



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

April 2023



Greetings everyone. Hoping that April Showers indeed bring May Flowers. We have a lot going on in the next couple of months here at the Center. We are very fortunate to be gifted with donations by so many loyal patrons as well as the support from the City of Wayne. We are working in partnership with the City of Wayne in doing a much needed renovation to our kitchen here at the center. Our cabinets and counter tops are in need of being replaced. This is currently scheduled to be completed through the first week in May. The plan is to replace existing cabinets and counter tops, painting of walls, installation of Chemlite paneling around the dishwasher and upgrading the current plumbing under our kitchen sink to meet Current Nebraska Health Food Safety Guidelines. With this extensive renovation, we will not be able to use our kitchen for food preparation and service starting on Monday May 1st through Friday May 5th. Therefore, there will be *NO* Meals on Wheels, Drive Through Meals or In- House Congregate meals available during this renovation process. **HOWEVER**, the Center itself **WILL** continue to be open to all regular scheduled activities as normal throughout the week. Staff will continue to be able to take all calls and assist you in any way. Meal service will resume on Monday, May 8th as normal.

If you have any questions or concerns please call the center.

Just a reminder note: If you have a reservation for a meal and are not able to attend—Please call and cancel ASAP as many times we have a waiting list for others that have called in. Please remember that our Meals and Wheels and Drive through meals are Prepped and put in the ovens to cook by 9:00 am. Our Congregate meals are put in the Ovens by 10:00 am. If you need to switch your meal reservation—please call by 8:30 am in order for Misty and our kitchen staff to make the needed changes.

HAPPINESS IS
Homemade

What's Happening in April THIS MONTHS HIGHLIGHTS

Monday, April 3rd

Special Luncheon Drawing by Kinship

Tuesday, April 4th

11:45 am: Visit by Kayla Korth
Speech Language/Pathologist at PMC
BRAIN HEALTH

Wednesday, April 5th

Monthly Birthday Party
Music by Bob Doughty

Thursday, April 6th

Easter Celebration: Served by PMC Staff
Music by Dan Hansen

Friday, April 7th

CLOSED: Easter Holiday

Monday, April 10th

Toe Nail Care : Rachael Judd (Call for a time)

Brunch for Lunch: Cong. Meal served
From 11:00 to 12:00 noon

Tuesday, April 11th

10:00 to 11:45 am: Health Clinic
By Katie Frye (RN) : Sr. Solutions
Music by: Spotlight on Promise

Wednesday, April 12th

Music by Bob Doughty
“We Served Wednesday” by Countryview

Thursday, April 13th

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

Friday, April 14th

Sr. Day Drawing by Countryview

Wednesday, April 19th

Music by Bob Doughty

Friday, April 21st

Fine Dining Friday and Special Luncheon
Drawing by Kinship

Music by Deb Dickey

Wednesday, April 26th

10:00 am: Caregivers Support Group
Music by Bob Doughty

Friday, April 28th

Music by 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!*

April Fool's Day

April Fool's Day has been celebrated for several centuries by different cultures, though its exact origins remain a mystery. Traditions include playing hoaxes or practical jokes on others, often yelling "April Fools!" at the end to clue in the subject of the prank. While its exact history is shrouded in mystery, the embrace of April Fools' Day jokes by the media and major brands has ensured the unofficial holiday's long life.

Some historians speculate that April Fool's Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. In the Julian Calendar, as in the Hindu calendar, the new year began with the spring equinox around April 1. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 were called "April fools". These pranks included having paper fish placed on their backs and being referred to as "poisson d'avril" (April fish), said to symbolize a young, easily caught fish and a gullible person.

Historians have also linked April Fool's Day to festivals such as Hilaria, which was celebrated in ancient Rome at the end of March by followers of the cult of Cybele. It involved people dressing up in disguises and mocking fellow citizens and even magistrates and was said to be inspired by the Egyptian legend of Isis, Osiris and Seth.

There's also speculation that April Fool's Day was tied to the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather.

April Fool's Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with "hunting the gowk", in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or "kick me" signs on them.

In modern times, people have gone to great lengths to create elaborate hoaxes. Newspapers, radio and TV stations and websites have participated in the April 1 tradition of reporting outrageous fictional claims that have fooled their audiences.



Palm Sunday

On Palm Sunday, Christian worshipers celebrate the triumphal entry of Jesus Christ into Jerusalem, an event that took place the week before the Lord's death and resurrection. Palm Sunday is a moveable feast, meaning the date changes every year based on the liturgical calendar. Palm Sunday always falls one week before Easter Sunday.

Palm Sunday, or Passion Sunday as it is referred to in some Christian churches, is the sixth Sunday of Lent and the final Sunday before Easter. On this day, Christians also remember Christ's sacrificial death on the cross, praise God for the gift of salvation, and look expectantly to the Lord's second coming. Many churches distribute palm branches to the congregation on Palm Sunday for the customary observances. These include a reading of the account of Christ's entry into Jerusalem, the carrying and waving of palm branches in processional, the blessing of palms, the singing of traditional hymns, and the making of small crosses with palm fronds. In some traditions, worshippers take home and display their palm branches near a cross or crucifix, or press them into their Bible until the next year's season of Lent. Some churches will place collection baskets to gather the old palm leaves to be burned on Shrove Tuesday of the following year and used in the next day's Ash Wednesday services.

Palm Sunday also marks the beginning of Holy Week, a solemn week focusing on the final days of Jesus' life. Holy Week culminates on Easter Sunday, the most important holiday in Christianity.



Passover

Passover is one of the Jewish religion's most sacred and widely observed holidays. In Judaism, Passover commemorates the story of the Israelites' departure from the ancient Egypt, which appears in the Hebrew Bible's books of Exodus, Numbers and Deuteronomy, among other texts. Jews observe the weeklong festival with a number of important rituals, including a traditional Passover meal known as a seder, the removal of leavened products from their home, the substitution of matzo for bread and the retelling of the exodus tale.

In 2023, Passover will be from sundown on April 5 to sundown on April 13. The date of Passover changes each year because the date is set not by the Gregorian calendar, but by the lunar-based Hebrew calendar. It always occurs during the Hebrew month of Nisan.

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
March 15, 2023**

The monthly meeting of the Wayne Senior Center was held with President George Burcum calling the meeting to order. (12:25 p.m.) Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum Vice President: Carol Dunning, Secretary: Verna Mae Baier, Board Member: Joan Lage and Board Member: Jeanette Swanson. Absent: Treasurer: Ginny Otte.

The minutes of the February 15 2023 meeting were approved as published in the March Senior Star in a motion by Carol Dunning and seconded by Jeanette Swanson . Motion carried.

Coordinator Bertrand presented financial information for 2-15-23 through 3-14-23 with expenses of \$106.38.. [Test Strips: \$69.74 and Cooler for MOW: \$36.64]. {Amounts prepared by Verna Mae Baier, Treasurer pro-tem} This amount of expenses was approved in a motion by Joan Lage and seconded by Carol Dunning.. Motion carried and this financial report was accepted.

Coordinator Bertrand presented an overview of and March and April. The Center will be closed on April 7. The April newsletter is being prepared.

Coordinator Bertrand presented an update on the Kitchen Renovation. The starting date will be Monday, May 1. Length of time: 1 week. Cupboards will be renovated, kitchen dishwasher removed, installation of Maralite around dishwasher and general painting. The kitchen will be closed; no meals. The Center will be open for regular activities: e.g. cards and pool.

Update on checking account signatures will be continued in April.

The PATCH grant application has been completed. President Burcum will sign the application. Items applied for: Roaster, Food Chopper/Processor, and Oliver Sealing System.

The upcoming III E Evaluation will be March 29. A representative from NENAAA will be present.

Meal Reservations and Daily counts were discussed. President Burcum will make an oral presentation concerning some needed up-to-date information.

Board Member, Jeanette Swanson was asked to become Interim Treasurer. Treasurer Ginny Otte will be absent for a short medical leave. Jeanette agreed to this arrangement. Board members agreed unanimously.

At the upcoming Wayne City Council meeting: Recognition of Budget process for NDOT and NENAAA. Coordinator Bertrand and President Burcum will attend.

Coordinator Bertrand explained NENAAA Regulations and Rules concerning B Units as it concerns the Wayne Senior Center.

No additional items were presented. The meeting was adjourned at 1:10 p.m.

The next meeting will be April 12, 2023.

Verna Mae Baier, Secretary

3 Fun Nutrition Activities For The Elderly And Their Caregivers

Written by: Scott Grant, CSA®, SHSS®, ATP

There are a variety of nutrition-based activities that you can experience on your own as a senior or with the help of a caregiver. These activities can help seniors better visualize and understand their nutritional needs. They will make it easier to build beneficial meal plans and stick with those plans over the coming months. Here are a few simple nutrition activities to consider.

1. Nutrition-Based Games

Most seniors enjoy games just as much as their younger friends. There are numerous games that can be adjusted to reflect nutritional guidelines and recommendations. One such game is called “Nutritionary”. It is a very popular learning tool that is recommended by several institutions like the Administration for Community Living. At its core, Nutritionary is simply a nutrition-based spin-off of the well-known game, Pictionary. It is best played in a group with at least four players and a coordinator, though it can be adjusted to work with fewer people. A coordinator (usually the caregiver) gives words or phrases to a chosen member of a team. These words or phrases should relate specifically to food and nutrition tips for seniors. Simple starting phrases are often just foods like “apple” or “strawberry”. The chosen member then draws the item and members from both teams take turns guessing the item. The team member who first correctly guesses will score points for their team. The round continues with follow-up questions that provide more information about that food item and its role in senior nutrition. For example, the coordinator might ask, “what role does protein play in the body?” or, “how many servings of dairy should you have each day?”. These questions create a fun way to teach seniors about their nutrition needs.

2. Recipe Sharing

If a senior enjoys cooking, then they’ve likely collected quite a few recipes over the years. If they are willing to share, then you can create a recipe sharing event where you and other seniors share healthy recipes. If they do not want to share, then they can simply find recipes from alternative sources like the internet or recipe books. A gathering with a caregiver and one or more seniors sharing recipes can benefit everyone involved. The role of the caregiver is to share recipes that are helpful for the senior in their current condition. It’s not about just sharing the most delicious recipes that you know of. It’s about sharing recipes that contain enough protein, calcium, and vitamins for an aging individual. It’s a good idea to make the activity as entertaining and educational as possible. Let them know what exactly makes a recipe healthy. How many calories does the meal contain? Are there any key nutrients that could be added from an additional source? In time, they will understand what it takes to make a well-rounded meal and how to avoid poor nutritional choices. You can make the event even better by cooking the shared recipes, either during the same day or at a later time. If you manage to share a recipe that is healthy as well as delicious, then they’ll be more likely to remember it. They might even feel compelled to add it to their own recipe stockpile or create a new recipe book filled with healthy meals for the elderly.

3. Group Shopping Experience

Some seniors struggle to eat healthy meals because they are limited by their ability to travel or shop. It is often easier to stay at home and eat whatever is in the pantry or the refrigerator. Studies have shown that more elderly people are choosing to stay home where they have more freedom, but they lack the ability to regularly travel and shop for healthy groceries. This is becoming a serious contributing factor to malnutrition in seniors. However, a senior may not feel compelled to ask for assistance traveling and shopping even when they may need it. As a caregiver, you can make this process easier by recommending a fun shopping trip. It’s a simple activity that can be a lot of fun and has the potential to greatly influence their meal choices for several weeks. Taking a regular trip to the grocery store or to an outdoor farming market is a great opportunity to encourage healthy food purchases and to provide some important education for the elderly. You can make sure that they purchase all the key staple food sources for providing protein, fiber, calcium, and other vitamins. Take a moment to view what food items they have at home before leaving so that you have a better idea of what is needed.



April Fools Day

April First



DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

- APRIL
- BAMBOOZLE
- BEFUDDLE
- BEMUSE
- BEWILDER
- BUSINESS
- CAPER
- DELUDE
- DUMBFOUND
- DUPE

- FARCE
- FIRST
- HOAX
- HOODWINK
- JEST
- JOKES
- LAUGHTER
- LEVITY
- MALARKEY
- MISCHIEF

- MONKEY
- PRANK
- PREPOSTEROUS
- SHENANIGANS
- SILLY
- SURPRISE
- TOMFOOLERY
- TRICK
- WACKY



HAPPY EASTER

Crossword

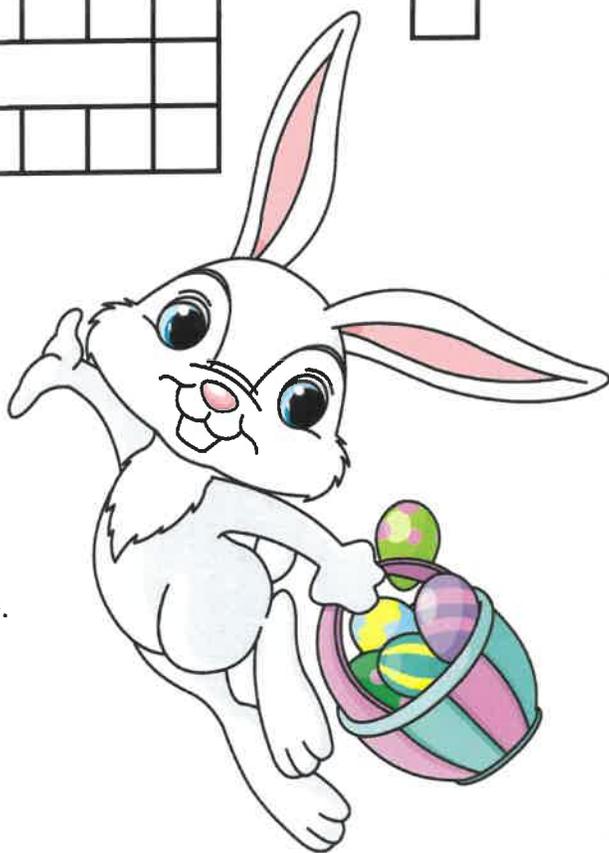


ACROSS

4. You might do this to eggs for Easter.
7. A hen makes this.
8. Used to color eggs.
9. The hen's baby.
10. Colorful candy you might find in an Easter basket.
11. Peter Cottontail is one.

DOWN

1. Eggs might be made from this.
2. Look for eggs.
3. Easter Day event.
4. Yellow or white spring flower that grows from a bulb.
5. What the Easter Bunny brings.
6. A pretty hat worn on Easter.
9. Don't eat too much of this or you might get a belly ache.



PLEASE NOTICE
CLOSED GOOD FRIDAY
CENTER CLOSED: FRIDAY, APRIL 7TH



Good Friday

Good Friday commemorates the death of Jesus on Calvary, the site just outside the walls of Jerusalem where Jesus was crucified. It falls on the Friday before Easter. For 2023, that's April 7. Most Christian denominations recognize Good Friday as a holy day, with many, including members of Catholic, Eastern Orthodox, and Lutheran faiths, fasting and attending church services. But there is so much more to this holiday than just these religious rituals. Good Friday is, for many, an intensely personal day of prayer and devotion.

The crucifixion of Jesus Christ at the site of Calvary is commemorated on Good Friday. Taking place during Holy week, the holiday is considered part of the Paschal Triduum on the Friday before Easter Sunday. The day is also widely known as Great Friday, Black Friday, or Holy Friday. Around the world, Good Friday is a national holiday in many countries, especially in the Catholic and Anglican nations. Fasting is the traditional way to observe this solemn day, followed by somber processions.

Jesus sacrificed his life out of love for his believers and all mankind. His death was the ultimate sacrifice. Despite it being a terrible day in history, the event paved the way for mankind's salvation, with Jesus being resurrected two days later.



Easter Trivia

- ⇒ Easter and Halloween are the top-selling candy holidays
- ⇒ Every year, Easter comes between March 22 and April 25
- ⇒ Easter was named after the Anglo-Saxon goddess who was then known as "Eastre".
- ⇒ The symbol of the Anglo-Saxon goddess was Eggs and Hare (Rabbit)
- ⇒ Over 90 million chocolate bunnies manufacturing takes place for Easter
- ⇒ New York organizes the most popular Easter parade every year
- ⇒ Easter eggs were colored Red in the memory of bloodshed during the crucifixion of Jesus Christ.
- ⇒ The first largest chocolate Easter egg was made in Italy
- ⇒ Approximately 16 million Jelly beans consumption has been recorded yearly in America on Easter

Easter

This year, Easter Sunday is on April 9. The resurrection of Jesus, as described in the New Testament of the Bible, is essentially the foundation upon which the Christian religions are built. According to the New Testament, Jesus was arrested by the Roman authorities. He was sentenced to death by Pontius Pilate, the Roman prefect in the province of Judea. Jesus' death by crucifixion, marked by the Christian holiday Good Friday, and subsequent resurrection three days later is said to prove that he was the living son of God.

Despite its significance as a Christian holy day, many of the traditions and symbols that play a key role in Easter observances actually have roots in pagan celebrations, particularly the pagan goddess Eostre, and in the Jewish holiday of Passover.

Irrespective of denomination, there are many Easter-time traditions with roots that can be traced to non-Christian and even pagan celebrations. Many non-Christians choose to observe these traditions while ignoring the religious aspects of the celebration.

Examples of non-religious Easter traditions include Easter eggs, and related games such as egg rolling and egg decorating. It's believed that eggs represented fertility and birth in certain pagan traditions that pre-date Christianity. Egg decorating may have become part of the Easter celebration in a nod to the religious significance of Easter.

In some households, a character known as the Easter Bunny delivers candy and chocolate eggs to children on Easter Sunday morning. These candies often arrive in an Easter basket.

The exact origins of the Easter Bunny tradition are unknown, although some historians believe it arrived in America with German immigrants in the 1700s. Rabbits are, in many cultures, known as enthusiastic procreators, so the arrival of baby bunnies in springtime meadows became associated with birth and renewal.

Notably, several Protestant Christian denominations have opted to formally abandon many Easter traditions, deeming them too pagan. However, many religious observers of Easter also include them in their celebrations.



OUR GENEROUS DONATIONS

Phillis Rahn, Jan & Don Ziess, Brian Biermann,
Ruth Meier, Donna Jacobson, Betty Wilson,
Art & Mae Greve, Martha & Larry Broderson,
Les Schultz, Bev Ruwe, Ardyce Stanley,
Jacquelyn & Milton Owens, Sandra & Cheryl Henschke,
Marilyn & Gerald Otte, George Burcum, Bev Hansen
Memorials: Jim Mitchell From Janice Mitchell & Family
Marcella Larson From Carol Griesch

Thanks to Country View & Kinship for sponsoring our Luncheon Drawings & Monthly Birthday Treat
Thanks to our talented Musicians and all of our dedicated Center- Kitchen & MOW Volunteers!
Thanks to PMC for sponsoring our April Pie Day
And assisting with serving our Easter Meal
Thanks to all who help bring snacks for our 2:30 pm Coffee Time

The Wayne Public Transit

A COMMUNITY SERVICE FOR ALL

Open for transportation—Monday through Friday
8:00 am to 4:00 pm (Only)

We are an On-demand service with reservations . Call: 375-1460

Please schedule trips and appointments according to hours of operation—\$1.50 Fare for each stop



WHO'S WHO AT THE WAYNE SENIOR CENTER

- | | |
|------------------|-------------------------------|
| Diane Bertrand | Manager |
| Misty Brasch | Head Cook / Kitchen Manager |
| Jill Lehmkuhl | Office Assistant / Dispatch |
| Phil Does | Kitchen Aide / Sub Van Driver |
| Roger Hochstein | Van Driver |
| Dan Carroll | Van Driver |
| Terry King | Van Driver |
| Anaka Brasch | Sub Kitchen Aide |
| Halie Chinn | Sub Office Asst. |
| George Burcum | President |
| Carol Dunning | Vice President |
| Verna Mae Baier | Secretary |
| Ginny Otte | Treasurer |
| Joan Lage | Board Member |
| Jeanette Swanson | 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.

Earth Day

Earth Day was founded In 1970 as a day of education about environmental issues, and Earth Day 2023 will occur on Saturday, April 22. The holiday is now a global celebration that's sometimes extended into Earth Week, a full seven days of events focused on green living and confronting the climate crisis.

The brainchild of Senator Gaylord Nelson and inspired by the protests of the 1960s, Earth Day began as a “national teach-in on the environment” and was held on April 22 to maximize the number of students that could be reached on university campuses. By raising public awareness of pollution, Nelson hoped to bring environmental causes into the national spotlight.



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. 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.