



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

March 2022

Don't Forget!! Daylight Saving Time begins on Sunday, March 13th! Move your clocks ahead one hour to "Spring Forward" and get that extra evening light!



Homestead Exemption

Are you a homeowner age 65 or older?

The Nebraska homestead exemption provides property tax relief to homeowners age 65 or above if they meet certain guidelines.

A homestead is the residence or mobile home and up to one acre of land surrounding it. It must be occupied by the owner of record from January 1 through August 15 in each year. The homeowner must be 65 or older before January 1 of the application year.

The amount of tax relief that a homeowner receives is a sliding scale based on annual income. Income from all sources will be counted. Annual income can be reduced if the homeowner has out of pocket medical and dental expenses that total more than 4% of household income. The maximum income allowed for a single individual to qualify for homestead exemption is \$45,100.99. For a married couple, the maximum is \$53,600.99.

The percentage of exemption that a homeowner receives will apply to the taxable value of the home up to \$40,000.00 or 100% of the average assessed value of a home in the county whichever is greater. There is a cap on the value of the property of \$95,000.00 or 200% of the average assessed value of a home in the county whichever is greater. If the value of the home exceeds the maximum value allowed in the county by more than \$20,000.00, no tax relief will be allowed.

Applications for the homestead exemption are available through the County Assessor's Office. Applications must be completed and returned to the Assessor's Office by June 30, 2022.

If you need assistance with completing an application, you can contact your County Assessor's Office or you can contact Legal Aid of Nebraska. Legal Aid of Nebraska can be contacted toll free at 1-800-527-7249 Monday-Thursday from 9:00am to noon and 1:00pm-3:00pm Central Standard time.

If you are under 65 but suffer from a disability, or are a disabled veteran or widow/widower of a qualified veteran, check with your county assessor's office for other homestead exemption options.

What's Happening in March

Wednesday- March 2

Monthly Birthday Party

Tuesday- March 8

9:45-11:45 Health Clinic

Friday- March 11

Century Club Movie Drawing
Fine Dining Friday with Kinship

Music by Dan Hansen

Monday- March 14

9:15 -10:45 Toe Nail Clinic

Tuesday- March 15

Special Luncheon Drawing with Countryview

Wednesday- March 16

9:30 Board Meeting

Thursday- March 17

Music by Deb Dickey

Happy St. Patrick's Day!

Friday- March 18

10-12 Music by Terry, James & Company
Red Hat Gathering

Tuesday- March 22

11:15 Spotlight on Promise

Wednesday- March 23

We Serve Wednesday with Countryview

Thursday- March 24

11:15 Magnuson Eye Glass Clinic

Friday- March 25

Special Luncheon Drawing with Countryview

Monday- March 28

11:30 Nutrition Visit with Ann Fenton

Wednesday- March 30

10:00 Caregiver's Support Meeting

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!

This month's Activity Spotlight is BINGO!

Special BINGO events on the 11th and 18th. On the 11th, Donna is sponsoring BINGO for her birthday. On the 18th, Join the Red Hat group to play! We will also have Brown Bag BINGO on the 25th. If you are unsure of what that is: Come Check It Out!



Saint Patrick's Day

St. Patrick was born in Wales as Maewyn Succat sometime between 373 and 395 A.D. When he was 16, he was captured by Irish marauders and sent to Ireland where he spent six years in captivity tending sheep. During this time, he had visions which guided his life and assisted his escape from slavery, and he fled to France. For the next 18 years, he studied in a monastery in France and entered the priesthood. Later, he became a bishop and was named Patrick by Pope Celestine I and sent to Ireland as a missionary. Over 30 years, St. Patrick converted the people from Druidism to Christianity. He also established monasteries, schools, and churches around Ireland. St. Patrick became the patron saint of Ireland, and March 17 is celebrated as his feast day.

Irish Proverbs

- A man ties a knot with his tongue that his teeth will not loosen.
- The doorstep of a great house is slippery.
- Laziness is a heavy burden.
- The eye of a friend is a good looking-glass.
- A soft word never yet broke a tooth.
- Falling is easier than rising.



Spring is Here!

Spring officially begins on March 20th. According to a Gallup poll, Spring is the most popular season, with 36% of Americans naming it as their favorite season.

SPRING

March and Spring Trivia

- 1) In the original Roman calendar, which month was March?
- 2) Which of the Roman gods is March named for?
- 3) March comes in like a lion and goes out like a ___.
- 4) Caesar was told "Beware the Ides of March". On what date are the Ides?
- 5) Name the Jewish holiday that includes Queen Esther, King Ahasuerus, Haman, and Mordecai.
- 6) March winds and April showers bring forth May _____.
- 7) On what day in March does spring officially begin?
- 8) On March 13th, what springs forward?
- 9) What are the two birthstones for March?
- 10) The color green for Ireland stands for what?

JEOPARDY!

As the dollar value increases, the questions become more difficult, find the answers on the following page!

Rhymes With Tree



- ? \$100: Opposite of you
- ? \$200: English beverage
- ? \$300: Pronoun used for a boy or a man
- ? \$400: Small insect that lives on animals
- ? \$500: Jubilant delight or joy

Starts With 'N'



- ? \$100: Pasta
- ? \$200: Birds and bees get this from flowers
- ? \$300: Where Peter took Wendy in *Peter Pan*
- ? \$400: Weapon used by Ninjas
- ? \$500: Eighth planet from the sun

What Year Is It?



- ? \$200: Columbus sailed the ocean blue
- ? \$400: The Declaration of Independence was signed on July 4th of this year
- ? \$600: World War I began in this year
- ? \$800: The U.S. entered World War II after the bombing of Pearl Harbor in this year
- ? \$1000: The Berlin Wall fell in this year

Musical Instruments



- ? \$200: This is the smallest member of the wood wind family
- ? \$400: This instrument is played by blowing on the mouthpiece and moving a slide
- ? \$600: This is the largest instrument in the string family
- ? \$800: This is the largest instrument in the wood wind family
- ? \$1000: These are the four groups of instruments in an orchestra

Famous Works of Art



- ? \$200: Michelangelo painted the ceiling of this building
- ? \$400: This artist was known for his paintings, but he was also an inventor
- ? \$600: This is da Vinci's most famous work
- ? \$800: The Starry Night is one of his famous works
- ? \$1000: Cubism was developed by this artist

Final Jeopardy Question

- ? This man invented the light bulb





March 2022 Activities



Monday	Tuesday	Wednesday	Thursday	Friday
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!	1 Morning Walking Quilting Afternoon Bridge Club Pitch	2 Monthly Birthday Party Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool	3 Morning Walking Quilting Afternoon Bridge Club Pitch & SkipBo	4 Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool Bingo
7 Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool	8 9:45-11:45 Health Clinic Morning Walking Quilting Afternoon Bridge Club Pitch	9 Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool	10 Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo	11 Century Club Movie Drawing Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool Bingo Music by Dan Hansen
14 9:15-10:45 Toe Nail Clinic Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool	15 Morning Walking Quilting Afternoon Bridge Club Pitch	16 9:30 Board Meeting Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool	17 Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo Music by Deb Dickey Happy St. Patrick's Day!	18 Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool & Bingo 10-12 Terry, James & Company Entertain Red Hat Gathering
21 Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool	22 Morning Walking Quilting Afternoon Bridge Club Pitch 11:15 Spotlight On Promise	23 Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool We Serve Wednesday with Countryview	24 Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo 11:15 Magnuson Eye Glass Clinic	25 Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool & Bingo
28 Morning Walking Quilting & FROGS Hand & Foot Pitch & Pool 11:30 Nutrition Visit with Ann Fenton	29 Morning Walking Quilting Afternoon Bridge Club Pitch	30 10:00—Caregivers Support Morning Walking Quilting & FROGS Hand & Foot—Pitch & Pool	31 Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo	Would you like to see some more morning activities? Stop by and talk with us about the options.

**Wayne Senior Center at Wayne, Nebraska –
Monthly Business Meeting
February 16, 2022**

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 January 19 minutes were approved as published in the February Senior Star in a motion by Joan Lage and seconded by Carol Dunning. Motion Carried.

Treasurer Joan Lage, presented financial information for 1-10-22 through 2-9-22 with expenses of \$0.00. This amount of expenses was approved in a motion by Carol Dunning and seconded by Joan Lage. Motion carried and this financial report was accepted.

Coordinator Bertrand presented an overview of February Calendar/Highlights of March: February was “Fantastic February” with an increase in participants. A new volunteer was welcomed: Karen Karr.

Coordinator Bertrand presented a Detailed Plan of Operation & Budget 111-B, 111C and 111E operations for the new Fiscal Year to begin July 1. A motion was made by Joan Lage and seconded by Verna Mae Baier to approve the submission of the Fiscal Year 2023 Detailed Plan of Operation & Budget to the Northeast Nebraska Area Agency on Aging. Motion carried. A motion was made by Joan Lage and seconded by Carol Dunning to approve the 111-B Service Award submitted for 111-B programs awarded NENAAA for Fiscal Year 2023. Motion carried. A motion was made by Joan Lage and seconded by Verna Mae Baier to approve 111-C(1) and 111-C(2) programs submitted for 111-C programs awarded by NENAAA for Fiscal Year 2023. A motion was made by Carol Dunning and seconded by Joan Lage to approve the 111-E Service Awards awarded by NENAAA for Fiscal Year 2023. Motion carried.

A discussion was held concerning the future needs of the Wayne City Transit. Transportation needs were discussed and the general needs of people were also discussed. More information will be available at a later date.

Some possible uses of donation monies was discussed. Updates and repairs in the kitchen were presented. Some changes in the dining area were also presented. More information is needed.

Everyone was reminded of the weather closing policy for the Center: This is a joint decision with City Administrator Wes Blecke and Senior 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.

The meeting was adjourned at 10:10 a.m.

The next meeting will be March 16, 2022.

Verna Mae Baier, Secretary

Coping With Conflict:

How to Avoid the Impact Caregiving Can Have on Your Family

Part 1

Caring for aging loved ones can often be a trigger for family conflict. Siblings and other family members often struggle with issues like finances, how the caregiving responsibilities get divided, resentment over being the primary caregiver, resentment over feeling others are taking over, and disagreements about the aging persons' care needs. The caregiving relationship can also have a ripple effect, creating strain in marriages, affecting friendships, and impacting children.

Conflict and stress have harmful effects on relationships of all types. It impacts the emotional well-being of the care recipient, exacerbates caregiver stress, and takes a toll on everyone involved. Understanding how conflict can impact different relationships is a good start to preventing it. We've also rounded up some of the best conflict resolution strategies to help cool things off before they get too heated, allowing everything to navigate the path forward in harmony.

How Caregiving Impacts Different Relationships

Caregiving can bring families and people together. It can also tear them apart, catching caregivers by surprise by the impact it can have. The good news is there's always a way to find a positive way to move forward together, something that's even easier if you're prepared for the potential pitfalls.

Marriages

There's only so much time in the day. More than 50 percent of caregivers are married, according to AARP and the National Alliance for Caregiving's study, "Caregiving in the U.S. 2020." As the caregiving relationship progresses and takes time and attention away from the caregiver's marriage, it's not uncommon for spouses to feel as though they're being put on the back burner. It helps to talk about expectations and make sure you set aside some time for each other on a regular basis.

Kids

Children don't always understand why they're not getting the same level of attention and time they've always gotten from you. That can lead to stress and guilt on your part and resentment on their end. But if you prioritize dedicated time and preserve family rituals like meals and bedtime, it can keep you both feeling stable and connected. It also helps to include kids in caregiving when it's appropriate.

Other Family Members

Sibling rivalry doesn't always go away when you grow up. The caregiving relationship and the new dynamic it thrusts the family into can revive those power struggles, financial arguments, and feeling the responsibilities aren't being divvied up evenly can wreak havoc on siblings and other extended family relationships. Frequent communication to keep everyone in the loop about your aging parent's condition, caregiving needs, and the plan moving forward can help you come up with an agreed-upon caregiving plan that gives everyone a role.

Lent

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

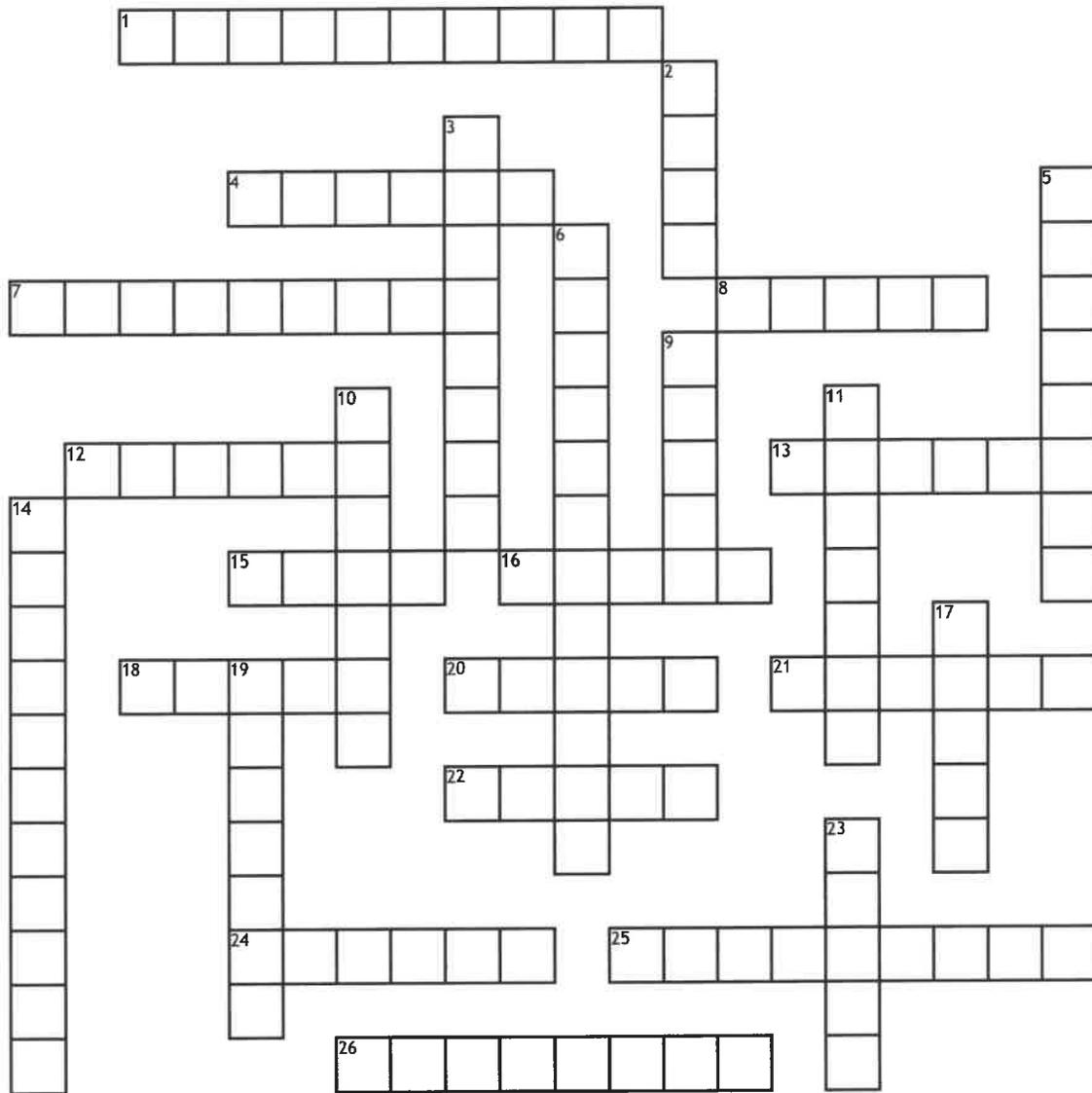
Cross
 Crucifixion
 Washing Feet
 Good Friday
 Holy Week
 Jesus
 almsgiving

Rejection
 Betrayal
 Last Supper
 Holy Thursday
 Ash Wednesday
 forgiveness
 fasting

Arrest
 Garden
 Disciples
 Palm Sunday
 Ashes
 penance
 forty days

Denial
 Example
 Peter
 Jerusalem
 desert
 prayer

St. Patrick's Day



Across

- 1. A mischievous elf in Irish Folklore
- 4. A branch of the Indo-European languages that was spread widely over Europe in the pre-Christian era.
- 7. To publicly party
- 8. The Celtic language of Ireland
- 12. A plant of the genus *Trifolium*
- 13. March in a procession
- 15. Something likened to the metal in brightness or preciousness
- 16. A month of a year
- 18. Resembling the color of growing grass

- 20. An occasion on which people can assemble for social interaction and entertainment
 - 21. A staple food of Ireland
 - 22. Occurring by chance
 - 24. A story about mythical or supernatural beings or events
 - 25. An inherited pattern of thought or action
 - 26. Another word for 3-leaf clover
- Down**
- 2. Invoke upon
 - 3. A humorous verse form of 5 anapestic lines with a rhyme scheme aabba.
 - 5. A special kind of clover

- 6. Christian missionary and bishop in Ireland
- 9. Any art that invokes supernatural powers
- 10. Achieved independence from the UK in 1921
- 11. An arc of colored light in the sky caused by refraction of the sun's rays by rain
- 14. The day of the month of St Patrick's day
- 17. A small being, human in form, playful and having magical powers
- 19. Highly valued as a gemstone
- 23. A form of money

PLEASE NOTICE

We will be open every week day of March, weather permitting! We look forward to seeing you here!



Lent

Lent each year begins on Ash Wednesday, 46 days before Easter Sunday. This year, Lent will start on March 2 and will end on Holy Saturday April 16. Lent can be helpful for families in the same way that Advent helps to prepare for Christmas. This season provides an opportunity for families to strengthen spiritual discipline together.

Early Christians knew the significance of Easter called for appropriate preparations. The first remark of a 40-day period of fasting in preparation for Easter is seen in the Canons of Nicaea. It is considered that the custom may have arisen from the early church tradition of baptismal aspirants enduring a 40-day period of fasting in preparation for their baptism at Easter. Eventually, the Lent season developed into a time of spiritual commitment for the whole church. Through the primary centuries, the Lenten fast was very stringent but loosened over time.

Lent is the Christian season of spiritual discipline leading up to Easter. Throughout Lent, most Christians adopt a period of fasting, repentance, prudence, and spiritual development. The meaning of the Lenten season is to use this time for reflection on Jesus Christ, to recognize his affliction and his atonement, his life, death, burial, and resurrection.

Christians who keep Lent commonly make a dedication to fast, or to give up something, like smoking, watching TV, social media, or a food or drink, such as sweets, chocolate, or coffee. Some also take on a Lenten observance, like reading the Bible and spending more time in prayer to draw nearer to God. Strict partakers of Lent do not eat meat on Fridays, usually opting for fish.



Answers to March and Spring Trivia

- 1) First
- 2) Mars
- 3) Lamb
- 4) 15th
- 5) Purim
- 6) Flowers
- 7) 20th
- 8) Clocks
- 9) Bloodstone and Aquamarine
- 10) Nature and Hope



The zipper was originally used for fastening shoes!

Jeopardy! Answers

Rhymes with Tree

- ? What is me?
- ? What is tea?
- ? What is he?
- ? What is a flea?
- ? What is glee?

Starts with 'N'

- ? What are noodles?
- ? What is nectar?
- ? Where is Neverland?
- ? What are nunchucks?
- ? What is Neptune?

What Year Is It?

- ? What is 1492?
- ? What is 1776?
- ? What is 1914?
- ? What is 1941?
- ? What is 1989?

Musical Instruments

- ? What is the piccolo?
- ? What is the trombone?
- ? What is the double bass?
- ? What is the contrabassoon?
- ? What are percussion, strings, brass, and woodwinds?

Famous Works of Art

- ? What is the Sistine Chapel?
- ? Who is Leonardo de Vinci?
- ? What is The Last Supper?
- ? Who is Vincent Van Gogh?
- ? Who is Pablo Picasso?

Final Jeopardy Question

- ? Who is Thomas Edison?



JEOPARDY!



In like a lion, out like a lamb.

This folklore stems from ancestral beliefs in balance meaning: if the weather is bad at the start of the month, it should end with good weather. Since March is the transition from Winter to Spring the weather is often changing. Do you think March will come in like a lion and go out like a lamb this year?

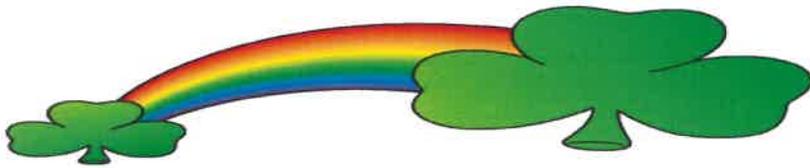


OUR GENEROUS DONATIONS

Loren Park Arlene & Jim Robinson Jeannine Anderson
Donna Lundin Kathleen Johs Janet Reeg
Ginny Otte Marcella Larson Roy Gramlich
Byron & Barb Heier Edith & Robert Zahniser
Francisco Morales Terri Headley

In Memory of Bernard Grimes: Bev Hansen

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

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.



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.