



# The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

2025



**Wednesdays In April**

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

**Friday, April 4th**

11:30: By Dan Hansen

**Friday, April 11th**

**Spring Fling/Volunteer Appreciation**

11:00: Burt Heithold & Dan Hansen

**Friday, April 18th**

11:30 am: Connie Webber

**Tuesday, April 22nd**

11:30am: Spotlight on Promise

**Friday, April 25th**

11:30: Music by Ann Isom

**FROG Exercises**

Every M—W—Fr @ 9:00 am

**AM WALKING**—Daily

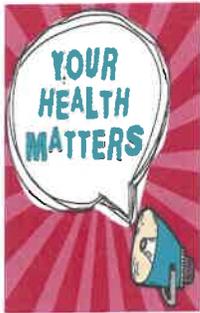
**Tuesday, April 8th**

**Health Clinic**

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

Blood Pressure—O2 Level

Blood Sugar—Temperature



**Wednesday—April 2nd**

Monthly Birthday Treat

Noon—In House Meal

**Luncheon Certificates**

**In—House Drawings**

**Friday—April 4th**

Certificates by Countryview

**Thursday, April 17th**

Certificates by Kinship

**Wednesday, April 30th**

Certificates by Kinship

**Monday—April 14th**

Toe Nail Clinic w/ Rachael

**CALL FOR A TIME**

**Thursday—April 10th**

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

w/ Wayne Eye Care



**Wednesday—April 16th**

12:30: Monthly Board meeting

**Monday—April 28th**

12:00: Q&A w/ Wes Blecke

**Wednesday—April 30th**

10:00 am: Caregivers Meeting



**APRIL IS NATIONAL VOLUNTEER APPRECIATION MONTH**

Have you ever wondered if your simple act of kindness, no matter how small, has the power to create a ripple of positivity across communities and even right here at the Wayne Senior Center. When your kindness connects with the kind acts of others, real change is possible. Every April, the annual celebration of National Volunteer Month, that kind of collaboration gets much-needed attention.

The history of National Volunteer Month dates back to the mid-20th century when numerous organizations and non profits began acknowledging the immense contributions of their volunteers. For example, in 1943, Canada established a National Volunteer Week to recognize women who were helping in the World War II Effort. President Richard Nixon established a National Volunteer Week in the United States in 1974. Over time, the week evolved into a movement that gained widespread recognition and support.

In the United States, the entire month of April is now designated as National Volunteer Month, and it serves as a reminder that even small acts of kindness can create a ripple of positivity, inspiring others to join the movement of volunteerism.

This National Volunteer Month, consider becoming a volunteer and be a driving force of positive change in the world. Your time and effort will not only touch the lives of those in need but also inspire others to join the cause of hope and compassion. Together, let's celebrate the true essence of volunteerism by spreading love, kindness, and hope, one act of service at a time.

\*\*\*\*\*

**HELP US CELEBRATE OUR MANY VOLUNTEERS RIGHT HERE AT THE WAYNE SENIOR CENTER ON FRIDAY—APRIL 11TH SPRING FLING - EASTER CELEBRATION**

Enjoy the music of Burt Heithold and Dan Hansen starting at 11:00 am. So come early!!

**Serving at Noon:** Baked potato bar with it's many fixings along with Homemade sliced bread and A Variety of Pies for you to choose from



# HAPPY EASTER

The most joyous celebration in the Christian Church is Easter Sunday. Easter commemorates the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day after his burial following his crucifixion. In 2025, Western Easter will be April 20th. For the majority of Western believers, especially in the Catholic tradition, Easter celebrations begin with the Easter Vigil which begins on Saturday night and ends in the early morning hours of Easter Sunday. This vigil may include the baptism of new converts for whom Lent has been a time of instruction and preparation and the lighting of the paschal candle symbolizing the hope of resurrection. Often the Eucharist is celebrated at midnight or in the early morning, this being the first Eucharist for the newly-baptized converts. Some Christian churches hold sunrise services. These are joyous affairs with lots of music and smiling faces.

In the Greek Orthodox or Eastern tradition, this year Easter will be also be celebrated on April 20th. The Easter celebration also begins on the Saturday evening before Easter as people gather in the churches carrying large white candles. As the bells toll midnight, the priest announces, "Christ is Risen!" The people respond with, "Truly He is Risen!" Candles are brought to one another's homes, symbolizing the light of Christ going out into the world. People then celebrate with a big meal.



## SOME BUNNY ELSE

1. He first showed up as the spokesman for a battery company in 1989?
2. This product first appeared following the Beetle?
3. He first arrived on the animated scene in 1938 and won an Oscar in 1958 gnawing a carrot?
4. He hit the trail in 1901 in a book written by Beatrix Potter.
5. He starred in a Steven Spielberg movie in 1988?
6. These bunnies were an idea of Hugh Hefner in 1953?
7. This is a famous 1880 rabbit from Joel Chandler Harris' Uncle Remus?
8. This rabbit lived behind Captain Kangaroo's counter?
9. This rabbit was the friend of the Mad Hatter's in Alice in Wonderland?
10. This rabbit also was in Alice in Wonderland?
11. A.A. Milne introduced this rabbit in Winnie the Pooh.
12. This Rabbit hops down the "bunny trail."

**ANSWERS ON NEXT COLUMN**



## Egg Mysteries

Easter is the season of eggs. If you have ever stayed awake questioning which came first, the chicken or the egg, your sleepless nights are over! The answer is the chicken.

Dr. Colin Freeman and professor John Harding discovered a protein in a chicken's ovaries which is necessary for the formation of the egg. So, the egg can only be created inside a chicken.

Chickens came to America with immigrants but were raised primarily for eggs, not meat. A meal of chicken was considered a special treat reserved for a Sunday or visit from a special guest. This practice continued until the beginning of the 20th century when a mistake started an industry. In 1923, Cecile Long Steele ordered 50 chicks with the goal of having fresh eggs. By accident, she received 500 chicks. She kept them and sold them for 50 cents a pound. The following year she sold 1,000, and the next year she sold 10,000. Soon other nearby farmers started their own chicken-as-a-meat business based on her success.

Americans consume 22 million chickens a day. The food has replaced beef as the most popular U.S. dinner choice. It is low in fat, high in protein, contains vitamins B6 and B3, as well as selenium, an element known to fight cancer.

Americans eat an average of 279 eggs per person per year. Eggs are healthy according to the American Heart Association. An egg is about 78 calories and offers lutein and zeaxanthin which have been shown to reduce cataracts and macular degeneration in people over age 55.

## EASTER FUN FACTS

- \* The tallest Easter egg chocolate was made in Italy in 2011. It stood at 10.39 meters and weighed an astounding 7,200 kg
  - The art of painting eggs is called pysanka, which originated in the Ukraine. It involves using wax and dyes to color the egg
- \* Peep peep... did you know Americans buy more than 700 million marshmallow Peeps during Easter? This makes Peeps the most popular non-chocolate Easter Candy
- \* Americans consume more than 16 million jelly beans during this holiday. That is enough jelly beans to circle the globe not once, not twice, but three times.
- Are you an ears, arms or tail person? Seventy-six % of people eat the ears on the chocolate bunny first, 5% go for the feet and 4% for the tail
- Next to Halloween, Easter is the biggest candy-consuming holiday of the year.

## SOME BUNNY ELSE - ANSWERS

1. Energizer Bunny
2. Volkswagen Rabbit
3. Bugs Bunny
4. Peter Rabbit
5. Roger Rabbit
6. Playboy Bunnies
7. Br'er Rabbit
8. Bunny Rabbit
9. March Hare
10. The White Rabbit
11. Rabbit
12. Peter Cottontail

# The Month of April

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

stressrelief  
sweetpea  
leaders  
taurus  
hope

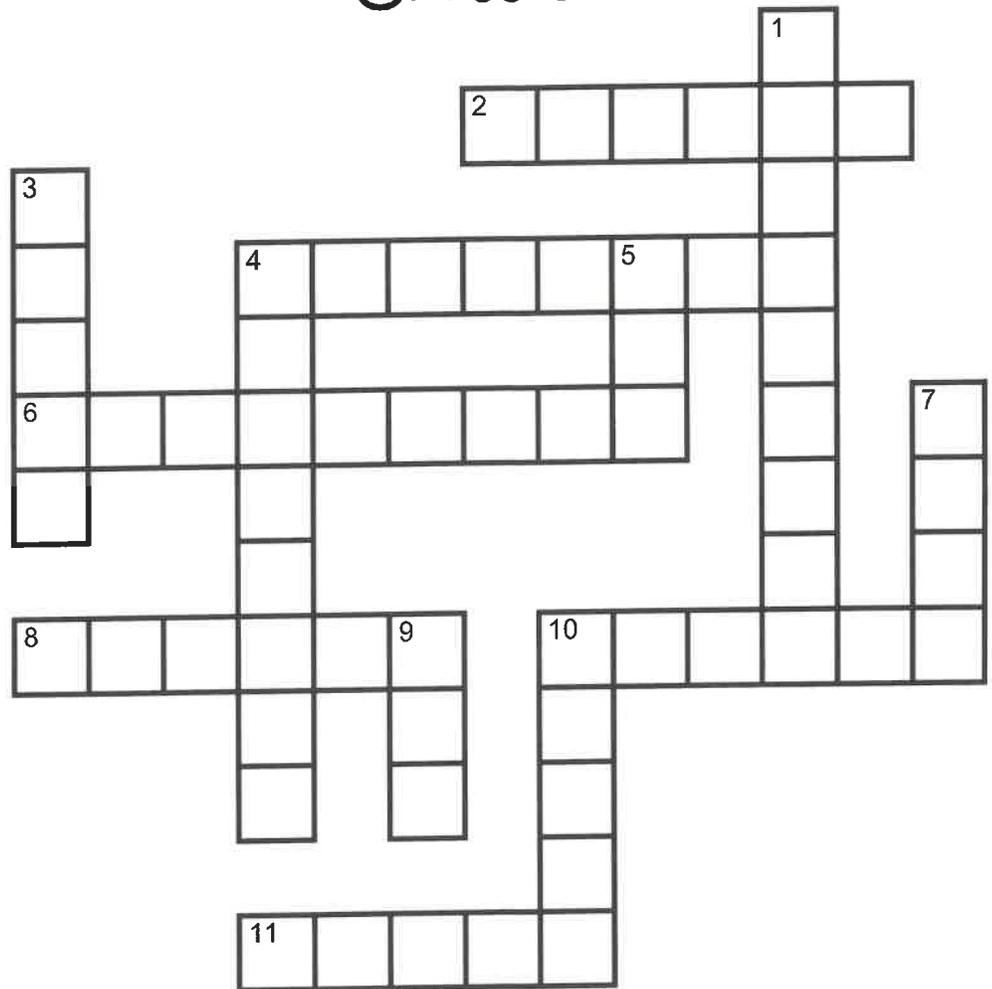
poetrymonth  
renewal  
diamond  
daisy  
bull

humormonth  
flowers  
spring  
Aries  
fire

sunshine  
showers  
blooms  
April  
ram

# HAPPY EASTER

## Crossword



### ACROSS

- 2. Container for gathering springtime treasures
- 4. Trumpet-shaped sunshine on a stem
- 6. Sweet treat that melts in your mouth
- 8. Marching celebration down Main Street
- 10. Fancy hat for a special Sunday
- 11. Sugary delights that dentists frown upon

### DOWN

- 1. Colorful candy oval you might find in a basket
- 3. Fluffy yellow ball that says "peep"
- 4. Make things pretty with ribbons and paint
- 5. Magical liquid that changes plain to colorful

- 7. Search high and low for hidden surprises
- 9. Oval treasure often filled with goodies
- 10. Hopping critter with long ears and cotton tail



**Wayne Senior Center at Wayne, Nebraska --  
Monthly Business Meeting  
March 20, 2025**

The monthly meeting of the Wayne Senior Center was called to order with President George Burcum presiding.. (11:00 a.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 change of date was necessitated due to a blizzard on March 19 when the Center was closed.}

The minutes of the February 19 meeting were approved in a motion by Jeanette Swanson and seconded by Joan Lage. Motion carried.

Treasurer Jeanette Swanson presented the financial information for the period of 2-20-25 /3-19-25 with expenses of \$461.24 [\$42.62 ; Valentine/B party supplies, \$55.94; kitchen supplies, \$21.39 health clinic supplies, \$21.39 carpet cleaner, \$42.77; cleaning supplies, \$277.13 water faucet] Motion by Verna Mae Baier to approve the payment of these expenses. Seconded by Carol Dunning. Motion carried.

Coordinator Bertrand presented an overview of March and April: St. Patricks Celebration was well attended. Severe Weather Awareness Week Is March 24-28. Sirens will be tested on March 26. April is Volunteer Appreciation Month and a volunteer appreciation celebration (Spring Fling) at the center will be on April 11. City Administrator Wes Blecke will do a Q & A on April 28.

Coordinator Bertrand was present at the City Council meeting on March 18, Some details of NENAAA funding: For FY 26: (Caregivers) IIIE \$3,300 (Nutritional) IIIC \$42,159 and IIIB (Social) \$32,426. For FY24: 16,250 meals served. Average: 1,250 meal a month.

At the Council meeting a report was presented on the Wayne Public Transit: In FY 25 to the end of February riders have totaled about 4,500. In the budget is transit software (Passio ) required by NDOT and training to learn the dispatching/scheduling of rides. A 7 passenger van has been approved and contracted. There was discussion and acceptance of NDOT FY 26/27 Budget. Discussion followed on the current transit rates.

Presentation was made on the new Medicaid/ Med Waiver billing process.

A brief discussion was held on the sign at the entrance of Center/Library.

No other items were presented for consideration.

Meeting was adjourned at 11:35 a.m..

Next meeting will be April 19, 2025 12:30 p.m.

Verna Mae Baier, Secretary

# Senior Home Care Tips to Help Your Loved One Celebrate Easter

**If your family celebrates Easter, then you know that this beloved holiday is just around the corner. Whether you've had long-standing traditions around the holiday or if you're looking at celebrating it in a whole new way this year, here are five tips for you to help make sure your elderly loved one has a wonderful Easter.**

## Have Your Loved one Help with Pre-Easter Activities

Before Easter Sunday arrives, there is plenty to be done during this holiday season that your elderly loved one may enjoy. Many people like decorating their homes for Easter almost as much as Christmas. You can have your loved one get out all of her spring décor and brighten up her living space with it. A **senior home care** provider can assist if your loved one needs to get the decorations out of storage or can't reach high enough to hang the flower garland.

## Decorating Easter Eggs

If your children are painting eggs, make sure to invite your elderly loved one to come over and help or "supervise." It can be a great chance for her to spend time with the little ones in her life. Help her celebrate her faith. For many, Easter is a faith-based holiday with several opportunities for participating in faith-based activities at their place of worship. If this is an important part of your elderly loved one's holiday, it will mean a lot to her to be able to attend services on Good Friday and/or Easter Sunday. Even if you aren't there to help with transportation, you can look into public forms of transportation or have a senior home care provider make sure she gets safely to and from any faith-based events she'd like to attend.

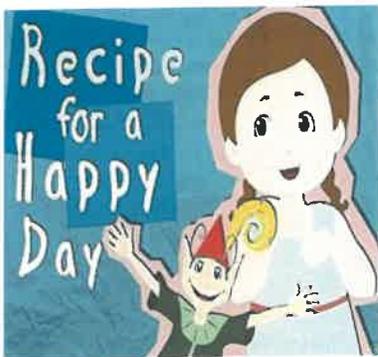
## Have Your loved ones Favorite Easter Foods

If you're preparing an Easter meal, your elderly loved one will appreciate any food that brings back memories of her Easter holidays. You can ask your loved one in advance what they would like to see at the table and help make that wish come true. If it's not something you're familiar with making, he/she might want to make it herself, with the help of his/her **senior home care** provider so have a chat with them to set up a time for them to help her make her favorite Easter dish.

Don't overwhelm he/she. It might be that an early morning Easter Egg hunt, followed by a long church service, then a big meal, and finally an afternoon of outdoor games is just too much for your elderly loved one. Have he/she come for just the part that they are most interested in and then let he/she go home to rest or find a quiet place in your home to rest.

Give he/she something to bring home. Whether it's delicious leftovers or cute drawings from the grandkids, your loved one will enjoy having something to bring home to help them remember the wonderful time he/she had this Easter.

**JOIN US FOR OUR MONTHLY CAREGIVERS GROUP  
LAST WEDNESDAY OF EACH MONTH AT 10:00 AM  
APRIL MEETING IS:  
WEDNESDAY – APRIL 30<sup>TH</sup> @ 10:00 AM**



- 1 cup of friendly words
- 2 heaping cups of Understanding
- 4 heaping teaspoons of Time & Patience
- Pinch of warm Personality
- Dash of Humor

***Instructions for Mixing:***

Measure words carefully. Add heaping cups of Understanding. Use generous amounts of time and Patience. Cook with gas on front burner. Keep temperature low....do not boil! Add dash of humor and a pinch of warm personality. Season to taste with spice of life. Serve in Individual molds.

You Grew up In Rural



- You know what Knee-high by the Fourth of July Means
- You know the difference between “Green” and “Red” farm machinery, and would fight with your friends over which was better!
  - You buy Christmas presents at the Tractor Supply
- You or someone you know was a “Dairy Princess” at the county fair.
  - You know that “Combine” is a noun
- You let your older siblings talk you into putting your tongue on a steel post in the middle of winter
- You know that “Creek” rhymes with “Pick”
- Football schedules, hunting season and harvest are all taken into consideration before wedding dates are set.
- Every wedding dance has the hokey pokey and the chicken dance.
- Your definition of a small town is one that only has one bar.
  - The local gas station sells live bait.
  - You think the start of deer season is a national holiday
    - Pop is the only name for soda
- ***You actually understand these jokes and will show them to all your Nebraska friends!***

**SOMETIMES YOU JUST GOT TO LAUGH AT YOURSELF**

A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they are physically okay, but they might want to start writing things down to help them remember. Later that night, while watching TV, the old man gets up from his chair.

“Want anything while I’m in the kitchen?” he asks.  
 “Will you get me a bowl of ice cream?”  
 “Sure.”  
 “Don’t you think you should write it down so you can remember it?” she asks.  
 “No, I can remember it.”  
 “Well, I’d like some strawberries on top, too. Maybe you should write it down, so’s not to forget it?”  
 He says, “I can remember that. You want a bowl of ice cream with strawberries.”  
 “I’d also like whipped cream. I’m certain you’ll forget that, write it down?” she asks.  
 Irritated, he says, “I don’t need to write it down, I can remember it! Ice Cream with strawberries and whipped cream—I got it, for goodness sake!”  
 Then he toddles into the kitchen. After about 20 minutes,  
 The old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.  
 “Where’s my toast?”



**April Fools’ Day**

Some historians speculate that April Fools’ Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. In the Julian Calendar, the new year began with the spring equinox around April 1. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes and were called “April fools”. These pranks included having paper fish placed on their backs and being referred to as Poisson d’avril or April fish, said to symbolize a young, easily caught fish and a gullible person. Have you ever switched out the sugar and salt? See the back page of the newsletter for some of the elaborate April Fool’s Day hoaxes that newspapers, radio and TV stations and websites have participated in to fool their audiences!

**DONATIONS**

**Phyllis Rahn~ Arlene Robinson~  
Carol Dunning~ Bill Kaup~  
Ardyce Stanley~ Linda Teach~  
Jerry Junk~ Ginny Otte~  
Charles & Ruth Maier**



**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 & "The Meadows" of Norfolk for helping w/ "We Serve Wednesday". Thanks to all our Talented Musicians, Evolving 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!****



**This is  
the place  
where FRIENDS  
become  
FAMILY**

**WHO'S WHO AT THE WAYNE SENIOR CENTER**

|                  |                             |
|------------------|-----------------------------|
| Diane Bertrand   | Manager                     |
| Misty Brasch     | Head Cook / Kitchen Manager |
| Jill Lehmkuhl    | Office Assistant / Dispatch |
| LeAnn Schroeder  | Kitchen Aide                |
| Yeslyn Vasquez   | Kitchen Sub                 |
| Sue Temme        | 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                |



**you're  
THE BEST  
EMPLOYEES  
any  
BUNNY  
COULD ASK FOR!**

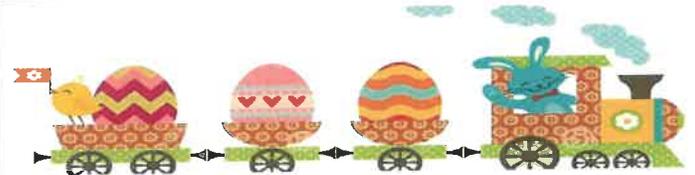
Services are provided without regard to race, origin, handicaps, age or sex. The Wayne Senior Center is funded by the City of Wayne, Northeast Nebraska Area Agency on Aging, The Department of Roads, Wayne Community Chest, and your donations.

**ARBOR DAY: FRIDAY APRIL 2025**

Arbor Day sprouted from the mind of a zealous tree lover named Julius Sterling Morton. A Popular Arbor Day tradition is to plant a tree in honor or memory of a loved one.

As pioneers began moving into the Nebraska Territory, the lack of trees was felt deeply. Not only did the new residents miss the trees they left behind, they were also left without the trees they needed as windbreaks to keep soil in place, for fuel and building materials, and for shade from the hot sun. Arbor Day was established as a holiday on April 10, 1872.

Prizes were offered to counties and individuals for the largest number of properly planted trees on that day. It was estimated that more than 1 million trees were planed in Nebraska that first Arbor Day . *"The True meaning of Life is to plant trees, under whose shade you do not expect to sit."* - Nelson Henderson



**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.

**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