



410 N. Pearl Street

The Senior Star



A Monthly publication for the Wayne Senior Center

March, 2024



Don't forget to "Spring Forward" 1 hour on March 10th! Do you know why Daylight Saving Time is used? Today 40% of countries worldwide use this to make better use of daylight and to conserve energy. In 1914, some areas of Canada began to move their clocks forward one hour for "more daylight". The idea did not catch on globally until 1916 when Germany used it, 2 years into WW1. The rationale was to minimize the use of artificial lighting to save fuel for the war effort.

HISTORY OF SAINT PATRICK'S DAY

In America, St. Patrick's Day is a day to wear green and have a party. But there is a much deeper meaning to the history of Saint Patrick's Day.

St. Patrick's Day is an Irish holiday honoring St. Patrick, the missionary credited with converting the Irish to Christianity in the fifth century. Contrary to popular belief, St. Patrick was not Irish. He was born around 373 AD in either Scotland or Roman Britain and his real name was Maewyn Succat. He took on Patrick after he became a priest. He was kidnapped at age 16 by pirates and sold into slavery in Ireland. During his six-year captivity, he began to have religious visions and found strength in his faith. When he escaped, he went to France where he became a priest and later a bishop.

When he was about 60 years old, Patrick traveled to Ireland to spread Christianity. He used a shamrock to explain the concept of the Trinity. Legend has it that Patrick drove all the snakes out of Ireland and he died in 461 AD.

HAPPY
St. Patrick's
DAY

Irish Potato Casserole

- *2 cups peeled and shredded potatoes
- *1/2 cup melted butter
- * 1 tsp. minced onion
- * 1/4 tsp. paprika
- * 1/2 cup shredded sharp cheddar cheese
- * 2 eggs, beaten
- * 1 tsp. salt
- * 1/2 cup milk



Step 1: Preheat oven to 350 degrees. Butter a 1.5 quart baking dish

Step 2: In a medium bowl, combine the potatoes, butter, eggs, onion, salt and paprika. Mix well.

Step 3: Place potato mixture into the prepared baking dish and pour milk over top. Bake for 40 minutes. Sprinkle top with cheese, return to oven and bake until cheese melts and is slightly browned.

St. Patrick's Day Trivia

Find the answers on the next page

- ◇ What color was originally associated with St. Patrick?
 - ◇ What kind of plant is associated with St. Patrick?
 - ◇ Which creature did St. Patrick drive out of Ireland?
 - ◇ Where was the first St. Patrick's Day Parade held?
 - ◇ When did America begin celebrating St. Patrick's Day?
 - ◇ Which American city holds the largest Parade?
 - ◇ In Ireland, what does the color green stand for?
 - ◇ What type of creature is a leprechaun?
 - ◇ What are shamrocks a symbol of?
- True/False**
- ◇ In Ireland, St. Patrick's Day is a religious holiday similar to Christmas and Easter.
 - ◇ Saint Patrick was born in Ireland
 - ◇ There are 10,000 three-leaf clovers for every 4-leaf clover.

ANSWERS ON NEXT PAGE

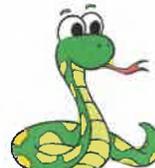
St. Patrick's Day Traditions

Shamrock— This was a sacred plant in ancient Ireland because it symbolized the rebirth of Spring.

Snakes— It has long been recounted that during his mission in Ireland, St. Patrick once stood on a hilltop, and with only a wooden staff, banished all the snakes from Ireland. In fact, the island was never home to any snakes. The banishing of the snakes was a metaphor for the eradication of pagan ideology from Ireland and the triumph of Christianity.

Corned Beef— Though cabbage has long been an Irish food, corned beef only began to be associated with St. Patrick's Day at the turn of the century. Poor Irish immigrants substituted corned beef for the traditional dish of Irish bacon to save money.

Leprechaun— Belief in Leprechauns stems from Celtic belief in fairies. These small creatures could use their magical power for good or evil. Leprechauns were known for their trickery, which they often used to protect their much-fabled treasure.

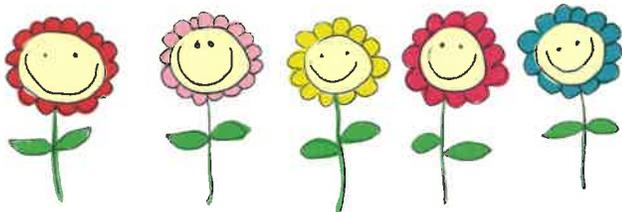




Spring Gardening Benefits of Gardening

Mental— Gardening can stimulate the mind of seniors, by encouraging creativity through design and structures. It can also provide a sense of accomplishment when goals are achieved. Gardening offers relief from stress. It also encourages socialization as it is an activity that can be done with others or while talking to neighbors.

Physical— Gardening can help seniors stay active and encourages them to move around. This can help maintain mobility, balance, strength, and endurance. Planting produce also allows access to fresh, healthy ingredients that are easier to use when they're right outside the door.



March Moon Names

In March, the full moon was traditionally called the **Full Worm Moon** by Native Americans who used lunar phases to track the seasons. Colonial Americans also used these names, especially those of the local Algonquin tribes who lived between new England and Lake Superior.

At the time of this Moon, the ground softens enough for earthworm casts to reappear, inviting the return of robins and migrating birds— a true sign of spring. Roots start to push their way up through the soil, and the Earth experiences a rebirth as it awakens from its winter slumber.

Moon Facts and Folklore

- According to folklore, the period from the full Moon through the last quarter of the Moon is the best time for killing weeds, thinning, pruning, mowing, cutting timber, and planting below-ground crops.
- If you glimpse the new Moon over your right shoulder, you will have good luck.



Answers to St. Patrick's Day Trivia

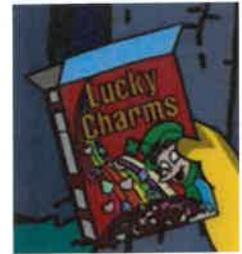
- ◇ Blue
- ◇ Shamrock
- ◇ Snakes
- ◇ Boston
- ◇ 1737
- ◇ New York
- ◇ Hope
- ◇ Fairy
- ◇ The Holy Trinity
- ◇ True
- ◇ False
- ◇ True



St. Patrick's Day Recipes

St. Patrick's Fruity Salad

- 20- oz. can pineapple tidbits
- 2- 15 oz. cans mandarin oranges
- 4 cups mini marshmallows
- 1 1/2 cups coconut flakes
- 1/4 cup sour cream
- Green food coloring



- 1) Mix the pineapple tidbits, oranges, marshmallows, and coconut flakes in a bowl.
- 2) Stir in the sour cream and add four drops of food coloring and mix until combined
- 3) Refrigerate at least 2 hours before serving

Per serving— 180 calories, 4 g fat, 1 mg chol, 35 g carbo, 1 g protein, Exchanges— 1 fat, 2 1/3 fruit

Leprechaun Bait

- 2 cups corn chex
- 1 cup pretzel twists
- 1 cup Lucky Charms
- 1/2 cups green M&Ms
- 12 oz. white chocolate chips, melted
- 1 tsp. green sanding sugar

- 1) In a large bowl, combine Corn chex, pretzels, Lucky Charms, green M&Ms, melted white chocolate chips, and green sanding sugar.
- 2) Mix only until combined, then transfer to a parchment-lined baking sheet and spread into one even layer.
- 3) Freeze until firm, about 20 minutes, then break into pieces and serve.

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
February 21, 2024**

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

The minutes of the January 17, 2024 meeting were approved as published in the February edition of the Senior Star in a motion by Joan Lage. Seconded by Carol Dunning. Motion carried. In the absence of Treasurer Jeanette Swanson, Coordinator Bertrand presented financial information for the period of 1/18/24---2/21/24 with expenses of \$361.51 [\$332.65 for countertop sneeze guard, and \$28.86 for mason jar spout lids and pitcher flip cap]. A Motion was made by Verna Mae Baier seconded by Joan Lage to approve this amount of expenses. Motion carried. .

Coordinator Bertrand presented an overview of February and March. Cell phone classes, with Viaero Wireless continue every Tuesday in February with approximately 25 in attendance each week. A representative from Pete Ricketts office was present on Febr. 14. Attendees were allowed personal time with the representative. A question/answer update with City Administrator Wes Blecke and Center President George Burcum will be February 23.

ARPA funds received from NENAAA are being used for a double oven stove to be shipped February 28. Eight cases of Oliver Trays, along with film, for MOW have been purchased. The Center office has been remodeled with help from the City workers. No charge involved.

The Audit/Onsight visit with NENAAA on February 9 went well. Written results will arrive soon.

The Patch Grant application was approved. The Board gave approval for the gold stove to be repaired and sold. A new stove will come from Beemer Appliances.

Coordinator Bertrand presented an overview of the Wayne Senior Center FY25 budget application to NENAAA. The Board of Directors for the Wayne Senior Center has received, reviewed and approved for submission this Center's Budget application to the NENAAA. Board members present signed this application.

Coordinator Bertrand has been attending Virtual Training for NDOR -Drug and Alcohol Program Management on Febr 21, 22, and 23.

City Administrator Wes Blecke is part of a UNL class - "Wayne for Green Improvements" which is focusing on City Transit. The class term is Febr. 15 - May 10. Coordinator Bertrand is part of the class and is providing statistical data.

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

Next meeting will be March 20, 2024.

Verna Mae Baier, Secretary

How to care for seniors at home for as long as possible

People often say, “I promised her I’d never put her in a nursing home.” or “Dad told me he never wanted to live in one of those places.” For a variety of reasons, caregivers may choose to care for their older adult at home. And if the situation is safe for everyone involved, keeping aging parents at home is a wonderful thing to do. But it’s important to remember that senior care is one of the toughest and most stressful jobs you’ll ever have. That’s why caregivers are at such high risk for burn out and serious health conditions. So, if you’re caring for your older adult at home, it’s essential to pace yourself. That means you can’t be running at 110% every day. We’re human and that’s simply not sustainable in the long run. Pacing yourself and getting assistance helps you stay as healthy as possible so you can continue providing great care. To help you keep going over the long term, we share 5 tips for keeping aging parents at home for as long as possible by reducing the caregiving workload and decreasing stress.

1. Understand how much care is needed

When you’re overwhelmed with a long list of caregiving To Dos, you’re so focused on the tasks that you’re not seeing the overall picture. The first step is to find out how much care your older adult really needs. Creating a list of daily, weekly, and monthly care tasks helps you understand how much help is needed during the day, at night, and on weekends. You’ll realize how much supervision is needed and at which times of day. An easy way to make a comprehensive list is to set a notepad out and make quick notes every time you or someone else helps your older adult with something. After a week, you’ll have a good overview of what your senior needs help with and at what times of day. To make sure everything is captured, keep the notetaking going longer to see if there’s anything that happens once or twice a month that you don’t want to forget.

2. Be realistic about how much care you can provide without harming your own health

Now that you know what your older adult’s care needs are, you can figure out if that’s something you can handle without help. Or maybe looking over the list helps you realize that you need help with a variety of tasks. In your evaluation, think carefully about how much care you can realistically provide without harming your own health. Keep in mind that if you take on too much, you will eventually burn out or develop a serious health condition – ultimately leaving you unable to care for anyone. Instead, be as proactive as you can and find ways to get the help you need to keep up your health and keep going as a caregiver.

3. Get help with caregiving

Even though it might seem like finding caregiving help takes too much time and effort, remember that it’s an investment that will pay off in the future. Finding help takes patience, effort, and creative thinking, but it will be worth it when you’re able to decrease your workload, reduce stress, and take regular breaks. To help you spot more opportunities for getting help, keep an open mind and be flexible. And be sure to use the list of needs you wrote down to remind you of the types of help you need.

4. Share the caregiving responsibility

You might be doing such an amazing job that nobody thinks you need any help caring for your older adult. So even if you feel like you shouldn’t have to say it, ask siblings, or close relatives if they’ll take on their share of responsibility so you can take much-needed breaks. Getting help from family will be different in every situation. For one person, it could be moving mom to the sister’s house for a year. Another person and their sibling might take turns living with dad for 2 months at a time. In other cases, it could mean having your sister stay at your house for a week every two months so you can get away. If they’re willing to help, be creative and flexible. No solution will be perfect, but **any** help you can get will lessen the workload for you.

5. Reduce financial pressure

Caring for an older adult can also place a significant financial burden on your family. Reducing caregiving costs as much as possible helps decrease the amount of financial pressure and stress. Suggestions: Find government and private benefits programs that help with a variety of costs. Get paid for being a family caregiver. Reduce the cost of prescription drugs. Talk with an elder law attorney about the pros and cons of spending down to qualify for Medicaid.

CARING FOR THE CAREGIVER

Day of the Green

S X C I K Q B H V F O U R L E A F C L O V E R J
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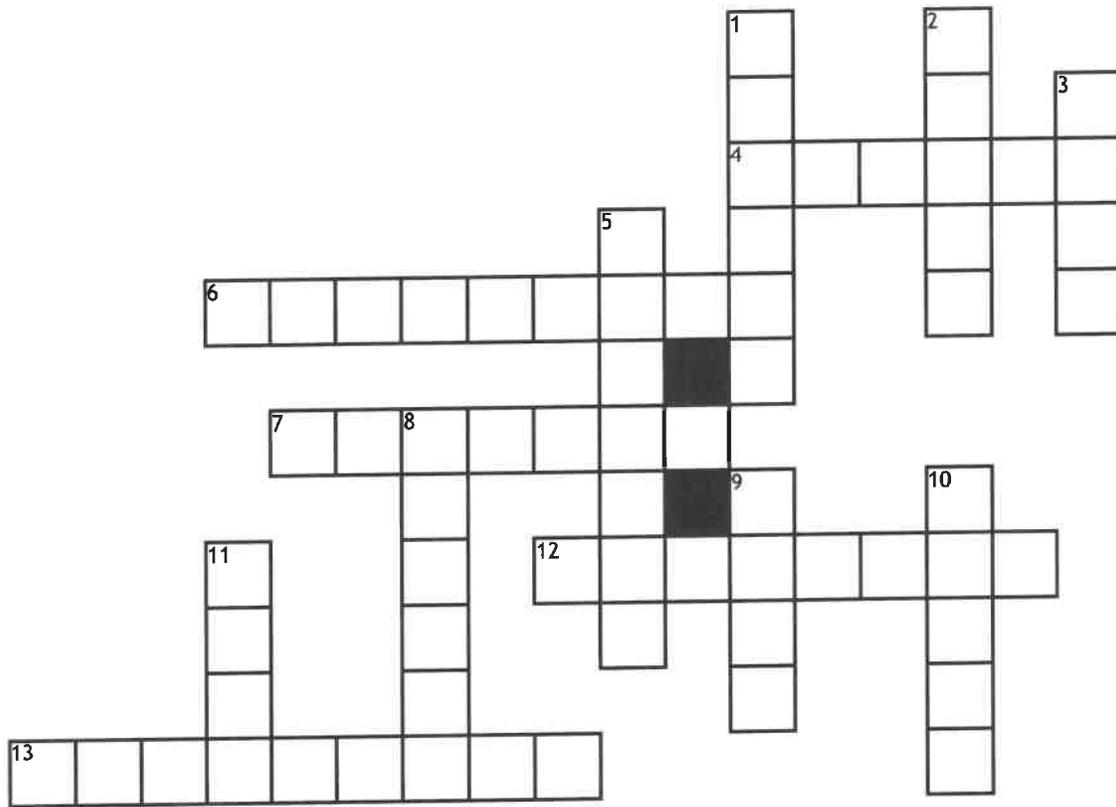
Ale
 Cabbage
 Coins
 emerald isle
 Good Luck
 Ireland
 Leprechaun
 Magical
 Pinches
 Seventeenth
 St Pattys Day

Bagpipe
 Carrots
 Corned Beef
 Four Leaf Clover
 Green
 Irish
 Limerick
 March
 Potato
 Shamrock
 Tradition

Blarney
 Celtic
 Donnybrook
 Gaelic
 Harp
 Jig
 Little People
 Mischief
 Rainbow
 Shillelagh
 Walking Stick

Brogue
 Clover
 Dublin
 Gold
 Holiday
 Legend
 Lucky
 Patron
 Saint
 St Patrick
 Wearing of the Green

Easter Crossword Puzzle



Across

4. Time of year when Easter is
6. what Easter eggs are made of
7. Looking for eggs
12. We decorate eggs to make them
13. Animated bunny cartoon charecter in loony tunes

Down

1. Easter Container
2. A young Bird
3. You see a lot of these oval objects
5. An arch of colors formed in the sky
8. Where flowers grow
9. A bunny has a sensitive

10. Easter animal

11. A religious service to celebrate Easter

DID YOU KNOW ?

- The first month of spring is March, which starts between the 19th and the 21st.
- March is the equivalent of September in the Southern Hemisphere.
- Every year, March and June finish on the same day of the week.
- March is the time of year where animals start waking up from hibernation.
- The March flower is a daffodil.
- The name for March comes from Mars, the Roman god of war.
- On March 10, 1876, Alexander Graham Bell made the first-ever phone call. It was to his assistant and he said "Mr. Watson come here. I want to see you."



For much of the Christian church, the final week of the Lenten season is known as Holy Week. This year it falls from March 24—March 31. These days are spent in sacred remembrance of the last week of Jesus' life. It is a time of great solemnity pointing worshippers toward sorrow and repentance as they consider the sufferings of Christ. Holy Week traditions are some of the most ancient in the Christian church and has special days of remembrance including Palm Sunday, Maundy Thursday, Good Friday, and Holy Saturday.

Palm Sunday— the first day of Holy Week, focuses on Jesus' triumphal entry into Jerusalem where crowds of people placed palm branches at His feet.

Maundy Thursday— commemorates the Last Supper, Christ washing the disciples' feet, and His instruction to the disciples to love others as He loved them. Many churches hold services in remembrance of these events.

Good Friday— the day of the crucifixion of Christ. He died, was buried, and rose again on the third day after His death. Solemn Good Friday services are held for people to prepare spiritually for the Easter celebration.

Holy Saturday— is the last day of Holy week and Lent.



If March comes in like a lion, it will go out like a lamb



Is there any truth to this saying? Weather folklore sayings are as colorful as our imagination. While many sayings are based on careful observations and turn out to be accurate, others are merely rhymes or beliefs of the people who came before us. Those beliefs often included ideas that there should be a balance in weather and life. So, if a month came in bad (roaring like a lion), it should go out good and calm (docile like a lamb). With March being such a changeable month, in which we can see warm spring-like temperatures or late-season snowstorms, you can understand how this saying might hold true in some instances. However, this saying seems to be simply a rhyme rather than a true weather predictor.



Tips for Aging Healthy

Stay Social— as we age, we forget how important it is to socialize. Socialization sharpens our memory and improves happiness. Feelings of isolation have increased due to COVID-19, but there are still options out there to keep in touch with our loved ones. Make a phone call or write a letter. For those who are more tech-savvy, engage in virtual programs in order to meet new people and keep you brain in shape.

Keep active— experts recommend walking and light weight training daily as a way to stay in shape. It is important to keep our bodies moving and get fresh air. Light weight training could be as easy as lifting a gallon of milk a few times to wake up your muscles.

-We provide FROGS every Monday, Wednesday, and Friday from 9:00 a.m. at the Wayne Senior center . This allows everyone to stay active.

Prioritize mental health— People experience a mix of emotions as they age. Ask for help when you are feeling sad. Talk to your healthcare provider if you are not feeling yourself.



CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street
402-375-1460



Phyllis Rahn, Cindy Milligan, Orphan Grain Train, Quilt Group, Les Schulz, Ardyce Stanley, Lee Larson, Janet Bull, Connie Webber, Donna Lundin, Ruth & Charles Maier, Bev Ruwe, Marcile Thomas, Kathleen & Hilbert Johs, Myers, Janis, Bob & DeAnn Behlers, Joyce & Earl Lundahl
Special Thanks to all who supplied 2:30 Snack!

Memorials:

For Babs Middleton— Lila Splittgerber and Bev Hansen, and Ginny Otte

For Kurt Powers— Betty Wilson

For Ralph Etter— 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 our Monthly Health Clinic.

Thanks to all our Talented Musicians, Magnuson Eye Care, Wayne Eye Care, Rachael for our Toe Nail

Clinic , White Farm House for our Pie Day and ALL

Our Dedicated Kitchen and MOW Volunteers

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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.

Ways to Feel *Gratitude* Each Day

There are many ways to include gratitude in your daily life. Gratitude starts with noticing the good in life. Feeling grateful is a skill we can develop with practice. The opportunities to find things to be grateful for are endless. Try the following to incite gratefulness into your daily life.

- ◆ **Appreciate Everything**— The habit of being grateful starts with appreciating every good thing in life and recognizing that there is nothing too small for you to be thankful for.
- ◆ **Practice Mindfulness**— Carve out time each day to sit quietly and think of five things for which you are grateful. Doing this every day will rewire your brain to be naturally more grateful, and you'll start feeling happier after each practice.
- ◆ **Focus on Intentions**— When you receive a gift or something good happens to you, consider how someone tried on purpose to bring that goodness into your life.
- ◆ **Keep a gratitude Journal**— Write down what you are grateful for. Keeping a journal of the things you are thankful for can help you remember all the joy life brings.
- ◆ **Create a Gratitude Calendar**— This is a variation of the gratitude journal. Write down 3-5 things you are grateful for each day on your gratitude calendar. Keep this calendar where you can see it frequently so you can look back and see all the goodness in your life.
- ◆ **Use Gratitude Affirmations**— Each day say “I’m grateful for...”. This is a great way to show appreciation for all the little things in your life.
- ◆ **Express Yourself**— Increase your feelings of gratitude by expressing gratitude to the people you care about. Not only does this make their day brighter, but it can do wonders for increasing your levels of gratitude and happiness too.
- ◆ **Mealtime Magic**— During mealtime, invite people around the table to share grateful moments from the day. Notice how the energy resets in the room!
- ◆ **Find Gratitude in your challenges**— Gratitude is not only about being thankful for positive experiences. In fact, sometimes thinking about difficult situations can help you feel more grateful for the good that exists.
- ◆ **Volunteer**— The key to having more gratitude is to give back to others in your local community. Not only will it make you more grateful for the things that you may take for granted, but studies show that volunteering increases our well-being.

Gratitude Kit

- ⇒ Piece of Gum— Reminds you if you stick with it, you can do anything.
- ⇒ Stick of Twizzlers— Reminds you to tie things together.
- ⇒ Peanut Butter Crackers— Reminds you to laugh when things get a little nutty.
- ⇒ Chocolate— Reminds you that you are loved.
- ⇒ Starburst Candy— Reminds you that you are a shining star.
- ⇒ Tootsie Roll— Reminds you not to bite off more than you can chew.
- ⇒ Peppermint— Reminds you of your “commit-mint”.
- ⇒ Smarties— Reminds you that you are smart.