



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

November, 2018

SPECIAL EVENTS

Thursday, November 1st

11:45 Visit from Pat Melena
Mayoral Candidate

Friday, November 2nd

11:45 Visit from Jane O'Leary
Mayoral Candidate
Caregiver's Open House
1:00 to 3:30 pm

Sunday, November 4th

Day Light Savings—Fall Back

Monday, November 5th

Toe Nail Clinic @ 9:15
11:45 Visit from Jill Brodersen
Wayne City Council Candidate

Tuesday, November 6th

Special Luncheon Drawing
By Careage @ Noon
SHIP Open Enrollment Assistance

Wednesday, November 7th

Monthly Birthday Party
Cake @ Noon
Dinner Time music by Susan
Meet & Greet w/
Herman Chiropractic

Thursday, November 8th

11:30— Spotlight on Promise

Friday, November 9th

11:00 to Noon—Eye Glass Clinic
w/Katherin from Wayne Eye Care
Century Movie Drawing
by Brookdale

Monday, November 12th

Veteran's Day Program

Tuesday, November 13th

9:00 am—Love My Nails by Shelly

Wednesday, November 14th

11:45—Legal Aide Presentation

Thursday, November 15th

Dinner Time Music by Connie

Friday, November 16th

Thanksgiving Celebration

11:15—Music by Bob Litz

Monday, November 19th

11:45 Nutrition Visit by Ann

Tuesday, November 20th

Noon—Special Luncheon Drawing
By Careage @ Noon

Wednesday, November 21st

9:30 to Noon—Health Clinic
12:30 Board Meeting

Thursday, November 22nd

CLOSED FOR
THANKSGIVING HOLIDAY
(Continued on Next Page)



Wayne Senior Center
Wishes All Seniors
A Bountiful
& Blessed
Thanksgiving
With
Family & Friends

NATIONAL CAREGIVER MONTH



The annual observance is a time to honor family caregivers across the country. It is a time to recognize the challenges that family caregivers face and how they manage them day and night. This is a time to celebrate the contribution of those volunteer friends and family members who support a loved one with their health or managing a disability. We are thankful for the contributions of the more than 44 Million Americans who care for a family member, friend, or neighbor. During National Family Caregivers Month, we recognize the challenges family caregivers face when their loved ones need “Caregiving around the Clock.” If you are or have been a Caregiver—we invite you to join us the Last Tuesday of each month at 10:00 am for a time to relax, unwind and visit with others that understand the challenges and joys of being a CAREGIVER.

REGISTER FOR DOOR PRIZES



JOIN US FOR LUNCH FOR MORE PRIZES

Join us as we kick off National Caregiver month with an **OPEN HOUSE on FRIDAY— NOVEMBER 2ND—1:30 to 3:00 pm**
Cake & goodies will be served & Learn what the Wayne Senior Center Is All about!

I NEED MY DOSE OF MUSIC EVERYDAY

Wednesday—November 7th
Dinner Time music by Susan
Thursday—November 8th
11:30—Spotlight on Promise w/ WSC Students
Monday—November 12th
Patriotic Program & Veteran's Day Celebration
Thursday—November 15th & 29th
Dinner Time music with Connie
Friday—November 16th
Thanksgiving Dinner & Music by Bob Litz
Tuesday—November 27th: 11:30 Music w/ Deb

Special Events

(Continued)

Friday, November 23rd

**CLOSED FOR
THANKSGIVING HOLIDAY**

Tuesday, November 27th

10:00—Caregiver's Support Group
11:30 Music by Deb Dickey

Wednesday, November 28th

Pneumonia Vaccine—11:00 to Noon
Provided by Shopko Pharmacy
Call Center for more Information

Thursday, November 29th

Dinner Time Music by Connie

Friday, November 30th

Providence Bingo

Drawing At Noon

BINGO @ 1:00 Each Friday

Legal Aid OF NEBRASKA

WILL BE COMING TO THE
WAYNE SENIOR CENTER
WEDNESDAY—NOVEMBER 14TH
11:45 Visit with Lori Lee
1:1 visit following the noon meal

FRIDAY—NOVEMBER 16TH THANKSGIVING CELEBRATION

**MUSIC BY BOB LITZ @ 11:15 AM
MEAL SERVED AT NOON:**



Turkey and Dressing
Mashed Potatoes & Gravy
Scalloped Corn
Cranberry Salad
Dinner Roll & Pumpkin Dessert

*I can't eat
another bite...*



OH LOOK, PIE!

Enjoy your meal served to you by the
WSC Soccer Players

Make Reservation by Wed. Nov. 14th



**Hear Ye! Hear Ye!
Wednesday, November 21st @
12:30 pm**



**Wayne Senior Center
Board Meeting
Open to All.**

MEET and GREET

**With Joelle Herman from
Herman Chiropractic**

Wednesday, November 7th

Noon time—Sign up for

Our Great meal of:

Salisbury Steak

Scalloped Potatoes

Green Bean Casserole

WW Dinner Roll & Pears

Birthday Cake @ Center

**Sunday
November 4
Day Light
Savings
TURN
CLOCK
BACK
1 HOUR**



VETERANS DAY CELEBRATION

MONDAY—NOVEMBER 12TH

Program begins at 11:15 am

Noon Meal: Tavern on a Home Made Bun

Baked Beans & Macaroni Salad

Patriotic Fruit Drink

Red—White & Blue Dessert

Thank you Veterans

*“Assisted by the Wayne Consolidate
Veterans Post & Local Volunteers”*

Wayne Public Transit
Is a **GREAT** mode of
Transportation for you to get to
appointments & run errands.

Fee for the Van is
\$1.50 on way

To Reserve your ride call
1-402-375-1460

**WE ARE AN ON DEMAND
RESERVATION SERVICE**

Hours of service:
8:00 am to 4:30 pm



Caregiver Tips Asking Your Doctor the Important Questions

By Max Zubarsky, PhD, LMFT

Part One

“Have a seat and we’ll call your name soon.”

“Please fill out these forms to the best of your ability.”

“The doctor will see you now.”

Let’s face it; a doctor’s visit is not the ideal item on a Tuesday morning list of tasks. From the sterile smell in the air to the uncomfortable plastic chairs in the waiting room, the culture of medicine can be an intimidating place for many. Even more, a recent diagnosis can offer several unknown questions in a patient’s life.

When a caregiver or family member attends these appointments, one endures the unnerving feeling of what news they might hear for their loved one. Although anxiety mounts when you enter the room and speak with a doctor, it’s important that your voice is heard and that you’ve relayed your concerns.

Several barriers often get in the way of caregivers and family members asking questions at initial appointments. The length of visits has been a major hurdle that larger health care facilities are trying to address. The limited amount of time to check in about the patient’s health or go in-depth about the symptoms leaves little room for others to offer their insights. With more than one billion physician visits reported over the last year, time has been severely compromised for most medical professionals.

Lack of rapport with just one physician or specialist can also make caregivers uneasy to report their concerns or questions about an illness. I often hear family members of patients say, “I didn’t want to ask the wrong questions to someone I just met.” Even questioning one’s advice or clarifying a statement could challenge the power dynamic in the room.

There is still this notion of many that the doctor is the “all knowing” professional and that you shouldn’t challenge the authority of someone with an advanced degree. The fact is that most professionals want to hear what you’re going through and what feedback you can offer.

Having worked in close proximity with doctors and other medical professionals, I’ve seen the importance communication plays between the doctor, the patient and the caregiver. Communication should be a three-way process, where the caregiver can be seen as a team member in one’s medical treatment rather than an outsider.

The caregiver is often the bridge between the patient and the healthcare system. Furthermore, the caregiver has perspectives of the illness that the patient often never realizes. These details can help doctors and professionals fill in the critical gaps for the care of the patient.

The following questions can help new caregivers gather basic information from their doctors. This is not an inclusive list, and caregivers are encouraged to raise additional questions related to the specific diagnosis.

1. What are the symptoms of this diagnosis?
2. What is this person able to do and not able to do?
3. What are the most helpful things I can do as a caregiver?
4. How can I get more information on the medications they’re taking?
5. What is the plan of treatment going forward?
6. What options are available if the diagnosis gets worse?
7. Can I have a copy of the records?
8. How can I reach you if I have any further questions?

Look for Part Two in next month’s Newsletter.

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

Wednesday, October 17, 2018

Wayne Senior Center President George Burcum called the meeting to order at 12:30 p.m.. Roll Call: Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum, Secretary: Verna Mae Baier. Treasurer: Joan Lage and Board Member: Carol Dunning. Absent: Norma Backstrom, (medical).

The minutes from the September 19, 2018 business meeting were unanimously approved as presented and printed in the September edition of The Senior Star. Treasurer Joan Lage presented the treasurer's report for 9-10-18 through 10-9-18 with expenses of \$112.69. Verna Mae Baier made a motion to approve the payment of these expenses and to accept this financial report. Seconded by Carol Dunning.. Motion carried. Additional changes were discussed for the monies in the Center accounts.

Open Issues:

1.----- Article IV of the Center's Constitution, dealing with Elections has been amended by a vote of 2/3 of the members present at the posted meeting held on September 19, 2018. This deals with Elections. This amendment was signed by all those present at this meeting.

2. A written response was received from Morrow, Davies, & Toelle, P.C. concerning the audit on July 26, 2018. The concerns were Title III-B Units of Service Documentation. Corrective action has been completed to bring the Center in Compliance with the actions required.

3. Coordinator Bertrand reported on the Safety Committee Overview. This was in response to a recent fall at the Center. All necessary paper work has been completed and is being submitted as required. A Quarterly Safety Committee will be held and the results filed as required.

4. Events at the Center

**Medicare Open Enrollment Oct. 23 Nov. 6 Dec. 4

**Influenza Clinic was held Oct. 16 with 73 participants. (Thank you, PMC Home Health)

**Yearly Fire Drill completed on Oct. 16 with Wayne Fire Chief & First Assistant monitoring.

**Evening Meal will be on Oct. 19.

**State Audit will be Oct. 24

**III E Evaluation will be Nov. 27

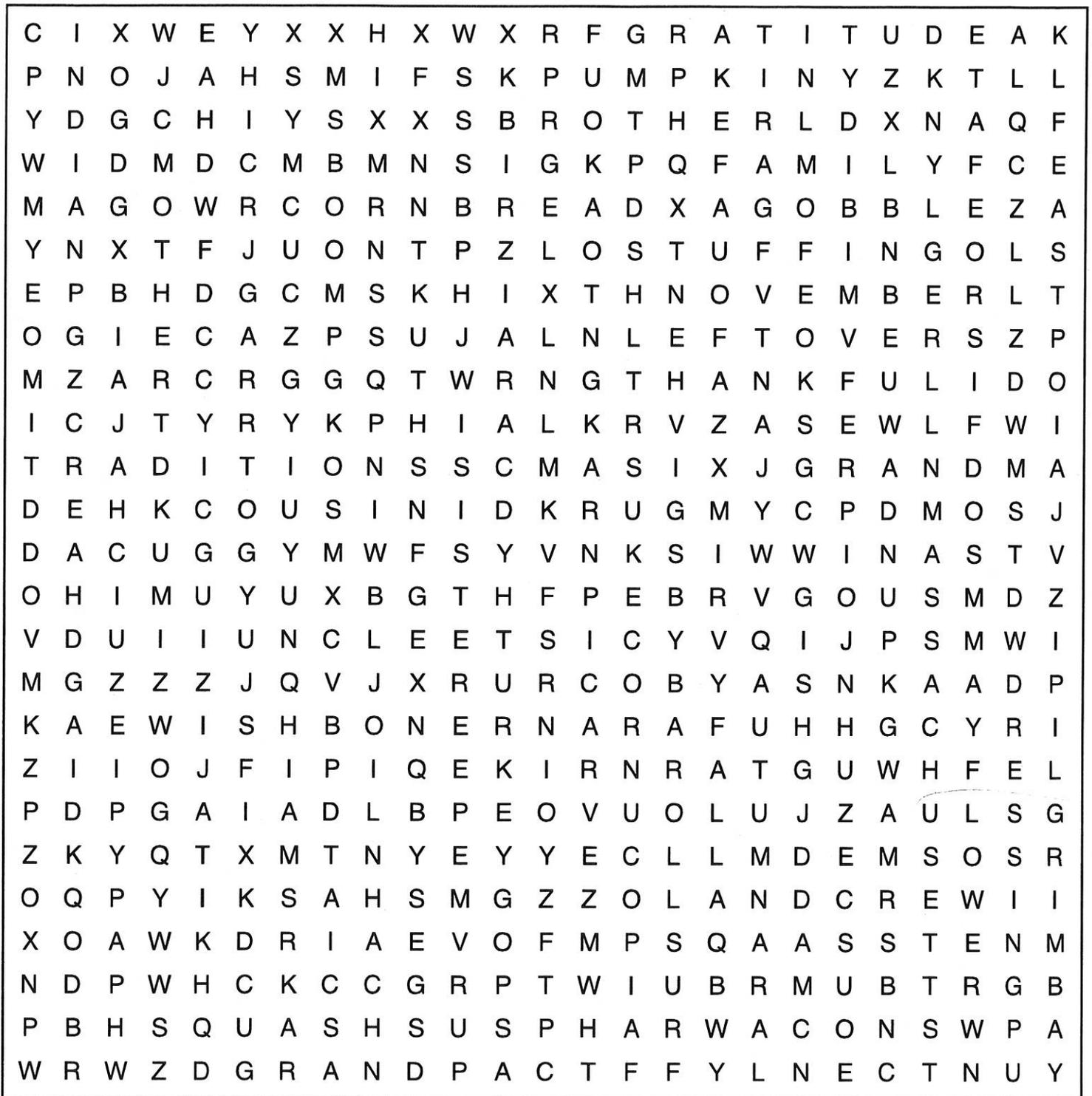
5. Chevrolet Van has been repaired and will be retained.

6. Carol Dunning presented some suggestions for future events at the Center.

Meeting was adjourned at 1:15 p.m.

Next meeting will be November 21, 2018 at 12:30 p.m.

Verna Mae Baier, Secretary



Thanksgiving
pilgrim
mayflower
gratitude
yams
family
gobble

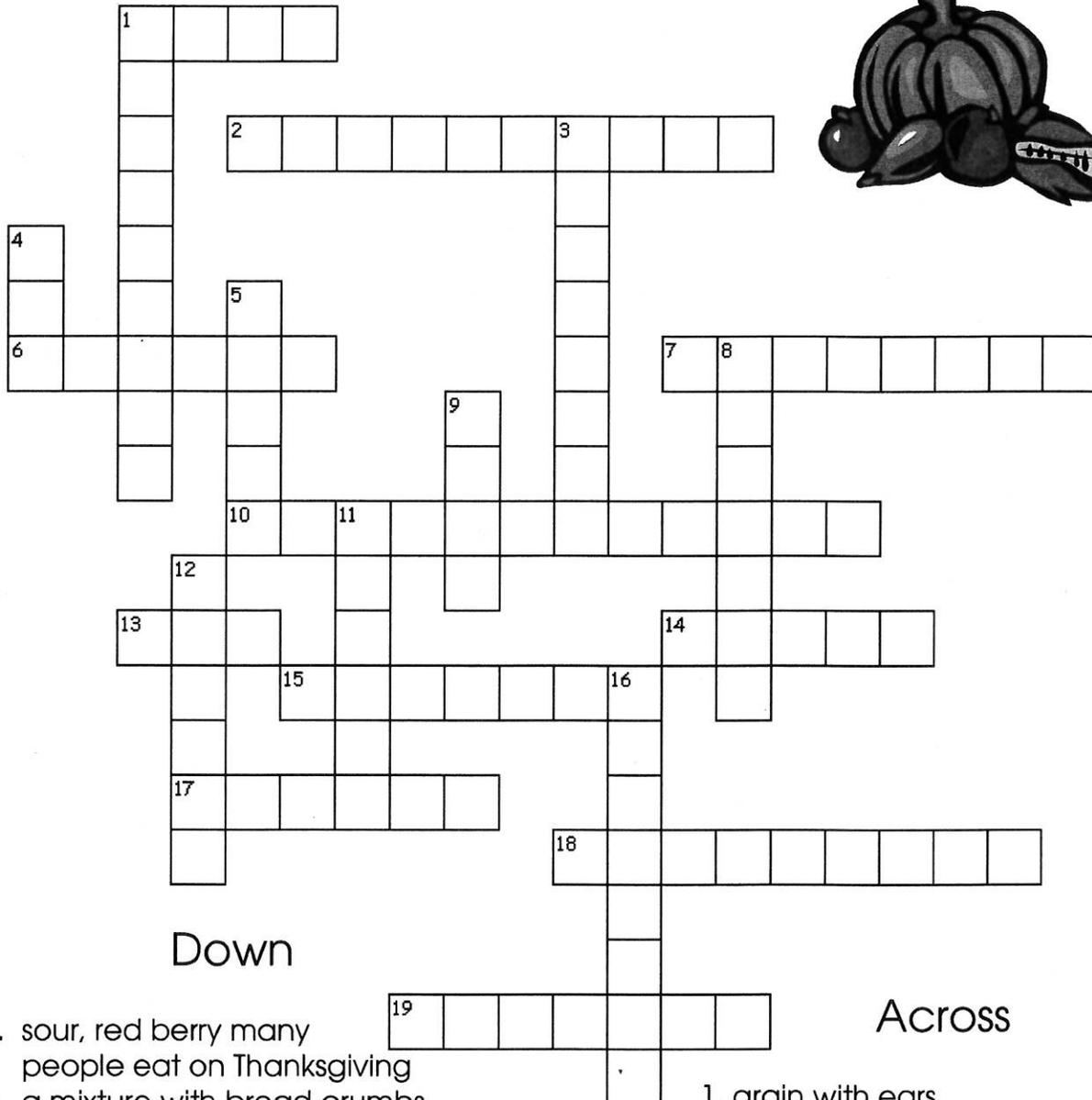
pilgrim
indian
november
thankful
grandma
mother
traditions

pumpkin
autumn
stuffing
Massachusetts
grandpa
father
fall

turkey
pie
rolls
Plymoth
uncle
brother
leftovers

dressing
cornucopia
cornbread
squash
aunt
sister
acorns

cranberries
feast
drumstick
wishbone
cousin
carve



Down

- 1. sour, red berry many people eat on Thanksgiving
- 3. a mixture with bread crumbs that is baked inside a turkey
- 4. to chew and swallow
- 5. a large meal for lots of people
- 8. a day when most people do not have to go to work or school
- 9. to cook in the oven
- 11. the season between summer and winter
- 12. a procession in honor of a special event or holiday
- 16. the month that comes after October

Across

- 1. grain with ears
- 2. a warm feeling between friends
- 6. a large bird
- 7. grateful
- 10. a U.S. holiday observed on the 4th Thursday of November
- 13. edible root
- 14. to slice meat
- 15. a large orange fruit
- 17. main meal of the day
- 18. a group of people who are related to each other
- 19. to gather a crop in when it is ripe

PREVIEW OF
ELECTION DAY
WHICH IS TUESDAY
NOVEMBER 6
Mayor & City Council
Candidates for Wayne



**COME MEET CITY OF WAYNE
CANDIDATES FOR MAYOR & CITY COUNCIL**

Thursday—November 1st: Meet Pat Melena
Mayoral Candidate @ 11:45 - Meet & Greet
Sign up for a Home Cooked meal of:
Chicken Noodle soup & Crackers
Celery Stick w/ Peanut Butter & Cheese Stick
Home Made Sliced Bread
Fruit Pie

Friday—November 2nd: Meet the Write in
Mayoral Candidate—Jane O’Leary
11:45 - Meet & Greet
Sign up for a Home Cooked meal of:
Sliced Roast Beef
Mashed Potatoes & Gravy
Corn & Dinner Roll
Apricot Salad

Monday—November 5th: Meet Jill Brodersen
City Council Candidate
11:45 Meet & Greet
Sign up for a Home Cooked meal of:
Goulash & Lettuce Salad Bar
With Assorted Veggies
Garlic Bread Stick & Apple Crisp
*1:1 Round Table Visit with Each Candidate
Following the meal. A Great time to ask
Your questions & personally meet each candidate!*



**MEDICARE
PART D**

**Tuesday
November 6th
9:00 to 3:30 pm
CALL FOR A TIME**

**CALL THE CENTER TO
SIGN UP FOR A TIME**

***ONE MORE ADDITIONAL DAY WILL
BE TUESDAY—DECEMBER 4TH***

Provided by: Leslie Schulz & Scot Surber
of Providence Medical

& Jodene Cantrell of CareAge Campus of Care
**EVEN IF YOU ARE HAPPY WITH YOUR PLAN
HAVE THE TRAINED VOLUNTEERS CHECK
TO SEE IF THERE IS A BETTER PLAN THAT
BETTER FITS YOUR BUDGET AND
PRESCRIPTION NEEDS!**



Monday—November 5: 9:15 am

Toe Nail Clinic w/ Rachael (Call for a time)

Tuesday—November 6: 9:00 to 3:30

SHIP Medicare Open Enrollment Assistance

Friday—November 9: 11:00 to Noon

Wayne Eye Care Glass Care

Monday—November 19: 11:45 am

Nutrition Visit with Ann Fenton

Wednesday—November 21: 9:30 am to Noon

Health Clinic w/ Mary & Connie

Tuesday—November 27: 10:00 am

Care Giver Support Group

Wednesday—November 28:

Pneumonia Shot - Provided by Shopko Pharmacy

WEDNESDAY: NOVEMBER 28th

11:00 to Noon—Want more information
Call or stop by the center On Pneumonia
Vaccine Recommendations AND a Consent
form to bring back the day of the vaccine.
CALL TO RESERVE YOUR VACCINE



Donna Hansen’s Lemon Meringue Torte

Meringue: 8 Egg Whites

1/2 tsp. cream of Tartar or Lemon Juice
1 1/2 to 2 1/3 cups Sugar

Beat egg whites and tartar or juice until
frothy. Gradually beat sugar in a little at a
time. Beat until very stiff and glossy. Spread
meringue on pan making an edge. Use large
pan or cookie sheet about 14 X 16. Bake at
275 degrees for 60 minutes. Turn oven off
and leave in until cool. Meringue may be
made ahead of time and stored in cupboard,
loosely covered.

Lemon filling: 8 egg yolks

1 cup sugar
1/2 cup lemon juice

2 T. grated lemon rind (optional)

2—9 oz. containers of whipped topping
Beat yolks in small mixer bowl until thick
and lemon colored. Gradually beat in sugar.
Blend in lemon juice. Rind may be added if
more flavor is desired. Cook over hot water,
stirring constantly, until thick, 5 to 8 minutes.
Cool. Blend in whipped topping. Spread
over Meringue and Refrigerate.

SERVES 20

**A great Holiday Treat for your whole
Family to enjoy!**

CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787

DONATIONS

Donna Ewing	Rodella Wacker
Bob & Milly Thomsen	
Earl & Janet Fouss	
Leon & Melvy Meyer	
George Burcum	Kathy Johnson
Charles & Ruth Maier	
Mardelle Brudigan	Mildred Weak
Lila Splittgerber	Bonnie Otte
Roy Gramlich	Janice Myers
Phyllis & Darrel Rahn	
Hilbert Johs	Lanora Sorensen
Rick Barelman	Julie Grone
Anita Fuelburth	Sandra Henschke
Leon Meyer	Bridge Group Players

Please notify us if we missed your donation!
Thank you to those of you who take the time to bring in baked items, ice cream and all the other goodies for 2:20 coffee time.

THANK YOU THIS MONTH TO:

CAREAGE: For sponsoring our Birthday Cake, Helping with Thanksgiving meal & providing our Special Luncheon Certificates

BROOKDALE: For providing "Fun w/ Brookdale" and Providing our Century Club Movie Drawing

PROVIDENCE: For sponsoring our Bingo Day Luncheon Certificates

WAYNE GREENHOUSE: For our Bingo Day Bouquet & Veterans Day Flowers

SCOTT HASEMANN: For Veterans Flag Display

ALL OUR MUSICIANS—VOLUNTEERS & GUEST SPEAKERS

TURKEY THE BIRD



- The name turkey originally referred to a guinea fowl from Turkey. When Europeans saw the large, wild bird in the New World, they mistook it for Turkey's turkeys, and the name stuck. Long before the word "turkey" meant loser, wild turkeys stood for pride as in "proud as a turkey."
- The belief that Benjamin Franklin wanted America's national bird to be the turkey instead of the bald eagle is a myth. In a letter to his daughter, he was questioning the choice of the eagle, commenting that the selected design of the Presidential Seal looked more like a turkey. He went on to write about the respectability and morality of each bird.
- The tradition of sending a Thanksgiving turkey to the White House began during President Ulysses S. Grant's administration (1869-1877). He was given a 34-pound bird by Rhode Island Senator H.B. Anthony on behalf of turkey growers in his state. Historians believe the first pardoning of a Thanksgiving turkey began in Alabama, "where the ceremony was first invented in the 1940s as a governor's ritual, "before it was "exported to the capital." John F. Kennedy is usually credited as the first President to "pardon" a turkey when he declared, "Let's keep him going." According to the White House Historical Association, the formalities of a Presidential pardoning of a turkey gelled by 1989 with George H.W. Bush.



Senior Center Hours

Monday – Friday

8:00 a.m. – 5:00 p.m.

WHO'S WHO FROM THE WAYNE SENIOR CENTER

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

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

\$4.95 Suggested Donation—60 & Older
 \$7.35 for Under 60 & Carry Out

For van transportation or meal reservations call 375-1460.
 Service from 8:00 am to 4:30 pm
 (We are an on demand service)

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 donations.



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