



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

2025



Wednesdays In January

10:45 to 11:45 am : By Bob Doughty

Friday, January 3rd

11:30 am: By Dan Hansen

Friday, January 10th

11:30 : By Val Koeber

Friday, January 17th

SNOWBALL PARTY

(See next page for Details)

11:00 am: By Burt Heithold &

Dan Hansen

Friday, January 24th

11:30: Music by Susan Boust

Friday, January 31st

11:30: Music by Connie Webber

FROG Exercises

Every M—W—Fr @ 9:00 am

AM WALKING—Daily

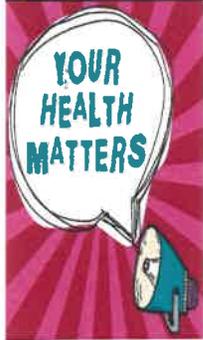
Tuesday, January 14th

Health Clinic

10:45 to 11:45 am: With our Friends from Senior Solutions

Blood Pressure—02 Level

Blood Sugar—Temperature



Wednesday—January 8th

Monthly Birthday Treat

Noon—In House Meal

Luncheon Certificates

In—House Drawings

Friday—January 3rd

Certificates by Kinship

Monday—January 6th

Certificates by Countryview

Thursday—January 23rd

Certificates by Countryview

Monday—January 13th

Toe Nail Clinic w/ Rachael

CALL FOR A TIME

Thursday—January 16th

11:15 -11:45 am: Eye Glass Care

w/ Magnuson/Hopkins Eye Care



Wednesday—January 15th

Monthly Board meeting: 12:30

Wednesday—January 29th

10:00 am: Caregivers Meeting

Speaker



The weather outside is frightful,
but the fire is so delightful.

~~Let it snow, let it snow, let it snow.~~

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 our 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. City transit will not be available. Please—if you have any doubts if the center is open or closed—call ahead to make sure!

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



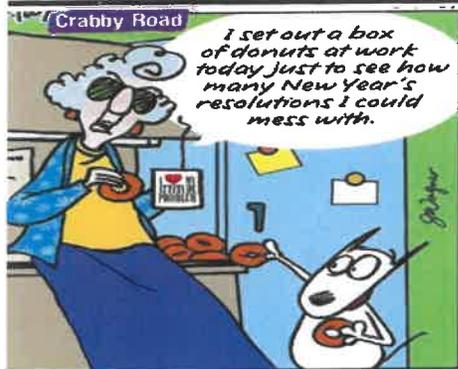
Looking back on the months gone by,
As a New Year starts and an old one ends,
We contemplate what brought us joy,
And we think of our loved ones and our Senior Friends here at the Wayne Sr. Center
Recalling all the happy times,
Remembering how they enriched our lives,
We reflect upon what really counts,
As the fresh and bright New Year arrives.
And when we ponder those things that 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 Happy & Healthy New Year
And Thank You For Your Support
in 2024 And We look forward to
having you a part
of our days in 2025
From all the Staff at the
Wayne Senior Center*





NEW YEAR PRAYER
 Thank You Lord for giving me
 The Brand new year ahead.
 Help me live the way I should
 As each new day I tread.
 Give me gentle wisdom
 That I may help a friend,
 Give me strength and courage
 So a shoulder I might lend.
 The year ahead is empty,
 Help me fill it with good things.
 Each new day filled with joy
 And happiness it brings
AMEN



NEW YEAR'S SNACK TREAT
PICKLE WRAP DIP

- 8 oz Cream Cheese
- 8 oz Sour Cream
- 1 Tablespoon dried minced onion
- 1 cup minced dill pickles
- 6 oz of Corned beef Or Dried Beef chopped

INSTRUCTIONS

1. Add cream cheese, sour cream, and dried Minced onion to a large bowl—then stir Smooth.
2. Fold in pickles and corned beef then Refrigerate for at least an hour and up to Overnight.
 Serve with your favorite cracker or Tortilla Chips!

ENJOY WITH YOUR FRIENDS

JOIN US FOR A
“SNOWBALL” PARTY

Friday, January 17th

Enjoy Music by Burt Heithold and
 Dan Hansen

From 11:00 am to Noon

ENJOY:

All you can eat Spaghetti or
 Chicken Alfredo
 Salad Bar & Garlic Bread Stick
 Top it off with an
 Ice Cream Sundae Bar



1. What is the number one New Year's Resolution?
2. What percentage of people successfully achieve their New Year's resolutions?
3. Are people in their 20s or 50s more likely to achieve their New Year's resolutions?
4. About how many people gather in Times Square each year to watch the ball drop?
 A. 50,000 B. 100,000 C. 500,00 D. 1 Million
5. What percentage of Americans admit to falling a Sleep before midnight on New Year's Eve A.
 9 percent B. 22 percent C. 46 percent D. 71 percent
6. What is the diameter of the Times Square Ball?
 A. 12 Feet B. 22 Feet C. 120 Feet D. 120 Inches
7. How many glasses of sparkling wine do Americans Collectively consume during the Holidays?
 A. 130,00 B. 8 Million C. 92 Million D. 360 Million
8. In what year did America start recognizing January 1st as the first day of the Year?
 A. 1492 B. 1752 C. 1776 D. 1846
9. How much confetti is dropped on the crowd at Times Square at Midnight?
 A. 100 pounds B. 1,000 pounds C. 1 Ton D. 10 Tons

ANSWERS

1. Losing weight is the number one resolution
2. 8 percent of people are successful with their resolutions
3. People in their 20s are more likely to follow through on resolutions
4. D: One million people gather in Times Square to watch the ball drop each year
5. B: 22 percent of people admit to falling asleep before midnight on New Year's Eve
6. A: The Times Square ball is 12 feet in diameter
7. D: Americans consume 360 million glasses of sparkling wine during the holidays
8. B: The American colonies and England recognized January 1st as the first day of the year starting in 1752
9. C: 1 Ton of confetti is dropped on the crowd at Times Square at midnight

HAPPY NEW YEAR'S FROM ALL OF US
AT THE WAYNE SENIOR CENTER

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
December 18, 2024**

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

The minutes of the November 20, 2024 meeting were approved in a motion by Jeanette Swanson and seconded by Joan Lage. Motion carried. Treasurer Jeanette Swanson presented financial information for the period of 11/21/24—12/18/24 with expenses of \$622.08 [Repay City of Wayne for leaf blower: \$299.00, Repay City of Wayne for 2 chairs: \$208.90, Quality Foods for supplies: \$114.18] This amount of expenses was approved in a motion by Verna Mae Baier and seconded by Carol Dunning. Motion carried.

Coordinator Bertrand presented an overview of December and January: Last open enrollment for Medicare Pt. D was Dec. 3. All three sessions were well attended. Special thanks to Leslie Schulz of PMC and Glorious Roeber from Wakefield Health Care Center for their expertise. Thank you to Brian Kesting: City Of Wayne IT for his assistance. A week of music continues for Dec. 16-20. Christmas dinner will be Dec. 20 with quilt raffle drawing. The Center Board will sponsor a Christmas coffee (and ugly sweater day) on Dec. 23. Center will be closed on Dec. 24-25. Brunch will be served on Dec. 26. New Year's celebration will be Dec. 31. The new popcorn machine will be ready for the festivities. A new stand for the machine is included. ARPA funds are being used. Volunteer and MOW delivery appreciation gifts were given to those individuals involved.

Happenings in January: Jan 1 -- closed for New Year's Day. January 17 -- Snow ball party with Burt & Dan.

DOR will begin electronic transactions the first of the year 2025. Training will be on zoom and more personnel training sessions.

Winter weather policy: 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 for the announcement to close the Center. If temperature and wind chill is dangerously low we will not be delivering MOWs. If the Center is closed the menu set for that day will be served the next day. If the Center is closed there will be no city transit available.

Coordinator Bertrand presented staffing conditions concerning medical leaves and other vacancies. A part time aid position was discussed.

New 36" by 36" tables (5) will be purchased (Amazon) for the multipurpose room. The tables will be used by the card players and other groups utilizing the room. Donations have already been received.

Quilting Room: The repurposing of the room for an multi purpose social room was discussed and passed. A proposal for a private family donation towards the purchase of quilting supplies / accessories has been received. A motion was made by Jeanette Swanson to accept this proposal/donation. Seconded by Carol Dunning. Motion carried. This donor will be permitted to make their selections from the previous "quilting room" furnishings.

Meeting was adjourned at 1:20 p.m. Coordinator Bertrand wished everyone "Merry Christmas"

Next meeting will be January 15, 2025 12:30 p.m.

Verna Mae Baier, Secretary

New Years Resolution Ideas for Caregivers
Join us for the Wayne Senior Center Caregivers Meeting
Last Wednesday of each month – 10:00 am

For family caregivers, making New Year's resolutions doesn't have to be the futile exercise of vowing to lose weight and then eating half a chocolate cake on January 3. It can be, as the Serenity Prayer suggests, a call for the courage to change what they can — their mindsets, for instance, when they must accept loved ones' medical situations that they can't change. To get inspired for the coming year, all caregivers should take time in December to think about what's important to them about continuing to be a caregiver and how they can improve their approach to their duties. Here are some possible resolutions for 2022 to consider. **RESOLUTIONS FOR CAREGIVERS**

1. "I will reflect more on the good things I do, rather than on my imperfections as a caregiver."

We all know the cliché that we're our own worst enemies. But many caregivers still believe that if they critique themselves harshly enough, they can vanquish their imperfections. Bearing down harder doesn't usually improve anyone's performance; it creates a sense of failure. It is by easing up on themselves and relaxing more in their difficult role that caregivers can bring out their best. Bringing out more of their best requires recognizing the many good things they do. Caregivers sometimes make light of all the tasks they complete each day but lie awake every night with what they didn't get done weighing heavily on their minds. Negative bias is what the cognitive behavioral therapists call it. Or, stated differently, it is unfairly ignoring the positive. Caregivers should resolve to practice greater self-compassion and to remember each day the powerful impact of their loving care.

2. "I will spend more time cherishing supportive friends and relatives than dwelling on those who have disappointed me."

Of course, caregivers feel betrayed when people who should be pitching in instead disappear. But if those deserters won't change — and frequently they don't, no matter how much family caregivers implore them — then the question arises, How do disappointed caregivers go forward filled with calm determination, not bitterness? The answer lies in focusing on being grateful for the good people who, sometimes unexpectedly, do step up to help. It could be a neighbor, fellow congregant or distant relative. It could be a miracle-working home health aide. Caregivers should resolve to embrace them this year as literal godsend.

3. "I will compartmentalize more, preserving time for myself."

It's not as if caregivers don't know they should practice self-care. But finding the time for self-care activities, such as exercising and doing artwork, is a challenge when there never seems to be an end to the caregiving tasks. It takes steely discipline to protect even one hour of guilt-free time a week for rest and replenishment and not to allow a loved one's needs to intrude. Resolving to defend that hour as if their well-being depends on it will help caregivers make it from January to December without burning out.

4. "I will be grateful for what I'm learning about myself."

What do loving family members learn about themselves when they become caregivers? Not much at first; they are too immersed in the everyday struggle to realize how they're growing. But, aside from getting a crash course in reading health insurance explanation-of-benefit forms and navigating byzantine health systems, caregivers typically learn that they are tougher and more resilient than they ever knew. It also dawns on them, sometimes long after caregiving ends, that they have strengthened positive qualities in themselves, such as compassion, patience and quiet self-confidence. Caregivers should resolve in 2022 to pay greater attention to how caregiving is changing them — often for the good.

5. "I will aim for joy."

Life's enjoyment doesn't need to end when caregiving begins. In truth, the circumstances of caregiving are often sad and sometimes dire. What finding joy in being a caregiver requires is taking new pleasure in small things — a care recipient's smile, a well-cooked meal from a magazine recipe, accurately filling a pillbox. As they dream of returning to their old lives of movies, travel and social outings, caregivers should note what moves them or makes them laugh even when they are buried in adult briefs and drudgery. To resolve to find joy in caregiving is to commit to looking harder for what's good, if ordinary, in life. It can create a way of thinking that will make every day, even after caregiving, more joyful.

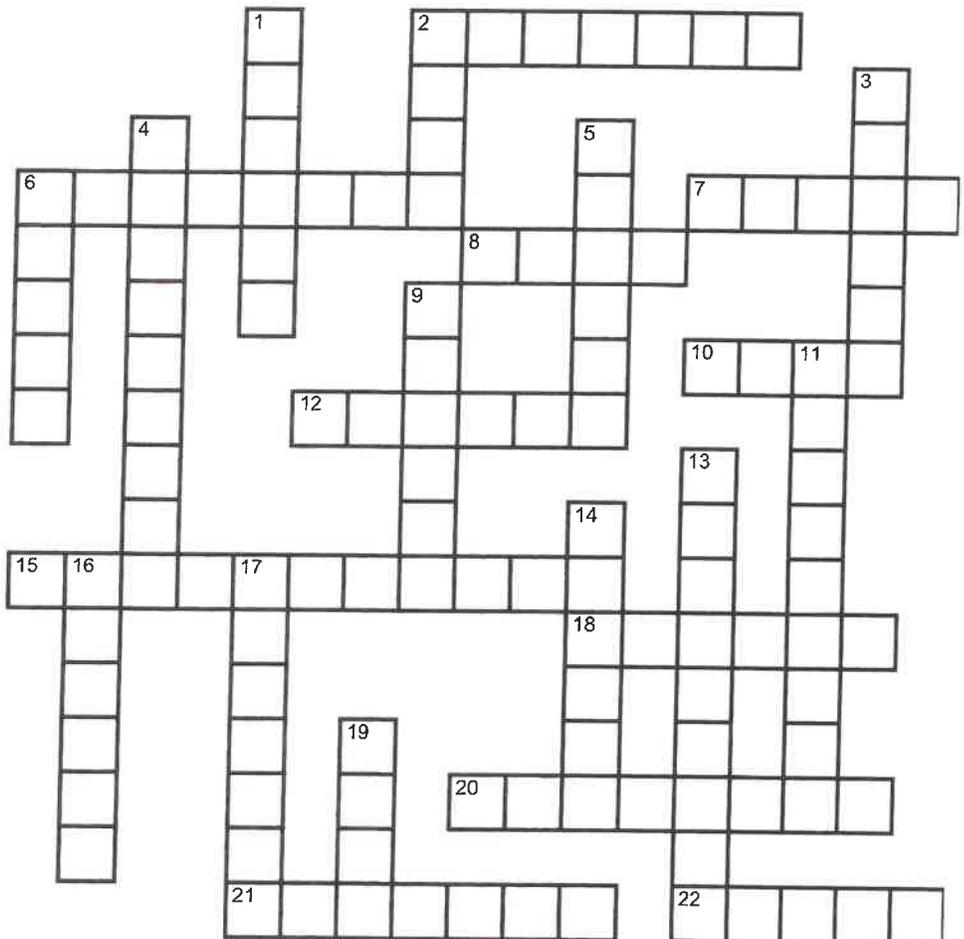
Winter Crossword

Across

2. Knitted top.
6. Snowstorm with winds.
7. Month that winter ends in.
8. When the air moves.
10. A sudden blast of wind.
12. Shake from the cold.
15. Tells you how cold it is outside.
18. Rather cold.
20. Month that winter starts in.
21. He might have a carrot for a nose.
22. Keeps you neck warm.

Down

1. Turned into ice.
2. It goes downhill fast.
3. A short coat.
4. What bears do in the winter.
5. Opposite of summer.
6. Shoes for snowy days.
9. Frozen trickle of water.
11. Ice crystal.
13. December 25th.
14. Area around the North Pole.
16. Used to warm a room.
17. Winter hand warmers.
19. Temperature (in Celsius) at which water freezes.



New Year's Resolutions

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

learn a new language
more fresh fruits
more vegetables
lose weight
save money
exercise
run

learn to bellydance
go back to school
lift weights
enjoy life
declutter
be kind

learn to hula hoop
be more thankful
drive safer
more sleep
hug more
stretch

take a dance class
drink more water
clean house
less sugar
eat kale
walk

FUN SNOW DAY ACTIVITIES TO DO WITH THE GRANDKIDS



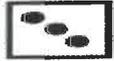
ROLL - A- SNOWMAN



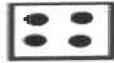
Add 2 arms



Add eyes & a mouth



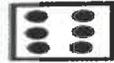
Add a carrot for a nose



Add a cozy scarf



Add a hat on top



Add 2 warm mittens

ComeTogetherKids.com

FUN FACTS ABOUT WINTER



Winter is one of _____ seasons of the year. The other seasons are _____, _____, and _____. Winter is the time of year when the _____ is furthest from the earth. The weather tends to be _____ in winter, with _____ fall and cold temperatures. Some winter sports include _____ and _____. Hot _____ with _____ on top is a popular winter drink.

From :

To :

SNOWMAN SOUP



When the weather outside is frightful, snowman soup can be so delightful.

Pour the packet in a mug, add hot water and top with snowballs.

Use the candy cane to stir it, sip slowly & feel the warm winter spirit.

CONTENTS FOR SNOW MAN SOUP PACK

- Sandwich Baggie
 - Packet of Cocoa Mix
 - A few Mini Marshmallows
 - Candy Cane (To stir with)
- Enjoy with someone special**



Winter Word Search

Q	W	R	C	O	L	D	W
M	I	T	T	E	N	S	I
E	N	J	T	L	S	N	N
H	T	P	E	Q	C	O	L
A	E	K	N	S	Y	W	M
T	R	Q	C	O	A	T	I



Winter
Cold
Snow

Hot
Coat
Mittens

DONATIONS

ACME Club Les Schulz Rick & Carol Ellenbecker
Rotary NE Power District Bob & DeAnn Behlers
Janet Bull Ginny Otte Donna Tietsort
George & Susan Boust Linda Teach Sandra & Ron Wriedt
Pam & Dennis Ekberg Phyllis Rahn

IN MEMORY OF:

Wally Bull (Husband of Janet Bull): From His Girls
Jeannine Anderson: From Charles and Ruth Maier
Jeannine Anderson Memorial Donation to the Sr. Center
From the Jeannine Anderson Family



Thanks to: Country View and Kinship for Sponsoring our Luncheon Drawings and Monthly Birthday Treat. Thanks to Kinship & Sr. Solutions for helping out with our Monthly Health Clinic. Thanks to Kinship Sr. Living & our friends from Heritage at Fountain Point of Norfolk for helping with our "Fine Dining Fridays"& The Meadow of Norfolk for helping w/ 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! Thanks to all that help bring in a treat for our 7:00 am & 2:30 pm snack/coffee time! Thanks to Kinship for the Beautiful Poinsettias for our drawing **YOU'RE THE BEST!**

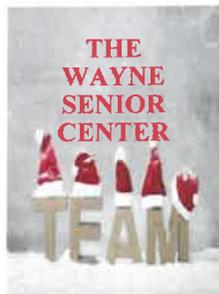


New Years Fun Fact

The Times Square Ball Drop: The ball drop tradition began in 1907 after city leaders banned fireworks. The first ball was 700 lbs. and lit by 100 25-watt lights. The current ball weighs 11.875 lbs. and is covered with 2,688 Waterford Crystals.

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
LeAnn Schroeder	Kitchen Aide
Yeslyn Vasquez	Kitchen Sub
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Terry King	Van Driver
Verdell Lutt	Sub Van Driver
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.



The Senior Center will
 Be **CLOSED** for
 New Years Day
 Wednesday
 January 1st
 See you **Thursday**
 January 2nd
 Serving **BRUNCH FOR LUNCH: 11:00 to 11:45**
 Call for your Reservation
 Happy New Year



**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.

(Transit will be CLOSED for New Years Day Wednesday—January 1st)



**Senior Center Hours
 402-375-1460**

Monday through Friday: 7:00 am to 4:00 pm
 Please make meal reservations by
 Noon the Day before.

Meals on Wheels delivery go out at 11:00 am
 To-Go Meals to be picked up between 11:15—11:30 am on the West side of the building. **Please try to pick your To-Go meal by 11:30 am as our Staff is busy with preparation and serving of our Congregate meal which is Served In house at 11:45 am**

If you need to cancel your reservation for your meal—please do so the day before if able.

Call 375-1460 for reservations