



# The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

April - 2024

## APRIL FUN FACTS!

April is renowned for it's lovely springtime weather and the beginning of warmer weather. One of our favorite seasons is spring because flowers are beginning to blossom, the grass and trees are green, and we can finally go outside and start to feel warm.

April typically sees a lot of rain, which ushers in the spring's fresh growth. And, or course, everyone is familiar with the most well-known rhyme about a certain month:

### "April Showers Bring May Flowers"

1. **Birthstone:** The diamond is the recognized birthstone for April. The diamond stands for prosperity, harmony, and clarity of thought. Moreover, it is the hardest substance known to nature, fitting the tenacity of grit of those born in this month.
2. **Flower:** Two flowers are born in April. The first flowers for April are the daisy and the sweet pea. The sweet pea represents unbridled joy, and daisies stand for purity, loyalty, and childlike innocence.

### DID YOU KNOW??

**"The sinking of a ship that cannot be sunk"** : The Titanic, which was thought to be unsinkable, encountered an iceberg on April 15, 1912, and sank two hours and forty minutes later. Only roughly 700 of the 2,224 passengers were rescued since there weren't enough lifeboats to save everyone. One of the deadliest marine catastrophes to ever occur.

**"The wettest 24 hour-hour period ever recorded"** : A rainfall gauge at Waipa in Hawaii recorded 49.69 inches of total rainfall over the course of two days on April; 14 through the 15, 2018.

**"Earth Day"**: Is a celebration of the preservation of the environment. April 22nd, 1970, marked the first-ever observance of Earth Day. The environmental march, which drew more than 20 million participants, remains the biggest one-day demonstration in American history.

**"Apollo 13—The Mission, the Crisis, and the Safe Return"**: Apollo 13 was launched from Cape Kennedy on April 11, 1970, and 56 hours later, she experienced a devastating explosion that rendered the ship unusable. At that point, the well-know phrase "Houston, we have a problem " was spoken. Happily, the astronauts were able to return to Earth without incident.



### Monday—April 1st

Serving from 11:00 to Noon  
All you can Eat Pancakes (at Center)  
Coffee Cake (Served for MOW & Drive through) Scrambled Eggs—  
Sausage links—Fruit Cup—milk—Juice



### Tuesday—April 9th

10:45 to 11:45 am  
*Health Clinic with our Friends from Kinship*  
Blood Pressure—O2 Level  
Blood Sugar—Temperature



### Thursday—April 11th

11:15—11:45 am  
*Eye Glass Care with Wayne Eye Care*  
**Monday—April 15th**  
Call for a time  
*Toe Nail Care w/ Rachael*



### Luncheon Certificates

In-House Drawings  
**Friday—April 5th**  
Provided by Countryview  
**Monday—April 8th & Friday April 26th**  
Provided by Kinship



### Friday—April 5th

11:30 am by Dan Hansen  
**Every Wednesday in April**  
10:45 - 11:45 am  
By Bob Doughty  
**Friday—April 19th**  
11:30 am by Deb Dickey



### Wednesday—April 17th

12:30 pm—Monthly Board Meeting  
**Wednesday—April 24th**  
10:00 : Caregivers  
**Friday—April 26th**  
Q & A w/ Wes Blecke  
Following Serving of Noon Meal

## Activities in Season

- ◆ Tell jokes and talk about pranks remembered from childhood.
- ◆ Plant some cool weather seeds and plants in the garden.
- ◆ Take a nature walk or plant a tree in honor of Earth Day.
- ◆ Do some Spring cleaning and make room for favorite activities.
- ◆ Visit a botanic garden or city gardens to enjoy the Spring flowers.
- ◆ Write a Spring poem in honor of National Poetry Month.
- ◆ Check out some books or audio books at the Library in honor of National Library Week.
- ◆ Make a spring bucket list of the things you want to do and places you want to go.
- ◆ Reminisce about past Easters.



## Upcycling Ideas: Reuse and Repurpose

Look at some of your regular household items differently! Here are ways to repurpose, reuse, and upcycle old items, for everything from paper towel tubes to toothbrushes and plastic lids.

### Reusing Paper Towel and Toilet Paper Tubes

Use these as cutworm collars for protecting tomatoes, peppers, and cabbage-family transplants during their first couple of weeks in the garden. The tubes gradually soften and rot into the soil. The tubes can also be used for cable and cord storage.

### Upcycling Rubber Bands

Wrap them around the ends of clothes hangers to prevent susceptible garments from slipping off the hanger. When painting or varnishing, pull a rubber band top to bottom across the can once the lid is open. The stretched rubber across the top of the can makes a nifty paintbrush wiper to keep paint from dripping off the end of the brush.

### Repurposing Plastic Lids

Use various sizes of lids as coasters and to catch drops under houseplants and opened jars of honey. Cut a slit in one and slip a paintbrush handle through to prevent paint drips from falling onto your shirt-sleeves.

# Earth Day Facts

- ◆ **The U.S. generates 4.9 pounds of waste per person per day**

According to the EPA's most recent figures, the total amount of solid waste generated each year falls just shy of 300 million tons and includes things like trash, product packaging, grass clippings, bottles, food scraps, and more.

- ◆ **Earth Day was almost called 'Environmental Teach-in'**

Senator Gaylord Nelson helped lead the charge to set aside a day to raise awareness for environmental issues. But it was Julian Koenig, a New York advertising writer, who came up with the holiday's name. Koenig reached out to Nelson and offered a few name suggestions was "Environmental Teach-In."

- ◆ **There's a flag for Earth Day**

The flag, which features an image of Earth as viewed from space, was designed by environmental advocate John McConnell in 1968.

- ◆ **Earth Day went global in 1990**

About 20 years after the concept of Earth Day was created in the 1970's, the campaign began to spread internationally. The 1990 Earth Day demonstration included efforts from about 200 million people in 141 countries, according to the Earth Day Network.

- ◆ **About a billion people participate in Earth Day**

Each year, it's estimated that about a billion people participate in Earth Day in their own ways, big and small. That makes up about 15% of the world's population. What's more, this makes Earth Day the largest secular celebration in the world.

- ◆ **Earth Day was inspired by Vietnam war protesters.**

It was started in 1970 by Wisconsin Senator Gaylord Nelson, after he noticed people protesting the Vietnam War, but not putting any pressure on government about the damage being done to the planet via contaminants like oil spills, pesticides, and deadly smog.

**"TO LEAVE THE WORLD BETTER THAN YOU FOUND IT, SOMETIMES YOU HAVE TO PICK UP OTHER PEOPLE'S TRASH"**

**BILL NYE**



# April Showers

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

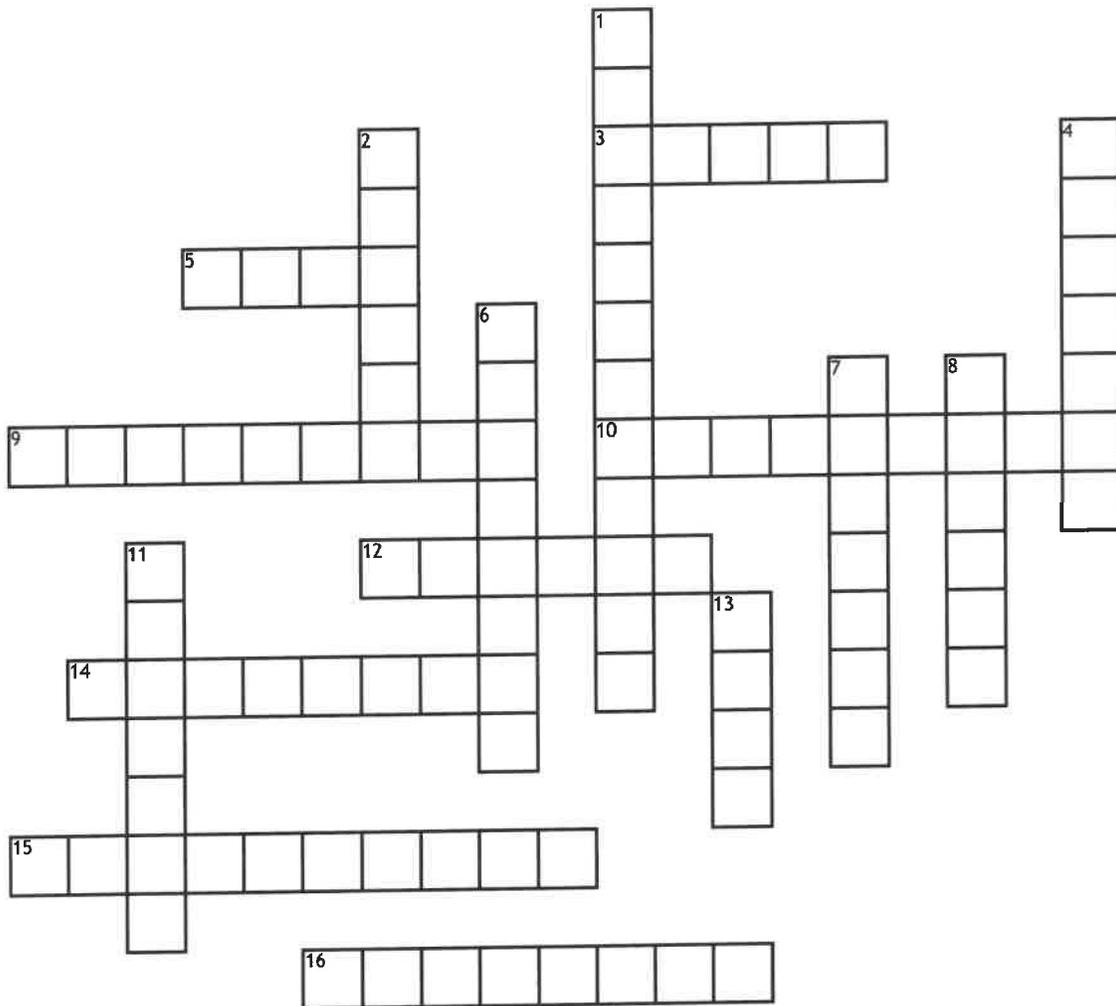
April Fool's Day  
 Chocolate  
 Flowers  
 Chicks  
 Aries  
 Jokes

Warmer Weather  
 Earth Day  
 Puddles  
 Easter  
 Bloom  
 Grow

Jellybeans  
 Baseball  
 Showers  
 Spring  
 Bunny  
 Plow

Beginning  
 Planting  
 Basket  
 Taurus  
 Green  
 Sun

# April crossword



## Across

3. The weather is \_\_\_\_\_ in April  
 5. What does the Easter Bunny hide?  
 9. How many months of school left  
 10. Many parents buy their children this treat on Easter.  
 12. What animal represents Easter?

14. A womans game that also is on a diamond  
 15. What holiday is the first of April?

16. Cheerful spring flower

## Down

1. What happened to Jesus on Easter?  
 2. What do you collect your eggs in?

4. Which came first the \_\_\_\_\_ or the egg?  
 6. A mens game played on a diamond  
 7. One hit that lets you run all the bases for free  
 8. What holiday is in this month?  
 11. April showers bring may \_\_\_\_\_  
 13. Small animal that quacks

**Wayne Senior Center at Wayne, Nebraska --  
Monthly Business Meeting  
March 20, 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,, Secretary: Verna Mae Baier and Treasurer: Jeanette Swanson Absent Board Member: Joan Lage

The minutes of the February 21, 2024 meeting were approved as published in the March edition of the 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 2/22/24---3/20/24 with expenses of \$73.76 [\$45.00 for kitchen supplies and \$28.76 for filters for air purifier] A Motion was made by Carol Dunning and seconded by Verna Mae Baier to approve this amount of expenses. Motion carried. .

Coordinator Bertrand presented an overview of March and April: . Cell phone classes with Viaero Wireless have been successfully completed with approximately 25 in attendance each week. The Center will be closed on March 29 for Good Friday/Easter Holiday. The April newsletter is in the process of being made ready for publication. A question/answer update with City Administrator Wes Blecke will be Friday, April 26 after the noon meal.

ARPA funds received from NENAAA were used for a double convection oven stove that has been installed and up and in use. The used single convection oven will be sold by Lawler's.

The Patch Grant funds were used to replace the standard oven in the kitchen. The older standard stove has been sold. There are remaning funds from the Patch Grant. Other projects are not scheduled for the immediate several months.

Coordinator Bertrand attended Legislative Manager's Event for NDOR in Lincoln on Monday, March 18. The event provided useful information.

Severe Weather Awareness week will be observed the last week of March and the Center will participate in a statewide tornado drill on March 27.

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 zoom meetings and is providing statistical data as requested.

The meeting was adjourned at 1:10 p.m.

Next meeting will be April 24, 2024.

Verna Mae Baier, Secretary

With the arrival of spring, a season filled with renewal and growth, family caregivers have a unique opportunity to enhance the well-being of the seniors in their care. This period of blooming flowers and warming weather brings with it specific challenges for older adults, including seasonal allergies, respiratory issues, and changes in mental health due to the shift from winter to spring. Here's how caregivers can navigate these challenges, ensuring a smooth and enjoyable transition into the season for their elderly loved ones.

## Preparing Home for Spring

Extensive list of tips for family caregivers to prepare the home for spring, focusing on creating a safe and pleasant environment for seniors:

### 1. Spring Cleaning for Safety:

- Declutter living spaces to reduce the risk of trips and falls. Remove any unnecessary furniture, rugs, or wires that could be hazardous.
- Clean windows and increase natural light, which can improve mood and visibility, reducing the risk of accidents.
- Dust and clean vents and change filters in the HVAC system to improve indoor air quality, essential for seniors with respiratory issues.

### 2. Outdoor Safety Checks:

- Inspect and repair any uneven walkways, loose steps, or railings around the home to prevent falls.
- Check the garden or yard for holes or obstacles that could be trip hazards.
- Ensure outdoor lighting is adequate for evenings, illuminating paths, and entryways.

### 3. Adapt the Home for Allergy Season:

- Install window screens to keep insects out and allow for fresh air without the worry of allergies from pollen.
- Use air purifiers in living areas and bedrooms to help seniors with allergies or respiratory conditions breathe easier.

### 4. Emergency Preparedness:

- Update emergency kits with spring and summer-specific items, such as extra water, sun protection, and insect repellent.
- Ensure all smoke detectors and carbon monoxide detectors are working and that fire extinguishers are easily accessible.
- Review emergency plans with seniors, including how to get help and where to find important items, so they feel prepared and safe.

### 5. Home Comfort Adjustments:

- Swap out heavy winter bedding for lighter, more breathable fabrics to ensure comfort without overheating.
- Adjust the thermostat to maintain a comfortable indoor temperature as the outdoor temperature rises. Check and clean ceiling fans and ensure they are set to rotate counter-clockwise to push cool air down.



**The Origin of April Fools' Day** is thought to date back to 1582 France. When the French changed their calendar from the Julian calendar to the more accurate Gregorian calendar, some people didn't get the news. The people who still celebrated the old calendar were ridiculed.

April fish (poisson d'avril) made of paper were put on the backs of those people to make fun of them. The April fish represented the fact that they were easily hooked (fooled) like fish

### TOP PRANKS OF 2018

- Burger King announced a new dessert, the Chocolate Whopper. It had a chocolate cake bun, chocolate patty, raspberry syrup topping, white chocolate rings, candied blood oranges, milk chocolate leaves, and vanilla frosting.
  - Dairyland announced they were making sparkling milk
- eHarmony announced a pet dating site called "Furever Love"
- An upside-down rainbow was portrayed as being found in Sydney, Australia for a Skittles commercial
  - T-Mobile announced its new SmartShoePhone

### SOME GREAT PRANKS FROM THE PAST

- The earliest - known record of an April Fools' joke was in 1698. It was recorded in "Dawk's News-Letter" that "Several persons were sent to the Tower Ditch to see the lions washed." Of course, there were no lions being washed in the Tower of London ditch. This remained an ongoing joke for more than 100 years with new renditions and even invitations made, always sending people to go view the washing of the lions.
- In 1965, Smellovision was announced by BBC TV. It said that a London professor invented Smellovision in which smells could be transmitted through the television.



## What is Tax Day?

Tax Day refers to the final date when individual federal tax returns and tax payments are due. Tax Day usually falls on April 15 each year in the United States. If the 15th falls on a weekend or holiday, the day is observed on the following business day. In 2024, Tax Day is April 15.

Most states that levy income taxes set the same deadline for their residents to file their state income taxes. The U.S. tax season generally runs between January 1 and April 15 each year for filing and paying taxes for the previous year.

### Key Takeaways

- Tax Day is the federal individual tax filing and payment deadline and is generally on April 15 or the following business day.
- The IRS will extend tax deadlines if April 15 falls on a weekend or a holiday or in other special circumstances.
- Taxpayers who can't meet the deadline can file for a sixth-month extension for filing but still must pay for an estimate of any taxes they owe by the deadline.

### The History of Taxes

Taxes have been around for thousands of years—especially income taxes. But that wasn't always the case in the United States. The country was income--tax-free in its infancy. That's because there was no federal government to establish one. The British government, however, imposed a variety of taxes on the colonists. These included a head tax, real estate taxes, and the infamous tea tax that led to the Boston Tea Party.

After the Revolutionary War, the Constitution gave Congress the power to impose taxes and other levies on the general public. States were responsible for collecting and passing them on to the federal government. Most of these were excise taxes—taxes imposed on specific goods or services, such as alcohol and tobacco. The government also tried direct taxation—taking things an individual owned. That didn't last, and the feds went back to collecting excise taxes.



# CITY OF WAYNE / SENIOR

410 N. Pearl Street, Wayne, Nebraska 68787

## Donations

Kathy & Lowell Johnson— Art & Mae Greve—  
 Bev Hansen— George Burcum & Susan Boust—  
 Mardelle Brudigam— Donna Lundin—  
 Bob Schwarzenbach— Ardyce Stanley— Lee Larson—  
 Ginny Otte— Cindy Milligan— Phyllis Rahn

## Memorials:

For: **Kurt Powers** from **Kathy & Lowell Johnson**  
 For: **Ralph Etter** from **Ray Vonderschmidt &  
 Linda Lastella**  
 For: **Vern Schulz**  
 From-**Gerald & Marilyn Otte**



Thanks to : **Country View** and **Kinship** for  
**Sponsoring our Luncheon Drawings and Monthly  
 Birthday Treat.** Thanks to **Kinship** for helping out  
 with our “**Fine Dining Fridays**” and our  
**Monthly Health Clinic.** Thanks to the **Meadows in  
 Norfolk** for helping with our “**We Serve Wednesday**”.  
 Thanks to all our **Talented Musicians, Magnuson Eye  
 Care, Wayne Eye Care, Rachael** for our  
**Toe Nail Clinic , 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 below (Don't peek)

1. Easter always falls between which two dates?
2. Is more candy sold for Easter, Christmas, Valentine's Day or Halloween?
3. About how many chocolate bunnies are produced each year?
4. Where is the most popular Easter parade held each year?
5. The first Easter eggs were dyed what color & why?
6. What baked good is a Good Friday tradition in England?
7. How many Jelly Beans do Americans consume each Easter?
8. When was the first White House Easter Egg Roll?
9. What is the most popular Easter Candy in America?
10. In the Bible, how many days passed between Jesus' death and resurrection?
11. The Sunday BEFORE Easter is called?
12. Most Americans bite off what part of the chocolate bunny first?
13. What flower is considered an Easter symbol?
14. Besides Bunnies, what animal is considered an Easter Symbol?

\*\*\*\*\*

## Answers

- |                          |   |
|--------------------------|---|
| 1. March 22 & April 25th | 2. Halloween                                |
| 3. 90 million            | 4. New York                                 |
|                          | 5. Red—Represents the Blood of Jesus Christ |
| 6. Hot Cross Buns        | 7. 16 million                               |
|                          | 8. 1878: Hosted By Rutherford B. Hayes      |
| 9. Marshmallow peeps     | 10. Three                                   |
| 11. Palm Sunday          | 12. The Ears                                |
|                          | 13. Lily                                    |
|                          | 14. Lamb                                    |

## The Wayne Public Transit A COMMUNITY SERVICE FOR ALL

Open for transportation:  
 Monday through Friday  
 8:00 am to 4:00 pm (Only)

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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  
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 pickups include: We pick up and drop off passengers within the  
 city limits of Wayne. We have vehicles that are  
 WC Accessible.

