



# The Senior Star



## SPECIAL EVENTS

**Monday, December 2nd**  
Brunch for Lunch: 10 to Noon

**Tuesday, December 3rd**  
9:00 - 3:00: Open Enrollment  
11:30: Spotlight on Promise

**Wednesday, December 4th**  
Monthly Birthday Party  
11:30 - Music by Connie Webber

**Thursday, December 5th**  
Dinner Time music by Connie

**Friday, December 6th**  
Early Bird Century Club  
Movie Drawing by Countryview  
11:45: Therapy & You

**Monday, December 9th**  
9:15 Toe Nail Clinic

**Tuesday, December 10th**  
Luncheon Drawing by Brookdale

**Wednesday, December 11th**  
11:45 Nutrition visit by Ann

**Thursday, December 12th**  
Poinsettia Day  
Dinner Time Music By Connie  
11 to Noon - Eye Glass Clinic

**Friday, December 14th**  
Christmas Evening Meal

**Monday, December 16th**  
11:30 WHS Jazz Choir

**Tuesday, December 17th**  
10:00 Board Meeting  
10:30 & 12:30 New Beginning's

**Wednesday, December 18th**  
9:30 to 11:45: Health Clinic  
12:30 Elementary Concert

**Thursday, December 19th**  
Dinner time Music by Connie

**Friday, December 20th**  
Christmas Favorites by Deb

**Monday, December 23rd**  
Luncheon Drawing by Brookdale

**Tuesday, December 24th**  
CLOSED for Holiday

**Wednesday, December 25th**  
CLOSED for Holiday

**Thursday, December 26th**  
Brunch for Lunch : 10 to Noon

**Friday, December 26th**  
Providence Luncheon Drawing

**Tuesday, December 31st**  
2:30: Caregivers Support gathering

A monthly publication for The Wayne Senior Center

December 2019



**SERVING:** Chicken Cordon Bleu w/ Bacon Cream Sauce  
Topped with Fresh Asparagus Spears  
Baked Potato & Dinner Roll  
Fruited Christmas Salad & Dessert

Enjoy a few Christmas Carols & "Toast to the Season" following  
***Our 5:00 Entertainment this year will be "Brass Knuckles"***  
A Student Lead Brass Quintet from WSC. The Student formed group, with the Help of Dr. Joshua Calkin, have become a leading chamber ensemble in the WSC music Department. They enjoy getting into the community & providing music for all.

**Reserve your spot no later than - Dec. 11th Limited seating available**



**A Crowd Favorite: Cherry Chocolate Cake**

## **Wayne High Jazz Choir** **Monday, December 16th**

11:30 - Singing Holiday Favorites  
Sign up for a delicious meal after:  
Creamed Chicken over Biscuit  
Broccoli w/ Cheese Sauce  
Cranberry Salad &

## **Wayne Elementary Program** **Wednesday, December 18th**

At 12:30 following lunch  
Come on in and join us for lunch and stay  
Enjoy as the children Sing for us!  
**LUNCH SERVED AT 11:45 TODAY**  
Oven Baked Chicken w/  
Mashed Potatoes & Gravy  
Creamed Corn - Dinner Roll - Peaches



**FREEZER FUND UPDATE**

As of Wednesday, November 20th the total amount contributed has totaled \$18,815.00. WOW - what an amazing testimony to our Great Center and all the Patrons that support us day in and day out.

***This month's contributors are:***

Jeanette Swanson, Leon Meyer Memorial, Quilter's Group, Lowell & Kathy Johnson, Paul & Laverne Biermann, Charles Maier, Babs Middleton, Front Porch Pickers (Alan Bruflat & Jim Lindau), Marilyn & Gerald Otte, Ruth Grone Maier, Fran Poehlman, State Nebraska Bank, Bill & Jerry Sharpe, Bev Hansen, Melvin & Betty Wilson, George Burcum & Susan Boust, Jim Curtiss, ACME group, Dwaine Rethwisch, Ardyce Stanley

***Thank you! Merry Christmas!***



**This month's Health Care Opportunities**

**Friday, December 6th**

11:45 - Therapy & You

By Marci & Liz from Country view

1:1 Visit following Noon Meal

**Monday, December 9th**

9:15 Toe Nail Clinic w/ Rachael

**Wednesday, December 11th**

11:45 Nutrition Visit w/ Ann

**Thursday, December 12th**

11 to Noon Eye Glass Clinic

w/ Magnuson/Hopkins

**Wednesday, December 18th**

9:30 to Noon: Health Clinic

w/ Rhonda & Connie

**Tuesday, December 31st**

2:30 - Caregivers Holiday Gathering



**Diane Gentrup's New "Bee"ginnings**

Preschool children will be

at the Senior Center

**Tuesday, December 17th**

2 groups—One @ 10:30 & One at 12:30

Visit with Santa and enjoy watching as they sing a song or two.

Nothing is more fun than watching the excitement of children at Christmas time! Don't miss out on the fun!

**Do you remember the story of "The Night Before Christmas"????**



Fa La La La La

**MIXED UP CHRISTMAS SONGS**

**There are one or two words in the following songs titles that are incorrect**

1. Away in a Snow Bank
  2. I Saw Mommy Kissing Rudolph
  3. Jingle Night
  4. Frosty the Reindeer
  5. It's Beginning to Look a lot like Winter
  6. Silver Halls
  7. The 20 Days of Christmas
  8. What Angel is This?
  9. All I want for Christmas is My Jingle Bells
  10. Rolly Polly Christmas
  11. I'll Be Caroling for Christmas
  12. Christmas Wonderland
  13. Let it Storm! Let it Storm! Let it Storm!
  14. The First Holy Night
  15. 'Twas the Day before Christmas
  16. We Wish You a White Christmas
- \*\*\*\*\*
1. MANGER for Snow Bank
  2. SANTA CLAUS for Rudolph
  3. BELLS for night
  4. SNOWMAN for Reindeer
  5. CHRISTMAS for Winter
  6. BELLS for Halls
  7. 12 for 20
  8. CHILD for Angel
  9. TWO FRONT TEETH for Jingle Bells
  10. HOLLY JOLLY for Rolly Polly
  11. HOME for Caroling
  12. WINTER for Christmas
  13. SNOW for Storm
  14. NOEL for Holy Night
  15. NIGHT for Day
  - 16..MERRY for White

**Need Help**  
with your **Medicare**  
**Plan Comparisons**  
for Open Enrollment?



**OUR LAST OPEN ENROLLMENT ASSISTANCE CLINIC**

***Tuesday - December 3rd: 9:00 am to 3:00 pm***

Please call the center to reserve your time to visit with our Trained Volunteers. We have had a lot of interest in our Open Enrollment Dates. We will try our best to assist you with finding the best Drug prescription plan that best meets your financial & Health care Needs.

# The 'IRS of Caregiving': Information, Respite, and Support

(Part 2 of 3) Source: <https://www.caregiver.org/caregiving-101-being-caregiver>

Article written By Donna Schempp, LCSW

## RESPITE

Caregiving is often a 24/7 job, and everyone needs a break sometimes. Getting away can give you perspective and remind you that there's a world outside. Taking a respite break from caregiving can give you a chance to connect with others, share, laugh, catch up, renew. But it can also be a time for just doing things that are relaxing for you, such as reading a book without interruption, taking a nap, or going for a walk. This break is a necessary step in taking care of yourself so that you can care for someone else.

Respite can take many forms, from going away on a mini-vacation, to having someone in your home for a few hours so you can run errands or get to the doctor yourself. A local adult day care program may offer enough hours of care—including transportation—so that you can go to work or attend to your other needs and interests. Some residential facilities also offer temporary respite. There may be funds available through your Area Agency on Aging as well as organizations in your community that can help you to get the break you need (also available through the Veteran's Administration for those eligible). Faith communities, disease-specific organizations and your network of friends might be able to help.

At first, it may not feel easy to take a respite break. First, there is our own internal reluctance to leave a loved one, particularly if he or she feels abandoned if you leave. Or there is the fear that something will happen while you're away and only you know how to care for him or her correctly. You might feel guilty and not be sure you have the right to have a good time if your loved one is suffering. You may be concerned about the cost. But remember, you must care for yourself, too.

**Wayne Senior Center at Wayne, Nebraska --**

**Monthly Business Meeting**

**Tuesday, November 19, 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 October 15, 2019 business meeting were approved as presented and printed in the November 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 10-10-19 through 11-9-19 with expenses of \$3,999.54 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 [These numbers include the payment of the new refrigerator. Carol Dunning made a motion to allow Treasurer Joan Lage to transfer funds from the savings account to the regular Center checking account to cover the cost involved. Seconded by Verna Mae Baier. Motion carried.]

**Open Issues:**

1. Update on freezer project. The Wayne City Council decided to include the expertise of consultants e.g. architecture and/or engineer before making further decisions. An application has been submitted to the Legacy Fund for possible additional funds.
2. Open Enrollment for SHIP still continues. Many seniors have been assisted with these volunteers. A Big Thank to all involved in helping.
3. December Events: Dec. 2: Brunch for Lunch Dec. 3: Last day for Open Enrollment Dec. 13: Evening Meal Dec. 16: HS Jazz Choir Dec. 17: New Beginnings Santa Visit Dec. 18: Elementary Concert at 12:30 {Lunch will served at 11:45, today only} Dec. 26: Brunch for Lunch.
4. Transportation Report: A recent day of icy streets made the use of the Transit Vans very dangerous. The Vans were temporarily detained.
5. The Winter Closing procedure was reviewed. In case of inclement weather, the Senior Center and City Transit will be closed at the discretion of Coordinator Bertrand.
6. Coordinator Bertrand explained the City of Wayne rental policy concerning the Senior Center. Renting the facility does not include the use of any of the kitchen area. Someone representing the Center will need to be present during the time the Center is rented.
7. Coordinator Bertrand reported an early morning incident with a transient. Local officials were contacted.

President Burcum declared the meeting adjourned at 11:15 a.m. Next meeting will be December 17, 2019 at 10:00 a.m.

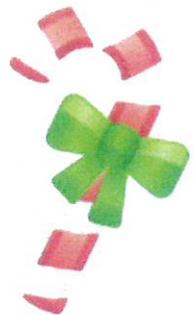
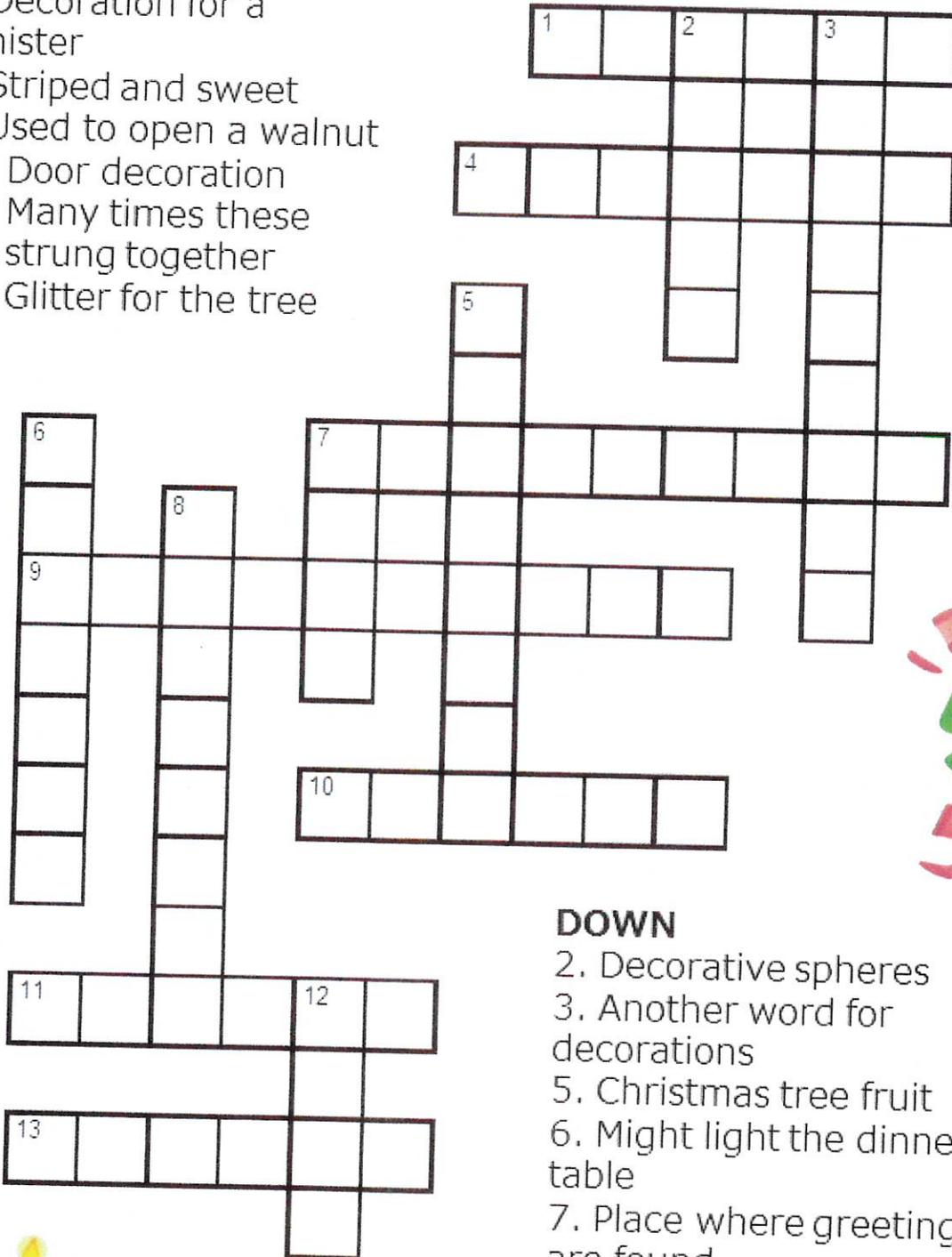
Verna Mae Baier, Secretary



# Christmas Decorating

## ACROSS

1. Used to wrap a present
4. Decoration for a banister
7. Striped and sweet
9. Used to open a walnut
10. Door decoration
11. Many times these are strung together
13. Glitter for the tree



## DOWN

2. Decorative spheres
3. Another word for decorations
5. Christmas tree fruit
6. Might light the dinner table
7. Place where greetings are found
8. Hung by the chimney
12. Might be cedar, fir or pine



# Music of the Christmas Season

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

Away in a Manger

Up On the Housetop

Silent Night

Silver Bells

God Rest Ye Merry

O Christmas Tree

Jingle Bells

Gentlemen

Joy to the World

Do You Hear What I Hear?

The First Noel

Little Drummer Boy

Feliz Navidad

It Came Upon the  
Midnight Clear

Sleigh Ride

Frosty the Snowman

O Little Town of  
Bethlehem

We Wish You a Merry  
Christmas

Santa Claus Is Coming to  
Town

Deck the Halls

Nuttin' for Christmas

Hark the Herald Angels Sing

Santa Baby

To find the answer to the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list

**Trivia:** In what Christmas song would you sing about Parson Brown, a circus clown, a bluebird, and a new bird?

**Answer:** \_\_\_\_\_



**National Chocolate Anything Day**  
**Monday,**  
**December 16th**  
 Bring your favorite Chocolate Treat to share at our 2:30 Coffee Time

**Tuesday, December 31**  
 Bring in your favorite **FINGER FOOD**  
 For our 2:30 snack time  
 To share & Bring in the New Years!



**COME JOIN US AT THE SENIOR CENTER**  
**Monday, December 23rd**

8:00 to 10:00 AM AND 2:00 to 3:00 PM

For Cookies, Coffee, Apple Cider and a little Eggnog to Bring in the Christmas Holiday  
**Wear Your Ugly Christmas Sweater Day**

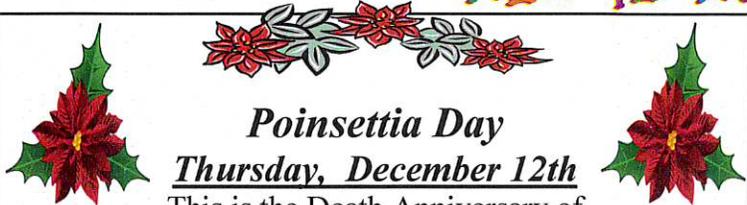
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**SLOW COOKER HOT CHOCOLATE**

- 1 1/2 Cups of Heavy Whipping Cream
- 14 oz. Container of Sweetened Condensed Milk
- 6 cups of Milk
- 1 Tsp. Vanilla
- 2 cups of milk Chocolate Chips
- (Can use part semi-sweet chocolate chips)
- Whipped Cream or Marshmallows

\*\*\*\*\*

- Put the whipping cream, sweetened condensed milk, milk, and vanilla in a 5 - quart slow cooker and whisk until blended. (If doubling the recipe, use a 7-quart or larger size.)
    - Stir in the Chocolate Chips
  - Cover and cook on low for two hours, stirring occasionally with the whisk, until the mixture is hot and the chips are melted. (If the chips aren't melting, turn to high for a short time and stir occasionally.)
  - Turn the slow cooker to a warm setting and stir before serving
  - Add whipped cream or marshmallow, as desired, to the top of each cup
- Note:** The hot chocolate can be stored in the Refrigerator for a few days and reheated. Shake or stir the mixture before heating



***Poinsettia Day***  
**Thursday, December 12th**

This is the Death Anniversary of Dr. Joel Poinsett (1799-1851), the first U.S. ambassador to the new Republic of Mexico. He introduced the native Mexican plant to America. In Mexico, poinsettias are grown year-round and can be as tall as 16 feet. There are more than 100 varieties, and the most popular colors are red, followed by pink and white, and the least favorite colors are purple, peach, and yellow. *Join us for dinner & have a chance to take home a Poinsettia Plant.*



*Sounds of the Season*

**COME AND ENJOY ALL THE WONDERFUL MUSIC AT THE WAYNE SENIOR CENTER DURING THE MONTH OF DECEMBER**  
 Remember to sign up and enjoy our delicious meals While you are here!

**Tuesday - December 3rd**

11:30 - Spotlight on Promise

**Wednesday - December 4th**

Monthly Birthday Party Day w/ Music by Connie Webber

Also enjoy Connie on Thursdays: 5th, 12th, & 19th

**Friday - December 13th**

Evening Meal Festivities

5:00 Music by the "Brass Knuckles"

Brass Ensemble from WSC

**Monday - December 16th**

11:30 - WHS Jazz Choir

**Tuesday - December 17th**

New Beginning's Pre-School Visit w/ Santa & Music

10:30 & 12:30 Groups

**Wednesday - December 18th**

12:30 Concert by Wayne Elementary Children

**Friday - December 20th**

11:30 - Holiday Cheer by Deb Dickey



With the approaching of Winter Weather Season - we want all of our patrons and staff to be safe. When there is inclement weather, the Senior Center Manager and City Administrator will make the decision on whether the center and city transit will be open and providing service to the public. If we are closed, all cancellations can be heard on KTCH. If you have a group activity or a lunch scheduled and you don't want to travel in bad weather please contact the Senior Center as soon as possible to cancel. If you are unsure that the center is open or not, again, please call the center before venturing out.



Thank you for your cooperation.





Senior Center  
Board Meeting  
10:00 am: Tuesday, Dec. 17th

**Donations (As of November 20th)**

Rick Barrelman	Hilbert & Kathleen Johs
Donna Ewing	Mardelle Brudigan
Deb Daehnke	Bev Hansen
Les Schulz	Julie Grone
Richard & Sharon Puckett	Mae Greve
Roy Gramlich	Francisco Morales
Keith Jech	Marcella Larson
Jeannine Anderson	Center's Quilt Group
Jacquelyn Owens	Darrel & Phyllis Rahn

**THANK YOU THIS MONTH TO:**

**Brookdale :** For Sponsoring our Special Luncheon Certificates  
 Our Blackout Bingo Buck & Brookdale Fun  
**Country View:** For Sponsoring our Century Club Movie Drawing & Monthly Birthday Cake  
**Wayne Greenhouse:** For our Bingo Day Bouquet  
**Providence:** For sponsoring our Bingo Day Luncheon Certificates  
**WHS & Elementary & New Beginning's** Students for their wonderful music  
**Ameritas** for helping to sponsor December Evening Meal Festivities  
**Thank you to ALL** the Volunteers that provide our Music & Educational Visits - Health Clinics and our Dedicated Kitchen & MOW Volunteers

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

Diane Bertrand	Coordinator
Carol Stephens	Operations Assistant
Misty Brasch	Kitchen & Asst. Manager
Fran Poehlman	Kitchen
Bea Kinslow	Kitchen
Roger Hochstein	Van Driver
Dan Carroll	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.

**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 accom-  
modate your transportation needs and times!!**

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



The Center will be  
**CLOSED**  
Christmas Eve Day  
Tuesday, December 24th  
**AND**  
Christmas Day  
Wednesday, December 25th

**Senior Center Hours**

**Monday – Friday**

**8:00 a.m. – 5:00 p.m.**

Meals are served at noon. If possible,  
Please make your meal **reservations &  
cancellations** one day in advance.

\$4.95 Donation Requested for over 60  
\$7.75 cost for Carry Out & Under 60

For Meals & Wheels - Congregate meals

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

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



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

