



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

2025



Wednesdays In February

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

Thursday, February 6th

11:30 am: By Dan Hansen

Friday, February 14th

Valentines Day Party

(Call EARLY to make a reservation)

11:15 to 11:45 am: Bob Litz Returns

Serving meal at 11:45—Bob will

Continue to play for a short while

Following our meal

Tuesday, February 25th

11:30am: Spotlight on Promise

Friday, February 28th

11:30: Music by Connie Webber

FROG Exercises

Every M—W—Fr @ 9:00 am

AM WALKING—Daily

Tuesday, February 11th

Health Clinic

10:45 to 11:45 am: With our Friends
from Kinship

Blood Pressure—02 Level

Blood Sugar—Temperature

Wednesday—February 5th

Monthly Birthday Treat

Noon—In House Meal

Luncheon Certificates

In—House Drawings

Thursday—February 6th

Certificates by Countryview

Friday—February 21st

Certificates by Kinship

Thursday—February 27th

Certificates by Kinship

Monday—February 10th

Toe Nail Clinic w/ Rachael

CALL FOR A TIME .

Thursday—February 13th

11:15 -11:45 am: Eye Glass Care
w/ Wayne Eye Care

Wednesday—February 19th

Monthly Board meeting: 12:30

Wednesday—February 26th

10:00 am: Caregivers Meeting

Speaker: Sr. Solutions/Hospice



PLEASE NOTE

One of the main goals of the Wayne Senior Center is to provide Delicious—Homemade—Nutritional meals at a reduced Contributional Request for our Senior Population. However, over the past couple of years, our food costs have risen drastically. This increase in cost also includes our supplies of which we provide our Meals and Wheels and To-go meals in. We have asked for the Same contribution request of \$5.00 whether we provided a meal for Congregate/ Dine In meal or if we provided a Meals on Wheels or a To—Go meal. With the continued increase in cost of our meals and the added cost of the supplies to provide a “Take out Meal” - it was decided by the Senior Center Board that to cover the additional cost of our To Go meals & Meals on Wheels —we will be increasing our Contribution request for these meals to \$6.00. **Going Forward—Starting Monday, February 3rd, 2025 our Suggested Contribution request for our Senior meals will be: Congregate Meals**

(For the Time Being will remain the same)

(Age 60 & Over): \$5.00

(Under 60) \$7.75

To Go Meals and Meals on Wheels

(Will Increase \$1.00)

To—Go Meals (Age 60 & over): \$6.00

(Under 60): \$8.75

Meals on Wheels: (Age 60 & Over): \$6.00

(Under 60) : \$8.75

Thank you for your understanding!

**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 Incclement 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!

Groundhog Day

February 2nd each year brings the most-watched weather forecast of the year—and the only one led by a rodent. Legend has it that on this morning, if a groundhog can see its shadow, there will be six more weeks of winter. If it cannot see its shadow, spring is on the way.

Since a groundhog hibernates for the winter, its coming out of the ground is a natural sign of spring. In England, centuries ago, people watched for other hibernating animals, including badgers, bears, and hedgehogs, as signs of winter's end. Germans who immigrated to Pennsylvania in the mid-1800s began keeping an eye on the groundhog. The widespread population of the rodent made it a handy agent for this particular superstition.

In the 1880s some friends in Punxsutawney, Pennsylvania, went into the woods on February 2nd to look for groundhogs. This outing became a tradition, and a local newspaper editor nicknamed the seekers "the Punxsutawney Groundhog Club". Starting in 1887 the search became an official event centered on a groundhog called Punxsutawney Phil.

Today Punxsutawney Phil lives in a climate-controlled habitat adjoining the Punxsutawney Library. The weather-watching rodent's predictions are recorded in the Congressional Records of our National Archive. So far, Phil has seen his shadow about 85% of the time. Canada's Groundhog Day relies on the predictions of an albino groundhog named Wiarton Willie. Although Punxsutawney Phil gets the most attention, various American cities have their own special groundhogs; New York City's official groundhog is called Pothole Pete.

Groundhog Quiz

- 1) Approximately how long has Groundhog Day been celebrated?
- 2) What is a baby groundhog called?
- 3) What is another common name for a groundhog?
- 4) How big does a groundhog get?
- 5) Does the groundhog hibernate?
- 6) What does a groundhog eat?
- 7) Can groundhogs swim?
- 8) Can groundhogs climb trees?



Answers to Groundhog Quiz

- 1) 139 years
- 2) Kit or Cub
- 3) Woodchuck
- 4) 20 inches long, 10 to 15 pounds
- 5) Yes
- 6) Fruits and vegetables and drinks very little water
- 7) Yes
- 8) Yes



Valentines Day

There are varying opinions as to the origin of Valentine's Day. Some historians believe that it originated from St. Valentine, a Roman who was martyred for refusing to give up Christianity. He died on February 14, 269 A.D. Legend also says that St. Valentine left a farewell note for the jailer's daughter, who had become his friend, and signed it "From Your Valentine." Another detail of the story is that St. Valentine served as a priest at the temple during the reign of Emperor Claudius. Claudius then had Valentine jailed for defying him. In 496 A.D., Pope Gelasius set aside February 14 to honor St. Valentine.

Another theory of the origin is that in ancient Rome, a holiday to honor Juno, the queen of the Roman gods and goddess of women and marriage, was celebrated on February 14. On the next day, the Romans held the Feast of Lupercalia. On the eve of Lupercalia, the names of Roman girls were written on slips of paper and placed into jars. Each young man drew a girl's name from the jar, and they were partners for the duration of the festival. Often, they fell in love and later married.

Over time, February 14 became the date for exchanging love messages, and St. Valentine became the patron saint of lovers. People sent poems and gave simple gifts such as flowers. There were often social gatherings or balls.

Valentine's Day Trivia Game

Find the answers below (Don't Peak!)

- 1) Who is the patron saint of Valentine's Day?
- 2) How did sailors of old send messages to their loved ones while at sea?
- 3) What fruit is also known as the love apple?
- 4) What type of bird symbolizes Valentine's Day?
- 5) True/False: Doves mate for life.
- 6) What is the name of the winged child who is depicted as shooting arrows?
- 7) What part of the body must his arrows hit to be effective?
- 8) Does the date of Valentine's Day ever change?
- 9) Name the love-struck couple created by Shakespeare.
- 10) What flower is most commonly symbolic of Valentine's Day?
- 11) What color of this flower is symbolic of love?
- 12) Where do you "wear your heart"?

Answers to Valentine's Day Trivia

- | | |
|------------------|---------------------|
| 1) St. Valentine | 7) Heart |
| 2) Bottles | 8) No |
| 3) Tomato | 9) Romeo and Juliet |
| 4) Dove | 10) Rose |
| 5) True | 11) Red |
| 6) Cupid | 12) Sleeve |



FEBRUARY

- AQUARIUS
- CANDLELIGHT
- CARNATION
- CHOCOLATE
- COZY
- CUPID
- FEBRUARY
- FIREPLACE
- FRIENDSHIP
- GROUNDHOG DAY
- HEART
- HUG
- KISS
- LEAP YEAR
- LOVE
- MARDI GRAS
- PINK
- PISCES
- PRESIDENTS DAY
- RED
- ROMANCE
- ROSES
- SKIING
- SNOW
- SWEETHEART
- VALENTINE
- WINTER

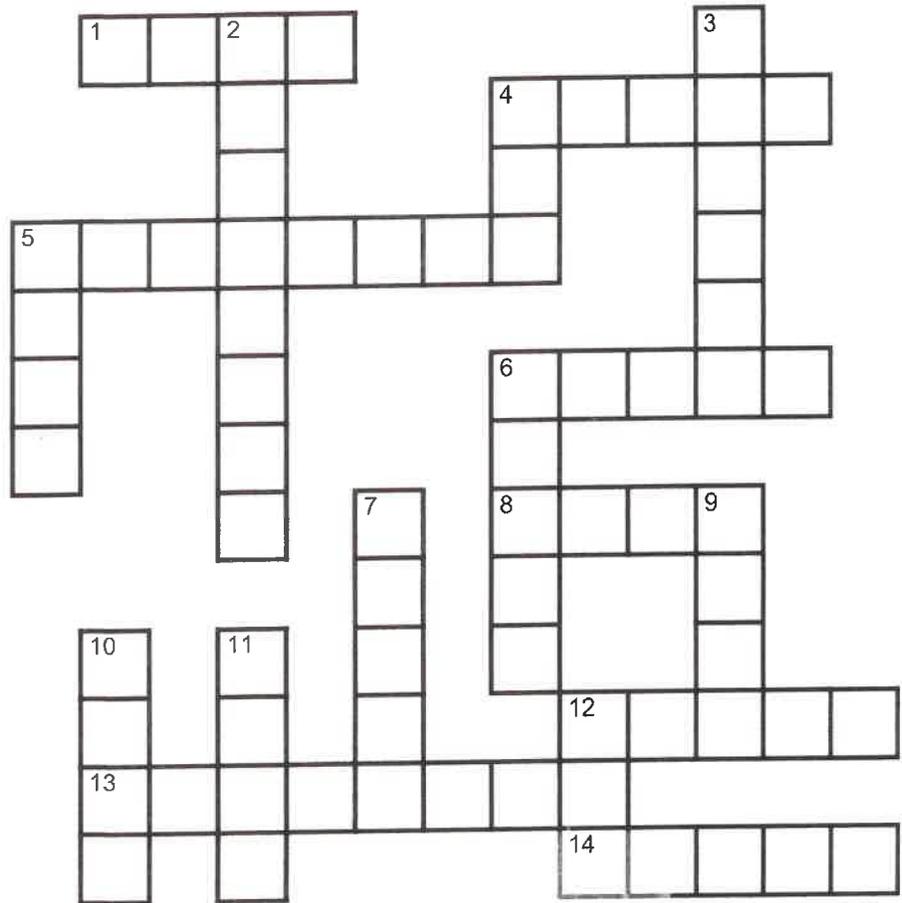
WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

Be My Valentine

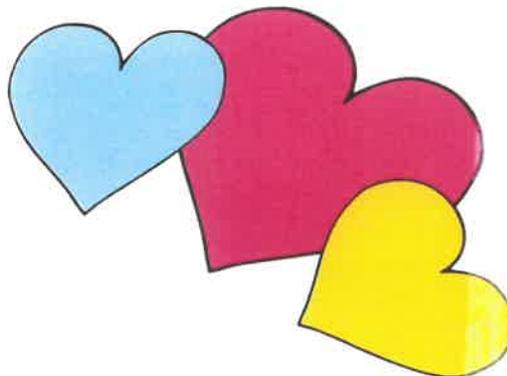
Across

1. A special item given to show love and appreciation.
4. A symbol commonly associated with love and emotion.
5. The act of pursuing someone romantically.
6. Sweet treats that come in various flavors and shapes.
8. A color often associated with love and romance.
12. Beautiful and fragrant plants often associated with love.
13. A container for sending a special message or gift.
14. Symbolic birds representing love and peace.



Down

2. The month that celebrates love and Valentine's Day.
3. A close companion with whom one shares affection and trust.
4. A gesture of affection where two people embrace tightly.
5. A small piece of paper with a heartfelt message.
6. The Roman god of love, often depicted with bow and arrow.
7. A heavenly being often depicted with wings and a halo.
9. A gentle touch of lips as a sign of affection.
10. A heartfelt piece of writing expressing emotions.
11. A feeling of deep affection and care.
12. A vibrant color symbolizing love and passion.



**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
January 15, 2025**

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 December 18, 2024 meeting were approved in a motion by Carol Dunning and seconded by Jeanette Swanson. Motion carried. Treasurer Jeanette Swanson presented financial information for the period of 12/17/24—1/15/25 with expenses of \$402.02 [Wayne Herald, subscription renewal: \$52.00, Wayne Herald, Veterans Ad:\$50.00 Wayne America Inc, caregivers chamber bucks: \$205.00 City of Wayne, volunteer gifts: \$53.72, Wayne City, Christmas Party supplies: \$41.30.] This amount of expenses was approved in a motion by Verna Mae Baier and seconded by Joan Lage. Motion carried.

Coordinator Bertrand presented an overview of January and February: New Popcorn Popper was dedicated on December 31 with Jeannine Anderson's children present. Center was closed on Jan. 1. A snowball party will be held on Jan. 17.

Happenings in February: Center closed for cleaning on Febr. 7. Valentines celebration on Febr. 14 with music by Bob Litz. The Winter weather closing policy was restated.

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.

The change in electronic transit technology is progressing. The 5 year outlook for the Transit system was presented with a zoom meeting scheduled for Jan. 22. Possible 5 year changes include: storage for vehicles, out of town destinations, and local destinations. A discussion was held on transit incidents reports and the concerns for staff safety. Letters of denial will be sent.

A summary of donations was presented: Purchase of popcorn popper and stand. Quilt raffle has been completed. These funds have not been disbursed. Other significant donations have been received and not yet reported.

The possibility of a Rotary Club donation was discussed; possible uses: bingo machine update & new stand, dart game, podium with wheels, pool cue holders, and bigger tables for food serving. Decisions will be made after contact is made with the Rotary Club.

Quilting room supplies were purchased by private family donation. The new 8 x 8 tables have arrived and were paid by a memorial donation.

The cost of the MOW and To Go trays have increased significantly. After considerable discussion a motion was made by Jeanette Swanson and seconded by Joan Lage to change the suggested contribution of MOW and to-go meals to \$6.00. Motion carried. The effective date is February 3, 2025.

Meeting was adjourned at 1:25 p.m. Next meeting will be February 19, 2025 12:30 p.m.

Verna Mae Baier, Secretary

Valentine's Day and Caregivers

Ways to Care for those who Care for Loved Ones

Family caregivers constantly perform acts of kindness. Whether they are preparing an individual's meals, taking them to doctor's appointments, assisting someone who is unable to walk, or simply alleviating feelings of loneliness, they surround the people they care for with affection. This Valentine's Day, take a moment to express your gratitude and show you care about your loved ones who provide care daily.

Here are ways that you can show appreciation for a caregiver throughout this month.

1. Send a Thank You Card or Text Message. Giving a caregiver a note of gratitude can completely make their day. Putting into words how much you are thankful for them will go a long way in making your care provider feel supported. You don't have to send anything long or involved; just a simple note with examples of ways your family member impacts your life (or your loved one's life) is enough. You don't even have to buy a card; you can create a homemade card or even send a thoughtful text message. No matter how you choose to share your gratitude, it will be sure to brighten this month for your caregiver.

2. Give them a Gift Card to Help Them Relax. Your caregiver invests time in helping others lead a peaceful, easier life. Here is your opportunity to return the favor and help them relax. Caregiving can sometimes be a demanding and stressful job. A gift card to a salon or spa can help caregivers decompress from their work and make them feel appreciated.

3. Give them a Gift Basket. Speaking of relaxing, you can also put together a gift basket full of items to help your caregiver unwind. Some caregivers have very busy schedules and don't always have time to grab a nice meal. Try giving them a fun food-themed gift basket. You can include a gift card to a restaurant, some of your loved one's favorite snacks, or cooking accessories such as measuring spoons or spatulas, that they can use in their kitchen. Additionally, you could also include their favorite soda, tea, or juice or a gift card to a smoothie shop. Have fun and customize the gift basket as much as you want. For example, if you know your caregiver enjoys sports, you could put together a sports related gift basket. Or if they love movies, you can create a movie themed gift basket. Even if you just include one or two things, this gesture is guaranteed to make your family caregiver feel special and appreciated.

4. Make a Meal. Consider making them a healthy meal. Since caregivers may not always have time to make a nutritious meal, they would probably love it if you offered to take care of their dinner for a night. If you are also pressed for time and unable to cook, you could also treat them to lunch, dinner or even coffee at one of your favorite spots. The thoughtfulness behind this act will mean so much to your caregiver.

By honoring your caregiver with one of these ideas this month, you will rejuvenate their spirit and ensure they know how much you appreciate

Their hard work and dedication

JOIN US THE LAST WEDNESDAY OF EACH MONTH: 10:00 AM

WAYNE SENIOR CENTER CARE GIVERS GROUP

CALL: 402-375-1460 FOR MORE INFORMATION

A FEW HIGHLIGHTS OF 2024



DONATIONS

Byron & Barb Haier Charles & Ruth Maier
Pat Morris Ardyce Stanley Earl & Joyce Lundahl
Bill Kaup Gary & Mary Stalling
Bill & Jerry Sharpe Donna Lundin
NE Nebr. Wednesday Night AA Group
Tim Maier Betty Wilson Arlene Robinson
Yvonne Manning Joyce & David Sievers



Thanks to: Country View and Kinship for Sponsoring our Luncheon Drawings and Monthly Birthday Treat. Thanks to Kinship & Sr. Solutions for helping our with our Monthly Health Clinic. Thanks to our friends from Heritage at Fountain Point of Norfolk for helping with our "Fine Dining Fridays" & CountryView 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! **YOU'RE THE BEST!**



Valentines Day Fun Fact
Consumers purchase more than 58 million pounds of chocolate and candy for Valentines Day

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 **EXTENSIVE CLEANING** Friday, February 7th No Meals or Activities That day! *Staff WILL be Available To Take your calls Transit WILL be running*



**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.

o~ This is ~o
o the place o
where FRIENDS
become
FAMILY

**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