



The Senior Star



410 N. Pearl Street

A monthly publication of The Wayne Senior Center

November - 2019

SPECIAL EVENTS

Friday, November 1st

11:15 Front Porch Pickers
Fine Dining Friday

Monday, November 4th

9:15 Toe Nail Clinic

Tuesday, November 5th

Kick off of Caregivers Month

11:30 Presentation w/ Meal following

Wednesday, November 6th

Monthly Birthday Party

Cake Served : Noon @ Center

Sponsored by Rick Barelman

Thursday, November 7th

Dinner time music by Connie

Century club Movie Drawing

by Brookdale

Friday, November 8th

11:15 - Veterans Day Program

Monday, November 11th

Special Luncheon Certificates @ Noon

By Countryview

Tuesday, November 12th

11:30 - Spotlight on Promise

Wednesday, November 13th

National Caregivers Support Month

Open House: 2:15 to 3:00 pm

Thursday, November 14th

Dinner Time Music by Connie

Friday, November 15th

11:00 to Noon- Spinal Screening

Providence Bingo Luncheon Drawing

Monday, November 18th

Special Luncheon Drawing @ Noon

By Country view

Tuesday, November 19th

10:30 - Board Meeting

11:45 Legal Aid of Nebraska Visit

Wednesday, November 20th

9:30 to Noon: Health Clinic

Thursday, November 21st

9:00 to 3:00 pm: Open Enrollment

Assistance (Call Center for Time Slot)

Dinner Time music by Connie

Friday, November 22nd

Thanksgiving meal @ Noon

11:30 Music by Deb Dickey

Monday, November 25th

11:30 Music by Val Koeber

Tuesday, November 26th

10:00 Caregiver Support Group

Stephanie From Asera Care Speaker

Wednesday, November 27th

11 - Noon: Wayne Eye Care Glass Clinic

12:15 - Fun with Brookdale

Thursday, November 28th

AND

Friday, November 29th

CENTER IS CLOSED

No Meals - Meals on Wheels or

Van Service

Giving Thanks



NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH

A tradition that began in the mid-1990's. The importance of family caregivers has gained recognition over the years and the National Family Caregivers awareness week has now grown into an awareness month, due to former President Barack Obama's proclamation in 2012.

"Across America, daughters and sons balance the work of caring for aging parents with the demands of their careers and raising their own children. Spouses and partners become caregivers to the ones they love even as they navigate their own health challenges....All of them give selflessly to bring comfort, social engagement, and stability to those they love. National Family Caregivers Month is a time to reflect on the compassion and dedication that family caregivers embody every day. As we offer our appreciation and admiration for their difficult work, let us also extend our own offers of support to them and their loved ones."

HELP US CELEBRATE FAMILY CAREGIVER'S MONTH

Tuesday - November 5th : Caregiver month Kick-off

Join us at 11:30 am for a Presentation by Kayla and Kathy from Providence Medical on Dementia Care: Included in Presentation will be Tips to Caregivers for Handling Behavioral Challenges. Stay and enjoy a meal

Provided by III - E Caregiver Funds from Northeast Nebraska Area on Aging to those that are present at the 11:30 am presentation.

Those not in attendance for the presentation the normal \$4.95 suggested donation is requested for age 60 and older. Meal will be served @ noon.

Breaded Chicken Sandwich on a Homemade bun

Creamed Potatoes & Buttered Peas

Mixed Fruit and Bread Pudding with Warm Carmel Sauce

Wednesday - November 13th: CAREGIVERS RECOGNITION

OPEN HOUSE FROM 2:15 TO 3:00 PM

Cake and punch served. Sign up for Door Prizes provided by the III E Caregiver Funds from Northeast Area On Aging. Informational Pamphlets on Caregiving will be available along with information about the Care Giver Support Group which is held at the Wayne Senior Center @ 10:00 am the last Tuesday of each month.

Tuesday - November 26th @ 10:00 am

Join us for the monthly Caregiver Support Group
Coffee & Rolls provided followed by Speaker - Stephanie Huff/Asera Care

Topic: "How Do I Know You"?



Thanksgiving will come and go, but the positive effects of gratitude can last all year long. We asked some of our Seniors what they are Grateful for and this is what they said!

*Our freedom of Religion to worship in our home and in our church with out fear

- My wonderful Neighbors
- For wonderful family & friends
 - Family - Jesus - Health & Friends
- For my Christian Faith - all of my many, many, blessings & our most wonderful Senior Center with all our friends & all it provides
- Good Health - wife - children - Friends - Senior Center
- I am grateful that God has allowed me to be a long distance caregiver for my sister and is changing my heart & teaching me during this time of my life
- I am grateful for the center - a place to spend time with others my age - a great place to eat healthful meals with friends.
- Living in the US - to be able to worship & Praise God as I wish
- For the Senior Center being a place & a reason to get out of the house for awhile
- I am very thankful that my heavenly Father called me to be one of his very own when I was about 2 weeks old
- Good Friends - Good Food
- That I live in America because of our freedoms, religion etc... It would be scary to live in some other places in the world
- Good Health & Family Support. Good Friends & Church Family
- Good Health (No Diabetes - No Arthritis - No high blood pressure & No False Teeth)
- For being in Good Health. God has truly blessed me
 - Sunshine & no snow yet
 - God - family - friends
- Family - Friends & the Wayne Senior Center
 - Family - Home - God

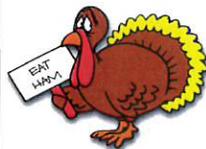


**JOIN US: FRIDAY
NOVEMBER 8TH**
Veterans Program
Starting at 11:15 am
With Selection of Patriotic
Music by Connie Webber
WSC Ruby Team will serve meal

**Noon Meal: Tavern on a Home Made Bun
Baked Beans & Homemade Potato Salad
Patriotic Fruit Drink
Red—White & Blue Dessert**
Served to you by the WSC Rugby Teams
COME HELP US CELEBRATE OUR VETERANS
*Assisted by the Wayne Consolidated
Veterans Post & Local Volunteers
And WHS Choir Members*



The Center will be
CLOSED
Thanksgiving Day
November 28th



Friday - November 22nd
11:30 - Piano Music by
Deb Dickey

*Meal served @ Noon by
WSC Rugby Players*

Turkey and all the Fixings
Mashed Potatoes & Gravy
Stuffing & Scalloped Corn
Cranberry Salad
Dinner Roll & Pumpkin Dessert
Happy Thanksgiving from all of us



The Center will be
CLOSED
Friday
November 29th



JOIN US FOR FINE DINING FRIDAY
Friday - November 1st
11:15 Music by the Front Porch Pickers
Meal served to you by the WSC Ruby Players
Salisbury Steak
Scalloped Potatoes & Green Bean Casserole
Whole Wheat Dinner Roll
Hidden Pear Salad

(Welcome - Kayla Roberts from Northeast Nebraska Area on Aging)

The 'IRS of Caregiving': Information, Respite, and Support (Part 1 of 3) Source: <https://www.caregiver.org/caregiving-101-being-caregiver>

Article written By Donna Schempp, LCSW

INFORMATION

The first stages of caregiving are the most challenging. This is when you are least informed about what's needed and expected, and when you feel the most insecure and uncertain.

- In addition to information about the disease/disability your loved one is dealing with, you need to understand his or her medications and medical interventions. What knowledge/skills will you need to be able to care for him or her? Where can you get trained to do the tasks required? How can you learn to successfully:
 - Feed, bathe, groom, or dress someone?
 - Handle toileting or deal with incontinence?
 - Handle a complicated medication schedule?
 - Transfer someone or help them walk?
- How does this disease progress and how will that effect the care receiver's ability to take care of him or herself?
- What are the care needs now and what are they likely to be in the future?
- What are the physical limitations that the care receiver has now or will have?
- What are the cognitive changes you can expect?
 - Are there predictable behavioral changes that go along with them?
 - How do I handle these changes?
 - If you are caring for someone with dementia, for instance, you need to learn the strategies for communication that will make you more successful and increase cooperation.
- What is the financial situation?
 - How much money is available to help with care?
 - Who can access it (is there a Financial Power of Attorney in place)?
 - Are there debts or other constraints on using the money?
- What legal matters should you know about?
 - Is there a Will? A Trust?
 - Has the Medical Power of Attorney been completed (also called Living Will)? Do you have a Release of Information signed and filed with the care receiver's doctor(s)?

You might not be aware of community caregiving resources, but they are there to help you. You can find help in most communities for transportation, home delivered meals, day care programs, home repairs, and more. To learn about them, contact your local Area Agency on Aging (AAA) and find out what's available locally—not only for your loved one, but also for yourself. (In many communities, AAAs can be reached by dialing 211). There may be benefits that you haven't thought about—ask about Title III funding, part of the Older Americans Act specifically for caregivers. There may be Veterans benefits. Other benefits can be found at Eldercare Locator, or FCA's Family Care Navigator.

Wayne Senior Center at Wayne, Nebraska --

Monthly Business Meeting

Tuesday, October 15, 2019

Wayne Senior Center President George Burcum called the meeting to order at 10:30 a.m. in the Billiards Room at the Senior Center. 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 September 18, 2019 business meeting were approved as presented and printed in the October 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 9-10-19 through 10 -9-19 with expenses of \$581.56. Verna Mae Baier made a motion to approve the payment of these expenses and to accept this financial report.. Seconded by Fransisco Morales. . Motion carried

Open Issues:

1. Staff Update: Carol Stephens is working as a part-time office assistant
2. Coordinator Bertrand presented an update on the new Walk In & Refrigerator project. Bids have been received and reviewed by the City of Wayne. Currently \$15,525 has been donated for this project.
3. After discussion, the Senior Center Board has decided to have a Birthday Recognition Poster. This is effective of November 1, 2019. This will replace the birthday cards on the sign-in table.
4. Overview of October events: Shredding on Oct 8: 21. Evening Meal on Oct. 11 with Burt Heithold with approximately 91 served. Flu Shots will be 10-22. Care Giver Support group will be Oct. 28. First open enrollment opportunity will be Oct. 29.
5. An update on the NASC Conference Columbus, Nebraska on September 26-27 was presented. Coordinator Bertrand reported there was a considerable amount of interaction with other managers which she viewed as quite valuable. A Fraud Alert session also provided pertinent information.
6. Two new tables for use by the Bridge Club.
7. Upcoming NENAAA Audit will be Nov. 1 Front Porch Pickers will entertain that day and Board Members will assist with serving, as needed. Board members should attend the Exit Meeting, shortly after lunch.
8. Tony Corollo from Ameritas asked for judges to assist with judging of Costumes on Oct 31. George Burcum, Carol Dunning and Joan Lage volunteered.
9. November is National Care Givers Support month . A special presentation is planned for Nov. 5. Special lunch arrangements will be announced early in November.
10. A motion was made by Carol Dunning and seconded by Joan Lage to hold future Board Meetings on the third Tuesday of each month. Motion carried.

.President Burcum declared the meeting adjourned at 11:15 a.m Next meeting will be November 19, 2019.

Verna Mae Baier, Secretary

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 W R W Z D G R A N D P A C T F F Y L N E C T N U Y

Thanksgiving
 pilgrim
 mayflower
 gratitude
 yams
 family
 gobble

pilgrim
 indian
 november
 thankful
 grandma
 mother
 traditions

pumpkin
 autumn
 stuffing
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 grandpa
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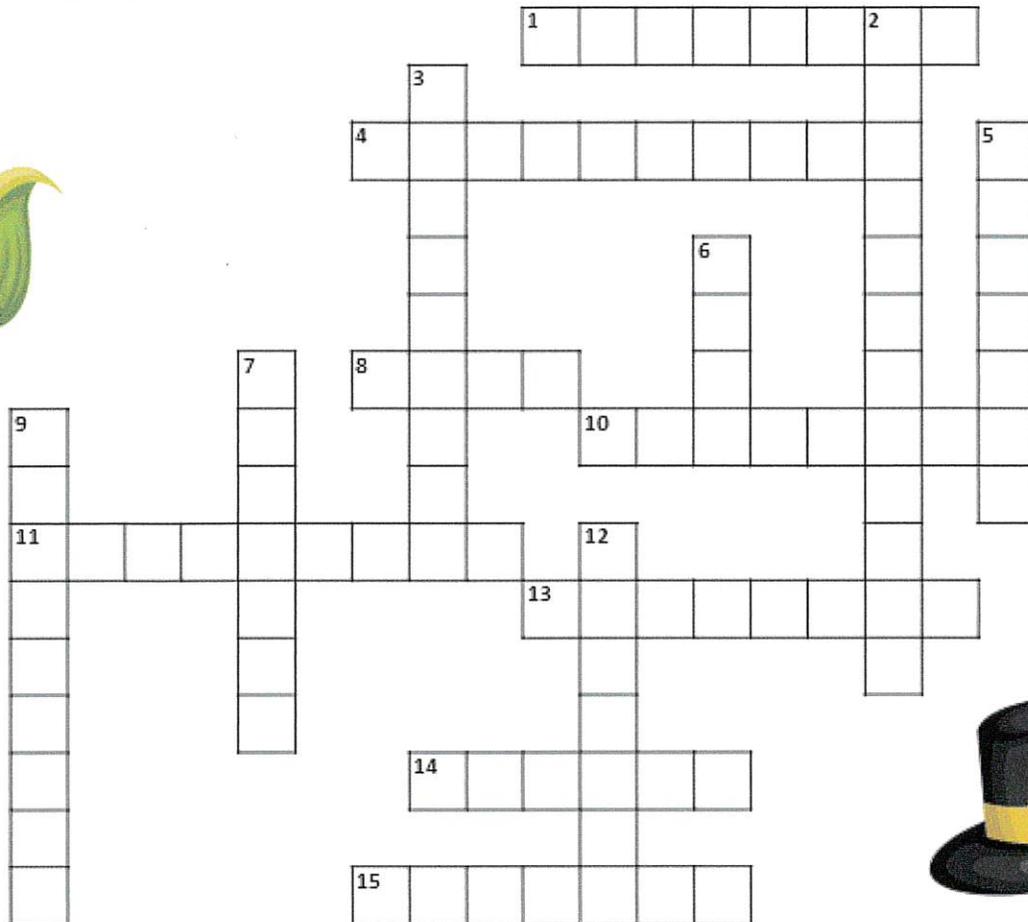
turkey
 pie
 rolls
 Plymouth
 uncle
 brother
 leftovers

dressing
 cornucopia
 cornbread
 squash
 aunt
 sister
 acorns

cranberries
 feast
 drumstick
 wishbone
 cousin
 carve



Thanksgiving Crossword



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Across

1. First village established by the Pilgrims
4. Symbol of abundance and nourishment
8. An essential grain in the New World diet
10. Literally, travelers going to a holy place
11. The Pilgrims' boat
13. 16th and 17th century English Protestants
14. The traditional holiday bird
15. Indian who taught the Pilgrims many things

Down

2. 4th Thursday of November
3. A traditional Indian dwelling
5. Gathering of crops
6. Season for harvesting
7. Country the Pilgrims left behind
9. Indian tribe that was present at the first Thanksgiving
12. Bright orange squash used to make pie



MEDICARE PART D

Thursday
November 21st
9:00 to 3:00 pm
CALL TO SEE IF
THERE IS A TIME
SLOT AVAILABLE

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

**ONE MORE ADDITIONAL DAY WILL
BE TUESDAY—DECEMBER 3rd**

Provided by: Leslie Schulz & Scot Surber
of Providence Medical

& Jodene Cantrell of Country View

**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!**



**WILL BE COMING TO THE
WAYNE SENIOR CENTER
Tuesday - November 19th @ 11:45
Visit with Lori Lee
1:1 visit following the noon meal**

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

Fee for the Van is
\$1.50 one way

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

**WE ARE AN ON DEMAND
RESERVATION SERVICE**

*Please Note: Availability of a time
For pickup is dependent on prior
Reservations made - we do our best to
accommodate your transportation
needs and times!!*

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

Just a call away for your ride today



**Sunday - November 3
Day Light Savings
TURN CLOCK
BACK 1 HOUR**



Monday - November 4th

9:15 Toe Nail Clinic : Call Center for a time

Friday - November 15th

11 to Noon: Spinal Clinic by Herman Chiropractic

Wednesday - November 20th

9:30 to Noon: Health Clinic w/ Connie & Rhonda
Blood Pressure/O-2 level/Blood Sugar/Heart Rate

Thursday - November 21st: 9:00 am to 3:00 pm

Open Enrollment: Call to see if a time slot is available

Tuesday - November 26th:

10:00 am: Caregiver Support Group

Wednesday - November 27th

11:00 to Noon: Eye Glass Clinic w/ Wayne Eye Care



Music by the Front Porch Pickers

Friday, November 1st @ 11:15 am

Music by Connie Webber: Wed. November 6th

Also on Thursday: November 7th, 14th, & 21st

Veterans Day Celebration w/ Patriotic Music

Friday, November 8th starting @ 11:15 am

Music by Spotlight on Promise: WSC Students

Tuesday, November 12th @ 11:30 am

Music by Deb Dickey: Thanksgiving Meal

Friday, November 22nd @ 11:30 am

Music by Val Koeber

Monday, November 25th @ 11:30 am

CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787



FREEZER PROJECT UPDATE

We are coming along **GREAT**

with our Freezer Fund. Our Total as of Wednesday, October 23rd is \$16,075.00 which is \$3925.00 shy of our \$20,000.00 Goal. Thank you to all who have Generously Donated to this Phenomenal Project. If you have not yet donated - we ask you to consider doing so to help us meet our Goal. With these funds - we will be able to help our Center Continue to grow and allowing us to expand our current freezer and refrigerator space for the needed extra supplies we are needing for our Fantastic - delicious meals & all we have to offer.

Thank you to this months Donations:

(As of Wednesday, Oct. 23rd)

Rodella Wacker, Roy Gramlich, Fritz & Joann Temme, Sandra Henschke, Beverly Ruwe, Marcella Larsen, Betty & Delmar Heithold, Virginia Backstrom, Donna Lundin, Jeannine Anderson, Rick Barelman, Phyllis & Darrel Rahn, Fauneil Bennett, Barbara Greve, Dan Carroll, Mardelle Brudigan, Kathy & Lowell Johnson, Lorraine & Russel Prince, Jim Curtis, Mae & Art Greve, Mildred Weak Memorials, Mabel Sommerfeld Memorials, Margaret Kinney, Shirley Pospishil, Verna Mae Baier, Jane Ahmann, Janis Myers, Ernie & Lyla Swanson, John & Anita Fuelberth, Jim & Arlene Robinson, Lila Splittgerber, Gertrude Vahlkamp

Donations

Gerald & Marilyn Otte Leon Meyer
Gertrude Vahlkamp Roy Gramlich
Rick Barelman Sharon Puckett
Deb Daehnke Barb Greve
Mardelle Brudigan Quilt Group
Darrel & Phyllis Rahn

THANK YOU THIS MONTH TO:

Brookdale : For Sponsoring our Century Club Movie Day Luncheon Certificates - Our Blackout Bingo Buck & Brookdale Fun

Country View: For Sponsoring our Special Luncheon Drawings

Rick Barelman: Sponsoring the November Birthday Cake

Wayne Greenhouse: For our Bingo Day Bouquet

Providence: For sponsoring our Bingo Day Luncheon Certificates

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

More of our Senior Attitude of Gratitude's

- Thankful for my: Heavenly Father - Family & all that they have done for me - Job & Coworkers
- For my health, my mind, for my loved one being in Heaven & all my other family members that are with him there. I will see them all again. God is Good



WHO'S WHO FROM THE WAYNE SENIOR CENTER

Diane Bertrand	Coordinator
<i>WELCOME</i> Carol Stephens	Operations Assistant
Misty Brasch	Kitchen Manager
Fran Poehlman	Kitchen Aid
Bea Kinslow	Kitchen Aid
Dan Carroll	Van Driver
Roger Hochstein	Van Driver
Frank Sheda	Van Driver
Denny Spangler	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.

MONTHLY BOARD MEETING

Tuesday - November 19th @ 10:30 am

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



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