



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

January 2022

Happy New Year Everyone!

This is a special one time mailing of the Senior Star newsletter. We want to let All of our members know about the activities at the Senior Center! No matter what your hobbies are- we have something for you!

Pool- Our pool players meet on Mondays, Wednesdays, and Fridays at 1:00pm. They are a fun group and always looking to add new players to the mix. They participate in a monthly pool tournament with pool players from the Wisner Senior Center and compete for a trophy.

Quilting- If you enjoy quilting, our ladies make beautiful quilts and they are here almost everyday. Most quilts are made per request from a community member, and there is always one to work on.

FROGs and Walking- If you need some more exercise in your life, we have options! Walking is everyday from 7:00am-10:00am. We also have a FROGs program that is at 9:00am on Mondays, Wednesdays, and Fridays. It is about 30 minutes and once a month we have Fun Fridays.

Puzzling- We have a small group of people who really enjoy puzzles. There is always a puzzle being put together. Come at any time during the day to work on it and connect with others.

Card Games- If you like cards, we have many options for you to fit into your schedule. Bridge meets on Tuesdays and Thursdays at 12:30. Hand & Foot meets on Wednesdays at 12:30. If you are interested in joining either of these groups, please give us a call and we will get you in touch with the leaders. Skip Bo is a new addition to our activities and is on Thursday afternoons. Pitch is officially scheduled every afternoon, but most games are impromptu. If you and some friends are interested, we have the cards, just come on down.

BINGO- Every Friday from 1:00-2:30pm we play Bingo. Our caller is Carla Sheda and it is always so much fun.

AND

Don't forget about Snack Time. Every afternoon at 2:30, we have a small snack for anyone who is here to enjoy!

If you are interested in any of these activities, please call us and we can give you more information! We would love to see you here.

happy new year

What's Happening in January

Wednesday- January 5

Monthly Birthday Party

Friday- January 7

Special Luncheon Drawing

Monday- January 10

9:15-11:15 Toe Nail Clinic

Tuesday- January 11

9:30-11:30 Health Clinic

Friday- January 14

Century Club Movie Day Drawing by Kinship

Wednesday- January 19

9:00 Board Meeting

Thursday- January 20

11:15 Magnuson Eye Glass Clinic

Monday- January 24

Special Luncheon Drawing

Tuesday- January 25

11:15 Spotlight on Promise

Wednesday- January 26

We Serve Wednesday with our Friends from CountryView

Friday- January 28

Fine Dining Friday with our Friends from Kinship

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!

We have plenty of space in the mornings if you would like to get a group together to play cards, or start a new activity like knitting.

Take a break for lunch, enjoy a delicious meal, then continue after dinner. Feel free to get creative— let us know if you would like a new activity on the monthly activity calendar!

We want to thank you all for thinking of us this holiday season! We loved the Christmas treats, cards, and well wishes. We hope you had a Merry Christmas and a Happy New Year!

Happy New Year!!

New Year's is one of the oldest holiday celebrations. The origin dates back over 4,000 years ago to ancient Babylon. A popular Babylonian resolution was to return borrowed farm equipment to its original owner. The origin of using a baby boy in a diaper, top hat, and sash imprinted with the date of the upcoming year to symbolize the new year, began centuries ago. The baby grows up quickly because by the end of the year, he has grown into the old man, Father Time. Father Time is meant to represent time past in a personified form. He carries in his hand an hourglass, a device for measuring the passage of time. Traditionally at the end of 12 months, Father Time passes the hourglass to the baby, representing the relinquishing of the responsibility from the past to the future.

Top 10 New Years Resolutions

- ◇ Exercise More
- ◇ Lose Weight
- ◇ Get Organized
- ◇ Learn a New Skill or Hobby
- ◇ Live Life to the Fullest
- ◇ Spend Less Money
- ◇ Quit Smoking
- ◇ Spend More Time with Family and Friends
- ◇ Travel More
- ◇ Read More



New Year's Trivia

Find the answers on the following page

- 1) Under which calendar is New Year's Day January 1?
- 2) What is the literal translation of the Scottish tune, Auld Lang Syne?
- 3) What calendar determines the date of the Chinese New Year?
- 4) What is the oldest known holiday celebrated by mankind?
- 5) Rosh Hashanah is the beginning of the New Year for what religion?
- 6) What is the most common New Year's Resolution made by Americans?
- 7) In the Middle Ages, most European Countries used the Julian Calendar. When did they observe New Year's Day?
- 8) Regardless of when a society celebrates New Year's Day, what is the one common thread among them all?
- 9) Who is the month of January named after?
- 10) Which calendar uses animals to mark years?



Your Muscles Matter!

Is your New Year's Resolution to get more active? There are so many ways to work this into your daily routine. You could always join us on Mondays, Wednesdays, and Fridays for FROG (Fitness Reaching Older Generations) exercises at 9:00am. OR you could come and walk at the Senior Center as well. If you are more of a home body— Here are some exercises to try at home!

Wall Push-Ups— Stand facing a wall with your arms out straight in front of you and your palms on the wall. Then bend your elbows and push yourself back to standing straight.

Bicep Curls— If you have weights, they can be used here, otherwise canned goods work as well! Hold the weight (can, water bottle, etc.) and curl it up to your shoulder and back down.

Chair Stands— Sit in a chair and then stand up. Keep repeating sitting down and standing up. This is one of the best exercises you can do!

Seated Toe Raises— Sitting in a chair, try to lift your toes off the ground without lifting your heels. Then lower your toes to the floor and repeat.

Seated Heel Raises— Sitting in a chair, lift your heels off the ground, squeeze your calves at the top of the motion and then lower your heels back to the floor and repeat.

New Hobbies are Fun!

Another popular New Year's Resolution is to learn a New Hobby. Whether you are learning a new skill or just picking back up an old one, you can always try an activity we offer here. We have many options for card games, quilting, and pool. If you are interested in starting a new group, let us know! We have time and space in the mornings for a new activity. Take a break for lunch, and then continue to play if you wish! Some popular hobbies to learn are knitting, gardening, crafting, and more.

Looking to Refresh Your Diet?

Look no further! The Senior Center prepares nutritionally balanced meals that are approved by a registered dietician! It's easier to eat a healthy meal when you don't have to cook it yourself, so give us a call and try one of our delicious homemade meals for yourself. Don't feel comfortable coming in to eat yet? No Worries— we are continuing with Drive Through meals if you would rather eat at home.



January Activities 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>4</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>5</p> <p>Monthly Birthday Party Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>6</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch & SkipBo</p>	<p>7</p> <p>Special Luncheon Drawing Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool Bingo</p>
<p>10</p> <p>9:15-11:15 Toe Nail Clinic Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>11</p> <p>9:30-11:30 Health Clinic Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>12</p> <p>Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>13</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>14</p> <p>Morning Walking Quilting & FROGS Century Club Movie Day Drawing by Kinship @ Noon Hand & Foot Pitch & Pool & Bingo</p>
<p>17</p> <p>Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>18</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>19</p> <p>9:00 Board Meeting Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>20</p> <p>11:15 Magnuson Eye Glass Clinic Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>21</p> <p>Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool & Bingo</p>
<p>24</p> <p>Special Luncheon Drawing Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>25</p> <p>11:15 Spotlight on Promise Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>26</p> <p>We Serve Wednesday with CountryView Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool</p>	<p>27</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>28</p> <p>Fine Dining Friday with Kinship Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool & Bingo</p>
<p>31</p> <p>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>Would you like to see some more morning activities? Stop by and talk with us about the options.</p>		

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

The monthly meeting of the Wayne Senior Center was held with President George Burcum calling the meeting to order. (9:30 a.m.) Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum Vice President: Carol Dunning, Secretary: Verna Mae Baier, Treasurer: Joan Lage and Board Member: Francisco Morales.

The November 17 minutes were approved as published in the December Senior Star in a motion by Fransisco Morales and seconded by Carol Dunning . Motion carried.

Treasurer Joan Lage, presented financial information for 11-10-21 through 12 9-21 with expenses of \$216.00. 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 December: The Center was closed (staff shortage) to the public for a week with only MOW being prepared.

There is a possible vaccination clinic in January at the Center. The Health Department will be in charge. More details in the future.

Everyone was reminded of the weather closing policy for the Center: This is joint decision with City Administrator Wes Blecke and Center Coordinator Diane Bertrand in charge. Announcements are aired on the Wayne Radio Station KTCH. Participants should watch for Drive Through meal pickup change with winter weather. The west alley quickly becomes slick and pickup will be on the south side of the Center.

City Administrator Blecke presented the possibility of a joint future project with the City. Some items presented were: adjustments on the kitchen cupboards and some changes on the countertops. The recent evaluation showed the need for a funnel drain in the kitchen. The Center Board unanimously agreed to these items as presented. A bookshelf is needed in the Center office. The Center Board agreed to this change.

The number of participants at the Senior Center is down and it is hoped that is a temporary condition.

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

The Wayne State College Music Department is willing to pay for the tuning of the Center piano. This will occur after the Holidays.

The next meeting will be January 19, 2022. Meeting was adjourned at 9:50 a.m.

Verna Mae Baier, Secretary

Top Ten Things for Caregivers to Start Doing for The New Year

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, but you might also save a life.

Happy New Year!

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

NEW YEARS EVE
DANCING
PARTY POPPERS
BIG BEN
SINGING
PROMISES
CELEBRATION
PARTY

NEW YEARS DAY
LAUGHTER
KISS
HOGMANAY
OLD
AULD LANG SYNE
JANUARY
MIDNIGHT

DECEMBER
FUN
FAMILY
NEW YEAR
NEW
BELLS
FIREWORKS

CALENDAR
MUSIC
FRIENDS
COUNTDOWN
BEGINNING
RESOLUTION
CHAMPAGNE

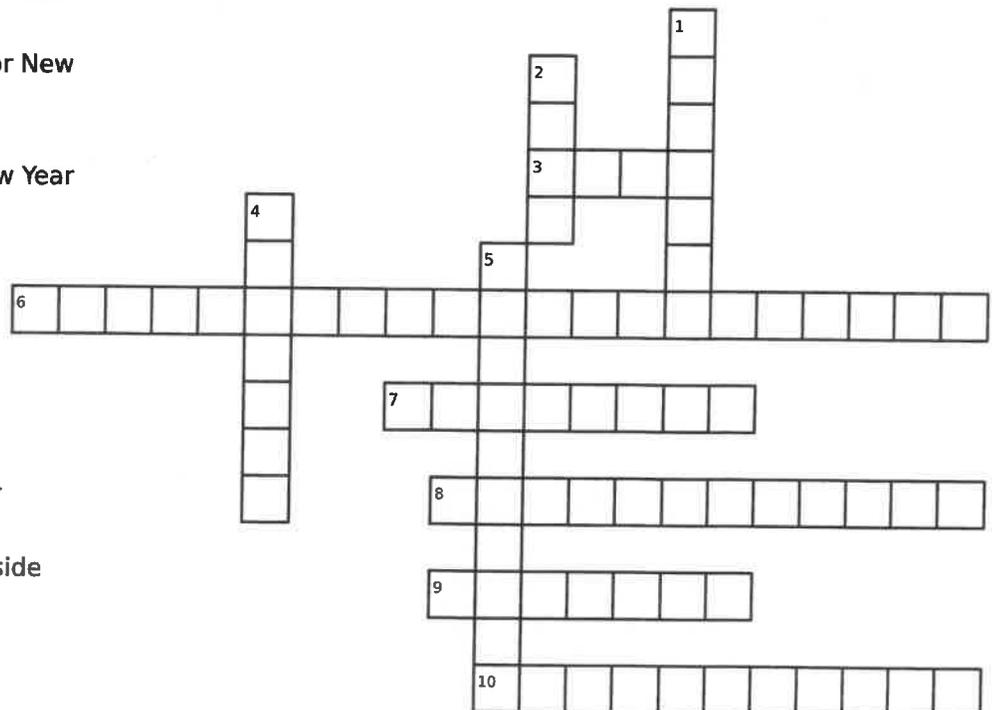
January Word Scramble

1. SWNO _____
2. NHTBEAIRE _____
3. NRTIEW _____
4. AYRJUAN _____
5. IRMANT URLTEH IKGN JR _____
6. PGUNIEN _____
7. SNNOWAM _____
8. OWLNBASL _____
9. IMSTTNE _____
10. ERAEBELCT _____
11. PAHYP EWN YRAE _____
12. RKRFOEWIE _____
13. IMEST SQUARE _____
14. WTDNCUOON _____
15. SUIRONEOTL _____

January Crossword Puzzle

Down:

1. lives outside and is made out of snow with a carrot nose
2. it is common to do this at midnight for New Year's
4. the first month of the year
5. a promise a person makes for the New Year



Across:

3. common precipitation in the winter
6. holiday on January 17th
7. kids throw these at each other outside
8. song that is sung for the New Year
9. cold weather gear for your hands
10. celebration in January

Weather Permitting— We are open Monday through Friday for the month of January!

What You Should Know About Alzheimer's Disease

There are many factors believed to be linked to Alzheimer's Disease, but there are ways to prevent or delay these risk factors. Keep your mind sharp by following these tips!

⇒ **Monitor Your Cholesterol Levels**

Research suggests a connection between high cholesterol and a high risk of Alzheimer's disease. If you are diagnosed with high cholesterol, discuss options to reduce cholesterol levels through a low-fat diet, exercise, supplements, or medication.

⇒ **Monitor Your Blood Pressure**

Having high blood pressure can cause damage to the blood vessels in the brain and reduce the brain's oxygen supply. This damage may disrupt nerve cells that are associated with decision-making, memory, and verbal skills. If you have high blood pressure, consult with your physician regarding ways to reduce and control it.

⇒ **Manage Your Type 2 Diabetes**

Research shows that Type 2 Diabetes is associated with Alzheimer's diseases and vascular dementia, which is associated with strokes. Control your diabetes and sugar levels through a healthy diet, increased physical activity, and medication.

⇒ **Keep Your Brain Active**

Remember the old saying, "Use it or lose it?" It is important to keep your brain active and stimulated through cognitively motivating activities. Reading, learning new skills, doing word puzzles, and playing games are all ways to stimulate your brain.

⇒ **Stay Physically Active**

Studies with individuals who are involved in physical activities, such as walking, have shown improvements in their decision-making abilities, scheduling, and planning. Try adding exercise to your daily routine by parking in a space far from the door when running errands, or using the stairs instead of the elevator.

⇒ **Include Antioxidants**

Antioxidants may protect brain cells. Many individuals take Vitamin E because it has shown some promise in reducing memory impairment. Contact your physician for appropriate dosage. Limit saturated fats in your diet and increase foods high in antioxidants. Try berries like blueberries, cranberries, blackberries, or strawberries. Red apples, dried fruits, nuts, and beans are also excellent choices.



UNO Gerontology to Survey Needs of Older Nebraskans in 2022



The University of Nebraska at Omaha Department of Gerontology will be conducting surveys of the needs of older Nebraskans in 2022. A questionnaire assessing the current and future needs of Nebraskans age 50 and older, as well as the services that are available to address these needs, will be mailed to over 2,000 households in the state in January. If your household receives a postcard this month, asking you to participate in this survey, please look for the survey in the coming weeks and complete it; we want to hear from you!

Our Department will also be conducting focus group discussions with Nebraskans in each of the state's eight Area Agency on Aging (AAA) regions, including the Northeast Nebraska Area Agency on Aging, beginning in May. These surveys are also designed to assess needs and services now and into the future. The mail questionnaires and focus group surveys will help to inform UNO Gerontology researchers, service providers in the eight AAAs, and officials at the State Unit on Aging, as we work together to develop the Nebraska State Aging Plan for 2024-2027.

For more information about the mail questionnaire, and especially if you would like to participate in the focus group surveys, please contact Dr. Christopher M. Kelly in the UNO Department of Gerontology at 402-554-4124 and at cmkelly@unomaha.edu

Answers to New Year's Trivia Quiz

- 1) Gregorian Calendar
- 2) Old Long Ago
- 3) Lunar
- 4) New Year's Day
- 5) Jewish
- 6) Lose Weight
- 7) March 25
- 8) Good Luck Rituals
- 9) Roman God Janus
- 10) Chinese Calendar



Martin Luther King Jr Day

MLK Day is observed every year on the third Monday of January— The 17th this year. King was an influential civil rights leader best known for his work on racial equality and ending racial segregation in the United States. His life and achievements are remembered and celebrated on this day. This is also a day to reflect on the work that still needs to be done for racial equality.



MARTIN
LUTHER
KING JR.
Day



OUR GENEROUS DONATIONS

Francisco Morales Janet Reeg Marcella Larson Sharyn Paige
Mae Greve Roy Gramlich Bill & Jerry Sharpe Mary Calhoun
Ardyce Stanley Bev Ruwe Linda Teach Ginny Otte
Darrel & Phyllis Rahn Byron & Barb Heier Debbie Dietrich
Janet Bull Mardelle Brudigan

Wayne Peacemakers Quilt Guild for Holiday Placemats
Thank you to Country View for providing 4 free meal tickets
& Kinship Pointe for providing 10 free meal tickets

In Memory of Betty & Delmar Heithold: Gerald & Marilyn
Otte, Roy Gramlich, Carol Griesch, Julie Grone
In Memory of Lois Jech: Roy Gramlich, Pete & Julie Reeg,
Julie Grone, Lila Splittgerber



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.

As a reminder, if we have to close due to in-
clement 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 re-
turn 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 Con-
gregate meals. You are free to choose whichev-
er of these options is best for you. HOWEV-
ER— 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.



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. Congre-
gate 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.*