



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

February 2023

MEET THE STAFF AT THE WAYNE SENIOR CENTER

DIANE BERTRAND: MANAGER

Diane has been at the center since August of 2015. She and her husband, Pastor Willie live on a farm near Concord.

MISTY BRASCH: HEAD COOK & KITCHEN MANAGER

Misty has been at the center since July of 2017. She and her husband, Andy live on a farm south of Wayne.

JILL LEHMKUHL: OFFICE ASSISTANT & TRANSIT DISPATCH

Jill has been at the center since November of 2022. She and her husband, Jim live in Wakefield.

PHIL DOES: KITCHEN AIDE & SUBSTITUTE VAN DRIVER

Phil has been at the center since July of 2020. He and his wife Kris reside here in Wayne.

DAN CARROLL: VAN DRIVER

Dan has been at the center since August of 2015. He and his son Caleb reside here in Wayne.

ROGER HOCHSTEIN: VAN DRIVER

Roger has been at the center since November of 2012. He and his wife, Gale reside here in Wayne.

DENNY SPANGLER: VAN DRIVER

Denny has been at the center since September of 2019. He and his wife, Ina reside here in Wayne.

To round off our staff, we have 3 individuals who help us out on a Substitute—Part time Basis

CINDY ABRAHAM: SUBSTITUTE VAN DRIVER AND DISPATCH

Cindy came to the center in July of 2022. She also Volunteers with Meals on Wheels deliveries and helps us lead our FROGS classes each week. She and her Husband, Scott reside here in Wayne.

ANAKA BRASCH: PART TIME/SUB KITCHEN AIDE.

Anaka came to the center in March of 2022. She is the daughter of Misty and Andy Brasch and is currently completing her Education at Western Iowa Tech. Community College.

HALIE CHINN: SUB OFFICE ASSISTANT

Halie came to the center in April of 2020. She is now completing her Master's degree of Public Health in Biostatistics at the University of Nebraska Medical Center in Omaha. Halie continues to help us by putting our newsletter information together. Her and her fiancé Owen will be getting married this coming June.

What's Happening in February THIS MONTHS HIGHLIGHTS

Wednesday, February 1st

Monthly Birthday Party: Birthday treat sponsored by Country View:

Friday, February 3rd

Senior Day drawing by Countryview Music at 11:30 by Dan Hansen

Wednesday, February 8th

We serve Wednesday w/ Countryview

Thursday, February 9th

Wayne Eye Care: 11:15 to 11:45 am

Friday, February 10th: CLOSED for Meals and Activities

Staff work day: Transit will run as Scheduled: Staff will be available to Take your calls

Monday, February 13th

Toe Nail Care w/ Rachael: **Call for a time**

Tuesday, February 14th

Health Clinic: 9:45 to 11:45 am

Music at 11:30 by Deb Dickey

Wednesday, February 15th

Special Luncheon Drawing by Kinship

Monthly Board meeting @ 12:30 pm

Friday, February 17th

Fine Dining Friday with Kinship

11:30 Music by Connie Webber

Tuesday, February 21st

Spotlight on Promise at 11:30 am

Wednesday, February 22nd

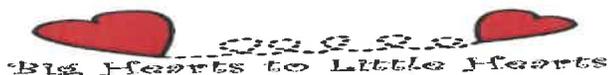
10:00 Caregivers Support Group

"We serve Wednesday"

w/ Heritage at Fountain Point

Friday, February 24th

Special Luncheon Drawing by Kinship
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!



Happy Valentines Day!

Top 10 Flowers given on Valentine's Day

10. Iris (faith and hope)
9. Sunflowers (loyalty)
8. Wildflowers (adoration)
7. Lilacs (Do you still love me?)
6. Carnations (fascination)
5. Orchids (love, beauty)
4. Lilies (beauty)
3. Tulips (perfect love)
2. Daisies (innocence, purity)
1. Roses (I love you)

Top 10 Valentine Candies

10. Peeps (not just for Easter anymore)
9. Candy or cookie bouquet
8. Hot cinnamon hearts
7. Chocolate-covered macadamia nuts
6. Colored taffy
5. Hershey's hugs and kisses
4. Pink marshmallow hearts
3. Chocolate roses
2. Conversation hearts
1. Box of fine chocolates

Humorous Evidence that Chocolate is Good for People

Chocolate is derived from cocoa beans. Bean = Vegetable. Sugar is derived from either sugar cane or sugar beets. Both of them are plants, in the vegetable category, thus chocolate is a vegetable. To go one step further, chocolate candy bars also contain milk which is dairy. So, candy bars are a health food. Chocolate-covered raisins, cherries, orange slices, and strawberries all count as fruit, so eat as many as you want!

Chocolate Trivia

Find the answers on the following page

- 1) What does the Aztec word for chocolate, xocoatl, mean?
- 2) True or False: The Aztec king Montezuma did not like this mixture of cocoa beans and spices.
- 3) Name the plant that chocolate comes from.
- 4) What have researchers found that chocolate has a high level of?
- 5) What are the benefits of an antioxidant-rich diet?
- 6) What type of chocolate is thought to have the best source of antioxidants?
- 7) What type of chocolate must contain at least 15% chocolate liquor and no more than 12% milk solids?
- 8) What type of chocolate must contain at least 10% chocolate liquor and no more than 12% milk solids?
- 9) What type of chocolate is most preferred by chocoholics?
- 10) True or False: Dark chocolate has more antioxidants than strawberries.
- 11) True or False: Adults purchase over 75% of all chocolate sold in the U.S.

Shrove Tuesday

This year Shrove Tuesday falls on February 21st. Always the day before the first day of Lent, Shrove Tuesday is a feast before the traditional 40 days of fasting for Lent before Easter. Shrove is actually a verb, not an adjective. It is the past tense of shrive which means to make or go to confession; to hear the confession and give absolution; to obtain absolution for oneself by confessing and doing penance.

Shrove Tuesday Pancake Race

A friendly competition between women of Olney, England and Liberal, Kansas has been held every year on Shrove Tuesday since 1950. Runners follow a 415-yard S-shaped course that winds through the main streets of both towns, carrying skillets and flipping pancakes as they go. Originally, the women wore traditional housewife garb of housedresses, aprons, and headscarves, but standards have been relaxed to allow shorts or pants instead of dresses. Head coverings and aprons remain mandatory on both shores for the contemporary race that begins at 11:55 a.m. local time.

History

Since 1445, it has been customary to race to the Olney church when the shriving bell sounds. On a long-ago Shrove Tuesday, a woman was making pancakes to deplete her supply of cooking fat that is forbidden during Lent. When she heard the shriving bell, she quickly grabbed her headscarf and ran to the church still wearing her apron and clutching her skillet. Next year, her neighbors decided to do the same in the spirit of fun, and the contest was born. The runner who reached the church steps first claimed the prize of a kiss from the bell ringer. This prize became known as the Kiss of Peace and remains the award today in both Olney and Liberal.

In 1950, Liberal Jaycees President R.J. Leete saw a TIME magazine photo of the English race and promptly cabled the Vicar of Olney to challenge the Olney women. The competition has since gained international recognition and is the only one of its kind. International Pancake Day in Liberal expanded to a four-day event as of 2009.

Rules & Superstitions

- Runners must be 16 years old and residents of the town
- Pancakes must be flipped when the race begins, during, and at the finish line
- It is good luck to use a former winner's skillet or apron
- Women can practice running 415 yards, but it is bad luck to use the official race course



Be My Valentine

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

Affection
 Bouquet
 Candlelight
 Candy
 Card
 Chocolate
 Crush
 Cuddle
 Cupid
 Dessert
 Dinner
 Dream
 Family
 Friendship
 Gift
 Heart
 Hug
 Kindness
 Kiss
 Love
 Romantic
 Rose
 Share
 Teddy bear
 Valentine



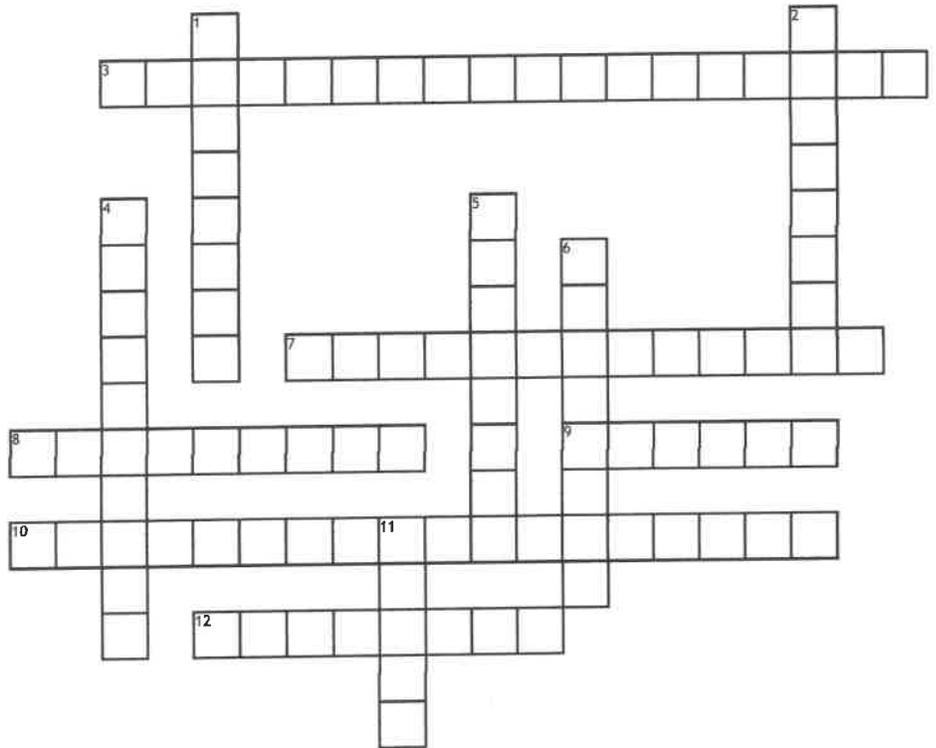
Presidents Day

Across

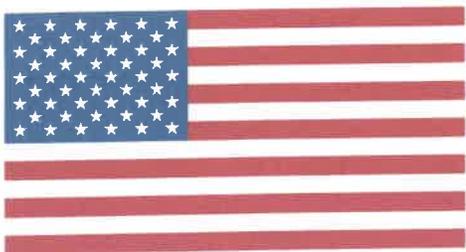
3. War from 1775 to 1783
7. Third Monday in February
8. Nickname for President Lincoln
9. President who ended World War II
10. Nickname for George Washington
12. One president who also signed the Declaration of Independence

Down

1. State where Lincoln was born
2. State where George Washington was born



4. State named after a president
5. A war between people in the same country
6. How a president is selected in the U.S.
11. First African American President



**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
January 20, 2023 { postponed from 1-18-23-- weather related}**

The monthly meeting of the Wayne Senior Center was held with President George Burcum calling the meeting to order. (12:30p.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

The December 21 Board minutes were approved as published in the January Senior Star in a motion by Ginny Otte and seconded by Joan Lage. Motion carried.

Treasurer Ginny Otte presented financial information for 12-20-22 through 1-17-23 with expenses of \$432.50. [Cleaning: \$200.00, Wayne Herald: Veterans Ad \$48.00, Wayne Herald: Subscription Renewal--\$48.00 December Evening meal supplies: \$136.30]. 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 January and February Highlights: (1) Daily meal counts continue to be good. (2) February newsletter is in the publication stage.

The inclement weather policy was reviewed. The decision to close the Center will be made by Coordinator Bertrand and City Administrator Wes Blecke.

The Center did only MOW and carry outs on January 18 and the center closed at noon because of impending poor weather. The Center was closed on January 19 (weather related) and opened, as usual on January 20.

Managers meeting with NENAAA will be on Wednesday, January 25. Some discussion will center on the FY24 Budget process.

Coordinator Bertrand presented updated information on the Kitchen Remodel plan. The tentative date for installation will be the first week in May. Plan of action for meals and activities was discussed. The Kitchen will be closed during remodeling.

Coordinator Bertrand announced recognition and a sincere thank you for Keith Jech and his service to the Board. Keith Jech passed away on 1-1-23. Jeanette Swanson is willing to fill his position as a Board Member.

No additional items were presented.

The meeting was adjourned at 12:55 p.m.

The next meeting will be February 15, 2023

Verna Mae Baier, Secretary

4 Caregiving Essentials

By: Renata Gelman, Partners in Care

Working in the home care profession enables you to see certain elements of an elder's life that may fly under the radars of their doctor, their friends and even their closest family members.

The people caring for your loved one, home health aides, registered nurses, social workers, etc., witness some of the individual's most vulnerable moments as they handle real-time critical issues related to a senior's health and well-being. Here are some important lessons from home care nurses that can help you in care giving and beyond.

Routines matter

A daily routine will put your loved one in a better mood and keep their spirits high. For folks combating multiple chronic diseases—such as hypertension, Parkinson's disease or dementia—a morning ritual can help kick-start their motor skills, triggering their mind that it's a new day and it's time to get going. If you are having trouble getting into the groove of a routine, start with small steps. One home health aide started getting her patient up just ten minutes earlier each day to provide more time at breakfast. This type of thoughtful caregiving enabled the elder to avoid rushing through the meal, causing unnecessary stress and anxiety. Learn more about the benefits of setting and sticking to a daily routine for dementia patients.

Subtle clues can be a lifesaver

When your loved one asks for a foot rub again and again, don't assume he or she just wants pleasure. There might be an underlying medical issue that is causing significant discomfort in their feet. Sometimes when patients ask to be massaged or rubbed, it is because they are experiencing pain, but do not want to feel as if they are complaining or being an inconvenience to their family members. Additionally, some people may not be cognitively equipped to express what they are truly feeling. So, be on the lookout for subtle messages!

Listen and take action

Home Health Aide Bonita Scott is no stranger to moderating family situations. She routinely sees family members not clearly communicating over difficult subjects, such as changes in their loved one's health condition or care. She shares an experience about a patient whose children would insist that their mother participate in their routine family nights that were held in the basement. The mother had difficulty making it up and down the stairs, and the children just thought she didn't want to participate. After witnessing the miscommunication and stress it was causing, Scott intervened and encouraged the family to put in a chair lift to make it easier for their mother to join them in their festivities. Discover how caregivers can listen with intention.

Stay connected, virtually or in person

Aging at home can be one of the best options in terms of comfort, convenience and privacy. It can also be lonely for those who live alone or do not have loved ones who visit frequently. All too often, nurses see lonesome older adults who wish they had more people around. Part of care giving is showing people how to stay connected, or get connected, via social channels, like Facebook, Twitter and online games. Additionally, caregivers help people find social groups in their community, whether it is a weekly bingo night, book club or game at a local senior center. Discover how online interactions can be a simple way to prevent senior depression.

PLEASE NOTICE

The Center will be closed for a Staff work day on Friday, February 10th. NO meals or in house activities that day. Transit will run as scheduled. Staff will be available to take your calls. LISTEN TO KTCH 104.9 FOR WEATHER RELATED CLOSINGS

Chocolate Trivia Answers

- 1) Bitter water (The unsweetened drink the Aztecs made of pounded cocoa beans and spices was probably extremely bitter)
- 2) False, he drank 50 goblets of it every day
- 3) Fruit of the cacao tree—cocoa beans
- 4) Antioxidants
- 5) It is thought to lower risk of developing cancer or heart disease
- 6) Cocoa powder followed by dark chocolate, then milk chocolate
- 7) Dark chocolate
- 8) Milk chocolate
- 9) Dark chocolate
- 10) True
- 11) False (50%)

Salt!

Salt can be a wonderful preventive natural remedy, especially because it is so cheap and has so many uses.

Salt of the earth, not worth its salt, take it with a grain of salt, salted away, salty language. Salt's frequent appearance in figures of speech only hints at the importance of salt in human history.

The human requirement for dietary salt and the relative difficulty of producing it built and destroyed empires, determined trade routes and the location of cities, occasioned wars, and inspired revolutions. Before the advent of pressure canning and freezing, salting/brining and drying were the only means of preserving food and eliminating total dependence on seasonal food production.

While we're always told to avoid too much salt, the fact is that sodium is also essential for life. It helps regulate our blood volume. It shuttles nutrients into our bodies and brains. It allows our muscles to contract and our nerves to pulse with electricity. Beyond its use as a food seasoning, salt has dozens of uses. For example, salt kills weeds. It extinguishes flames, preserves colors in your wash, removes stains from coffee cups, helps clean your oven, and extends the life of many items from toothbrushes to flowers.

But this common household staple really shines in the domains of preventive health and hygiene. Use non-iodized sea salt for these and other health practices.

Natural Health Remedies Using Salt

1. **Flushing Sinuses**— Although this use of salt is ancient, modern medical research has shown that flushing the sinus passages with a saline solution can help prevent/relieve sinus infections and/or relieve postnasal drip. (Note: Boil your tap water for 3-5 minutes and then cool until lukewarm before using. Always sterilize water for any solution that you plan to use in your sinuses, throat, or eyes.)
2. **As an Eyewash**— Dissolve 1/4 teaspoon of salt in a cup of warm water and use it as a wash for tired, irritated eyes. Be sure to boil your tap water for 3 to 5 minutes and then cool before using
3. **Reducing Under-Eye Puffiness**— Dissolve 1/2 teaspoon of salt in a cup of hot water, soak a washcloth or cotton balls in the solution and apply to the puffy areas
4. **Cleaning Teeth**— Try a mixture of salt and baking soda for your toothpaste. Pulverize sea salt in a blender or crush it with a rolling pin, mix with an equal amount of baking soda, shake, and store in a small glass jar. Mix with a bit of water and brush as usual. Both salt and baking soda have antimicrobial properties that kill many of the pathogenic bacteria that cause cavities and gum disease
5. **As a Gargle, Mouthwash, or Breath Sweetener**— Mix a teaspoon of the tooth-cleaning mixture in a cup of warm water
6. **Reducing Fatigue**— Soak your tired feet or entire body in a warm, salt-infused bath for a restorative effect
7. **As an Exfoliant**— Mix equal parts of sea salt and olive oil and rub gently over the body for an exfoliating, moisturizing scrub. Rinse with warm water. For the face, mix equal parts of salt and honey
8. **Relieving the Pain of Insect Stings**— Mix salt with a bit of water and apply to the sting immediately
9. **For Poison Ivy**— Soak the affected areas in hot salt water to help relieve the itch and dry up blisters



Home
REMEDIES

OUR GENEROUS DONATIONS

Arlene Bennett Donna Lundin Janice Myers
Sandra Wriedt /Just Sew Byron & Barb Heier ACME
Connie Webber Jim & Arlene Robinson Lee Larsen
Early Learning Edith & Bob Zahnheiser Janet Bull
Ginny Otte Ron & Jude Millekin Linda Teach
Marilyn & Gerold Otte Carol & LeRoy Robberts
Julie & Pete Reeg Brian Biermann Mardelle Brudigan
Bob & DeAnn Behlers Les Schulz Doris Daniels
Bev Ruwe Ardyce Stanley Mary Ellen Maxey
Jan & Don Ziess Karen & Mark Kai Phyllis Rahn
Nancy Jo Powers Center Quilt Group/Carolyn Vokoc
Memorials: Keith Jech from Marilyn & Gerold Otte

Lois Miller from Bev Hansen

**Thanks to Country View & Kinship for sponsoring
our Luncheon Drawings & Birthday Treat**

**Thanks to our talented musicians and all of our
dedicated Center—Kitchen & MOW volunteers**

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	Head Cook / Kitchen Manager
Jill Lemkuhl	Office Assistant / Dispatch
Phil Does	Kitchen Aide/Sub Van Driver
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Denny Spangler	Van Driver
Anaka Brach	Sub Kitchen Aid
Cindy Abraham	Sub Van Driver/Dispatch
Halie Chinn	Sub Office Asst.
George Burcum	President
Carol Dunning	Vice President
Verna Mae Baier	Secretary
Ginny Otte	Treasurer
Joan Lage	Board Member



**Our Sympathy and Prayers go out to the Family of Keith Jech
Thanks to Keith for volunteering his time to be our past
Treasurer and Board member for the Wayne Senior Center**
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.

Weather Proverbs

For centuries, farmers and sailors— people
whose livelihoods depended on the weather—
relied on lore to forecast the weather. They
quickly connected changes in nature with
rhythms or patterns of the weather. Proverbs
for February follow.

- There is always one fine week in February
- If bees get out in February, the next day will be windy and rainy
- Fogs in February mean frosts in May
- Winter's back breaks about the middle of February



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

Morning walking/exercises/social

activities. For Curb Side Delivery,

**Congregate Dining or Meals on Wheels Deliv-
ery—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.*