



**OUR GENEROUS DONATIONS**

- Mary Calhoun      Brian & Sara Nelson
- Charles & Ruth Maier      Karen Granberg & Kris Kinzie
- Roy Gramlich      Linda Teach      Bev Hansen
- Ron & Sandra Wriedt      Janet Bull      Ardyce Stanley
- Fritz & Joann Temme      Ginney Otte      Ginger Nelson
- Janis Meyers      Butch Carlson      Connie Webber
- Marcella Larsen      Loren & Dot Park
- Bev Ruwe      James & Sharyn Page
- Nicole Bigley      Bonnadell Koch

Wayne Greenhouse—For the Veterans Day Carnation  
Deb Daehnke—For all our Wonderful Tomatoes

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**MEMORIAL DONATION**

From Misty Brasch & Family in Memory of her  
Mother—Sally Boyd

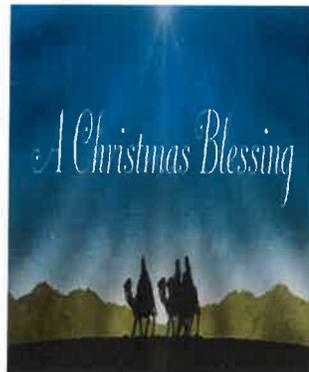
**THANK YOU TO ALL OF OUR FAITHFUL  
VOLUNTEERS**



**NOTE: This months Newsletter will be shortened.  
Diane had to leave unexpectantly to be with her  
Mother. Will return to full Newsletter next month.  
Thank you and have a Very Merry Christmas**

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

- Diane Bertrand      Manager
- Misty Brasch      Assistant Manager/Head Kitchen
- Fran Poehlman      Kitchen Aid
- Bea Kinslow      Kitchen Aid
- Frank Sheda      Van Driver/Asst.
- Roger Hochstein      Van Driver
- Dan Carroll      Van Driver
- Denny Spangler      Van Driver
- Phil Does      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.



**The Wayne Public Transit**  
*A COMMUNITY SERVICE FOR ALL*  
Open for transportation  
Monday through Friday  
8:00 am to 4:00 pm (Only)  
We are an On-demand service with  
reservations . Call: 375-1460  
Please schedule trips and appointments  
Accordingly to hours of operation  
\$1.50 Fare for each stop  
**COVID PROTOCOLS IN PLACE  
TO PROTECT BOTH THE  
DRIVERS AND PASSENGERS**



**A LITTLE BIT  
OF  
CHRISTMAS  
TRIVIA**

**CHRISTMAS TREE TRIVIA**

- The Top five most popular Christmas tree varieties  
BALSAM FIR, FRASER FIR, SCOTCH PINE,  
DOUGLAS FIR & COLORADO BLUE SPRUCE  
**DID YOU KNOW??**
- The top three Christmas songs that are covered by  
musicians: SILENT NIGHT, WHITE CHRISTMAS &  
JINGLE BELLS

**POINSETTIA TRIVIA FOR THE DAY**

Each Holiday season, three-quarters of the poinsettias that are sold are red, followed by pink and white. There are more than 100 varieties, and the least favorite colors are purple, peach, and yellow. In Mexico, poinsettias are grown year-round and can be as tall as 16 feet.

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*“ People are like stained glass windows. They sparkle and shine when the sun is out, but when the darkness sets in , their true beauty is revealed if there is a light from within.” Elizabeth Kubler-Ross*

**Senior Center Staff Hours  
Available to take your calls**

**Monday – Friday  
7:00 am to 4:00 pm**

**For Curb Side Delivery or Meals on Wheels  
Delivery—Please call by noon the day before!  
Suggested Contribution remains:**

**\$4.95 for 60 & up**

**DECEMBER HOURS AND SERVICES  
WILL REMAIN THE SAME**

**Meals on Wheels delivery leaves the Center  
At 11:00 am. For curb Side pickup meal  
Reservations—Drive to the West Side of the  
Building between 11:15—11:30 am**

*If you are unable to be out and about and would  
like a meal delivered directly to your home by our  
Great Volunteers—give us a call  
and Visit with Misty or Diane for Details!*



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

# Tips for Caregivers During the Holidays

## Part 2

### 6. Anticipate holiday hot buttons

Are there holiday activities or toxic relatives that trigger stress or unhappy memories? Perhaps feelings of grief or loss overcome you at certain times of day. Do unhelpful relatives arrive for the holidays and criticize your caregiving? Maybe old family issues inevitably flare up at gatherings. It may be best to limit your exposure to — or even avoid — certain places, events, conversations or people. If you can't do that, prepare yourself. Minimize the drama; don't try to resolve problems over the holidays. Instead, try short encounters and develop quick exit strategies. Mentally put yourself in a protective bubble, letting negative energy bounce off without hurting, annoying or distressing you.

### 7. Mind your mindset

Negative thinking actually activates your body's stress response, so steer your mind to the positives when you start down that slippery slope. Try to stay mindful, concentrating on the present moment. Think about what you can accomplish instead of what isn't getting done; celebrate what your loved ones can do, rather than dwelling on what they can no longer participate in; revel in the holiday joys you experience instead of focusing on those you bypass; appreciate the help you are receiving rather than resenting those who aren't supportive.

### 8. Keep self-care at the top of the list

As caregivers, we give and give and give, and during the holidays we give even more. All that giving can leave you running on empty, with high stress levels or even full-on burnout. Be aware of emotional ups and downs, fatigue, foggy thinking, inability to sit still or the opposite — feeling frozen and unable to get anything done. These red flags have to be dealt with, but when we're busy it's easy to let self-care slip — just when we need it most. Find ways to fill your tank. Get plenty of sleep. Walk with loved ones in a decorated shopping mall, dance to holiday music, stretch or do jumping jacks while watching holiday movies. Enjoy holiday goodies, but be aware that too many sugary treats can make your energy crash later. Be aware of unhealthy coping skills, like overeating or drinking too much. Get outside for some mood-elevating vitamin D from sunlight, or consider therapeutic lighting if you suffer from Seasonal Affective Disorder. Relax with some holiday-scented aromatherapy to soothe and boost your mood.

### 9. Connect with other caregivers

Other caregivers are feeling many of the same emotions you are, even when others don't understand. Connect to share your feelings and get tips for holiday survival. If it's difficult to get to a caregiver support group due to holiday business or weather, try online message boards or social media groups.

### 10. Ask for help

Even if you don't normally do so, the holidays are a great time to get some extra help — even a few hours can be a huge relief. Family and friends can help with holiday preparations. A personal assistant or concierge can complete items on your holiday to-do list or handle personal things like organizing mail or running errands. Get someone to clean the house or catch up on laundry. Ask family and friends to help with direct care for your loved ones, or try community resources like adult day care centers, in-home or facility-based respite care, or paid home health aides/caregivers.

Remember, you'll be happier if you can go with the flow and expect that there will be some delays, a crisis or two and maybe some disappointments. Our family spent Christmas in the hospital with my dad one year when he was sick. We made the most of it with decorations and music and festive hats and antlers. The hospital prepared a darn good holiday meal for us, too. The bottom line is that this time is precious. Savor the moments with your loved ones and make good memories you can cherish forever.

**Wayne Senior Center at Wayne, Nebraska --  
Monthly Business Meeting  
November 13, 2020**

The monthly meeting of the Wayne Senior Center was called to order at 10:30 a.m. by President George Burcum. Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum, Vice President: Carol Dunning, Treasurer: Joan Lage, and Secretary: Verna Mae Baier Absent: Board Member: Fransisco Morales. A greeting card for Fransisco was signed by all present.

The minutes of the October 21 meeting were approved in a motion by Carol Dunning and seconded by Joan Lage. Motion carried. Treasurer Joan Lage presented the Treasurer's report for 10-10-20 through 11-9-20 with \$12.57 in expenses. Verna Mae Baier made a motion to approve the payment of these expenses and to accept this financial report. Seconded by Carol Dunning. Motion carried. The Senior Center appreciates all the kind words of encouragement and financial donations.

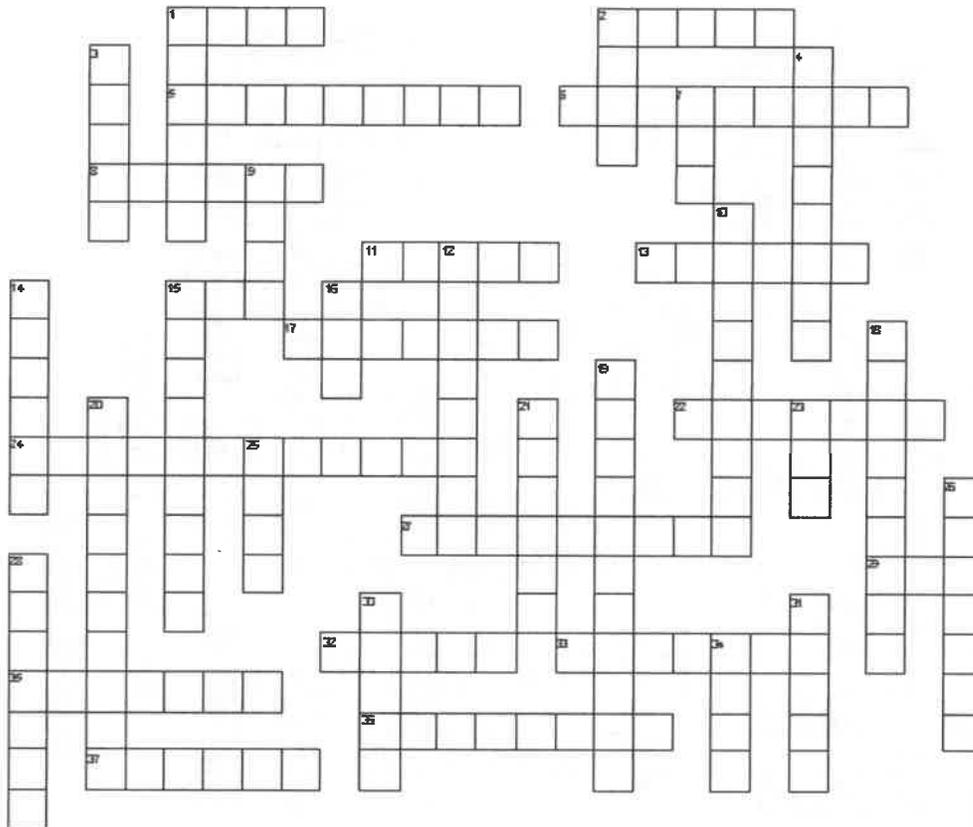
**Open Concerns:**

1. Holiday Monthly Schedule: Center will be closed Nov. 26 & 27.
2. Additional Holiday Schedule: Center will be closed Dec. 24 & 25.
3. Senior Center staff has had some absenteeism with COVID19.
4. A help wanted ad will be place in the local paper for additional MOW delivery people.
5. CPR Training for all staff will be completed on Nov. 25.
6. Recognition will be given for Caregiver Appreciation Month. COVID has made caregiving even more challenging.
7. Bingo Winners: MOW: Jeannine Anderson, Sharon Denker, Marcella Larsen and Pat Sherry. Black Out winner was Marcella Larsen. Drive Thru: George Burcum, Mae Greve, Phyllis Rahn, Darrel Rahn, and Carolyn Linster. Black Out winner was Delmar Heithold.
8. For weather announcements concerning closings, meal delivery and meal pickups, everyone should listen to Radio Station KTCH.
9. Coordinator Bertrand presented information on Food Planning during the Coronavirus Pandemic. Generous donations have been received from Orphan Grain Train. This greatly helps with food planning and expense. The Board unanimously approved the schedule of meal preparations, meal limits, and serving preparations. Time is always of the essence
10. On Veterans' Day 83 meals were served.
11. Mens Bathroom renovation is now complete.
12. Information for employees' benefit (zoom meeting) for all city employees was recently presented to the Senior Staff . This concerns paid sick leave, expanded family and medical leave.
13. No additional concerns were presented.

*Meeting adjourned at 11:15 a.m.*

Verna Mae Baier, Secretary

# Merry Christmas!



## ACROSS

- 1 The mother of Christ.
- 2 People often mail these to friends and acquaintances.
- 5 Santa's home and workshop are located here.
- 6 Traditional red-and-white-striped candy.
- 8 Santa's vehicle.
- 11 A Christmas song.
- 13 \_\_\_\_\_ Christmas.
- 15 If you \_\_\_\_\_ a live Christmas tree, you must throw it out after the holidays.
- 17 A treat commonly left for Santa.
- 22 They followed a star to find the Christ child.
- 24 The night before Christmas.
- 27 Decorations commonly hung on trees.
- 29 The color of Rudolph's nose.
- 32 \_\_\_\_\_ Claus.

33 Kris \_\_\_\_\_.

35 A "door" for Santa.

36 St. \_\_\_\_\_.

37 These electric decorations were introduced as a safe replacement for candles on Christmas trees.

## DOWN

- 1 Baby Jesus had this for a bed.
- 2 Naughty children may find a lump of this in their stockings.
- 3 "not a creature was stirring, not even a \_\_\_\_\_."
- 4 People who go door to door singing Christmas songs.
- 7 If you \_\_\_\_\_ a live Christmas tree, you may plant it after the holidays.
- 9 Another word for present.
- 10 These should be hung by the chimney with care.
- 12 The animals that travel with Santa.
- 14 Christmas Eve services are held here.

15 "I'm dreaming of a white \_\_\_\_\_."

16 A colorful decoration often added to the top of a package.

18 Angels announced Jesus' birth to these people.

19 These spicy holiday cookies are often shaped as people.

20 This type of Christmas tree may be used year after year.

21 A round object often hung on a door.

23 A small person who helps Santa.

25 Santa's preferred beverage.

26 He guided Santa's sleigh one foggy Christmas Eve.

28 String this to decorate the Christmas tree.

30 Old \_\_\_\_\_ Nicholas.

31 \_\_\_\_\_ Christmas!

34 One of the three gifts the wise men brought to the Christ child.

# Twelve Days of Christmas

1

6

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

10

12

2

4

3



11

CALLING BIRDS  
CHRISTMAS  
DAYS  
DRUMMERS  
DRUMMING  
FRENCH HENS  
GEESE

GOLDEN RINGS  
LAYING  
LEAPING  
LORDS  
MAIDS  
MILKING  
PARTRIDGE

PEAR TREE  
PIPERS  
PIPING  
SWANS  
SWIMMING  
TURTLE DOVES  
TWELVE

8

9

7

5