



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

January, 2020

SPECIAL EVENTS

Wednesday, 1st New Year's Day
CENTER CLOSED

No Congregate & H.D Meals,
No Van Service

Thursday, Jan 2nd

Brunch for Lunch: Serving 10-Noon

Friday, January 3rd

Monthly Birthday Party
Cake served @ Center - Noon

Monday, January 6th

9:15 Toe Nail Clinic

Tuesday, January 7th

Noon - Luncheon Certificates
By Countryview

Thursday, January 9th

Dinner Time Music by
Connie Webber

Friday, January 10th

Century Club Movie Day
Luncheon Certificates
By Brookdale

Wednesday, January 15th

9:30 to Noon - Health Clinic

Thursday, January 16th

Dinner Time Music by
Connie Webber

Friday, January 17th

11:00 to Noon

Wayne Eye Care

Monday, January 20th

Noon - Special Luncheon
Certificates by Countryview

Tuesday, January 21st

10:30 Board Meeting

Wednesday, January 22nd

WINTER WONDERLAND PARTY

11:15 - Music by Dan Kane

Noon meal Following

Thursday, January 23rd

Dinner Time Music by
Connie Webber

Tuesday, January 28th

10:00 - Caregiver Support Group

Wednesday, January 29th

12:15 - Brookdale Fun

Thursday, January 30th

4:00 to 5:00 - Health Fair
Open House

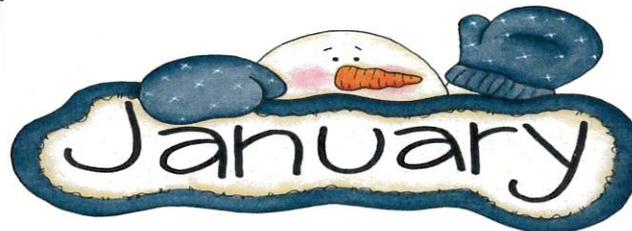
(See newsletter for details)

Friday, January 31st

Bingo Day Luncheon Certificates by
Providence @ Noon

11:30 - Deb Dickey on Piano

BINGO - Every Friday @ 1:00



What is Your New Year's Resolution

Every year, millions of people make New Year's resolutions, hoping to spark positive change. The recurring themes each year include a more active approach to health and fitness, improved finances, and learning new

things for personal and professional development. Chances are, more than a couple of the top 10 most common resolutions will look familiar to you:

1. Exercise More
2. Lose Weight
3. Get organized
4. Learn a new skill or Hobby
5. Live life to the fullest
6. Save more money & spend less money
7. Quit smoking
8. Spend more time with family and friends
9. Travel more
10. Read more.

If any of these resolutions are on your bucket list of "To - Do's" this year, let me suggest a great way that you can meet these great goals. Make it your resolution to come to the Wayne Senior Center on a regular basis. We can help you Exercise more and lose weight by joining us each morning for our "Walk a Milk Club" or even coming on Monday - Wednesday's & Fridays for our group FROG's Exercise Classes. Want to exercise your mind, there is always a puzzle to work on or our many educational and informational word find sheets. Learn a new skill or hobby by having someone teach you a card game of Hand & Foot - Pitch or Bridge.

Even try your hand at a game of pool with our Senior Pool sharks on Monday - Wednesday & Friday. Have our expert Quilters teach you the timely gift of Quilting - One stitch at a time. We are Budget Friendly with our Home cooked meals and Home Made Bread daily with only a \$4.95 Donation requested. We are a Great place to spend more times with your old friends and a great place to make new friends. Reading and even do some virtual traveling right from the comforts of your easy chair by stopping by the Library next to the center and pick up your favorite book or travel video to take home during your daily visit. Need to quit smoking - come regularly to the center as we are a Smoke Free Facility, helping you get in the cigarette free habit. So why not start the year off right. "Live life to the fullest" right here at the Wayne Senior Center! You won't be disappointed!





You're
the
Best

FREEZER FUND UPDATE

As of December 18, 2019 our total amount raised for our \$20,000.00 goal is \$19,290.00

The City of Wayne is working on final details for the Addition that is going to be built to house the new walk-in & storage room.

We are slowly creeping to our final goal and we want to thank everyone who has helped us with this much needed

Improvement to help keep the Center on the path of growth and success.

This month's contributors are:

Lee Larson, WSC Rugby Team, Phyllis & Darrel Rahn, Fern Erickson, Corliss & Ron Krusemark, Val and Bill Koeber, Les Schulz, Joan Lage, Jim Curtis, Janice Myers

Thank you and have a Happy New Year!

SNOWFLAKE SODOKU

Instead of numbers, use these letters to fill in the grid just like a regular Sudoku

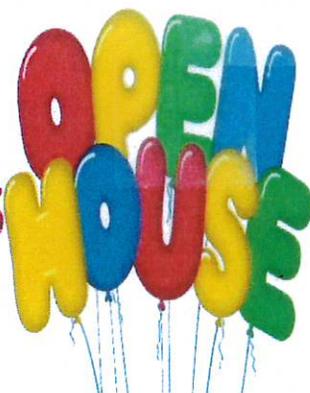
SNOWFLAKE

There is only one rule to Sudoku: Every row, column and box of 3 x 3 cells must contain Each letter shown above exactly once. Good Luck!

HARD			E			K	A	
	A			K			O	
		O		E		L		F
			W		F		N	
	E		L	S	N		O	K
					O			
		N	F		W		E	
		A				O	S	
	S					L		



Health
&
Wellness



Community
Health Fair



KICK OFF THE NEW YEAR - PLAN FOR THE FUTURE

Joint Venture with Brookdale Senior Living & the Wayne Senior Center

Open House at the Wayne Senior Center

Thursday, January 30th : 4:00 to 5:00 pm

Informational Speakers on Estate Planning; Hospice & Home Health: Resources available at the Northeast Nebraska Area on Aging, Long Term Care Planning and More.....

REFRESHMENTS & HORDERVES SERVED



Wayne Senior Center at Wayne, Nebraska --

Monthly Business Meeting

Tuesday, December 17, 2019

Wayne Senior Center President George Burcum called the meeting to order at 10:00 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 November 19, 2019 business meeting were approved as presented and printed in the December 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 11-10-19 through 12-9-19 with expenses of \$573.84 Fransisco Morales 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. Overview on New Walk - In & Refrigerator Project.: The finishing / last minute details of this project will be handled by the Wayne City Council.
2. Coordinator Bertrand presented an overview of inclement weather closings for the Center: If the Center opens late an alternative meal will be offered. (This will be with the approval of NENAAA.) MOWs will be delivered as roads and weather permit. This is for the safety of the volunteers delivering the meals.
3. Christmas Evening Meal was a success. Many attendees enjoyed the meal and program. There has been a very busy December calendar filled with many activities.
4. Holiday Hours were reviewed: The Center will be closed on December 24 and 25. There will a Brunch for Lunch served on Dec. 26. The Center will be closed on January 1, 2020 with Brunch for Lunch being served on January 2, 2020.
5. There will be a joint open house with Brookdale on January 30 from 4:00 p.m. to 5:00 p.m. More details will be presented in the January newsletter.
6. Coordinator Bertrand presented an overview of the Evaluation of Coordinator Bertrand conducted by City Administrator Blecke. Areas covered: (1) Explanation of the High Marks (2) Explanation of new objectives (3) Explanation of the suggestions for implementing new objectives and (4) Explanation of Major Strengths. All areas were rated satisfactory.
7. No additional concerns were heard.

President Burcum declared the meeting adjourned at 10:20 a.m. Next meeting will be January 22, 2020 at 10:30 a.m.

Verna Mae Baier, Secretary

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

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

Article written By Donna Schempp, LCSW

SUPPORT

You can't do it alone! And, like respite, getting support for your caregiving situation will help you take better care of yourself. The longer you are a caregiver, the more isolated you can become. How many times can you say, "I can't get together with you" before people stop calling? But this lack of social interaction will lead to poorer health for you. One reason caregivers don't get the help they need is that taking care of yourself feels like just "one more thing you have to do."

But we all need someone to talk to. Special caregiver support groups in your community or online can help to reduce the feeling that you're all alone and help you learn coping skills from others who are in similar situations.

Adding stress to an already difficult situation, caregiving can also create family discord, particularly if you feel you're not getting the help and support you need from members of your own family. Resentment can build on all sides. If you are dealing with family conflict, it might help to have a meeting.

WINTER "WORD SEARCH"



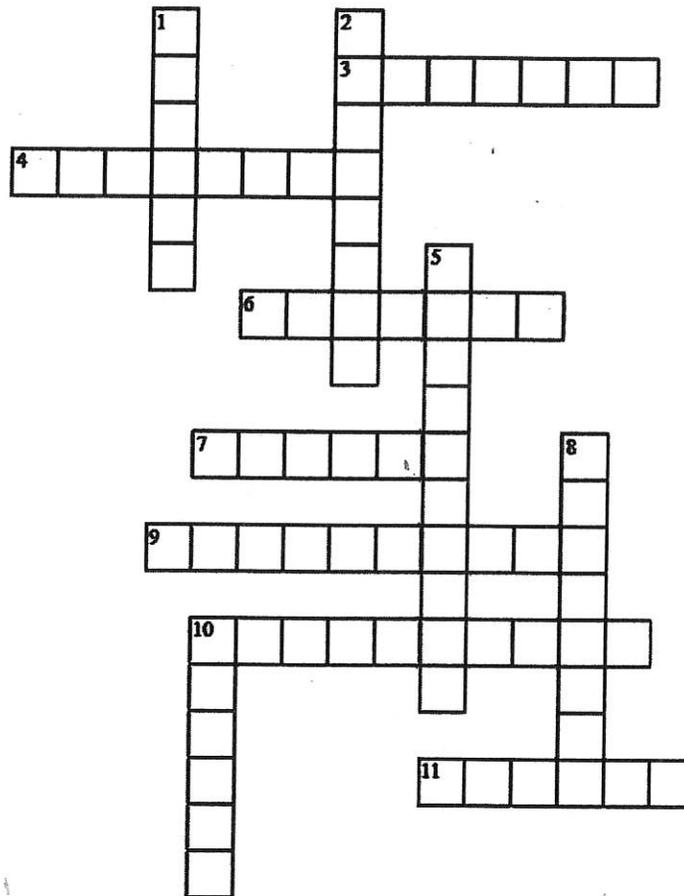
BLANKETS
BLIZZARD
BOOTS
CARDINALS
COATS
COLD
COZY
DECEMBER
EARMUFFS
FIREPLACE
FIREWOOD
FLANNEL

FLEECE
FREEZING
FROST
GLOVES
HEATER
HIBERNATE
HOCKEY
HOLIDAYS
HOT COCOA
ICE FISHING
ICE SKATES
ICICLES

MITTENS
NO SCHOOL
PENGUINS
POLAR BEAR
SCARF
SHOVEL
SKIING
SLEDDING
SLEET
SNOWBALL FIGHTS
SNOWBOARD
SNOWFLAKE

SNOWMAN
SNOWMOBILE
SNOWPLOW
SNOWSUITS
TOBOGGAN
TRAVEL
VACATION
WIND
WINTER
WOOL

New Year Crossword



Across

3. A "good luck" vegetable that is consumed on New Year's Day
4. Twelve 'o clock at night, the highest point of New Year's celebrations
6. The month that follows December 31st is
7. A ceremonial procession including people marching with bands
9. A promise to do something in the new year
10. A horn or rattle used to make noise at a party
11. People born on New Year's Day are commonly called New Year _____

Down

1. Polar Bear _____, a New Year's activity that requires you to enter into water, mainly for charity
2. The famous song, "Auld Lang Syne, commonly sung to bring in the new year originated in
5. He is the personification of time
8. Small pieces of coloured paper or streamers
10. The Iranian new year holiday is called this

Closed for New Year's Day

Join us

Thursday - January 2nd

BRUNCH FOR LUNCH

Serving from 10:00 to Noon

Pancakes (all you can eat)

Scrambled Eggs

Sausage Links

Fruit Cup

Tomato or Fruit Juice

Alternative menu for MOW



Our Health Our Care

This Month's

Health Care Opportunities

Monday, January 6th

9:15 - Toe Nail Clinic w/ Rachael

Call for a time slot

Wednesday, January 15th

9:30 to Noon - Health Clinic

With Connie & Rhonda

Blood Pressure - Blood Sugar

O2 Level - Heart Rate

Friday, January 17th

11:00 to Noon - Eye Glass Clinic

By Wayne Eye Care

Tuesday, January 28th

10:00 am - Caregivers Support Group

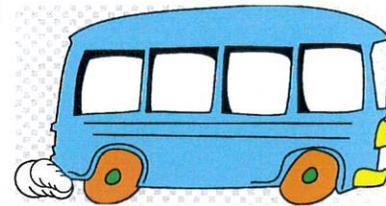
Thursday, January 30th

4:00 to 5:00 pm - Health Fair Open House

Sponsored by Brookdale Senior Living &

The Wayne Senior Center

Wayne Public Transit is a great mode of transportation for you to get to appointments & to run errands. Fee for the van is \$1.50 one way. (last ride at 4:30)



We are an on demand reservation service! **Please Note:** Availability of time for a 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

Monday through Friday

To reserve your ride call 375-1460.

SUPERSTITIONS OF THE WORLD



DO YOU HAVE ANY NEW YEAR SUPERSTITIONS??

Hear are a few strange ones you can pick from.

- Don't sweep the floor during the first day of the new year. Your may sweep out the good fortune.
 - If the first animal to cry is that of a rooster, the harvest will be poor.
- The first visitor on New Year's Day brings either good or bad luck to the household. Many people invite a respected person to be the first visitor.
- What happens on the first day of the new year will happen the rest of the year too.
 - Peruvians wear yellow underwear for good luck
 - Italians wear red underwear for good luck.
- People in Naples, Italy throw pots and pans and sometimes furniture out their windows into the streets for good luck.
- Puerto Rican children throw pails of water out windows to rid their houses of evil spirits.
- The Swiss let a drop of cream his the floor on New Year's Day for good luck

Wednesday, January 22nd

Beat the Blah's of Winter with coming to the Center

Enjoy a Bowl of Hot Vegetable Beef Soup

Homemade Blueberry Muffin

Grandma's Lime Green Jello w/ Cottage Cheese & Pears

Top it off with a Sweet Treat (Cooks Choice)

Back by Popular Demand

Enjoy the Music of Dan Kane on His Guitar @ 11:15 am

Winter Wonderland PARTY



CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787



Senior Center
Board Meeting
10:30 am: Tuesday, Jan. 21st

Donations

Francisco Moralas	Roy Gramlich
Hilbert Johs	Rick Barelmann
Les Schulz	Paul Biermann
Arlene Bennett	Mardelle Brudigan
Loren Park	Anita Fuelburth
Hollis Freese	

THANK YOU THIS MONTH TO:

Countryview: For Sponsoring our Special Luncheon Certificates & Monthly Birthday Cake

Brookdale: For Sponsoring our Century Club Movie Day Certificates, Blackout Bingo \$ & Brookdale Fun

Wayne Greenhouse: For our Bingo Day Bouquet

Providence: For sponsoring our Bingo Day Luncheon Certificates

Thanks again to Ameritas for helping to sponsor Our December Evening Meal Festivities

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

*Merry Christmas &
A Happy New Year Everyone!*

WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Asst. Manager/Head Kitchen
Carol Stephens	Office Assistant
Fran Poehlman	Kitchen Assistant
Bea Kinslow	Kitchen Assistant
Dan 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
Francisco Moralas	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.



WINTER WORD SCRAMBLE (ANSWERS BELOW: DON'T LOOK)

1. ZEEGNIRF 2. STOBO 3. KNOFSWALE
4. BLONSLAW 5. ZYCO 6. BREMCEED
7. FARMFUSE 8. STACO 9. LOVESH
10. BLOWMONSIE 11. SNAKELBT 12. STROF
13. NAMOWNS 14. SLEVOG 15. TELM
16. RETHEA 17. DELSGIND 18. ZILBZRAD
19. CISELIC 20. STEMTIN 21. FRASC
22. PREFELIAC 23. KINGSI 24. LETSE
25. HINTERABE



ANSWERS.....

1. FREEZING 2. BOOTS 3. SNOWFLAKE
4. SNOWBALL 5. COZY 6. DECEMBER
7. EARMUFFS 8. COATS 9. SHOVEL
10. SNOWMOBILE 11. BLANKETS 12. FROST
13. SNOWMAN 14. GLOVES 15. MELT
16. HEATER 17. SLEDDING 18. BLIZZARD
19. ICICLES 20. MITTENS 21. SCARF
22. FIREPLACE 23. SKIING 24. SLEET
25. HIBERNATE

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.



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