

The Senior Star

410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

January 2023

HAPPY NEW YEARS EVERYBODY!

Can't believe it's 2023. Where did the year go to?? We want to thank all of our Wonderful Seniors for their extraordinary support over the past year and we look forward in seeing old friends as well as making new ones throughout this coming year. Our Staff works very hard in making the Wayne Senior Center all it can be. And you can ask anyone—our meals are the best. Thanks to our marvelous cook—Misty (You never go away hungry!) We are here from 7:00 am to 4:00 pm—Monday through Friday and have a variety of activities to pass a cold winter's day. Check out our Monthly activities Calendar for what is happening as well as our Monthly menu to see "What's for Dinner"

We look forward in seeing you soon!

Diane and all the Staff at the Wayne Senior Center!



Winter season is upon us and the temperatures and road/street conditions can become very challenging. Our Volunteers' and staff members' safety is very important to us. If the weather temperatures are bitterly cold and/or the street conditions are poor, we will not have our volunteers or staff deliver the Meals on Wheels for that day. If you are affected by our Meal delivery and have someone that is able to be out and about and you would like a Drive Through meal prepared for you that day, please call the center and notify us and we will prepare a pick-up meal for you. These meals are available for pickup on the West Side of the building between 11:15 to 11:30 am. Throughout the winter months, and if the weather conditions are poor, a decision will be made early in the morning if we will be delivering Meals on Wheels/ Home Delivered that day. Our staff will notify you if we ARE NOT delivering that day. If the center will be CLOSED and staff is unable to make it to the center—

Please listen to KTCH 104.9 for closing announcements.



What's Happening in January

Monday, January 2nd: CLOSED

For New Year's Holiday

Wednesday, January 4th:

Monthly Birthday Party

B. Day Treat served @ Center—Noon

Friday: January 6th: Senior Day Drawing

by Kinship—Music by Dan Hansen

Monday, January 9th: Toe Nail Care

w/ Rachael—Call for a time

Tuesday, January 10th: Health Clinic

9:45 to 11:45 am

Wednesday, January 18th: 12:30 pm

Monthly Board Meeting

Thursday, January 19th: Magnuson Eye

Care from 10:30 to 11:30 am

Friday, January 20th: Luncheon

Certificate Drawing by Country View

Music by Connie Webber

Wednesday, January 25th: Monthly

Caregivers Meeting @ 10:00 am

We Serve Wednesday w/ Countryview

Friday, January 27th: Fine Dining Friday

With Kinship—Music by DebDickey

Monday, January 30th: Luncheon

Certificate Drawing by Countryview

As always there are daily activities of AM

and PM Coffee, Walking, FROGs,

Puzzling, Quilting, Pool, Bridge, Hand &

Foot, Pitch, Skip Bo and Bingo. See the

Activities calendar for the full schedule

of all of these events.

We look forward to seeing you here!



THANK YOU

To the Wayne Legion

Post for providing the

Nebraska Flag

To our Center

We so much appreciate

All you do for us and

The Wayne Community!

Happy New Year!!!

Many New Year's traditions that we take for granted actually date back to ancient times. This year, ring out the old and ring in the new with a new New Year's tradition or two!

Make Some Noise

Making a lot of noise— from fireworks to gun shots to church bells— seems to be a favorite pastime around the world.

- * In ancient Thailand, guns were fired to frighten off demons
- * In China, firecrackers routed the forces of darkness
- * In the early American colonies, the sound of pistol shots rang through the air
- * Today, Italians let their church bells peal, the Swiss beat drums, and the North Americans sound sirens and party horns to bid the old year farewell.

Eat Lucky Food

Many New year's traditions surround food.

- * The tradition of eating 12 grapes at midnight comes from Spain. Revelers stuff their mouths with 12 grapes in the final moments of the year, one grape for every chime of the clock
- * In the southern U.S., black-eyed peas and pork foretell good fortune
- * In Scotland— where Hogmanay is celebrated— people parade down the streets swinging balls of fire
- * Eating any ring-shaped treat (such as a doughnut) symbolizes coming full circle and leads to good fortune.
- * The Irish enjoy pastries called Bannocks
- * In India and Pakistan, rice promises prosperity
- * Apples dipped in honey are a Rosh Hashanah (Jewish New Year) tradition
- * In Swiss homes, dollops of whipped cream, symbolizing the richness of the year to come, are dropped on the floors— and allowed to remain there

Have a Drink

Although the pop of a champagne cork signals the arrival of the New Year around the world, some countries have their own beverage-based traditions.

- * Wassail, a punch-like drink named after the Gaelic term for good health, is served in some parts of England
- * Spiced hot pint is the Scottish version of Wassail. Traditionally, the Scots drank to each other's prosperity and also offered this warm drink to neighbors along with a small gift
- * In Holland, toasts are made with hot, spiced wine

Give a Gift

New Year's Day was once the time to swap presents

- * Gifts of gilded nuts or coins marked the start of the new year in Rome
- * Eggs, the symbol of fertility, were exchanged by the Persians
- * In Scotland, coal, shortbread, and silverware were traditionally exchanged for good luck

Put Your Best Foot Forward

In Scotland, the custom of first-footing is an important part of the celebration of Hogmanay, or New Year's Eve Day. After midnight, family and friends visit each other's home. The 'first foot' to cross a threshold after midnight will predict the next year's fortune. Although the tradition varies, those deemed especially fortunate as 'first footers' are new brides, new mothers, those who are tall, or anyone born on January first.

Turn Over a New Leaf

The dawn of a new year is an opportune time to take stock of your life.

- * Jews who observe Rosh Hashanah make time for personal introspection and prayer, as well as visiting graves
- * Christian churches hold watch-night services, a custom that began in 1770 at Old St. George's Methodist Church in Philadelphia
- * The practice of making New Year's resolutions, said to have begun with the Babylonians as early as 2600 B.C., is another way to reflect on the past and plan ahead

New Year's Folk Lore

Some customs and beliefs are simply passed down through the ages. Here are some age-old sayings and proverbs

- * On New Year's Eve, kiss the person you hope to keep kissing
- * For abundance, in the new year, fill your pockets and cupboards today
- * If the old year goes out like a lion, the new year will come in like a lamb
- * Begin the new year square with every man (pay your debts!)

HAPPY NEW YEAR
2023!

Toast the New Year!

How did the word 'toast' come to mean the raising of a glass in someone or something's honor? Favoring a cup of wine with toasted, spiced bread dates back to an old European custom. The drinker had to drain the cup in order to retrieve the saturated toast at the bottom, and the term 'toast' was evidently descriptive enough to stick. In contemporary England, a bit of toast is actually placed in a drink now and then.



January Word Search

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

Wool
 Storm
 Sled
 Jack Frost
 Heater
 Freezing
 coat
 Below Zero

Wood Stove
 Snowstorm
 Ski
 Jacket
 Heat
 Fireplace
 Chill
 Arctic

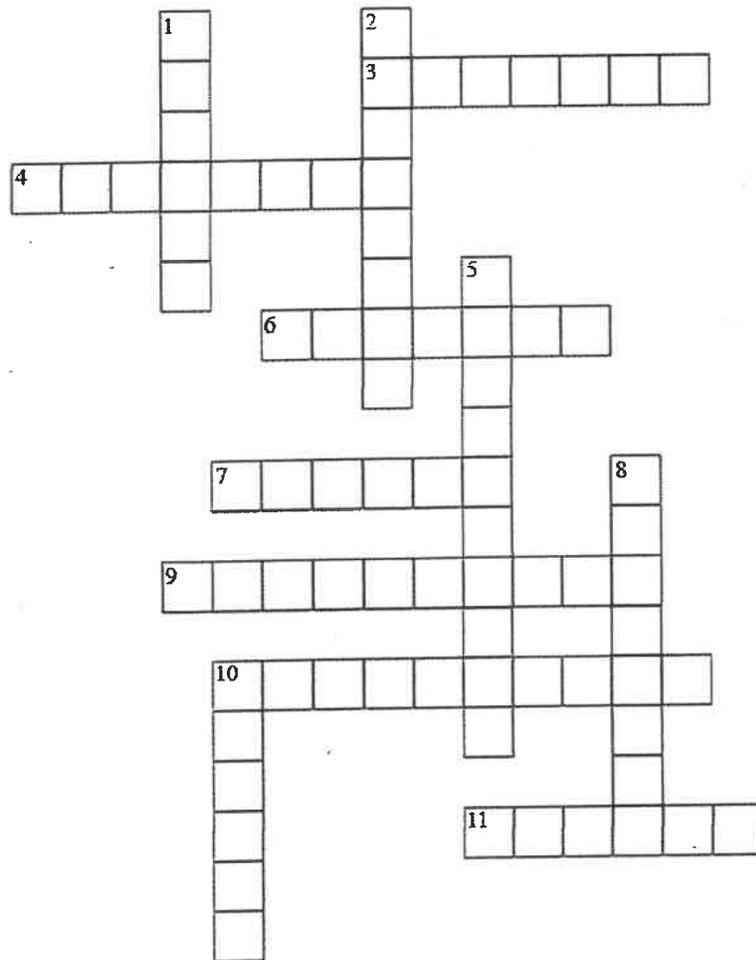
Wintertime
 Snowflake
 Scarf
 Icy
 Frost
 Fire
 Blizzard

Windy
 Snowboard
 Polar
 Ice Skates
 Frosty
 earmuffs
 Blanket

Wind
 Snow
 Mittens
 Ice
 Frostbite
 Comforter
 Black Ice

Thermal
 Slippery
 Melt
 Hot Chocolate
 Freezing Rain
 cold
 Bitter Cold

New Year Crossword



Across

3. A "good luck" vegetable that is consumed on New Year's Day
4. Twelve 'o clock at night, the highest point of New Year's celebrations
6. The month that follows December 31st is
7. A ceremonial procession including people marching with bands
9. A promise to do something in the new year
10. A horn or rattle used to make noise at a party
11. People born on New Year's Day are commonly called New Year

Down

1. Polar Bear _____, a New Year's activity that requires you to enter into water, mainly for charity
2. The famous song, "Auld Lang Syne, commonly sung to bring in the new year originated in
5. He is the personification of time
8. Small pieces of coloured paper or streamers
10. The Iranian new year holiday is called this

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
December 21, 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: Ginny Otte and Board Member: Joan Lage. Absent Board Member: Keith Jech

The November 16 Board minutes were approved as published in the December Senior Star in a motion by Carol Dunning and seconded by Joan Lage. Motion carried.

Treasurer Ginny Otte presented financial information for 11-16-22 through 12-20-22 with expenses of \$88.71 [Health Clinic supplies: \$33.71, Popcorn {evening meal} \$50.00,]. This amount of expenses was approved in a motion by Verna Mae Baier and seconded by Joan Lage.. Motion carried and this financial report was accepted.

Coordinator Bertrand presented an overview of December & January Highlights: (1) January Newsletter is being finalized. (2) The Center served an Evening Meal on Dec. 9 with good attendance and good entertainment. (3) Statistics presented: Meals served last year: July - Nov: 5752. Meals served this year: July - Nov: 7028. (4) A motion was made by Joan Lage and seconded by Carol Dunning to allow Volunteer Token Appreciation gifts. Motion carried. The Board agreed that Volunteers are greatly needed and appreciated.

Coordinator Bertrand reported the decision made during an emergency inclement weather meeting on Dec. 15. "Coordinator Bertrand presented the actual scenario involving the current weather conditions of blowing snow, icy streets and walkways and unusually cold weather. The Board unanimously granted permission for MOW not be delivered during treacherous ice and snow conditions. MOW participants, or their families will be allowed to pick up a meal using the Drive Thru. The decision will be made by the Coordinator as she drives the road and streets coming to work early in the morning". The safety of the MOW delivery people is very important.

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.

Coordinator presented an overview of current staff. Several changes were announced. A full time assistant is being allowed and hired.

Some details of the conversation with the Norfolk Van Service (North Fork) was discussed. No action was needed at this time.

No additional items were presented.

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

The next meeting will be January 18, 2023.

Verna Mae Baier, Secretary

Winter Safety Tips for Caregivers and Seniors

For many, winter is the happiest time of the year. Families gather for the holidays and friends celebrate as they usher in another new year. Winter can also be a difficult time for older adults. The onset of cold weather can create hazardous conditions outside, and people often prefer to stay home when it's more pleasant indoors, which can lead to social isolation and depression. Here are a few tips on how to maintain senior safety this winter.

Prepare for snow and ice

Whenever snow or ice appear in the forecast, bundle up with gloves, a heavy coat, a scarf, or other warm clothes to protect you from the cold. Wear shoes with non-skid soles, take your car in for regular check-ups and make sure that your snowblower is working. Put ice scrapers in your cars and keep shovels and a bucket of rock salt or other de-icing salt at the ready. This last point is important, because an estimated 36 million older adults fall each year and slips and falls can cause serious injuries in older adults. So if you think it's safe enough to go to outside but you're still leery about driving, don't hesitate to ask friends, family or neighbors to give you a ride or help with errands.

Stock up on food and blankets

When your front walk is crusted over with ice and you've heard news reports about accidents on the highways, it's probably best to stay indoors. One measure you can take to ensure that you're equipped to wait out the weather is to stockpile water bottles, a pantry of groceries (including non-perishable items like canned meats, vegetables and soups), and a week's worth of medication. And be sure to keep warm blankets and extra layers of clothing in the house.

Make sure you have supplies

Blizzards and snowstorms may sound picturesque, but winter weather can down power lines and snap off the electricity inside your home. Store a flashlight and extra batteries in an easy-to-reach place like a bedside table, buy a food thermometer, and assemble an emergency kit that might include extra cash, maps of your area and a first aid kit with relevant medications.

Connect with others

One aspect of senior safety that has more to do with mental rather than physical health is staying connected with others. People tend to stay indoors more often during the winter, but whenever you have the chance to catch up with friends and family, try to stay connected and engaged. Call or Zoom with children or grandchildren who are out of town. When the weather permits, go mall-walking with a friend, join a book club, or have dinner at a neighbor's house. Take every opportunity to stay active and invigorated with other people's company, because a healthy social life correlates with fewer feelings of negativity – which is a great way to ward off the winter blues.

PLEASE NOTICE

**The Center will be closed:
Monday, January 2nd for the
New Year's Holiday**

**LISTEN TO KTCH 104.9 FOR
WEATHER RELATED CLOSINGS**

Looking to improve your health in the New Year?

Try Fire Cider!

Fire cider is a traditional folk recipe made with herbs stewed in apple cider vinegar. It's a potent tonic that's been used for generations as a remedy to ward off sickness and boost health.

Essentially, this traditional tonic calls for steeping grated fresh horseradish, ginger, garlic, onions, and hot pepper in apple cider vinegar for 3 to 4 weeks, then finishing with honey to balance the acidity. You may also add additional flavor-rich herbs and fruit.

Renowned as a folk remedy for generations, fire cider has many health benefits. It's used to help ward off winter colds, flus, and other infirmities. Many folks mix it into salad dressings.

Indigenous healers have been brewing herbal vinegars for millennia. In fact, humans began making vinegar as long as 10,000 years ago, using it in food and drinks, for food preservation, and for many medicinal and anti-septic purposes.

Back to the modern incarnation called fire cider: The traditional cold-weather tonic made with healthful herbs stewed in apple cider vinegar is remarkably easy to make.

The idea behind this tonic: Prepare a strong vinegar tincture that extracts healthful phytochemicals from a variety of medicinal plant materials.

Of the hundreds of favorite recipes, most begin with unfiltered apple cider vinegar, and some combination of grated horseradish, ginger, and turmeric root, minced garlic, chopped onion, and hot peppers. Other recipes include dried or fresh leafy herbs, a few whole spices, and dried fruit or sliced citrus fruit.

Most of these ingredients contain phytochemicals known for their strong digestive, antiviral, antiseptic, and decongestant properties.

Admittedly, a drink made with fresh horseradish, garlic, ginger, and chile pepper sounds a little off-putting. Start with a daily shot to get blood flowing on a cold day. Or, if you can't handle the bite, sweeten with extra honey. It's worth it— a potent punch that is immune-boosting, antibacterial, and antiviral.

Find the recipe for Fire Cider on the Back Page!



Hot Tea!

- * Tea was discovered in 2737 B.C. by the second emperor of China when tea leaves blew into his cup of hot water.
- * In 1890 Thomas Lipton bought tea estates in Ceylon, in order to sell tea at a reasonable price at his growing chain of 300 grocery stores.
- * In 1904 Richard Blechynden created iced tea during a heat wave at the St. Louis World's Fair.
- * In 1908 New York tea importer Thomas Sullivan inadvertently invented tea bags when he sent tea to clients in small silk bags, and they mistakenly steeped the bags whole.
- * Tea is the second –most consumed drink in the world, surpassed only by water
- * How the leaves are processed determines their final classification as black, white, green, and oolong teas. The main difference between the tea varieties is how much oxygen the leaves are allowed to absorb during processing. More oxygen produces dark-colored black teas. Less oxygen results in green tea. Unprocessed leaves are classified as white tea.
- * Black tea is currently the most popular tea in the U.S. It was originally produced out of necessity rather than taste. When European traders first started exporting tea from China, many found that the green tea leaves lost freshness. Merchants fermented the leaves to lengthen preservation, thus creating a new variety with a different flavor.
- * Green tea is an unfermented tea. This tea has enjoyed a resurgence in popularity thanks to recent scientific findings touting its health benefits
- * Oolong tea is a semi-fermented tea. Oolong tea falls somewhere between green and black teas. It is best known to Americans as an accompaniment in many Chinese restaurants.
- * Different types of tea require the water to be at different temperatures. For example, the water should be at a rolling boil for black tea. For green tea, the water should be about 160 degrees, when bubbles begin to come to the top. Never reboil water when making tea because the water must contain oxygen. When the same water is boiled, the oxygen in the water is removed.



OUR GENEROUS DONATIONS

Donna Lundin Ruth and Charles Maier
Loren Park Janice Myers Cynthia Jorgenson
George & Susan Burcum Joan Lage Julie Grono
Brent Pick Pete & Julie Reeg Jean Ping
Janet Reeg Darrel Rahn Memorial



THANK YOU TO: Country View for Special Luncheon Drawings, Sponsoring our Birthday Party Treat and Helping with "We Serve Wednesday"

THANKS TO: Kinship for Sponsoring our Senior Day Drawing and Helping with "Fine Dining Friday" To all our MOW and Kitchen & Center Volunteers along with our Talented Musicians who add so much to our Day! **You are Truly a Gift to us all!**

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
Phil Does	Kitchen Aid/Van Driver
Jill Lemkuhl	Office Assistant/Dispatch
Cindy Abraham	Office/Van Sub
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Denny Spangler	Van Driver
George Burcum	President
Carol Dunning	Vice President
Verna Mae Baier	Secretary
Ginny Otte	Treasurer
Joan Lage	Board Member
Keith Jech	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.

Fire Cider

Ingredients:

- 4 cups raw, unfiltered apple cider vinegar
- 1/3 cup grated horseradish and ginger
- 1/4 cup peeled and diced turmeric
- 6 cloves of minced garlic
- 1/2 cup diced onion
- 1-2 halved habanero chiles
- One large lemon
- 2 tbsp. chopped rosemary
- 2 tbsp. chopped thyme
- 1/2 cup chopped parsley
- 1 tsp. black peppercorns
- 1/4 cup raw honey
- 1 cinnamon stick



Instructions:

Place everything except for the honey into a 1-quart jar and fill the jar with apple cider vinegar. The vinegar should cover everything by about an inch. Seal the cap tightly and shake well. Let sit for a few weeks and shake daily. Then strain off the plant materials from the vinegar and sweeten with honey to taste. Honey helps blend all the flavors together. Refrigerate and use within a year.

*Tip: if your jar lid is metal, screw the lid on over a piece of cooking parchment to prevent the lid from corroding.

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.