



# The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

November, 2023

## November is National Family Caregivers Month

Families are often the primary source of support for older adults and people with disabilities. While caregivers should be celebrated every day, November is a time to recognize and honor caregivers nationally, raise awareness around caregiving issues, educate communities, and work to increase support for our nations caregivers.

**JOIN US:** Throughout the Month of November as we take time to Recognize and Thank those caregivers who dedicate their time caring for a family member or loved one in need!

### THIS MONTH'S APPRECIATION ACTIVITIES

**Monday—November 6th**

Caregivers Appreciation Luncheon drawing at Noon

**Friday—November 10th**

Caregivers & Veteran's appreciation Coffee—served from 8:00 to 9:30 am

**Tuesday, November 14th**

Caregivers Appreciation Luncheon Drawing at Noon

**Monday—November 20th**

Caregivers Appreciation Luncheon Drawing at Noon

**Wednesday—November 29th**

10:00 am—Caregivers Support Group Meeting:

Coffee and Rolls served

Speaker from Pro MedCare

**ALL WELCOME TO ATTEND!**

**Thursday—November 30th**

Caregivers appreciation

### **MYSTERY PRIZE**

Sponsored by the Caregivers III E Program



## Veterans Day Program Invitation

**FRIDAY—NOVEMBER 10TH**

Program begins at 11:15 with the Presentation of Colors by the Wayne Consolidated Veterans

Noon Meal Following—Serving:

Taverns on Home Made Bun—Calico Beans—Potato Salad—Patriotic Cake with Blueberries and Strawberries— Beverage

**Please call to make your reservation by NOON Thursday, Nov. 9th**  
**IF YOU HAVE A PICTURE OF YOUR LOVED ONE WHO SERVED—**  
**PLEASE BRING IT IN TO JILL AT THE OFFICE**  
**BY FRIDAY, NOV. 3RD**

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**JOIN US FROM 8:00 TO 10:00 AM—Friday, November 10th**  
**For a Veteran's Day Coffee Time ( Sponsored by the Caregivers III E Program in recognition of our Veterans & National Caregivers Month)**

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*Veteran's Day is a day where it is our privilege to say 'Thank you' to all of America's veterans, to let them know that we appreciate them for their service and honor them for their sacrifices. The price of freedom is high. We cannot afford to forget those willing or have paid the ultimate price for our freedom. This day we celebrate America's Veterans for keeping this Nation 'the land of the free and the home of the brave.'*

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### **HISTORY OF VETERAN'S DAY**

*Veterans' Day was proclaimed in 1919 to commemorate the termination of World War 1 on November 11, 1918. Fighting stopped at 11 a.m., the 11th hour of the 11th day of the 11th month. On the first anniversary of the truce, President Woodrow Wilson issued a proclamation praising fallen Allied soldiers and the referring to November 11 as Armistice Day. It became a holiday in the U.S., France, United Kingdom, and Canada. The holiday was renamed in the U.S. in 1954 to Veterans' Day and expanded to honor those who served in the World War II and the Korean War (police action/conflict). Today, the holiday honors all veterans.*



November is NATIONAL FAMILY CAREGIVERS MONTH





## Why do Trees Change Colors?

Nature is so fascinating! The main reason for the eye-popping color change is not autumn's chilly weather; but sunlight—or rather; the lack of daylight. Day and night are roughly equal in length on the autumnal equinox in late September; but afterward, nights are growing longer and days shorter.

As the autumn days shrink, the reduced daylight tells deciduous plants that it's time to stop gathering energy and get ready for the dormant season—winter.

All leaves have different types of chemicals in them; one of these chemicals, **chlorophyll** is responsible for absorbing sunlight and gives leaves their green color: As chemical changes begin to take place inside the plant, it causes a corky wall of cells (called the "abscission zone") to form between the twig and the leaf stock. This corky wall eventually causes the leaf to drop off in the breeze.

As the corky cells multiply, they begin to seal off the vessels that supply the leaf with nutrients and water and also a block the exit vessels to some extent, trapping simple sugars in the leaves. The combination of reduced light, lack of nutrients, and less water triggers the trees to start the process of breaking down the chlorophyll and the green color fades.

Because the green color was "masking" other color pigments, we start to see the yellows and reds showing through and you see leaves change colors!

Of course, not all leaves turn vivid colors in autumn. Only a few of our many species of deciduous trees—notably maple, aspen, birch, oak, and gum—produce truly stellar performances for our annual autumn spectacular in North America.



## What Causes the Bright Yellow and Red Colors of Fall Leaves?

**Carotenoids**— gives leaves their brilliant yellow and orange colors.

**Anthocyanins**— are found in deep red and purplish leaves.

The presence of **tannins** means leaves will turn brownish or tan.



## This was the Year...1976

### Cost of Living:

- New House- \$43,340
- New Car- \$4,557
- Gasoline- \$0.60
- Movie Ticket- \$2.00
- Average Income- \$16,095
- Average Rent- \$220
- Harvard Tuition- \$3,740
- Postage Stamp- \$0.13



### Cost of Food:

- Granulated Sugar- \$0.74 for 5 lbs
- Ground Coffee- \$1.25 per pound
- Eggs- \$0.48 per dozen
- Fresh Bread- \$0.35 per loaf
- Vitamin D Milk- \$1.65 per gallon
- Bacon- \$1.05 per pound
- Ground Hamburger- \$0.80 per pound



## Cats can Predict the Weather?

It turns out that cats are more sensitive to changes in atmospheric pressure. Yes, their heightened senses can allow them to pick up hints that a storm is coming. Cats' inner ears may detect the sudden fall in atmospheric pressure.

A cat is also more sensitive to sounds and smells. Therefore, your cat will hear the rumble of a thunderstorm before you do. Likewise, your cat is more likely to smell the incoming rain or that metallic odor of lightning in the air.

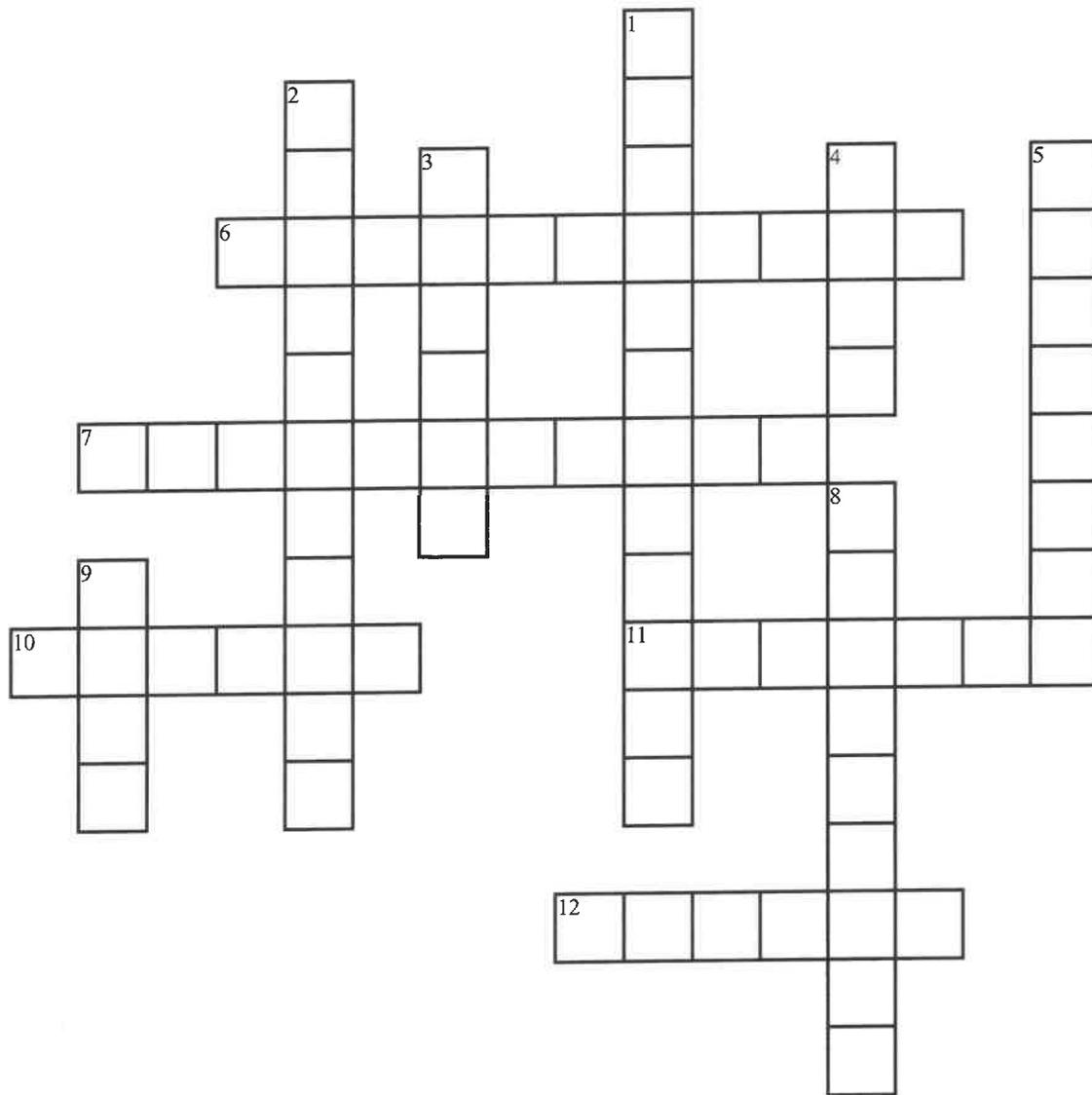
In truth, cats aren't the only animals who are attuned to nature and weather, but we'll give our feline friends some credit; after all, they already know they're superior to us humans, right?



## NOVEMBER FUN FACTS

- People who were born during the months of September and November are more likely to live to be 100—years—Old!!!
- **The Chrysanthemum**—The Birth Flower of November Represents Loyalty & Honesty

# November Crossword Puzzle



## Across

6. special day on November 11

7. made from hard-boiled eggs and maynoise

10. "natural" centerpiece that may have "warts"

11. people living in America before Christopher Columbus arrived

12. meat eaten at thanksgiving

## Down

1. Special day on November 26

2. voting for President on

Nov. 3 is called

3. They change colors and fall off trees

4. November is what season

5. first people arriving from Europe to America

8. great on top of pumpkin pie

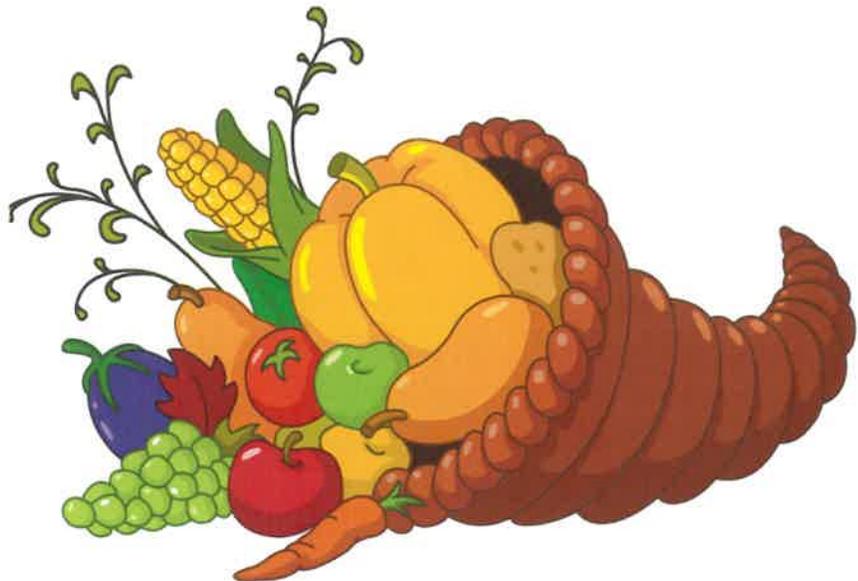
9. vegetable eaten at Thanksgiving

# Thanksgiving Day

## Word Search

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

COLONY  
CORNUCOPIA  
CRANBERRIES  
FALL  
FAMILY  
FEAST  
GOBBLE  
GRATITUDE  
GRAVY  
HARVEST  
HOLIDAY  
MAIZE  
MAYFLOWER  
MILES STANDISH  
NEW WORLD  
NOVEMBER  
PILGRIMS  
PLYMOUTH  
PUMPKIN PIE  
PURITANS  
SQUASH  
STUFFING  
THANKSGIVING  
THURSDAY  
TURKEY  
WAMPANOAG  
YAMS



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

The monthly meeting of the Wayne Senior Center was convened 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, Treasurer: Jeanette Swanson, and Secretary: Verna Mae Baier. Absent: Board Member: Joan Lage

The minutes of the September 18, 2023 meeting were approved as published in the October Senior Star in a motion by Jeanette Swanson and seconded by Carol Dunning, Treasurer Jeanette Swanson presented the treasurer's report for the period of 9-21-23--10-18-23 with expenses of \$ 249.16. [Tulip dishes from Lawlers--\$79.92, Lancets for Health Clinic, Providence Pharmacy, --\$3.99, City of Wayne for Film Roll, Oliver Pkg & Equipment, --\$150.93, and Transit Rid -Pediculicide Spray for Transit at Providence Pharmacy --\$14.32]. This amount of expenses was approved in a motion by Carol Dunning and seconded by Verna Mae Baier. Motion carried and this financial report was accepted.

Coordinator Bertrand presented an overview of October and November. November is National Caregivers Appreciation Month. Kickoff activities include a Q & A with Wes Blecke on Looking Towards the Future. The November newsletter is being prepared.. Open Enrollment (Insurance) will begin October 24. Flu Vaccination was October 12. Great turnout -- about 40 seniors were served; including some covid vaccinations.

The Nebraska Department of Roads on sight visit was October 10. The FTA Drug/Alcohol on sight review will be October 31.

Printed film is now available for the MOW trays. This gives information on the food and how to store and care for the food.

Lawler's has successfully sold the steam table (traded in for new steam table) and payment has been received. The traded-in-cooler has not yet been sold.

Coordinator Bertrand presented September data services at the Center: 20 seniors received information assistance, 205 seniors received nutrition education, 366 seniors received health information, 146 units of activities were enjoyed by seniors, the Center was open 180 hours, 283 seniors enjoyed musical entertainment, 147 seniors enjoyed puzzling, 95 seniors played Bridge and 1,381 meals were served.

A discussion was held on the Wayne Senior Center. President George Burcum presented information as it pertains to the future of the Center.

No additional items were presented.

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

The next meeting will be November 15, 2023.

Verna Mae Baier, Secretary

# Autumn Safety Tips for Family Caregivers

As a family caregiver, you want to do everything you can to keep your loved one safe and healthy. How you approach that changes over time, and even varies with the changing seasons. For instance, keeping someone safe during the summer can include caution about the heat and sun, staying hydrated, or even watching out for various insects that can lead to painful bites and stings. In the winter, you're dealing with freezing temps and the fall hazards of ice and snow.

## 1. Use Caution When Driving

Did you know that wet leaves can be as slippery as ice? The roads might look lovely when the brightly colored leaves begin to fall, but that beauty hides hazards that you must be aware of as you drive your loved one to the doctor or run errands with them in the car. If your loved one is driving themselves, encourage them to drive during the day, when the sunlight can reveal road hazards that leaves, and other autumn debris might cover up. Driving at night can be especially fraught with danger as winter approaches. Keep in mind as well that Daylight Savings Time ends in autumn, and during those few weeks of adjustment after the change, the sunlight during the early morning hours can seem different. That can lead to distraction, disorientation, and potential danger.

## 2. Clean Up Outside

About 30% of all falls happen outside the home. That might mean tripping over the water hose that was left to snake across the lawn, slipping on the wet leaves while walking to the mailbox, or falling down the front steps while trying to carry groceries. To avoid these problems, start by cleaning up any debris or trip hazards in the yard. Put everything where it is expected to be so that there are no surprises. Rake up the leaves into neat piles. Install handrails on the steps if they aren't present already and consider adding traction strips to the steps as well. An affordable, on-the-go fall alert for your precious loved one is always a great idea to ensure senior safety and protection.

## 3. Prepare the Home for the Season

Autumn means that the days will grow darker, so more light in the home will help everyone get around safely. Now is the time to add extra lightbulbs and lamps here and there. Check the overhead light fixtures and replace any burned-out bulbs. Motion-sensing lights are also a great idea, especially in hallways and bathrooms, where seniors might need a little extra light in the middle of the night but don't want to fumble for a switch. Clear out any clutter that could be a trip hazard. Take care to tuck away extension cords that are used to light up holiday decorations. Make sure there are plenty of batteries for radios in case of a weather event and plenty of jar candles. Now is also the perfect time to test all smoke and carbon monoxide detectors. It's wise to get an annual maintenance check on the furnace and other heating systems in the home to make sure everything is in good working order as the nights get colder and colder. And make sure there are lots of blankets and warm clothing available, just in case.

## 4. Keep Immune Systems Healthy and Strong

As autumn hits, so do the viruses that can make so many of us very sick. Keep your senior safe with a few tips:

- Wash your hands regularly and encourage your loved one to do the same.
- Prepare healthy, balanced meals for your loved one, including foods loaded with antioxidants.
- Get a good night of sleep and encourage your loved one to do the same. It can improve your mental health.
- Get out and exercise with your loved one. Make sure the exercise is dependent upon what they are physically able to do. For some, that might be a leisurely walk to the mailbox, while for others, it could be a walk around the block. The fresh air and activity can work wonders not only for your body, but for your mood as well.



**THE WAYNE SENIOR CENTER  
WILL BE CLOSED FOR THE  
THANKSGIVING HOLIDAY**

Thursday, November 23rd and  
Friday, November 24th  
No Meals—Meals on Wheels or  
Wayne Public Transit

**WE ARE SO VERY BLESSED TO BE A PART OF THE  
FAMILY HERE AT THE WAYNE SENIOR CENTER**  
*Diane—Jill—Misty—Yeslyn—Phil—Anaka  
Dan—Roger—Terry—Verdel*



**SHIP  
Senior Health Insurance  
Information Program**

**Thursday, November 16th**

9:00 to 3:00 at the Center

Open Enrollment Assistance for Medicare  
**Please call** the Center to request and sign up  
for a time to receive personal Assistance  
and enrollment!

*1 More Date available —Friday, December 1st  
(If Needed)*

**9:00 am to 12:00 Noon**

*Thanks to: Leslie Schulz & Kiley Wohlers from  
PMC and Glorious Roeber from WHCC for  
sharing your knowledge and time in helping our  
seniors with this important service!*



**REMEMBER  
TO  
SET YOUR  
CLOCKS BACK  
1 HOUR!  
SUNDAY  
NOVEMBER 5TH**

**Hear Ye! Hear Ye!  
Wednesday; November 15th @ 12:30  
Wayne Senior Center  
Board Meeting  
Open to All**



- In the US, About 280 Million turkeys are sold for Thanksgiving Celebrations.
- The Year: 1621—What's commonly considered the first Thanksgiving celebration was a 3-DAY FEAST shared by the Plymouth Rock Pilgrims and the Wampanoag people.
- 2000 + is the number of calories most Americans eat at a Thanksgiving meal.
- A 160 pound person playing a rousing game of tag football can burn 582 calories an hour
- Turkeys can RUN up to 25 miles and hour and can FLY as fast as 55 miles an hour.
- 15—is the number of places or townships in the U.S, with a turkey-inspired name , according to the U.S. Census Bureau. That's including Turkey City—Texas, and Turkey Town—North Carolina
- 7—is the number of places and townships named Cranberries.
- Benjamin Franklin wanted the turkey to be the national bird, not the eagle.

**SAVE A LIFE...**



**EAT DESSERT FIRST!**

**Pumpkin Pie Dessert**

- |                     |                      |
|---------------------|----------------------|
| 1 Large can pumpkin | 2 tsp. Pumpkin Spice |
| 3 eggs              | 1 yellow cake mix    |
| 1 cup sugar         | 3/4 cup oleo         |
| 1 cup milk          | 8 oz. Cool Whip      |

Mix pumpkin, eggs, sugar, milk and pumpkin pie spice. Pour into a 9 X 13 Inch pan. Sprinkle dry cake mix over pumpkin mixture. Melt Oleo; drizzle over cake mix. Bake 45 to 50 minutes in a 350 degree oven.

Top with Cool Whip when cool.



