



# The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

2026



### Wednesdays In March

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

*Recover fast Dan Hansen*

*We will miss you! Prayers!*

**Friday, March 13th**

11:30 am: By Betty Wiltse

**Tuesday, March 17th**

*St. Patty's Day Celebration*

11:30 am: Connie Webber

**Tuesday, March 24th**

11:30 am: Spotlight on Promise

### MARCH MADNESS FUN

*Noon—In-House Congregate Meal*

Come Help Celebrate March Birthdays

Wednesday, March 4th

Monthly Birthday Party Day

*AND Jeanette Swanson*

Wednesday, March 11th

Donna Lundin



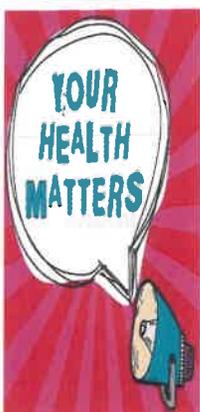
### CELEBRATE WITH JILL

She's going to be one of us!

Wish her Happy Birthday!

Her Birthday is on

Sunday—March 8th



### FROG Exercises

Every M—W—Fr @ 9:00 am

**AM WALKING—Daily**

*We will continue through the*

*month of March with our*

*Punch Card Challenge*

**Tuesday, March 10th**

**Health Clinic**

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

from Sr. Solutions

Blood Pressure—02 Level

Blood Sugar—Temperature



### JUST A FRIENDLY REMINDER

In order for our kitchen to better prepare and to help keep our meal cost down—we ask that you note the Following:

- Please call for your meal reservation no later than Noon the day before. Our kitchen staff is busy preparing our delicious Home cooked meals according to the count on the next day reservation list. For some menu's - it is difficult to add on to the reservation list after the prep work is done.
- If you need to switch from Congregate to To-go Meals, please call no later than 8:30 am. Our cold portion of the MOW and To-Go meals are sealed and packed by 8:30 am. Our MOW and To-Go Hot portion of the meal is put in the oven by 9:00 am. Our Hot portion of the Congregate meal is put in the Oven at 10:00 am. It is hard to switch meals after this is done. If you are down to receive a Home Delivered Meal and you can not be there to receive your meal— Please notify us and either cancel your meal or make alternative arrangements to get your meal. Our Delivery people Are Volunteers so communication makes things go smooth with the many meals they need to deliver.
- If you are receiving a To Go meal in our Oliver Trays & you are recycling them. We have been asked to spread the word that if you are taking them to the Recycling Trailer—please make sure they are clean and place them in with the **Cardboard** items and **not** the Paper items. (Note: Our Paper Oliver Trays are Bio-Degradable)



**Wednesday—March 4th**

Monthly Birthday Treat

w/ Noon—In House Meal

**Luncheon Certificates**

*In—House Drawings*

**Friday—March 6th**

Certificates by Kinship

**Monday—March 16th**

Certificates by Countryview

**Thursday—March 26th**

Certificates by Countryview



**Monday—March 9th**

Toe Nail Clinic w/ Rachael

**CALL FOR A TIME**

**Thursday—March 12th**

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

w/ Evolving Eye Care

**Wednesday—March 18th**

Monthly Board meeting: 12:30 pm

**Wednesday—March 25th**

10:00 am: Caregivers Meeting

*Speaker: Nicky Kettler*

**COR Therapeutic Services**



HAPPY  
St. Patrick's  
\*DAY\*

**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.

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**JOIN US FOR ST. PATTY'S DAY**

*Tuesday, March 17th*

11:15 am: Tap your Irish toes to music by  
Connie Webber

**Meal—Traditional Irish Favorites**

Corned Beef and Cabbage & Peas

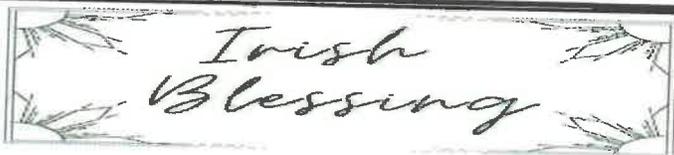
Irish Potato Soup

Misty's Homemade Rye Bread

End of the Rainbow Lime Jello Surprise

**SERVED BY OUR FRIENDS FROM HERITAGE**

**CALL EARLY TO RESERVE YOUR SPOT**



May you always have work for your hands to do.  
May your pockets hold always a coin or two.  
May the sun shine bright on your windowpane.  
May the rainbow be certain to follow each rain.  
May the hand of a friend always be near you.  
And may God fill your heart with gladness to cheer you.  
May the road rise to meet you,  
May the wind always be at your back,  
May the sun shine warm upon your face,  
The rain fall soft upon your fields,  
And until we meet again  
May God hold you in the palm of His hand.



**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 back page of Newsletter)**

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**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.



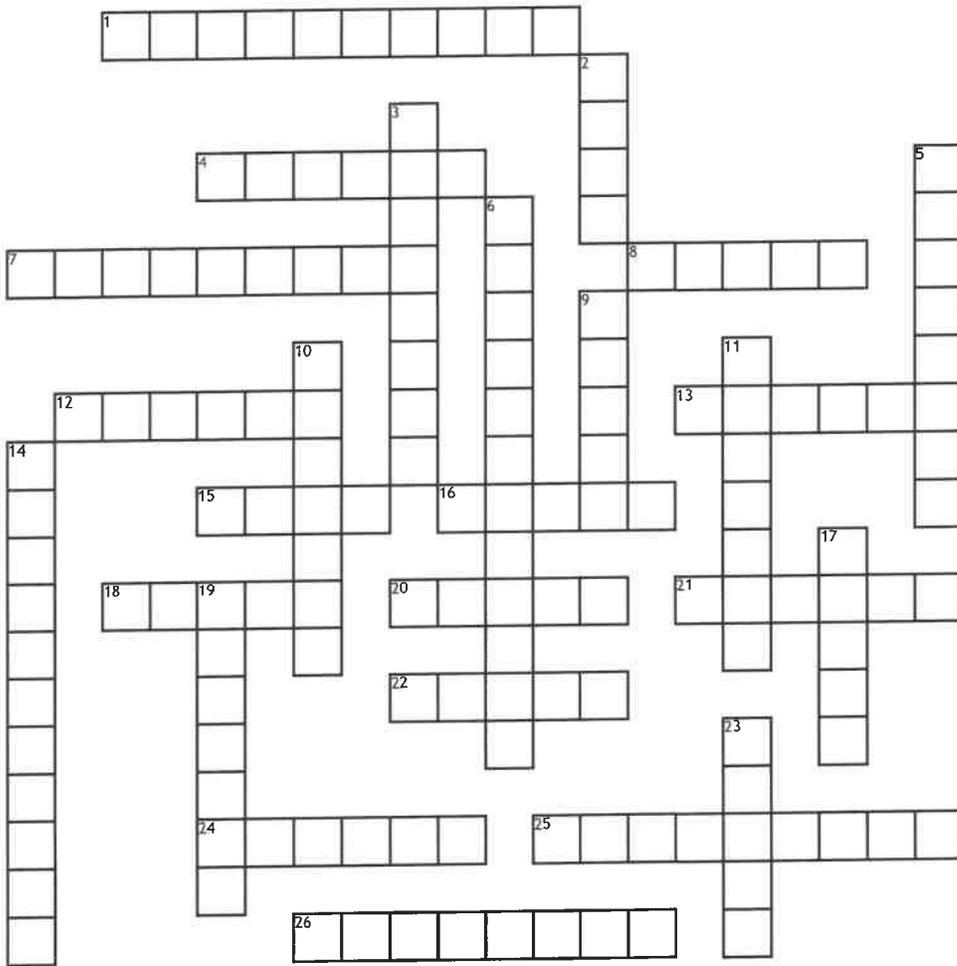
- AWAKENING
- BASKETBALL
- BLOSSOM
- DAFFODIL
- DAYLIGHT SAVING
- EASTER.
- EQUINOX
- FLOWER
- FRESH
- GREEN
- GROWTH
- HOLI
- KITE
- LEPRECHAUN
- LUCK
- MADNESS
- MARCH
- PARADE
- POT OF GOLD
- RAIN
- REBIRTH
- RENEWAL
- SHAMROCK
- SHOWERS
- SPRING
- ST. PATRICK'S DAY
- WINDY



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

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

# St. Patrick's Day



## Across

- 1. A mischievous elf in Irish Folklore
- 4. A branch of the Indo-European languages that was spread widely over Europe in the pre-Christian era.
- 7. To publicly party
- 8. The Celtic language of Ireland
- 12. A plant of the genus Trifolium
- 13. March in a procession
- 15. Something likened to the metal in brightness or preciousness
- 16. A month of a year
- 18. Resembling the color of growing grass

- 20. An occasion on which people can assemble for social interaction and entertainment
- 21. A staple food of Ireland
- 22. Occurring by chance
- 24. A story about mythical or supernatural beings or events
- 25. An inherited pattern of thought or action
- 26. Another word for 3-leaf clover

## Down

- 2. Invoke upon
- 3. A humorous verse form of 5 anapestic lines with a rhyme scheme aabba.
- 5. A special kind of clover
- 6. Christian missionary and bishop in Ireland

- 9. Any art that invokes supernatural powers
- 10. Achieved independence from the UK in 1921
- 11. An arc of colored light in the sky caused by refraction of the sun's rays by rain
- 14. The day of the month of St Patrick's day
- 17. A small being, human in form, playful and having magical powers
- 19. Highly valued as a gemstone
- 23. A form of money

**Wayne Senior Center at Wayne, Nebraska --  
Monthly Business Meeting February 18, 2026**

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 and Office Manager: Jill Lemkuhl. Absent: Treasurer: Jeanette Swanson and Board Member: Joan Lage.

The minutes of the January 21, 2026, meeting were approved as presented in the February edition of the Senior Star in a motion by Carol Dunning and seconded by George Burcum.. Motion carried.

Coordinator Bertrand presented the treasurer's report prepared by Treasurer Jeanette Swanson using financial information for the period of 1/22/26 -- 2/18/26. Total expenses for the period: \$605.77 [\$56.00 for renewal of the subscription for the Wayne Herald, \$150.00 for toe nail clinic, \$40.85 for Health Clinic Supplies, \$249.25 for kitchen supplies \$71.73 for dishwasher thermometer and \$37.94 for valentine decorations] A motion was made by Verna Mae Baier to approve and pay this amount of expenses. Seconded by Carol Dunning. Motion carried.

Coordinator Bertrand presented an overview of February and March Valentines Party was well attended: The Health Challenge continues with FROGS and walking. The menu on Shrove Tuesday was a big hit. The Center will be closed on February 20 for cleaning. Transit will be operating as usual.

For March: Several senior participants will be celebrating their March birthdays. St Pat's Celebration will be on Tuesday, March 17. Coordinator Bertrand will be attending a Transit meeting in Lincoln on March 2 and Managers Workshop on March 3.

Information was presented on the NENAAA FY 26 Fiscal Monitoring: Some items noted: (1) Participants need to sign full legal name. (2) Every page of information must be exactly dated, no exceptions and (3) Third party payments must be at the full price. Corrective actions were discussed and approved. Board members present signed the for appropriate the corrections as needed.

The Conflict Of Interest policy was updated and approved. Recommendation of NENAAA: "Conflict of Interest-- Senior Centers were to use this as a guide to create their own policy as it applies to the Senior Center. Board members and staff members need to sign the acknowledgement and when this has been completed the board should overview and update their by laws" Signatures were affixed as required.

A donation has been received for the MOW program Oliver containers for MOW and To-Go Meals were purchased. A motion was made by Carol Dunning to purchase a new Oliver Speedeas CX (Sealing Machine). Seconded by George Burcum. Motion carried.

An application for a Patch Grant has been completed and submitted.

Staff update: A new kitchen aide has been hired and will begin employment shortly.

A new software system is being used for Transit. This software has been installed and there will need to be considerable additional training.

A dissolution policy needs to be in place and placed in the by-laws. City personnel and board members will make recommendations.

No further items were presented for consideration. Meeting was adjourned at 1:20 p.m. . Next meeting will be March 18, 2026 at 12:30 p.m  
Verna Mae Baier, Secretary

## 6 Spring Cleaning Tips for Seniors & Their Caregivers

Spring is here! Warm weather is creeping in, the grass is getting greener, and the trees are budding. It's a great time to get outside and shake off those winter blues, but this is also the perfect opportunity to give your senior's living space a good spring cleaning so they can feel rejuvenated inside and out. Having a clean space to live in makes a big difference when it comes to improving quality of life. An organized space is safer and easier to navigate, and as a family member or care giver, spring cleaning can help you evaluate the space and identify if more advanced caregiving is needed.

### 1. Have a game plan

Spring cleaning can seem like an overwhelming project no matter how old you are. Creating a plan and a checklist of what needs to be done before you start will turn an overwhelming project into a manageable one. If you're helping a senior, make sure to involve them in this plan, addressing the areas of their home or living space that are important to them. In addition, don't feel as if you have to do everything all at once! Split your cleaning plan into sections and tackle projects little by little. Doing so will keep you and an elderly loved one motivated to get the job done, and prevent exhaustion from trying to do too much.

### 2. Use the right tools

Having the right cleaning tools on hand can make spring cleaning much easier. For example, using a duster with an extender can help your senior get to those hard to reach areas without involving a ladder or step stool, which could pose a falling hazard. The tools you use also include the cleaning products you're using to get things spick and span. Stay away from harsh chemicals, and consider using more natural cleaning products instead to minimize the chances of any allergic reactions or irritations.

### 3. Make it a team effort

It's understandable that a senior may want to tackle spring cleaning on their own to maintain independence, but as the old saying goes, "many hands make light work."

Offer to help, and make the project a team effort instead. This doesn't mean that independence needs to be sacrificed. Cleaning together can be used as an excuse to catch up, share happy memories, and provide company.

### 4. Put safety first

This applies to both your senior and their space. Safety should always be a priority, so make sure your elderly loved one isn't taking on projects that are too big or dangerous for them to handle, such as lifting heavy objects or having to balance on a ladder. On the subject of safety, this is a great time to check batteries in smoke and carbon monoxide detectors to make sure they're functioning properly, and evaluate the space to make sure any tripping hazards have been removed.

### 5. Get rid of expired items

Medicine cabinets, pantries, and the refrigerator are all places where expired items can accumulate over time. Be sure to safely dispose of any expired medications, which can reduce the risk of taking the wrong medication. A more organized medicine cabinet can also make for a safer and more effective medication management plan. Any expired pantry items and spoiled food should also be disposed of, ensuring your senior has fresh, healthy food on hand.

### 6. Minimize clutter

Help your senior go through belongings and items that have accumulated over time to determine what can be thrown out or given away. Doing so can help minimize unnecessary clutter, free up space in the home, and make it easier to get around. While a helping hand can be appreciated, it's important to make sure that they take the lead on this task, as you don't want your senior to feel like their space or independence is being compromised.

**Join us at 10:00 am the Last Wednesday of each month for our Caregivers Support Group**

**Please call 402-375-1460: Talk with Jill or Diane and let us know if you plan on attending for us to get a count**

**This month's speaker: Wednesday, March 25<sup>th</sup> will be Nicky Kettler from COR Therapeutic Services**

SPRING TRIVIA —TRUE OR FALSE



1. On the first day of spring, the hours of daylight and of darkness are equal.
2. During the vernal equinox, around March 21st, an egg will stand on its small end.
3. The ancient Greeks celebrated Mother’s Day in Spring.
4. Finding a four-leaf clover is thought to bring you good luck
5. The area along the California-Oregon border, is known as the “Easter Lily Capital of the World.”
6. Baby Birds must learn how to sing.
7. Arbor Day, which encourages the planting of trees and celebrates the role trees play in the environment, is traditionally celebrated on the last Monday in April.
8. Spring fever is a real physical condition.
9. An emerald represents Spring.
10. William Wordsworth wrote a famous poem about daffodils.



1. TRUE: Around March 21st, the earth’s position in its orbit around the sun places its equator in line with the sun. This time period is called the “vernal equinox” and is the first day of spring in the Northern Hemisphere. ”Vernal” means spring and “Equinox” means equal.
2. FALSE: Although some people would swear that an egg will stand on its small end during the vernal equinox, there is no scientific evidence to support these claims.
- 3.TRUE: The ancient Greeks celebrated RHEA, “Mother of the Gods,” with honey-cakes, beverages, and flowers at dawn—the earliest known Mother’s Day celebration.
- 4.TRUE: Four-leaf clovers are thought to bring good luck, but there is no scientific evidence to support that claim.
- 5.TRUE: An area along the California and Oregon border produces 95 % of all bulbs grown in the world for the potted Easter lily market. They produce more than 11 million bulbs annually.
- 6.TRUE: Though baby birds are born with the ability to sing, they must learn the songs of their species. An isolated baby bird will learn simple songs, but not the complex songs of its species. A bird must hear in order to learn. Only a few birds can sing the songs of other species. The mocking bird seems to be the best at imitating the songs of other birds.
- 7.TRUE: Arbor Day is traditionally celebrated on the last Monday in April; however, each state can select its own date, depending on weather conditions. The first Arbor Day Celebration was held on April 10, 1872 in Nebraska.
8. TRUE: Spring Fever is a real physical condition which commonly occurs when a sudden warm spell follows a long cold period. When the temperature rises, the body has to get rid of heat; thus there is a dilation or expansion of the blood vessels so that blood can be carried to the body surface where heat can be lost quickly. Some people experience an energetic feeling when this change happens due to the body’s reaction to the great amount of internal work going on.
9. TRUE: An emerald represents spring, rebirth, hope, peace, and tranquility.
10. TRUE: William Wordsworth wrote the poem, “I Wandered Lonely As a Cloud,” which was about yellow daffodils.

Answers to St. Patrick’s Day Trivia

- ◇ Blue (Color of choice by King Henry VIII)
- ◇ Shamrock
- ◇ Snakes
- ◇ Boston
- ◇ 1737
- ◇ New York
- ◇ Hope
- ◇ Fairy
- ◇ The Holy Trinity
- ◇ True
- ◇ False
- ◇ True



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Daylight Saving Time

Don’t forget to “Spring Forward” 1 hour on March 8th ! 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.



Spring forward



AP



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.

**DONATIONS**

**Donna Lundin   Ginney Otte   Janelle and Paul Eaton  
Janis Myers   Larry & Lorraine Johnson  
Lowell & Kathy Johnson   Cynthia Jorgensen   Janet Bull  
Barry & Darlene Dahlkoetter   Carol Dunning  
Linda Teach   Bill Kaup   Ardyce Stanley  
Betty Schroeder**



**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 "Special Events" 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!  
YOU'RE THE BEST!**

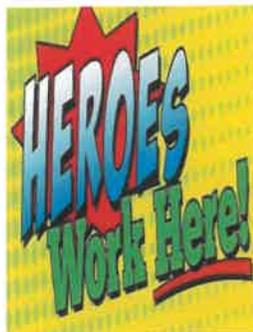
*Our 2:30 Snack time is always Enjoyed by Many! If you would like to help with bringing something to share—Sign up on the Snack Calendar located on the sign in table or Let Misty or Diane Know!*



***St. Patty's Day Fun Fact***  
**There are more than 100 St. Patrick's Day parades held in the US: the biggest celebrations are in New York City & Boston**

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

Diane Bertrand	Manager
Misty Brasch	Head Cook / Kitchen Manager
Jill Lehmkuhl	Office Manager / Dispatch
Ally Bausch	Kitchen Aide
Adel Bohlken	Kitchen Aide
Sue Temme	Kitchen Sub
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Terry King	Van Driver
Caleb Carroll	Dispatch 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.

**Weird food laws**

These food laws have been passed, but many have been repealed, and the rest are not enforced!

- In Iowa, it is illegal to have a rotten egg.
- In California, it is against the law to peel an orange in a hotel room.
- In Lexington, KY, it is illegal to carry an ice cream cone in your pocket.
- In Massachusetts, it is against the law to put tomatoes in clam chowder.
- In Wisconsin, butter substitutes cannot be served at any state institution.
- In North Carolina, it is against the law to take used grease from a restaurant without asking.



**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.

*This is*  
the place  
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