



# The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

February, 2019

## SPECIAL EVENTS

### Friday, February 1st

11:00 - Noon Spinal Clinic w/  
Herman Chiropractic  
Fine Dining Friday w/ Providence

### Wednesday, February 6th

Monthly Birthday Party w/ Cake  
Served @ Center - Noon  
11:30 Music by Connie

### Thursday, February 7th

11:15 to Noon - Eye Glass Clinic w/  
Magnuson/Hopkins  
Dinner Time Music by Connie

### Friday, February 8th

Century Club Movie Drawing  
Certificates - Noon by CareAge

### Monday, February 11th

9:15 Toe Nail Clinic w/ Rachael

### Tuesday, February 12th

11:30 Piano Music w/ Deb

### Wednesday, February 13th

Special Luncheon Certificate Drawing  
@ Noon by Brookdale

### Thursday, February 14th

Valentine's Dinner

11:30 Love Songs by Rich Franchini

### Monday, February 18th

President's Day - Trivia @ Noon

### Tuesday, February 19th

Special Luncheon Certificate Drawing  
@ Noon by Brookdale

### Wednesday, February 20th

9:30 to Noon - Health Clinic w/  
Mary and Connie

### Thursday, February 21st

Dinner Time Music w/ Connie

### Friday, February 22nd

Providence Bingo Drawing  
Certificates at Noon

### Monday, February 25th

11:45 Nutrition Visit w/ Ann Fenton

### Tuesday, February 26th

10:00 Care Giver's Support Group

### Wednesday, February 27th

12:15 Brookdale Fun

### Thursday, February 28th

11:30 Spotlight on Promise w/ WSC

### 1:00 Bingo every Friday

### Tuesday & Thursday's

Bridge Club

### Monday - Wednesday - Friday's

Hand & Foot - Pitch & Pool

2:20 Coffee time each afternoon



Happy  
Valentines  
Day



## The History of Valentine's Day - February 14th

One theory about the origin of Valentine's Day dates back to ancient Rome and a priest named Valentine. He performed marriages in violation of emperor Claudius II's orders. Claudius had forbidden marriages for fear men would not leave their wives to fight in the army.

Another theory of this holiday's origin is the people of ancient Roman honored Juno, Queen of Roman gods and goddesses on February 14. Juno was considered the goddess of women and marriage. Names of young girls were written on slips of paper and placed in jars. Each young man drew a name and that girl was his partner at the Feast of Lupercalia festival the following day and for social functions over the next year. There is also a medieval folk tradition which maintained that the springtime mating of birds took place on Valentines Day.

Credit for the first Valentine verses is often given to the imprisoned Charles, Duke of Orleans. He is thought to have sent his wife romantic poems from an English cell on Valentine's Day. Printed greeting cards specially made for the holiday did not appear until the 18th Century. By the 1780's, printed cards became common especially in Germany where they were called "freundschaftskarten" or "Friendship Cards."

The US celebrates Valentine's Day with gifts of cards, chocolates, and flowers. In Great Britain, children receive small gifts and sing special songs. The traditional food is the Valentine bun baked with caraway seeds and plums or raisins. In Spain, it is a family holiday, and in Italy, it is a feast day. Danish children distribute paper snowflakes anonymously. In El Salvador, people send notes to "Secret Friends."

**HAPPY VALENTINE'S DAY EVERYONE!!**

# CLOSED DUE TO WEATHER

**FOR WINTER RELATED CLOSINGS OF  
BOTH THE SENIOR CENTER &  
THE WAYNE CITY TRANSIT  
LISTEN TO KTCH FOR INFORMATION  
IF NOT SURE - MAKE SURE TO CALL  
FIRST BEFORE YOU COME!**

**Winter, Winter Go Away....  
What will the Groundhog predict?  
Will he see his shadow ???  
Let the Spring time begin!**



**Join us for a Pre - Ground Hog's Day  
Party with our Fine Dining Friday - served to  
you by our friends from Providence**

**Friday - February 1st: Serving  
Meatballs w/ Mushroom Gravy  
Au Gratin Potatoes  
Green Bean Casserole  
Pumpkin Muffin  
Mandarin Oranges & Treat  
Piano Music by Susan Boust @ 11:30 am**

## *Valentines Day* DINNER

**Thursday - February 14th  
Love Tunes on Piano  
w/ Rich Franchini @ 11:30  
Lunch served @ Noon  
Turkey Cutlet w/ Apricot Glaze  
Baked Potato & Dinner Roll  
"Romance in a Bowl" Salad  
Cherry Cheese Cake**

### FAMOUS COUPLES

*(Can you guess the Match)*

1. Adam & \_\_\_\_\_
2. Anthony & \_\_\_\_\_
3. Barbie & \_\_\_\_\_
4. Elizabeth Taylor & \_\_\_\_\_
5. Fred & \_\_\_\_\_ Flinstone
6. Humphrey Bogart & \_\_\_\_\_
7. Prince Charles & \_\_\_\_\_
8. Rhett Butler & \_\_\_\_\_
9. Romeo & \_\_\_\_\_
10. Samson & \_\_\_\_\_
11. Sonny & \_\_\_\_\_
12. Napoleon & \_\_\_\_\_
13. Ginger Rogers & \_\_\_\_\_
14. Micky Mouse & \_\_\_\_\_
15. Donald Duck & \_\_\_\_\_
16. Ozzie & \_\_\_\_\_
17. Tarzan & \_\_\_\_\_
18. Robin Hood & \_\_\_\_\_
19. Lancelot & \_\_\_\_\_
20. Dagwood & \_\_\_\_\_
21. George & \_\_\_\_\_ Washington
22. Steve Lawrence & \_\_\_\_\_
23. George Burns & \_\_\_\_\_
24. Paul Newman & \_\_\_\_\_

**(Answers on the back Page)**



**OUR 2:20 PM COFFEE TIME HAS BECOME A  
VERY POPULAR TIME TO GATHER WITH  
FRIENDS AS WE ENJOY PLAYING CARDS,  
POOL OR JUST HAVING GREAT  
CONVERSATIONS! IF YOU WOULD LIKE TO  
HELP OUT WITH BRINGING YOUR  
FAVORITE SNACK TO SHARE -  
SIGN UP ON OUR "SNACK CALENDAR"  
LOCATED ON THE SIGN IN TABLE.  
THANKS FOR YOUR HELP!**

**Did you know that  
"A YAWN IS A SILENT SCREAM FOR COFFEE"**



# St. Valentine's Day

by [www.mes-english.com](http://www.mes-english.com)

## crossword puzzle

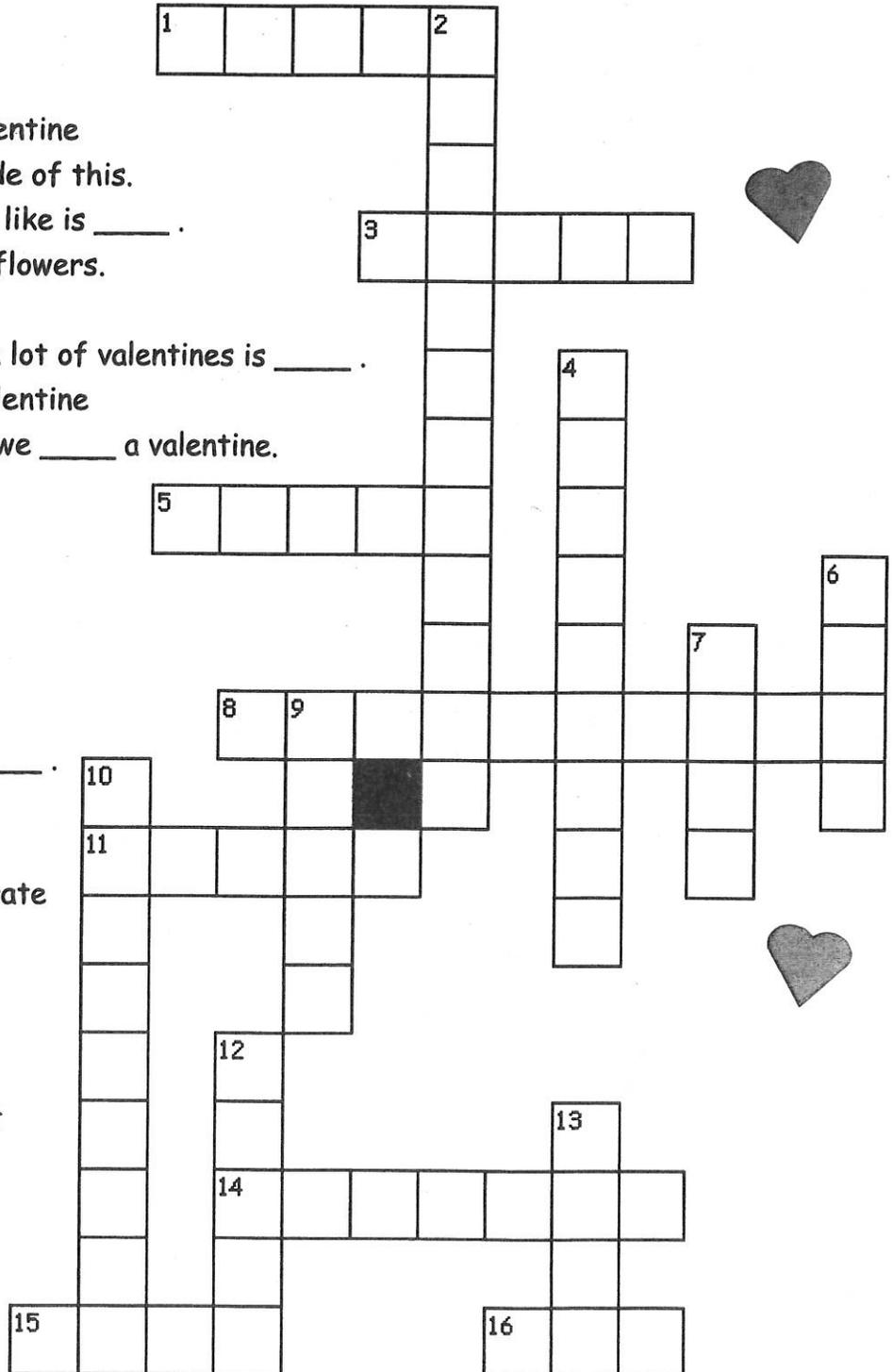


### Across:

1. Before we send a valentine
3. Small hearts are made of this.
5. Something you don't like is \_\_\_\_\_.
8. These are beautiful flowers.
11. It's given away.
14. Someone who gets a lot of valentines is \_\_\_\_\_.
15. After we write a valentine
16. On Valentine's Day we \_\_\_\_\_ a valentine.

### Down:

2. Giving a valentine is \_\_\_\_\_.
4. The card we write
6. A flower with thorns
7. The reason we celebrate Valentine's Day.
9. Cupid's weapon
10. It's in the box.
12. He brings love.
13. Two people going out



# PRESIDENTIAL WORD SEARCH

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

## CAN YOU FIND THE LAST NAME OF EVERY PRESIDENT?

Note: The last names Adams, Harrison, Johnson, Roosevelt, and Bush have been included in the puzzle twice, once for each president. However, Cleveland, the only President to serve non-consecutive terms, was included only once, bringing the total names in the puzzle to 43 instead of 44.

1. George Washington
2. John Adams
3. Thomas Jefferson
4. James Madison
5. James Monroe
6. John Quincy Adams
7. Andrew Jackson
8. Martin Van Buren
9. William Henry Harrison
10. John Tyler
11. James K. Polk
12. Zachary Taylor
13. Millard Fillmore
14. Franklin Pierce
15. James Buchanan
16. Abraham Lincoln
17. Andrew Johnson
18. Ulysses S. Grant
19. Rutherford B. Hayes
20. James Garfield
21. Chester A. Arthur
22. Grover Cleveland
23. Benjamin Harrison
24. Grover Cleveland
25. William McKinley
26. Theodore Roosevelt
27. William Howard Taft
28. Woodrow Wilson
29. Warren G. Harding
30. Calvin Coolidge
31. Herbert Hoover
32. Franklin D. Roosevelt
33. Harry S. Truman
34. Dwight D. Eisenhower
35. John F. Kennedy
36. Lyndon B. Johnson
37. Richard M. Nixon
38. Gerald R. Ford
39. Jimmy Carter
40. Ronald Reagan
41. George H. W. Bush
42. William J. Clinton
43. George W. Bush
44. Barack Obama

**Caregiver Tips**  
**The Sneaky Side of Caregiver Burnout**  
**Part One**  
**Carol Bradley Bursack, Minding Our Elders**

Caregiver burnout isn't something that happens all at once. We all have good days and bad days, which is normal. Eventually, though, we may find ourselves edging dangerously close to a meltdown over a situation that would have previously been considered a mild irritation. The future begins to look bleak and our responsibilities seem endless. That's when you know you've reached a breaking point. So, how do you spot and extinguish the small fires that, left smoldering, can eventually lead to burnout? What do you do if you feel your nerves are already fried? The best approach, of course, is to take preventative action before burnout is upon you. But, for this to work, each caregiver must understand their own limits and maintain honest self-awareness throughout their journey.

### **Recognizing Caregiver Burnout**

One way to track changes in your physical and mental health is to keep a daily log or a diary. How are you feeling on this particular day? And the next? And the next? By making a few notes each day in a journal or in a file on your computer, you'll become more aware of your own moods, actions and reactions, and you may be able to better recognize and handle any issues you're having. Many people go through their daily caregiving routine on autopilot without acknowledging their emotions or questioning why they feel the way they do. Journaling helps enhance self-awareness, while writing can be a cathartic process that relieves stress. If we get to know ourselves better, we will be more likely to catch the signs that we're being drawn into a negative or hopeless mindset and seek help before we've gone over the edge. Seeing a professional counselor or therapist can also be beneficial.

### **Signs of Caregiver Burnout**

1. **Unrelenting Fatigue** - If you are constantly tired without a reasonable explanation (such as too much physical activity), you should make an appointment with your primary care physician. If you are quite sure that the cause of your pervasive exhaustion stems from the challenges of caregiving, then you are possibly close to burnout. Keep in mind that the stress of caregiving can affect both your mental and your physical health.
2. **Frequent Illness** - The strength of one's immune system is an excellent measure of one's overall health. A red flag may be if you get headaches, flu, bacterial infections and other illnesses more often than you have in the past. If this is a new pattern for you, your immune system may be compromised by stress, sleep deprivation or depression. Your body is telling you it is time to make some changes.
3. **Unpredictable Anger** - If you find yourself snapping at everyone—from your spouse to the cashier at the grocery store—you may have exceeded your personal capacity for stress. If you were once an easy-going person, this kind of behavior is especially alarming. Even if you've always been a bit hot-headed, you need to examine your behavior and be honest with yourself about whether caregiver burden is the cause of these changes. It's not fair to you, your family or your care recipient if you are so tightly wound that you can't be civil, let alone loving.
4. **Withdrawal** - Not everyone lashes out when they're under a lot of pressure. Conversely, some caregivers may find themselves drawing inward and avoiding others. You don't want to see friends, family members or anyone else, even if you could manage to find the free time. You don't complain about your life being taken over by caregiving, but you don't find or seek out any joy or company either. You just put one foot in front of the other, day in and day out. You don't want to be bothered by people, even those you like or love.
5. **Depression** - You may start to find less and less joy in things that once made you happy. For example, your child is in a play and does a fantastic job. You go through the motions of praising them, but don't fully enjoy or appreciate their success. Perhaps you even dread going to the play. You're just so consumed in caregiving that you can't put any energy into other relationships or activities.

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

Wednesday, January 16, 2019

Wayne Senior Center President George Burcum called the meeting to order at 12:35 p.m.. Roll Call: Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum, Interim Vice President: Carol Dunning Secretary: Verna Mae Baier. Treasurer: Joan Lage Absent: Board Member: Norma Backstrom.

The minutes from the December 17, 2018 business meeting were approved as presented and printed in the January edition of The Senior Star in a motion made by Carol Dunning and seconded by Joan Lage. Motion carried., Treasurer Joan Lage presented the treasurer's report for 12-10-18 through 1-9-19 with expenses of \$412.73. 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

### Open Issues:

- 1.----- Coordinator Bertrand presented information on staff updates. Volunteers will be helping with kitchen duties and FROG.
2. The Food Establishment Inspection Report was shared; only some very minor changes were noted.
3. Coordinator Bertrand will be attending a Planning Committee Meeting for the FY 2020 Budget and funding allocations. She will also attend a 2020 Budget Training session.
4. An overview of Addendum from NENAAA to the FY 2019 Sub Award was presented. A motion was made by Carol Dunning to approve the Addendum to the FY 2019 Sub-award covering the period of January 1 through June 30, 2019. Motion carried.
5. An overview of the Updated Emergency Meal Policy was presented. Carol Dunning made a motion to approve this updated emergency meal policy as it concerns the Wayne Senior Center. Seconded by Joan Lage. Motion carried.
6. Coordinator Bertrand presented an overview of the Wayne Senior Citizens Center Background Check Policy for FY 19. All members in attendance signed the policy as presented.
7. Coordinator Bertrand presented an overview of Board Members Responsibilities for FY 19. All members in attendance signed the policy as presented.
8. Coordinator Bertrand presented an overview of FY 19 Policies for Wayne Senior Center as designated by NENAAA. Policies involved are: 1. Whistle Blower Policy Acknowledgment 2. Drug Free Workplace Policy 3. Pandemic Influenza/Disaster Plan Policy Acknowledgment 4. Blood Born Disease Policy Acknowledgement 5. Personnel Policy Acknowledgement and 6. Conflict of Interest Annual Statement. All members in attendance signed each policy as presented.
9. Coordinator Bertrand presented a review of the weather closing policy. The decision is made jointly by Coordinator Bertrand and City Administrator Wes Blecke. Listen to Radio KTCH.
10. Coordinator Bertrand presented the yearly overview of the operation of the City Transit.. City Administrator, Wes Blecke, is the City Advisor for the entire operation.

Meeting was adjourned at 1:25 p.m.

Next meeting will be February 20, 2019.

Verna Mae Baier, Secretary



Healthy

### HEALTH CARE OPPORTUNITIES FOR THE MONTH OF FEBRUARY

#### Friday - February 1st

Herman Chiropractic Spinal Clinic: 11:00 to Noon

#### Thursday - February 7th

Eye Glass Care with Magnuson/Hopkins from 11:00 to Noon

#### Monday - February 11th

Toe Nail Clinic w/ Rachael Starting @ 9:15 am

Must Call for a Time Slot

#### Wednesday - February 20th

Health Clinic w/ Mary & Connie 9:30 to Noon



Caring for the Caregiver

#### Tuesday - February 26th

CAREGIVER SUPPORT GROUP @ 10:00 AM (Call center for more information if interested)

### Dinner Time MUSIC

#### Friday - Febr. 1st

Dinner Time Music by Susan

#### Wednesday - Febr. 6th

Monthly Birthday Party @ Noon

Piano by Connie @ 11:30

#### Thursday - Febr. 7th

Dinner Time Music by Connie

#### Tuesday - Febr. 12th

Dinner Time Music by Deb

#### Thursday - Febr. 14th

Love Songs by Rich Franchini

#### Thursday - Febr 21st

Dinner Time Music by Connie

#### Thursday - Febr. 28th

Spotlight on Promise w/ WSC

### GIRL SCOUT COOKIES WORD SEARCH

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

#### WORD LIST:

- \* CARMEL Chocolate Crisp
- \* Cranberry Citrus CRISPS
- \* DO-SI-DOS
- \* LEMONADES
- \* Rah - Rah - RAISINS
- \* SAMOAS (Carmel Delites)
- \* SAVANNAH Smiles
- \* S'MORES
- \* TAGALONGS
- \* THIN MINTS
- \* TOFFEE - TASTIC
- \* Shortbread TREFOILS

### ORIGINAL GIRL SCOUTS COOKIE RECIPE

- 1 Cup Butter \* 1 Cup Sugar \* 2 Tbsp. milk \* 2 Eggs \* 1 Tsp. Vanilla \* 2 Cups Flour \* 2 Tsp. Baking Powder
- Cream Butter and sugar, add beaten eggs, then milk, flavoring, flour and baking powder. Roll Thin and bake in Quick oven. Sprinkle sugar on top. This amount makes six to seven dozen.

#### The following verse was printed on cards and distributed:

COOKIES large and cookies small,  
 Made by SCOUTS both short and tall  
 So that we may do the trick.  
 THIRTY CENTS is all we ask,  
 And we find it is not a task  
 To DELIVER to your door.  
 DOZENS - one, two, three - or more!



### GROUND HOG DAY WORD SEARCH

AWAKE  
 EARLY  
 FORCAST  
 GROUNDHOG  
 HIBERNATE  
 SHADOW  
 SIX  
 SPRING  
 WEATHER  
 WINTER

x w e a t h e r w k o a  
 t g j d e o m t r h t w  
 q r a k w s h a d o w a  
 i o f o r e c a s t k k  
 z u b i w f x i s i x e  
 k n c t i i a a g n f s  
 w d h i n q a q r n f d  
 a h m m t k r e c e c y  
 v o l q e t s p r i n g  
 h g e j r e a r l y e h  
 w t h i b e r n a t e s  
 t n f n g j g d s m v w



# CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787

## Donations

Earl & Janet Fuoss	Roy Gramlich
Leon Meyer	Louise Green
Loren & Dot Park	Corliss Krusemark
Jeannine Anderson	Mardelle Brudigan
Gertrude Vahlkamp	Quilt Group

**LET US KNOW IF WE FORGOT ANYONE**

### THANKS THIS MONTH TO:

**Brookdale:** For the Century Club Movie Day Lunch Certificates & Brookdale Fun & Bingo Day Blackout Prize & Helping out with Fine Dining Friday

**CareAge:** For the Special Luncheon Certificates & Sponsoring our Monthly Birthday Cake

**Providence:** For sponsoring our Bingo Day Luncheon Certificates

**Wayne Green House:** For our Bingo Day Bouquet

### THANKS TO ALL OUR VOLUNTEERS:

Kitchen - Music - Health and Toe Nail Clinic - Musicians - Speakers - Sign in Table Assistants Meals on Wheels Delivery people and anyone who helps out in any way to make our Center such a Great Place to Be!

\*\*\*\*\*

**Monthly Board Meeting: OPEN TO ALL  
12:30 - February 20th**

## WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Head Cook
Fran Poehlman	Kitchen Aid
Bea Kinslow	Kitchen Aid
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Frank Sheda	Van Driver
George Burcum	President
Carol Dunning	Vice President
Verna Mae Baier	Secretary
Joan Lage	Treasurer
Norma Backstrom	Board Member

**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.**

## FAMOUS COUPLES ANSWERS

- |                    |                  |
|--------------------|------------------|
| 1. EVE             | 14. MINNIE MOUSE |
| 2. CLEOPATRA       | 15. DAISY        |
| 3. KEN             | 16. HARRIET      |
| 4. RICHARD BURTON  | 17. JANE         |
| 5. WILMA           | 18. MAID MARIAN  |
| 6. LOUREN MACALL   | 19. GUINEVERE    |
| 7. LADY DIANA      | 20. BLONDIE      |
| 8. SCARLETT O'HARA | 21. MARTHA       |
| 9. JULIET          | 22. EDIE GORME   |
| 10. DELILAH        | 23. GRACIE ALLEN |
| 11. CHER           | 24. JOANNE       |
| 12. JOSEPHINE      | WOODWARD         |
| 13. FRED ASTAIRE   |                  |

Wayne Public Transit is a great mode of transportation for you to get to appointments & to run errands.

*Providing Rides within the City Limits*

**WE ARE AN ON  
DEMAND SERVICE!**

To reserve your ride call 375-1460

Hours of Service

Monday through Friday

8:00 am to 4:30 PM



## Senior Center Hours

*(We are MORE Than just a Senior Center)*

Monday – Friday

8:00 a.m. – 5:00 p.m.

Come check us out!!

**Meals are served at noon. Please try make your meal reservations & cancellations by noon the day before. Please give us a call if you forgot to call in for a reservation the day before. Misty will always try to make sure we will have a delicious meal for you!!**

**For van transportation or meal reservations call 375-1460.**

**Van Transportation: \$1.50 per  
1 way Trip/Stop**

**Meals = \$4.95 Suggested Donation for  
Age 60 and older  
\$7.35 for Under 60 years of Age**



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