

# Newburgh Senior Center

## December 2020 Newsletter

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

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

### **Manager's Corner**

Fall has been lovely, with beautiful colors and fine fall weather. We have much to be thankful for as we enter the season of winter, but we can expect some cold and gray days.

Before we know it, however, the days will start getting brighter and we can look forward to new growth. If next year flies by as fast as this year has gone, we'll have daffodils before we know it.

As dark as it may seem this winter, remember there is light and hope around the corner. That is the blessing of Christmas. I know Christmas will not be the same this year but I want to keep in mind that Christmas is not about me.

For Advent this year, I'm going to get

ready to celebrate lots of things. I am celebrating warmth and love and grace and mercy.

We each have to opt for happiness, even in the darkest of times. We might not be able to see our loved ones this set of holidays, but we can still communicate with those we love.

If you miss someone, pick up the phone and call them or send them a personal note. You'll both feel better.

Think of all the happy times you've shared with family and friends. Those times may never be exactly the same again, but we can still enjoy life as it's dealt to us. We can't go back but we surely can move forward with faith and joy.

The Board at the Center, Diane and I

all wish you and yours a merry Christmas and happy new year. We are seriously looking forward to a better year in 2021.

For our friends who don't celebrate Christmas, we hope you have happy winter holidays.

### **December Birthdays**



### **Thanks to everyone who helps around here**

Even though we have been closed for what seems to be years, there's still a lot going on around our Center. Our floors literally sparkle, thanks to Diane Jones, our kitchen manager, and Rosemary Hardin. Rosemary and Bill have rearranged some of our furniture and made us a cozy nook in the puzzle room. You'll be so impressed when you see it. They've also cleaned up in our garden and flower beds and spread mulch.

We thank the groups that sponsor our Free Lunch Fridays, too. Cypress Grove, the Islamic Center of Evansville and our new sponsor, Heritage Woods of Newburgh. We are grateful for our volunteers. Linda Schifano, Donna Yuschak and Joe Seibert help us with our Free Lunch Fridays.

And, we appreciate all the Town of Newburgh does for the Center. Gerald Bowser and his crew always come when we ask for assistance. Thanks so much.

Last but not least, we thank those who serve on our board and volunteer their time for the Center.

Theresa Durst	12-1
Cheryl Bauer	12-3
Barb Silver	12-4
Rita Wilson	12-5
Fran Sites	12-8
Pat Brooks	12-8
Nancy Lybarger	12-8
Rosemary Hannan	12-9
Susan Poindexter	12-12
Betty Hendrickson	12-15
Diane Jones	12-17
Doylyn Neiswinger	12-18
Pat Wittenbraker	12-19
Gayle Osborne	12-22
Jackie Mills	12-25
Richard LeDuc	12-29

# Thanks to Day Sponsors for December



We appreciate our Day sponsors:

**December 8** is sponsored by Donald Brooks in honor of the birthday of his wife, Pat Brooks. Don says Pat keeps getting younger! Thank you, Don and Pat, for your generous support of the Senior Center. Happy Birthday, Pat!

**December 13** is sponsored by Diane Shinn to celebrate the birthday of her husband, Bill Shinn. Bill says he is looking forward to the next year. (So are we!!!) Thank you, Bill and Diane for your support. We wish you a Happy Birthday, Bill, and many more!

## Join the fun on Highway61

Highway61 provides real time, virtual discussions, games and support groups to seniors online. It is easy to use and designed specifically with seniors in mind.

“Fear not, Grasshopper, you can do this,” says the person who is technology-deficient.

You can find their calendar through December 31, 2020 at [calendard.highway61.co](http://calendard.highway61.co). Highway61 hosts events like bingo, virtual travel guides, tech assistance, trivia and a host of discussion groups.

This program was developed by Eva Hibnick of Harvard University when she noticed her mother was becoming so-

cially isolated after COVID 19 forced the closure of her Senior Center. (Sounds familiar, yes?)

Here's the code you'll need when you register. **125645**

Here are the instructions:

- 1) Go to [www.highway61.co](http://www.highway61.co) and click on CALENDAR to check out when the next discussion is taking place.

- 2) Go to [www.highway61.co](http://www.highway61.co) at the time of the discussion and click JOIN DISCUSSION.

- 3) Enter your name, email and the code.

- 4) Join the chat room that interests you.

## Free lunch Fridays offer drive through options

We appreciate our friends that are committed to bringing us Free Lunch Fridays. We currently have three Fridays most months that we offer a free lunch to about 40 people.

**Cypress Grove** brings brown bag lunches the first Friday. Yummy.

The second Friday is provided by our new friends at **Heritage Woods of Newburgh**. November was the first time since they've opened and we welcome them to the Center.

**The Islamic Center of Evansville** brings us a mix of Eastern and Midwest dishes. Everything they bring is handmade and delicious.

If you would like one of these lunches, please call the Center, 812-853-5627 by the Monday before. If you want all three, you can tell us with one call.

If you want the free lunch option, you can combine that with the SWIRCA lunch



and get a twofer. Please remember the SWIRCA lunch suggested donation is still \$3.50 per meal. It is not a freebie on Free Lunch Friday.

All our meals at this point are drive through only. We start serving the Free Lunch Friday after 11:45 a.m. If you show up at 11:25, we'll probably send you around the block a couple times so we can finish getting organized.

## Medicare options deadline Dec. 7

The annual enrollment period for Medicare will end December 7. If you'd like to talk with an advisor about possibly changing your coverage plan(s), call the State Health Insurance Assistance Program (SHIP) at 800-846-0139 (1-866-0139 TDD) or go to the web site: [www.medicare.in.gov](http://www.medicare.in.gov).

The Planfinder Tool on this site will take you through all the steps of available plans, while taking your prescription drug costs into consideration.

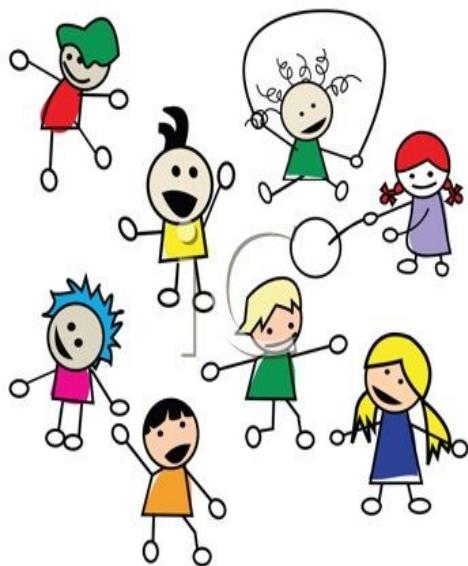
They are also on Facebook at [facebook.com/Indiana.SHIP](http://facebook.com/Indiana.SHIP) and on Twitter.

SHIP is a free counseling program provided by the Indiana State Department of Insurance. You can call them any time with insurance questions.

A representative is stationed at SWIRCA in Evansville but due to COVID 19, may not be able to meet with you in person. The rep should be able to answer your questions on the phone.

Another site to find help about coverage is at [MyMedicare.gov](http://MyMedicare.gov). You can register to get online access to your preventive health information and track your preventive services, get a calendar of the Medicare-covered tests and screenings for which you are eligible and print a report to take to your health care providers.

# 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*.

## SWIRCA's Soup 'N Sandwich option is a popular choice

Several folks were pleased to have the soup and sandwich alternative from SWIRCA meals this past month. That option will be available all winter. To order a regular meal or the soup and sandwich option, just let us know what you want, at least a day ahead of time.

It's helpful for Diane, our lunch lady, if you can tell her the meals you'd like for the entire month. If that doesn't work for your schedule, just make sure you've let her know before noon the

day before you want her to order your lunch. Call us at the Center, 812-853-5627. We are in the office Monday-Friday, 9 a.m.-2 p.m. All our lunches are still drive-through only. SWIRCA usually delivers meals after 9:30 a.m. Here's the soup and sandwich menu that stays consistent week after week this winter. The days that this option is not available are listed on the SWIRCA menu. The soup and sandwich option is not on the regular menu.

**Monday:** chili; peanut butter and jel-

ly sandwich; fruit; crackers; cookie; milk.

**Tuesday:** Vegetable beef soup; turkey and cheese sandwich; fruit; crackers; pudding cup; milk.

**Wednesday:** Chicken noodle soup; pimento cheese sandwich; fruit; crackers; milk.

**Thursday:** Broccoli soup; chicken salad sandwich; crackers; fruit; pudding; milk.

**Friday:** Mary's choice soup; egg salad sandwich; fruit; crackers; milk.

## Get your flu shot so it doesn't get you

There's a bad bug or two going around in the air this time of year but there are things we can do to avoid catching and/or spreading them.

**Number One:** If you haven't already, get your flu shot NOW.

**Number Two:** The same three W's apply to the flu as with COVID 19.

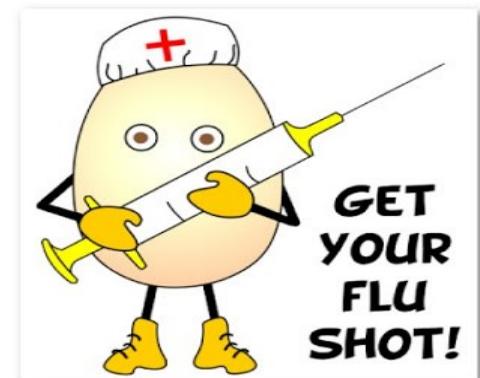
**Wear your mask; Wash your hands often; Watch your distance.** We are at the point of exhaustion with all that's going on, but we need to keep up our

guard in order to stay healthy.

If you get your shot and still get the flu, there are some things you can do to make you feel better until you get over it.

Get plenty of rest, drink lots of water and juice. Eat chicken soup and take over the counter flu medicine.

Call your doctor if you have a high fever or if you have trouble breathing. Do not dally if you feel really, really terrible.



# Christmas isn't our only December holiday



Wear your Bifocals at the Monitor Liberation Day: 1  
Clark Kent's Birthday (Superman): 1  
(Also June 18 in another Comic)  
Day With(out) Art Day: 1  
National Mutt Day: 2  
(Also July 31 every year)  
Be A Blessing Day: 3  
Faux Fur Friday: 3  
Earmuff Day or Chester Greenwood Day: 4 (Greenwood invented them.)  
National Cookie Day: 4  
National Sock Day: 4  
Skywarn Recognition Day: 4  
Bathtub Party Day: 5  
Mitten Tree Day: 6  
St. Nicholas Day: 6 (Put your shoes out before you go to bed December 5.)  
National Cotton Candy Day: 7  
Pretend To Be A Time Traveler Day: 8  
Toilet Paper Appreciation Day: 8  
Weary Willie Day: 9 Thanks, Emmett Kelly.  
Dewey Decimal System Day: 10

## Don't ignore depression, anxiety

Since we've all been cooped up for most of the past nine months, you may have noticed you are having trouble sleeping, sleeping too much, lost your appetite or eating everything that isn't plastered to the walls. And now the holidays are facing us and they'll be different from any others we've experienced. You may be depressed or having a bout of anxiety. No wonder. But you should get help. Counselors can help you work on this.

Jane Addams Day: 10  
Official Lost & Found Day: 10  
Day Of The Horse: 11  
Gingerbread House Day: 11  
Kaleidoscope Day: 11  
National Ding-a-Ling Day: 12  
National Cocoa Day: 12  
National Lost Day: 12  
Poinsettia Day: 12  
Yoga Day: 14  
Cat Herders Day: 15  
International Tea Day: 15  
National Cupcake Day: 15  
National Wear Your Pearls Day: 15  
Barbie and Barney Backlash Day: 16  
National Chocolate-covered Anything Day: 16  
National Re-gifting Day: 16 (3d Thursday)  
A Christmas Carol Day (Story): 17  
Underdog Day: 17  
Answer The Telephone Like Buddy The Elf Day: 18  
Games Day: 20  
Ann & Samantha Day: 21 (Summer & Winter Solstices. Also June 20) Celebrate Short Fiction Day: 21 (Always on Winter Solstice)  
Crossword Puzzle Day: 21  
Humbug Day: 21  
Make Music Day in Winter: 21  
National Flashlight Day: 21 (Shortest Day of The Year)  
Phileas Fogg Win A Wager Day: 21  
Short Girl Appreciation Day: 21 (Shortest day of the year)

Shorts Day: 21 (On Winter Solstice)  
Be A Lover of Silence Day: 22  
Festivus: 23  
Egg Nog Day: 24  
Ugly Christmas Sweater Day: 24  
A'Phabet Day or No "L" Day : 25  
National Candy Cane Day: 26  
National Thank-you Note Day: 26  
National Whiner's Day: 26  
Howdy Doody Day: 27  
Visit The Zoo Day: 27 Link  
National Chocolate Days: 28-29  
Pledge of Allegiance Day: 28  
Short Film Day: 28  
Tick Tock Day: 29 (Time is running out to finish all those 2020 jobs.)  
Bacon Day: 30  
Falling Needles Family Fest Day: 30  
Hogmanay: 31  
Leap Second Time Adjustment Day: 31  
(Note: This is listed as an observance title only. Some years scientists do not make adjustments. But, if they do, then it's done on either June 30 or December 31.)  
Look On The Bright Side Day: 31  
(Note: It can be any day. But, I posted it here to start the next year off positive and happy.)  
Make Up Your Mind Day: 31  
New Year's Eve Banished Words List: 31  
No Interruptions Day: 31 (Last Business Day of the Year)  
*Thanks to Brownielocks for this listing.*

## Holiday closings

**The Center will be closed December 24 and 25 for Christmas. We'll open for drive through lunches again on Monday, December 28. We will also be closed January 1, 2021. At this point, we don't know when we'll be open for other activities. We want to keep everyone as safe as possible.**

More than 6 million Americans are affected by late-life depression, but only about 10 percent are getting the treatment they need to cope with it, according to *WebMD*. If you need help, contact your health care provider or call us. Most Medicare programs will cover treatment. If you need home health care, Medicare covers the service at 100 percent in most cases. If you just need to talk, we're here at the Center during the week, 9 a.m.-2 p.m.

# Suggestions from the experts on how to get past ‘coping fatigue’

You may be feeling tired of everything and having a hard time facing a new day. You are not alone. Several therapists who were interviewed for a story for an internet article said they have noticed their clients having burnout in recent months. They are calling it “coping fatigue.”

Thanks to the writers at *PureWow* for this information.



## 1. Go easy on yourself.

If you’re having trouble finding the motivation to keep up your exercise routine or your reading program, give yourself a break. We are running in survival mode these days. It’s totally normal to have less energy. Don’t beat yourself up. Spending time criticizing yourself wastes some of that precious energy you’re trying to conserve.

## 2. Set realistic and achievable goals.

It’ll be easier to get back into your healthy habits if you set realistic and achievable goals, says Casey O’Brien Martin, a licensed mental health counselor and founder of *Whole Child Counseling*. For example, if you used to exercise with us at the Senior Center and haven’t been keeping up with your routine, it’s time to get back at it—a little at a time.

Starting with a small, attainable goal will make you less likely to give up or experience the frustration and disappointment that comes with getting off track. You can aim for something as simple as checking in with one friend this week or journaling for five

minutes tonight—whatever sounds right to you.

## 3. Try a new coping strategy.

Whether you can’t engage in your favorite way to unwind thanks to COVID-19, or you’re just plain bored of your usual methods of self-care, consider branching out, according to Bisma Anwar, licensed mental health counselor and *Talkspace* therapist.

Trying something that feels new and exciting like cooking or online art classes might make you more motivated to keep up the activity. (See the article on Highway 61 in this newsletter for new activities.)

## 4. Keep it simple.

If the idea of setting goals or starting a new hobby feels too overwhelming right now, stick to what Martin likes to call micro moves for self-care. These are simple acts—like making yourself a cup of tea, stretching for a few minutes or taking five slow deep breaths—that feel soothing but don’t require a big time or energy commitment. More suggestions include putting on a face mask, giving yourself a hand massage, or misting your face with rose water. Try to incorporate one or two of these quick self-care practices into your routine every day, suggests Martin.

## 5. Do one thing that boosts your mood every day.

Maybe taking the time to drink your morning cup of coffee in silence helps you start your day on a good note. Or watching a few puppy videos on YouTube always seems to bring you joy. Make it a priority to do one thing that boosts your mood every day, recommends Anwar. That way, you’re doing something to ensure you feel a little positivity on a daily basis.

## 6. Indulging in escapism is okay.

Good news: If your favorite way to cope lately involves getting lost in a

book or Netflix binge, that’s totally fine. Doing something that helps you forget about the current circumstances for a while can be super helpful.

## A tale for Christmas

Here’s a tale from *Will and Guy’s Collection of Short Christmas Stories*.

One Christmas Eve, the trees in a wood were very unhappy. They wished very much to keep Christmas, but they did not know how. “We look so brown,” complained one. “And so bare,” added another.

“If we only had our pretty green summer dresses,” contributed a third, “then we should be decorated and could keep Christmas.”

“Hush, children, hush,” whispered North Wind in quite a gentle voice for such a rough fellow. “Make haste and go to sleep.”

“Hush, children, hush,” softly murmured a sleepy little bird, who was roosting on one of the branches of the unhappy trees.

So the trees dropped off to sleep, one by one, while a little star twinkled peacefully overhead. While they slept something happened.

When the trees awoke they found that someone, perhaps North Wind, had, during the night, cast over each of them a lovely soft cloak of spotless feathery white.

“How beautiful we are,” said the trees.

“Now we can keep our Christmas.”

