



The Senior Star

410 N. Pearl Street

A monthly publication for The Wayne Senior Center

October 2024

SPECIAL EVENTS

Wednesday, October 4th

“We Serve Wednesday”

With Countryview

Monthly Birthday Party

10:45 am: Music by Bob Doughty

Thursday, October 5th

Come help Celebrate

Terry & Mary Janke’s

60th Anniversary

Cake served @ Center: Noon

11:30 am– Music by Connie Webber

Friday, October 6th

Center closed for Cleaning

Monday, October 9th

Toe Nail Clinic: Call for a time

Tuesday, October 10th

Health Clinic: 10:00 to 11:45 AM

11:30 am: Spotlight on Promise

Wednesday, October 11th

10:45 am: Music by Bob Doughty

Thursday, October 12th

10:30 - 12:00: Immunization Clinic

Friday, October 13

11:30 Music by Dan Hansen

Sr. Day Drawing—Countryview

Monday, October 16th

Special Luncheon Drawing: Kinship

Wednesday, October 18th

10:45– Music by Bob Doughty

12:30: Monthly Board Meeting

Thursday, October 19th

11:15– 11:45: Wayne Eye Care

Friday, October 20th

OCTOBER FEST: 11:00 to Noon

Music by Dan Hansen & Burt

Heithold - Meal served @ Noon

Tuesday, October 24th

1st date for Medicare Part D

Open enrollment: ***Call for a time***

11:30 am - Spotlight on Promise

Wednesday, October 25th

10:45 - Music by Bob Doughty

“We Serve Wednesday”

With Hillcrest

Caregivers ***NOON*** luncheon meeting

Friday, October 27th

11:30 am - Music by Deb Dickey

Tuesday, October 31st

11:30 - Music by Val Koeber

Q&A w/ Wes Blecke (*see right*)

Fire Prevention Week ***October 8th –14th: 2023***

Official theme for
Fire Prevention week!

COOKING SAFETY STARTS WITH YOU!
PAY ATTENTION TO FIRE PREVENTION”



Since 1922, the NFPA (National Fire Protection Association) has sponsored the public observance of Fire Prevention Week. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, children, adults, and teachers learn how to stay safe in case of a fire. Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires. Fire Prevention Week is observed each year during the week of October 9th, in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage. This horrific conflagration killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures, and burned more than 2,000 acres of land.



(Part D Compare)

1st Date is: Tuesday - October 24th

9:00 am to 3:00 pm

CALL THE CENTER TO SIGN UP FOR A TIME

Additional upcoming dates:

Thursday - November 16th

Friday - December 1st

PLEASE NOTE: If you reserve a time and are unable to attend—please call to cancel your allotted time ASAP so others may fill in your place!

THANKS TO : Leslie Schulz & Kiley Wohlers from Providence Medical Center and Glorious Roeber from Wakefield Health Care Center for sharing your Knowledge and time in helping our Seniors with this important service!



TUESDAY—OCTOBER 31ST

PLEASE SIGN UP FOR OUR DELICIOUS MEAL AND PARTICIPATE IN A Q & A WITH CITY ADMINISTRATOR - WES BLECKE

LOOKING TOWARDS THE FUTURE



Halloween Haunts

If you have the courage to expand your universe, it is possible to find stories of strangeness in any state.

Perhaps these places will kindle memories of haunted houses or scary spots in your old neighborhoods. The stories of the strange phenomena in the world open our minds to the possibility that there is something beyond our realm of knowledge and comprehension. Can you think of such a mysterious place in your experience? What better night to do this: **Halloween.**

In Lincoln, Nebraska, Located in downtown Lincoln, the Nebraska State Capital building is the home of the state's government and is believed to be haunted by an apparition of someone falling, along with crying and screaming. The ghost is thought to be either a man who had a heart attack and fell while putting up Christmas lights, a workman who fell and died while trying to change a light bulb, or a visitor who died after falling over the railing of the spiral staircase to the dome of the Nebraska State Capital.

In Brownsville, Nebraska, the U.S. National Historic Landmark was built in 1931 and is one of the few surviving examples of its type built to control flooding along the U.S. rivers. It now operates as a museum and is believed to be haunted. The most often report of a haunting is that of a piano that is known to play on its own.

In Columbus, Nebraska, in the Hy-Vee the ghost that is said to haunt this supermarket is nicknamed Scooter. This ghost is said to make screeching sounds near the dairy and produce sections and has appeared to employees at around 2 a.m.

In Schyuler, Nebraska, witnesses say the Skyway Drive-In is haunted by black phantom dogs with missing eyes and missing legs. They are said to roam the grounds, and if you look away from them, they vanish.

The black Angel of Oakland Cemetery in Iowa City, Iowa is not to be missed— especially at midnight on Halloween. Local residents and college students will flock there, daring one another to kiss the statue. Tessa Feldevert commissioned the bronze statue to be built in honor of their 18 year old son, Eddie, who had died in 1891. It was erected in 1912. (Some sources say 1918.) The eyes of the figure are eerie, which swirled irises that seem to bulge out. They appear to stare at the visitor from the eyelids.

Halloween Haunts (Cont.)

The size of the statue is intimidating with its giant wings. Apparently the bronze statue has oxidized over the years, giving its greenish color back.

The cemetery itself was established in 1843 and is built on the northern side of the city at 1000 Brown Street. It is more than 40 acres in size, but the main lure seems to be the Black Angel at midnight on Halloween.



World Egg Day

(October 12, 2012)

World Egg Day, celebrated on the second Friday of October, was created in 1996 by the International Egg Commission as a way to promote the health benefits of eating eggs. According to the organization, chicken eggs are high in protein which promotes the development of human brains and muscles. But there is more to learn about eggs than just scrambled or sunny side up!

Bird eggs have hard shells to protect the baby chick and come in various sizes. The largest bird egg is the ostrich egg. It is between 6" to 8" long, 4" to 6" in diameter and can weigh 2 lbs., 3 oz. to 3 lbs., 14 oz. It is equal in volume to 24 chicken eggs. The shell is so strong it can support the weight of an adult human being. The smallest bird's egg is the Vervain hummingbird. Each egg is less than 39/100 inch long and weighs only 0.0128 oz.

The hobby of collecting wild bird eggs, called ology, became popular in the 1800s. Due to a lack of binoculars among the general public, an acceptable way to learn about birds was to collect their eggs. It was so popular that during the 19th century, egg collectors built special cases for their eggs and held meetings where bird eggs were traded. The problem was some collectors were not content to gather broken eggshells left behind by recently hatched chicks. Instead, they often took the entire contents of a nest and sometimes killed a mother bird in order to obtain an egg. In 1918, the U.S. government passed the Migratory Bird Treaty Act which banned the collection and possession of wild bird eggs. Many egg collections were then donated to museums.

FUN OCTOBER FACT:

This October has 5 Mondays, 5 Tuesdays and 5 Wednesdays. This happens once every 823 years.

FACT OR FICTION????

* The world's largest pumpkin weighed over 1000 pounds. **FACT:** The world's heaviest pumpkin was grown by Chris Stevens (USA) & was recorded on October 9th, 2010 weighing 1810.5 pounds

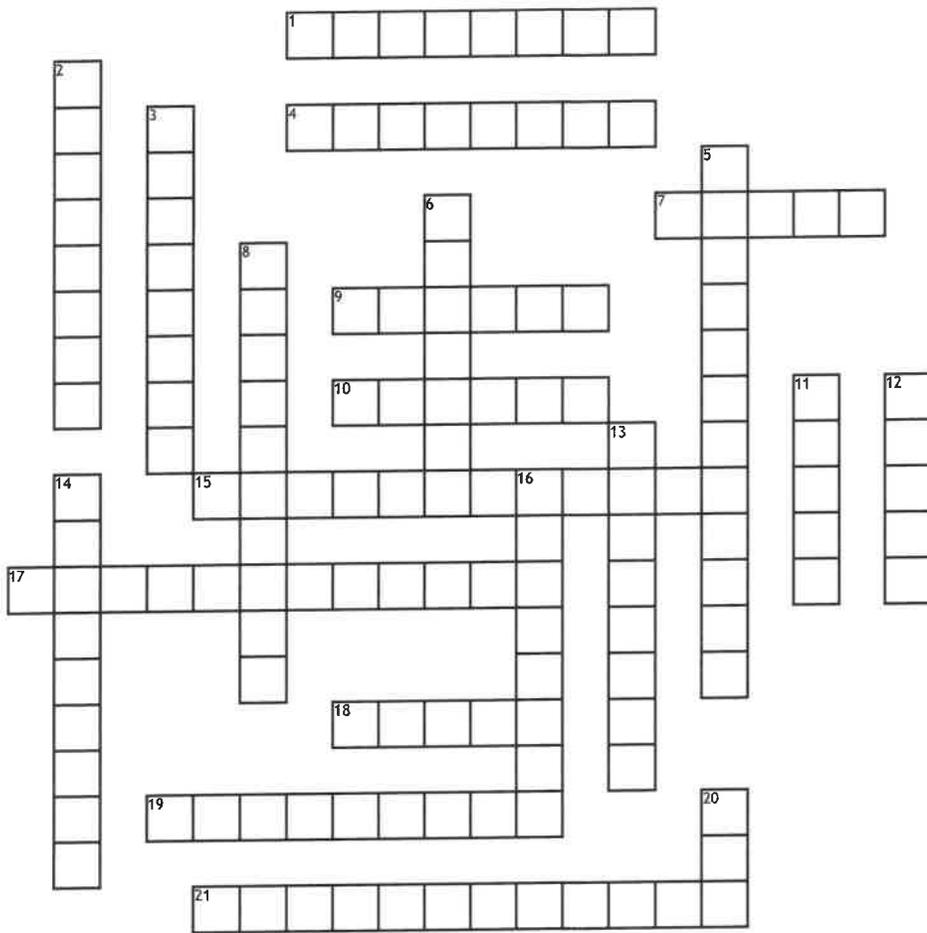
Happy Autumn

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

- Spells
- BlackCat
- Patch
- Festival
- Harvest
- Cornucopia
- Sweaters
- Bonfire
- Leaves
- Ghouls
- CandyCorn
- FullMoon
- broom
- Frankenstein
- TrickorTreat
- Party
- Costume
- Dracula
- Vampire
- Witch
- Candy
- Pumpkin
- Halloween



Halloween Crossword puzzle



Across

1. What do kids dress up in?
4. A cat with fur of the color black?
7. What do people give to kinds on Halloween?
9. The dead that came to life?
10. What insect has 8 eyes?
15. Monster created by a mad scientist?
17. A house that's hunted?

18. What is Casper?

19. What holiday is tomorrow?
21. What to kids do on Halloween?

Down

2. Were are people buried?
3. What dose a witch brew in?
5. Pumpkin with light in it?
6. A human with sharp fangs?

8. What do spiders produce?

11. Who fly's on a broom?
12. 666?
13. What is a human with the ability to shapeshift into a wolf?
14. Scary crow?
16. What is made out of bones?
20. What dose a vampire turn into?

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
September 18, 2023**

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

The minutes of the August 16, 2023 meeting were approved as published in the September Senior Star in a motion by Jeanette Swanson and seconded by Joan Lage.. Motion carried.

Treasurer Jeanette Swanson presented financial information for 8-14-23 / 9-20-23 with expenses of \$193.20 [Cleaning Supplies from Ace Hardware, --\$26.74, Cake for Anaka's farewell, --\$37.00, Vista Print pens, \$129.46] This amount of expenses was approved in a motion by Joan Lage and seconded by Verna Mae Baier . Motion carried and this financial report was accepted.

Coordinator Bertrand presented an overview of September and October.. September is National Senior Center Month. Fun events were enjoyed by center participants. The October newsletter is being prepared.. Open Enrollment (Insurance) will begin October 24. Flu Vaccinations will be October 12. Sign up in the office. The Center will be closed on Friday, October 6 for extensive cleaning.

The Nebraska Department of Roads will conduct an on sight visit on October 10.

FTA Drug/Alcohol on sight review will be October 31.

Coordinator Bertrand presented details on a Label Maker/printed film for MOW Trays. These labels are now mandatory by the Area on Aging. Verna Mae Baier made a motion to proceed with this necessary purchase. Seconded by Carol Dunning. Motion carried.

Coordinator Bertrand will be in attendance at a webinar on the SHAW program for electronically handling transit/dispatch arrangements.

Lawlers in Sioux City has sold the previous steam table in the kitchen. Proceeds will arrive soon. The future of the cooler is indefinite at the present time. Lawlers will continue with any possible transaction.

The Senior Center Quilters have a quilt available they are willing to finish quilting and offer at a raffle. No time table on this project.

Staff Update: New kitchen aide: Yeslyn Vasquez.

Coordinator Bertrand presented detailed information on the Wayne Senior Center and the future.

No additional items were presented.

The meeting was adjourned at 1:30 p.m.

The next meeting will be October 25, 2023.

Verna Mae Baier, Secretary

Fun Fall Activities for Seniors and Their Caregivers

By: Ashley Huntsberry-Lett

Of the four seasons, autumn tends to get the least amount of attention and is generally regarded as the lead-in to the holidays. However, fall is a great opportunity for outings and activities that seniors and family caregivers can enjoy together. Use these ideas to kick off the season with tasty treats, colorful outings, and fun crafts.

Fall Color Tours

One of the biggest highlights of autumn is the turning of the leaves. Short walks and leisurely drives allow seniors with varying levels of mobility to admire the fall foliage and get some fresh air before the weather turns chilly. For loved ones who are homebound, gathering some leaves for crafts and sensory boxes can help them feel engaged with the outside world and excited for the changing seasons. Use an online foliage map to see when the fall colors will peak in your area.

All About Pumpkin

Carving jack-o-lanterns is a classic family tradition that can be easily adapted to meet a senior's abilities. Visiting a local pumpkin patch is a great outing idea that can help a loved one get into the fall spirit. Both of you can pick out pumpkins to bring home, and many patches also offer fall-themed games, contests, and activities on certain days.

Instead of carving your pumpkins this year, try decorating them with paint, ribbon, glitter, fabric, decoupage, rhinestones, or whatever craft supplies you have on hand. Work with your loved one to select a design and bring it to life. No-carve pumpkins tend to last longer than traditional jack-o-lanterns, too. If carving is still your preferred method, it is best to handle the tricky knifework yourself. Just be sure to have the senior participate throughout the process. Let them pick the theme/stencil, scoop out the pulp and separate the seeds, which are delicious roasted in the oven!

Happy Halloween

Younger generations typically consider Halloween to be the best part of fall, but this holiday can be too spooky for some seniors, especially those living with dementia. Decorating and celebrating are still possible, just make a point of keeping props and costumes wholesome and cheerful. For example, opt for a pumpkin patch or harvest vibe in lieu of a haunted house or scary cemetery theme when decorating. Do-it-yourself decor and costumes are perfect in this instance because they give you and your loved one something to do together, and the finished products can be as cute, scary, or silly as you like.

Cook Up a Celebration

If decorating for Halloween isn't a good fit for your household, making sweet treats together is another delicious way of celebrating. Caramel apples, marshmallow crispy treats, pumpkin bread, mulled cider, and sugar cookies for decorating are simple, memory-evoking recipes. Flavorful fall spices like ginger, cinnamon, cloves, and nutmeg will leave your home smelling wonderful and add powerful antioxidants to your food, too.

Autumn brings an abundance of seasonal produce, such as winter squash, apples, pears, beets, figs, parsnips, and other root vegetables. These ingredients are perfect for both sweet and savory comfort foods. Regardless of what is on the menu, try turning your mundane grocery store run into a fun outing by purchasing your ingredients at a local farmers market.



FLU SHOTS

**Thursday- October 12th
from 10:30 to 12:00 noon**

**Provided by Providence
Medical Pharmacy**

**Medicare or Medicare Advantage Plans
will be billed for you**

**Please call (375-1460) or stop in to the
Senior Center to sign up for
your vaccine and PICK UP A FORM**
(Covid Vaccine/booster will also be available)



FRIDAY - OCTOBER 6TH

The Wayne Senior Center will
Be closed for Extensive
Cleaning. **NO MEALS OR
ACTIVITIES**

Staff will be available to take
Your calls between 7:00 am
And 4:00 pm
City transit **WILL** run as usual

OCTOBERFEST

**AT THE WAYNE SENIOR CENTER
SOUP WEATHER KICKOFF**

Join us at the Center for a Fun time with Friends

Friday—October 20th

**Music & Dancing with Dan Hansen & Burt
Heithold from 11:00 am to 12:00 Noon**
12:00 Noon—Serving: Chili or Potato Soup
(All you can eat) Here at the Center only
MOW and Drive Through - Potato Soup

Relish tray - Crackers

Fresh Sliced Bread & Assorted Pies

Assisted by our friends from Kinship



TEST YOUR KNOWLEDGE: **OCTOBER TRIVIA QUIZ**

1. If you were born in October, what would your birthstone be? Opal; Ruby; Emerald; Sapphire
2. Which of these flowers is considered to be the flower for October? Carnation; Poppy; Marigold; Or Narcissus
3. What traditional holiday do Canadians celebrate in October? Thanksgiving; Flag Day; Labor Day; Independence Day
4. What should you eat on the 30th of October? Pasta; Candy Corn; Coleslaw; Hotdogs
5. If you were born on the third of October, what would your western Zodiac Sign be? Pisces; Libra; Capricorn; Cancer
6. Which well-known musician was born on the 7th of October? Gene Simmons; Elton John; John Mellencamp; Bruce Springsteen
7. Which President of the United States was born on the 4th of October? Franklin Roosevelt; Rutherford B. Hayes; John F. Kennedy; John Adams
8. What famous US landmark opened to the public on the 9th of October in 1888? The Guggenheim Museum, ;The Statue of Liberty; The Washington Monument; Yellowstone National Park
9. What infamous outlaws were killed on the 5th of October? The Barkers; Bonnie & Clyde ;The Dalton Gang; The James Gang
10. What famous Queen was beheaded on the 16th of October 1793? Anne; Mary; Catherine ; Marie Antoinette
11. What war ended on the 19th of October, 1453? The Hundred Year War; The War of the Roses ;The Spanish Civil War; The Boer Wars
12. What famous fashion item made its debut on the 24th of October—1939? Nylons; Bras; Jeans; Trench coats
13. Which radio broadcast, that created mass panic aired on the 30th of October, 1938? The Sinking of the Titanic; The announcement of WWI; The bombing of Pearl Harbor; The War of the Worlds

(ANSWERS ON THE BACK PAGE)

NOVEMBER: Is set apart as National Caregivers Month! However - we would like to celebrate and Honor our Current and Past Caregivers throughout the rest of what we have left in 2023. Come join us the October 31st for the Official Kickoff of National Caregivers Month in November. Sign up at the Center for a Delicious Meal and Cake to show our appreciation for all you do ! National Caregivers month is where we take the time to recognize and give praise and support to the 78 million people who dedicate their time, often unpaid, caring for a family member in need. Sign up early to reserve your meal & also participate in a Q & A with Administrator Wes Blecke **Topic: “Looking Forward to the Future”**



CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787

OUR GENEROUS DONATION-

Doris Daniels- Charles & Ruth Maier- Janet Bull
 Janet Reeg- Janice Myers- Phyllis Rahn
 Deb Dahnke- Paul & Karen Karr- George Burcum
 Paul Biermann- Bob Schwarntzbach
 Byron & Barb Heier- Lee Larson
 Bob & Marilyn Carhart- Quilters Group
 Jane Ahmann- Sandra & Ron Wreidt
 Ardyce Stanley- Donna Lundin-Pat Robinson

Memorials

For Jim Robinson by Lila Splittgerber
 For Jim Robinson by Marilyn & Gerald Otte



Thanks to Country View and Kinship for our Luncheon Drawings & Countryview for Sponsoring our Monthly Birthday Treat.
 Thanks to Kinship for helping out with our "Fine Dining Fridays" and Hillcrest Care Center of Laurel & our friends from Countryview for helping with our "We Serve Wednesday"
 Thanks to all our Talented Musicians and ALL OUR Dedicated Kitchen and MOW Volunteers

YOU'RE THE BEST!



WHO'S WHO AT THE WAYNE SENIOR CENTER

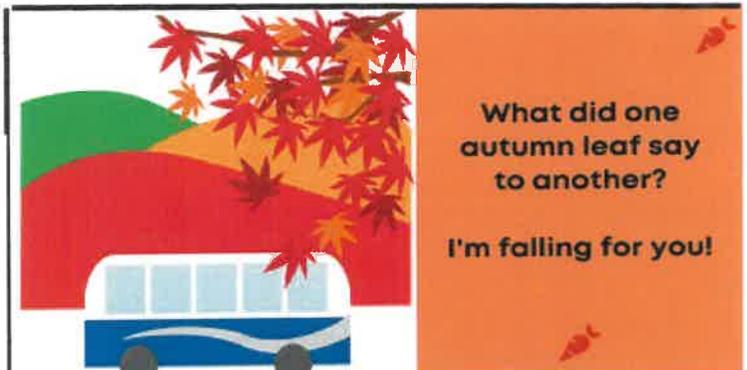
Diane Bertrand	Manager
Misty Brasch	Head Cook / Kitchen Manager
Jill Lehmkuhl	Office Assistant / Dispatch
Phil Does	Kitchen Aide / Sub Van Driver
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Terry King	Van Driver
Verdell Lutt	Sub Van Driver
Yeslyn Vasquez	Kitchen Aide
Anaka Brasch	Kitchen Aide Sub
George Burcum	President
Carol Dunning	Vice President
Verna Mae Baier	Secretary
Jeanette Swanson	Treasurer
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.

ANSWERS TO OCTOBER TRIVIA

1. OPAL— Opals come in a wide range of colors.
2. MARIGOLD—You could also choose Hops or Caledula
3. THANKSGIVING— Americans celebrate Thanksgiving in November.
4. CANDY CORN—October 30th is the National Candy Corn Day
5. LIBRA—Libra runs from the 22nd of September until the 22nd of October
6. JOHN MELLENCAMP—Shawn Ashmore was also born on the 7th of October.
7. RUTHERFORD B. HAYES— Rutherford B. Hayes was born in Ohio.
8. THE WASHINGTON MONUMENT—The Monument was closed on the 23rd of August in 2011 due to an earthquake.
9. THE DALTON GANG— Gratton and Bob Dalton were both killed, along with gang members Bill Power and Dick Broadwell
10. MARIE ANTOINETTE—Marie was the Queen of France. She was executed during the French Revolution
11. THE HUNDRED YEAR WAR—This War was a series of battles between France and Britain
12. NYLONS—Nylons were first sold in Delaware
13. THE WAR OF THE WORLDS—This broadcast was Done by Orson Welles.



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 Door to door service. Call: 402-375-1460
 (By Appointment only—Please call to reserve your ride)
 Please schedule trips and appointments according to the ours of operation—\$1.50 Fare for each stop
 Service Area and type of pickups include:
 We pick up and drop off passengers within the city limits of Wayne. We have vehicles that are WC Accessible.