
World Belly Dance Day: 9
Clean Your Room Day: 10
Eat What You Want Day: 11
Hostess Cupcake Day: 11
Hug Your Cat Day: 12
Limerick Day: 12
Frog Jumping Day: 13
National Chicken Dance Day: 14
The Stars and Stripes Forever Day: 14
Morel Mushroom Days: 15-16
National Chocolate Chip Day: 15
National Pizza Party Day: 15
National Slider Day: 15
Nylon Stockings Day: 15
O. Henry Pun-off Day: 15
Straw Hat Day: 15
Do Dah Day: 16
National Sea Monkey Day: 16
Buy A Musical Instrument Day: 18
(In Honor of The Music Man Creator)
I Love Reeses Day: 18
Eliza Doolittle Day: 20
National Juice Slush Day: 20
Eat More Fruits & Vegetables Day: 21
I Need A Patch For That Day: 21
Harvey Milk Day: 22
National Polka Day: 22-24
National Wig Out Day: 22
Sherlock Holmes Day: 22
National Best Friend-in-Law Day: 23
Brother's Day: 24
International Tiara Day: 24
Morse Code Day: 24 (Some also observe on April 27)
Neighbor Day: 24 (Sunday before Memorial Day Weekend)
Cookie Monster's Birthday: 25
National Tap Dance Day: 25
Nerd Pride Day or Geek Pride Day: 25
National Paper Airplane Day: 26
Cellophane Tape Day: 27
Joe Cool Day: 27
Senior Health & Fitness Day: 27
Slugs Return From Capistrano Day: 28
Mike, The Headless Chicken Days: 29-30
Put A Pillow On Your Fridge Day: 29
Mint Julep Day: 30
National Smile Day: 31
Save Your Hearing Day: 31
What You Think Upon Grows Day: 31

Contest with words!

Here's a stretch for your brain. Make as many words as you can from Coronavirus. The winner gets a \$5 gift card. You can email your entry to manageratnsc@gmail.com or drop your entry in the mail to NSC, 529 Jefferson St., Newburgh, IN 47630.

Deadline to enter is May 23.

Ways to reduce stress while we stay home

Experts have written it is harder on older people to be cooped up in their homes. We are a wiley bunch, so there are things they recommend that we can do to maintain sanity.

Number one on their list of seven things: **Stay active and keep your mind exercised.** Read that: Don't sit on your couch all day watching re-runs on TV. If you have internet, many museums are now offering free virtual tours. You Tube has lots of musical performanc-

es. You can virtually tour beaches and beautiful cities. Read a different type of book than you usually read.

Eat right and get enough sleep. Try as much as possible to stay on your usual schedule. Take your vitamins.

Reach out and keep in touch. If you can Zoom or Face Time, you can at least see their faces, even if you can't touch them. If that doesn't work, pick up the phone and talk to your friends and family. And, don't hesitate to ask

for help. Go back to writing letters. It's good for you in a number of ways.

Look for humor. Laughter is good for you. Don't be afraid to get silly. Grins are good, but belly laughs are better.

Go for a walk, outside if you can. If you can't get out and about, do a circuit around your abode. Dance like nobody's watching. Learn yoga or tai chi online. Just get moving. (Thanks to Patricia Doherty for this information.)