



# The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

Hello All! We have a very busy month in October! In addition to our usual clinics, we are also having a flu shot clinic on Monday, October 17th and our 1st date for Medicare Open Enrollment on Tuesday, October 25th. Also exciting news Will be our first Evening meal to be held since the Pandemic - Call to reserve your meal on Friday, October 21st. ***Please read on for details of all of these important upcoming events.***

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## Flu Shot Clinic Monday, October 17th 10:00 to 11:30 am

Provided by **Becky Barner, Pharm.D., R.P.**  
**Providence Community Pharmacy**

This will be the Influenza Immunization recommended for our Senior Population.

Please pick up your Screening Form from the Center's office and Return it back to the center by Wednesday, October 12th in-order to reserve your Vaccination.

Also available will be the new bivalent Covid booster recently approved by the CDC - which also can be administered the same day if you request.

**REMEMBER** - Please pick up the Influenza Immunization Screening Form here at the center and return it no later than October 12th.

ALSO: Bring your Medicare or Medicare Advantage Card the day of the Clinic and the PMC Staff will bill directly for you!

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## Medicare Open Enrollment (Part D Compare)

**October, Tuesday 25th**  
From 9:00am— 3:30pm

**CALL THE CENTER TO SIGN UP FOR A TIME**

Additional Upcoming Dates:

November 10th

November 29th

This service is provided for free and spots fill up fast, so do not wait to call!

Please bring your Medicare Card and a current list of medications with you to your appointment.

*Provided by Leslie Schulz, PMC*

## OCTOBER FEST EVENING MEAL AT THE WAYNE SENIOR CENTER

Friday, October 21st

Burt Heithold DANCE Band

Will be playing from 5:00 to 6:00 pm

Serving our meal starting at 6:00 pm

This will be our Winter Menu kick-off

Serving: Home made Chili or

Potato Soup (All you can eat)

Homemade Sliced Bread

Relish Tray; Pie & Ice Cream

*This year we are Honoring Burt's*

*Parents: Delmar & Betty Heithold*

*Who went to be with Jesus on*

*November 17th & 18th, 2021.*

We are calling this year's celebration

## "MAY I HAVE THIS DANCE FOR THE REST OF MY LIFE"



Meals on Wheels delivery will go out as Usual at around 11:00 am. ***There will be***

***NO Noon In-House Congregate or Drive through meals served this day!***

**Menu for MOW will be:** Potato soup, Relish Sticks, Homemade Bread & Pie.

Due to set up for the evening meal - In house Activities will be limited throughout the day in the Dining area. No 2:30 pm snack time. Coffee will be available!

FROGS and BINGO will be on Thursday.

## Halloween

Halloween as we know it today originated from the ancient Celtic festival of Samhain when it was believed that the ghosts of the dead returned to Earth. Celts believed that the boundary with the Otherworld is weaker during Samhain, allowing spirits to pass through and walk among us. People left food offerings outside their homes to appease the spirits. In the Middle Ages, Christians would carry carved out turnips turned into lanterns while going around homes for traditional souling. These lanterns are thought to symbolize the souls of the dead. Turnips turned to pumpkins when it was realized that they were much easier to carve.

By the 1500s, the festival began to include costumes and house-to-house visits. Young people impersonated the spirits, recited verses, and sang songs in exchange for food. Households obliged to receive good fortune.

In the U.S., the first official citywide Halloween celebration occurred in Anoka, MN in 1921. While it is expected that most children will wear costumes for Halloween, we can't forget about the pets as well. In 2018, Americans collectively spent roughly \$480 million on Halloween costumes for their pets. It is a massive increase from the \$200 million estimate back in 2010.



## History of Candy

Candy is the name given to almost any food whose main ingredient is sugar. In 1470, a candy maker in Venice learned to refine sugar imported from the Orient. This began the modern candy industry which only the nobility could afford.

In England soon after this, sugar was used to coat pills from apothecaries. The sugarcoated medicine became so popular that the medicinal pills began to be manufactured with sugar only. The first candy shops were, therefore, the English drugstores.

During Colonial times, the sap of maple trees was the chief form of candy in America. This sap was boiled down to make maple sugar. Every spring, there were maple sugar gatherings where taffy-pulls became popular.

What began as a fraternity of small, family-owned businesses has grown into an industry dominated by corporate giants. During the 20th century in the U.S., Milton Hershey and Forest Mars built business empires out of chocolate.



## How to pick the perfect pumpkin

Whether you're visiting the pumpkin patch or perusing the produce section, it's always fun to find that perfect pumpkin. Here are 5 easy tips for selecting a winner!

1. Look for a pumpkin that has a deep orange color
2. Knock on the pumpkin to check that it is hollow (and ripe)
3. Make sure the bottom of the pumpkin isn't soft and mushy. Also, the bottom should be flat so it doesn't roll
4. Check that the stem is firm and secure. Never pick a pumpkin up from the stem— It may break, which leads to faster decay.
5. Avoid bruised pumpkins and look for a smooth surface if you're carving. It will be much easier!



## How October got its name

October was the eighth month of the early Roman republican calendar, and the name came from the Latin *octo*, meaning 'eight.'



## Apple Trivia

- In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage and catching it was acceptance.
- The game of apple bobbing began as a Celtic New Year tradition for trying to determine one's future spouse.
- When the first colonists migrated to North America, they brought apple seeds with them. The first recorded planting was in 1629 by the Massachusetts Bay Colony.
- There are more than 7,000 varieties of apples, but only about 100 are grown commercially in the U.S. and eight varieties account for 80% of the total U.S. production.
- Each American eats about 19.6 pounds of fresh apples annually, compared to about 46 pounds consumed by each person in Europe.
- About 36 apples are needed to make a gallon of cider.
- Apple trees can live to be 100 years old.
- Apple trees can grow up to 40 feet high, though many orchards have dwarf trees for easier picking.





## PLEASE NOTICE

The Center will be closed for  
**FALL/DEEP CLEANING**

**Friday, October 28th**

**No meals or Activities that day.  
Staff will be available to take your  
calls. Transit WILL be operating.**

## Yom Kippur

Yom Kippur begins at sundown Tuesday, October 4 and concludes the 10-day period known as the High Holy Days beginning with Rosh Hashanah. Yom Kippur is the Day of Atonement. Judaism holds that on this day the judgement of each man is sealed. The word *kippur* is from the root 'to scour' or 'to cleanse thoroughly.' Yom Kippur is set aside for fasting, self-denial, and attending services. Fasting is an important part of the observance. Generally the fasting period is a full 25 hours. There are several reasons given for fasting. The first is as a penance to show contrition for the wrongs people have done or for the good they have not done. It is a symbol of sacrifice to show that remorse is more than words lightly uttered. The second is as self-discipline, to show that vows of repentance are valid, and that people can deny their desires and urges. The third is as a means of awakening compassion. By suffering the pangs of hunger, people become more perceptive of the needs and wants of others. Lastly and most importantly, to some fasting is a means of focusing on the spiritual. Worldly thoughts are set aside, people should not think of business nor things of pleasure, not even of food or drink. The hours of Yom Kippur are considered a day to atone, to change, to repent, and it is a day of worship.

Many synagogue services are held beginning with the first evening service. This first service begins early while there is still light in the sky. The next day there are four different services. Some rabbis include a healing service as well. The last service of the day signifies the closing of the gates of heaven. With the blowing of one long blast of the shofar, Yom Kippur is over. The day carries a sense of healing, forgiveness, and peace, along with the release of guilt and resentment.

The night after the close of Yom Kippur is treated as a festival. It is expected for families and friends to eat and drink well. It is customary to enjoy the night.



## Sukkot

Five days after Yom Kippur is concluded, the Jewish community begins the rest of the fall holidays. These begin with Sukkot and end with Simchat Torah. The holiday is in remembrance of the 40 days and nights the Jews wandered in the Sinai Desert prior to their entry into the Holy Land. They lived in temporary, makeshift dwellings, so it is the custom to build a sukkah in order to celebrate properly. The sukkah is a hut and is built in gardens, parks, backyards, by synagogues, and on balconies. It must have three sides and a roof. Most people use pine boughs for the roof so they can see the night sky and stars through it. It has to be large enough for people to follow the commandment to dwell in it. While many people do not sleep in it, they do take their meals there and welcome guests. It is customary to decorate the Sukkah to increase one's enjoyment of the holiday.

Sukkot is also known as the Harvest Festival because this is the time of year that the last harvest is being gathered in. Praying for rain for the next year's harvest is part of the importance of the lulav and etrog ceremony. The lulav is a dried palm branch, two willow branches, and three myrtle branches bound together. The etrog is a member of the citrus family that resembles a lemon. Together these are waved in six directions: east, west, north, south, up, and down. This symbolizes that rain falls from the heavens and it falls in all four directions of the compass. Another theory is that the six directions indicate the God is everywhere and knows all.

## Canadian Thanksgiving

On Monday, October 10th, Thanksgiving will be celebrated in Canada. When we sit down to enjoy a delicious Thanksgiving dinner with family and friends, we are following one of the oldest customs of the human race. The Thanksgiving we celebrate today has its origins in the festivals held all over the world to offer thanks for a bountiful harvest.

-The ancient Greeks celebrated Thanksgiving festivals throughout the year to offer thanks for many things. The belief was that special thanks offered to multiple deities would result in the various gods continuing to bring good harvests.

-The harvest festival known as Cerelia was celebrated by the Romans in honor of Ceres, the Roman goddess of grain and harvests.

-The Bible has many stories of how the Hebrews offered thanks to God for His many blessings.

-The Persian Festival of Autumn corresponded to the day farmers collected their crops and gave thanks to God, who had given them food to survive the cold months.

-During the Middle Ages, parts of England and Europe kept the tradition of the harvest celebration. In England, the festival was called Harvest Home, and the partying began when the last load of grain was locked



**OUR SEPTEMBER GENEROUS DONATIONS**

Pat Robinson Bill & Jerry Sharpe  
Don & Sue Larsen Donna Lundin  
Richard Johnson Bev Ruwe Kathy Johnson  
Deb Daehnke Pete & Julie Reeg  
Donna Jacobson Todd Young Brian Biermann  
Jim & Arlene Robinson Janice Myers  
Verna Mae Baier Loren & Dot Park  
John & Anita Fuelberth—Francisco Morales  
Memorial Mardelle Brudigan  
Sandra Henschke—25th Anniversary

Thank you to Country View : for providing 10  
Special drawing Meal Certificates &  
Sponsoring our Monthly Birthday cake **It's easy**  
Thank you to Kinship for providing 4 **to help**  
Movie Day Meal Certificates  
Thanks to all our MOW and Kitchen  
& Center Volunteers



**FREE SHREDDING SERVICE**  
OCTOBER 18TH  
11:00 TO 12:00 NOON ONLY  
SR. CENTER PARKING LOT  
(Just personally bring during this time)

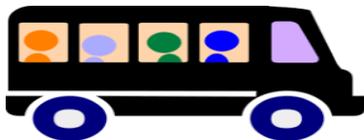
**The Wayne Public Transit**

*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



**WHO'S WHO AT THE WAYNE SENIOR CENTER**

Diane Bertrand	Manager
Misty Brasch	Assistant Manager/Head Kitchen
Frank Sheda	Van Driver/Asst.
Cindy Abraham	Dispatch/Asst
Halie Chinn	Sub/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
Keith Jech	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.

**Old Fashioned Apple Dumplings**

Ingredients:

6 large granny smith apples, peeled and cored  
1/2 cup butter 3/4 cup brown sugar  
1 tsp. ground cinnamon 1/2 tsp. ground nutmeg  
3 cups water 2 cups white sugar  
1 tsp vanilla extract  
1 recipe pastry for double-crust pie

Directions:

Preheat oven to 400 degrees. Butter a 9x13 pan. Roll pastry into a 24x16 inch rectangle on a lightly floured surface. Cut into 6 squares. Place an apple on each square with the cored opening facing upward. Cut butter into 8 pieces and place 1 piece in the opening of each apple. Divide the brown sugar, cinnamon, and nutmeg between apples. Bring the corners of the pastry up and seal them to completely cover the apple. Place them into the baking dish.

Combine water, white sugar, vanilla extract, and extra butter in a large saucepan, bring to a boil over medium heat. Reduce to low and simmer until sugar is dissolved, pour sauce over the dumplings.

Bake for 50-60 minutes. Place each apple dumpling in a dessert bowl, and spoon some of the sauce over the top.



**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:**

**\$5.00 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.*