



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

April, 2021

GREETINGS: From all of us at the Wayne Senior Center. Please note on the Menu Calendar that the Center will be closed to both Meals and City Transit on Friday, April 2nd due to the Easter Holiday break for the Senior Center and City Transit Staff. If you want a meal for Monday, April 5th, remember to call us by Thursday, April 1st for your reservation. As you can see from our Board Minutes, we are going month by month in making a safe decision as when to slowly open the center doors once again.

HAVE A BLESSED EASTER HOLIDAY!



Celebrated on April 1st each year, April Fools' Day has been celebrated for several centuries by different cultures. Its origin still remains a mystery although the most accepted theory dates back to 1582. It was at this time that France switched from the Julian calendar to the Gregorian calendar. The Julian calendar celebrates the year with the Spring Equinox around April 1st. People who were slow to get the news and did not realize that the new year had moved to January 1st continued to celebrate the last week of March and into April. These people were then called April Fools and others played pranks on them, this included having paper fish placed on their backs and being called April Fish. This symbolizes a young, easily caught fish and a gullible person.

Common Pranks

- * Putting salt in the sugar bowl
- * Putting pepper in fudge
- * Substituting pickle juice for apple juice
- * Gluing a penny to the pavement
- * Stuffing a biscuit with cotton
- * Saying "You have a black mark on your face"
- * Taping file cabinets closed
- * Taping the telephone hook so the phone will continue to ring after being answered.
- * Stapling folders together
- * Covering the toilet with plastic wrap



History of Umbrellas

The umbrella is one of the oldest artifacts in history and was a familiar item in many cultures by the time people began to write. It originated in Mesopotamia in 1400 B.C. It was an extension of the fan, protecting people from the sun. This use of the umbrella continued for centuries. Greek and Roman women used umbrellas, or parasols, as sunshields, but the cultures regarded them as effeminate. Roman women began the practice of oiling paper sunshades to waterproof them. Sun parasols and rain umbrellas were used by women well into the 18th century in Europe and later in America. Men continued to wear hats in the rain and got soaked. It took a British gentleman, Jonas Hanway, more than 30 years to convince other British men that umbrellas were more practical and cheaper than hailing a coach every time it rained. By the mid-1780s, British men were using umbrellas.



Rain Word Game

All of the answers contain the word "Rain" in them. Find the answer on the next page!

- 1) Waterproof clothing
- 2) Another word for gutter
- 3) North American fish
- 4) Device used for measuring rainfall
- 5) Highest point in the Cascade Mountain range
- 6) Phrase used when an event is canceled due to rain
- 7) Saying for when it is heavily raining
- 8) Promise that an offer will be accepted in the future
- 9) Water-resistant piece of clothing that covers a person
- 10) Container used to catch rain water
- 11) Arc of seven spectral colors that appears in the sky when the sun is out and it is raining
- 12) Title song of the 1952 movie by the same name that starred Gene Kelly, Donald O'Connor, and Debbie Reynolds



HAPPY EASTER

Easter

The most joyous celebration in the Christian Church is Easter Sunday. Easter commemorates the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day after his burial following his crucifixion. In 2021, Western Easter will be April 4. For the majority of Western believers, especially in the Catholic tradition, Easter celebrations begin with the Easter Vigil which begins on Saturday night and ends in the early morning hours of Easter Sunday. This vigil may include the baptism of new converts for whom Lent has been a time of instruction and preparation and the lighting of the paschal candle symbolizing the hope of resurrection. Often the Eucharist is celebrated at midnight or in the early morning, this being the first Eucharist for the newly-baptized converts. Some Christian churches hold sunrise services. These are joyous affairs with lots of music and smiling faces.

In the Greek Orthodox or Eastern tradition, Easter will be on May 2 in 2021. The Easter celebration also begins on the Saturday evening before Easter as people gather in the churches carrying large white candles. As the bells toll midnight, the priest announces, "Christ is Risen!" The people respond with, "Truly He is Risen!" Candles are brought to one another's homes, symbolizing the light of Christ going out into the world. People then celebrate with a big meal.



Easter Eggs

Many cultures have had beliefs about eggs. Primitive sun worshippers thought egg yolks symbolized the sun, the giver of all life. Greek philosophers believed that the egg represented the universe; the shell signified the earth and air, the white symbolized water, and the yolk represented fire. The Polynesians believed that the world was hatched from an egg. The egg is generally considered a symbol of rebirth and regeneration, and it is fitting that it is an important hallmark of the springtime feast of Easter.

Dying Easter eggs was not known in Europe prior to the Middle Ages, and it is thought that it was introduced by the Crusaders because it was common practice among the Egyptians, Persians, Greeks, and Romans to dye eggs for their spring festivals. The traditional reason for coloring eggs is to suggest joy, show the bright colors of springtime, and symbolize the blood of Christ.

Today, American's dye more than 200 million eggs at Eater. Paas, a product which uses dye tablets dissolved in a glass of vinegar to color eggs is the largest manufacturer of Easter egg dyes in the country.



Rain Word Game Answers

How many were you able to guess correctly?

- | | |
|------------------|--------------------------|
| 1) Rainwear | 7) Raining Cats and Dogs |
| 2) Rainspout | 8) Rain Check |
| 3) Rainbow Trout | 9) Raincoat |
| 4) Rain Gauge | 10) Rain Barrel |
| 5) Mount. Rainer | 11) Rainbow |
| 6) Rainout | 12) Singin' in the Rain |



Egg Mysteries

Easter is the season of eggs. If you have ever stayed awake questioning which came first, the chicken or the egg, your sleepless nights are over! The answer is the chicken.

Dr. Colin Freeman and professor John Harding discovered a protein in a chicken's ovaries which is necessary for the formation of the egg. So, the egg can only be created inside a chicken.

Chickens came to America with immigrants but were raised primarily for eggs, not meat. A meal of chicken was considered a special treat reserved for a Sunday or visit from a special guest. This practice continued until the beginning of the 20th century when a mistake started an industry. In 1923, Cecile Long Steele ordered 50 chicks with the goal of having fresh eggs. By accident, she received 500 chicks. She kept them and sold them for .50 a pound. The following year she sold 1,000, and the next year she sold 10,000. Soon other nearby farmers started their own chicken-as-a-meat business based on her success.

Americans consume 22 million chickens a day. The food has replaced beef as the most popular U.S. dinner choice. It is low in fat, high in protein, contains vitamins B6 and B3, as well as selenium, an element known to fight cancer.

Americans eat an average of 279 eggs per person per year. Eggs are healthy according to the American Heart Association. An egg is about 78 calories and offers lutein and zeaxanthin which have been shown to reduce cataracts and macular degeneration in people over age 55.



Did you know?

April originally only had 29 days, but a 30th day was added when Julius Caesar established the Julian Calendar.

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
March 15, 2021**

The monthly meeting of the Wayne Senior Center was an in-person meeting with President George Burcum calling the meeting to order. (9:00 a.m.) 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. (An update: Fransisco is doing "OK" but is limiting contacts)

The February minutes were approved in a motion by Carol Dunning and seconded by Joan Lage. Motion carried. Treasurer Joan Lage presented the Treasurer's report for 2-10-21 through 3-9-21 with \$0.00 in expenses. This amount of expenses was approved in a motion by Verna Mae Baier and seconded by Carol Dunning. Motion carried and this financial report was accepted. The Wayne Senior Center has received many financial donations and these are greatly appreciated.

Center Concerns:

1. Coordinator Bertrand presented the final Bid for the Sound System. The Pflanz Zone from Sioux City will be installing the system and this should be completed by April 1.
2. A comparison /overview of numbers (concerning the number of meals served) over the past year was presented. The numbers are nearly the same.
3. Communication from Connie Cooper with the NENAAA was presented. "Our Senior Centers have done a great job of continuing to provide meals and services and the keeping the risk of the Coronavirus at a minimum. Well over half of our senior centers are providing more meals in FY21 than in years past This means Senior Centers are meeting the nutrition needs in your communities through the to-go and home delivered meals. This is fantastic and we thank you."

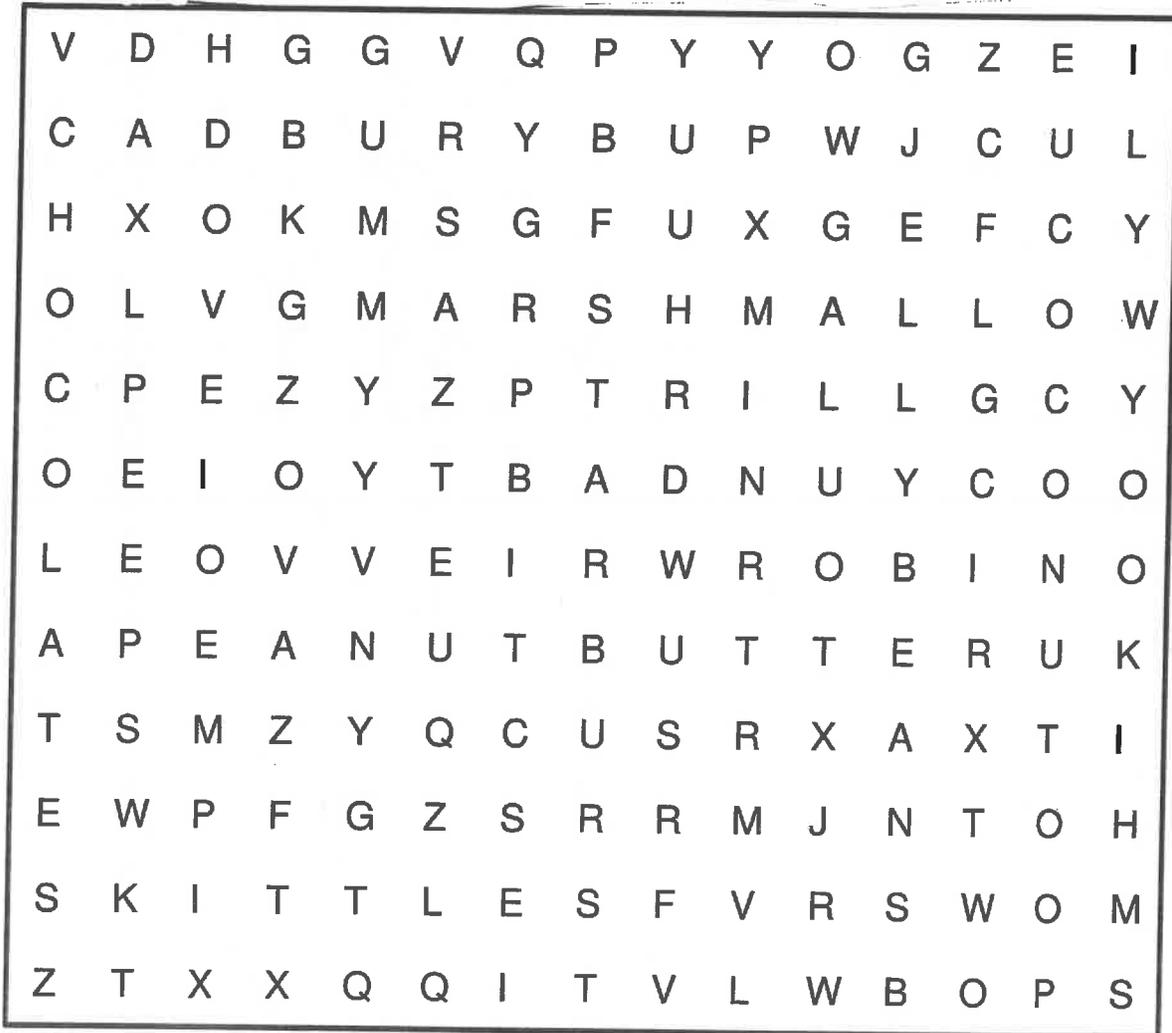
Also added were principles to keep in mind: People who utilize senior centers are at high risk because: *risk increases with age and they have underlying health conditions. *They may be at a higher risk of getting and spreading the virus due to senior center characteristics of social activities and group dining settings. *Significant behavioral changes and practices must continue: *social distancing; stay 6 ft away from others *frequently washing hands and use hand sanitizer *wearing masks *stay home when sick *avoid touching eyes, nose and mouth *clean and disinfect frequently touched objects and surfaces.

4. Other recommendations: *minimize the number of people in the kitchen *serve plated meals to seated clients individually *counter service is not recommended *drink service done by staff wearing gloves *masks required except during eating/mealtime *condiments delivered by gloved personnel *continue to reduce the risk of exposure *the Agency is not reimbursing for social activities.
5. After careful consideration Carol Dunning made a motion to make no changes for the next 30 days in the opening of the senior center. Seconded by Joan Lage. Motion carried.
6. Center will be closed April 2. One Transit vehicle will be replaced and new vehicle to be delivered in September.

No additional concerns were presented. Joan Lage a motion to adjourn the meeting. Seconded by Carol Dunning . Motion carried and meeting was adjourned. (9:40 a.m.)

Verna Mae Baier, Secretary

👉 EASTER CANDY WORD SEARCH



WORD LIST

- CADBURY EGGS
- CHOCOLATE BUNNY
- COCONUT NEST
- DOVE EGGS
- GUMMY BUNNIES
- JELLY BEANS
- MARSHMALLOW EGGS



- PEANUT BUTTER EGGS
- PEEPS
- EASTER PEZ DISPENSER
- ROBIN EGGS
- SKITTLES
- STARBURST JELLY BEANS
- TWIX EGGS

Spring and Easter Word Scramble

1, treweah

2, puitl

3, uorspt

4, gpnirs

5, hnieussn

6, ssenao

7, lanr

8, brnowia

9, bitbar

10, tens

11, ctahh

12, elfsrwo

13, sertae

14, gsge

15, nynub

16, omolb

17, thlr

18, rflytteub

19, ckhic

20, rsasg



Insurers Move From "Sick Care" towards "Well Care"

A major insurer has decided to waive the cost-sharing requirement of up to three visits to a physical therapist for low back pain. They've said that the goal is to encourage more use of "high-value" treatments for low back pain. The insurer tells us in their summary of this demonstration what they mean by high vs low-value care: "Increasing the value of health care refers to improving patients' quality of care and outcomes, improving patients' access to care, and reducing overall costs of care. In contrast, low-value care refers to interventions that: are not proven to benefit patients; may harm patients; result in unnecessary costs; or waste health care resources."

Well Care

High-value care leads to better outcomes, is easy to access and is cheaper for both patients and insurers. Physical therapy fits into this category, but looking at other high-value treatments helps us start to see a theme. In 2017 the American College of Physicians released widely endorsed guidelines for treating low back pain. Initial treatment recommendations include exercise, stretching, tai chi, yoga, progressive relaxation, heat or ice, cognitive behavioral therapy, and motor control exercise. These are all active treatments, where the practitioner and the patient are working together to improve. This is "well care".

Sick Care

In contrast, low-value care tends to be "sick care" where the patient is a passive participant. The insurer puts imaging before six weeks in the absence of red flag symptoms, surgery for non-specific low back pain, opioids as the first or second-line treatment, and bedrest in the low-value category. Spinal injections also fall in this category for most people.

This isn't to say that imaging, surgery, or injections are always bad. For a small percentage of people with back pain, they're the right treatment. But most people should start with treatments that have the best outcomes for the lowest cost. If those treatments tend to focus on putting the person in pain in power to actively participate in their care rather than making them dependent on someone to "heal" them, that's even better. Physical therapists know this and have been providing care that fits this model for years. Some insurers are starting to recognize the value of this type of care and that they are actively moving in this direction.

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.

Caregiver tips for dressing and grooming someone with Alzheimer's or dementia

Everyday activities such as dressing and personal grooming can be difficult for people with Alzheimer's or dementia and their caregivers. People with Alzheimer's or dementia may not remember how to go about daily routines or have trouble ordering the steps of the tasks of getting dressed and brushing teeth.

Too many choices in what to wear can also become paralyzing. Establishing guidelines for grooming and dressing can help eliminate distractions, establish independence and contribute to positive self-esteem. Here are tips from the Alzheimer's Association to make getting ready for the day easier for someone with Alzheimer's or dementia as well as their caregivers:

Dressing someone with Alzheimer's or dementia

- ✓ Simplify clothing choices. Caregivers can make getting dressed an easier process for someone with Alzheimer's or dementia by laying out an outfit for them or giving them an option or two to choose from, rather than by asking an overwhelming, open-ended question like "What do you want to wear today?"
- ✓ Hand the person the clothing in order of how they should be put on, or give them step-by-step instructions on how to get dressed.
- ✓ Avoid uncomfortable clothing such as pantyhose or high heels.
- ✓ Prioritize easy-to-wear apparel such as Velcro shoes and loose pants with elastic waist bands.
- ✓ Be wary of the temperature. Because people with Alzheimer's or dementia often do not regulate their body temperature, caregivers should monitor the weather and ensure appropriate outfits are worn.
- ✓ Be flexible. If the person with Alzheimer's or dementia wants to wear the same outfit multiple days in a row or a mismatched outfit, focus on the positives rather than the negatives. Buy duplicate items of the same outfit so they can repeat an outfit while staying clean and hygienic and celebrate his or her ability to get dressed at all rather than focusing on their bad fashion choice.

Grooming for people with Alzheimer's or dementia

- ✓ Maintain grooming routines. If a person with Alzheimer's or dementia has always gone to the barber or hairstylist, then caregivers should continue this activity with their loved one. If your loved one is used to wearing makeup, help them put it on if need be.
- ✓ Show the person how to perform grooming activities. For instance, caregivers can brush their teeth alongside the person with Alzheimer's or dementia and remind them how to do it.
- ✓ Use simple grooming tools. As the Alzheimer's Association points out, "Cardboard nail files and electric shavers can be less threatening than clippers and razors."
- ✓ Use favorite toiletries. Caregivers should try to be flexible and allow the person with Alzheimer's or dementia to continue to use their normal toothpaste, perfume, or razor.
- ✓ Encourage independence in both grooming and dressing activities but intervene to help if the person with Alzheimer's or dementia is getting frustrated.

PLEASE NOTICE

Friday—April 2nd & April 16th

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

*There will be no staff here to answer calls or City transit on April 2nd due to Good Friday
Staff will be available to take your calls on Friday, April 16th between the hours of*

7:00 am to 4:00 pm

ALL PATRONS:

You will have the opportunity to receive 2 meals on Thursday — April 15th
If you so choose.

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



Go Bananas!

Bananas are one of the most popular fruits in the world. Studies have shown that the average person eats about 100 bananas per year. National Banana Day is celebrated on the third Wednesday in April. This year it is April 21st.

Banana Trivia

- * A medium banana has approximately 105 calories, is high in fiber, magnesium, and potassium, is a great source of protein, vitamins B6 and C, and is low in fat.
- * The health benefits of eating bananas include lower blood pressure, increased heart health, and prevention of ulcers, and they are a good source of calcium.
- * Monkeys peel bananas by holding the stems and peeling them from the bottom.
- * Banana plants, which are sweet, are eaten by bears, elephants, cattle, horses, pigs, deer, monkeys, goats, rabbits, raccoons, birds, and squirrels.

Banana Bread Recipe

- ◆ 2 1/2 cups all-purpose flour
- ◆ 1 tsp. baking soda
- ◆ 1 tsp. salt
- ◆ 1/2 cup (1 stick) butter, softened
- ◆ 1 1/4 cups sugar
- ◆ 1/2 tsp. orange zest
- ◆ 2 eggs
- ◆ 1/2 buttermilk
- ◆ 1 tsp. vanilla
- ◆ 1 1/2 cups overripe bananas, mashed

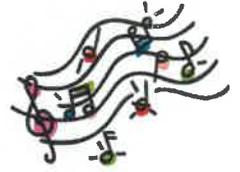


- 1) Preheat oven to 350°, lightly grease 9x5 loaf pan
- 2) Combine flour, baking soda, and salt in a bowl
- 3) In another bowl, cream together the remaining ingredients until blended
- 4) Stir the banana mixture into the flour mixture until combined (do not overmix)
- 5) Pour batter into the loaf pan
- 6) Bake for 65 to 70 minutes until a knife inserted into the middle comes out clean

Disney Movie Music Trivia

Can you guess which movie each song is from? Answers at the bottom of the page.

1. Whistle While You Work
2. Chim Chim Cher-ee
3. Once Upon a Dream
4. Zip-A-Dee-Doo-Dah
5. I've Got No Strings
6. Cruella De Vil
7. The Siamese Cat Song
8. When you Wish Upon a Star
9. A Whole New World
10. Under the Sea
11. The Bare Necessities
12. Bibbidi-Bobbidi-Boo
13. Be Our Guest
14. Hakuna Matata
15. Colors of the Wind



April Showers bring May Flowers

Perhaps everybody heard this rhyme at some point, generally having been taught it at an early age by parents or teachers. It's a popular thing to say and hear around springtime, but one thing you might not know is where the rhyme originated from. It reaches back to the mid 1500s, although earlier use of "April showers bring May flowers" probably existed. In 1557, a man by the name of Thomas Tusser compiled a collection of writings he called "A Hundred Good points of Husbandry". In the April husbandry section, he wrote:



Sweet April Showers

Do spring May Flowers



This is a reminder that even the most unpleasant of things, in this case the heavy rains of April, can bring about very enjoyable things, like an abundance of flowers in May.

Disney Movie Music Answers

1. Snow White and the Seven Dwarfs
2. Mary Poppins
3. Sleeping Beauty
4. Song of the South
5. Pinocchio
6. 101 Dalmatians
7. Lady and the Tramp
8. Pinocchio
9. Aladdin
10. The Little Mermaid
11. The Jungle Book
12. Cinderella
13. Beauty and the Beast
14. The Lion King
15. Pocahontas



OUR GENEROUS DONATIONS

Bev Ruwe Fran Poehlman Linda Teach
Barb Greve Janet Bull Glennadine Barker
Margaret Kinney Carolyn Linster Ardyce Stanley
Fritz & Joann Temme Darrel & Phyllis Rahn
Jim & Arlene Robinson Ron & Sandra Wriedt
Ginny Otte Janis Myers Donna Lundin
Mardelle Brudigan Bonnadell Koch Marcella Larson

Memorial Donations

For Diane’s Mother: Lois Witte—Jensen and
Misty’s Mother: Sally Boyd from Ginny Otte
For Claire Kohn from Rebecca Friske and
Solomon Cordwell Buenz



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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 According to
hours of operation—\$1.50 Fare for each stop

**COVID PROTOCOLS IN PLACE TO PROTECT
BOTH THE DRIVERS AND PASSENGERS**



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
Fransisco 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.

National Volunteer Week

National Volunteer Week is the official time to recognize and celebrate the efforts of volunteers at the local, state, and national levels. This year it is celebrated from April 18th through the 24th.

In the United States, National Volunteer Week was first celebrated in 1972 and sponsored by National Volunteer Center. The national observance began in 1974 when President Richard Nixon signed an executive order establishing the week as an annual celebration of volunteering. The 2021 theme for this week is “Celebrate Service”, which acknowledges the impact of volunteer service and the power of volunteers to come together to tackle tough challenges and build stronger, more resilient communities.

Thank you to our amazing volunteers! You are more valuable and appreciated than you know. We do not know what we would do without your help delivering Meals on Wheels or helping out when we give you a call!



Happy National
Volunteer Week!



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

APRIL 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.