



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

February , 2021

Happy February Everyone! All of us at the Wayne Senior Center are praying you are doing well and hopefully seeing a light at the end of a very dark 2020. We have tried to distribute an informational sheet to all of our Senior Center Patrons on the Availability of the COVID-19 Vaccination. If you have not received any information and need assistance—please call the Center and we can give you any updates we may have.

HISTORY OF VALENTINE'S DAY

Valentine's Day has a vague origin, but one thing is certain: It's old. One theory dates it to ancient Rome and a priest named Valentine who performed marriages in violation of the Emperor's orders. The Emperor had forbidden marriages out of fear that men would not leave their wives to fight in the army. Another theory is that Valentine's Day originated from the Roman festival of Lupercalia on February 15th. It included a tradition of men selecting names of women to be their partners at parties for the next year. One theory dates back to medieval England when people believed that birds began their mating on February 14th.



Top Valentine Candy

It comes as no surprise that the most popular Valentine's Day candy is chocolate. Specifically the kind that comes in a heart shaped box! Red and Pink M&Ms are a close second.

Cartoon Couples

Can you guess the special someone of the person listed? Answers on the next page

1. Dagwood
2. Dennis the Menace
3. Donald Duck
4. Barney
5. Fred
6. Superman
7. Mickey Mouse
8. Popeye
9. Tarzan
10. Charlie Brown



Valentine's Traditions

- ◆ Valentine's Cards— This tradition dates back to 1415 when the Duke of Orleans sent romantic verses to his wife on Valentine's Day.
- ◆ Gifts- In the U.S. chocolate and roses are the top gifts.
- ◆ X— Why is X a kiss? This came from medieval legal practices. It was customary to place the sign of St. Andrew (a cross) after the signature on important documents. Then the signer would kiss it as a guarantee of faithful performance of his obligations. Often the cross was drawn hurriedly and looked like an X.
- ◆ Kissing— Some say it is a ritual of ancient times when people believed the air they exhaled had magic power. The thinking is that when men and women kissed, it mingled their souls.
- ◆ Raggedy Ann— The legend says that a little girl found a rag doll and her father added buttons for eyes, painted on a nose, and added a smile. They called the doll Raggedy Ann, and she was said to carry a special message of love in her heart. When the young girl died, her father was devastated, but he knew how loved the doll was, so he began writing the stories that were eventually published. The first Raggedy Ann dolls were sold in 1915. Some say that a candy "I love you" heart was sewn into each of the first dolls. No one ever found candy, but there were thick cardboard hearts sewn inside the first dolls that could be felt when the dolls were hugged.

Chocolate Truffle Recipe

- 3/4 cup butter
- 3/4 cup Hershey's cocoa
- 14-oz. can sweetened condensed milk
- 1 Tbsp. vanilla
- Coca or powdered sugar



- 1) Melt the butter in a heavy saucepan over low heat. Add the cocoa and stir until smooth.
- 2) Blend in the sweetened condensed milk and stir constantly until the mixture is thick, smooth, and glossy, about 5 minutes.
- 3) Remove from heat and stir in the vanilla. Chill for 3-4 hours.
- 4) Shape into 1 1/4 inch balls and roll in cocoa or powdered sugar.
- 5) Chill 1 to 2 hours. Store refrigerated.



President's Day History

Up until 1968, the birth anniversaries of Abraham Lincoln (February 12) and George Washington (February 22) were celebrated in states as holidays. On June 28, 1968, President Lyndon B Johnson signed the Monday Holiday Law which established Monday observances of Washington's Birthday, Memorial Day, Labor Day, Columbus Day, and Veteran's Day regardless of when the traditional dates were. The new law went into effect in January 1971. Veteran's Day has since reverted to its traditional date of November 11. The third Monday in February was re-named as President's Day to honor all former U.S. Presidents.

Presidential Facts

- ◆ Four presidents were born in the month of February: George Washington, Abraham Lincoln, William Harrison, and Ronald Reagan.
- ◆ George Washington's Farewell Address has been read in Congress on February 22 since 1862.
- ◆ Thomas Jefferson spoke six languages.
- ◆ William Henry Harrison was President for only 31 days. He died of pneumonia.
- ◆ Jimmy Carter was the first President born in a hospital.
- ◆ George H.W. Bush survived four plane crashes during World War II.

Presidential Pets Trivia

How well do you know the past Presidents and their pets? Answers on the next page

1. This President had a pony named Macaroni for his daughter, Caroline.
2. John Quincy Adams had the most dangerous pet of all the Presidents. What was it?
3. William H. Harrison had these two farm animals at the White House.
4. James Buchanan was given a herd of these from the King of Siam. He kept one of them at the White House.
5. This President goes down in history for having the most pets at the White House including snakes, a badger, bears, a lion, and more, as well as regular pets.
6. Woodrow Wilson had a herd of these to help with lawn care to cut down on the budget during tough times.



Answers to Cartoon Couples

- | | |
|-------------|---------------------------|
| 1. Blondie | 6. Lois Lane |
| 2. Margaret | 7. Minnie |
| 3. Daisy | 8. Olive Oyl |
| 4. Betty | 9. Jane |
| 5. Wilma | 10. Little Redheaded Girl |



Groundhog Trivia Quiz

Answers on the next page

1. Another name for a groundhog is:
 - a. Hogwarts b. Bunkey c. Woodchuck
2. Groundhogs have teeth that keep growing. Therefore groundhogs:
 - a. go to the dentist regularly
 - b. Wear down their teeth by chewing
 - c. Have dentures
3. The underground place where groundhogs live is called a:
 - a. hoghouse b. den c. townhouse d. burrow
4. During hibernation, groundhogs fall into a very deep sleep and their heart rates slow and body temperatures can drop to just below freezing. Hibernation takes place from:
 - a. February 2 to February 4
 - b. September through March
 - c. June to July
5. When groundhogs are born, they are blind and have no fur. The female nurses them for 6 weeks, and then when they can eat on their own, she will:
 - a. take them to a pediatrician
 - b. enroll them in nursery school
 - c. move each cub to a different den and check in periodically
6. Although groundhogs do not generally come out of hibernation until spring, the official date for Groundhog Day is:
 - a. February 2 b. March 17 c. December 24
7. The Punxsutawney Spirit newspaper is credited with printing the first news observance of Groundhog Day in:
 - a. 1993 b. 1492 c. 1886
8. What is your prediction for this year's Groundhog Day:
 - a. Phil will see his shadow
 - b. Phil won't see his shadow



**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
January 19, 2021**

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.

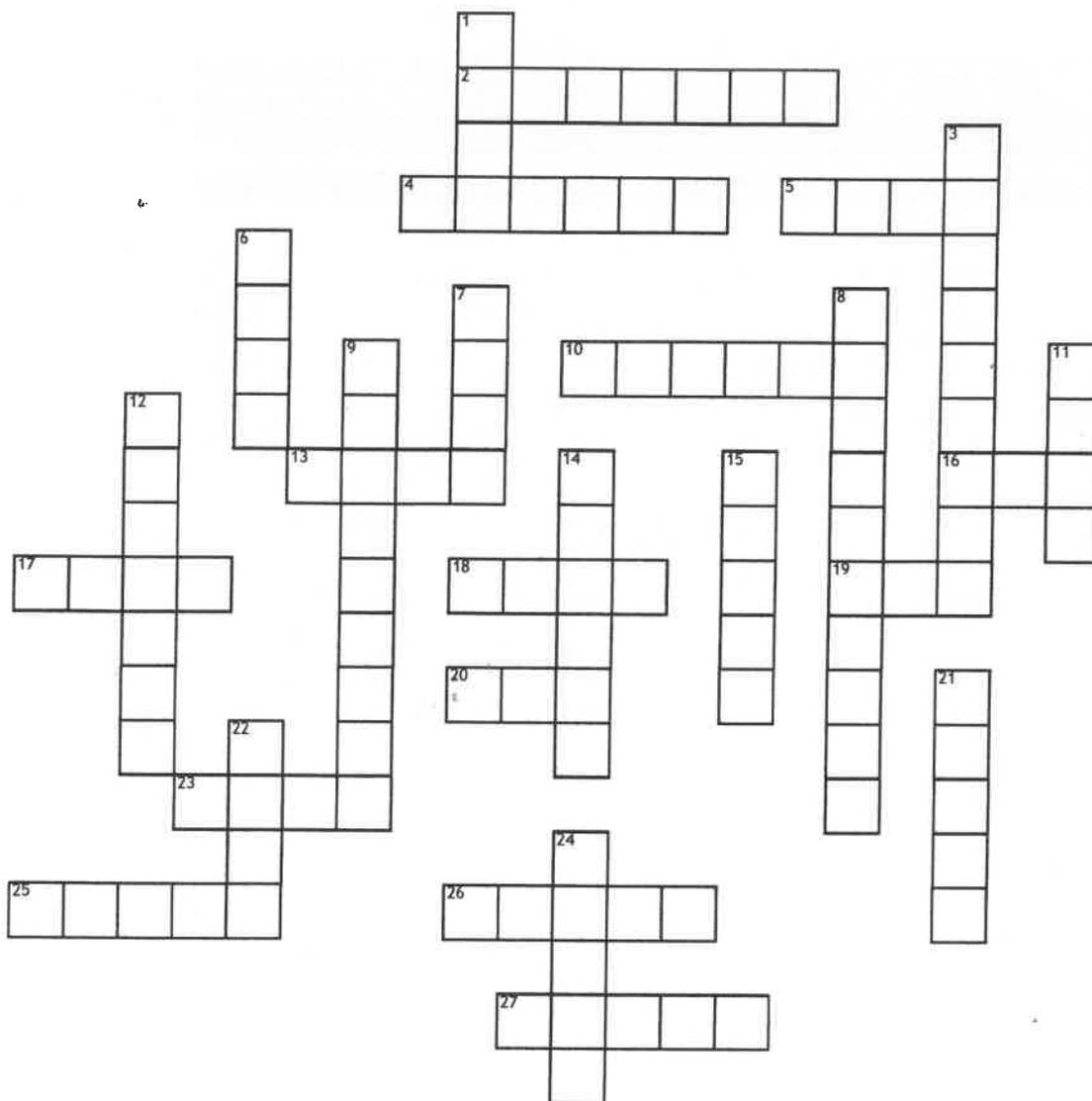
The December minutes were approved as published in the December issue of the Newsletter. Treasurer Joan Lage presented the Treasurer's report 12-10-20 through 1-9-21 with \$120.21 in expenses. The payment of these expenses was approved virtually (motion by Verna Mae Baier and seconded by Carol Dunning. Motion carried) and this financial report was accepted. The Wayne Senior Center continues to receive kind words of encouragement and financial donations. These are greatly appreciated.

Open Concerns:

1. Everything is staying about the same with weather impacting drive through and the delivery of meals on wheels. It has been decided that from now through the end of winter weather, all meals should be picked up on the south side of the building. This will avoid traffic problems getting up the alley way on the west side.
2. Continue to listen to Radio KTCH for weather related announcements. Please note that if the Center is closed- the meal scheduled for that day will be pushed to the next day; that meal will then be cancelled. A lot of prep work is done the day ahead of time for our meals and this allows the Center to use what has already been started.
3. COVID continues to affect both the Senior Center and the City Transit staff. COVID protocols are followed as outlined by the CDC and the Public Health Department. Thanks to the unaffected and available staff for stepping up and filling in where needed.
4. 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.
5. The current sound system has been overviewed by Mid States Audio. They will be sending an estimate on replacing the old sound system with a new and better sound system. The technician felt it would be a simple installation. This improvement estimate should be available in the near future.
6. Correspondence has been received from NENAAA and the local Public Health Department with information concerning COVID 10 vaccinations for our senior population. An informational sheet was handed out to the meals on wheels recipients and drive though patrons concerning this information. Please call the Senior Center office for any further questions.
7. No additional concerns were noted.

Verna Mae Baier, Secretary

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

Presidents of the United States



Find the last names of America's presidents:

Washington

Adams

Jefferson

Madison

Monroe

Adams

Jackson

Van Buren

Harrison

Tyler

Polk

Taylor

Fillmore

Pierce

Buchanan

Lincoln

Johnson

Grant

Hayes

Garfield

Arthur

Cleveland

Harrison

Cleveland

McKinley

Roosevelt

Taft

Wilson

Harding

Coolidge

Hoover

Roosevelt

Truman

Eisenhower

Kennedy

Johnson

Nixon

Ford

Carter

Reagan

Bush

Clinton

Bush

Obama



Tips for caregiving during the coronavirus pandemic

By American Heart Association News

Careful planning, focusing on mental health and enforcing infection prevention practices are critical for caregivers in the era of COVID-19. Deborah Dunn, national president of the Gerontological Advanced Practice Nurses Association, offers this advice:

- Try to get 90-day supplies of prescriptions; use a pharmacy with a drive-through or delivery service.
- Review home care supplies such as distilled water for CPAP machines, incontinence garments, and supplies for chronic conditions such as diabetes or lung disease.
- Find out if doctors are doing telemedicine visits. And, if so, how.
- Learn what may still require in-person medical visits and how those are conducted, such as having a test done or blood drawn.
- Talk to health care providers about plans or strategies to monitor chronic conditions.
- Coordinate ongoing home health care visits and learn the infection prevention steps. Ask about virtual visits.
- Reinforce infection protection practices like social distancing and proper hand-washing.
- Discuss health care system preference if hospitalization becomes necessary.
- Keep key documents, such as medical histories, medical information release forms and advance directives, easily accessible for an emergency. Better yet, have everything on a USB flash drive that can be easily transported and updated.
- Help devise a plan for you both to stay healthy that includes exercise, nutrition, hydration and adequate sleep.
- Limit news intake about the coronavirus to an hour or two a day. Continuous news updates appear to cause more anxiety.
- Focus on joy and gratitude; provide hope and assurances that "this too shall pass" and "we are in this together."
- Encourage hobbies such as sewing, gardening or puzzles, and find ways to ease stress such as meditation or prayer. Provide access to mental health support if needed.
- Celebrate birthdays, anniversaries, past achievements and other happy occasions or memories.

When your loved one lives separately:

- Maintain physical distancing; avoid or minimize physical contact.
- If you need to have physical contact, wash hands and wear a mask and gloves.
- Deliver groceries, prescriptions and other supplies; provide surprise, cheerful "care packages."
- Make sure your phone number and those of other emergency helpers are handy.
- Set a time when to regularly connect by phone or video call; encourage your loved one to reach out and provide support to others.
- Reinforce the importance of staying home, avoiding unnecessary close contact with others and washing hands after touching outside items such as deliveries and mail.



Finally, Some Good News About Back Pain

Back pain is a huge problem in developed nations worldwide. It has or will affect most of us. The current estimate is that 80% of people will experience back pain at least once. It is the single biggest cause for disability, the third most common reason for doctor visits, and one of the most common reasons for missing work.

It's also expensive. Back and neck pain makes up the biggest healthcare expense in the US, totaling \$134 billion spent in 2016. The next two most expensive conditions were diabetes — \$111 billion in spending — and ischemic heart disease at \$89 billion.

Diabetes and heart disease being so expensive to treat doesn't surprise most folks - they can both lead to other major problems, require long term medication, could require surgery, and both can be fatal. Back pain won't kill you, usually doesn't require long term medication, and usually doesn't require surgery either. Why is it so expensive?

The first reason is that it's so common. The second reason is that our current system isn't very good at treating it. Current recommendations include starting with activity modification, and active treatments like physical therapy. Research backs this up, showing better outcomes and lower costs with early physical therapy. Unfortunately, only 2% of people with back pain start with physical therapy, and only 7% get to physical therapy within 90 days. At the same time, a study looking at about 2.5 million people with back pain in Journal of the American Medical Association showed that 32.3% of these patients received imaging within 30 days of diagnosis and 35.3% received imaging without a trial of physical therapy. BOTH of these things GO AGAINST current practice guidelines for treatment of back pain.

A new pilot program being rolled out by TRICARE, the insurance system used throughout the US military is waiving the payment owed by the patient for up to three physical therapy sessions in an attempt to improve the use of what the Defense Health Agency calls "high value" treatment for low back pain. The theory is that once a person sees some benefit from physical therapy treatment, they're likely to go back for more. This is the "try it before you buy it" approach - think of the 7-day free trial Netflix offers, free samples poured in wineries and craft breweries, or the folks you see standing around in grocery stores with food on toothpicks (pre-COVID). TRICARE's data seems to indicate that it works just as well for healthcare as it does for other businesses. In a press release they state that once people attend one session of physical therapy, they're likely to go back for more, no matter what their co-pay is. But TRICARE found that higher co-pays could be a barrier to people trying that first visit. For the group of patients with the highest co-pays in the system, only 38% of the people prescribed physical therapy attended the first visit. That's about half the rate of attendance found in the lowest co-pay group.

The fact that such a major insurer is looking into the value of physical therapy is great news for everyone. If TRICARE can show that lowering the cost of physical therapy for patients can improve outcomes and save insurance companies money, other major insurers will likely follow. This could improve the lives of millions of people every year while reducing the huge cost of treating low back pain for the country. That seems like a win for everyone involved.

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—February 12th & 26th

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

Staff will be available to take your calls on Friday, Feb. 12th and 26th between the hours of 7:00 am to 4:00 pm

ALL PATRONS:

You will have the opportunity to receive 2 meals on Thursday—Feb. 11th and Feb. 25th

If you so choose.

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



Norman Rockwell

American artist Norman Rockwell was born on February 3, 1894. During his career, he illustrated covers for Boys' Life, The Saturday Evening Post, and Look Magazines. In 1977, he received the Presidential Medal of Freedom from President Gerald Ford.

When Norman was a teenager, he knew that he wanted to be an artist and enjoyed taking classes at The New York School of Art. He dropped out of high school to go to the National Academy of Design and soon transferred to the Art Student League. It was upon graduation and at the age of 19, he started to illustrate covers for the Boys' Life magazine. In 1916 when he was only 22 years old, he painted his first cover for The Saturday Evening Post. Beginning in 1925, Rockwell painted illustrations for the Boy Scouts of America annual calendar for 51 years. In 1939, he received the Silver Buffalo from the Boy Scouts, the organization's highest honor for adults.

Rockwell ended his 47 year relationship with The Saturday Evening Post in 1963. He started painting covers for Look Magazine focusing on more social issues including the Vietnam War and poverty. He did this for 10 years. Rockwell Died in 1978 and the age of 84.

Norman Rockwell would often be so engrossed in his work that he would not eat. He even lost a considerable amount of weight at times due to painting. He loved oatmeal cookies though. Find his Oatmeal Cookie Recipe that he sent to the editors of The Saturday Evening Post on the next page.

THE SATURDAY EVENING POST



Presidential Pets Trivia Answers

1. President Kennedy
2. Alligator
3. Goat and Cow
4. Elephants
5. Theodore Roosevelt
6. Sheep



Groundhog Trivia Answers

1. C
2. B
3. B & D
4. B
5. C
6. A
7. C
8. Your Guess



The season of Lent in the Christian tradition is a period of 40 days prior to Easter. These days commemorate the 40 days that Jesus spent fasting and praying in the wilderness before he began his public ministry. Lent is meant to be a period of spiritual disciplines that are intended to deepen one's faith and prepare the believer for a more meaningful celebration of the Savior's resurrection.

For centuries, many Christians have practiced Lenten disciplines of prayer, read the Bible, fasted, and given up certain foods and practices.

Lent always begins on Ash Wednesday which is on February 17th this year, and concludes on Easter Sunday which is April 4th. Special days during Lent include Ash Wednesday and Holy Week (March 28–April 3). On Ash Wednesday in many Christian congregations, worshippers are given the opportunity to have ashes placed on their foreheads as a reminder of the suffering and death of Jesus. Holy Week, the last week of Lent, includes Maundy Thursday which commemorates the Last Supper that Jesus had with his disciples, and at which he began what is now called Holy Communion, and Good Friday on which Christians remember that Jesus was crucified on a Friday.



Thank You!



OUR GENEROUS DONATIONS

- | | |
|-----------------|----------------------|
| Misty Brasch | Jim & Lynette Joslin |
| Janet Bull | Roy Gramlich |
| Sandra Henschke | Marcella Larson |
| Ardyce Stanley | Fran Poehlman |
| Keith Jech | Bonnadell Koch |
| Janis Myers | Mardelle Brudigan |
| Bev Ruwe | Carol Dunning |

Memorial Donation for Diane's Mother
Lois Witte—Jensen from
Phyllis & Darrel Rahn



HEALTH BENEFITS OF VOLUNTEERING

1. Volunteering decreases the risk of depression
2. Volunteering gives a sense of purpose and teaches Valuable skills.
3. Volunteering helps people stay physically and mentally active.
 4. Volunteering may reduce stress levels.
 5. Volunteering may help you live longer.
6. Volunteering helps you meet others and develop new relationships.

THANKS TO ALL OF OUR FAITHFUL VOLUNTEERS!

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



Norman Rockwell's Oatmeal Cookies

Ingredients:

- 1 stick butter
- 1 cup light brown sugar
- 1/2 cup granulated sugar
- 1 tsp. vanilla
- 1/4 cup water
- 2 eggs, well beaten
- 1 tsp. salt
- 1 cup flour, sifted
- 1/2 tsp. baking soda
- 1 cup oatmeal
- Chopped nuts (walnuts preferred)



Directions:

Mix in order and drop on baking sheet. Bake at 400 degrees for 7-8 minutes. Then run under broiler to brown.

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

FEBRUARY 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 SOUTH 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.