

Newburgh Senior Center

January 2021 Newsletter

529 Jefferson St.
Newburgh, IN 47630
Phone 812-853-5627
Fax 812-853-5629



Nancy Lybarger, manager
email: manageratnsc@gmail.com
Facebook: Newburgh Senior Center
Web site:
newburghseniorcenter.com

The Place Where Seniors Congregate

Hours: Monday - Friday, 9 am - 2 pm

Manager's Corner

Wow, it feels odd writing 2021. Happy New Year and may it be better than 2020 that seemed way longer than 366 days. There is light at the end of the tunnel, folks, and it's not an on-coming train. We can't throw caution to the wind, so don't ditch your mask collection just yet.

Speaking of masks, we have a good selection of winter-themed ones here at the Center. If you come by, honk and we'll bring you one, or as many as you need.

Our hope is to reopen as soon as most of us in our age group are able to get vaccinated against COVID 19. We haven't drawn up a final policy yet, but it is probably that we'll ask everyone who wants to participate in Senior Center activities to get the vaccine and still wear masks.

To make you feel better about this, let me pass along some of the current knowledge. The vaccines that are being released now and shortly in the future are not from scratch, rushed, or untested.

The science for this type of vaccine was developed several years ago with a pandemic in mind. Labs were tasked at the beginning of the pandemic to develop a virus-specific vaccine and get it tested. With that in mind, I feel like it is as safe as it can be, not 100 percent, but almost. It is, nevertheless, impressive that

pharmas were able to develop and produce a workable vaccine in such a short period. Bravo.

Whatever it takes to get folks back in here and playing games and talking with each other, we are willing to do. Winter is hard enough with the usual dreary snow, ice and cold weather, made worse without seeing and talking to others.

I hope all you all had a great Christmas. May the joy of the season shine in us all year long. (Joy is most contagious, you know.)

Thanks to the Euchre Club for the beautiful poinsettia for my birthday. I love it, but more, I'm pleased that my friends remembered and celebrated with me.

As I write this, the days are inching toward spring. Seed catalogs will be here before we know it. We just need to hold on for a little longer.

For those who are tired of their own cooking, SWIRCA lunches are available to pick up Monday – Friday and we have three free food Fridays on the schedule each month. Reservations are necessary for both SWIRCA and the free food Fridays. Call us at 812-853-5627 to receive a meal. The standard donation for SWIRCA meals is \$3.50 for those over 60 but whatever you can afford is acceptable. Soup and Sandwich is usually a SWIRCA option, as well.

January Birthdays



Ed Butch	
Kay Fenimore	2
Anita Heller	3
Nancy Ahrens	5
Theresa O'Rourke	6
Marlene Crenshaw	8
Barbara White	9
Kulsoom Tapal	11
Warren Wentzel	13
Alice Brakel	15
Sharon Anderson	16
Aileen Jeffries	17
Karen Kennedy	17
Doris Schmidt	18
Rosemary Hardin	18
Bettie Abney	19
Sarah Tapal	20
Janice Clark	22
Linda Beall	23
Warren Moore	27
Lewis Waters	29
Josephine Caskey	29

Keeping the dream alive

Thanks to our Day Sponsor for January

We appreciate our Day Sponsor:

January 20 - Martin Luther King Jr. Day is sponsored by The Martin Family in honor of the many wonderful organizations who reach out. We love our generous community and how they care for each other.

Thank you Newburgh UMC Food Pantry, Newburgh Area Food Pantry, God

is Good Foundation, various Angel Trees sponsored by churches, St. Luke's Free tutoring program, Women's Club of Newburgh, the Islamic Center Free Food van, and 2020 Giving Wall. We apologize if we left anyone out! We are grateful to live in a community of caring folks.



Fall prevention seminar series will be offered in 2021

One of the worst experiences for seniors is falling. It can range from just a bruise and embarrassment to a life

threatening tumble. Remember those *balancing acts* in our exercise program? How many of us are doing those at home?

If you interested in improving your balance, flexibility and strength, **A Matter of Balance** could be for you. *A Matter of Balance (MOB)* is a nationally recognized fall prevention program and we are looking at the possibility of holding seminars at the Senior Center for our members and the public.

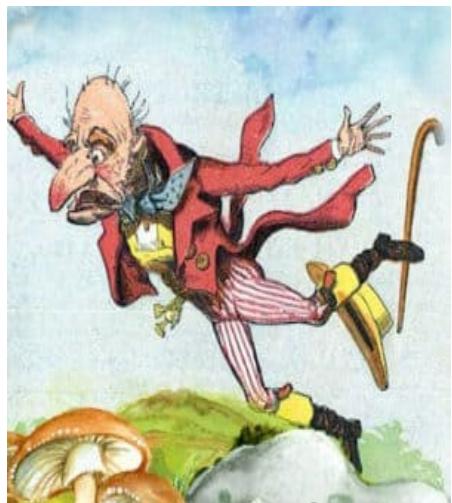
It's an 8-week program, led by trained volunteers from our Purdue Extension office and Woodmont in Boonville.

Exact dates and times have yet to be determined. Pre-registration will be

required and space will be limited.

Through worksheets, group discussion, videos and lecture, participants will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and learn chair exercises to increase strength and balance. This is a science based program.

Our board will be discussing it in January. We'll let you know when we set up an organizational meeting if the board agrees to have it here. If we don't have it here, the seminars will be located elsewhere.



First Foot Day celebrated in several countries

In British and Manx folklore, Hogmany, the **first-foot** (Scottish Gaelic: *ciad-chuairt*; Manx: *quaaltagh/qualtagh*) is the first person to enter the home of a household on New Year's Day and is seen as a bringer of good fortune for the coming year, according to *A Dictionary of English Folklore*.

People start showing up on doorsteps just after the stroke of midnight in order to be the first over the threshold. Similar practices are also found in Greek and Georgian new year traditions.

The origin of first-footing is uncertain, although there may be a connection to the Vikings' invasion of the British

Isles.

"This may go back to the time of Vikings when the arrival of a blond stranger at your door would be the cause of fear and alarm," according to a BBC report.

So, traditionally, tall, dark-haired men are preferred as the first-foot. Those fellows are known to rent themselves out for a fee to be the first arrival of the new year. If you have blond hair, plan to sleep in on January 1.

Many customs of first-footing (bringing coal, knocking on doors, asking for fresh bread, group singing Auld Lang Syne to pass from the old to the new) parallel those of Samhain, the

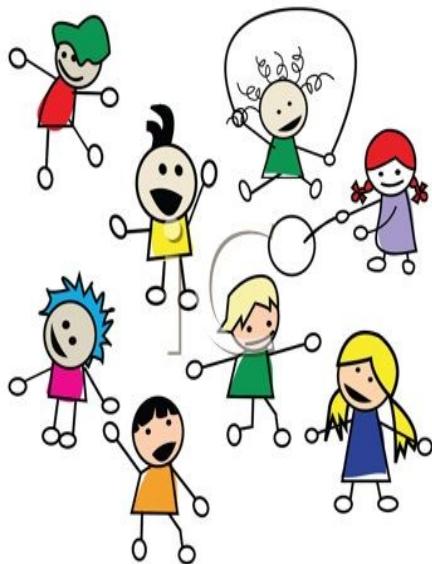
Celtic new year, for which fuel was gathered, food collected by reciting verses door-to-door, and a ritual fire lit to welcome crossing the threshold to the next world.

Several customs cross the period between Samhain, Christmas and New Year.

Whether this represents a natural tendency to transfer celebrations that brighten the dull winter months or a concerted religious effort to dissipate or transform wholly pagan festivities remains unclear, but a combination of factors is likely.

(Thanks, Wikipedia for some of this information.)

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 And Alcoa Warrick** — Activity sponsors.

***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.

Who's calling the shots?

COVID 19 vaccine coming to a location near us

Vaccinations for COVID 19 are just around the corner. If you aren't sure if you will take the vaccine, please discuss this with your health care provider or your pharmacist. One of them can probably tell you when the vaccine will be available to those of a certain age.

Most of us know someone who has had this killer of a virus. Some of us have lost friends and/or family to COVID 19.

At some point, we can reach herd im-

munity and get back to normal if enough of us get the vaccine. If it is not widely accepted, for whatever reason, we can expect it will keep wreaking havoc on our lives.

If you haven't already, it's not too late to get a flu shot. Don't forget, it's a killer, too.

When the Center opens again, we may require proof of vaccination against COVID 19. The Board is researching this possibility. We want everyone to be safe.

Let's not politicize this opportunity. It's not for the government that we are taking the shots. It's for us, our neighbors, our friends, our family and so we can get back to having fun together.

Member updates

Our sympathies to the family of Betty Stahl who recently passed away. Betty was a member here for many years before her health deteriorated.

Our friends Bettie and Josephine are recovering from recent health issues. Bettie is home and Josephine is in rehab for a few weeks.

Celebrating St. Basil

Another new year's celebration is St. Basil's Day. In Greek tradition, Basil brings gifts to children every *January 1* (St Basil's Day). It is traditional on St Basil's Day to serve vasilopita, a rich bread baked with a coin inside.

He was supposed to be exiled for refusing to baptize persons of a different sect but the judge's pen kept breaking, so he was spared. He died January 1, 379 A.D. at the age of 49.

Type your name in Morse Code

For years there has been controversy over who developed Morse Code, Samuel Morse or Alfred Vail. Regardless, we celebrate the invention on January 11.

We tried learning our names in Morse Code once here at the Center with Dennis Martin. He was good, but we've all slept since then, so here is the chart you'll need to figure out your name.

This is a good activity to teach your Grandkids so we keep the Code alive.

Morse Code Chart		
A •—	N —•	1 •-----
B —•••	O —•—	2 ••---
C —••—	P •—••	3 •••—
D —••	Q —••—	4 ••••—
E •	R •—•	5 •••••
F •••—	S •••	6 •••••
G ——•	T —	7 ——•••
H ••••	U ••—	8 ——••
I ••	V •••—	9 ——••—
J •—•—	W ••—	0 —-----
K —•—	X •—••	
L •••—	Y •—•—	
M ——	Z •—•••	

First Foot Day isn't the only odd holiday in January



First Foot Day: 1
Polar Bear Plunge or Swim Day: 1
Rose Bowl Game: 1 (Virtual)
St. Basil's Day: 1
55-MPH Speed Limit Day: 2
Earth at Perihelion Day: 2
Happy *Mew* Year for Cats Day: 2
National Buffet Day: 2
National Science Fiction Day: 2
World Introvert Day: 2
Drinking Straw Day: 3
Festival of Sleep Day: 3
J.R.R. Tolkien Day: 3
National Chocolate
 Covered Cherry Day: 3
No Pants Subway Ride Day: 3
 (Cancelled for 2021.)
Blue Monday: 4 (First Monday of the
Year. But It can't fall on New Year's
Day.)
National Weigh-In Day: 4 (Always First
 Monday after New Years)
Pop Music Chart Day: 4
"Thank God It's Monday" Day: 4
Tom Thumb Day: 4
Trivia Day: 4
World Hypnotism Day: 4
Bird Day: 5
Monopoly Game Day: 5
Twelfth Night: 5
Whipped Cream Day: 5
National Shortbread Day: 6
Three Kings Day: 6
Old Rock Day: 7
Argyle Day: 8
Bubble Bath Day: 8
National English Toffee Day: 8
National Static Electricity Day: 9
National Oysters Rockefeller Day: 10

National Sunday Supper Day: 10
Learn Your Name in Morse Code Day: 11
Kiss A Ginger Day: 12 (Red Heads)
National Hot Tea Day: 12
Make Your Dream Come True Day: 13
Rubber Ducky Day: 13 (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*. It is also below on Jan. 28 for Ernie's birthday. (It's boggling.))
Stephen Foster Day: 13
Dress Up Your Pet Day: 14
International Kite Day: 14
World Logic Day: 14
National Bagel Day: 15
National Hat Day: 15
Appreciate A Dragon Day: 16
National Nothing Day: 16
National Use Your Gift Card Day: 16
Hot Heads Chili Days: 17-18
Popeye Day: 17
World Snow Day: 17
Pooh (as in Winnie the) Day: 18
Thesaurus Day: 18
Popcorn Day: 19
Tin Can Day: 19
World Quark Day: 19
National Cheese Lovers Day: 20
Penguin Awareness Day: 20
International Sweatpants Day: 21
National Cheesy Socks Day: 21
National Hug Your Puppy Day: 21
Answer Your Cat's Questions Day: 22
National Handwriting Day: 23
National Pie Day: 23 (Not to be confused with Pi Day on March 14)
Snowplow Mailbox Hockey Day: 23
Belly Laugh Day: 24
Celebration of Life Day: 24
National Compliment Day: 24
National Peanut Butter Day: 24
Talk Like a Grizzled Prospector Day: 24
A Room of One's Own Day: 25
Bubble Wrap Appreciation Day: 25
National Irish Coffee Day: 25
Opposite Day: 25
Robert Burns Day: 25
National Green Juice Day: 26

- National Peanut Brittle Day: 26
- National Plan For A Vacation Day: 26
- Library Shelfie Day: 27
- National Geographic Day: 27
- Thomas Crapper Day: 27
- National Kazoo Day: 28
- Rubber Ducky Day: 28 (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. More cause for celebration.)
- Curmudgeons Day: 29
- Fun at Work Day: 29
- Freethinkers Day: 29
- National Big Wig Day: 29
- Thomas Paine Day: 29
- Croissant Day: 30
- Fruitcake Toss Day: 30 (Do not save it for re-gifting next Christmas.)
- Inane Answering Message Day: 30
- Appreciate Your Social Security Check Day: 31
- Inspire Your Heart with Art Day: 31
- Celebrating 168 years of kazoo playing

Celebrate the anniversary of the kazoo in January

Celebrating 168 years of kazoo playing in America, National Kazoo Day will be celebrated on January 28, 2021. National Kazoo Day occurs annually (although in some regions, more often) on or about January 28, or January 23-28 - or whenever it is convenient to the kazooist.

As stated by founder Chaplin Willard Rahn of the Joyful Noise Kazoo Band at the Homewood Retirement Home in Williamsport, MD, "After all, we have to be flexible."

Kazoo lovers across America continue the campaign to make the kazoo America's official musical instrument. The kazoo was invented in the 1840's and first presented to the world at the Georgia State Fair in 1852 as the "Down South Submarine." Legend tells us that the kazoo was invented by collaboration of Alabama Vest, an African American and Thaddeus Von Clegg, a German American clockmaker.

Sailing stones phenomenon explained by science

Editor's note: *Since there have already been a few strange stories in this newsletter, what's one more?*



Death Valley National Park is considered the lowest point in the United States.

Located in the northern Mojave Desert, bordering the Great Basin Desert in California, Death Valley features a narrow stretch of flat, cracked, dry lakebed nicknamed Racetrack Playa. It's not a racetrack for vehicles though. It's a racetrack for massive stones.

The stones move mysteriously on their own around the desert floor and leave long trails behind in the sand. This natural phenomenon puzzled researchers for decades, but geologists have finally gotten to the bottom of the mystery.

Here's how the bizarre sailing stones of Death Valley actually move.

Racetrack Playa is nestled between the Cottonwood and Chance mountain ranges of Death Valley. If you look across the playa, you'll see nothing but cracked dirt with hundreds of rocks scattered about.

Some of the rocks have long trails following them in the dried mud. Given the massiveness (Some weigh up to 700 pounds!) of the rocks, there's no way that they can be blown around by the wind.

They seem to move by themselves. Known as sailing stones, they were first discovered in the early 1900s. Since then, people have invented theories ranging from strong winds to involvement with extraterrestrials.

The most popular theory was that

strong wind gusts moved the sailing stones. Since the region is so flat and bordered by mountains, it's not uncommon for strong winds to create a wind tunnel.

Scientists disproved this theory, however, due to the large size of the rocks and the curved paths, which aren't characteristic of objects moved from wind. With the wind theory debunked, it didn't seem like the mystery would ever be solved.

For almost 100 years, scientists failed to solve the mystery. In 2006, NASA scientist Ralph Lorenz made a breakthrough after conducting an experiment at his home. He believed that the unique weather and climate conditions of Death Valley were similar to those of Ontario Lacus, a lake on Saturn's moon, Titan.

He proposed that ice was behind the strange movement. To prove his hypothesis, Lorenz filled a plastic container with an inch of water and placed a rock in the container so that it was barely sticking above the water.

He put the container in the freezer. When the water froze, he took the entire block with the stone still embedded in the ice and put it in a larger tray of water with sand at the bottom. With the ice just barely floating on top of the thin sheet of water, he was able to move the rock around by simply blowing on it. As the rock moved, it left a trail in the sand below.

Not only is Death Valley the lowest point in the United States, but it's also the hottest. In the winter, it's rare for Death Valley to experience below-freezing temperatures, but at lower elevations, it's possible.

In the unlikely event that it rains, which happens infrequently, a small layer of water can form on the surface of the usually dry lakebed and create small ponds. If the conditions are just right, that surface water can freeze around the rocks and create a situa-

tion similar to the one in Lorenz's experiment.

When ice forms around the rocks and the water begins to melt, the rocks start to float on top of the ponds. As the ice sheets break up behind the rocks, the force of the ice sheets combined with the wind pushes the rocks forward.

By the time anyone gets to the playa to catch the rocks in action, the ice has since melted, the water has evaporated, and the rocks are sitting peacefully in the mud with long trails behind them. Some of the trails are over 1,500 feet long.

After decades of research and hypothesizing, scientists finally believe that they have a decent grasp on how the mysterious sailing stones move along the desert floor.

Drat, we wanted it to be magic. (Thanks to Time Magazine for the use of the photo.)

January Lunch & Learn scheduled

Start 2021 with your best foot forward. Purdue Extension is offering a free lunch and learn webinar series for three Mondays in January. They all start at 11 a.m.

Preregistration is required. You can go to <https://bit.ly/Resolve2021>. Once registered, you will get a zoom link and access to the recordings after each session.

Contact Meagan Brothers at brotherm@purdue.edu if you have questions before you register.

Out the ears, we have hearing aid batteries

Thanks to a generous donation, we have a big—make that huge—bag full of hearing aid batteries. He said it's a collection that started with a good sale and got out of hand. Soon he was a battery hoarder.

Let us know what kind you need and we'll see if any of these will fit.