

Newburgh Senior Center

June 2025 Newsletter

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Director's Corner

We made it through the floods, the storms and cold of the winter and spring! No more whining about bad weather.

We had some beautiful days in May. Remember those when it's below freezing again.

Summer will be here, officially, on June 20. "Yea for sweat," some of you all think.

If you think you have trouble sleeping with the longer days, you'll sympathize with the residents of Utqiagvik, Alaska, the northernmost town in the USA.

With the recent arrival of "Polar Day," their sun will not set until August 2.

Book Club selection

The Book Club reading for June is "The Mailbox," written by Marybeth Whalen, is the next selection. Book Club will meet June 18 at noon.

Returning to Sunset for her first vacation since her husband left her, Lindsey struggles to put her sorrow into words.

Memories surface of her first love, Campbell—and the rejection that followed. When Campbell reappears in her life, Lindsey must decide whether to trust in love again or guard herself from greater pain.

The Mailbox is a rich novel about loss, hope, and the beauty of second chances.

Sounds like a good one, doesn't it? All seniors are welcome to participate. Talk to Donna or Nancy if you have trouble getting the book.

Our garden is planted and we'll need sun and heat to make our veggies grow. If you'd like to take a turn watering the garden, see Diane Jones or Ed Butch. They'll get you the info you need.

We've had a bumper crop of spring onions, Thanks, Ed. Now we're waiting for yummy tomatoes and other veggies later in the summer.

After the garden, it'll be time for Porkapalooza. Get it on your calendar now, September 26-27. Can't you just about taste that delicious pork?

Thanks to the Newburgh BBQ Coalition for smoking the meat and to the Old

Fashioned Butcher Shoppe for giving us a great deal on the pork. (They provided one of our FREE LUNCH FRIDAY meals in May. It was wonderful and we appreciate their generosity.)

And speaking of Free Lunch Fridays, our fearless kitchen leader, Diane, outdid herself for our Derby party. The hot browns were delicious! Thanks, Diane.

Thanks to the Women's Club of Newburgh for the grant to refurbish our sign out front.

We've got some special programs in June and hope you'll join us.

June Birthdays: We wish you a good one

Jacki Snodgrass	6-2
Jim Case	6-2
Jim Snyder	6-5
Katherine Webb	6-6
Linda Hague	6-8
Charlotte Dawkins	6-12
Connie Levingood	6-14
Janice Patton	6-15
June Huber	6-19
Terri Chevalier	6-19
Christine Shipley	6-20
Sue Sorrels	6-20
Wanda Welp	6-22
Julie Shannon	6-23
Barbara Barnett	6-24
Roy McFadden	6-27
Judi Chase	6-29

If we missed your birthday, sorry. Let us know and we'll get you on our list.



Kiwanis collecting shoes

If you have shoes you don't wear any more, one of the Kiwanis Clubs in Newburgh is collecting them. Condition is not important. They'll take them regardless.

There is a box in the cubby room off the office.

June is busting out all over, so we thank our Day Sponsors

June 3 is sponsored by Alonzo and Shirley Moore, in honor of their wedding anniversary. Happy Anniversary! Thank you, Alonzo and Shirley. We hope you enjoy your day and have many more good years together.

Thank you, Alonzo, for serving on the NSC board for many years.

June 14 is sponsored by the Newburgh BBQ Coalition in honor of Flag Day and all veterans. Let's fly our country's flag with pride. Thank you, NBC, for your long-time partnership with NSC and Porkapalooza. We can

hardly wait for September 2025!

June 15, Father's Day, is sponsored by Joe and Maria Bayer of Bayer's Plumbing in Newburgh. Happy Father's Day to all dads and those who serve in that role for children. Fathers' influence lasts us a lifetime.

If you have a special day you would like to sponsor, please see Cindy. With your day sponsorship, you get mentioned in the newsletter and can put your message on our big sign out front.



A BIG THANKS to our sponsors: We couldn't be here without your support.

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

Warrick County

Ohio Township

C. Richard & Verna Louise Johnson Foundation

Cecil & Mabel Lene Hamman Foundation

Alcoa Warrick Operations

Walmart—**Newburgh "Spark Good" Grant**

Bayer's Plumbing (812) 853-2305—**Birthday Celebrations Sponsors**

Titzer Family Funeral Home (812) 853-8314—**Monthly newsletter sponsor**

King Mechanical Specialty, Zion United Church of Christ, Dave & Marsha Lambert, Living Word Christian

Church, Ohio Township—**Hospitality/Activity sponsors**

The Fresh Market - for its donation of meat for some of our **Free Lunch Fridays**

Marsha & Dave Lambert - **Paper Goods Sponsor**

Marc Hafele-Impulse Salon and Spa and Cleo Holder - **Christmas Dinner Sponsors**

Women's Fund of Warrick County, Warrick County Community Foundation—**Daily Exercise Sponsor**

Dr. J.P Morgan – A second quarter **BINGO sponsor**

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.

Special programs planned for seniors for grief, anxiety treatment options

Ascension St. Vincent Health Care has two new programs for outpatient mental health services for seniors. A representative is planning to be at our Senior Center on two different occasions to discuss how the programs work.

The Harmony Program for adults 55 and older is a group therapy project to help with depression and/or anxiety. As we get older, we are more likely to find ourselves alone and lonely. Clinical depression can get worse if we don't get it treated.

We all tend to worry more as we age. Anxiety can sneak up on us; normal

concerns turn into something we can't get a handle on. That's when we need to seek outside help.

The other outreach program is for seniors overwhelmed with grief and grieving. We've all lost friends and family through death, moving, disagreements, separation or other reasons. Grieving such losses is normal. But there is a point at which we need professional help in dealing with the sadness.

Julie Morrow, Community Education Manager with Ascension St. Vincent, will be with us on Wednesday, June 11 at noon to discuss grief and treatment

options through The Harmony Program.

She'll be back with us July 30 at noon to talk about depression and anxiety treatments through The Harmony Program.

You may not feel that you need treatment for grief, depression or anxiety, but you may know others who might benefit from this. Listening for options will give you information you may need some day or that you can pass along to other seniors.

Vaccination clinic offered to seniors

NSC and the Indiana Department of Health are sponsoring a mobile vaccination clinic on Friday, June 6 from 10 a.m.-2 p.m. Come on in and get shots. The clinic is open to all Seniors, 50 and older.

Vaccinations that will be offered include measles/mumps/rubella; RSV;

pneumonia; and tetanus. Jared Goodman said no flu or Covid vaccines will be available in June because the "season" is over. He said those vaccines will be available after September and we can have another visit by the mobile unit at that time.

Have a look at our new roof — and more improvements are coming our way

Thanks to the Town of Newburgh for our new roof. It's metal and looks great. We appreciate all the Town does for our building and our Seniors. The roof is only the first stage of remodeling we're going to get.

As soon as things get in order, we are going to get solar panels for the roof and new HVAC units. Know that the wheels of government/grants/funding are moving slower than ever, so we don't have a good idea when those things will happen.

THANKS, TOWN OF NEWBURGH!

NSC will be closed July 4

Just a heads up so you can plan your schedule....

WE WILL BE CLOSED FRIDAY, JULY 4th FOR INDEPENDENCE DAY.

We'll be back on Monday, July 7.



Pot luck scheduled for first Free Food Friday of June

Bring your favorite summer dish for another one of our great Pot Luck Carry-ins for lunch on June 6. We'll start as usual at 11:30 a.m.

If you don't want to bring anything, that's okay, but we ask for a small donation, if you can, to cover some of our other expenses.