



The Senior Star

410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

January, 2021



January 1st, 2021!! Yes, I guess the picture above sums up everything pretty well (LOL) Remember, you always have Friends right here at the Wayne Senior Center. We are only a call away—ready to lend a hand, give a cheerful Hello and throw out lots of Air Hugs.

HISTORY OF NEW YEAR

Until 1900, it was customary to wear black on the last day of the year as a sign of mourning for the ending of the year. At midnight, everyone held a feast and changed into white clothing to welcome the New Year.

In Germany, guns were used to fire salutes from the hour before midnight until morning. The group would stand outside the bedroom window of someone's house, recite the New Year's hymn, and then the guns were pointed to the sky and fired. This would wake up anyone inside and the group would be invited in to eat cakes, pies, and other delicacies. This continued throughout the night as they traveled from home to home.

In order to "Let out the old", people in some countries opened their front and back door to let the chilly air flow through. They would honor the chill that swept through their houses.

The Tournament of Roses began in 1889 in Pasadena, California. Pasadena had just had a devastating real estate crash and residents wanted to show the nation the amazing climate where roses could grow in the winter. All floats were buggies pulled by horses. The first cars were allowed in the parade in 1901, and by 1920 all parade floats were motorized. The first football game was held in 1902, and the first rose queen was crowned in 1905.



New Year's Day Traditions

- * Eat black-eyed peas to bring happiness and health throughout the year
- * Eat lobster for good health and happiness
- * Eat sauerkraut to keep well the rest of the year
- * Money cooked in black-eyed peas means you will have money all year
- * If you wash your clothes, you will wash someone out of your family
- * If you cry, you will be sorry throughout the year
- * Make sure your salt shakers are full, so you prosper throughout the year
- * Don't do anything that you don't wish to do all year
- * Always wear something new for good luck during the new year!

"New" Word Game

All answers contain **NEW** in them. Answers on the back of the page.

- 1) Largest city in Louisiana whose Mardi Gras festival is attended by thousands of visitors each year
- 2) Part of the Bible that tells of the birth and life of Jesus
- 3) Northeastern state whose capital is Concord
- 4) Name of President Franklin D. Roosevelt's program to pull the U.S. out of the Great Depression
- 5) Recently delivered baby
- 6) Largest city in the U.S. and home of the Empire State Building
- 7) Recent arrival to a community
- 8) Capital of India
- 9) Television or radio personality who broadcasts the news
- 10) State on the East Coast of the U.S. whose nickname is the Garden State
- 11) Another name for the Western Hemisphere which includes North and South America
- 12) Recently married person
- 13) Southwestern state called the Land of Enchantment because of its beauty and rich history
- 14) Word for current information and recent happenings



New Year's Resolutions

Top 10 New Year's Resolutions

1. Eat Healthier

The number 1 resolution most every year is to eat healthier. More than 2/3 of American adults are overweight or obese, so it comes as no surprise that diet is the first thing that people want to tackle. The key to success is to start small and change one behavior at a time.

2. Exercise More

You can tell by the popularity of the gym after the holidays that working out more is a common resolution. People struggle to prioritize their fitness against work, family, and everyday life. So be sure to outline your goals in detail and stick to it.

3. Save Money or Spend Less

About 1/3 of Americans make this their goal: get out of debt or bulk up their savings account. So, set a budget, track your spending, and use cash when possible.

4. Learn Something New

If you've always wanted to learn a new language, acquire a new skill, or pick up a new hobby or craft, you could be one of the 25% who make this their resolution.

5. Quit Smoking

Many resolutions are concentrated on letting go of bad habits, like smoking. There are plenty of tools to help you quit: nicotine patches, gum, and other replacement therapy. On average, smokers try about four times before they quit for good.

6. Read More

The library gets busy after the first of the year. About 17% of people vow to pick up more books this year and will be looking for good titles.

7. Change Jobs

It may not seem like it with the amount of complaining that occurs, but most Americans like their jobs. Only about 15% want a change.

8. Drink Less

About 15% of people resolve to give up alcohol. This can be very difficult, so find a support group, take it in baby steps, and consider taking up a new hobby to distract you.

9. Spend More Time With Family & Friends

About 13% of Americans vow to appreciate loved ones and spend more time with them in the new year.

10. Get Organized

Being tidy is a trend these days whether it is your desk, closet, or kitchen. Pick up Marie Kondo's book "The life-Changing Magic of Tidying Up" for some tips.

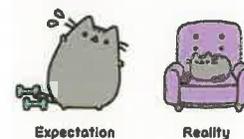
Answers to the "New" Word Game

- | | |
|------------------|----------------|
| 1) New Orleans | 8) New Delhi |
| 2) New Testament | 9) Newscaster |
| 3) New Hampshire | 10) New Jersey |
| 4) New Deal | 11) New World |
| 5) Newborn | 12) Newlywed |
| 6) New York City | 13) New Mexico |
| 7) Newcomer | 14) News |

Top 10 Most Commonly Broken New Year's Resolutions

1. Lose Weight and Get Fit
2. Quit Smoking
3. Learn Something New
4. Eat Healthier and Diet
5. Get Out of Debt and Save Money
6. Spend More Time with Family
7. Travel to New Places
8. Be Less Stressed
9. Volunteer
10. Drink Less

New Year's Resolutions



Fun Idea for New Year's Survival Kit

- Toothpick** Reminds you to pick out the good qualities in others
- Rubber Band** Reminds you to be flexible; things may not always be the way you want, but they will work out
- Pencil** Reminds you to list your blessings every day
- Eraser** Reminds you that everyone makes mistakes and it's okay
- Chewing Gum** Reminds you to stick with it and you can accomplish anything
- Mint** Reminds you that you are worth a mint
- Peppermint Patty** Reminds you to keep your cool
- Snickers** Reminds you to keep your sense of humor
- Candy Kiss** Reminds you that everyone needs a kiss or hug every day
- Tea Bag** Reminds you to relax and go over that list of blessings
- Confetti** Reminds you to have fun



**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
December 15, 2020**

The monthly meeting of the Wayne Senior Center was a virtual meeting with President George Burcum. Senior Center Coordinator: Diane Bertrand, Vice President: Carol Dunning, Treasurer: Joan Lage, and Secretary: Verna Mae Baier Absent: Board Member: Fransisco Morales.

The November minutes were approved as published in the December issue of the Newsletter. Treasurer Joan Lage presented the Treasurer's report 11-10-20 through 12-9-20 with \$187.00 in expenses. The payment of these expenses was approved virtually (motion by Verna Mae Baier and seconded by Carol Dunning. Motion carried) and this financial report was accepted. The Senior Center has received many kind words of encouragement and financial donations. All these are greatly appreciated.

Open Concerns:

1. With the increase in Covid cases in our area, a City Mask Mandate has been put in effect for all places open to the public. The Center staff members are working to follow safety protocols. The City has provided signs to post on doors for any public person that enters the building must be wearing a mask. The Center continues to not be open to the public.
2. Holiday Schedule: Center will be closed Dec. 24 & 25 and January 1, 2021
3. A City Audit was completed at the beginning of this month. NENAAA and NDOT files from the Center were taken to the City offices for audit. No significant concerns were noted.
4. The City Transit remains in operation with safety protocols in place. Ridership is down with College break and public school break. Community Activity Center has canceled its afterschool program which also affects afterschool rides.
5. On Fridays when meals are not offered, time is spent on extra projects and office work. All patrons may ask for additional meals if they so desire on the Thursdays before the Friday when meal service is not provided. The Staff continues to be at the office between 7:00 a.m. and 4:00 p.m. on Monday through Friday to take phone calls and meal reservations.
6. Staff members have been on leave because of deaths in their families. The staff has also been affected with Quarantines because of the Covid pandemic.
7. On a positive note: we are still able to be open and offering daily meals to our beloved seniors. The Center is very grateful to be able continue to reach out to all the individuals that are in need of a hot home cooked meal and a friendly hello from the Center.
8. For weather announcements concerning closings, meal delivery and meal pickups, everyone should listen to Radio Station KTCH.
9. No additional concerns were noted.

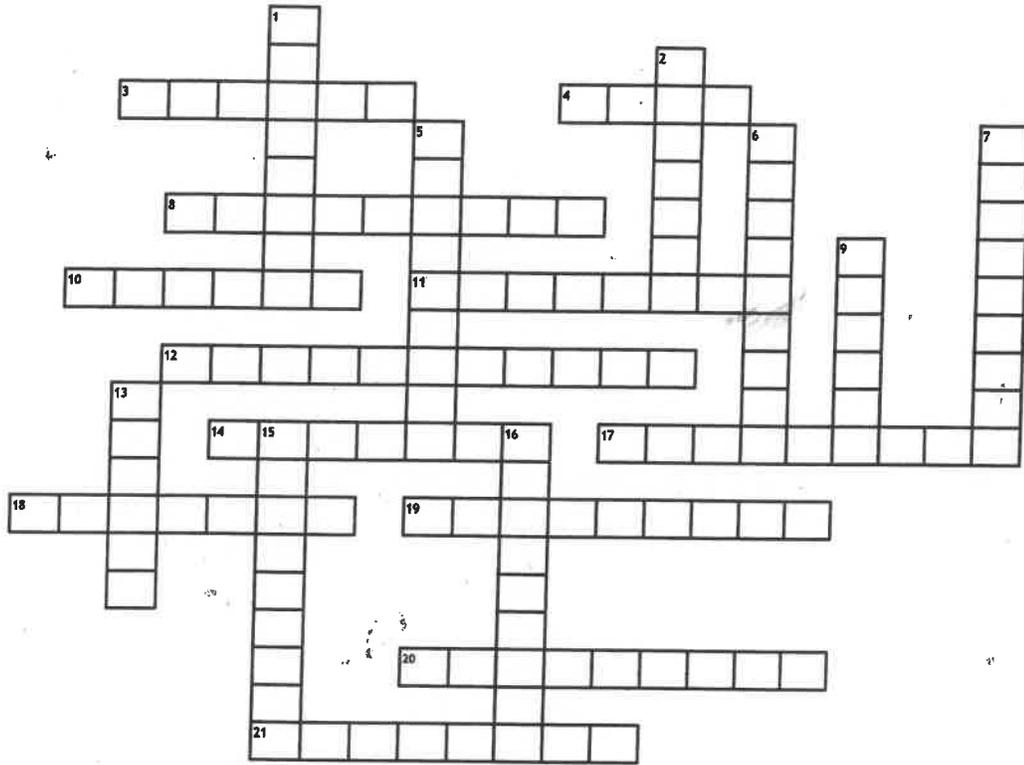
Verna Mae Baier, Secretary

January Word Search

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

Wool Wood Stove Wintertime Windy Wind Thermal Storm Snowstorm
Snowflake Snowboard Snow Slippery Sled Ski Scarf Polar Mittens
Melt Jack Frost Jacket Icy Ice Skates Ice Hot Chocolate Heater Heat
Frost Frosty Frostbite Freezing Rain Freezing Fireplace Fire earmuffs
Comforter cold coat Chill Blizzard Blanket Black Ice Bitter Cold
Below Zero Arctic

WINTER WONDERLAND



Across

- 3. RIDE DOWN
- 4. SCENT
- 8. FUN WITH THE ONE YOU LOVE
- 10. WARM
- 11. UNSTABLE
- 12. DIGITAL

- 14. BURL IVES
- 17. INACTIVITY
- 18. STARTS WITH HOLIDAY
- 19. RELAXING AMBIANCE
- 20. DESIGN
- 21. GAMES

Down

- 1. CAN'T SEE
- 2. TO KEEP WARM
- 5. WE ALL DREAD
- 6. WHITE AND RED
- 7. NO 2 ARE THE SAME

- 9. ELSA AND ANNA
- 13. TASTES GREAT WITH AMARETTO
- 15. CYCLONE
- 16. NORTHERN HEMISPHERE

WORD SCRAMBLE

- 1. ECOOKI _____
- 2. GOGGEN _____
- 3. NBREAIDRGG _____
- 4. NTSIEMT _____
- 5. TOSEPTNAII _____
- 6. OTGGONAB _____
- 7. TWERHA _____
- 8. RFPAAEILC _____
- 9. OTH EHOCLTAO _____
- 10. CASFR _____

Top Ten Things For Caregivers To Start Doing for The New Year

By: Gary Barg, Today's Caregiver Editor-in-Chief

1. Keep records of all medications and reactions: make notes about what works, what doesn't and when you informed the physician of any problems.
2. Keep records of all doctor appointments: the reason for the visit, the doctor's responses to our concerns, any procedures performed, etc.
3. Start or continue to maintain copies of medical records for your loved one, and for yourself, as well. These will be beneficial should a grievance arise or if there are questions about medical histories.
4. Plan for the unexpected: discuss plans and wishes of everyone involved in the caregiving family. Talk about final resting places and what arrangements your family will want.
5. Have an Advance Directive filled out and given to the primary physician and all relatives who may need the form.
6. Have a Last Will and Testament completed or updated: without a signed Will, the courts will decide how to distribute the possessions of your loved ones.
7. Keep a record of where all-important documents are kept. When an emergency or tragedy occurs, locating information should not be where we spend our thoughts and energies.
8. Record all monetary involvements: investments, resources creditors, debtors, business transactions, etc.
9. Have an insurance analysis done: is your home, life and health insurance still appropriate for your family's needs? What about the insurance policies for your loved ones? Do you all have enough coverage to take care of any eventuality? Do you have provisions for Long Term Care? For respite care? Is your house adequately covered given the state of the weather patterns?
10. Clean out the medicine chest. Look for expiration dates on all medicine, and check with your doctor about previous medications which will either be harmful with current prescriptions or which are no longer effective for your or your loved one. Not only will you save space, you might also save a life.



When the Weather Gets Cold, Don't Forget to Warm Up!

Colder weather means some changes to how we exercise. Of course it's harder to motivate yourself to get outside for a run or bike ride when the temperature drops, and the shorter days compress our schedules, but there are changes in your body that affect your ability to exercise too. For many people with arthritis or other joint problems, cold weather brings more complaints of pain. To stay warm, our bodies narrow blood vessels to reduce blood flow to the skin, and more superficial muscles. That means that there is an increased risk of muscle strains in the cold. There is also an increased strain on the heart because of the narrowed blood vessels. This isn't to say that you shouldn't be active outdoors in the cold, it just means you may have to make a few changes to your routine. Here are a few to consider:

Warm up right

A good warm up is always important, but because of the tendency for joints to be stiffer, and blood flow to muscles to be reduced in the cold, it's even more important that you do it right this time of year. To start, do something to get your heart rate up a bit, maybe a brisk walk or light jog. Follow that up with a dynamic warm up rather than static stretches. This could include walking or jogging while pulling your knees up high to your chest. Maybe some high kicks in front of you with straight knees to get your hamstrings loosened. A walking lunge with an upper body twist can get your whole body moving. Cater your warm up to what you have planned in your workout. If you're not sure how it should look, ask your physical therapist!

Dress right

Dressing in layers allows you to adjust your insulation to your activity level. After you warm up, you might want to take off a layer to avoid getting too hot during your main activity. You'll have it there later to put back on when your activity level drops and you start getting too cold. Don't forget about the sun either - just because it's cold doesn't mean the UV rays are gone. Sunscreen and sunglasses aren't just for the summer. A lip balm with SPF can protect you not only from the sun but from the wind too.

Stay hydrated

Drink water before, during, and after your workout. The temperature may be down, but you'll still sweat and you'll still lose water vapor in your breath. The drier air in winter lets your sweat evaporate more quickly, so it's easy to underestimate how much fluid you've lost.

Cool down

When you're done, don't rush to get inside and crawl under a blanket. Cool down properly. Keep moving with a walk or another form of active recovery to let your heart rate come down. After exercise is the right place for static stretching. You can also head inside for some foam rolling or self massage.

The days being shorter and the temperatures being lower don't mean you're stuck inside for all of your exercise. If you follow these tips, you can safely keep moving outside. If you'd like a customized warm up or cool down, or have questions about your exercise routine, your physical therapist is a great person to ask!

Karen Longe, Doctor of Physical Therapy, is the founder of **KEL Physical Therapy & Wellness** in Wayne, NE. She enjoys helping people get back to activities that they love to do NATURALLY using her manual therapy skills, dry needling, powerful education and instruction in corrective exercises. She is passionate about educating and provides monthly workshops open to all. For more information on her services contact her via phone at 402-999-4564, Karen@KEL-PTwell.com, or visit KEL-PTwell.com or her business Facebook page.

PLEASE NOTICE

Friday—January 1st & 15th & 29th

The center **will not** be preparing Meals on Wheels or Drive through Meals

Staff will be available to take your calls on Friday, Jan. 15th and 29th between the hours of 7:00 am to 4:00 pm

ALL PATRONS:

You will have the opportunity to receive 2 meals on Thursday—Jan. 14th and Jan. 28th

If you so choose.

Please notify the center by the **Tuesday** before if you would like an extra meal prepared & delivered on those days!

PLEASE NOTE: Due to the New Year's Holiday—the Center will not be open for meals & transit on Friday, January 1st

2021
Happy New Year

Auld Lang Syne

Robert Burns sent the poem “Auld Lang Syne” to the Scots Musical Museum in 1788, indicating that it was an ancient song but that he’d been the first to record it on paper. The phrase translates literally to ‘old long since’, but roughly translates as ‘for old time’s sake’ or ‘the olden days’. The words have stayed the same throughout the years, but the original tune was lost.

Historians believe that Scottish immigrants brought Auld Lang Syne to North America when they arrived in the 19th century. It became an international favorite in 1929 when it was played at New York City’s Roosevelt Hotel on New Year’s Eve. It was radio’s first nationwide broadcast and listeners loved the song.

Auld Lang Syne is typically sung at New Year’s Eve celebrations to recognize old friendships that have stood the test of time as the new year begins. Traces of the original Scots language is there, but today’s lyrics are easier to sing.

January 6th– Epiphany

This day celebrates the visit of the Magi to the baby Jesus and marks the end of the holiday season. It is also known as the Twelfth Day, Three Kings Day, or the Feast of the Magi. In Spain, children receive their gifts from the Wise Men. They leave their shoes on the windowsills full of straw for the Wise Men’s horses. A tradition is baking a cake with a bean in it, and whoever finds it in his or her piece will have good luck.

Games Multiple Choice Quiz

- 1) What year was Yahtzee invented? 1946 1956 1966
- 2) How many dice are used in Yahtzee? 4 5 6
- 3) What year was Battleship invented? 1931 1941 1951
- 4) Where was Parcheesi created? France India Spain
- 5) The inventor of the card game, UNO, was a . . .
Farmer Chef Barber
- 6) The video game, PAC-MAN, was first released in 1980 in which country? Japan United States Canada
- 7) In the game, Monopoly, what color are the properties of Boardwalk and Park Place? Purple Green Blue
- 8) How many spaces are there on a Monopoly board?
36 40 44
- 9) In the game of Scrabble, the letter Z tile is worth how many points? 5 8 10
- 10) In a game of chess, this piece has the combined movement of the pawn, rook, and bishop. King Queen Knight

Find the answers on the bottom of the page!



Benefits of Playing Games

Here we are at the end of a most unusual year. Now we are at a time of year that so many hold dear. It is a month of traditions and togetherness. One thing that brings people together, brings out a little competitiveness, and offers a great challenge is a game. The benefits of playing games are many: reduce boredom, provide social engagement and intellectual stimulation, increase concentration, use memory and reasoning skills, and relieve stress. Here are some different types of games and examples:

- ⇒ **Dice Games** Bunco, Yahtzee, Liar’s Dice, Farkle
- ⇒ **Card Games** Gin Rummy, Bridge, Go Fish, Crazy Eights, Old Maid, War, Uno, Skipbo
- ⇒ **Word and Number Games** Crossword puzzles, Word searches, Sudoku, Boggle, Scattogories, Scrabble, Bolderdash
- ⇒ **Outdoor Games** Croquet, Bocce, Pickleball, Shuffleboard, Horseshoes, Badminton, Beanbag Toss, Frisbee Golf
- ⇒ **Board Games** Checkers, Chess, Dominos, Backgammon, Monopoly, Trouble, Jenga

Games Quiz Answers

- 1) 1956
- 2) 5
- 3) 1931
- 4) India
- 5) Barber
- 6) Japan
- 7) Blue
- 8) 40
- 9) 10
- 10) Queen



Thank You



OUR GENEROUS DONATIONS

Doris Daniels	Jane Ahmann	Roy Gramlich
Sr. Center Quilt Group—(Gerald & Kahleen Muller)		
Charles & Ruth Maier	Darrel & Phyllis Rahn	
Rita McLean	Janet Bull	Bonnadell Koch
Fritz & Joann Temme	Anita & John Fuelberth	
Art & Mae Greve	Jim & Lynette Joslin	Keith Jech
Donna Lundin	Alvin Anderson	Sharon Denker-
Glennadine Barker	Janis Myers	Ardyce Stanley
Ron & Sandra Wriedt	Ginney Otte	Marcella Larson
Janice & Jim Mitchell	Bev Ruwe	Loren & Dot Park
Sara & Brian Nelson		

MEMORIAL DONATIONS

Toots Justis : In memory of Doris Lutt
Julie Grone: In Memory of Diane's Mother
Lois (Witte) Jensen

THANK YOU TO ALL OF OUR FAITHFUL VOLUNTEERS

Thank You



A special Thank From Diane for all the Kind Words and Memorial gifts for her mom's passing. My mom held me when God Brought me into this World and I was able to be with her and hold her when God took her from this world.

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.
Halie Chinn	Dispatch/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
No need to warm your car—Let us pick you up at your door And safely take you where you need to go!

Use those leftover Candy Canes to make some: CANDY CANE COOKIES

- * 3 candy canes
- * 1/2 cup butter, softened
- * 1 cup sugar
- * 1/2 tsp. vanilla extract
- * 1 egg
- * 1 1/2 cups flour
- * 1/4 tsp. salt
- * 1/4 tsp. baking powder
- * 1/4 cup Powdered sugar

- 1) Grease the baking sheets
- 2) Place the candy canes into a plastic, zipper-closing bag and finely crush the candies using a rolling pin
- 3) In a large bowl, cream the butter and sugar together then stir in the vanilla and egg
- 4) In a separate bowl, add the flour, salt, baking powder and baking soda and mix together
- 5) Stir the dry ingredients into the large bowl and mix well, then add the crushed candy canes
- 6) Pour the powdered sugar into a small bowl. Roll a heaping teaspoon of dough into a ball then roll it in powdered sugar.
- 7) Bake at 350 degrees for 9 to 11 minutes or until the bottoms begin to barely turn brown. Cool cookies about 3 minutes before transferring to a cooling rack

YEILD: 2 DOZEN COOKIES

Remember: " Life is what you bake it!"

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

JANUARY 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.