



# The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

January, 2024

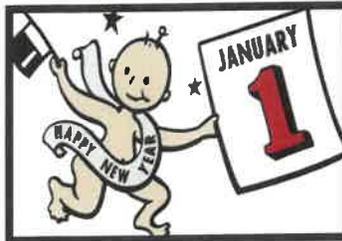
## WINTER WEATHER TIME

In case of Inclement weather— your safety and our Staff's safety is important . If weather conditions become severe—the decision to close will be made by Manager Diane Bertrand and City Administrator, Wes Blecke. Listen to KTCH Radio—104.9 Wayne Station: for the announcement to close the Center. Additionally—if the temperature and wind chill is dangerously low and streets are Icy—we will not be sending out of Volunteers for MOW delivery on that day. If the decision is made to close the center—the menu set for that day will be served the next day. Additionally, if the Center is closed—there will be no city transit available. Please—if you have any doubts if the center is open or closed— call ahead to make sure!



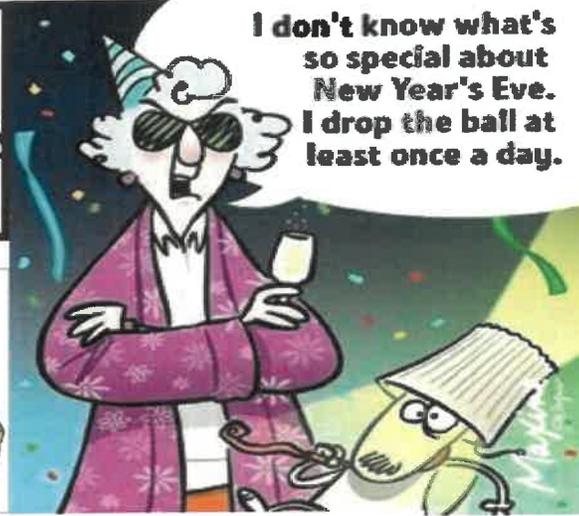
### **The Wayne Public Transit** **A COMMUNITY SERVICE FOR ALL**

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 Hours 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.



SINCERE NEW YEARS GREETINGS

If good wishes always come true My most sincere I send to you



I don't know what's so special about New Year's Eve. I drop the ball at least once a day.

Happy New Year & Here's to new beginnings! The best is yet to come!



Looking back on the months gone by,  
As a New Year starts and an old one ends,  
We contemplate what brought us joy,  
And we think of our love ones and our Senior Friends.  
Recalling all the happy times,  
Remembering how they enriched our lives,  
We reflect upon who really counts,  
As the fresh and bright New Year arrives.  
And when we ponder those who do,  
We immediately think of you.  
Thanks for being one of the reasons  
We'll have a Happy New Year!



*The Wayne Senior Center  
Wishes All our Senior Friends  
A Very Healthy New Year  
And Thank You For Your Support in  
2023  
We look forward to having you a part  
of our days in  
2024*



## New Years Day History

The Celebration of the new year is a universal event although the actual date commemorating the turning of the year has varied throughout history. The earliest recorded New Year's festival was in the city of Babylon around 2,000 B.C. The new year began at the vernal equinox, the beginning of spring, in late March. The festival lasted 11 days. The ancient Egyptians' new year began with the Nile's flooding each summer. The ancient Roman's observed March 25 as the first day of the year. Over the years, emperors and other Roman leaders changed the length of months and years to extend their time in office, so the calendar became out of sync with the seasons. In 153 B.C., the Roman Senate changed the new year to January 1, but changes to the months continued.

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## New Year's Resolutions

New Year's resolutions were started by the ancient Romans. After Julius Caesar named January 1 as New Year's Day, Roman worshippers made resolutions of good behavior to Janus – the god of beginnings, whose blessing was sought for the beginning of each day, month, and year, and at births. January was named after Janus, who had two faces-one looking east and one looking west. Other ancient peoples ushered in the new year with rituals to do away with the past and purify themselves for the future. Our motto today is still out with the old and in with the new as we look ahead toward the promise of a better future.

**Let the Wayne Senior Center be a part of your New years Resolution.** *If your goal is better fitness:* Join us for walking everyday from 7:00 to 10:00 am. If you want a little incentive—try the Penny challenge. Come to the office and get a bag of 18 Pennies for the 1 mile Walk (18 Laps) or a bag of 9 Pennies for the 1/2 mile Walk (9 laps). Drop a penny in a cup, when they are gone - you are finished. Get your Walking Pass and have Diane or Jill initial on the days you participate and earn a prize when your card is full. Also - Participate in our FROGs Class (Fitness Reaching Older Generations) Every Monday - Wednesday & Fridays at 9:00 am. Come to the Office and have Jill give you a FROG's card - get your card initialed by Jill or Diane and when your card is full - earn a prize!

*If your goal is eating a Healthy meal daily AND you want to make your budget stretch farther - look no further than the Wayne Senior Center. Just ask anyone - you will not get a better meal (Prepared HOMEMADE by Misty)- (the best "Cooker" in town) for a requested donation of \$5.00. Now that's what I call a "ONE PLACE STOP" for all your New Year's Goals!*

## New Year's Resolutions

### International Puzzle Day

Everyday is a holiday. Some days may be major celebrations, while others are minor. In any case, the beginning of the year's calendar with a variety of events. This allows you time to plan those events that might take a few months to arrange and time to advertise your events months in advance.

Celebrated every year on January 29th, it honors all types of puzzles, including jigsaw, Sudoku, word searches, crossword, and more. Puzzles are a fun form of entertainment and are proven to work both sides of a person's brain at once. Around 1765, John had the idea of mounting a map on a thin mahogany board and cutting it into pieces along country border lines for children to reassemble. He created them for educational purposes and called them "Dissected Maps."

You can make your own puzzle by choosing a picture or design, like a favorite photograph, and have it enlarged and printed. Then, you should glue that picture to a puzzle backing, which could be craft-quality cardboard or plywood. After the glue has dried, spray an even coat of lacquer over the top of the photograph and let it dry.



**WE ALWAYS HAVE A PUZZLE GOING!**

**Wayne Senior Center at Wayne, Nebraska --**  
**Monthly Business Meeting**  
**December 20, 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, Secretary: Verna Mae Baier. and Board Member: Joan Lage

The minutes of the November 15, 2023 meeting were approved as published in the December Senior Star in a motion by Jeanette Swanson and seconded by Carol Dunning. Motion carried. Treasurer Jeanette Swanson presented financial information for the period of 11-16-23- /12-20-23 with expenses of \$51.42. [ City of Wayne for Veteran's Day Flags \$18.17 and \$33.25 Copy Write for shipping a quilt] A Motion was made by Carol Dunning seconded by Joan Lage to approve this amount of expenses. Motion carried. An Audit Confirmation from State Nebraska Bank & Trust was affirmed.

Coordinator Bertrand presented an overview of December and January. December was a great month with attendance being good and lots of musical entertainment. The January newsletter is being prepared with emphasis on resolutions for 2024..

Volunteer Appreciation Christmas Gifts are being prepared for the many volunteer workers.

Coordinator Bertrand noted the cold and flu season arriving and an increase in COVID. Participants who are not feeling well are encouraged to stay at home. After some deliberation over excessive staff gone/sick, a motion was by Joan Lage and seconded by Jeanette Swanson to follow the chain: a combined decision by Coordinator Bertrand and President Burcum will be finalized to close the Center for the day. Motion carried.

Coordinator Bertrand reminded everyone about the closing of the Center when inclement weather is in the area. The decision to close the Center is made jointly by City Administrator Wes Blecke and Coordinator Bertrand. Listen to Radio KTCH for such announcements.

ARPA funds have been received from the NENAAA. Probable uses: Double, stackable ovens and Oliver containers. A motion was made by Jeanette Swanson to approve these funds in this manner. Seconded by Carol Dunning. Motion carried. City of Wayne workers will provide the necessary work for extra electrical power needed. (Other possible kitchen needs: updated kitchen stoves)

Coordinator Bertrand presented overview of Managers Employee Performance Review. Result: Good. Some future possibilities: creativity and transit mobility.

President Burcum presented up-to-date information on "Looking to the Future" He was able to attend an organizational information meeting. He will keep everyone informed as necessary. Senior Citizens should stay informed and involved.

No additional items were presented. The meeting was adjourned at 1:25 Dec. 20 p.m. The next meeting will be January 17, 2024.

Verna Mae Baier, Secretary

## 6 Reasons Caregivers Need More Sleep By: Anne-Marie Botek

For hypervigilant and overstressed caregivers, the thought of getting a solid eight hours of sleep each night may seem like a pipe dream. After all, it's difficult enough for non-caregivers to get adequate sleep on a regular basis. Age, emotional stress, depression, physical inactivity, chronic disease, and nontraditional or constantly changing sleep/wake cycles are all risk factors for sleep disorders like insomnia, so it should come as no surprise that so many family caregivers are sleep deprived. Those who are caring for dementia patients have an especially difficult time getting uninterrupted rest.

It's clear that caregiver sleep deprivation is a serious and widespread issue with the potential to cause daytime dysfunction, accidents, and higher levels of caregiver burden. Many caregivers are bombarded with well-meaning advice urging them to take care of themselves, but these recommendations are often shrugged off. Caregiver respite can be hard to work out, but it should be a priority in any elder care plan. Take the following reminders to heart when making care decisions, especially those that affect your ability to sleep through the night.

### Five Benefits of Sleep for Caregivers

**\*Reduced Stress Levels:** Stress is perhaps the single most common affliction of family caregivers, and it can be greatly affected by sleep quantity and quality. Studies show that, when you fail to get the necessary amount of sleep, your brain will hit the panic button, releasing excess cortisol, and causing stress levels to climb. Conversely, when you're stressed, it can be nearly impossible for you to fall and stay asleep no matter how tired you are. If you're unable to control your stress levels, this can turn into a damaging sleep-stress cycle that is very hard to break.

**\*Magnified Memory:** Are you ever worried that your loved one's dementia might be rubbing off on you because you keep forgetting where you put your car keys? These minor lapses in memory may occur because you're simply not getting enough sleep. Sleep deprivation also negatively affects higher-level cognitive functions like concentration and logical reasoning.

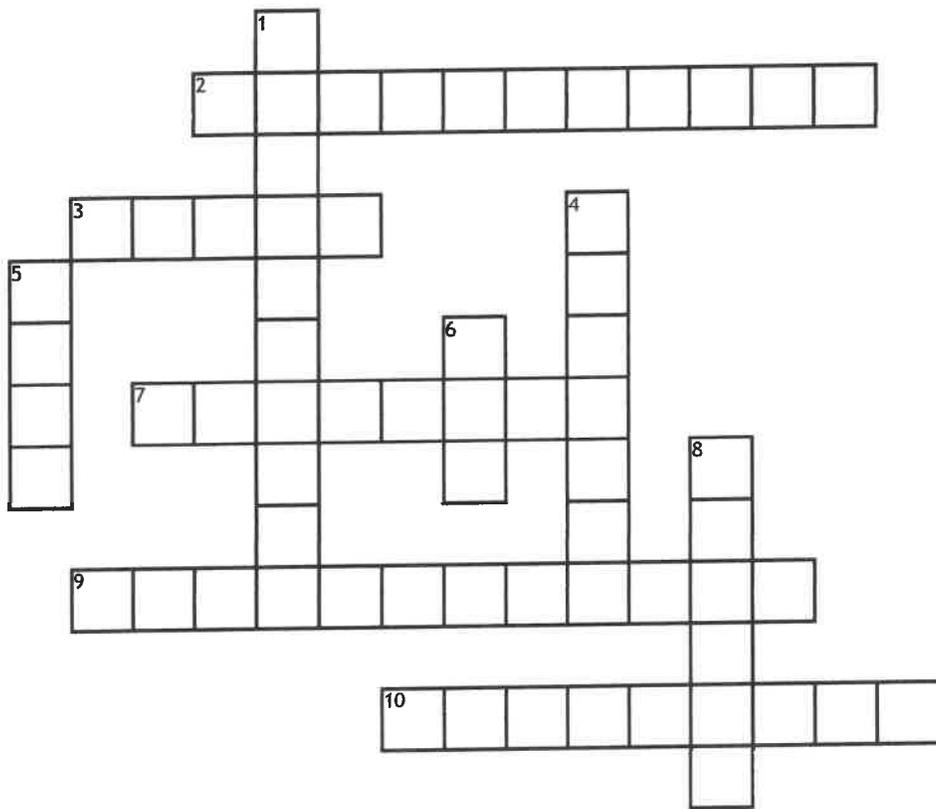
**\*Diminished Depression:** The trials and tribulations of caregiving are enough to make anyone feel hopeless, but evidence indicates that sleep deprivation can also play a role in mood regulation. Inadequate sleep may increase a person's risk for developing mood disorders like depression and anxiety. It can also intensify symptoms of depression in people who already suffer from this mental health condition.

**\*Curbed Food Cravings:** Do you find yourself reaching for junk food like ice cream or chips more and more often? According to the National Sleep Foundation, a lack of sleep contributes to comfort food cravings and overeating. After a poor night's sleep, hormones that control hunger are knocked out of balance and a type of neurotransmitter is released that triggers cravings for sweet and salty foods. Over time, chronically sleep deprived caregivers who consume excess calories and fat can experience weight gain, blood sugar issues and high blood pressure.

**\*Decreased Anxiety:** Too little sleep can make you go from a concerned caregiver to wound-up worrywart in no time. Researchers recently discovered that people who don't get enough sleep at night can experience up to a 30 percent increase in anxiety levels the next day. The results point to deep sleep as a natural anxiety inhibitor.

The truth is that your wellbeing and that of your caregiver depend upon you meeting basic human needs like sleep. There are shortcuts and services available to grocery shop for you, help bathe your loved one and manage their medications, but the responsibility for getting quality rest falls on you. Whether you hire in-home care for a few hours a week or decide it's time to place your loved one in long-term care, seek out regular respite care if only to help you get the shuteye you need. There is no substitute for sleep. Without it, you run a high risk of damaging important relationships, jeopardizing your career, developing caregiver burnout, and running your own health into the ground.

# Winter Crossword Puzzle



## Across

2. 11 letters to describe a sweet treat with hints of ginger and cinnamon
3. 5 letters to describe what you wear to keep your feet warm when shoveling snow
7. 8 letters to describe a liquid that tastes even better with marshmallows on top
9. 12 letters to describe a type of rainfall that when cold enough can freeze bridges, roads and vehicles

10. 9 letters to describe what you can sit in front of to keep warm inside your home

## Down

1. 10 letters to describe what starts on December 21st
4. 7 letters to describe a top you wear to keep warm
5. 4 letters to describe what falls from the sky when it is below 32 degrees
6. 3 letters to describe something that makes the road slippery
8. 6 letters to describe what you feel when it is cold outside

# 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

## Chicken Soup

Most people have remedies for curing a cold or its symptoms. Whatever approach you take, there has been considerable research done on how chicken soup can reduce the symptoms of cold.

Colds are the result of an infection in the upper respiratory tract which causes inflammation. Although colds are not completely understood, it is believed the inflammation contributes to cold symptoms. Stephen Rennard, M.D., chief of pulmonary medicine at the University of Nebraska Medical Center in Omaha, theorized if soup can stop or reduce inflammation, it might reduce the symptoms of a cold.

Irwin Ziment, M.D., pulmonary specialist and professor at the UCLA School for Medicine, says chicken soup contains drug-like agents similar to those in cold medicines. For example, an amino acid released from chicken during cooking chemically resembles the drug acetylcysteine, prescribed for bronchitis and other respiratory problems.

Spices that are often added to chicken soup, such as garlic and pepper (ancient treatments for respiratory diseases), work the same way as modern cough medicines, thinning mucus and making breathing easier.



### Dr. Stephen Rennard's Recipe for Grandma's Soup

- 5-6 lbs. stewing hen or baking chicken
  - Pkg. of chicken wings
  - 3 large onions
  - large sweet potato
  - 3 parsnips
  - 2 turnips 11 to 12 large carrots
  - 5 to 6 celery stems
  - Bunch of parsley
  - Salt and pepper to taste
- 1) Clean the chicken, put it in a large pot, and cover it with cold water. Bring it to a boil.
  - 2) Add the chicken wings, onions, sweet potato, parsnips, turnips, and carrots. Boil about 1 1/2 hours. Remove the fat from the surface as it accumulates.
  - 3) Add the celery stems and parsley. Cook the mixture about 45 minutes longer
  - 4) Remove the chicken. (The chicken is not used further for soup.)
  - 5) Pull the vegetables in a food processor until they are chopped fine or pass through the strainer. (Both were performed in the study.) Salt and pepper to taste.

## Why are Social Activities for Seniors Important

Being socially involved and active gives people a sense of belonging that provides added health benefits. Staying socially active is especially important for older adults who can sometimes become lonely and isolated.

Social activities include anything from dining with friends to playing a friendly competitive game with others to attending a class. Senior living communities offer many opportunities for older adults to stay socially active.

### Health Benefits of Social Activities for Seniors

Staying socially engaged keeps older adults well in many ways. It can improve emotional, intellectual, and physical wellness. Overall wellness all of these areas is key to getting and staying healthy as a person grows older.

### Improved Emotional Health

Being involved in social activities can help stave off isolation and loneliness—two issues seniors may face if they aren't socially engaged. Social activities help people to build connections with others and improve their mood. Classes, lectures, and concerts are all opportunities to gather with others to make connections to get mood boost.

### Better Cognitive Function

Socializing helps to sharpen memory skills. Staying engaged and keeping conversations with friends helps build connections in a person's mind that can help improve cognitive function. While in-person socializing is ideal, virtual social activities, like FaceTime calls, work too.

### Physical Health Benefits

People who are more socially active receive health benefits such as lower risk for certain diseases like heart disease and diabetes. Social activities often include opportunities such as group exercise classes or hiking or walking with friends. Being socially involved helps older adults to lead healthier lifestyles and form healthy habits.

### Improved Immune System

Increased social activity has been tied to having a stronger immune system. This means a socially engaged older person could fight off seasonal colds and the flu better.

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**Need help being more Socially Active in the New Year??** You got it—No better place to start than the Wayne Senior Center. Check out our Daily Activity Calendar and make plans to join all of our Senior Friends to fill your Long Winter Days with Conversation—a game of cards—quilting or puzzling—The Friday game of BINGO or even a game of pool. We have many local Musical talents to entertain you and best part of all—the Coffee Pot is always on! SEE YOU SOON!!!!

*we can't wait to see you in 2024*

# CITY OF WAYNE SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787

## Donations:

Milton & Jackie Owens – Janice Myers–  
Charles & Ruth Maier  
Cindy Milligan– Phyllis Rahn– Linda Teach–  
Bridge Group– Bill & Jerry Sharpe–  
Bob Schwarzenbach–  
Byron & Barb Heier– Bernita Suber–  
Donna Lundin–  
Mae & Art Greve– Lee Larson– Marcile Thomas–  
Bev Ruwe– Mardelle Brudigam

## Memorial:

Fritz & JoAnne Temme, Jean Ley, Donna Lutt  
From Ginny Otte



Thanks to Country View and Kinship for  
Sponsoring our Luncheon Drawings and Monthly  
Birthday Treats. Thanks to Kinship for helping  
out with our “Fine Dining Fridays” and  
Wayne 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.

## 2 NEW CLASSES AT THE

Wayne Senior Center

*Our Friends from AARP & Viaero Wireless  
Are reaching out to the patron's of the  
Wayne Senior Center & Community*

## VIAERO WIRELESS

Would like to know if anyone is interested in learning more about your Cell Phone. Experts from our local Viaero Store would like to provide an informational/Hands on class on learning how to understand and use your cellphone better. ALL cell phone carriers and cell phone types are welcome! They will cover in 5 different classes : 1. Security issues 2. Basic Use of phones 3. App store and play store 4. Passwords and security 5. How to use Google

These are free to the public! Snacks and beverages will be provided during the class!

## AARP

### *Adult Driver Safety Course*

Where you will learn:

- Increased awareness of normal changes in vision, hearing and reaction time associated with aging, and techniques to compensate.
- A review of the rules of the road, with an emphasis on defensive driving practices.
- An opportunity for personal assessment of driving skills and a discussion on driving safety.
- Trained instructors: Volunteer instructors teach the AARP Smart Driver Course in communities throughout the country. Instructors receive initial training from highly qualified AARP trainers who participate annually in local workshops to maintain and improve their skills.
- All course materials, including participant guidebooks are provided.
- Participants who complete the course receive a certificate that may entitle them to a reduction in their auto insurance premiums in most states.

The classroom course is approximately 4 hours and is provided in 1 day - geared toward drivers 50 and older . No tests ! (:  
There is a minimal fee of \$20 for AARP members & \$25 for Non Members

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Please Call the center if interested  
There will also be a sign up sheet at the center  
If you are interested. Dates will be determined later if enough interest is generated!