



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

April - 2019

SPECIAL EVENTS

Monday, April 1st

CLOSED

"Just Kidding"

APRIL FOOLS

11:45 - Nutrition Visit
w/ Ann Fenton

Wednesday, April 3rd

Monthly Birthday
Party Day

Music by Connie Webber

Cake @ Center - Noon

Thursday, April 4th

11:30 - Spotlight on Promise

Friday, April 5th

Special Luncheon Drawing
@ Noon by Brookdale

Monday, April 8th

Toe Nail Clinic w/ Rachael
Call Center for a Time Slot

Thursday, April 11th

11:15 to noon - Eye Glass
Clinic w/ Magnuson/Hopkins
Eye Care

Dinner Time music
by Connie

Friday, April 12th

Century Club Movie Day
Luncheon Drawing @ Noon
By CareAge

Monday, April 15th

Special Luncheon Drawing @
Noon by Brookdale

Wednesday, April 17th

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

Thursday, April 18th

Easter Dinner @ Noon

Easter Music by Connie

Friday, April 19th

CLOSED

Easter Holiday



The Senior
Center will be
Closed Good
Friday April
19th, No meals
or Van Rides.



April brings more

Guests to
our Center

We are definitely
ready for Spring to
Sprung. What Better
time to bring in the
new season than to
gather with your
friends here at the
Wayne Senior Center
WELCOME BACK
SNOW BIRDS
WE ARE GLAD
YOU'RE BACK



**COME BE A PART OF 2 EXCITING
EVENTS IN APRIL**

Friday - April 26th

JOIN US FOR DINNER & FUN

We are trying something different for
our next EVENING meal

OPEN DINING: Come and enjoy a
delicious home cooked meal between
5:00 & 6:00 pm (Meal time only)

Serving: Pasta Bar w/ Traditional Marinara
Sauce & Chicken Alfredo Sauce

Lettuce Salad bar with Assorted Veggies

Texas Toast AND Home Made Ice Cream

With your choice of Various Toppings

(Easy Listening Music while you dine)

Between 6:00 & 8:00 pm - Stay & enjoy a
Fun Time with your Friends!

(Cards & Bingo to begin 6:00 pm)

Gather your Card Group to Play a hand or
two of your Favorite Card Game

Pool Players - Call your friends to play a
couple hours of friendly Pool

Not a card player or a Pool Shark

Enjoy "BROWN BAG BINGO"

Grab a bowl of munchies to snack on while
you enjoy time with your Friends!

JUST \$5.00 will get you your ticket to an
entire night of Good Food and Festivities!

Please make your reservation by Wed. - April 24th

**Participation in meal requested in order
to be a part of our Fun - Food &**

Fellowship evening

Join in with your friends for a Great Night
at the Wayne Senior Center

(Check out the next page for another Great Event)



Sunday, April 21st

HAPPY EASTER EVERYONE



Monday, April 22nd

OPEN DINING BRUNCH

10:00 To Noon

Tuesday, April 23rd

Early Bird Providence Bingo

Luncheon Drawing @

Noon by Providence

Wednesday, April 24th

11:30 - Music by Deb Dickey

Thursday, April 25th

Enjoy Boomerfest and come

Join us @ noon for a Delicious

Home Cooked Meal

11:30 - Spotlight on Promise

Friday, April 26th

EVENING DINNER

NO Noon Meal Today

Tuesday, April 30th

10:00 - Caregiver

Support Group

THE YEAR WAS 1942

Cost of Living

- New House : \$3,775
- National Ave. Income : \$1,885
- Minimum Wage :30 Cents/Hour
 - New Car: \$920
- Average Rent: \$35 per month
- Gasoline: 15 cents Gallon
- Movie Ticket: 30 Cents
- Postage Stamp: 3 Cents

Cost of Food

- Granulated Sugar:10 lb. 59 cents
 - Milk: Gal. 60 cents
- Ground Coffee: 45 cents lb.
- Eggs: 20 Cents per Dozen
- Ground Beef: 30 cents per Lb.
- Fresh Bread: 9 Cents per loaf

National & World News

- Minimum draft age lowered from 21 to 18
- U.S. gas rationing went into effect, allowing 3 gal. per week
- Car makers switched from making cars to making war materials

Another Special Event

ENJOY OUR EASTER DINNER

Served by Our Friends from Providence

Thursday - April 18th

Serving: Baked Pit Ham

Mashed Potatoes & Gravy

Scalloped Corn

Dinner Roll

Fruited Dessert



Enjoy your Favorite Easter Melodies by the Talented Pianist Connie Webber

MAKE YOUR RESERVATIONS EARLY

BOOMERFEST MENU: Thursday, March 25th

Ham Balls & Sauce

Baked Potato

Sr. Cream & Margarine

Creamed Mixed Veggies

Whole Wheat Sliced Bread

Mandarin Oranges

11:30 - Concert by Spotlight on Promise

Students from Wayne State College

Take a break from the Bommerfest Fun to enjoy Dinner time here at the Wayne Senior Center



April 7th through 13th

Is Nebraska Public Transit Week

Tell the "Handi Van Man"

Dan - Frank - Roger

THANKS!

Wayne Public Transit is a call away.

Call 402-375-1460 for dispatching

From Wayne Senior Center

at 410 Pearl St.

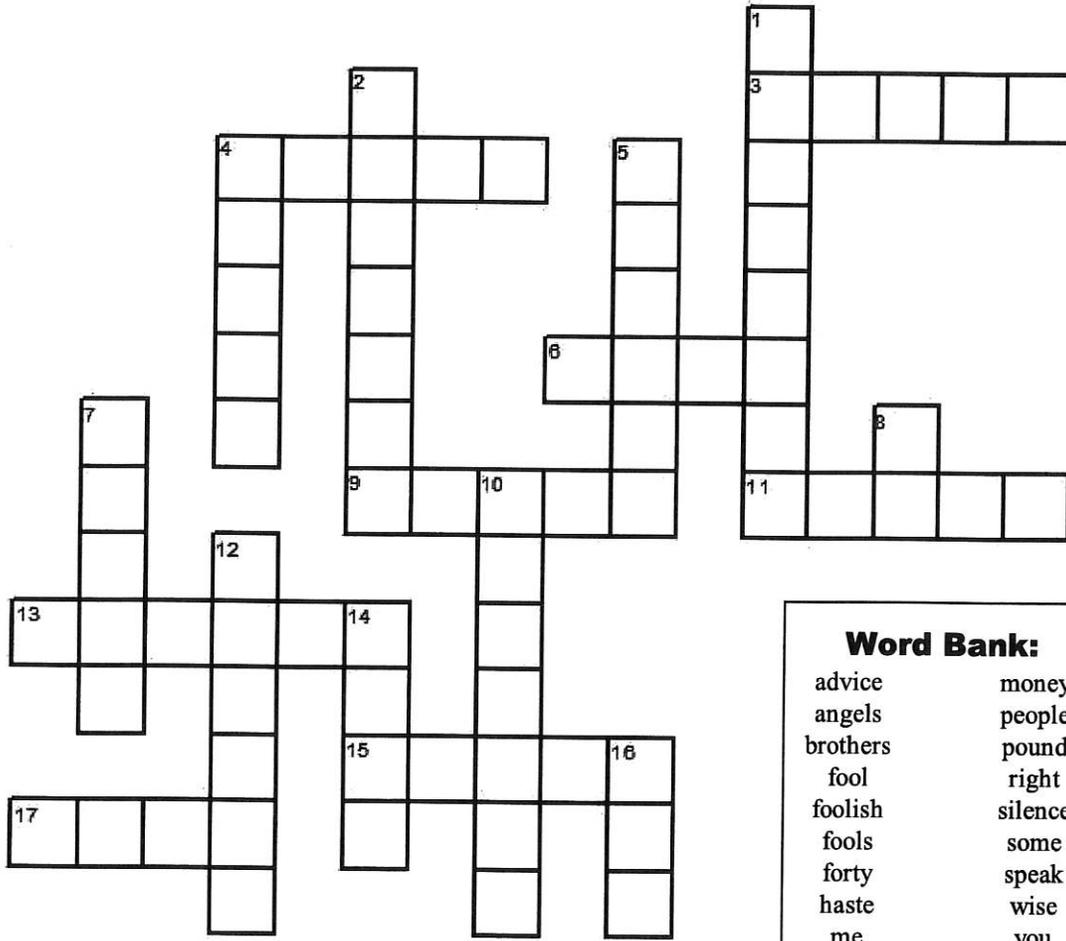
Rides are available for appointments & to run errands for \$1.50 one way.

We are an on demand service!!

Hours: 8:00am—4:30pm



Of Fools and Folly



Word Bank:

advice	money
angels	people
brothers	pound
fool	right
foolish	silence
fools	some
forty	speak
haste	wise
me	you

ACROSS

- 3 None but a fool is always _____.
- 4 _____ learn nothing from wise men, but wise men learn much from _____.
- 6 The fool doth think he is _____, but the _____ man knows himself a fool
- 9 _____ makes waste.
- 11 Fools are wise until they _____.
- 13 Fools rush in where _____ fear to tread.
- 15 A fool and his _____ are soon parted.
- 17 There is no _____ like an old _____.

DOWN

- 1 We must learn to live together as _____ or perish together as fools.
- 2 If a million people believe a _____, it is still a _____ thing.
- 4 A fool at _____ is a fool indeed.
- 5 Wise men don't need _____; fools won't take it.
- 7 Penny wise and _____ foolish.
- 8 Fool me twice, shame on _____.
- 10 _____ is the virtue of fools.
- 12 You can't fool all of the _____ of the time.
- 14 You can fool _____ of the people some of the time.
- 16 Fool me once, shame on _____.

Easter Challenge

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

Find these words:

April	chocolate	eggs	Jesus	purple
basket	church	family	lamb	rabbit
bonnet	color	find	lily	resurrection
break	crack	flowers	March	roll
bunny	cross	grass	marshmallow	search
candy	daffodils	hide	paint	spring
celebrate	decorate	holiday	parade	Sunday
cheep	dinner	hop	pastels	sweet
chick	dye	hunt	Peter Cottontail	symbol
children	Easter	jellybeans	pink	treats

Caregiver Tips

5 Tips to Cope with Caregiver Anger

A resource from Home Instead

How do you react when your senior parent or spouse asks you what day it is for the thousandth time that morning? Do you sometimes feel like screaming? Or what about when your formerly sweet wife suddenly hits you in the face with her fist as you are trying to dry her off after a shower? If it's the first time she's done this, you might shrug it off. But what about the tenth time? Or the twentieth? Do you feel like shouting "stop that!" at her? In a best-case scenario, caring for a senior loved one would bring the two of you together in an intimate bond, providing memories you could cherish long after they're gone. But all too frequently, the rigors of caregiving combined with the erratic behaviors exhibited by seniors with dementia or other health issues can lead caregivers to feel rage and other so-called "negative" emotions. One member of the Remember for Alzheimer's Facebook community put it this way: "I hope and wish that my wife's dementia had brought us closer together. It hasn't. In fact, she blames me for her present limitations, weeps, complains, hits me and does little (in my opinion) to help herself. While I realize this behavior is all disease-inspired, it has become increasingly hard for me not to feel anger, disgust and resentment. I have become a full-time caregiver to a person who looks like my wife but has become an angry, disgruntled stranger." Dementia is not the only condition that can cause changes in a senior's behavior. Medical conditions like stroke—or even the side effects of a medication—can alter a senior family member's personality and ability to reason. Stubbornness and irrationality on the part of a senior can create a perfect storm of impatience and anger in a family caregiver. When you spend all your energy getting your loved one to shower and use the bathroom, only to find feces smeared on the walls later that evening, you might feel like blowing your stack in fury. "Just when I thought my day was finally over, now I get to spend another hour cleaning up this disgusting mess!" When family caregivers open up about their emotions, they are quick to talk about their feelings of stress, sadness and depression. But they don't often talk about the anger, impatience and even rage that can flare in an instant. Who hasn't snapped once or twice during their caregiving journey and then relentlessly beat themselves up for it later? If you have ever felt like clenching your fists and screaming in frustration, you are not alone. Most caregivers probably experience these strong emotions from time to time. The key lies in coping with them.

Tip One: Forgive Yourself -Don't expect yourself to maintain a perfectly patient attitude at all times. This is unrealistic. Human beings are not perfect. If you experience an episode of impatience or anger, forgive yourself. Try to give yourself credit for the thousands of times you have exhibited great patience—and for the hours and hours of loving care you provide to your senior family member.

Tip Two: Think Like a Toddler -If you are caring for a three-year-old, you probably do not shout angrily at them because they cannot comprehend the concept of waiting another two hours for dinner. Instead, you likely re-direct their attention and give them a snack. Toddlers display very little self-regulation, and they can't follow any sort of complex logic. Seniors with cognitive issues can exhibit this type of behavior, too. Your parent, spouse or other senior family member obviously is not a child—and you should always strive to treat them with the dignity and respect you reserve for adults. But their cognitive function may correlate more closely to that of a toddler than an adult. If your senior loved one is driving you crazy in the moment, ask yourself how you would treat a toddler in the same situation. You may find you have more patience at the thought of dealing with a small child who is having a tantrum than you can muster for coping with an adult displaying the same behavior.

Tip Three: Get Something to Eat -Speaking of tantrums, anyone who has raised children knows the highest probability for a meltdown occurs in the late afternoon, when a child is hungry. This is partly due to a natural drop in blood sugar levels that occurs when a person hasn't eaten for a few hours. Low blood glucose levels can impair your coping ability. You can help yourself and your senior family member avoid a potential afternoon meltdown by eating a healthy snack together. Ideally, aim to eat something every three hours to maintain your blood sugar levels. You might find your ability to cope with the stress of caregiving improves considerably.

Tip Four: Go Ahead—Punch a Pillow -Sometimes, physically ventilating your rage can be very therapeutic. If you're "having a moment," feel free to excuse yourself and go scream into a pillow. Or punch the pillow, if it makes you feel better. As a longer-term strategy, consider increasing the amount of exercise you get. Physical activity is a well-known mood booster, so any time you can get some exercise it should help reduce your overall stress level—and possibly your anger, too.

Tip Five: Take Time Off -Easier said than done, right? Remember: you can't draw from an empty well. Often, impatience and anger stem from exhaustion. Caregiving can sap your strength mentally, and it can have negative effects on your physical health if it disrupts your sleep or eating habits. If you cannot tap other family members to take over the caregiving duties for a day or more, consider hiring a professional caregiver. For a small fee, you can recoup some peace of mind, regain your perspective and fill up your well of patience. Taking time away from caregiving benefits both you and your senior loved one.

Lastly, don't feel guilty if you experience anger, impatience, disgust or any of the other "negative" emotions during your caregiving journey. Sometimes, just acknowledging these feelings can dissipate them. Enlist a trusted confidante who is willing to hear your frustration and anger without judging you or trying to fix the problem. You might find this strategy alone allows you to cope much better with the unpleasant emotions that can accompany caregiving. Beyond anger, you probably deal with a wide variety of emotions, including fear and grief. Get tips for managing the emotional fallout of caregiving.

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

Wednesday, March 20 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, Secretary: Verna Mae Baier. Treasurer: Joan Lage Absent: Vice President: Carol Dunning Board Member: Norma Backstrom.

The minutes from the February 22, 2019 business meeting were approved as presented and printed in the March edition of The Senior Star in a motion made by Joan Lage and seconded by George Burcum. Motion carried., Treasurer Joan Lage presented the treasurer's report for 2-10-19 through 3-9-19 with expenses of \$169.05. Verna Mae Baier made a motion to approve the payment of these expenses and to accept this financial report. Seconded by George Burcum. Motion carried

Open Issues:

- 1.----- Coordinator Bertrand presented current information on staff updates. *A possibility* of a substitute van driver was presented.
2. Coordinator Bertrand reported the details of two Senior Center incidents.
3. From an update on numbers, it was determined that the number of participants seem to be lessening. Concerns presented: meal count and the use of demographic perspectives. Possibilities to be used: use of special correspondence to increase the number of center participants
4. An evening meal will be served on Friday, April 26. Plans are in place for a Pasta Bar with bingo, fun and games to follow. To be part of the games attendees will need to be present for the evening meal.
5. Some concerns were presented concerning the transporting of some individuals. More information will be presented at the next meeting.
6. Recognition of Nebraska Public Transit Week will be April 7 - 13. Our van drivers will be honored.

The Center will be closed on Friday, April 19. This is Good Friday.
7. A Patch Grant application has been submitted. The use of the funds will be determined later.

President Burcum declared the meeting to be adjourned at 1:15 p.m.

Next meeting will be April 17, 2019.

Verna Mae Baier, Secretary



The Origin of April Fools' Day is thought to date back to 1582 France. When the French changed their calendar from the Julian calendar to the more accurate Gregorian calendar, some people didn't get the news.

The people who still celebrated the old calendar were ridiculed.

April fish (poisson d'avril) made of paper were put on the backs of those people to make fun of them. The April fish represented the fact that they were easily hooked (fooled) like fish

TOP PRANKS OF 2018

- Burger King announced a new dessert, the Chocolate Whopper. It had a chocolate cake bun, chocolate patty, raspberry syrup topping, white chocolate rings, candied blood oranges, milk chocolate leaves, and vanilla frosting.
 - Dairyland announced they were making sparkling milk
- eHarmony announced a pet dating site called "Forever Love"
- An upside-down rainbow was portrayed as being found in Sydney, Australia for a Skittles commercial
 - T-Mobile announced its new SmartShoePhone

SOME GREAT PRANKS FROM THE PAST

- The earliest - known record of an April Fools' joke was in 1698. It was recorded in "Dawk's News-Letter" that "Several persons were sent to the Tower Ditch to see the lions washed." Of course, there were no lions being washed in the Tower of London ditch. This remained an ongoing joke for more than 100 years with new renditions and even invitations made, always sending people to go view the washing of the lions.

* In 1965, Smellovision was announced by BBC TV. It said that a London professor invented Smellovision in which smells could be transmitted through the television.



LEMON MERINGUE BARS

Crust: 2 Sticks of unsalted butter
 1 3/4 cup plus 2 Tbls. Flour
 1/4 cup plus 3 Tbls. confectioners sugar
 2 Tsp. Lemon Zest
 1/4 Tsp. Salt

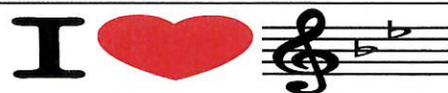
Mix: In bowl of an electric mixer fitted with the paddle attachment. Mix on medium speed until well blended. Transfer to a 9 X 13 inch rimmed baking sheet. Press batter evenly into baking sheet. Chill in freezer 10 minutes. Bake until golden, 20 to 22 minutes. Let cool completely on wire rack.

Filling: 6 yolks from 6 large eggs (reserve whites)
 1 3/4 cup plus 2 Tbls. Sugar
 3/4 cup plus 3 Tbls. fresh lemon juice

Whisk : Together egg yolks , 1 3/4 cups plus 2 Tbls. Sugar, the lemon juice, and 1 Tbls. plus 2 Tsp. Lemon zest. Pour over crust. Bake until filling is set, 18 to 20 minutes. Let cool completely on a wire rack. Keep oven at 350 Degrees.

Meringue topping: Beat Egg Whites and 1/2 cup Sugar in a clean bowl with electric mixer on Medium - high speed until stiff peaks form. Spread over filling - swirling to create soft peaks. Bake until meringue begins to brown, 8 to 10 minutes. Let cool completely.

Cut into bars and ENJOY!



April 3, 11 & 18

Music by Connie Webber

April 4 & 25

Music by Spotlight on Promise
 Wayne State College Students

April 24th

Music by Deb Dickey

April 26th

Evening Meal - Easy listening music
 While You dine!

CITY OF WAYNE / SENIOR

410 N. Pearl Street, Wayne, Nebraska 68787

Healthy Living

Donations

Dick Soden	Anita Fuelberth
Mae & Art Greve	Roy Gramlich
Glennadine Barker	Donna Lundin
Mardelle Brudigan	Janis Myers
Ward Barrelman	Quilters
Kathleen & Hilbert Johs	
Earl & Janet Fuoss	Duo Club
Gertrude Vahlkamp	

THANKS THIS MONTH TO:

CareAge: For the Century Club Moving Day Lunch Certificates & Sponsoring our Monthly Birthday Party Cake

Brookdale: For the Special Luncheon Certificates & Bingo Day Blackout Prize

Providence: For sponsoring our Bingo Day Luncheon Certificates

Wayne Green House: For our Bingo Day Bouquet

To ALL our: Volunteers - Musicians - Speakers and every body who Helped in any Way!



You are our Shooting Stars!
Please let us know if we have forgotten to mention anyone!

THIS MONTH'S HEALTH OPPORTUNITIES

Monday - April 1st: @ 11:45

Nutrition visit w/ Ann Fenton

Monday - April 8th Starting @ 9:15

Toe Nail Clinic by Rachael (Call for a Time Slot)

Thursday - April 11th: 11:15 to Noon

Eye Glass Clinic w/ Magnuson/Hopkins

Wednesday - April 17th: 9:30 to Noon

Health Clinic w/ Mary & Connie

Blood Sugar/Heart Rate/ O2/ Blood Pressure

Tuesday - April 30th: 10:00 am

Care Givers Support Group

ALL are Welcome - Coffee & Goodies served



caring
for the Caregiver

MONTHLY MEETING

Senior Center
Board Meeting
12:30 - Wednesday

Be Connected. Be Heard. Be Informed.

WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Coordinator
Head Cook	Misty Brasch
Fran Poehlman	Kitchen Aid
Bea Kinslow	Kitchen Aid
Frank Sheda	Van Driver
Dan Carroll	Van Driver
Roger Hochstein	Van Driver
Goerge 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.

Senior Center Hours

Monday – Friday

8:00 a.m. – 5:00 p.m.

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

Always give us a call if your plans change - Misty will always try to have a meal

\$4.95 Congregate suggested donation

\$4.95 Home Delivered Meals

(For Ages 60 and over)

For van transportation or meal reservations call 375-1460.

\$7.35 for 60 and under



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