

# Newburgh Senior Center

## June 2022 Newsletter

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### Manager's Corner

It's June and summer has arrived! June is named after the Roman goddess Juno, patroness of marriage and the well-being of women. It also comes from the Latin word *juvenis* meaning young people. I would argue this includes the young at heart!

Thanks to so many wonderful sponsors and volunteers, the Center looks great, including beautiful landscaping, newly refurbished patio tables and umbrellas, and raised vegetable gardens. We even have a popular hummingbird feeder right outside the window of our game and computer room!

Inside, our carpeting has been freshly shampooed and the HVAC ducts cleaned. Our space is always festively decorated for each holiday and season. We would love to have you visit, take a tour, and spend some time with us!



### Don't Forget!

It's only FOUR months until Hog Heaven! That's our delicious Porkapalooza fundraiser for the uninitiated.

### Birthday Celebration

Each month, we celebrate our members' birthdays for the month with a big birthday cake. Join us on Thursday, June 9 for birthday and Bingo fun! Bingo starts promptly at Noon, and everyone's a winner!



### June Birthdays

Jackie Snodgrass	6/02	Kathryn Simpson	6/15
Jim Snyder	6/05	June Huber	6/19
Katherine Webb	6/06	Christine Shipley	6/20
Carol Wedding	6/06	Jim Harris	6/21
Linda Hague	6/08	Lee Rowlett	6/22
Terri Chevalier	6/09	Wanda Welp	6/22
Donna-Marie Kane	6/09	Barbara Barnett	6/24
Wayne Maden	6/11	Gaile Jones	6/24
Connie Levengood	6/14	Catherine Bausch	6/29
Becky Brackett	6/15	Judi Chase	6/29
Janice Patton	6/15	Ray Anderson	6/30

# Spotlight on Brain Health

June is Alzheimer's and Brain Awareness Month, a time when people around the nation are having conversations about their own cognitive health, and discussing cognitive well-being with friends, family members, and health care professionals.

## Signs and Symptoms of Stroke

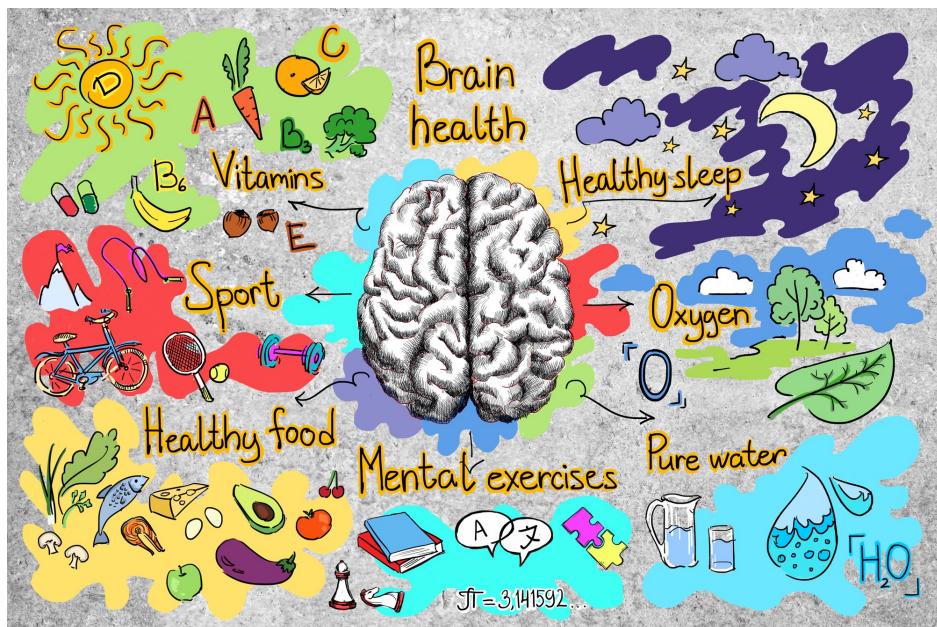
What can you do to save the life of someone having a stroke? Learn the signs and symptoms of stroke. Act FAST and call 911 immediately if you suspect someone is having a stroke. Use this FAST shortcut to remember the warning signs:

**FACE:** Ask the person to smile. Does one side of the face droop?

**ARMS:** Ask the person to raise both arms. Does one arm drift downward?

**SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or does it sound strange?

**TIME:** If you observe any of these signs, call 911 *immediately!*



## Ways to Protect Your Brain

**Exercise** — Walk, play with your grandchildren, or do any moderate exercise to increase your heart rate for at least 30 minutes each day.

**Eat Healthy** — Take advantage of the summer growing season to incorporate fresh fruits and vegetables in your diet. Consult your doctor about ways you can eat healthy, taking any medical issues you have into consideration.

**Control Blood Pressure** — If your blood pressure is high, speak with your doctor about ways to get it under control.

**Get Plenty of Rest** — Getting enough sleep is crucial for memory and critical thinking.

**Engage in Social Activities** — Staying connected with family and friends is beneficial for mind, body, and spirit.

**Consult with your Doctor** — Talk to your doctor about any changes or concerns regarding brain function.

# FABULOUS SPONSORS!



# Thank You, June Day Sponsors!

**June 2** is sponsored by Ed and Rosie Cooper in honor of their 38th wedding anniversary. Happy Anniversary! We always think time passes slowly, but we bet these last 38 years have flown by. We are so glad you are part of the Newburgh Senior Center. Thank you for thinking of us on your special day again this year!

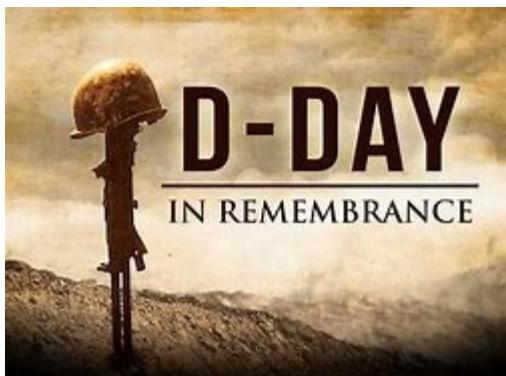
**June 3** is sponsored by Alonzo and Shirley Moore in honor of their wedding anniversary. Happy Anniversary! In addition to being devoted to one another, Alonzo and Shirley are devoted to our community and participate in many Newburgh organizations. Newburgh is a better place because of your spirit of volunteerism. Thank you, Alonzo, for serving on the NSC board for many years.

**June 12** is sponsored by Dr. Ed and Nancy Prusz in honor of their 51st wedding anniversary. 2021 was the big 5-0, but 51 is also very special! Thank you, Dr. and Mrs. Prusz, for your generous support of the NSC. We hope your 51st includes a joyful celebration with family and friends. Happy Anniversary and many more!

## Happy Father's Day, June 19

The Newburgh Senior Center would like to wish a very happy Father's Day to all the great fathers, grandfathers, stepfathers, foster fathers, dads-to-be, uncles, and any man who is important in the life of a child.

“A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society.” - Billy Graham



# Remembering D-Day, June 6

Imagine if your job description said, “Save the World.” On the eve of D-Day, America’s soldiers were given strict orders to rid the world of tyranny. General Eisenhower did not mince words: “This operation is planned as a victory, and that is the way it is going to be.” And so it was. On D-Day, we pay tribute to the brave soldiers who still humbly claim they were “just doing their job” when they defeated Nazi Germany and liberated Europe. Pray we never forget.



# We Appreciate Our Generous Activities Sponsors!

**Town of Newburgh**—Provides our building, grounds, maintenance, supplies, and services

**Bayer's Plumbing** (812) 853-2305—Sponsors "Fruitful Fridays" and "Sundae Fridays"

**Heritage Federal Credit Union** (812) 253-6928—Our Internet Café and printer sponsor

**Titzer Family Funeral Home** (812) 853-8314—Sponsors our monthly birthday cake and prints our newsletter each month

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

**Kaiser Aluminum Warrick, Bill & Suzie Byers**—Activities sponsors

**King Mechanical Specialty, Zion United Church of Christ, Dave & Marsha Lambert**—Hospitality sponsors

We greatly appreciate the commitment of those in our community who sponsor our projects and programs. If you would like to support the efforts of the Newburgh Senior Center, please call (812) 853-5627 or email manageratnsc@gmail.com

## June's Real and Ridiculous Holidays

Baby Boomers Recognition Day: 1	National Kitchen Klutzes of America Day: 1	HVAC Technicians Day: 22
Global Day of Parents: 1	Roller Coaster Day: 13	International Day of Radiant Peace: 22
National Go Barefoot Day: 1	Army's Birthday: 14	Worldwide VW Beetle Day: 22
National Olive Day: 1	Family History Day: 14	International Widows Day: 23
Leave the Office Early Day: 2	Flag Day: 14	Let It Go Day: 23
National Gun Violence Awareness Day: 2	National Bourbon Day: 14	National Detroit-Style Pizza Day: 23
Trooping of the Colour (U.K.): 2	Magna Carta Day: 15	Pink Flamingo Day (Lawn Ornaments): 23
Banana Split Days: 3-4	Native American Citizenship Day: 15	Celebration of the Senses: 24
Hug Your Cat Day: 4	Nature Photography Day: 15	Drive Your Corvette to Work Day: 24
National Play Outside Day: 4	National Day of Prayer for Law Enforcement Officers: 15	National Food Truck Day: 24
National Animal Rights Day: 5	World Elder Abuse Awareness Day: 15	Take Your Dog to Work Day: 24
National Cancer Survivors Day: 5	National Cracker Jack Day: 16	World UFO Day: 24
National Moonshine Day: 5	Fudge Day: 16	Color TV Day: 25
Pentecost: 5 (7th Sunday after Easter)	World Tapas Day: 16	Global Beatles Day: 25
World Environment Day: 5	National Flip Flop Day: 17	National Catfish Day: 25
D-Day: 6	National Garbage Man Day: 17	World Bike Naked Day: 25
Drive-In Movie Day: 6	Autistic Pride Day: 18	America's Kids Day: 26
Little League Day: 6	Clark Kent's Birthday (Superman): 18	Great American Backyard Campout: 25
YMCA Day: 6	Mermaid Day: 18	Harry Potter Day: 26
Bartender Day: 7	National Splurge Day: 18	National Canoe Day: 26
World Food Safety Day: 7	Record Store Day: 18	National Coconut Day: 26
Ghostbusters Day: 8	Father's Day: 19	Celebrate Joy Day: 27
Upsy Daisy Day: 8	Garfield the Cat Day: 19	Decide to Be Married Day: 27
World Oceans Day: 8	Juneteenth: 19	National Sunglasses Day: 27
Donald Duck Day: 9	World Sauntering Day: 19	PTSD Awareness Day: 27
Alcoholics Anonymous (Founders) Day: 10	American Eagle Day: 20	International Body Piercing Day: 28
Iced Tea Day: 10	National Hike With A Geek Day: 20	International Parrot Head Day:
National Egg Roll Day: 10	Go Skateboarding Day: 21	International Mud Day: 29
National Movie Night: 10	International Day of Yoga: 21	World Camera Day: 29
Belmont Stakes: 11	National Daylight Appreciation Day: 21	Asteroid Day: 30
Corn on the Cob Day: 11	National Selfie Day: 21	California Avocado Day: 30
Family Fitness and Health Day: 11	National Sea Shell Day: 21	Disabled Veterans Day: 30
National Cotton Candy Day: 11	Summer Solstice: 21	National Hand Shake Day: 30
Worldwide Knit in Public Day: 11	World Music Day: 21	National Meteor Watch Day: 30
National Peanut Butter Cookie Day: 12		Social Media Day: 30