



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

October, 2018

Wednesday, October 3rd

Birthday Celebration w/
Connie Webber-Piano

Thursday, October 4th

Magnuson-Hopkins

Eye care Clinic 11:15 to Noon

Dinner Time Music

Friday, October 5th

National Denim Day

Herman Chiropractic

Spinal Clinic 11-12

Monday, October 8th

Toe Clinic w/ Racheal @ 9:15

Tuesday, October 9th

Nails by Shelly @ 9am

11:45 Fire Safety w/

Wayne City Fire Chief

Wednesday, October 10th

Bring Your Teddy Bear

Brookdale Luncheon @ Noon

Thursday, October 11th

11:30 Spotlight on Promise

Friday, October 12th

Fine Dining Friday with

Our Friends from CareAge

11:45 Visit From CareAge

Century Club Movie Drawing

By CareAge

Tuesday, October 16th

Flu Shot Clinic 9:00 to 11:00

Wednesday, October 17th

9:30 Health Screening

12:30 Board Meeting

Thursday, October 18

Early Bird FROG

Exercises & BINGO

Dinner Time Music

Friday, October 19th

Evening Dinner &

Burt Heithold Band 5pm

Tuesday, October 23rd

9:00 to 3:00 Medicare Part D

Open Enrollment Assistance

11:30—Clarinet Duet by

Jay O'Leary & Bill Koeber

Wednesday, October 24th

WE SERVE WEDNESDAY

w/ our Friends from Providence

(Cont. on Next Page)



OCTOBER FEST—EVENING MEAL

Friday—October 19th

FEATURING: Music by the Burt Heithold Band

Music starting at 5:00

Meal served at 5:30 pm

HOME MADE SOUPS: CHILI & POTATO

(All you can eat)

Relish Tray & Home Made Bread

PIE AND ICE CREAM

STAY AND ENJOY A LITTLE MORE MUSIC

BY BURT & THE GUYS

**JUST A REMINDER: THE CENTER WILL BE OPEN
BUT THERE WILL BE NO NOON MEALS SERVED
AT THE CENTER .**

**MEALS ON WHEELS DELIVERY THAT DAY WILL
GO OUT AT 4:00 PM**

**SIGN UP EARLY AND JOIN US FOR A
GREAT TIME WITH ALL OF US AT THE
WAYNE SENIOR CENTER!**

FIRE SAFETY VISIT—11:45 AM

TUESDAY—OCTOBER 9TH

By the Wayne City Fire Chief

Phil Mohonan

Stay for a "Smoken" Good meal
of:

Sliced Roast Beef

Mashed Potatoes & Gravy

Corn—Dinner Roll

Strawberries & Bananas

Oct. 7th - 13th



SPECIAL EVENTS CONT:

Wednesday, October 24th

Dinner time music by
Deb Dickey

Thursday, October 25th

Dinner Time Music

Friday, October 26th

Providence Bingo Drawing
At Noon

Tuesday, October 30th

10:00 am—Care Giver
Support Group

Special Luncheon Drawing
By Brookdale @ Noon
HALLOWEEN FUN

W/ the New Beginning's
Preschool @ 10:30 & 12:30

Wednesday, October 31st

HALLOWEEN MADNESS
Wear your Halloween Attire
12:15—Fun w/ Brookdale

Ain't no Harley



but it goes

HALLOWEEN GIGGLES

- On Halloween night, Scottish girls would hang a wet sheet in front of a fire and believed they would see the image of their future husband
- In Ireland, Jack-O-Lanterns were originally made out of turnips. But when the Halloween custom came to America, Irish immigrants used pumpkins because, stateside, turnips were too spendy
- In Vermont and other parts of NE, the night of Oct. 30th is called Cabbage Night. It consisted of preteens and other unruly-types raiding local gardens for cabbages and throwing them at things around their neighborhoods

**GET YOUR FLU SHOT
AT THE WAYNE SENIOR CENTER
TUESDAY—OCTOBER 16TH**

9:00 TO 11:00 AM

Sponsored by the Providence
Home Health Center

To sign up for your Flu Shot

Call or Come to the Wayne Senior Center
& Visit with Diane or Carol

(Home Health will Bill Medicare for you)

Pick up your Influenza Vaccination, Assessment, Release
and Consent Form by Friday—October 12th in-order to
pre-order your Influenza Vaccination

*No Coverage—Personal out of pocket Cost
\$40.00 for Regular dose or \$65.00 for High dose*



(PART D COMPARE)

TUESDAY—OCTOBER 23RD

9:00 TO 3:30 PM

CALL THE CENTER TO SIGN UP FOR A TIME

Additional upcoming Dates will be:

Tuesday, November 6th AND

Tuesday, December 4th (If Needed)

Provided by: Leslie Schulz & Scot Surber of
Providence Medical & Jodene Cantrell of Care Age

ADDITIONAL HEALTH CARE OPPORTUNITIES

THURSDAY—OCTOBER 4 TH: 11:15 to Noon
Eye Glass Care by Magnuson/Hopkins Eye Care

FRIDAY—OCTOBER 5 TH: 11:00 to Noon

MONDAY—OCTOBER 8TH: 9:15 am
Toe Nails Clinic By Rachael (call for a time slot)

TUESDAY—OCTOBER 9TH: 9:00 am

Nails by Shelly (call for a time slot)

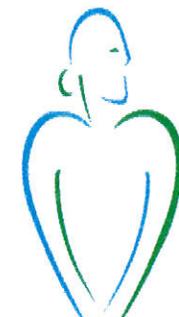
WEDNESDAY—OCTOBER 17TH: 9:30 to Noon
Health clinic by Mary and Connie

Blood Sugar—O2 level—Heart Rate—Blood Pressure

TUESDAY—OCTOBER 30TH: 10:00 am

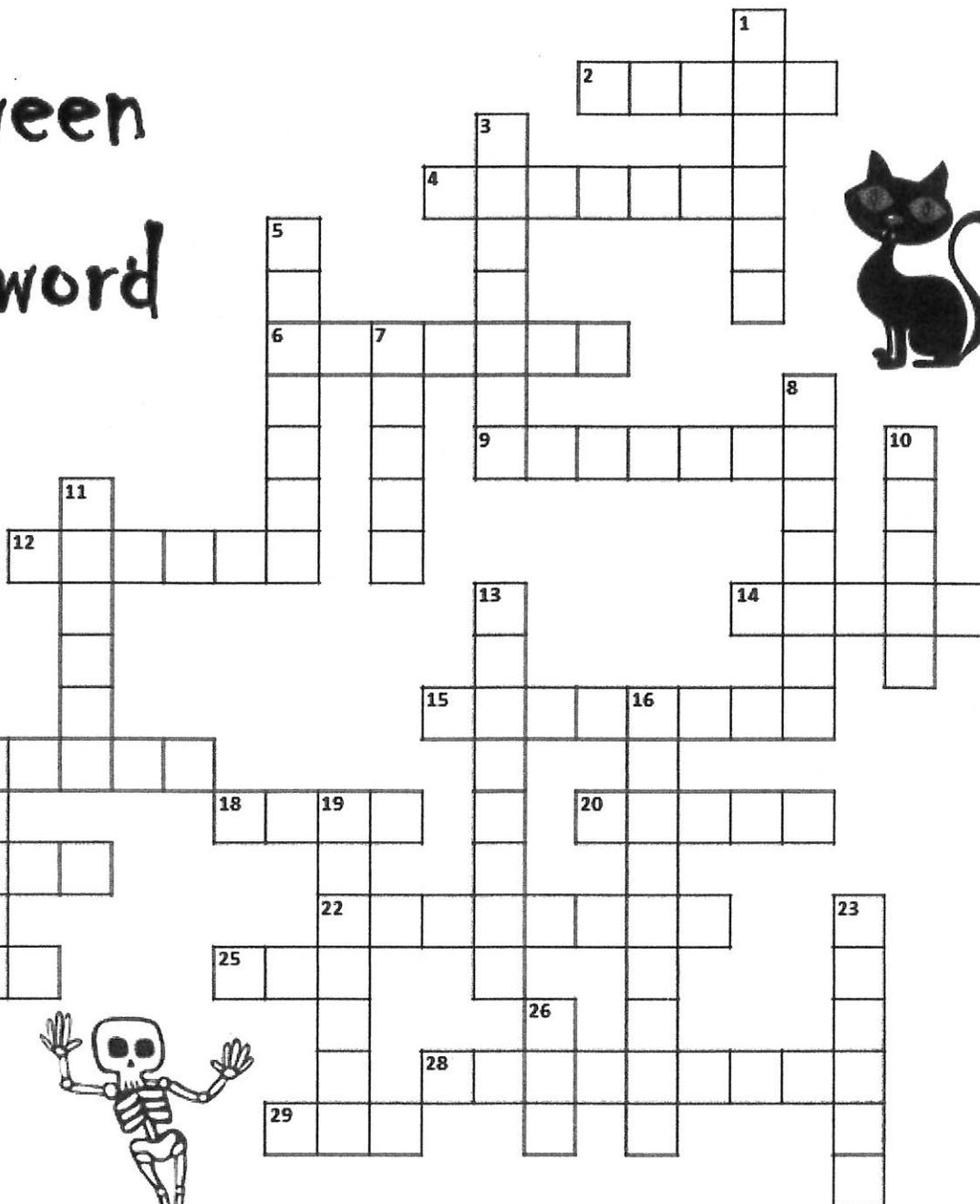
Join us for our Care Giver Support Group

(Held the last Tuesday of Each Month)



**Take
Wellness
To Heart**

Halloween Crossword



© puzzles-to-print.com

Across

- 2. Frightening
- 4. He hates garlic
- 6. Frankenstein had one
- 9. The Count
- 12. Where a vampire sleeps
- 14. ____ or treat
- 15. Scare
- 17. A skeleton is just a bunch of these
- 18. Mr. O'Lantern
- 20. What the pot might call the kettle
- 21. ____ stories
- 22. A boney sort of fellow
- 24. Found in Egypt
- 25. Lives in the belfry
- 27. Whoo? Whoo?
- 28. Playground for ghosts
- 29. What a spider spins

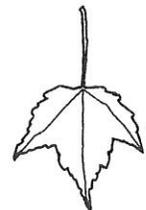
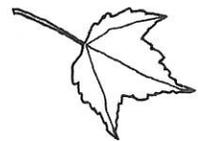
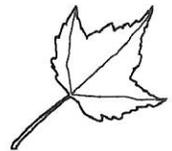
Down

- 1. When something makes our skin crawl, it's this
- 3. ____ house
- 5. Makes a popular pie
- 7. When ghosts come out to play
- 8. Fire burn, and ____ bubble
- 10. Samantha for example
- 11. Evil or mischevous creature
- 13. Comes out on full moon nights
- 16. October 31st
- 17. Witch transportation
- 19. Disguise
- 23. Incey wincey is one of these
- 24. Might be full, half, or new
- 26. He swallowed the canary

Autumn Word Search

→ Find the hidden words in the puzzle below.

acorn football leaves hayride season apple rake
 corn Autumn Halloween Thanksgiving fall harvest spider
 squash turkey November September pumpkin scarecrow October



S	F	A	L	L	X	S	Q	U	A	S	H	U
A	U	T	U	M	N	W	R	H	C	S	A	T
L	E	A	V	E	S	N	A	A	O	C	P	H
A	O	X	Z	S	S	O	K	L	R	A	U	A
P	C	Z	S	E	P	V	E	L	N	R	M	N
P	T	T	A	A	I	E	H	O	U	E	P	K
L	O	U	C	S	D	M	A	W	C	C	K	S
E	B	R	O	O	E	B	R	E	O	R	I	G
T	E	K	R	N	R	E	V	E	P	O	N	I
X	R	E	N	Z	T	R	E	N	I	W	B	V
H	A	Y	R	I	D	E	S	D	A	C	Y	I
X	S	M	Y	F	O	O	T	B	A	L	L	N
V	S	E	P	T	E	M	B	E	R	D	K	G

CAREGIVER TIPS

“Caregiver Fatigue” (Excerpt from Silver lining.com)

“Caregiver fatigue” is a serious condition characterized by a gradual lessening of compassion over time. First diagnosed in the 1950’s by nurses who worked directly with trauma victims, the disorder now extends to any caregiver who experiences emotional, mental, or physical exhaustion – sometimes referred to as “burnout.” The most important way to prevent caretaker fatigue is simply to recognize that it can occur and be on the lookout for red flags or warning signs that tend to creep into the caregiver’s personal and professional lives (often without even realizing it.) Symptoms include:

- Anxiety and stress
- Bitterness toward friends or family who do not help “as much as they could”
- Change in appetite or sleep habits
- Decrease in energy
- Decrease in experiencing pleasure
- Decrease in productivity
- Failing health – frequent headaches, back pain, muscle aches
- Feeling depressed, helpless, hopeless, or trapped
- Impaired motor skills (slow or clumsy)
- Inability to concentrate or focus
- Isolation from others
- Lowered immunity (readily susceptible to colds, illness)
- New feelings of incompetence and self-doubt
- Over-reaction to small disturbances
- Pervasive negative attitude
- Procrastination (more than usual)
- Profound exhaustion, tiredness (not relieved by sleep)
- Skipping work or coming in late
- Taking out frustrations on others
- Using food, drugs or alcohol to cope

A caregiver experiencing burnout feels empty and beyond the capacity to provide care. For many caretakers, the emotional fatigue is greater than the physical exhaustion. With caretaker fatigue, feelings of anger and resentment at the care recipient can occur followed by feelings of guilt. Caretaker fatigue has a variety of causes including being over-extended and receiving little to no appreciation or recognition. The Silver Lining is that caregivers can take steps to keep or regain balance in their lives including:

- Adopt healthy eating, exercising, and sleeping habits
- Be gentle with yourself – avoid self-destructive behavior
- Communicate your feelings
- Create time away from caretaking
- Keep a sense of humor
- Know that you are not alone and seek support
- Nourish your creative side and outside interests
- Practice relaxation techniques
- Set Boundaries. Don’t be too afraid, proud, or shy to ask for help.
- Find the Silver Lining!

If you are a caretaker, or have a caretaker, please be mindful of “caretaker fatigue” and take measures to keep the symptoms at bay or when they do arise, seek assistance.

Wayne Senior Center at Wayne, Nebraska -- Monthly Business Meeting

Wednesday, September 19, 2018

Wayne Senior Center President George Burcum called the meeting to order at 12:45 p.m.. Roll Call: Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum, Vice President: Norma Backstrom, Secretary: Verna Mae Baier. Treasurer: Joan Lage and Center Participant: Carol Dunning.

The minutes from the August 15, 2018 business meeting were unanimously approved as presented and printed in the August edition of The Senior Star. Treasurer Joan Lage presented the treasurer's report for 8-10-18 through 9-9-18 with expenses of \$468.05. Verna Mae Baier made a motion to approve the payment of these expenses and to accept this financial report. Seconded by Norma Backstrom. Motion carried.

Coordinator Bertrand announced the September Proclamation of National Senior Center Month. The Wayne Mayor signed a recognition of proclamation for the Wayne Senior Center. Member Carol Dunning made a motion to accept and approve this proclamation. Seconded by Joan Lage. Motion carried. [Proclamation is on the bulletin board.]

Open Issues:

1.----- Operations Assistant Carol Wibben recently attended an overview of NENAAA training.

2. Upcoming Events were announced:

SHIP - Medicare Open Enrollment will be Oct. 23 (Other days: Nov. 6 and Dec.4)

Influenza Vaccine Clinic -- will be Oct. 16

Evening Meal -- Oct. 19

Shredding Service -- Sept. 25 (By Security Shredding, Laurel; at no cost to Center)

NENAAA State Visit -- Oct. 24 (Officers required to be present)

3. Constitution Review:

Overview and review of the Constitution was completed. "The September 15, 2017, minutes contained a resolution to change the By-Laws and add 1-3 members to the Center Board". This notice of changes was posted in the Center on Sept. 5, 2018. An Amendment was introduced to eliminate the term limits of all center officers. The duties and responsibilities of board members were presented. Personal Characteristics of board members were presented. This entire review and update was approved in a motion by President Burcum and seconded by Joan Lage. Motion carried. This new constitution was signed by all in attendance. Election of officers results: President: George Burcum, Vice President: Norma Backstrom, Treasurer: Joan Lage, Secretary: Verna Mae Baier and Board Member: Carol Dunning.

Goals for the Center: (1) Increase attendance, (2) Everyone should greet everyone and (3) everyone should welcome new center participants.

5 The Center has received a new Dodge 7 passenger van. The Chevy van has been repaired.

Meeting was adjourned at 1:25 p.m.

Next meeting will be October 17, 2018 at 12:30 p.m.

Verna Mae Baier, Secretary

Hear Ye! Hear Ye!
 Wednesday—October 17th: 12:30 pm
 Wayne Senior Center
 Board Meeting
 Open to All.



COME HAVE FUN WITH THE
 CHILDREN FROM THE
 NEW BEGINNINGS PRE-SCHOOL
Tuesday—October 30th
 1st Group will be at the center: 10:30 am
 2nd Group will be at the center: 12:30 pm
 HALLOWEEN PARADE ALONG WITH
 SONGS SUNG BY THE KIDS

Friday—October 5th
 NATIONAL DENIM DAY
 Wear your Comfy Denim Ware
Wednesday—October 10th
 NATIONAL TEDDY BEAR DAY
 Bring your favorite Teddy bear

Friday—October 12th
 FINE DINING FRIDAY
 With CareAge

Wednesday—October 24th
 WE SERVE WEDNESDAY
 With Providence

Wednesday—October 31st
 12:15—FUN WITH BROOKDALE
 BINGO EVERY FRIDAY @ 1:00
 No Bingo on the 19th but will be
 On Thursday—October 18th



Wednesday—October 3rd
 HAPPY BIRTHDAY - Music by Connie
Thursday—Oct. 4, 18 & 25th
 Dinner Time Music

Thursday—October 11th
 11:30—Spotlight on Promise

Friday—October 19th
 Burt Heithold Band (Evening Meal)

Tuesday—October 23rd
 Clarinet Duet w/ Jay O'leary
 And Bill Koeber @ 11:30

Wednesday—October 24th
 Music by Deb Dickey @ 11:30



Wayne Public Transit
 Is a great mode of
 transportation
 For you to get to appointments & to run
 errands.
 Fee for the van is
 \$1.50 one way
 To reserve your ride call 375-1460.
 We are an
 "ON DEMAND"
 Service

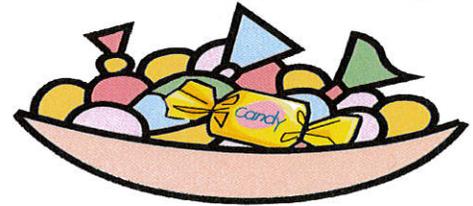


**10 MOST POPULAR
 TRICK OR TREAT
 CANDIES**

1. REESES PEANUT BUTTER CUP
2. M & M'S
3. SNICKER BAR
4. HERSHEY MILK CHOCOLATE BAR
5. KIT KAT BAR
6. TWIZZLERS
7. STARBURST
8. TWIX
9. SKITTLES
10. 3 MUSKETEERS BAR

CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787



NAME THE CANDY

(Choose from list below)

1. Powdered Candy in a package resembling a paper drinking straw
2. "Melts in your mouth, not in your hand"
3. Popping candy that explodes in the mouth
4. Hard candy with holes in the middle
5. Fruit-flavored licorice twists
6. Candy bar with rich chocolate, creamy caramel, and smooth nougat
7. Fruit candies eaten out of a dispenser
8. Crunchy, peanut butter candy covered in milk chocolate
9. Milk chocolate-covered raisins
10. Peanut butter cups covered in milk chocolate
11. Peppermint confection covered by dark chocolate
12. Coconut Candy bars covered in dark chocolate
13. Four crisp wafers covered in milk chocolate
14. Chewy candy with almond bits blended into honey-flavored taffy
15. Small cinnamon-flavored candies
16. Chocolate-coated malted milk balls
17. Candy bar with nougat topped with roasted peanuts and caramel and covered in milk chocolate

**M&M'S—BIT-O-HONEY—LIFE SAVERS—RED HOTS—
KIT KAT – SNICKERS—PIXY STICKS—TWIZZLER
MOUNDS—RAISINETS—YORK PEPPERMINT PATTIE—
MILKY WAY—BUTTERFINGER—REESES—POP ROCKS
PEZ—WHOPPERS**

Donations

Charles & Ruth Maier
Fritz & Joann Temme
Marvin Nelson
Mardelle Brudigan
Arlene & Jim Robinson
Leon & Melvy Meyer
Roy Gramlich
Anita Fuelberth
Donna Ewing
Kathy Johnson

Please notify us if we missed your donation!

THANK YOU THIS MONTH TO:

CAREAGE: For sponsoring our Birthday Cake, Helping with Fine Dining Friday and providing our Century Club Movie Drawing Certificates

BROOKDALE: For providing "Fun w/ Brookdale" and Providing our Special Luncheon Certificates

ALL OUR MUSICIANS:

PROVIDENCE: For sponsoring our Bingo Day Luncheon Certificates & Help w/ serving

WAYNE GREENHOUSE: For our Bingo Day Bouquet

ALL OUR VOLUNTEERS & GUEST SPEAKERS

Thank you to those of you that take the time to bring in baked items, ice cream and all the other goodies for coffeetime.

Thank you for the volunteer hours that many of you provide us each month.

WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Coordinator
Carol Wibben	Assistant & Dispatcher
Misty Brasch	Head Cook
Fran Poehlman	Kitchen Aid
Bea Kinslow	Kitchen Aid
Dan Carroll	Van Driver
Frank Sheda	Van Driver
Roger Hochstein	Van Driver
George Burcum	President
Norma Backstrom	Vice President
Verna Mae Baier	Secretary
Joan Lage	Treasurer

Services are provided without regard to race, origin, handicaps, age or sex.

The Wayne Senior Center is funded by The City of Wayne, Northeast Nebraska Area Agency on Aging, The Department of Roads, United Way, and your generous donations.

Senior Center Hours

**Monday – Friday
8:00 a.m. – 5:00 p.m.**

Meals are served at noon. Please make your meal reservations & cancellations by noon the day before.

For van transportation or meal reservations call 375-1460.



A special thank you to United Way for funding the distribution of our newsletter.