

The Senior Star

410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

December 2022



Friday, December 9th Evening Meal

5:00 pm—Entertainment with
PARADOX

Tim Sharer—Paul Karr—Alan Bruflat

5:45 pm—Caroling with all our
Senior Friends and Family

6:00 pm—Meal will be served
Chicken Cordon Bleu

With Bacon Cream Sauce

Asparagus Spears

Baked Potato

Holiday Salad

Hawaiian Dinner Roll

Call early for your reservation as

Available spaces fill up fast!

NO DRIVE THROUGH MEALS TODAY

INCLEMENT WEATHER

It's that time of year where the weather can be unpredictable. If weather becomes severe - the safety of our Seniors and Staff is very important. If a decision is made to close the center and transit for the day, we will put an announcement on 104.9—KTCH Wayne Station early in the morning. If you are Unsure of whether the center or transit is open—PLEASE call ahead . The menu planned for the day we closed—will be served the next day.



What's Happening in December

Friday, December 2nd: Senior Drawing by Kinship & Music by Dan Hansen @ 11:30

Tuesday, December 6th: Special Luncheon Drawing @ Noon by Country View

Wednesday, December 7th: Monthly Birthday Party a Noon & Visit with Pastor Teresa about the Wayne Coat Pantry Closet @ Presbyterian Church

Friday, December 9th: **EVENING MEAL** Read Front (right) page Newsletter for Details

Monday, December 12th: Toe Nail Care w/ Rachael—(Call for a Time)

12:30 pm—Elementary School Carolers



Tuesday, December 13th:

Health Clinic—9:45 to 11:45 am

Wednesday, December 14th: “We serve Wednesday” with Countryview

Friday, December 16th: **Center closed for Staff work Day.** **No** Meals or Activities

Staff will be available to take your calls
City Transit **WILL** run as usual

Monday, December 19th: Special Luncheon Drawing @ Noon with Countryview

Wednesday, December 21st: **1st Day of Winter**
12:30 pm Monthly Board Meeting

Thursday, December 22nd: **Eye Glass Care**
With Wayne Eye Care—11:00 to 11:45 am

Friday, December 23rd: Fine Dining Friday
With Kinship - Music by Deb Dickey

Monday, December 26th: **CLOSED**
For Christmas Holiday

Wednesday, December 28th: 10:00 am
Caregivers Group—If interested, call center
And asked to speak to Diane

Friday, December 30th:
GOOD BYE 2022
And **HELLO 2023**

Music @ 11:15 with Connie Webber

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!

Merry Christmas!

How Christmas Traditions got their start

Christmas Trees

- The first American Christmas tree can be credited to a Hessian soldier by the name of Henrick Rodmore, who was captured at the Battle of Bennington in 1776. He then went to work on the farm of Samuel Denslow in Windsor Locks, Connecticut, where for the next 14 years he put up and decorated Christmas trees in the Denslow family home.
- The first retail Christmas tree lot was established in 1851 by a Pennsylvanian named Mark Carr, who hauled two ox sleds loaded with Christmas trees from the Catskill Mountains to the sidewalks of New York City.
- The first president to set up a Christmas tree in the White House was Franklin Pierce, and the first president to establish the National Christmas Tree Lighting Ceremony on the White house lawn was Calvin Coolidge.
- In 1882, the first tree lights were sold in New York City

Christmas Cards

- The first American to print and sell Christmas cards was Louis Prang of Roxbury, Massachusetts, who began publishing cards in 1875.
- President Dwight D. Eisenhower is given credit for sending the first 'official' Christmas card from the White House. An art print also became the standard Christmas gift for the president's staff, a practice continued to this day.

Here Comes Santa Claus

- The first department store Santa was James Edgar, who, during Christmas seasons beginning in 1890, would wander about his store in Brockton, Massachusetts, dressed as Santa Claus, talking to the children of customers.

Other Christmas Customs

- The ancient Romans gave each other gifts on the calends (first day) of January, and the practice spread throughout the Roman Empire.
- Eventually, Christians moved the custom to December 25, although many Christians still give gifts on January 6, the feast of Epiphany, commemorating the manifestation of Jesus' divine nature to the Magi.



Why do we decorate Trees?

Evergreen trees have been a traditional symbol of winter festivals for thousands of years, well before Christianity. Plants and trees that remained green all year had a special significance for people who lived in cold winter climates.

- Ancient people hung evergreen boughs over their doors and windows. Some believed that evergreens kept witches, ghosts, evil spirits, and illness away.
- Romans decorated evergreen trees with trinkets and topped them with an image of their Sun god at the festival of Saturnalia
- Christians started using evergreen as a symbol about 400 years ago in Germany as a sign of everlasting life with God.



Mistletoe

What is it?

- A shrubby evergreen plant with yellow flowers and white berries, mistletoe is a parasitic shrub usually found in fruit trees, maples, and sometimes oaks.

- Mistletoe is most easily seen in winter. Look for ball-shaped green masses on otherwise bare tree branches. How do they get there? Birds eat the white berries and spread the seeds while sitting on the branches.

Legend and Lore

- Mistletoe is considered a symbol of life because even when its host is leafless, it's evergreen and bears fruit in the winter.

Why do people kiss under Mistletoe?

- In an old Norse legend, Frigga, the goddess of love, had a son named Balder who was the god of innocence and light. To protect him, Frigga demanded that all creatures swear an oath not to harm him, but she forgot to include mistletoe. Loki, god of evil and destruction, learned of this and made an arrow from a sprig of mistletoe. He then tricked Hoth, Balder's blind brother, into shooting the mistletoe arrow and guided it to kill Balder. The death of Balder meant the death of sunlight-explaining the long winter nights in the north.

Frigga's tears fell onto the mistletoe and turned into white berries. She decreed that it should never cause harm again but should promote love and peace instead. From then on, anyone standing under mistletoe would get a kiss. Even mortal enemies meeting under mistletoe by accident had to put their weapons aside and exchange a kiss of peace, declaring a truce for the day.



**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
November 16, 2022**

The monthly meeting of the Wayne Senior Center was held with President George Burcum calling the meeting to order. (12:15 p.m.) Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum Vice President: Carol Dunning, Secretary: Verna Mae Baier, Treasurer: Ginny Otte Board Member: Keith Jech and Board Member: Joan Lage.

The October 19 Board minutes were approved as published in the November Senior Star in a motion by Carol Dunning and seconded by Joan Lage. Motion carried.

Treasurer Ginny Otte presented financial information for 10-19-22 through 11-15-22 with expenses of \$356.44. [Cleaning, \$18.75, Groceries {pies} \$87.69, Beverage {evening meal} \$50.00, Entertainment {evening meal} \$200]. 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 November & December Highlights: (1) December Newsletter is being finalized. (2) November has been a good month. Center attendance has been good. The Center will be closed Nov. 24-25. {Thanksgiving} (3) Evening Meal will be Dec. 9. There will be MOW only; No Drive Through. No In-House activities and Evening Festivities begin at 5:00 p.m. (4) Dec. 16 will be a Staff Work Day.

The inclement weather policy was reviewed. The decision to close the Center will be made by Coordinator Bertrand and City Administrator Wes Blecke. Closing notices will be aired on Radio Wayne KTCH.

Some updates on the NENAAA III B & III C were presented: (1) New home assessment forms have been implemented. (2) Packaging labels were shown. These are for MOW meals and Drive Thru Meals. (3) Fire Extinguisher training has been completed.

Coordinator presented an overview of current staff. Several changes were announced.

No additional items were presented.

The meeting was adjourned at 12:40 p.m.

The next meeting will be December 21 2022.

Verna Mae Baier, Secretary

5 Tips for Caregivers to Help Manage Holiday Stress

By: Rosalind Marshall Jones Caregiver, Entrepreneur & Speaker we increase the lifespan of your aging loved one. Moderator | Author | Caregiver to CEO | CEO of Jacksonville's Best Caregivers.

The holidays are a time for family, friends, and fun. But for caregivers, the holiday season can be a time of increased stress. If you're providing care for an aging parent or loved one, you might be feeling overwhelmed by the thought of adding holiday parties and shopping to your already full plate.

Take a deep breath—you're not alone. According to a survey by Home Instead Senior Care®, 64 percent of caregivers say they experience increased stress during the holidays. To help you stay sane during the next few weeks, we've put together a list for caregivers to help manage holiday stress. Here are 5 tips, to get you started on managing your holiday stress

1. **Start early:** One way to reduce stress is to start your holiday preparations early. This will give you more time to take care of tasks and enjoy the season.

2. **Delegate:** Don't try to do everything yourself—delegate tasks to other family members and friends. This will help lighten your load and allow you to focus on what's most important.

3. **Simplify:** Don't feel like you have to go all out this year. Keep things simple and focus on enjoying quality time with your loved ones.

4. **Set realistic expectations:** The holidays don't have to be perfect—set realistic expectations and make plans that you can realistically execute without feeling overwhelmed.

5. **Take breaks:** Caring for a loved one can be exhausting—make sure to take breaks when you need them and don't feel guilty about taking some time for yourself.

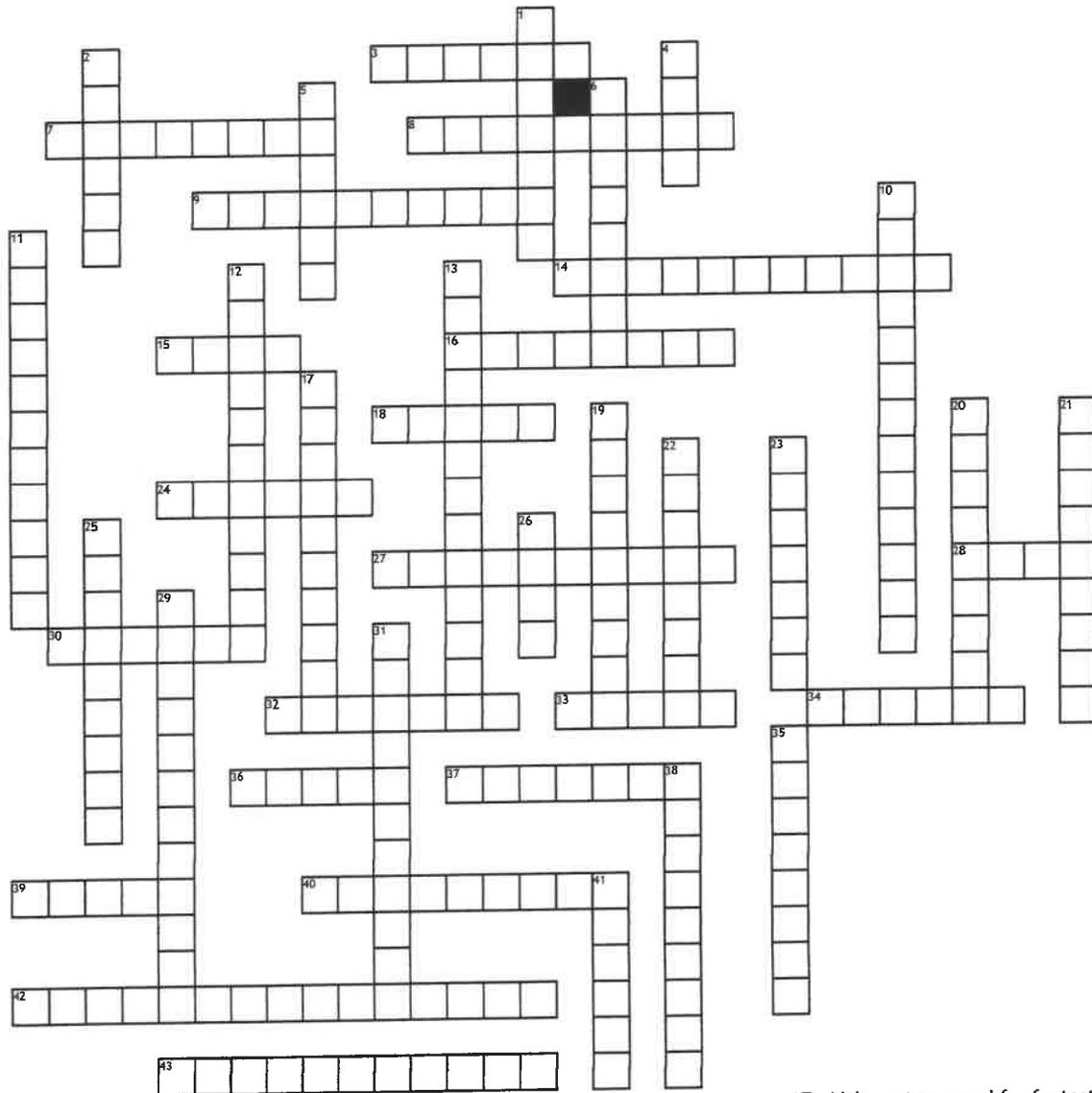
The holidays can be difficult for caregivers who are already feeling stressed from their day-to-day responsibilities. If you're starting to feel overwhelmed, take some deep breaths and remember that you're not alone—64 percent of caregivers report increased stress during the holiday season according to Home Instead Senior Care's annual study. And use our tips above as a reminder that there are things you can do to proactively manage your stress levels during this festive time of year! And, Remember:

1. **YOU ARE NOT ALONE:** The problems you face as a caregiver are experienced by other caregivers. Knowing that you're not alone can be comforting.

2. **Tools and Resources:** Find caregiver stress management tools and gain perspective from other caregiver's experiences.

3. **LEARN TO:** Ask for help, accept help when it is offered, and acknowledge yourself on this caregiving journey.

Big Christmas Crossword Puzzle!



Across

- 3. Christmas drink with alcohol.
- 7. A totally useless gift...
- 8. December 25th.
- 9. Famous Christmas flower.
- 14. Christmas cookies.
- 15. Five-point-shape used for tree decoration.
- 16. Long, narrow, light, sled.
- 18. Santa's helpers.
- 24. Traditional seasonal songs.
- 27. Medieval Christmastide English drinking ritual intended to ensure a good cider apple harvest the following year.
- 28. Archaic term for Christmas.
- 30. Decorations you plug in!
- 32. Another one of Santa's reindeer.
- 33. Happy and cheerful.
- 34. Cooked poultry traditionally eaten at Christmas.

36. Decoration for the top of the tree.

37. Entrance for Santa.

39. Another word for presents.

40. In our cards we send Season's _____

42. Another name for Santa Claus.

43. Another name for Santa.

Down

- 1. Time off from school or work.
- 2. Famous snowman.
- 4. Short for Christmas.
- 5. Famous Christmas-hater...
- 6. Edible filling for cooked poultry.
- 10. Used for wrapping presents.
- 11. We usually put the stockings for Santa on it.
- 12. Sauce made of them accompanies the cooked poultry.
- 13. We usually put it under the Christmas tree.

17. 16th century word for fantastic food or a great feast!

19. We kiss under it!

20. Red and white, striped treat.

21. Traditional round pastries filled with dry, spiced fruit.

22. Rudolph is one of them.

23. It traditionally accompanies the Christmas table.

25. December 26th.

26. Used by Santa to carry presents.

29. December 24th.

31. Well-known Christmas song.

35. Garment, hung for Santa to fill with presents.

38. Someone who still has things left to prepare and finish on Christmas Eve!!!

41. Santa's vehicle.

Winter

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

icicles
shovel
fire place
scarf
gloves
frost
ice
cold
snow

skis
mittens
wool socks
Coat
skiing
icy
christmas
snowball
ice skating

snow fort
frosty the snowman
long underwear
snow mobile
hockey
sleet
chilly
snowflake
Snowman

freezing
fire wood
boots
stocking cap
frozen
sledding
santa
blizzard

PLEASE NOTICE

Center will be closed for a Staff work day on

Friday—December 16th.

Staff will be available to take your calls

Monday—December 26th

Center will be closed to Celebrate the
Christmas Holiday

Reindeer Facts

Winter is the season with the least light and longest night (December 21). Food supplies dwindle for outdoor creatures. Some animals hibernate; others move slowly to conserve energy. In honor of red nosed Rudolph, the popular subject of a seasonal song, reindeer information is presented below.

- Reindeer are medium-sized members of the deer family. In North America, they are also known as caribou, even though caribou stand a bit shorter and vary in color from their reindeer cousins.
- Females can be more than six feet long and 250 pounds; males range to seven feet long and up to 450 pounds.
- The animals are strong runners and good swimmers. Two layers of fur provide climate protection—a wooly undercoat and longer overcoat of hollow, air-filled hair.
- Reindeer come from Arctic and Subarctic regions where they are hunted and herded for meat, hides, milk, transportation, and antlers.
- Both males and females grow antlers. Sprouting antlers are soft, rubbery, and furry, and reindeer are said to be in velvet during this growth period.
- Antlers stop growing in August when they harden and the velvet is rubbed off. This signals the beginning of rutting season for the bulls, who become aggressive and protective toward females.
- Older bulls begin to lose their antlers in late December or early January, while females keep theirs until calves are born after approximately seven months of gestation.
- Wild reindeer are currently found in Finland, Norway, Sweden, Siberia, Greenland, Canada, and Alaska.
- Farm-raised reindeer are friendly, curious, and easy to train. They do not require spacious areas and can thrive on commercial feed. Surprisingly, reindeer are raised in states as far south as Tennessee, Mississippi, and Texas.



Hanukkah

The eight-day Hanukkah holiday, also known as the Festival of Lights, begins on the 25th day of the Jewish month of Kislev, that is at sundown Sunday, December 18 and ends on Monday, December 26.

The story of Hanukkah is that of King Antiochus Epiphanes and his desire to outlaw all Jewish rituals. However, under the leadership of Judah, the Maccabees fought against Antiochus' army and eventually were able to recapture Jerusalem and rededicate the temple. The Maccabees wanted to rekindle the temple lamps but they found there was only enough oil for one day. They lit the lamps, and the oil lasted a full eight days, just enough time to make new, fresh oil from olives. Hanukkah is celebrated for eight days for that reason.

Menorahs

A special menorah is used on Hanukkah. It has nine branches: one for each night of Hanukkah and one is used to light the others. The holiday is celebrated by lighting one candle in the menorah on the first night and adding one candle each night on the right until all eight candles are lit at once. To light the menorah every day of Hanukkah properly, you will need 44 candles.

The world's largest menorah can be found in New York City and stands 32 feet tall and is lit at Fifth Avenue and 59th Street in Manhattan near Central Park. The menorah is a huge structure and needs the assistance of a crane to lift a person to the top. It is the work of Israeli artist Yaacov Agam.

Kwanzaa

Kwanzaa is celebrated from December 26 though January 1 of each year. This cultural holiday should never be confused as being related to Christmas. Kwanzaa is an African-American celebration of family, culture, and community.

Kwanzaa is the combining of traditions and customs of the continent of Africa and the diaspora. The word diaspora means the scattering or dispersement of any people with a common origin.

The holiday was created to teach African-Americans and others who were dispersed their African culture and heritage. Kwanzaa is rooted in the Nguzo Saba or the seven symbols—straw mat, seven-candle candleholder, seven candles (1 black, 3 red, 3 green), unity cup, fruits and vegetables, ear of corn for each child, small handmade or practical gifts for the children—and the Swahili language.



OUR GENEROUS DONATIONS

Donna Lundin Janis Myers Gina Reinke
Mardelle Brudigan Paul Biermann Loren Park
Arlene & Jim Robinson Orphan Grain Train
Kathy Johnson Rhonda Sebade Jean Ping
Anita & John Fuelberth Pete & Julie Reeg
Bridge Groups Babs Middleton Janet Reeg
Scott Brummond Charles & Ruth Maier
Quilting Group Marilyn & Gerold Otte
Bev Hansen James & Lynette Joslin
Memorials: Darlene Biermann & Darrel Rahn
THANK YOU TO: Country View for Special
Luncheon Drawings, Sponsoring our Birthday
Treat & Helping with “We serve Wednesday”
Kinship: for Sponsoring our Senior Day Drawing &
Helping with “Fine Dining Friday” To all our MOW
and Kitchen Volunteers along with our Talented
Musicians who add so much to our day!



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
Jill Lemkuhl	Office Assistant
Anaka Brasch	Kitchen Aid
Cindy Abraham	Sub
Halie Chinn	Sub
Frank Sheda	Sub
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.

Santa Jokes

- How can Santa deliver presents during a thunderstorm?- **His sleigh is flown by raindeer**
- Which of Santa's reindeer has the worst manners?- **RUDE-olph!**
- Why do Dasher and Dancer love coffee?- **They are Santa's star bucks**
- What do you call Santa's helpers?- **Subordinate Clauses**
- What is Santa's primary language?- **North Polish**
- What do you call a kid who doesn't believe in Santa?- **A rebel without a Claus**
- What do you call a bankrupt Santa?- **Saint Nickel-less**
- What is Santa's laundry detergent of choice?- **Yule-Tide**
- How does Santa keep his bathroom tiles immaculate?- **He uses Comet**
- Why was Santa's little helper feeling depressed?- **He had low elf esteem**
- Why does Santa have 3 gardens?- **So he can ho-ho-ho**



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 time , Nutritious meals 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.*