



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

December, 2021

As we enter into the final month of 2021, the winter weather is beginning to set in. As a reminder, if we have to close due to inclement weather, it will be announced on KTCH radio. We will let them know as soon as we know about the closing. If we are closed and do not serve a meal, that menu will be served the following day. Once we begin to see some snow and ice on the ground, we will return to delivering the Drive-Through meals out of the SOUTH SIDE of the building since the back alley gets so slick. We will let you know when this change occurs.

Another reminder about our meal options. We are still offering both Drive Through and Congregate meals. You are free to choose whichever of these options is best for you. HOWEVER— We ask that you let us know at least one day ahead of time if you are planning to change from one service to the other. The meals are cooked at different times to guarantee their freshness. If you call the morning of, we may not be able to get your meal portion changed over and ready for you.

As cold and flu season is here, we ask that if you have ANY cold or flu- like symptoms to please stay home! We will be happy to provide you with a meal through the Drive Through, and will be happy to see you again once you feel better.

A BIG SPECIAL THANK YOU to the Thrivent and ACME groups for providing us with a new space heater in the Conference Room! Anybody who has used that room knows how cold it can get, and we greatly appreciate this gift.



✓ Medicare Open Enrollment

(Part D Compare)

December 2nd

From 9:00am— 12:00pm

CALL THE CENTER TO SIGN UP FOR A TIME
Please bring your Medicare Card and a current list of medications with you to your appointment.

What's Happening in December

Wednesday-December 1

Monthly Birthday Party

Thursday- December 2

9:00-12:00 Medicare Open Enrollment

Friday- December 10

Music by Connie Webber

Century Club Movie Drawing by Countryview

Monday- December 13

9:15-11:15 Toe Nail Clinic

Tuesday- December 14

9:30-11:30 Health Clinic

11:15 Kinship Karolers*

Wednesday- December 15

Special Luncheon Drawing with Kinship

9:00 Board Meeting

Friday- December 17

Music by Deb Dickey

Tuesday- December 21

11:30 Nutrition Visit from Ann Fenton

Wednesday- December 22

11:15 Eye Glass Clinic with Wayne Eye Care

Thursday- December 23

Music by Dan Hansen

Friday- December 24

Closed for Christmas

Wednesday- December 29

10:00 Caregiver's Support Group

Thursday- December 30

Special Luncheon Drawing with Kinship

Friday- December 31

Closed for the New Year

As always there are daily activities of AM and PM Coffee, Walking, FROGS, Puzzling, Quilting, Pool, Bridge, Hand & Foot, Pitch, SkipBo and Bingo. See the Activities calendar for the full schedule of all of these events. We look forward to seeing you here!

***A Note about the Kinship Karolers— Our friends from Kinship have a group who will be coming to sing Christmas Carols! They will be here to sing at 11:15. Also, they will be wearing Christmas Sweaters, and so will we! Please join us in spreading the Christmas Spirit and wear your festive sweaters!**

Each year in the United States, National Pearl Harbor Remembrance Day honors all those who lost their lives when Japan attacked Pearl Harbor on December 7, 1941. More than 3,500 Americans lost their lives or were wounded on that solemn day.

The day marked a turn in the United States' position regarding involvement in World War II. The Japanese attack damaged several battleships, permanently sinking both the USS Arizona and USS Oklahoma. Others capsized, taking crew members with them. As a result, the attack forced the U.S. into a war that had been raging for two years.

Winter Fest True or False

Find answers on the following page

- 1) The coats of some species of domesticated dogs turn white in the winter.
- 2) Human hair grows slower in the summer than in the winter.
- 3) During a Nor'easter, it is possible for snow to fall for 24 continuous hours.
- 4) In 1816 during June and July, Connecticut experienced a blizzard.
- 5) Helena, Montana has the coldest average winter temperature for a U.S. city.
- 6) Ten inches of snow is equivalent to one inch of rain.
- 7) The record for highest average snowfall is 440 inches.
- 8) One in 20 people survive being in an avalanche.
- 9) Icicles are more likely to form on the south side of a house than the north side.
- 10) Fresh snow is 75% air.



Christmas Humor

What do you call Santa's Helpers?

-Subordinate Clauses

If Santa rode a motorcycle, what kind would it be?

-Holly Davidson

Which of Santa's reindeer works as a housekeeper during the off-season?

-Comet- He cleans sinks

Why does Santa Claus go down the chimney?

-Because it soots him

What do you give a mummy for Christmas?

-Wrapping paper

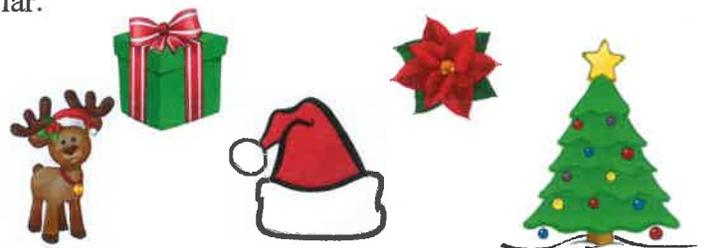


Symbols of Christmas

Even though Christmas is supposed to be a sacred celebration of the birth of Jesus, Christmas today is often a secular holiday rather than a sacred holy day. However, it is possible to see the sacred in the secular if one intentionally looks for the religious meanings in those things that are secular in nature for many, if not most, Americans today.

- * Christmas Tree— The Christmas tree is usually an evergreen tree that can symbolize the eternal life that Jesus promises to His Followers. The lights on the tree can be a reminder that Jesus said, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life" (John 8:12). Also, many churches save the Christmas tree, strip it of the branches, and make a cross of it to use during Lent.
- * Santa Claus— Santa means Saint and Claus is a shortened form of Nicholas. Santa Claus is St. Nicholas, a 4th century Christian and bishop who preached the good news of Jesus, and who practiced what he preached. He gave generously, unselfishly, and anonymously. Over the years, St. Nicholas became the Santa Claus of our secular Christmas. However, with eyes of faith, one can see in Santa Claus a messenger of Christ who preached and taught that Jesus is the Way, the Truth, and the Life.
- * Poinsettia— The poinsettia can be seen as a star that represents the Star of Bethlehem that led the Wise Men to the infant Jesus. The red poinsettia reminds believers of the blood of Christ, and the white poinsettia reminds them that the blood of Christ cleanses sin from all.
- * Gift-giving— The giving of gifts can be an expression of love originating in God's love for humankind. Gift-giving can also be a reminder that the Wise Men gave Jesus precious gifts of gold, frankincense, and myrrh, and that our gifts to Jesus are our lives given in His service.

With a little effort, one can "put Christ back into Christmas" simply by seeing the sacred in the secular.



December Activities 2021

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>6 Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>DAILY COFFEE/SNACK TIME 7:00—10:00 AM 2:30—3:00 PM MONDAY—FRIDAY REMEMBER to sign coffee time sheet to help us take credit for offering this fun time for all!</p> <p>7 Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>1 Monthly Birthday Party Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p> <p>8 Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>2 9:00-12:00 Medicare Open Enrollment Morning Walking Quilting Afternoon Bridge Club Pitch & SkipBo</p> <p>9 Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>3 Morning Walking Quilting & FROGS—Pitch Hand & Foot—Bingo—Pool Pitch & Pool Bingo</p> <p>10 Music by Connie Webber Morning Walking Quilting & FROGS—Pitch Century Club Movie Day Drawing by Countryview @ Noon Hand & Foot—Bingo—Pool Pitch & Pool & BINGO</p>
<p>13 9:15-11:15 Toe Nail Clinic Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>14 9:30-11:30 Health Clinic 11:15 Kinship Karolers Morning Walking Quilting Afternoon Bridge Club Pitch Wear a Christmas Sweater today!</p>	<p>15 Special Luncheon drawing with Kinship 9:00 Board Meeting Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>16 Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>17 Music by Deb Dickey Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool & BINGO</p>
<p>20 Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>21 11:30 Nutrition Visit from Ann Fenton Morning Walking Quilting Afternoon Bridge Club & Pitch</p>	<p>22 11:15 Eye Glass Clinic Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>23 Music by Dan Hansen Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>24 Closed for Christmas Eve </p>
<p>27 Morning Walking Quilting & FROGS Hand & Foot Pitch Pool</p>	<p>28 Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>29 10:00 Caregiver's Support Group Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>30 Special Luncheon Drawing with Kinship Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>31. Closed for New Year's Eve </p>

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
November 17, 2021**

The monthly meeting of the Wayne Senior Center was held 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 Duning, Secretary: Verna Mae Baier, Treasurer: Joan Lage and Board Member: Francisco Morales.

The October 20 minutes were approved as published in the November Senior Star in a motion by Carol Dunning and seconded by Joan Lage . Motion carried.

Treasurer Joan Lage, presented financial information for 10-10-21 through 11 10-21 with expenses of \$343.02. 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.

Coordinator Bertrand presented an overview of caregivers recognition week/month which is continuing throughout November. Caregivers Recognition events are happening. The Theme is "Caring Around the Clock."

Ongoing Covid concerns were discussed. The Pandemic/Disaster Plan of Action for Senior Centers was reviewed. No changes were noted. Notices are posted on the doors to the Senior Center: "Please -- Help us Keep the Staff and Other Seniors Healthy -- As well as Helping us to keep our Center Open for Meals and Activities. **IF YOU ARE EXPERIENCING ANY COLD OR FLU SYMPTOMS, PLEASE DO NOT COME INTO THE CENTER.** "

The upcoming Open Enrollment dates were discussed. Last help for enrollment day is December 2.

November happenings include: The Center will be closed on Thanksgiving (November 25) and the following day (November 26).

November is National Caregivers Month -- "Caring Around the Clock" A week of activities is planned for November 15—19.

Care Givers support group meets the last Wednesday of each month.

The remainder of the November calendar was discussed. Also noted were the Center/City Holiday closings for December.

A volunteer is needed to tend the flower garden area around the Center/Library. Details available at the Library and the Senior Center.

Winter is approaching and an overview of the inclement weather policy was discussed. Decisions on closing will be a joint decision made by The Center Coordinator and The City Administrator. Listen to Wayne Radio KTCH for these announcements.

The next meeting will be December 15 2021. Meeting was adjourned at 9:40 a.m.

Verna Mae Baier, Secretary

Holiday Tips for Older Adults and Their Caregivers

It's the holiday season!

First, there was Halloween, and then we had Thanksgiving. However, the best is yet to come. Christmas is the favorite part of the year of many people living in the US. There's nothing like Christmas, when the whole family gathers to celebrate one of the biggest Christian holidays. We celebrate peace and family. On the other hand, the holiday season can be stressful for both caregivers and older adults and has its issues.

Keep Your Senior Healthy During the Holiday Season

Autumn and winter are the seasons when people easily get the flu or catch a cold. Older adults are particularly vulnerable since their immune system is usually weak. Everyone wants to avoid being sick for Christmas and Thanksgiving. There's nothing worse than having a fever and being in bed while your family gathers around the table. Keeping your loved one healthy through the holiday season should be among your top priorities.

Keep Your Senior on Both Feet

Not only do we need to keep our older adults healthy, but we need to keep them from falling. Falls are common in winter when the ground is frozen. Only one wrong step can result in a disaster. Muscles and bones lose their strength over the years. Bones become fragile, and one fall can be too much. Healing can take a very long time, and it's not fun having a broken leg, especially for Christmas. Unfortunately, some seniors never recover from a fall. Therefore, staying on both feet is a priority. (Ideas: Finding proper shoes, de-ice sidewalks, install handrails, ensure proper nutrition and maybe prepare an alert system).

Gift Ideas for Seniors

Many people dislike holidays for one reason—not knowing what to give their loved ones as a present. After so many holidays in a year, and all the years and gifts that have passed, people struggle to find a unique present that will make their loved ones happy. Finding a perfect present for everyone can be quite stressful. Older adults may be even more difficult. Even if they say they don't want anything, a small gift will warm their heart. (Examples: photo album, for some, it could be a modern gift like a tablet, gift baskets, puzzles/games or even blankets and throws.)

Caring for Caregivers During the Holidays

Holidays can be stressful for numerous reasons. It is the time when everyone should relax and spend quality time with their families. However, holidays can cause even more stress to caregivers. They usually need to prepare everything for the upcoming celebrations and take care of an older adult as well. Instead of having a relaxing time with their family, it can be the opposite. (Be flexible, use respite care, use technology and ask for help).

Don't forget to take care of yourself and think about your needs. Holidays should be a time everyone should enjoy.

The holiday season is in full swing. Let this be a relaxing time that you will enjoy with your family. Don't let anything surprise you, and keep in mind you should take care of yourself as well. If you aren't entirely content, then your family can't be truly happy.

Christmas

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

Angel
 Candy Cane
 Decorations
 Holly
 Love
 North Pole
 Rudolph
 Star
 Wreath

Baby
 Carols
 Elves
 Jesus
 Manger
 Nutcracker
 Santa
 Stockings
 Yuletide

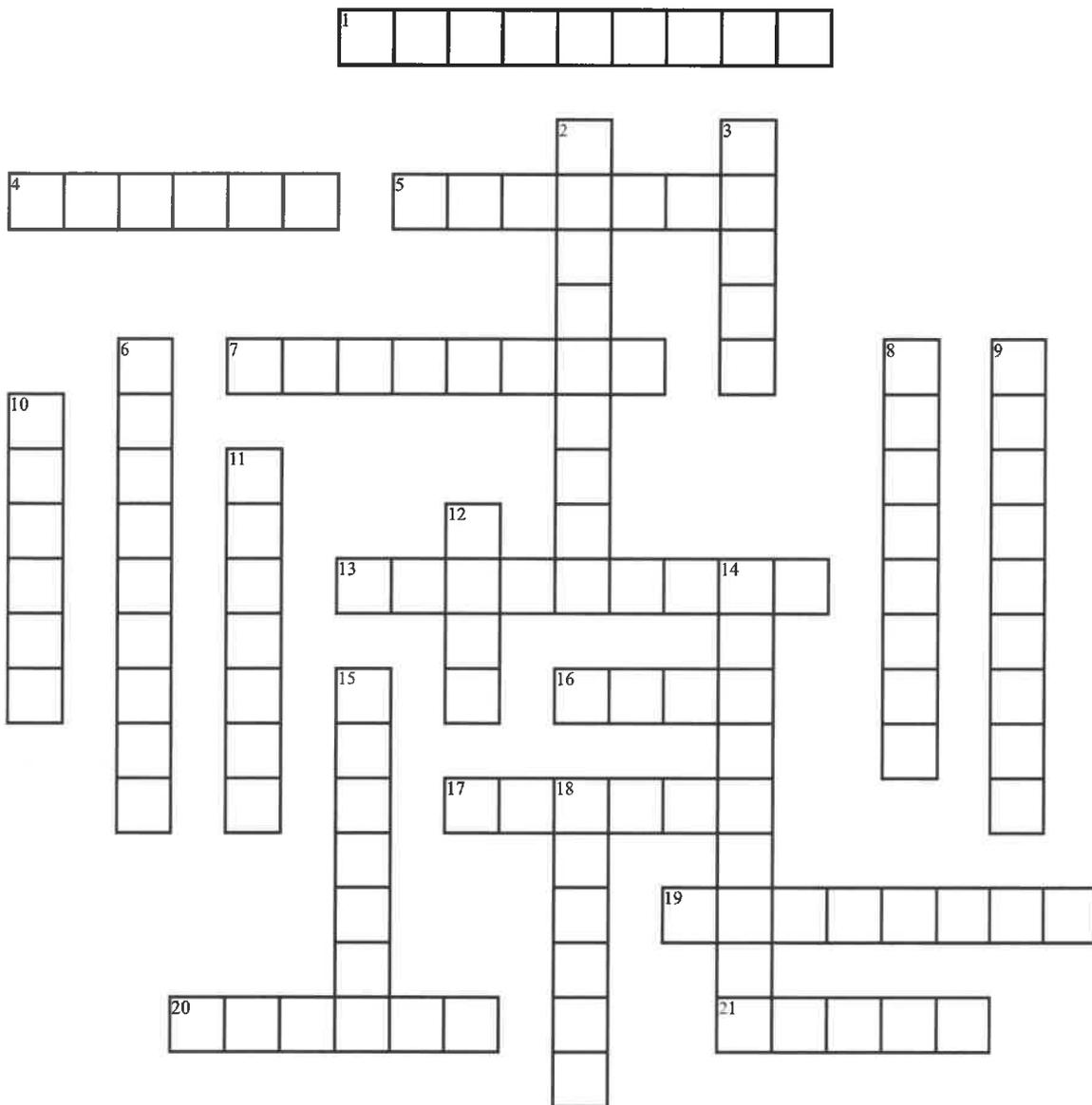
Believe
 Chimney
 Family
 Jingle Bells
 Mary
 Ornament
 Shepard
 Tis The Season

Bethlehem
 Christmas Tree
 Gingerbread Man
 Joseph
 Merry
 Peace
 Silent Night
 Toys

Bows
 Cookies
 Greetings
 Joy
 Mistletoe
 Presents
 Sleigh
 Wismen

Candle
 December
 Grinch
 Lights
 Noel
 Reindeer
 Snowman
 Wrapping Paper

Holiday Cheer Crossword



Across

1. A decoration that suggests for two people to kiss.
4. _____ the Snowman.
5. Santa's favourite reindeer.
7. A decorative item that is similar to a sock.
13. A striped Christmas treat.
16. The most popular ornament to decorate the top of the tree with.
17. A decoration for your tree.

19. The famous Cola company that endorses Santa Claus in their commercials and advertising.
20. _____ is the world's leading exporter of Christmas trees.
21. Santa's helpers.

Down

2. The day after Christmas.
3. What you are supposed to spread during the holidays.
6. Something you hang on your tree for decoration.

8. A Jewish holiday.
9. The creature that stole Christmas.
10. Traditional Christmas meal.
11. Santa goes through the _____ to get into children's homes.
12. The white "stuff" found outside on the ground.
14. Where Santa's workshop is located.
15. A West-African celebration.
18. A sweet, rich, and dairy-based beverage served around Christmas time.

PLEASE NOTICE

Fridays— December 24 & 31

The center **will not** be open for meals, activities, or City Transit. Staff will be enjoying Christmas and New Year's Eve with their families.

Classic Christmas Toys

Mr. Potato Head In 1952, George Lerner of New York City invented and patented Mr. Potato Head based on an earlier toy called Make a Face that used a real potato. Mr. Potato Head was the first toy to be advertised on network television. In 1953, Mr. Potato Head met Mrs. Potato Head.

Lincoln Logs The creation of John Lloyd Wright, these were inspired on the 1916 trip to Tokyo, Japan where his father was building the Imperial Hotel. He watched workers build the structure with the revolutionary technique of interlocking beams. Since their introduction, Lincoln Logs have sold more than 100 million sets worldwide.

PlayDoh In the early 1950s, Joe McVicker created a unique putty-like compound to clean wallpaper. His sister, a teacher, had complained that there was not a good modeling clay for small children. McVicker had his compound tested for safety and PlayDoh was born.

Tinker Toys Charles Pajeau and Robert Petit, the creators of Tinker Toys in 1914, were inspired by watching children play with pencils, sticks, and empty spools of thread. Tinker Toys originally sold for 60 cents and were first called the Thousand Wonder Builder.

Hula-Hoop First introduced in 1959, the Hula-Hoop was originally made out of wood but later was made out of plastic. Wham-O added little plastic pellets to give the hoops a sound.

Frisbee Fred Morrison brought a disc to Wham-O in 1955. It was introduced to the consumer market in 1957 as Pluto Platter because the country was interested in unidentified flying objects. It was modified in 1958 and renamed Frisbee.

Super Ball In the early 1960s, Norman Stingley, a chemical engineer, accidentally created a plastic project that bounced uncontrollably. During the 1960s, Wham-O sold over 20 million Super Balls before it was copied by competitors.

Other Favorite Toys

Rock 'Em Sock 'Em Robots (1966)

Cabbage Patch Dolls (1979)

Rubik's Cube (1974)

Parcheesi (1867)

Yo-yo (1929)

LEGO building sets (1930)

Tonka Trucks (1946)

Silly Putty (1950)

Barbie (1959)

Etch-A-Sketch (1960)



Spiced Nuts Recipe

Ingredients:

-1 egg white -1 Tbsp. water -2/3 cup sugar
-4 cups of pecans or walnuts -3/4 tsp. allspice
-1 tsp. salt -2 tsp. cinnamon -1/4 tsp. nutmeg

Directions:

1. Whip egg white and water until foamy
2. Add nuts to the egg white mixture and stir to coat
3. Mix sugar, salt, and spices in a gallon-size Ziploc bag
4. Add nuts to sugar mixture in the bag and shake until the nuts are well coated
5. Spray a non-stick cooking spray on a baking sheet and pour the nuts on it
6. Bake the nuts in a 250 degree oven for 1 hour, stirring after 30 minutes
7. Turn oven off and stir the nuts. Leave them in the oven overnight to dry out.
8. Store in an airtight container or bag.

Winter Fest True and False Answers

- 1) False
- 2) True
- 3) True
- 4) True
- 5) False (Barrow, AK holds that record at 4.1 degrees)
- 6) True
- 7) True (Stampede Pass, WA)
- 8) False (1 in 4)
- 9) True
- 10) False (50%)



New Year's Eve

No matter how you choose to celebrate, see if you can take some time to try out some of these good-luck traditions from around the world.

Wear White— In Brazil everyone wears white for good luck and peace.

Smash a Plate— In Denmark, people go around breaking dishware on the doorsteps of their friends and family. The more shards in front of your home, the luckier you will be.

Eat 12 Grapes— Eat one grape at each stroke of midnight like they do in Spain. Eating one grape at each stroke guarantees a lucky year.

Smooch a Loved One— You've heard of this one before! When the clock strikes midnight, you are supposed to kiss someone you love.

Jump into the New Year— In Denmark, people stand on their chairs and leap into January at midnight to bring good luck and banish bad spirits.

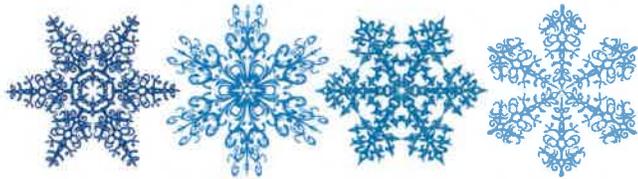
Pack Light— Or pack nothing at all. In Columbia, people take empty suitcases and run around the block as fast as they can. It is supposed to guarantee a year filled with travel.



OUR GENEROUS DONATIONS

Carol Robbert Lorraine Johnson Les Schulz
Jim & Arlene Robinson ACME and Thrivent
Bonnadell Koch Roy Gramlich Afternoon Bridge Club
Corliss Krusemark Janet Bull Ardyce Mayberry
Alvin Anderson Jan & Ken Liska Nancy Jo Powers
Ardyce Stanley Janis Myers Deb Dietrich Ginny Otte
Scott Hasemann for the Veterans Day Flags

Thank you to Country View for providing 10 free meal tickets and the monthly birthday cake & Kinship Pointe for providing 4 free meal tickets



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

COVID PROTOCOLS IN PLACE TO PROTECT BOTH THE DRIVERS AND PASSENGERS

IT IS STILL A FEDERAL MANDATE THAT MASKS ARE REQUIRED ON ALL PUBLIC TRANSIT. PLEASE WEAR A MASK!!



WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Assistant Manager/Head Kitchen
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, Wayne Community Chest, and your donations.

December 21st is the First Official Day of Winter!

While it has been cold for quite some time now, the 21st of December is the first day of the winter season. This day is also known as the winter solstice. The first day of Winter is also the shortest day of the year. So, although the winter solstice is the first day of winter, it also means the return of sunlight! It can only get brighter from here!

Some enjoy the cooler weather and the activities that go with it: skiing, building snowmen, curling up by the fire.

Others would rather skip the cold all together with the shoveling, slick roads, and below freezing temperatures and head right into spring.

Which type of person are you?



Senior Center Staff Hours
Available to take your calls

Monday – Friday

7:00 am to 4:00 pm

Open to the Public from 7:00am-4:00pm for coffee and social activities

For Curb Side Delivery, Congregate Dining or Meals on Wheels Delivery—Please call by noon the day before!

Suggested Contribution remains: \$4.95 for 60 & up

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. Congregate dining begins at 11:45 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 Wayne Community Chest for funding the distribution of this newsletter.