

# The Senior Star

410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

November 2022

## NATIONAL FAMILY CAREGIVERS MONTH "CAREGIVING HAPPENS"

National Family Caregivers Month is celebrated each November. It is a time to recognize and honor family caregivers across the country.

Celebrating Family Caregivers during National Family Caregivers Month enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
  - Educate family caregivers about self identification
  - Increase support for family caregivers

The National Family Caregivers Association began promoting national recognition of family caregivers in 1994. President Clinton signed the first NFC Month Presidential Proclamation in 1997 and every president since followed suit by issuing an annual proclamation recognizing and honoring family caregivers each November.

### The Wayne Senior Center wants to Celebrate our Caregivers throughout the month of November with the following special events

- **Wednesday—November 2nd**

Caregiver kickoff celebrating our November Birthdays with Cake and Ice cream served at our in-house noon meal with Dan Hansen providing music for all to enjoy

- **Each Wednesday of the month**—join us for our noon meal at the center and have a chance to win 1 of 5 Special Caregiver Luncheon Certificates sponsored by our III E Caregiver Support Fund
- **On Wednesday, November 30th**—the last

Wednesday of the month—join us for our In-house noon meal here at the center and have a chance to win our "Mystery Prize". Listen to Music by Val Koeber.

**Join us the last Wednesday of each month at 10:00 am for our monthly Caregiver support group. It's a great time to come together with other caregivers. A place WHERE GOOD FRIENDS BECOME FAMILY**

**Don't forget to turn your clocks back one hour before going to bed on Saturday, November 5th. Daylight Saving Time ends on Sunday, November 6th.**



## 2 More opportunities for MEDICARE OPEN ENROLLMENT

(Part D compare)

Thursday—November 10th

Tuesday—November 29th

From 9:00 am to 3:30 pm

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

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 .

### What's Happening in November

- Wednesday, Nov. 2nd:** Caregiver kickoff Monthly birthday party day—Music by Dan Hansen
- Friday, Nov. 4th:** Senior Drawing by Countryview Music by Abi Hasemann
- Tuesday, Nov. 8th:** Health Clinic—9:30 to 11:45  
11:30—Music by Spotlight on Promise
- Wednesday, Nov. 9th:** Caregiver Drawing
- Thursday, Nov. 10th:** Open Enrollment  
Noon: Informational visit with the Wayne Food Pantry
- Friday, Nov. 11th:** Veterans Day Celebration Program starts at 11:15 am with Meal following
- Monday, Nov. 14th:** Toe Nail Clinic  
Call for a time slot
- Tuesday, Nov 15th:** Luncheon drawing by Kinship
- Wednesday, Nov. 16th:** Caregiver Drawing  
12:30 Board Meeting
- Thursday, Nov. 17th:** Magnuson Eye Glass Care  
10:30 to 11:30 am
- Friday, Nov. 18th:** Fine Dining Friday w/ Kinship Thanksgiving Meal Celebration  
Music by Deb Dickey
- Wednesday, Nov. 23rd:** Caregiving Drawing
- Thursday, Nov. 24th & Friday, Nov. 25th**  
*CLOSED FOR THANKSGIVING HOLIDAY*
- Monday, Nov. 28th:** Brunch for Lunch 11:00 to Noon  
Drive through and MOW go out at normal times
- Tuesday, Nov. 29th:** Open Enrollment  
(call for a time ) Luncheon Cert. Drawing by Kinship
- Wednesday, Nov. 30th:** We Serve Wednesday  
With Countryview : Final Event for National Family Caregivers Month  
"Mystery Prize"  
Music by Val Koeber

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!**

## Veteran's Day

World War I, known at the time as The Great War, officially ended when the Treaty of Versailles was signed on June 28, 1919. However, fighting ceased seven months earlier when an armistice or temporary cessation of hostilities between the Allied nations and Germany went into effect on the 11th hour of the 11th day of the 11th month. For that reason, November 11, 1918 is generally regarded as the end of the war to end all wars.

An Act approved May 13, 1938 made the 11th of November each year a legal holiday, a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as Armistice Day. Armistice Day was a day set aside to honor veterans of World War I. In 1954, after World War II, the 83rd Congress amended the Act of 1938 by striking out the word Armistice and inserting in its place, Veterans. With the approval of this legislation, November 11 became a day to honor American veterans of all wars.

Veteran's Day continues to be observed on November 11, regardless of what day of the week it falls. The restoration of the observance of Veteran's Day to November 11 not only preserves the historical significance of the date, but focuses attention on the important purpose of this day: a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

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**Come celebrate Veteran's Day here at the  
Wayne Senior Center  
Friday—November 11th**

Program beginning at 11:15 am Honoring our Veterans  
Meal served following the program



## Election Day

**This year, on November 8th cast your vote  
at your pole sight. Need a ride to place your vote  
Call the Wayne Public Transit and get a FREE ride  
History of Election Day**

On January 7, 1789, the electors were chosen for the first U.S. presidential election. By an act of Congress on January 23, 1845, the first Tuesday following the first Monday in November was designated Election Day for future presidential elections. Back then, we were more of an agricultural society and November was considered a good time for elections because the busy harvest season was coming to a close. Many country folks had to travel quite a long way to get to a polling station, so it made sense to hold elections on a Tuesday. This avoided religious holidays as well. Before 1845, the states could hold presidential elections within a 34-day period and then send their electors to the Electoral College. However, this became problematic as communications and transportation evolved because states that voted earlier could influence states that voted later.

## Thanksgiving

In a 1789 proclamation, President George Washington called on the people of the United States to acknowledge God for affording them an opportunity to establish a form of government for their safety and happiness by observing a day of thanksgiving. Thanksgiving became a national holiday in 1863. In that year, during the Civil War, Abraham Lincoln made his Thanksgiving Day Proclamation. He asked his fellow citizens to set apart and observe the last Thursday of November as a day of thanksgiving and praise.

Of course, Thanksgiving is not born of presidential proclamations. Native American harvest festivals had been celebrated for centuries, and colonial services date to the late 16th century. Thanksgiving Day, as we know it today, began in the early 1600s when settlers in both Massachusetts and Virginia came together to give thanks for their survival, for the fertility of their fields, and for their faith. The most widely known early Thanksgiving is that of the Pilgrims in Plymouth, Massachusetts, who feasted for 3 days with the Wampanoag people in 1621. So, why do we celebrate Thanksgiving with Turkey? Turkey has become the traditional Thanksgiving fare because at one time it was a rare treat. During the 1830s, an 8- to 10- pound bird cost a day's wages. Even though turkeys are affordable today, they still remain a celebratory symbol of bounty.



## Thanksgiving Trivia

Answers on following page

- \* When was the first Thanksgiving celebrated?
- \* What is a female turkey called?
- \* What is the official name for a group of turkeys?
- \* Who is the Indian that helped the Pilgrims learn how to farm the land?
- \* How many Indians were at the first Thanksgiving?
- \* Who was the Indian chief who attended the first Thanksgiving?
- \* What Indian tribe attended the first Thanksgiving?
- \* What food did the Pilgrims think was poisonous?



# Thanksgiving Survival Tips for Seniors and Their Caregivers

Author: Rick Cseak

Thanksgiving is a wonderful holiday for Americans, meant to enjoy loved ones, good food, and a relaxed atmosphere. Planning for all this fun and relaxation can sometimes be a bit stressful, especially if you're a caretaker for the senior loved one in your life. But fear not! Our tips will help you get through Thanksgiving with ease, so you can get back to enjoying what the day is all about—giving thanks for the special loved ones in your life.

## Thanksgiving Tips for Caregivers:

**Don't hesitate to receive help.** Thanksgiving Day is surrounded by lots of family and friends, and that means there will likely be many people who can help look after your senior loved one so you can enjoy the festivities. Don't hesitate to let friends and family help! You'll both be in good hands.

**Be prepared.** It's common for elderly people to have special dietary needs. If your senior loved one has difficulty chewing or only likes certain foods, why not be prepared by offering to bring or cook those items. Being prepared will allow everyone to enjoy the meal together and you'll have the help you need!

**Don't forget about yourself!** As a caregiver, it's easy to lose sight of taking care of your own needs. This Thanksgiving, take advantage of the extra friends and family and allow them to help see to the needs of your senior loved one so you can relax and enjoy your own time with those around you!

## Extra Tips for Seniors:

**Be mindful.** Part of what makes those sauces and gravies so flavorful and rich is the additives used. While they definitely make our food extra yummy, you'll want to be mindful of any potential allergies your senior may have. Elderly people may also be more sensitive to heartburn or stomach upset with rich food. Encourage them as well, not to overeat. These simple reminders will help everyone feel better and enjoy Thanksgiving a little more!

**Socializing.** If it so happens that you don't have family around to share a Thanksgiving meal with, do not let that hinder you from socializing and fun! Reach out to a local senior center, church, or neighborhood and dine together! There is no reason anyone should have to be alone on Thanksgiving.

**Stay Healthy.** The holidays can be a vulnerable time for all of us when it comes to our health, but especially for seniors! Don't hesitate to call their doctor and schedule a check-up appointment ahead of the holidays. Depression, cold and flu, and many other conditions can be more prevalent during this time of year, so stay mindful of health. Keeping prescriptions filled on time will help if you plan to travel.

Thanksgiving should be a time to relax and just enjoy friends and family. We hope these tips will help you to have the best holiday season ever.

**Wayne Senior Center at Wayne, Nebraska --  
Monthly Business Meeting  
October 19, 2022**

The monthly meeting of the Wayne Senior Center was held with President George Burcum calling the meeting to order. (12:30 p.m.) Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum Vice President: Carol Dunning, Secretary: Verna Mae Baier, Treasurer: Keith Jech and Center Participants: Ginny Otte and Joan Lage.

The September 21 Board minutes were approved as published in the October Senior Star in a motion by Carol Dunning and seconded by Joan Lage. Motion carried.

Treasurer pro-tem Ginny Otte presented financial information for 9-1-22 through 10-18-22 with expenses of \$12.50. [Vel's Bakery for rye emulsion] This amount of expenses was approved in a motion by Keith Jech and seconded by Carol Dunning. Motion carried and this financial report was accepted. More information in November concerning possible financial investments.

Coordinator Bertrand presented an overview of October Highlights: (1) November Newsletter is being finalized. (2) NENAAA Evaluation/Audit was October 12. Only minor changes were noted, (3) Flu Shot Clinic was October 12 (45 Flu / 24 Covid Boosters) (4) Shredding Event (5) Evening meal with entertainment will be October 21 (6) Open Enrollment: October 25 and November 10 and 29. (7) Staff Work day will be October 28. Center will be closed.

November is National Caregivers Month and will be observed with several events during the month. Veterans' Day will be observed Nov. 11. The Center will be closed Nov. 24-25 in observance of Thanksgiving.

The second reading of the Center's Constitution was completed. A motion to approve this updated and revised Constitution was made by Keith Jech and seconded by Carol Dunning. Motion carried. All those present signed this document.

Election of officers: For President: George Burcum was nominated by Carol Dunning. Unanimous second. Elected by acclamation. For Vice President: Carol Dunning was nominated by Joan Lage. Unanimous second. Elected by acclamation. For Treasurer: Ginny Otte was nominated by Carol Dunning. Unanimous second. Elected by acclamation. For Secretary: Verna Mae Baier was nominated by Joan Lage. Unanimous second. Elected by acclamation. For Board Members: Joan Lage & Keith Jech were nominated by Carol Dunning. Unanimous second. Elected by acclamation. President declared all present duly elected and installed as of October 19. Coordinator Bertrand read the duties and responsibilities of all board members. This sheet of duties and responsibilities was signed by all the current board members.

Coordinator presented an overview of current staff. Changes were announced.

No additional items were presented.

The meeting was adjourned at 1:20 p.m.

The next meeting will be November 16, 2022.

Verna Mae Baier, Secretary

# Thanksgiving Word Search

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

England  
 third  
 Wampanoag Indians  
 thankful  
 turkey  
 November  
 harvest  
 football  
 cornucopia  
 New World  
 acorn

maize  
 Abraham Lincoln  
 voyage  
 tablecloth  
 Pecan pie  
 Native American  
 gravy  
 feast  
 cornbread  
 bread

celery  
 Sarah Hale  
 vegetables  
 sweet potato  
 pumpkin pie  
 Mayflower  
 grateful  
 Squanto  
 Colonists  
 beans

symbol  
 yams  
 customs  
 settlers  
 Plymouth  
 Massachusetts Bay Colony  
 gobbler  
 family  
 celebrate  
 bake

Thursday  
 wishbone  
 tradition  
 ham  
 Pilgrim  
 holiday  
 friends  
 cranberries  
 casserole  
 autumn

# November Fun Facts

## Across

2. What is the day after Thanksgiving called that is a traditional start of Christmas shopping

5. This Canal formally opened in New York on November 4, 1825.

11. November 18, 1963 this Telephone Company introduced to the public the push button phone

12. Celebrated on November 11th

14. This US President was assassinated on November 22, 1963

15. November semi precious stone

16. Mexican and Hispanic communities celebrate November 1 as

## Down

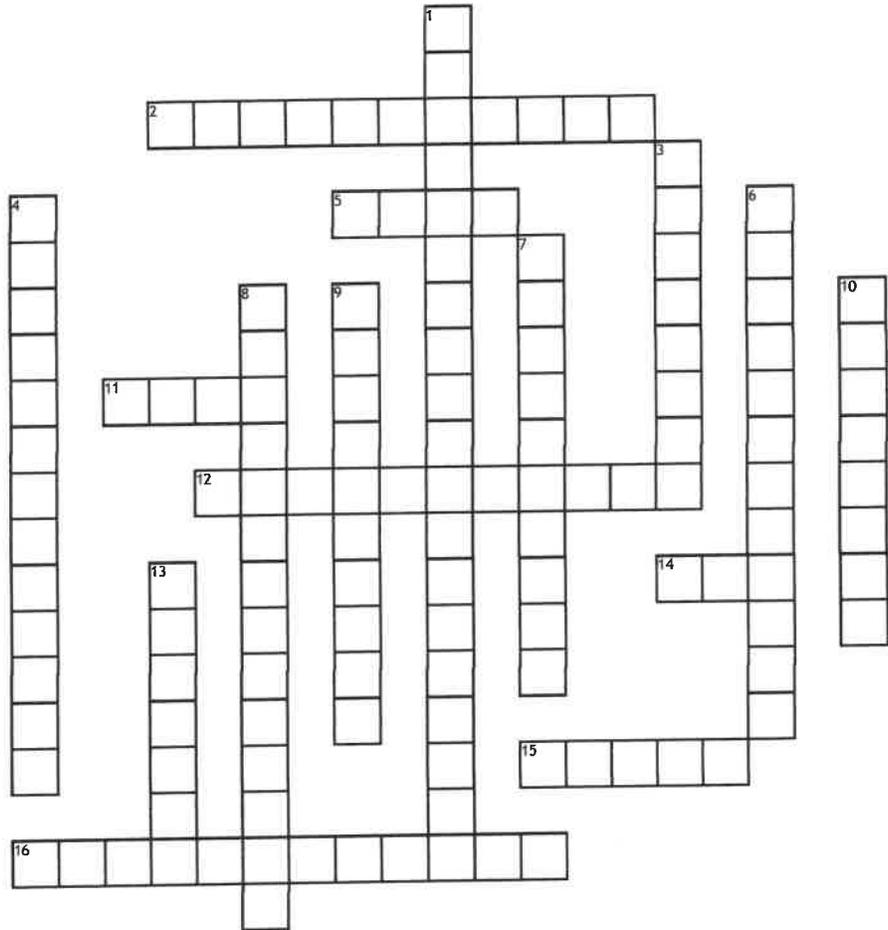
1. November 19, 2021 this will be visible from parts of North America

3. Parkers Brothers introduced the world to this game on November 5 1935

4. November's flower

6. November 3 is known as this day?

7. Abraham Lincoln gave this address on November 19, 1863



8. Famed TV Journalist was born on November 4, 1916

9. November full moon is traditionally called this because in the colonial era, this was the month to set traps before swamp frooze.

10. November 28 marks the start of

13. One of the astrological signs for November



## PLEASE NOTICE

The Center will be closed for the  
Thanksgiving Holiday

Thursday, November 24th and  
Friday, November 25th

Sign up for Brunch for Lunch

Monday, November 28th

Serving in house from 11:00 am to Noon

MOW & Drive Through meals go out at  
The normal time!

## Advent Begins

Sunday, November 27th

The word Advent is derived from a word that means coming. In the church calendar, Advent is the four-week period prior to Christmas. During this time, we await the coming of Christ. We await the celebration of his coming at Bethlehem, but we also wait expectantly for his coming to us in other ways as well.

Just as children wait with excitement for Santa to come, Christians can make the season of Advent a time of waiting excitedly for God to come. One common Advent prayer is: Stir up your power, O Lord, and come. Come to us who are in need. Come to us who long for a deeper meaning to the Christmas of our time. Come to us who are sick, who are dying, who are depressed, who are in doubt, who are grieving.

Advent is a time of waiting but with confidence and hope, not with impatience and irritability. It is a time of waiting with excitement, just as we anticipate the arrival of a family member who has returned from military duty. Advent waiting is watchful and enthusiastic. God came, God continues to come, God will come again! God came to us in Jesus, God continues to come to us throughout life, and God will come again at the end of life or at the end of time!

Many churches use an Advent wreath with four candles during the four weeks before Christmas. The wreath symbolizes the belief that God's love is unending, and the circle of God's grace unbroken. On the first week of the Advent season, one candle is lit, and on each successive week, another candle is lit, each with its own symbolic meaning such as hope, joy, love, and peace. With each new candle, the excitement grows as the day of celebrating Christ's birth nears. At the Christmas celebration, all candles are lit along with a large Christ candle in the center of the wreath stressing that Christ is the light of the world.



## Thanksgiving Trivia Answers

- \* 1621
- \* Hen
- \* Rafter
- \* Squanto
- \* 90
- \* Massasoit
- \* Wampanoag
- \* Potatoes



## The History of Pickles

The history of pickles stretches so far back that no definite time has been established for their origin, but their existence is estimated to be over 4,000 years ago. In 2030 B.C., cucumbers native to India were brought into the Tigris Valley. There, they were first preserved and eaten as pickles.

- Pickles played an important role in Columbus' discovery of America in 1492. Around this time, many transoceanic voyages were thwarted because crews suffered from scurvy. Columbus' ship stocker stored ample quantities of vitamin-C rich pickles, preventing scurvy outbreaks on the historic voyage across the Atlantic.
- Over 26 billion pickles are packed each year in the U.S. That's about nine pounds of pickles per person.
- More than half the cucumbers grown in the U.S. are made into pickles.
- Old-time picklers couldn't accurately measure the salt needed for making pickle brines since the density of commercially bought salt varied from year to year. To get around this potential problem (too little or too much salt can cause pickles to spoil), many recipes recommended using enough salt to float an egg in the brine. While this method yielded fermented pickles that could keep all winter, they were too salty to be eaten. Picklers had to soak the pickles in water for days to make them edible.
- More than 67% of all households eat pickles.
- Americans consume more than 2.5 billion pounds of pickles each year— that's 20 billion pickles.
- Dill pickles are the most popular type, followed by sweet.
- Pickles have a high concentration of vitamin C and help people absorb iron better.
- Henry John Heinz was a marketing and advertising pioneer, His company had the largest commercial exhibit at the 1893 Chicago World's Fair, and in 1900 erected the first electric sign in New York City, a 40-foot pickle.
- Berrien Springs, MI is known as the Christmas Pickle Capital of the World.

I ♥  
PICKLES

**OUR GENEROUS DONATIONS**

Janet Bull, Jean Ping, Janis Myer, Lowell & Kathy Johnson, Leroy & Carol Robbert, Pat Robinson, Deb Daehnke, Mardelle Brudigan, Darrel & Phyllis Rahn, Edmund Keber, Bev Hansen, Don & Jan Zeiss, Cynthia Jorgensen, Angela Swan, Senior Center Quilt Group, Barb Greve Northeast Public Power.

**THANK YOU TO:** Country View for Helping with “We serve Wednesday” and Sponsoring Meal Certificates on Senior Friday drawing in October

**THANKS YOU TO:** Kinship for Sponsoring our Meal Certificates in the Month of October along with Helping with “Fine Dining Friday”

**A SPECIAL THANK YOU :** To all our MOW - Kitchen & Center Volunteers

**ALSO A BIG THANKS:** To all our Special Musicians Who entertain all of us at the Center!

**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.               |
| Anaka Brasch    | Kitchen Aide                   |
| 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                      |
| Ginny Otte      | Treasurer                      |
| Keith Jech      | Board Member                   |
| Joan Lage       | 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.

**5 Natural Home Remedies for a Sore Throat**

A sore throat is caused by your body’s immune response to viral or bacterial infections. Of course, the most important thing you can do is drink fluids and stay well hydrated. Try drinking or at least sipping water every hour. If it’s uncomfortable, try drinking warm herbal tea made from plants.

Here are 5 natural remedies to provide sore throat relief:

1. Gargle with Salt water
2. Gargle with Cool Sage Tea
3. Drink Lemon Water
4. Sip Apple Cider Vinegar with Honey
5. Drink Ginger Tea

Be sure to see a doctor if your sore throat lasts more than a few days, as you could have strep throat or another infection.



**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. 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.*