



The Senior Star



410 N. Pearl Street

A monthly publication for the Wayne Senior Center

February, 2024



What do we celebrate in February? What is February famous for? Here's a short list of holiday happenings and February facts that is fun to know!

February comes from the Latin word "februa," which means "to cleanse." The month is named after the Roman Februalia, which was a month-long festival of purification and atonement that took place this time of year.

* February is the only month to have a length of fewer than 30 days! Though it's usually 28 days, February is 29 days long in this leap year of 2024.

* Originally, February was made the last month of the calendar year. Eventually (c. 450 BC), February was moved to its place as the second month.

Highlights of the February Calendar

* February 2nd is Groundhog Day - the day we find out whether winter will last 6 more weeks or call it quits early.

* February 10th is the Lunar New Year. Celebrated widely throughout East Asia, this holiday begins with the first new Moon after the Winter Solstice and is associated with the Chinese Zodiac.

* February 12th is Abraham Lincoln's Birthday. The 16th president of the United States was born in a one-room, 16 X 18 - foot log cabin with a dirt floor.

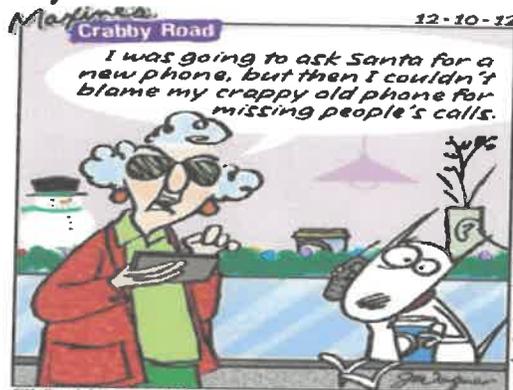
* February 13th is Mardi Gras (aka " Fat Tuesday" or Shrove Tuesday), which is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday.

* February 14th is Ash Wednesday, which marks the start of Lent. Also- February 14th is always Valentine's Day!

* February 15th is Susan B. Anthony's Birthday. And is also the National Flag of Canada Day.

* February 19th brings President's Day - a federal holiday also know as Washington's Brithday that is celebrated on the 3rd Monday in February. (George Washington's actual birthday is February 22nd!)

* February 29th is Leap Day! Happening every four years, we are given an extra day in February. Some think this day brings good luck! Check out the Senior Center Activity Calendar for this months Highlights for all to enjoy!



Lunch & Learn with our friends from Viaero Wireless.

Experts from our Local Viaero Store will be coming every Tuesday in February to provide informational/Hands on classes on learning how to understand and use your cellphone better, **ALL cell phone carriers and cell phone types are welcome. Each class will begin at 2:30 pm** with a short "Snack and beverage time provided by Viaero - from local business's through out Wayne. Short description each class with be:

February 6th: Security Issues

February 13th: Basic Use of Phones

February 20th: App store and play store

February 27th: Passwords & Security

The topic of how to use Google will either be overviewed if there is time during the February class times or another class time will be scheduled in March!



- * Approximately 250 million Roses are produced on Valentine's Day each year
- * After Candy - Greeting Cards are the most popular gift consumers give on Valentine's Day.
- *The most popular Valentine Day candy is the "Sweetheart Conversation Hearts." There are 36 heart candies in each box of Sweethearts.
- * About 20% of pet owners give Valentine gifts to their pets.
- * Teachers are the #1 recipient of Valentines.

The Story Of Valentine's Day!

Valentine's Day - Why do we celebrate it in the first place? Believe it or not, it wasn't always a celebration of love. Yep, it's true! Centuries ago, people celebrated by sacrificing animals to encourage fertility. It wasn't until the 1300s that it became an official holiday associated with love.

We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman Tradition. The Patron Saint - Saint Valentine is shrouded in mystery. The Catholic Church recognizes at least 3 different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome.

When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Still others insist that it was Saint Valentine of Terni, a bishop who was the true namesake of the holiday. He, too, was beheaded by Claudius II outside Rome.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "Valentine" greeting himself after he fell in love with a young girl - possibly his jailor's daughter - who visited him during his confinement.

Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today.

Did You Know?

* Not until the 1840's did we get the first mass - produced valentines. Esther A. Howland, known as the "Mother of the American Valentine," is credited with commercializing Valentine's Day cards in America, and she is remembered for her elaborate, crafty cards made with lace and ribbons.

According to Hallmark, a whopping 145 million Valentine's Day Cards are exchanged every February 14th (and that's not even including all those kids' valentines exchanged in classrooms).

This makes Valentine's Day the second biggest holiday for exchanging greeting cards, after Christmas. And how sweet: Teachers receive the most Valentine's Day cards annually, followed by children, mothers and wives. Needless to say, we've come a long way from 1913, which was when Hallmark Cards produced their first Valentine's card.



* George Washington was the only president unanimously elected. Meaning all of the state representatives voted for him,

* James Madison was the shortest president at 5 feet 4 inches tall and weighed 100 pounds. Abraham Lincoln was the tallest president at 6 feet 4 inches tall. (Lyndon B. Johnson was also 6' 4" tall).

* Abraham Lincoln often stored things like letters and documents in his tall stove-piped hat.

* Franklin D. Roosevelt was the first president to appear on television during a 1939 broadcast from the World's Fair.

* At 42 years, 10 months, 18 days old - Teddy Roosevelt was the youngest man to hold the office of president. Joe Biden was the oldest at 78 years, 61 days. John F. Kennedy was the youngest to be elected president.

* Teddy Roosevelt was blind in his left eye due to an injury in a boxing match,

* When Ronald Reagan was shot by an assassin in 1981, he joked "I forgot to Duck".

* The "S" in Harry S. Truman does not stand for anything.

* Andrew Jackson was shot in the chest during a gun duel, but managed to stay standing and shoot and kill his opponent. The bullet could not be safely removed and remained in his chest for the next 40 years.

* After working at a Baskin-Robbins as a teen, President Obama no longer likes ice cream. Bummer!

* Bill Clinton enjoys playing the saxophone and was a member of a band called "Three Blind Mice" in High School.

* John Tyler had 15 children. The White House must have been hopping!!

* William Henry Harrison died just 32 days after becoming president. He died from a cold he got while standing in the rain giving his inauguration speech.

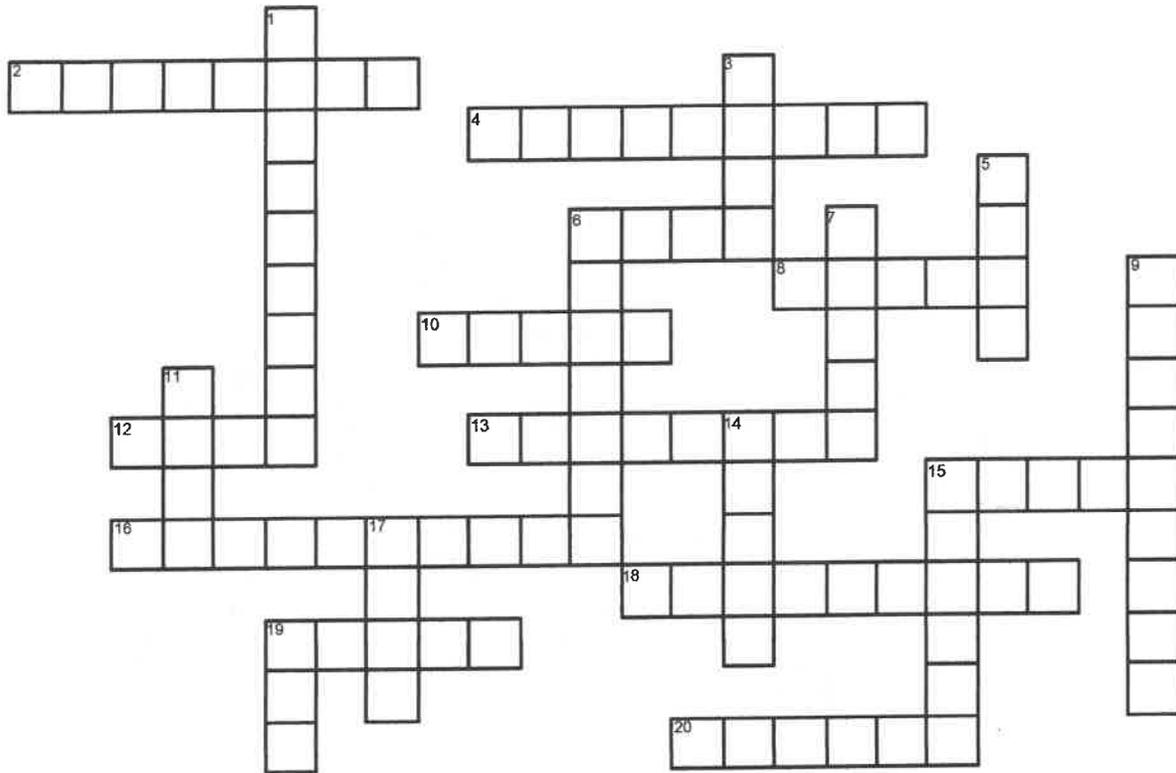
* John F. Kennedy was the first president who was a Boy Scout.

* Thomas Jefferson was also an accomplished architect. He designed his famous home at Monticello as well as buildings for the University of Virginia.

* William Henry Harrison was the 9th president. His grandson, Benjamin Harrison, was the 23rd president.



Valentine's Day Crossword Fun



ACROSS

- 2 A piece of jewelry worn around one's neck.
 4 _____ and girlfriend.
 6 "Be _____."
 8 School children often exchange these on Valentine's Day.
 10 He shoots invisible arrows to make people fall in love.
 12 The most popular flower for Valentine's Day.
 13 Valentine's Day falls on _____ 14.
 15 "_____ Valentine's Day!"
 16 A safe place to store jewelry. (Two words.)
 18 My friend gave me heart-shaped box full of _____.
 19 Bees make this substance, which is also a nickname for someone who is loved.
 20 St. Valentine is known as the patron saint of _____.

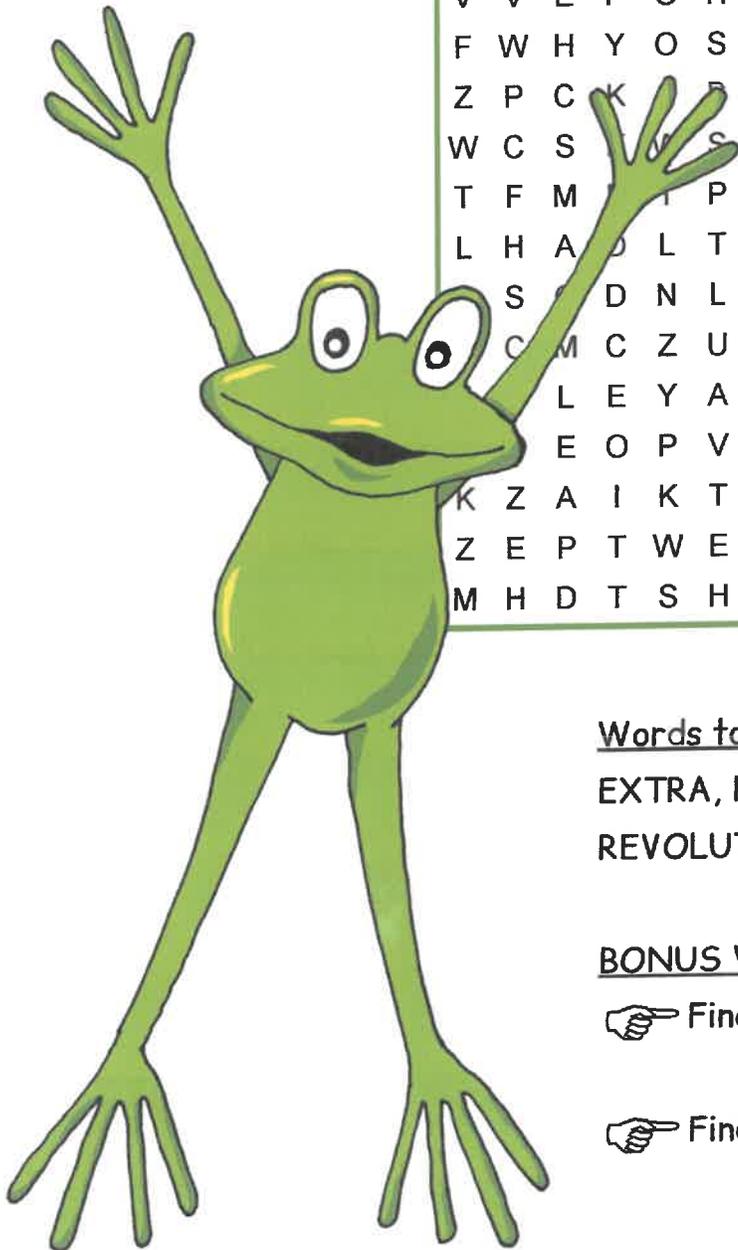
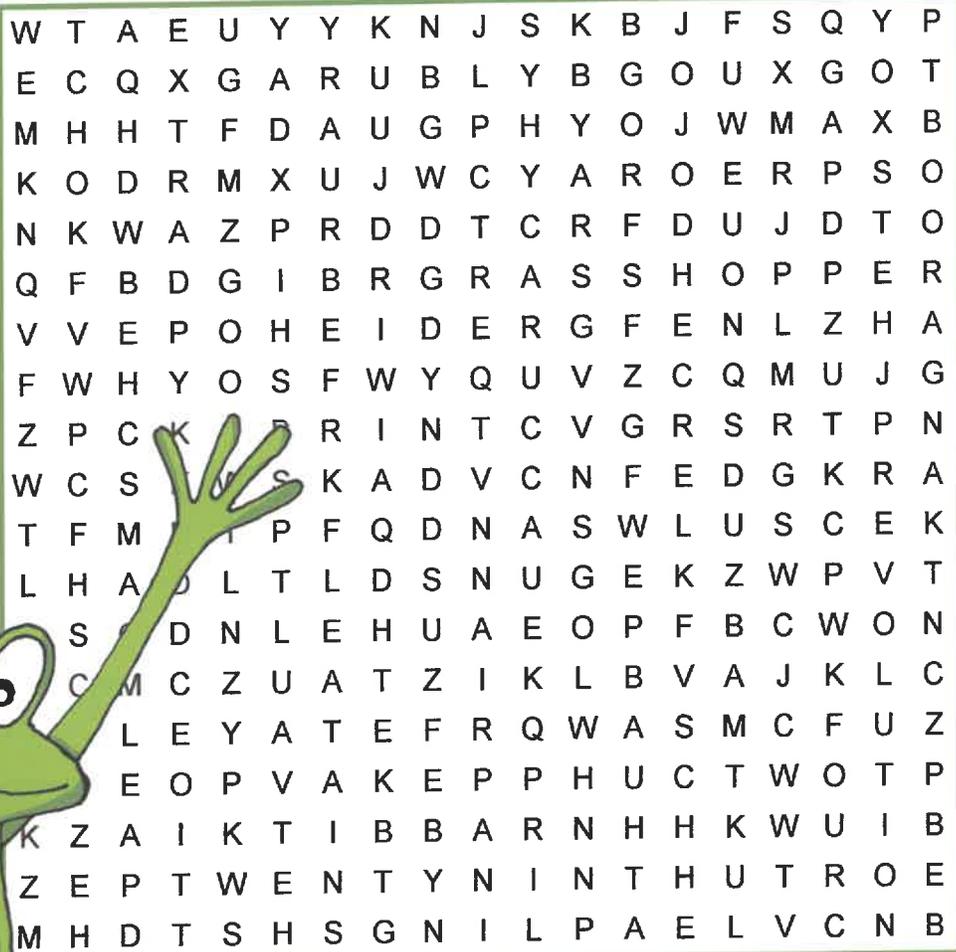
DOWN

- 1 "Will you be my _____?"
 3 Husband and _____.
 5 In "XOXOXOX," an X represents this action.
 6 Did the mail carrier leave any Valentines in your _____?
 7 School children sometimes celebrate with a Valentine's Day _____.
 9 A stuffed animal often given as a Valentine's gift. (Two words.)
 11 "I _____ you."
 14 Bow and _____.
 15 Children may read and eat candy _____.
 17 A man usually gives a woman a _____ when he asks her to marry him.
 19 In "XOXOXOX," an O represents this action.

Leap for LEAP DAY

February 29th, 2024

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



Words to Find: ACCURACY, CALENDAR, DAY,
EXTRA, FEBRUARY, FOUR, LEAP, LEAPLINGS,
REVOLUTION, SUN, TWENTY-NINTH, YEAR

BONUS Words:

☞ Find five synonyms for the word leap.

☞ Find five animals that leap.

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
January 17, 2024**

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. Absent: Board Member: Joan Lage

The minutes of the December 20, 2023 meeting were approved as published in the January edition of the Senior Star in a motion by Jeanette Swanson. Seconded by Carol Dunning. Motion carried. Jeanette Swanson presented financial information for the period of 12-21-23- /1-17-24 with expenses of \$448.29. [\$50 -Wayne Herald for Veteran's Ad, \$49.95 -Wayne Herald for subscription renewal, \$78.28 PMC Pharmacy for Health Clinic Supplies, \$225 for Chamber Bucks for Volunteers, \$45.06 -Diane Bertrand for Sam's Club Gifts]. A Motion was made by Carol Dunning seconded by Verna Mae Baier to approve this amount of expenses. Motion carried.

Coordinator Bertrand presented an overview of January and February. January has already had weather difficulties and closing issues. Other concerns have been staff illness and road conditions. Volunteer safety remains a top concern. Emergency use has been the main goal of the Transit on some difficult weather days.

Upcoming events: February 2: Center Closed for Cleaning. February 5: NENAAA Audit/Onsight Visit. February 14: A representative from Pete Ricketts office will be available for questions. February 23: Q/A update with Wes Blecke and George Burcum.

Coordinator Bertrand noted the cold and flu season is here and an increase in COVID. Participants who are not feeling well are encouraged to stay at home. A motion was by Carol Dunning and seconded by Jeanette Swanson to follow the chain: a combined decision by Administrator Blecke, Coordinator Bertrand and President Burcum will be followed to close the Center for the day. Motion carried. Listen to Radio KTCH for such announcements.

ARPA funds have been received from the NENAAA. Double, stackable ovens, from Lawlers, and Oliver containers are items being pursued. City of Wayne workers will be available as assistance is needed.

Additional items were presented: Transit vehicles are in need of mechanical attention. More information later.

The meeting was adjourned at 1:00 p.m.

Next meeting will be February 21, 2024.

Verna Mae Baier, Secretary

5 winter safety tips for seniors and their caregivers

During the winter months, ice, snow and cold temperatures can make life challenging for anyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses, especially for older people.

1. Avoid slipping on ice

Icy, snowy roads and sidewalks make it easy to slip and fall. Falls are a common occurrence for senior citizens, especially during the winter months. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations. For that reason, it is recommended that older adults wear shoes with good traction and non-skid soles and stay inside until the roads are clear. Replacing a worn cane tip can make walking easier, and older people are advised to take their shoes off as soon as they return indoors, because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

2. Dress for warmth

Cold temperatures can lead to frostbite and hypothermia, a condition in which the body temperature dips too low. That's why older adults are advised to wear warm socks, a heavy coat, a warm hat, gloves and a scarf if heading outdoors. In very cold temperatures, they should cover all exposed skin and use a scarf to cover their mouth. If you confirm via thermometer that your older loved one's temperature has dipped below 95 degrees, seek medical assistance immediately.

3. Fight wintertime depression

Because it can be difficult and dangerous to get around, many older adults have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid these issues, family members can check in on seniors as often as possible or even a short, daily phone call can also make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

4. Prepare for power outages

Winter storms can lead to power outages. Make sure your older loved one has easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, older adults should wear several layers of clothing, including a hat.

5. Prevent carbon monoxide poisoning

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your loved one's safety by checking the batteries on their carbon monoxide detector and buying an updated one if you need to. The most important tip to keep in mind during the colder months is to encourage older people to ask for help. Whether they need to clear their property of snow and ice, or stock up on nourishing groceries, they should feel free to ask a family member or neighbor or hire a professional.

Wintertime certainly poses challenges for older adults, but with a bit of planning and awareness, they will stay healthy and experience the joys of springtime soon enough.



WHAT IS LEAP YEAR?

This calendar oddity occurs once every four years - and helps keep us in sync with the seasons. If your birthday is February 29, you can celebrate your actual birthdate only once every four years. Sound crazy? It's not - it means you were born on a leap day. Leap days are important because they help our calendar match up with the same seasons every year. Human-made calendars generally have 365 days: the solar, or tropical, year that influences seasons is about 365.2422 days long. (A solar year is how long it takes the Earth to revolve around the sun.) Even though .2422 of a day doesn't sound like much, ignoring that fraction means eventually our seasons won't fall in the same months every year. For instance, a school year might eventually start in the spring instead of late summer. And if the calendar didn't match up with the seasons, farmers would have a more difficult time growing crops, which could affect food supplies. That is why, in the 16th century, the Gregorian calendar - the calendar most commonly used today - started adding leap days to match the calendar with the seasons. Because four .2422 days equals about one day, February 29 is now added to most years that are divisible by four, like 2024.

Over the centuries, many cultures have tried to make calendars, but they didn't always get them right. However in 1582 - Pope Gregory XIII of Rome, unveiled his own Gregorian calendar. That year, he dropped 10 days from the month of October to sync things back up. He also developed a new leap year system that used the solar year of 365.2422 days, added one leap day every four years, but dropped three leap days every 400 years to keep the calendars from drifting. It sounds confusing, but the system has kept the calendar and the seasons in sync for more than 400 years. The Gregorian calendar isn't perfect - there is still a 30-second drift every year. But even that, the calendar won't be off for more than a day for another 3,300 years!

And don't worry, if your actual birthday is February 29, You're still as old as you think you are - plus you have an excuse to have a *really* special birthday party every four years!

LEAP YEAR TRIVIA

1. In Scotland, it's a Leap Year Tradition for women to propose wearing the following garment:

- A) A green Jacket
- B) A red petticoat
- C) A blue sweater
- D) Red Pants



2. A French newspaper only gets published on Leap Year, once every 4 years.

- A) True
- B) False

3. Babies born on Leap Year are automatically entered into an exclusive club. What is the name of that club?

- A) Leap Year Birthday Society
- B) Leap Year Baby Club
- C) The Honor Society of Leap Year Day Babies
- D) Leap Year Day Club

4. Approximately how many living people have a February 29th Birthday?

- A) 4 million
- B) 40 million
- C) 400,000

(Answers on back page)



Groundhog Day, celebrated every year on February 2nd, is an unusual holiday that stretches back hundreds of years back to European traditions and even ancient times. It is famously connected to weather predictions with the most prominent tradition involving a groundhog predicting the conclusion of winter by seeing (or not seeing) his own shadow.

* **See His Shadow:** If the plump prognosticator emerges from his hole on a clear day and sees his shadow, he will retreat: and there will be six more weeks of wintery weather **OR**

* **No Shadow:** If he emerges from his burrow and does NOT see his shadow, then early spring weather is right around the corner.

Probably the most famous groundhog, Phil - is from western Pennsylvania. This famous groundhog is amusingly known as "Punxsutawney Phil" It was proclaimed by the "Punxsutawney Groundhog Club" in 1887, the same year they declared Punxsutawney to be the weather capital of the world. Why use a Groundhog?? Historically, a groundhog wasn't the animal of choice: a bear brought the forecast to the people of France and England, while those in Germany looked to a badger for a sign. In the 1800's, German immigrants to Pennsylvania could not find badgers but they did find lots of groundhogs so they adopted the "New World" species to fit their lore of Candlemas. Today, that lore has grown into fun winter festivals - all in good humor. As the folks in Punxsutawney say, it's "A day to take everything a little less seriously, and a fun way break up the winter time monotony."

CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787



Donations:

Gerald & Marilyn Otte— Verdell & Mindy Lutt-
 Joyce & Earl Lundahl— Bob Schwarzenbach-
 George & Susan Burcum— Barb Greve—
 Lowell & Kathy Johnson- Janis Myers— Bill &
 Jerry Sharpe— Donna Jacobsen— Ginny Otte
 Ron & Sandra Wriedt— The Quilters Group
 Ardyce Stanley



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, Magnuson Eye
 Care, Wayne Eye Care, Our nurses who help with our
 Health Clinic and ALL
 Our Dedicated Kitchen and MOW Volunteers
YOU'RE THE BEST!

MARK YOUR CALENDAR!

Wednesday—February 14th: 12:30 to 1:30 pm
In conference Room: Representative will be on hand to as-
 sist W/ SS Benefits, Medicare, Veterans benefits, Academy
 Nominations, flag requests & other Federal Programs
Friday—February 23rd:
Following serving of Noon Meal
 Q & A/Update with City Administrator: Wes Blecke & Board
 President: George Burcum

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.

WINTER WEATHER TIME

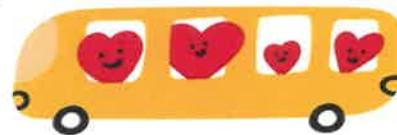
In case of Inclement weather— your safety and our
 Staff's safety is important . If weather conditions be-
 come severe—the decision to close will be made by
 Manager Diane Bertrand and City Administrator,
 Wes Blecke.

Listen to KTCH Radio—104.9 Wayne Station: for the
 announcement to close the Center.

Additionally—if the temperature and wind chill is dan-
 gerously 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.

Leap Year Trivia Answers:

- 1) **B:** Lear Year Traditions lend themselves to al-
 lowing women a day to propose, and Scotland is no
 different. Scottish Leap Year tradition advises
 women to wear a red petticoat if they're intending
 to propose. The penalty for refusing a Leap Day
 proposal? A fine ranging from money to silk gowns.
- 2) **A: True** - LaBougie du Sapeur appears at news-
 stands across France every 4 years for one day only,
 Leap Day. A satirical journal, originally published
 in 1980, sells about 150,000 copies each leap year.
- 3) **C:** The exclusive club, Honor Society of Leap
 Year Day Babies, was founded in 1977 by Peter
 Brouwer and Raenell Dawn. With over 11,000
 members globally, the club boasts its ability to offer
 birth family search services and cultivate member
 connections via their Facebook group.
- 4) **A:** According to The Honor Society of Leap Year
 Day Babies, around **4 million** people worldwide
 share this birthday.