

Newburgh Senior Center

July 2025 Newsletter

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Director's Corner

If you didn't already guess, it's official. It's Summer! Get out the shade umbrella, slice up the watermelon and kick back and relax.

Summer in this part of the country is like trudging through half-warm molasses. You can't move fast but if you stand still for more than a second, you'll be there all day long.

Once we get to a certain age, it's not unusual to become more sensitive to the heat and humidity, so be smart about what you think might be a good

idea. Mowing the yard after lunch is something you may want to rethink. Know the symptoms and treatment for heat-related problems, like heat exhaustion and heat stroke. The best treatment, of course, is prevention.

Remember, the Senior Center is a good place to stay cool and have fun. Tell your friends and neighbors. They probably need some of the same.

We have lots going on here this month, so be sure you read through this missive and come when you can.

We have heard some interest in playing bridge here and several people enjoyed learning to play Texas Hold'em poker (No money on the table here, folks). If either or both of those sound good to you, let us know.

NPD is going to tell us about the latest scams going around and how to prevent becoming a victim

By now, we all know that the toll bridge emails, texts and phone calls we've been getting are a scam. We know we have to buy a lottery ticket before we can win. And, hopefully, we know that the IRS will not call and ask us for gift cards to pay off our taxes. The Sheriff won't call us to get us to pay our fine for missing jury duty.

But we no more get onto one scam than another (or 40) pops up.

Do any days go by without our phones ringing with the "potential spam" coming across instead of the caller's name? What about your email? You can only block so many numbers and emails. You need to know how to deal with the sheer numbers.

You are in luck.

Ryan McIntosh, with our own Newburgh Police Department, will be with us after lunch on Friday, July 18 to let us in on the latest scams floating around. He'll start at 12:30, after the Islamic Center's Free Lunch Friday. Bring your questions and concerns.

Identity theft is on the rise and we need to know more about how to prevent it happening to us. Or if it already has, what to do to get it straightened out.

Prevention is the by-word, of course, but that isn't always easy. Ryan is going to fill us in on ways to keep our identities safe and off the dark web.

July Birthdays



Carman Edmonson	7-5
Cheryl Mogan	7-5
Daniel Dunlap	7-19
Allen Gomoll	7-10
Leigh Valley	7-11
Linda Curl	7-13
Sylvia Sorenson	7-17
Ron Weatherford	7-18
Diane Harris	7-20
Chris Adamson	7-21
Larry Barnett	7-21
Donna Yuschak	7-23
Mary Reid	7-26
Doris Mezo	7-27
Paul Catt	7-28
Carol Parsons	7-28
Michael Groves	7-29
Linda Garver	7-31

Thanks to our July Day Sponsors

July 2 is sponsored by Dr. John P. Morgan. Happy Birthday Dr. Morgan! Dr. Morgan practices at The Hand Center of Evansville, which is the Tri-State's only surgical practice dedicated to hand and upper extremity care. Thanks for providing such good care to our area!

July 4 is sponsored by Charlotte Koewler of Newburgh. Happy Independence Day! Show the colors and celebrate our freedoms. Thank you, Charlotte, for your love of country and your support of the Newburgh Senior Center.

July 27 is sponsored by Christine Riley and Steven Polz in celebration of their wedding anniversary. Happy Anniversary and we wish you many more years together. Thank you for including us in the celebration of your special day.

July 30 is sponsored in memory of Linda Andreas by Mike Andreas. Linda was a special lady and an active supporter of the NSC and other organizations in our area. Thank you, Mike, for your support of the NSC.



Thanks to our faithful sponsors. You're making good things happen for Seniors.

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

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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 **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.

Gather your pills, shoes for a collection

We always have lots going on here at the Senior Center, but sometimes we are able to offer special programs and projects to enhance your experience. For July, the Newburgh Police Department, in addition to cluing us in on recent scams, is sponsoring a collection for old, unused, expired medicines. Everybody's probably got a stash in their medicine cabinet of pills they aren't taking any more. Now's

your opportunity to get that purged and out of your way.

It's not a good idea to flush this stuff down a drain because it ends up in our wastewater system. The landfill already has enough chemicals leaching into the ground, so we shouldn't put them in our trash, either.

The police department will take them any time, but on July 18, all you have to do is bring them with you to the

Senior Center.

Another opportunity to clean out your stuff is offered by the Kiwanis. They are collecting shoes. There's a box in the cubby room next to the office. It doesn't matter if they are well-used. They'll take them no matter what condition.

Anxious, depressed? Help is available

Everybody gets anxious on occasion, but have you noticed that things that used to be okay are scaring you now? You might benefit from counseling.

If you find yourself not looking forward to activities that you used to find fun and necessary, you may be depressed. You do not have to handle this alone.

Julie Morrow, with the Ascension Behavioral Health program will be here again on Wednesday, July 30 at

noon to discuss options for anxiety and depression.

Ascension has a new group counseling program in Boonville that offers ways to deal with depression and anxiety. It's an in house program that meets for about 12 weeks.

She'll be glad to answer questions and concerns.

We have new computers!

It's been a long dry spell since we got new computers for public use. We recently got two revamped ones donated by the Lampion Center.

Thanks to them, to Dennis Martin who took out the old ones, and Adam Cabello and Mark Hafele for facilitating the set up the new ones.

Go in and check out the new technology. Holler if you need help.

Bread, fruit, etc. donated

We appreciate the donations of bread, fruits and goodies from one of the local food pantries. They sometimes get extras that are going to go past the "best by" date, so rather than throw items away, they bring them to us. Feel free to take as much as you will use.



WE WILL BE CLOSED FRIDAY, JULY 4.

HAPPY INDEPENDENCE DAY. STAY SAFE AND ENJOY YOUR DAY. SAY THANKS TO THOSE WHO HAVE SERVED TO KEEP US A FREE COUNTRY AND REMEMBER THOSE WHO GAVE THEIR ALL.

Independence Day history, trivia and tales

There were about 2.5 million people in the colonies when Independence was declared.

John Adams (July 4, 1826), Thomas Jefferson (July 4, 1826) and James Monroe (July 4, 1831) all died on July 4th. On the other hand, Calvin Coolidge was born on Independence Day, July 4, 1872.

According to the National Hot Dog & Sausage Council, roughly 150 million

hot dogs are eaten annually on the 4th of July.

Philadelphia hosted the first official Independence Day celebration on July 4, 1777. The White House held a 4th of July celebration for the first time on July 4, 1801 under President Thomas Jefferson. The oldest 4th of July parade is in Bristol, Rhode Island.

Massachusetts was the first state to declare July 4th a state holiday. It was

declared a national holiday in 1870.

The Revolutionary War started April 19, 1775. Hostilities had been "brewing" since the Boston Tea Party in December 1773, when colonists dumped 342 tea chests into the harbor. In today's dollars, that would be worth \$1.7 million.

The Declaration of Independence was completed on July 4, 1776, but the Continental Congress voted on independence on July 2.