

# Newburgh Senior Center

## November 2020 Newsletter

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### ***The Place Where Seniors Congregate***

**Hours: Monday - Friday, 9 am - 2 pm**

### **Manager's Corner**

We made it through October. Whew! But now we are looking at November with Thanksgiving and December with Christmas. For those of us who have lost spouses, close friends and family, those holidays can be difficult. Remember, it is okay to be sad. But it's not okay to wallow.

COVID 19 may make our holidays even more difficult than usual this year. We may not feel safe getting close to family and friends like we usually do. I'm right there with you.

We did a zoom Easter lunch and that's probably what we'll do for Thanksgiving and Christmas, too.

However, a friend of mine from church, whom I haven't seen since Christmas last year, said she and her family have been having "curbside"

gatherings and bonfires. That way they can see each other and talk, but remain at a safe distance. It's getting a bit chilly to do this but if we bundle up, it could still work.

It might be helpful if you can keep this in mind about Thanksgiving: There are many things for which we should be thankful; and if we can't have company, we don't have to worry about dust bunnies under the furniture. They can live there a while longer, undisturbed. I suggest we all start a list at the beginning of November for all the things we should be thankful for this year. Then on Thanksgiving Day, go over the list and remember to be grateful.

As I was reading some pieces about being thankful, one author suggested spending three minutes a day being

grateful for things that have happened to us or things that we have. I like that idea.

It's easy to take for granted the safety and security we enjoy in this country. We are a rich people and we should remember to be grateful.

### **November Birthdays**



Susan Crowley	3
Nancy Norman	3
Phyllis Perkins	6
David Schaefer	9
Peggy Boxell	11
Jayne Christian	15
Ruby Abney	15
Michelle Wedding	16
Marilyn McClain	17
Steve Renfrow	19
Donna Ahlers-Rowlett	21
Shirley Jorgensen	23
Ed Moseley	27
Diane Kittinger	29
Shannon Lafferty	30
Gene Welte	30

### **Thanks for another great Porkapalooza**



Thanks again to everyone who helped with Porkapalooza 2020 and to those who ordered pork and drove through for lunch.

We think all the bills have been paid and we made nearly \$12,000. Not bad for a year where we considered not even having the event because of COVID 19.

We so appreciate your support individually and the support of our community. We love the Newburgh BBQ Coalition and all they do.

# Thanks to our Day Sponsors for November



We appreciate our Day Sponsors for November:

**November 11** is sponsored by American Legion, Kapperman Post 44., in honor of all those who have served to preserve our freedoms. Thank you American Legion for all you do for veterans. We join you in honoring them on this special day.

**November 22** is sponsored by Carol and Bill Woerz in honor and celebration of their 40th wedding anniversary. A special year 1980 was a for the Woerzs (and so is 2020, but in a different way). Thank you for including the Newburgh Senior Center in this day. We hope 2021, and your 41st anniversary allows more celebrating!

## We remember veterans from all conflicts and wars

Veterans Day has been celebrated since shortly after the fighting in World War I ended. Never had there been such death and destruction. Little did people know it would happen again in less than five decades.

So now we mark Veterans Day on November 11 to remember the cessation of conflict at the 11th hour of November 11, 1918. In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: *To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...*

During the early days of the Second Battle of Ypres a young Canadian arti-

lery officer, Lieutenant Alexis Helmer, was killed on 2 May, 1915 in the gun positions near Ypres. An exploding German artillery shell landed near him. He was serving in the same Canadian artillery unit as a friend of his, the Canadian military doctor and artillery commander Major John McCrae. As the brigade doctor, John McCrae was asked to conduct the burial service for Alexis because the chaplain had been called away somewhere else on duty that evening. It is believed that later that evening, after the burial, Dr. McCrae began the draft for his now famous poem "In Flanders Fields." With our gratitude and in memory of all veterans who served their country, here is his poem.,

### In Flanders Fields

by John McCrae, May 1915  
*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky*



*The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*

## SWIRCA to offer alternate winter menu: soup and sandwich

With cooler weather, we turn to warmer food. Beginning November 1, SWIRCA will offer an **alternate** menu Monday-Friday that will include a soup and a sandwich, as opposed to the regular meal. You can order both if you want, but the price is the same

and we still have to order a day ahead. Here's the soup/sandwich menu for November. **Keep in mind, there will be no lunch service on November 11 in observance of Veterans Day.**

**The regular menu is posted later in the newsletter as usual.**

**Monday:** Homemade chili, peanut butter & jelly sandwich, fruit, crackers, cookie, milk.

**Tuesday:** Vegetable beef soup, turkey

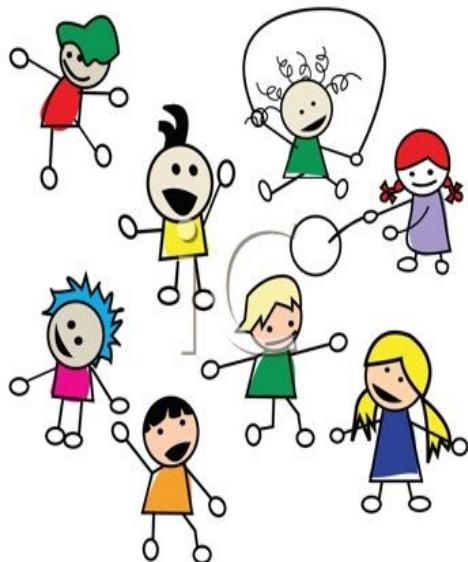
& cheese sandwich on wheat bread, fruit cup, crackers, pudding cup, milk.

**Wednesday:** Chicken noodle soup, pimento cheese sandwich, fruit cup, crackers, cookies, milk.

**Thursday:** Cream of broccoli soup, chicken salad on wheat bread, fruit, crackers, pudding cup, milk.

**Friday:** Mary's Choice homemade soup, egg salad sandwich, fruit, crackers, cookies, milk.

# 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.

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](mailto:manageratnsc@gmail.com).

## Thankfulness is powerful in our lives

### *The Power of Thankfulness:*

#### *5 Essential Tips*

By Henrik Edberg

Updated May 14, 2020

*"Enjoy the little things, for one day you may look back and realize they were the big things." Robert Brault*

As we prepare to celebrate Thanksgiving, it's a good time to share a handful of tips for making thankfulness a daily part of life. Being thankful for what you have is one of the simplest and easiest ways to lift your mood.

#### **1. Pause and look around yourself.**

A simple first step to being more thankful is to pause during your day and ask yourself these two questions:

- What are 3 things I can be thankful for in my life today?
- Who are 3 people I can be thankful to have in my life and why?

If you don't come up with 3 people and 3 things each day, don't worry. One thing or person is great, too.

#### **2. Express your thankfulness.**

Don't stop at just coming up with people for whom you are grateful to have in your life.

Take a few seconds to tell them about it. This will make their lives happier. You might feel better, too.

#### **3. Look towards yourself too.**

It is not only things that are important. Or other people. *You are important and valuable too.* So appreciate that.

Ask yourself: What are 3 things I can be thankful for about myself?

It could be that you were a good sister during a crisis last week. It could be that you finally got done with that boring or difficult task.

Your self-gratitude does not have to be all about achievements. You can simply be thankful for your good sense of humor. And your thankfulness doesn't have to be about big things either. It could simply be about the fact that you floss for a couple of minutes in the morning.

#### **4. Be thankful for the things you may take for granted.**

The things we get very used to having can become things we take for granted. But they are not things everyone in the world has access to.

I have found that being grateful for things like these are especially helpful to zoom out and to put my situation in perspective when I am going through a tough time in life.

#### **5. Start or end your day with thankfulness.**

To make thankfulness into a habit

that sticks, find a regular time for it in your day.

For example, you can start your day in a good way by finding 3 things to be grateful for about yourself over breakfast. Or you can take a few minutes in the evening, just before going to bed, to use a journal to write down 3 things you are grateful for about your day.

Try a tiny time commitment like one of these and see what impact it has on your life.



## **Thanks to Alcoa for supporting NSC**

Thanks to Alcoa Warrick Operations for partnering with us as a 2021 Hospitality sponsor. Alcoa has been one of the premier employers in our community since 1960.

We appreciate their support of the Newburgh Senior Center and so many other groups that make Warrick County a good place to live for young and old alike!

Thank you, Alcoa Warrick Operations.

# Giving up our 'shoulds' will open up more possibilities in our lives

*Give Up Your Shoulds Day* is a day, celebrated on November 1, to give up thinking about something you "should" do. We can spend so much time thinking about the things we "should" do—things such as exercising, eating healthier, making more money, being more organized—that we become overly stressed, and feel guilty and sad.

We will feel better if we give up thinking about at least one thing we "should" do. Maybe if we do this today, we can do it on future days as well. The key is to get rid of the thought.

For example, if we think we "should" go to the gym, maybe we still will go—or maybe we won't—but the key is to get rid of the thought that is burden-

ing us. No matter if we do something or not, getting rid of the thought that we should do it will ease our minds. Some examples of "shoulds" people have given up included:

**I should clean the house.**  
**I should go to the gym.**  
**I should be making more money.**  
**I should lose weight.**  
**I shouldn't still be grieving this loss.**  
**I should be getting more work done.**  
**I should call my friends more often.**  
**I should stop eating the leftover Halloween candy.**

A "should" is any rigid thought you carry about yourself, the people around you, and the world. It is NOT necessarily tied to your actions. It's not about what you do or don't do, it's about the *thoughts and beliefs*

you are carrying as you move through life.

This holiday was created by Damon L. Jacobs, a licensed therapist. He is also the author of "*Absolutely Should-less: The Secret to Living the Stress-Free Life You Deserve.*"

Don't worry if you forget to do this on November 1. You can give this a try any day, and for as many days as you want.

## Bring back "Old Clem's Night"



We should think about reviving *Old Clem's Night*.

A mix between the Fourth of July and Halloween—but with blacksmiths—it mostly died off by the beginning of the 20th century, because blacksmithing was going out of style. Saint Clement's Day, aka Old Clem's Night, (November 23) formerly celebrated Pope Clement I, the patron saint of blacksmiths.

The night began with the ritual firing of the anvil, a proto-fireworks display generated by packing gunpowder into anvils and then hammering away at them like a madman.

It continued with plenty of singing and drinking, but also a Halloween-like ritual where the blacksmiths would dress up like "Old Clem" and knock on doors, begging for beer, fruit, nuts, or money.

Sounds to us like a good holiday to celebrate.

## Beaver moon, partial lunar eclipse are in November sky

After the Blue Moon (second full moon in a month) in October, you might think that's all the lunar excitement for the rest of the year. Not so, say our experts at *The Old Farmer's Almanac*.

The Beaver Moon is the full moon in November (the first if there are more than one). The time of the Beaver Moon was the period for both the early colonists and the Algonquin tribes to set beaver traps to ensure a supply of warm winter furs. Beavers would have

their heavy winter coats on by this time and be getting ready to take shelter in their watery burrows for the winter.

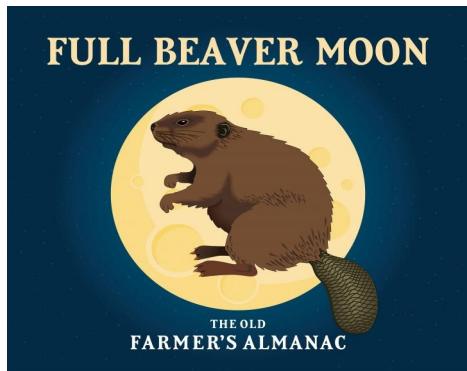
This full moon is also known as the Frost Moon because it's about the time of the first frosts.

The Beaver Moon reaches peak fullness in the morning hours of Monday, November 30, at 3:30 a.m. in southwest Indiana.

### Moon Facts

Did you know? The spin-time of the moon on its own axis is identical to the time it takes the moon to revolve around Earth, which is why the Moon always keeps almost exactly the same face toward us.

How much would you weigh on the Moon? Just multiply your weight (It doesn't matter if it's in pounds or kilograms.) by 0.165. You'd weigh about 80 percent less. Sign us up for the next round trip.



# November is thick with non-turkey holidays

Cinnamon Day: 1

**Daylight Saving Time Ends: 1 (Turn Back an Hour@ 2 a.m.)**

Dia de Los Muertos: 1 (Day of The Dead)

Extra Mile Day: 1

Forgiveness & Happiness Day: 1

Plan Your Epitaph Day: 1

Prime Meridian Day: 1

Cookie Monster's Birthday: 2

Fill Our Staplers Day: 2 (Always the day after Daylight Savings Time ends)

Cliché Day: 3

SOS Day: 3

National Candy Day: 4

National Easy-Bake Oven Day: 4

Use Your Common Sense Day: 4

National Men Make Dinner Day: 5 (Must Cook. No BBQ Allowed! )

Play Monopoly Day: 5

Fountain Pen Day: 6

National Nachos Day: 6

Saxophone Day: 6

National Play Outside Day: 7

Sausage and Kraut Day: 7

Cook Something Bold and Pungent Day: 8

Carl Sagan Day: 9

Area Code Day: 10

Sesame Street Day: 10

Red Lipstick Day: 11

Chicken Soup for the Soul Day: 12

Domino Day: 13

World Kindness Day: 13



Loosen Up, Lighten Up Day: 14

National American Teddy Bear Day: 14

National Pickle Day: 14

National Spicy Guacamole Day: 14

America Recycles Day: 15

I Love to Write Day: 15

National Bundt (Pan) Day: 15

National Clean Out Your Refrigerator Day: 15

Homemade Bread Day: 17

Take A Hike Day: 17

Guinness World Record Day: 18

Married To A Scorpio Support Day: 18

Mickey Mouse Day: 18

National Apple Cider Day: 18

National Princess Day: 18

Have A Bad Day Day: 19

Rocky and Bullwinkle Day: 19

Use Less Stuff Day: 19

National Peanut Butter Fudge Day: 20

World Hello Day: 21

Mother Goose Day: 22

Doctor Who Day: 23

Fibonacci Day: 23

Old Clem's Night: 23

Celebrate Your Unique Talent Day: 24

Blase' Day: 25

International Hat Day: 25

National Jukebox Day: 25

Spitegiving: 25 (Always The Day Before Thanksgiving)

Tie One On Day: 25 (Day Before Thanksgiving: Bet you didn't think this was in honor of Aprons!)

National Milk Day: 26

Flossing Day: 27 (Always Day After Thanksgiving)

National Day of Listening: 27 (Day after Thanksgiving)

National Native American Heritage Day: 27 (Always the Day After Thanksgiving)

Random Acts of Kindness Friday: 27 (Friday after Thanksgiving)

Sinkie Day: 27 (Some call it "The Sink Day" when you eat all the Thanksgiving leftovers over the sink.)

You're Welcomegiving Day: 27 (Always Day After Thanksgiving)

Cider Monday: 30

National Personal Space Day: 30

Stay Home Because You're Well Day: 30

## November 1 Remember to turn back your clocks

Just as we were about to open for about everything you could imagine, Warrick County was declared an "Orange Zone" for COVID-19, so we backed off and closed again. Hopefully, by the time you get this newsletter, we'll be back open. If you don't hear directly from one of our callers, the opening will be posted on our Facebook page.

**We are going to be closed Nov. 11, 26 and 27 for Veterans Day and Thanksgiving, regardless of where we are in the schedule process.**

Of course we are still doing drive through lunches. The annual SWIRCA Thanksgiving lunch will be Thursday, November 19, with turkey and all the fixings. If you'd like to order, reservations have to be to us by Tuesday, November 3. If you are 60+, it's the regular \$3.50 suggested donation. If you have friends or family younger than 60, their donation should be \$7. If you have not filled out SWIRCA paperwork before, we'll need you to do that when you order the lunch. We can do this over the phone.

Before you go to bed on Halloween, remember to set your clocks back an hour as we say goodbye to Daylight Savings Time.

You'll be gaining back that hour of sleep you lost last spring.

