



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

October 2019

SPECIAL EVENTS



Tuesday, October 2nd

Monthly Birthday Party
Dinner Time music by Connie

Thursday, October 3rd

Dinner Time music by Connie

Monday, October 7th

9:15 - Toe Nail Clinic

Tuesday, October 8th

Security Shredding: 11-Noon
11:30 - S.O.P.

Thursday, October 10th

Dinner Time Music by Connie
11-Noon: Magnuson Eye Care

Friday, October 11th

Evening Meal
5:00 - Burt Heithold Band

Tuesday, October 15th

Special Luncheon Certificates

Wednesday, October 16th

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

Thursday, October 17th

Flu Shot Registration Due
Dinner Time Music by Connie

Monday, October 21st

Special Luncheon Certificates

Tuesday, October 22nd

Flu Shots: 9:00 to 11:00

Wednesday, October 23rd

11:30 - Val Koeber Music

Friday, October 25th

FINE DINING FRIDAY

11:30 - Music by Jerry Junk

Monday, October 28th

10:00 - Caregiver Support Group

Tuesday, October 29th

9:00 - 3:00 - Open Enrollment

Wednesday, October 30th

New Beginnings Pre-School
10:30 am @ 12:30 pm

Thursday, October 31st

11:30 - Music by Deb Dickey

Bingo every Friday at 1:00

NO Bingo Friday - Oct. 11th



OCTOBER FEST—EVENING MEAL

Friday—October 11th

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)

HOME MADE BREAD - RELISH TRAY

PIE & ICE CREAM

STAY AND ENJOY A LITTLE MORE MUSIC

BY BURT & THE GUYS (*following our meal*)

JUST A REMINDER: THE CENTER WILL BE OPEN BUT

THERE WILL BE **NO NOON** MEALS SERVED

AT THE CENTER FRIDAY - OCTOBER 11TH

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!

GET YOUR FLU SHOT

AT THE WAYNE SENIOR CENTER

TUESDAY - OCTOBER 22ND

9:00 TO 11:00 AM

Sponsored by the

Providence Community Pharmacy

To sign up for your Flu Shot

Call or Come to the Wayne Senior Center
& Visit with Diane or Misty for details

(Providence will Bill Medicare for you)

Pick up your Influenza Vaccination, Assessment, Release and
Consent Form & return by Thursday—October 17th **In-order to**

PRE-ORDER your Influenza Vaccination

No Coverage?? —Personal out of pocket Cost

\$45.00 for Regular dose or \$65.00 for High dose

*(NOTE: Date of Flu Shot Clinic may change due to Vaccine
availability to Providence Community Pharmacy)*





Join us Wednesday, October 30th
 New Beginning's Pre-School
 "TRICK OR TREAT" Parade and Songs
 1st group: 10:30 am
 2nd group: 12:30 pm

HALLOWEEN WORD SCRAMBLE

- | | |
|-----------------|--------------|
| 1. GEADYVRRRA | 2. RTTAE |
| 3. NSEANFETKNIR | 4. CTRIK |
| 5. GSOTH | 6. NHGITRAME |
| 7. HUNEADT | 8. NOLUCARD |
| 9. RYPTA | 10. OONM |
| 11. UYMMM | 12. OKLSNTEE |
| 13. SONTEMR | 14. NCDAY |
| 15. EIPVRMA | 16. COTESUM |
| 17. WHCTI | 18. FNICFO |
| 19. RCASME | |

(ANSWERS ON BACK PAGE)

***Sign up for A Spooky Good Meal
 Halloween - Friday, Oct. 31st***

- Bloody Eye Balls (BQ Meat Balls)
- Screamy Potatoes (Scalloped Potatoes)
- Gruesome Bites (Butter Beets)
- Tombstones (Dinner Roll)
- Spooky Poles (Fresh Fruit Kabob)

Medicare

Open Enrollment

WHAT YOU NEED TO KNOW

1st Opportunity for Assistance

Tuesday - October 29th
 9:00 to 3:00 pm

Must call the center to sign up for a time

***Next Opportunities will be
 November 21st & December 3rd***

Need Help
 with your Medicare
Plan Comparisons
 for Open Enrollment?



FREEZER PROJECT

Since starting cooking our meals in house - we have seen our daily meal count continue to increase. This could not have been such an amazing journey without our Wonderful Cook - Misty and all of your support. Numbers support our success. Fiscal Year 2017 - we served a total of 11,799 individuals. Fiscal Year 2018 - we served 13,977 individuals. Fiscal Year 2019 - we served 14,650 individuals. For the Start of Fiscal year 2020 - we are on another great track for another great year. With this amazing growth in numbers , comes the need to purchase larger amounts of grocery items. And with the increase of grocery items comes the need for more space to store not only the Dry good but the Frozen goods as well. Over the past 2 years - the City of Wayne has been researching a project in which to fund building on an addition to the South West corner of the building. Within this space will be a Walk-In Freezer and Storage area. Cost of construction has been approved and budgeted through this coming Fiscal Year funds from the City of Wayne. Please - thank our Mayor, council members and City Administrator for this tremendous show of support for The Wayne Senior Center. **Now** - this is where we as the Wayne Senior Center Family can come together to do our part. The first of October we will kick off our "FREEZER DRIVE". Our goal is to purchase a Walk-in Freezer and a Stainless steel Refrigerator - total cost is \$20,000. To Start this Drive - We currently have \$10,000 raised towards our purchase. We are asking for your help to make this drive a success and assist us to keep growing and making the Wayne Senior Center the best it can be!!

THANK YOU!

Essential Tips for New Caregivers

<https://seniorcarehomes.com/caregiving-for-seniors-articles/essential-tips-for-new-caregivers/>

There are many different types of caregiver duties, and each situation is unique. There are very active seniors without memories and bedridden seniors who remember details from every day of their lives. In all situations, it is important to remember that happiness is a key ingredient to life. People react badly when bored, frustrated, in pain or unhappy. It is very important to find a way to create a happy environment for all aging seniors.

Happiness in later life is often directed by the senses. Pleasant smells, good tastes, calm environments that do not include new electronics and fun things to touch can go a very long way in some homecare settings.

Helpful Senior Caregiving Tips For Beginners

- 1. Have confidence in your ability to be a qualified caregiver*
- 2. Respect your aging loved one as an adult.*
- 3. Remember that all big or little changes can cause problems.*
- 4. Monitor your tone of voice to include pleasant tones at all times.*
- 5. Create a schedule to follow every day.*
- 6. Caregivers must monitor their own health and stress levels.*
- 7. Ask for outside help whenever it is needed. Be pushy if necessary.*
- 8. Take occasional breaks to recharge.*
- 9. Create happiness for the elderly you are caring for.*
- 10. Become a part of your seniors world by rearranging your life to accommodate.*
- 11. Explore good smells, nice tastes, quiet noises and fun items to touch.*
- 12. Join an online caregiver support group and keep a laptop handy.*

It has never been easier to be a primary caregiver for seniors or aging family members. In the past, caregivers were often isolated away from others who were going through the same situations. Today, modern at-home caregivers keep a laptop computer handy to use for communications with others who understand their daily caregiving dilemmas. Online caregiver groups and discussion forums for caregivers can easily be found through the Internet. These caregiver groups and caregiver forums provide guidance and support to fellow caregivers who are experiencing the same caregiving issues. Other types of support groups can also be found through local Senior Citizen organizations, church groups and health organizations.

Wayne Senior Center at Wayne, Nebraska --

Monthly Business Meeting

Wednesday, September 18, 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, Vice President: Carol Dunning Secretary: Verna Mae Baier. Treasurer: Joan Lage.. and Board Member: Fransisco Morales

The minutes from the August 21 2019 business meeting were approved as presented and printed in the September 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 8-10-19 through 9-9-19 with expenses of \$195.59. Carol Dunning made a motion to approve the payment of these expenses and to accept this financial report.. Seconded by Verna Mae Baier. . Motion carried

Open Issues:

1. Staff Update: Roger Hochstein has returned to work as a van driver. Dennis Spangler has been hired as a van driver. Dan Carroll will be on a brief medical leave.
2. Coordinator Bertrand presented an update on the new Walk - In & Refrigerator project. Cost figures were reviewed for this project. At the beginning of October 1 more financial data will be available for this walk - in project. Placement will be in the southwest corner of the Center.
3. An overview of items reviewed at the Senior Center Training on September 11, 2019 were presented. The Agenda was presented to the Board Members.
4. An update on the Department of Roads Conference in Kansas City on September 11-13 was presented. Coordinator Bertrand attended this conference.
5. An update on the NASC Conference Columbus, Nebraska on September 26-27 was presented. This annual fall conference is sponsored by the Wind Mill Region. The Wayne Senior Center is part of the Wind Mill Region. Carol Dunning made a motion to sponsor the Morning Breakfast / Coffee on Thursday, September 26 at this Conference. Joan Lage seconded the motion. Motion carried..
6. Coordinator presented information for October: Shredding will be Oct. 8 from 11:00 to noon. The Evening Meal will be October 11 with the Burt Heithold Band as the Entertainment. Flu Shots will be October 22 at 9:00 to 11:00. Pre-registration will be required. Care Giver Support meeting will be changed to October 28. October 29 will be the first open enrollment opportunity for Medicare / Drug prescription coverage.
7. Replacement of card tables for the Bridge Players was discussed. A motion was made by Fransisco Morales to approve the purchase. Seconded by Joan Lage. Motion carried. George Burcum and Coordinator Bertrand will made appropriate contacts/decisions.

President Burcum declared the meeting adjourned at 1:20 p.m. Next meeting will be October 16, 2019.

Verna Mae Baier, Secretary

Autumn

Find and circle all of the Autumn words that are hidden in the grid.
The remaining letters spell a secret message - an Albert Camus quotation.

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

ACORN

APPLE

BIRD MIGRATION

BLOWING LEAVES

BLUSTERY DAY

CANNING

CHESTNUTS

CHILLY

COLD

CROPS

EQUINOX

FALL

FARMING

FEAST

FROST

HALLOWEEN

HARVEST

HAYSTACK

HICKORY NUTS

LONGER NIGHTS

NOVEMBER

OCTOBER

ORANGE LEAVES

PIE

PUMPKIN

RAKE

RED LEAVES

SCARECROW

SCHOOL

SEASON

SEPTEMBER

SHORTER DAYS

SQUASH

SWEET POTATOES

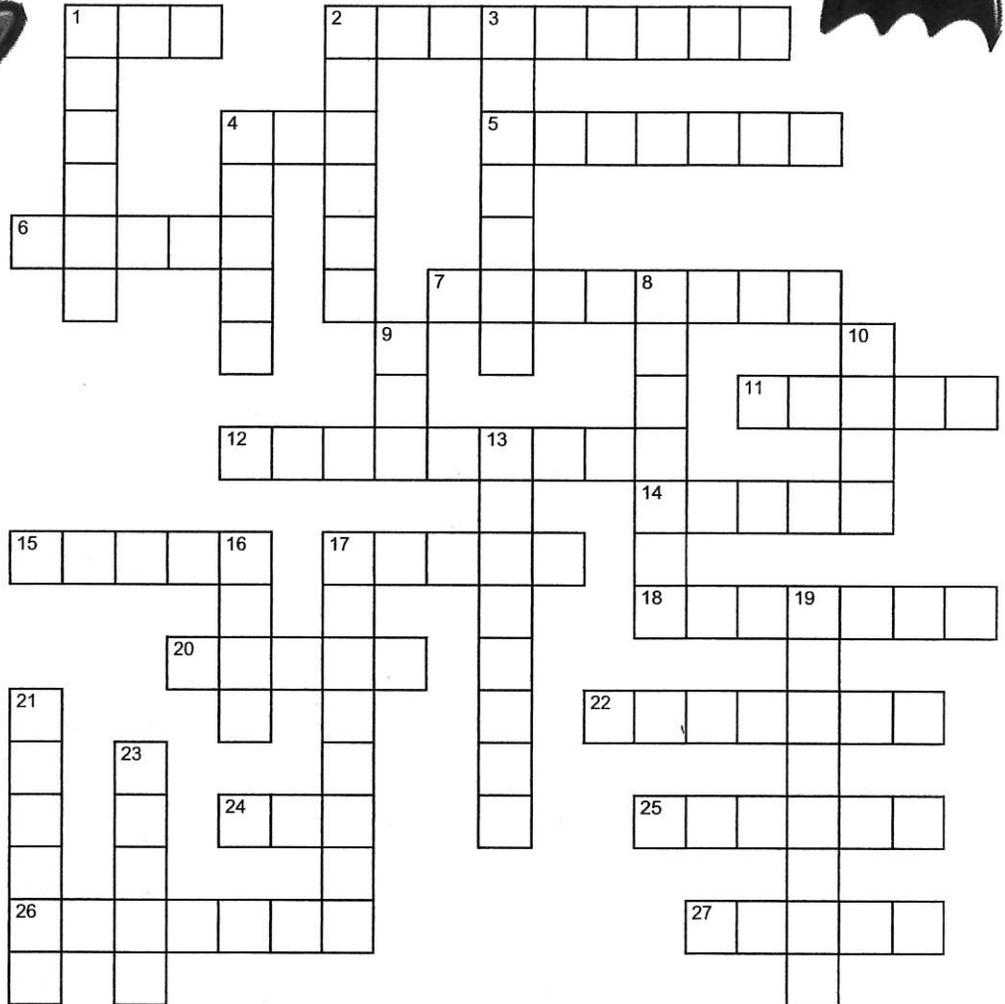
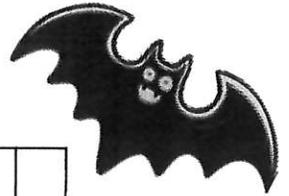
THANKSGIVING

TURKEY

WINDY

YELLOW LEAVES

Halloween



Across

1. He swallowed the canary.
2. Playground for ghosts.
4. What a spider spins.
5. Frankenstein has one.
6. When ghosts come out to play.
7. Scare.
11. What the pot might call the kettle.
12. October 31st.
14. ____ or treat.
15. Witch transportation.
17. Frightening.
18. The Count.
20. A skeleton is just a bunch of these.
22. Disguise.
24. Lives in the belfry.
25. Incey wincey is one of these.
26. Main ingredient in a popular pie.
27. ____ stories.

Down

1. Where a vampire sleeps.
2. Evil or mischievous creature.
3. He hates garlic.
4. Samantha for example.
8. ____ house.

9. Whoo? Whoo?
10. Mr. O'Lantern.
13. Comes out on full moon nights.
16. Might be full, half, or new.
17. A boney sort of fellow.
19. Fire burn, and ____ bubble.
21. When something makes our skin crawl, it's this.
23. Found in Egypt.





TUESDAY - OCTOBER 8TH

11:00 to Noon **ONLY**

South Parking lot of the Senior Center

THANKS TO:

SECURITY SHREDDING of
Laurel, Nebraska



Wednesday - October 2nd

Monthly Birthday Party

Cake @ Noon - Dinner Time Music

Friday - October 10th

Early Bird Century Club Movie Certificates

Thanks to Country View

Tuesday - October 15th

Special Luncheon Certificates

Thanks to Brookdale

Monday - October 21st

Special Luncheon Certificates

Thanks to Brookdale

Friday - October 25th

Fine Dining Friday

Served by our Friends from Country View

Providence Bingo Luncheon Drawings

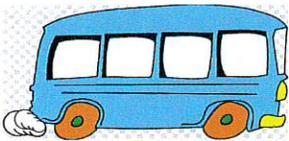
Wednesday - October 30th

Trick or Treat with New Beginnings

10:30 am & 12:30 pm

Every Friday @ 1:00 pm

BINGO (NO Bingo on Friday - Oct. 11th)



WAYNE CITY TRANSIT

CALL - 402-375-1460

From the Wayne Senior Center
410 Pearl Street

We are an "On Demand Service"

Transporting within the City Limits of Wayne

\$1.50 Fare - 1 Way

Hours of Service

Monday through Friday

8:00 am to 4:30 pm

JUST A CALL AWAY FOR YOUR RIDE TODAY



THE POWER OF MUSIC

When you hear a favorite piece of music that just lifts your spirit or makes you tap your feet or move yourself, you are experiencing ASMR which is Autonomous Sensory Meridian Response. Sometimes, music can produce this feeling of well-being with a tingling sensation in your scalp and down your spine. Songs that have meaning can give us that little "buzz" when we hear them. Recent studies state that the part of your brain that is responsible for ASMR doesn't get lost to Alzheimer's disease and that hearing favorite songs of music can bring an individual with memory-impairment to life! Dr. Jeff Anderson, Associate professor in radiology at the University of Utah Health, believes that music doesn't cure Alzheimer's, but it can decrease anxiety, make the symptoms more manageable, and simply improve quality of life!



**JOIN US FOR THIS MONTH'S
MUSIC ENTERTAINMENT**

Music by Connie Webber

Wednesday - October 2nd @ Noon for our
Monthly birthday party - Also on Thursday's
October 3rd, 10th, 17th & 24th @ Noon

Music by Spotlight on Promise

Tuesday, - October 8th

Music by Burt Heithold & Band

Friday - October 11th: Starting @ 5:00 pm

Music by Val Koeber

Wednesday - October 23rd @ 11:30

Music by Jerry Junk

Friday - October 25th @ 11:30

Music By the New Beginning Pre-School

Wednesday - October 30th @ 10:30 am
AND @ 12:30 pm - "Trick or Treat" Fun

Music by Deb Dickey

Thursday - October 31st @ 11:30
Halloween Tunes



CITY OF WAYNE / SENIOR CENTER



410 N. Pearl Street, Wayne, Nebraska 68787

ANSWERS TO HALLOWEEN WORD SCRAMBLE

1. GRAVEYARD 2. TREAT 3. FRANKENSTEIN 4. TRICK 5. GHOST
6. NIGHTMARE 7. HAUNTED 8. CAULDRON 9. PARTY 10. MOON
11. MUMMY 12. SKELETON 13. MONSTER 14. CANDY 15. VAMPIRE
16. COSTUME 17. WITCH 18. COFFIN 19. SCREAM

Donations

Fern Erickson	Pete & Julie Reeg
Hilbert & Kathleen Johs	
Roy Gramlich	Leon Meyer
Janis Myers	Deb Daehnke
Susie Siefken	Fern Test
Hollis Freese	Julie Grone
Mardel Brudigan	Sandy Nichols
Gertrude Vahlkamp	

Please let us know if we omitted anyone!

THANK YOU THIS MONTH TO:

Country View: For Sponsoring our Century Club Movie Day Luncheon Certificates

Sponsoring our Monthly Birthday Cake AND for Serving our Fine Dining Friday

Brookdale: For Sponsoring our Special Luncheon Drawings & Our Blackout Bingo \$1.00's

Wayne Greenhouse: For our Bingo Day Bouquet

Providence: For sponsoring our Bingo Day Lunch Certificates

Thank you to ALL the Volunteers that provide our Music & Educational Visits - Health Clinics and our Dedicated Kitchen & MOW Volunteers



Monday - October 7th : 9:15 am

Toe Nail Clinic w/ Rachael (*call for a time*)

Thursday - October 10th: 11:00 to noon

Magnuson/Hopkins Eye Care

Wednesday—October 16th : 9:30 to Noon

Health Clinic with Rhonda & Connie

Blood Sugar—Blood Pressure

O2 Level—Heart Rate

Thursday - October 17th

Flu Shot Clinic Reservations Due

Tuesday, October 22nd : 10:00 am

Flu Shot Clinic - 9:00 to 11:00 (must pre-register)

Monday, October 28th

Care Giver Support Group @ 10:00 am

Tia Chi Wellness Speaker - Kathy Mohlfeld

Monday—Wednesday—Friday @ 9:15

FROGS (Fitness Reaching Older Generations)

DAILY: Center opens @ 8:00

Mile Walk Club

Senior Center Hours

Monday – Friday

8:00 a.m. – 5:00 p.m.

Meal Served @ Noon

\$4.95 Suggested Donation

For 60 and older

\$7.75 for Under 60 & Carry Out

Call 375-1460 for Meal Reservations

(The Day before please - However always

give us a call & Misty will try to

Have a meal for you)

For van transportation

call 375-1460

Hours of Service

8:00 am to 4:30 pm

(We are an on Demand Service)

WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Coordinator
Misty Brasch	Kitchen Coordinator/Cook
Fran Poehlman	Kitchen Aid
Bea Kinslow	Kitchen Aid
Denny Spangler	Sub Driver/Assistant
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
Francisco Morales	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.



Wednesday - October 16th
12:30 pm - All Welcome!



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