



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

February, 2020

FUN @ A GLANCE

Monday, February 3rd

9:15 - Toe Nail Clinic w/ Rachael
(Call ahead for a time slot)

Tuesday, February 4th

Luncheon Certificate drawing
at Noon: Thanks to Brookdale

Wednesday, February 5th

Monthly Birthday Party Day
Cake served @ center - Noon

Music by Connie Webber

Thursday, February 6th

Dinner time music by Connie

Friday, February 7th

American Heart Association

Wear Red Day

11:00 to noon: Spinal Screening

By Herman Chiropractic

Monday, February 10th

11:30 - Music by

Lyle Reinhardt

Tuesday, February 11th

11:45 - Nutrition Visit w/ Ann Fenton

Wednesday, February 12th

11:45 Visit w/ Karen Longe

KEL Physical Therapy

And Wellness

Thursday, February 13th

11:00 to Noon: Magnuson/Hopkins

Eye glass Clinic

Early Bird Century Club Movie Day

Luncheon Certificates : Countryview

Dinner Time music by Connie

Friday, February 14th

Valentines Dinner Celebration

11:30 - Love Songs by

Connie Krueger

Tuesday, February 18th

11:30 - Spotlight on Promise

10:30: Board Meeting

Wednesday, February 19th

9:30 to Noon Health Screening

By Connie & Rhonda

Thursday, February 20th

National Cherry Pie Day

Dinner Time music by Connie

Monday, February 24th

Luncheon Certificates @ Noon

By Brookdale

Tuesday, February 25th

SHROVE TUESDAY

11:30: Music by Deb Dickey

Noon - Brunch for Lunch

All you can eat pancakes @ center

Serving from 10 to Noon



VALENTINE'S DAY - FEBRUARY 14: HISTORY

There are two theories as to the origins of Valentine's Day.

The first theory is that it is based on the ancient pagan celebration held on February 14 as a holiday to honor the Queen of Roman goddesses and gods, Juno. Juno was also known as the goddess of women and marriage. The next day, February 15, was the first day of the Feast of Lupercalia. As part of the celebration, Young men of the villages wrote the names of every girl and placed these names in a jar, then each one drew the name of a girls. The girls were their partners for the rest of the celebration and until the next Lupercalia festival.

The second theory is that the day honors St. Valentine. Depending on the source, there were between two to 12 third-century Christian martyrs named Valentine. The two on February 14 in 269 or 279 A.D. One was a Roman priest, and the other was a bishop from the Italian town of Interamna (Latin Name; Italian name isTerni), that was about 60 miles from Rome. Some historians believe they were the same person. More is known about the bishop of Interamna. He secretly married men and their sweethearts against the orders of Roman emperor Claudius II who wanted the men to be ready for war. While Valentine was in prison, he fell in love with the jailer's blind daughter. By a miracle, she regained her sight. As a last farewell, he wrote her of his love for her and signed it

"From Your Valentine"

JUST FOR GIGGLES

- What Flowers are kissable? **TULIPS**
- Which of Santa's reindeer can be seen on Valentine's Day?



CUPID

- What can be touched but can't be seen?
SOMEONE'S HEART

Fun @ a Glance

Continued

Wednesday, February 26th

BLUE JEAN WEDNESDAY

(Birthday of Levi Strauss)

12:15 : Fun w/ Brookdale

Thursday, February 27th

11:30 - Dinner Time Music by

Connie Webber

Friday, February 28th

Noon: Providence Bingo Day

Certificates @ Noon

COME JOIN US

8:00 & 2:30 Daily - Coffee Time

1:00 Each Friday - **BINGO**

Friday - February 7th

WEAR RED DAY



This months Health Care Opportunities

Monday, February 3rd

9:15 Toe Nail Clinic

By Rachael

Friday, February 7th

11:00 to Noon

Spinal Clinic by

Herman Chiropractic

Tuesday, February 11th

11:45 Nutrition Visit w/

Ann Fenton

Wednesday, February 12th

11:45: Visit w/ Karen Longe

KEL Physical Therapy

Thursday, February 13th

11:00 to Noon

Eye Glass Clinic

By Magnuson/Hopkins

Wednesday, February 19th

9:30 to Noon - Health Clinic

w/ Rhonda & Connie



**Tuesday
February
18th
10:30 am**



VALENTINES DAY CELEBRATION

Friday - February 14th

Join us for a delicious meal of

Turkey Cutlet with

An Apricot Glaze

Baked Potato

“Romance in a Bowl” Salad

Dinner Roll

Cherry Cheesecake Dessert

Meal served @ Noon

Enjoy “Love Songs” on the Piano

by *Connie Krueger @ 11:30*

(Please make reservation by Wednesday , February 12th)

Limited Seating Available



Come join us Thursday, February 20th

And help us celebrate

National Cherry Pie Day

Serving: Homemade Chili Soup

Misty’s Homemade Honey Corn Bread

Carrot & Celery Relish Dish

Slice of Homemade Cherry Pie

With a dip of Ice cream to top it off!

SHROVE TUESDAY - FEBRUARY 25TH

Or otherwise called “Fat Tuesday” is the last day of feasting before Lent begins on Ash Wednesday (Febr. 26th) It is called so due to the tradition of eating pancakes on the day. The tradition comes from a time where any remaining rich foods were eaten on the day before Lent to use them up, and fasting begins. Pancake Tuesday is a moveable feast whose date is determined by Easter, and is celebrated exactly 47 days before Easter Sunday.

Join us for Brunch for Lunch: All you can eat Pancakes: 10 to noon



Shrove Tuesday

The Wayne City Transit

Is a great mode of transportation for you to get to appointments & to run errands!

Fee for the Van is \$1.50 on way

(Last ride at 4:30 pm)

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!

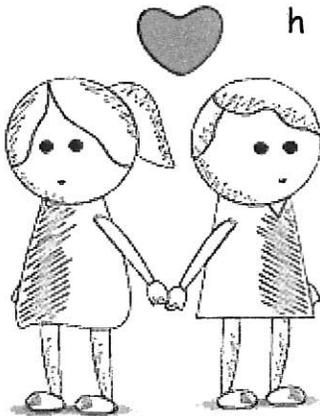
Hours of service: 8:00 am to 4:30 pm

Monday through Friday



Valentines Day

k s z i c
 k a y r p i a
 l x q q g l o v e y
 j x h a j v x g s s o w
 d m a a u a a w n k f h x
 k d i p c f l e g l y p a b t r e f n e n t l t e k y r o i
 u k c p f w e u o u m i b v e e k n a v i i a r o a a m m r
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 u h a b e n n d s d q y d w f t t n u v o w m m e g c e s p
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 j t d q c t k n h n e l b c z d r p z g
 h a w k i l j h z j w k a p i y k x
 e u m t t l l l n r s r w y u q
 a d m r n e g u h s i y q j
 r n w e a y f r d n m e
 t e y m m v b e g u
 c i u w o q r i
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admirer
 chocolate
 february
 gift
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 pink
 roses
 sweetheart

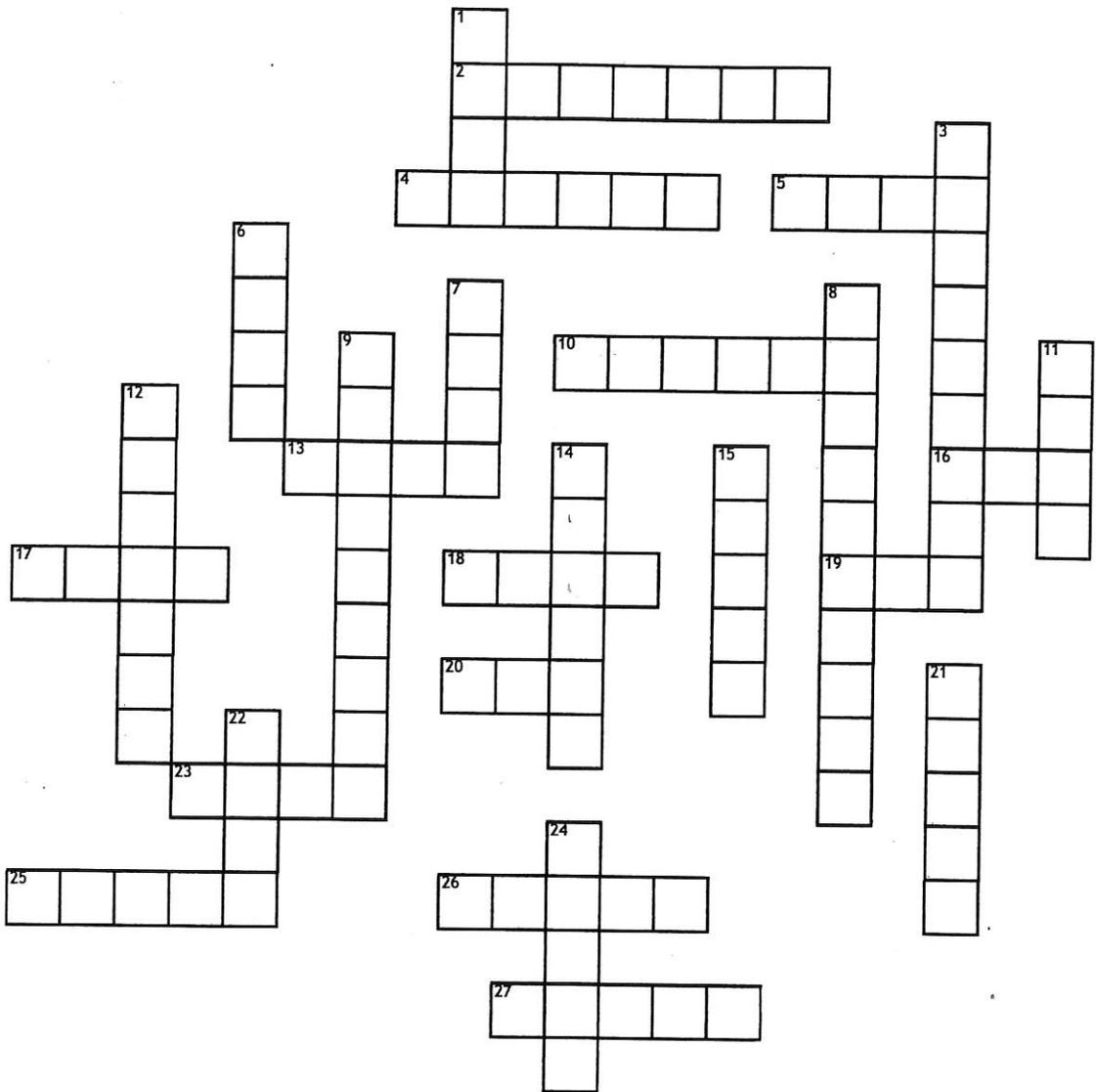
candy
 cupid
 flowers
 greeting
 love
 red
 saint
 tradition

card
 day
 fourteenth
 happy
 mine
 roman
 sentimental
 valentine

caring
 feast
 friend
 heart
 party
 romantic
 sweet



Valentines Day



Across

2. A secret _____ may give you an anonymous present
4. Something often written on Valentine Day cards (2 words)
5. Flower of love
10. A pair
13. Valentines Day emotion
16. Embrace
17. A genre of writing that often rhymes
18. Josph and _____
19. Valentines Day color
20. Adam and
23. Type of bird that is often associated with Love
25. Italian word for love
26. Symbol of love
27. Louis's love of his life

Down

1. Romantic appointment
3. Old word for engaged
6. Boaz and _____
7. Agape
8. Diamonds are a girls _____ (2 words)
9. A Valentines Day treat
11. _____ and kisses
12. Isaac and
14. Ralph's better half
15. What cupid shoots
21. Pastor Jay's sweetheart
22. And the greatest of these is _____
24. Abraham and

Wayne Senior Center at Wayne, Nebraska --

Monthly Business Meeting

Tuesday, January 21, 2020

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 and Board Member: Fransisco Morales Absent: Treasurer, Joan Lage.

The minutes from the December 17, 2019, business meeting were approved as presented and printed in the January edition of The Senior Star in a motion made by Carol Dunning and seconded by Fransisco Morales. Motion carried. In the absence of Treasurer Joan Lage Coordinator Bertrand presented the Treasurer Lage's report for 12-10-19 through 1-9-20 with expenses of \$278.82. 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 Wayne City Council has awarded the bid. A pre-construction meeting will need to be held with the contractor / engineer / and architect. The Legacy Fund will be contributing to the Fund; the exact amount has yet to be determined. The Board members had a discussion concerning the freezer warranty. The Board members unanimously made a motion to purchase the freezer from Lawlers using the funds available.. It is expected to have the finishing touches of installation completed by the end of June.
2. Details were presented concerning the open house with Brookdale on January 30.
3. Coordinator Bertrand informed the Board of an upcoming sight visit from the Department of Roads. The exact date to be announced later.
4. Coordinator Bertrand attended a NENAAA Planning Committee on January 16. This was for FY21. Projected figures were presented.
5. Coordinator Bertrand will be attending a NATP 2020 Legislative Day on March 9. This will held in Lincoln, NE.
6. Coordinator Bertrand reinforced the specifics of inclement weather closings. Listen to Wayne Radio KTCH. (1590, 104.9 or 98.9) Decisions are made early in the morning.
7. No additional concerns were heard.

President Burcum declared the meeting adjourned at 10:55 a.m. Next meeting will be February 18, 2020 at 10:30 a.m.

Verna Mae Baier, Secretary

10 Ways to Prevent Wandering (Part 1: 1-5)

WebMD Medical Reference Reviewed by Lisa Bernstein, MD

Wandering is a risk associated with many conditions, such as autism spectrum disorder, Down syndrome, and dementia (which can result from Alzheimer's disease, stroke, head injuries, and Parkinson's disease).

Whatever the condition, the anxiety for caregivers is the same. It can become overwhelming. You may jump out of bed at every creak in the night, worried that your mom has walked out of the house. You may no longer take your son with autism to the mall, because losing sight of him for even a split second is so terrifying. You may not live with the loved one, so you may need a tracking service that will alert you when he has left his home unattended.

Of course, no one can watch another person every second of every day. We're only human, and even the best and most dedicated caregiver can't fully prevent wandering. But by following some of the tips below, you can boost your loved one's safety. What's more, you can feel a lot more confident and a lot less anxious.

1. **Secure your home.** To prevent wandering, you may want to install new locks on your doors and windows that your loved one can't open easily. If you can put them high up, they're less likely to be noticed or reached. Depending on your situation, you may also need to install bars on windows. Buying motion detectors can alert you when someone opens an outer door. A simpler solution to prevent wandering: Hang bells on the doorknobs.
2. **Make sure the person always carries ID.** It won't prevent wandering, but making sure your loved one has ID at all times is crucial. Keep in mind that keeping an ID in a person's wallet isn't enough, because he could remove it, either deliberately or accidentally. Medical ID jewelry – like a bracelet or pendant – is a good idea. You could also consider sewing identification into your loved one's jacket. Another option: temporary tattoos. They're available in kits and give basic information about the person's health condition, along with space for your phone number.
3. **Dress your loved one in bright clothing.** If it's reasonable and your loved one doesn't mind, consider dressing her in clothing that's easy-to-see from a distance. This can be a good way to prevent wandering if you're planning to be in a crowd.
4. **Put up a fence.** It can be expensive, but putting up a fence – with secured gates -- can prevent wandering while allowing your loved one a way to get some fresh air.
5. **Use radio tracking devices.** Bracelets or other jewelry with radio transmitters can be a big help. Some are short-range and designed so that caregivers can monitor the person themselves. Some sound an alarm on both the bracelet and a base unit when the person gets too far away. Others are services that charge a monthly fee and use devices to pinpoint the person's location. The company can track her and will work with local law enforcement, or the organization Project LifeSaver, to get her back to you.



Monday - February 17th

1. Who was the first President born a U.S. Citizen?
 2. Whose wife banned dancing in the White House?
 3. Who fathered 15 children (8 with his first wife, and 7 with his second wife)
 4. Who is on the nickel and \$2.00 bill
 5. Who is on the Penny
 6. Who is on the Quarter
 7. Who was the first President to give a speech on TV
 8. He became first Vice-President and President without being elected
 9. Who is on the dime
 10. Who was the first President to visit all 50 States
 11. Who served only one month of his term
 12. Who founded the democratic Party
- *****

ANSWERS

1. Martin Van Buren 2. James K. Polk 3. John Tyler
4. Thomas Jefferson 5. Abraham Lincoln
6. George Washington 7. Harry S. Truman
8. Gerald Ford 9. Franklin D. Roosevelt
10. Richard Nixon 11. William Harrison
12. Andrew Jackson



SATURDAY - FEBRUARY 29TH

Roman general Julius Caesar introduced the first leap years more than 2,000 years ago. But the Julian calendar had only one rule: any year evenly divisible by four would be a leap year. Leap years are needed to keep our modern day Gregorian calendar in alignment with the Earth's revolutions around the sun. It takes the Earth approximately 365.242189 days or 365 day, 5 hours, 48 minutes, and 45 seconds - to circle once around the sun. However, the Gregorian calendar has only 365 days in a year, so if we didn't add a leap day on February 29 every four years, we would lose almost 6 hours off our calendar every year.

Did you know? In Ireland, Leap Day was when women could ask men to marry them. If the men refused, they were charged a fine!



Birthday of Levi Strauss
Wednesday, February 26th
 Wear your Favorite
Blue Jeans

A LITTLE HISTORY OF THE LINCOLN



The Lincoln Penny was first issued in 1909 to commemorate Abraham Lincoln's 100th birth anniversary. It was the first American coin with a Presidents image on its face. Victor David Brenner, the designer of the coin, used a photograph from February 1864 of Lincoln for his design. There was some controversy about the Lincoln Penny. Some people were upset that the Indian Head Penny which had been in circulation since 1859 was replaced. Others felt a man of Lincoln's importance deserved to be on a higher denomination than a penny. (His image first appeared on the five dollar bill in 1914).

The counter argument was that Lincoln was the common people's President.

So the penny was an appropriate choice.

CHERRY—GLAZED CHOCOLATE TORTE

- | | |
|-----------------------|-------------------------|
| 1/2 c. butter, melted | 1/2 c. flour |
| 1 c. sugar | 1/2 c. cocoa |
| 1 tsp. vanilla | 1/4. tsp. baking powder |
| 2 eggs | 1/4 tsp. salt |

Cream butter, sugar, vanilla and eggs together in a mixing bowl. Combine the dry ingredients well, then add to the creamed mixture. Beat until well blended. Spread in a greased flan or spring form pan. Bake 305 degrees for 25-30 minutes. Will be fudgy and will not test done. Cool, then remove from pan and put on a cake plate.

CREAM LAYER:

- 1 - 8 oz. package Cream cheese, softened
- 1 c. powdered sugar

COMBINE WELL: GRADUALLY FOLD IN:
 1 c. Cool Whip



CAREFULLY, SPREAD ONTO THE TOP OF THE CHOCOLATE LAYER.

CHERRY LAYER:
 1 can cherry pie filling
REFIGERATE UNIL TIME TO SERVE.
GREAT VALENTINE'S DAY TREAT



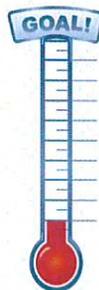
FREEZER UPDATE:

Final Donations for our Freezer Project

Thank You this month to:

- Julie Grone - Pete & Julie Reeg
- Donna Lundin - Doris Daniels
- Corliss & Ron Krusemark
- Hollis Frese Memorial
- Mardelle & Delvin Mikkelsen

Projected start of Construction is February 17th to be Completed by May 15th
Final Details will be in the March Newsletter



CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787

This Months Donations

Francisco Morales Roy Gramlich
Herb Biermann Mardelle Brudigan
Anita Fuelberth Arlene Bennett
Gerald & Marilyn Otte Paul Biermann

THANK YOU THIS MONTH TO:

Brookdale: For Sponsoring our Special Luncheon Certificates & Black out Bingo Buck & Brookdale Fun

Countryview: For Sponsoring our Century Club Movie day Luncheon Certificates & Cake for our Monthly Birthday Party

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

Music this month is provided by:

Connie Webber - Lyle Reinhardt - Connie Krueger - Spotlight on Promise and WSC Students - Deb Dickey - Susan Boust

You all help make the Wayne Senior Center A Great Place to Be!

WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Assistant Manager/Head Kitchen
Carol Stephens	Office Assistant
Fran Poehlman	Kitchen Assistant
Bea Kinslow	Kitchen Assistant
Frank Sheda	Van Driver
Roger Hochstein	Van Driver
Dan Carroll	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.



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

With Winter Weather Season upon us - 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 - please call the center before you come!**



PANCAKE TRIVIA

1. 349 of these were done in two minutes
2. This is the most popular topping.
3. These people account for eating the most pancakes in the US
4. Olney, England has hosted this Annually since 1445.
5. Nance Green was the first "Real Life" Aunt ____ at the Columbian Expo in Chicago in 1893.
6. The world's biggest Pancake measured 49 plus ____ and weighed 6,614 pounds.
7. This type of pancake is served during Hanukkah.
8. What is McDonald's Breakfast sandwich that uses two Pancakes?
9. Pancakes were invented as a way of using up leftovers before this Christian Season
10. International Pancake Day is also know as ____ Tuesday.
11. 60 Huge pancakes made up the Largest ____ of pancakes.
12. What is Mrs. Butterworth's First Name?
13. The first "Ready to ____" food to be sold commercially was Aunt Jemima pancake flour in 1889.

(ANSWERS BELOW)

Senior Center Hours

Monday – Friday

8:00 a.m. – 5:00 p.m.

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

\$4.95 Donation Requested for over 60 For both Congregate & Meals on Wheels \$7.75 cost for Carry Out & Under 60 Meals

For van transportation or meal reservations call 375-1460.

ANSWERS TO PANCAKE TRIVIA

1. FLIPS 2. MAPLE SYRUP 3. SOUTHERNERS
4. PANCAKE RACE 5. JEMIMA 6. FEET
7. POTATOE 8. MCGRIDDLE 9. LENT
10. SHROVE 11. STACK 12. JOY 13. MIX