



# The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

March 2019

## SPECIAL EVENTS

### Friday, March 1st

Spring Fever Party - Noon  
11:30 Connie Webber Music

### Tuesday, March 5th

Shrove Tuesday

### Wednesday, March 6th

ASH WEDNESDAY

Monthly Birthday Party - Noon  
Dinner Time Music by Connie

### Thursday, March 7th

Dinner Time Music by Connie

### Friday, March 8th

11 to Noon - Eye Glass Clinic  
Wayne Eye Care

Century Club Movie Drawing @

Noon by Brookdale

11:30 Music by Susan

### Sunday, March 10th

Daylight Saving Time Begins  
"Spring Ahead" 1 hour

### Wednesday, March 13th

Special Luncheon Drawing @  
Noon by CareAge

### Thursday, March 14th

Dinner Time Music by Connie

### Friday, March 15th

St. Patty's Day Party

11:15 - Music by Julie Couch

### Monday, March 18th

Tax Assistance w/ NE Nebr.  
Community Action

(Call Center for a time)

### Tuesday, March 19th

11:30 - Music by Deb Dickey

Wednesday, March 20th

### SPRING BEGINS

9:30 to Noon - Health Clinic

12:30 - Board Meeting

### Thursday, March 21st

Dinner Time Music by Connie

### Friday, March 22nd

Special Luncheon Drawing by  
Careage @ Noon

### Tuesday, March 26th

10:00 - Care Giver Support  
Group - Speaker from Avera

(Cont. on Next Page)



Colon Cancer Awareness

## SPRING FEVER PARTY

*We're Tired of Winter so lets enjoy the taste of Summer*

Enjoy: Grilled Hamburger & the Works  
on a Home Made Bun

Baked Beans & Home Made Potato Salad

Seasonal Fruit & a Rice Krispy Bar

*Enjoy Dinner Time Music with Connie Webber @ 11:30*

\*\*\*\*\*

**2:20 Snack time** - Enjoy a Root beer Float with your friends!

Don't forget to...



# SPRING FORWARD!

Sunday - March 10th  
Daylight Saving Time Begins  
"Spring Forward 1 hour"

The Energy Policy Act of 2005 extended the period of Daylight Saving Time. Standard Time in each zone

(in most places in the U.S. and Canada) is advanced one hour from 2 a.m. on the second Sunday in March until 2 a.m. on the first Sunday in November .



## Check Your Batteries Day

This day is held annually when Daylight Saving Time begins, now the second Sunday in March, as a time to check/change batteries in smoke detectors, carbon monoxide detectors, and other electronic devices.

**SPECIAL EVENTS CONT.**

**Wednesday, March 27th**

12:15 Brookdale Fun

**Thursday, March 28th**

11:30 - Spotlight on Promise

**Friday, March 29th**

Providence Bingo Drawing  
At Noon



**1:00 Bingo every Friday**



**Tuesday & Thursday's**  
Bridge Club



**Monday - Wednesday - Friday's**  
Hand & Foot - Pitch - Pool



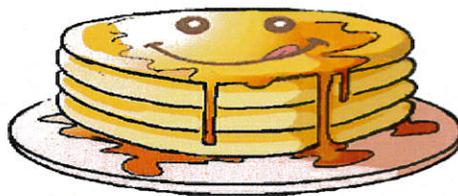
**Puzzles & Quilting Daily**



**Coffee time each Morning & At**  
**2:20 Each Afternoon**



**MARCH 5TH**



***Shrove Tuesday***

Shrove Tuesday is the day before Lent starts on Ash Wednesday. The name Shrove comes from the old middle English word "Shriven" meaning to go to confession to say sorry for the wrong things you've done. Lent always starts on a Wednesday, so people went to confessions on the day before. This became known as Shriven Tuesday and then Shrove Tuesday.

The other name for this day, Pancake Day, comes from the old English custom of using up all the fattening ingredients in the house before Lent, so that people were ready to fast during Lent. The fattening ingredients that most people had in their houses in those days were eggs and milk. A very simple recipe to use up these ingredients was to combine them with some flour and make "PANCAKES"

So come and enjoy a pancake or two - **Tuesday, March 5th @ our 2:20 Coffee time!!**

**HEALTH CARE OPPORTUNITIES**  
**Friday - March 1st**  
**Colon Cancer Awareness**



***11 to Noon : Spinal Clinic***

**Friday - March 8th**

Eye Glass Clinic with  
Wayne Eye Care: 11 to noon

**Monday - March 11th**

Toe Nail Clinic: 9:15

***(Call for a Time)***

**Wednesday - March 20th**

Health Clinic: 9:30 to Noon



***CARE GIVER SUPPORT GROUP***

**Tuesday - March 26th**

**10:00 AM**

Coffee & goodies provided  
Educational Visit with  
Stephanie from Avera



**Come join us**

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

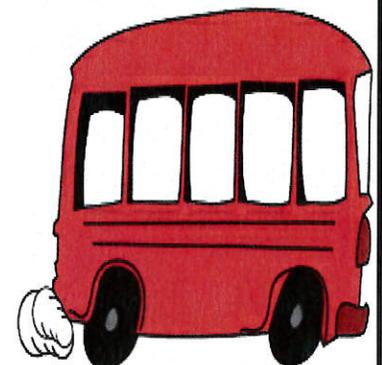
***(On Demand Response)***

***Fee for the van is \$1.50 one way.***

***To reserve your ride call 375-1460.***

***Monday through Friday***

***8:00 am to 4:30 pm***



# ST. PATRICK'S DAY CROSSWORD PUZZLE



## Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make \_\_\_\_\_
13. from Ireland

## Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf \_\_\_\_\_

# Spring Word Search

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

April	fog	puddle	stem
baseball	garden	rainbow	storm
bird	grow	raincoat	sunshine
bloom	hatch	rainy	thaw
butterfly	insect	roots	tulip
caterpillar	kite	season	umbrella
chick	leaf	seed	violet
cloud	lilac	shovel	warm
daffodil	March	shower	water
dig	May	soil	weed
earth	nest	spring	wind
egg	picnic	sprout	worm
flower	plant		



# Caregiver Tips

## The Sneaky Side of Caregiver Burnout

### Part Two

Carol Bradley Bursack, Minding Our Elders

6. **Loss of Focus** - It seems that every time you do yard work, cook a meal or go out to run errands, you inadvertently hurt yourself. It's entirely possible that you are so distracted and worn out that you can't fully concentrate on the tasks at hand, thus you make careless mistakes that cause injury.

7. **Compassion Fatigue** - It's likely that, when you began caring for your loved one, you actively researched their health issues and were fully involved in managing and improving their health. You did these things out of love and concern. But, at some point a caregiver can become so overwhelmed by the burden of this responsibility that they lose some or all concern for their care recipient's physical and emotional wellbeing. Now, everything they do irritates you to the point that you struggle to be kind to them and you cease to actively seek information and support. You do what you must, but your heart is no longer in it.

8. **Lapses in Self-Care** - Caregivers who are approaching or have arrived at burnout may develop the mindset that small gifts and kindnesses to themselves no longer seem worth the trouble. Need a fresh haircut? Why bother. The only people who see you are your family and your care recipient. A gift certificate for a massage from a well-meaning friend? You don't get around to scheduling the appointment. Trying to arrange respite care to go is just too much trouble. Even if you aren't experiencing burnout, if you no longer take time to exercise, cook a meal for yourself or recharge your batteries, then your breaking point is quickly approaching on the horizon.

If you are experiencing many or all these symptoms, you may already be burned out. It's possible that you could need a professional to help guide you back to emotional health and revamp your loved one's care plan. Even if only a few of these symptoms apply to you, it's time to start making positive changes before the situation gets worse.

#### **How to Beat Caregiver Burnout**

The solution to preventing/reversing caregiver burnout is a little different for each person. However, the common denominator is reducing one's caregiver burden by bringing in additional support. If you recognize any of the symptoms above, you must act now. No feelings of guilt or embarrassment are allowed. Many family caregivers take on this responsibility with limited or no assistance, which is an ambitious feat. The trend is to continue going it alone, but at some point, this decision will catch up with you. It's best to bring in reinforcements early on to reduce the risk of burnout, depression and illness.

The available options for respite may seem slim or unappealing, but it's important to take advantage of any/all of these resources to safeguard your own health and happiness and that of your care recipient. If you become physically or mentally ill because you have been pushed to the brink, you can't help anyone. It's not selfish to take care of yourself. It's vital. Senior centers, adult day care, in-home care, independent living, assisted living, skilled nursing care, and specialized memory care can all be valuable resources. Ask other family members, friends, members of your church, local volunteer organizations, fellow caregivers or neighbors for intermittent help with caregiving. It can be difficult to find assistance, but it's crucial that you put in the time and effort to do so.

#### **Remember That You Matter, Too**

If you relate to any of the above examples, are experiencing any of the signs of caregiver burnout, or if you simply feel that you are nearing the end of your capacity to provide daily, hands-on care, then you need to look outside yourself for help with your loved one's care.

Researching your options and acting on them will take time and energy that you may feel you do not have at this point, but this investment is well worth it. It's far better for everyone involved than allowing yourself to crash and burn.

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

Friday, February 22, 2019

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, Interim Vice President: Carol Dunning Secretary: Verna Mae Baier. Treasurer: Joan Lage Absent: Board Member: Norma Backstrom.

The minutes from the January 16, 2019 business meeting were approved as presented and printed in the February edition of The Senior Star in a motion made by Joan Lage and seconded by Carol Dunning. Motion carried., Treasurer Joan Lage presented the treasurer's report for 1-10-19 through 2-9-19 with expenses of \$561.76 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 current information on staff updates and center participants update.
2. A review of weather related closings and the menu being served was presented. Weather closings are aired on KTCH radio. The menu served will be according to the scheduled menu in the current Senior Star.
3. Coordinator Bertrand presented an overview of Project Year 2019—2021 for the Nebraska Department of Roads. This two-year project has the approval of the City of Wayne and the Senior Center Board gave unanimous approval.
4. Coordinator Bertrand presented an overview of the Fiscal Year 2020 Northeast Nebraska Area on Aging Budget. This includes 111B / 111C / 111 E Standard Procedures and Assurances. This overview has the approval of the City of Wayne and the Senior Center Board gave unanimous approval.
5. Coordinator Bertrand presented information concerning the tuning of the Center's piano. The Spotlight on Promise students from Wayne State College offered grant money for the cost of the tuning. The Center Board graciously accepted this offer and offered sincere thanks to the students for their financial support. The tuning will be completed in the near future.
6. Coordinator Bertrand presented an overview of the Senior Center Checking Account including the operation of the EIN number.

President Burcum declared the meeting to be adjourned at 12:50 p.m.

Next meeting will be March 20, 2019.

Verna Mae Baier, Secretary

# St. Patty's Day Celebration

FRIDAY - MARCH 15

11:15 - Music by

Julie Couch

Meal served @ Noon

Corned Beef & Cabbage

Parsley Potatoes

Creamed Peas

Misty's Famous Rye Bread

Irish Dessert

**(Reservations by March 13th )**

## HISTORY OF ST. PATRICK'S DAY

St. Patrick, the patron saint of Ireland, was not Irish.

He was born Maewyn Sucat in Scotland or Wales (depending on the source) between 373 and 385 A.D. (depending on the source). (He later took the Latin name Patricus - Patrick is the English version - when he became a priest.) At the age of 16, he was captured by Irish raiders and brought to Ireland and became a slave for a sheep farmer. During this time, he began to have religious visions and became a Christian. Six years later, he escaped and studied in a monastery in France, became a priest, then later a bishop. He returned to Ireland to convert pagans to Christianity and did this for more than 30 years, traveling throughout the country and establishing monasteries. He died in Ireland on March 17, 461 A.D.



## BROWN BAG MEDICATION REVIEW BY PROVIDENCE COMMUNITY PHARMACY

*Offering 2 opportunities*

*Friday - March 8th &*

*Friday - March 15th*

**Staff from the Providence**

**Pharmacy will be available between  
10:00 am & 3:00 pm to Overview Your  
Medication on a 1:1 Basis**

**Sign up at the Wayne Senior Center for  
your time! So throw your medications  
in a "Brown Bag" & come on into the  
Center - Remember to sign up for our  
Delicious Home Cooked Meal!**



**CALL THE CENTER IF YOU ARE INTERESTED  
MONDAY—MARCH 18TH**

10:00 am to 3:00 pm

NE Nebraska Community Action Partnership  
Krista Heineman will be coming to the Wayne  
Senior Center to assist with your  
**SIMPLE** tax returns.

This is a **FREE** service to those in need!  
Krista WILL NOT be able to complete  
Returns if you choose to ITEMIZE your  
Deductions! *(Please call to reserve a spot)*

**Limited Space Available**

## IT'S ALL IRISH - Match from below

1. Noisy preliminary publicity
2. Smooth Talk
3. Area where turf can be cut from
4. Word describes the Irish way of speaking
5. Religion that the green in the flag of Ireland represents
6. Religion that the orange in the flag of Ireland Represents
7. Informal social occasion with singing, dancing, folk music, and storytelling
8. Name of week often called the "Irish Daisy"
9. Irish slang for like to talk
10. Disturbance
11. Type of execution
12. Tiny fairy or elf
13. Irish word that gave us phone
14. St. Patrick used this to teach about the Trinity
15. Decrepit dwelling
16. Trick or prank
17. Small fragments
18. Musical instrument that is an Irish version of Scottish bagpipes
19. Beverage traditionally associated with Ireland that means "water of life"

\*\*\*\*\*  
**Whiskey - Ballyhoo - Fainne - Blarney - Lynch  
Bog - Uilleann Pipes - Shanty - Leprechaun  
Shamrock - Brogue - Catholic - Ceilidh  
Dandelion - Hubbub - Gift of Gab - Protestant  
Shenanigan - Smithereens  
(Answers on back page)**

# CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787

## Donations

Janis Myers	Marcella Larson
Kathy Johnson	Roy Gramlich
Gertrude Vahlkamp	Pat Smith
Lanora Sorensen	Mardelle Brudigan
	Phyllis & Darrel Rahn
Donna Ewing	Barb Greve
	George & Susan Boust
	Hilbert & Kathleen Johs
Anita Fuelburth	Babs Middleton
Lila Splittgerber	Pete & Julie Reeg
	Delvin & Mardelle Mikkelsen

*Please notify us if we missed your Donation!!*

### THANKS THIS MONTH TO:

**Brookdale:** For the Century Club Moving Day Lunch Certificates - Brookdale Fun - Bing Day Blackout Prize

**CareAge:** For the Special Luncheon Certificates - Sponsoring our Monthly Birthday Cake and Helping with our "Spring Fever" Party Serving!

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

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

**Thanks:** To All our Volunteers - Musicians - Speakers and everybody who Helped in any Way!!



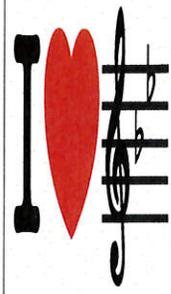
Hear Ye! Hear Ye!  
 Wednesday, March 20th at 12:30 p.m.  
 Wayne Senior Center Board Meeting



### *Just a reminder:*

If we are closed due to weather - our Menu will follow our monthly menu on the Calendar!  
 Not the meal from the day we were closed

**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!**



**Friday - March 1st; Wednesday - March 6th;**  
**Thursday - March 7th, 14th & 21st**  
 11:30 - Dinner Time Music by Connie Webber  
**Friday - March 8th:** Piano Music by Susan Boust  
**Friday - March 15th:** St. Patty's Celebration  
 11:15 Music by Julie Couch  
**Tuesday - March 19th:** 11:30 Music by Deb Dickey  
**Thursday - March 28th:** 11:30 Spotlight on Promise

### ANSWERS TO "IT'S ALL IRISH"

1. BALLYHOO 2. BLARNEY 3. BOG 4. BROGUE
5. CATHOLIC 6. PROTESTANT 7. CEILIDH
8. DANDELIAN 9. GIFT OF GAB 10. HUBBUB
11. LYNCH 12. LEPRECHAUN 12. FAINNE
14. SHAMROCK 15. SHANTY 16. SHENANIGAN
17. SMITHEREENS 18. UILLEANN PIPES 19. WHISKEY



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

### WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Coordinator
Misty Brasch	Cook
Fran Poehlman	Kitchen Aid
Bea Kinslow	Kitchen Aid
Frank Sheda	Van Driver
Dan Carroll	Van Driver
Roger Hochstein	Van Driver
George Burcum	President
Carol Dunning	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 donations.

**Meal cost for Under 60 years of age is \$7.35**

### Senior Center Hours

**The Place You want to come to!**

**Monday – Friday**

**8:00 a.m. – 5:00 p.m.**

**Meals are served at Noon. If you can - please try to make your meal reservation AND cancellations by noon the day before. However - please give us a call if you forgot to call in for a meal reservation the day before. Misty will always try to make sure we have a delicious meal for you!**

**For Van transportation or meal reservations call: 375-1460**

**Van transportation is \$1.50 per**

**1 way trip/stop**

**Meals = \$4.95 suggested Donation for age 60 and older**