



# The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

November, 2020

## HONORING OUR VETERANS



### WAYNE SENIOR CENTER

410 Pearl Street • Wayne • 402-375-1460

**November 11, 2020**

On November 11, 1918, an armistice (or cease fire agreement) was signed between England, France, and the United States with Germany to end World War I. The first Armistice Day celebration was held on November 11, 1919, the anniversary of the signing of the armistice. Many celebrations included (and still do) observing two minutes of silence at the same hour that the fighting had stopped: 11 a.m. (on the 11th hour of the 11th day of the 11th month). On Armistice Day in 1921, a casket of an American soldier that had been brought from an unmarked grave in France was taken in a procession to Arlington National Cemetery where it was placed in a 50-ton block of Colorado marble inscribed with these words: "Here rests in glory an American soldier known but to God." Since then, the remains of an unknown soldier from World War II and Korean War have been added to the Tomb of the Unknowns. Due to advanced means of identification, it wasn't until 1984 that the remains of an unknown soldier from the Vietnam War was added. In 1998, his remains were recovered and identified as St. Michael J. Blassie. He was reburied in Jefferson Barracks National Cemetery in St. Louis, MO on July 11, 1998. The Tomb of the Unknowns is guarded 24 hours a day by soldiers from "The Old Guard," the Army's U.S. 3rd Infantry. In the 1920s and 1930s, it was a tradition to honor the dead soldiers from World War I on November 11. In 1938, Armistice Day was proclaimed a legal federal holiday. Because World War II and the Korean War, not as many people celebrated Armistice Day because of its significance with only World War I. In 1954, Congress passed and President Eisenhower signed a bill that designated November 11 as Veteran's Day and to include veterans of World War II and the Korean War, as well as future wars!

**THANKS TO ALL OUR VETERANS!**



### IN FLANDERS FIELDS

By John McCrae

In Flanders fields the poppies blow  
 Between the crosses, row by row,  
 That mark our place: and in the sky  
 The larks, still bravely singing, fly  
 Scarce heard amidst the guns below.

We are the Dead, Short days ago  
 We lived, felt dawn, saw sunset glow  
 Loved, and were loved, and now we  
 lie In Flanders Fields.

Take up our quarrel with the foe;  
 To you from failing hands we throw  
 The torch; be yours to hold it high.

If ye break faith with us who die  
 We shall not sleep, though poppies  
 grow In Flanders Fields.

\*\*\*\*\*

Canadian John McCrae was a surgeon to the First Brigade of the Canadian Forces Artillery. In April, 1915, he was near Ypres, Belgium in the area traditionally called Flanders. Some of the heaviest fighting during World War I took place in this area. The day before he wrote the poem, "In Flanders Fields," one of his closest friends was killed in the fighting. All the soldiers killed were buried in makeshift graves. There were poppies blooming in that field among the crosses of the graves. The poppy has become the flower of remembrance for the war dead of the U.S., Canada, Britain, and other Commonwealth countries. McCrae died in France in January 1918.




  
**ELECTION DAY**

**November 3rd, 2020**

General Election Day is the first Tuesday after the First Monday in November. Many state and local government elections are held on this day as well as Presidential every four years (including 2020), Senate every six years (these are staggered), and Congressional elections every two years.

**RECIPE OF THE MONTH:**

**ELECTION CAKE**

- 2/3 cup of warm water (100—110 degrees)
    - 2 pkgs. Dry Yeast
    - 3 2/3 cups flour, divided
  - 1/2 lb. ( 1 cup) butter, softened
    - 2 eggs, beaten
    - 2 cups brown sugar
    - 1 cup buttermilk
    - 1 tsp. baking soda
      - 2 tsp. salt
      - 2 tsp. cinnamon
      - 1/2 tsp. cloves
      - 1/2 tsp. mace
      - 1/2 tsp. nutmeg
    - 1 1/3 cups raisins
    - 8-oz. bag figs, chopped
    - 1 cup walnuts, chopped
      - 1 Tbsp. flour
- 1) Grease two 9" x 5" x 3" loaf pans
  - 2) Pour the water into a large mixing bowl and sprinkle the yeast over it.  
Stir and let stand for 5 minutes.
  - 3) Add 1 cup of the flour and beat until well blended: the mixture will be stiff
  - 4) Add the butter and beat until smooth, then add the eggs, brown sugar, buttermilk , 2 2/3 cups flour, baking soda, salt, and spices and beat for three minutes.
  - 5) In another bowl, stir the raisins, figs, and nuts in 1 Tbsp. of flour to coat them, then mix them into the batter.
  - 6) Divide the batter evenly between the prepared pans. Cover loosely with a towel and let rest for 1 1/2 hours.
  - 7) Preheat the oven to 350 degrees. Bake the cakes for 55—65 minutes or until tests done. Start testing for doneness at 45 minutes. Let cool in the pans for 5 minutes, then turn onto racks to cool completely.

YIELD: 24 slices

\*\*\*\*\*

**A LITTLE HUMOR**

**FROM BEA:**

When you lose a sock in the dryer.  
It comes back as a Tupperware lid that doesn't fit anything!!  
**SO THAT'S WHAT HAPPENS**



**PRESIDENTIAL FACTS:**

1. Who was the largest President?
2. Who was the tallest president?
3. Who was the smallest President?
4. Which President had the most children?
5. Who was the youngest President?
6. Who was the youngest man to be elected President?
7. Who was the oldest man to be elected President?
8. Which President had the most formal education?
9. Which President had the least amount of formal education?

**ANSWERS ON BOTTOM**

\*\*\*\*\*

**CAMPAIGN SLOGANS**

1. "Man of the People" (Hint: 1804)
2. "Old Hickory, the Nation's Hero and the People's Friend" (Hint: 1840)
3. "Tippecanoe and Tyler, Too" (Hint: 1840)
4. "The Man Who Can Split Rails and Maul Democrats" (Hint: 1860)
- 5) "Don't Swap Houses in the Middle of the Stream" (Hint: 1864)
- 6) "Grant Us Another Term" (Hint: 1872)
- 7) "They Love Him for the Enemies He Has Made" (Hint: 1884)
- 8) "Good Money Never Made Times Bad" (Hint: 1896)
- 9) "A Square Deal for Every Man" (Hint: 1904)
- 10) "He Kept Us Out of War" (Hint: 1916)
- 11) "A Chicken in Every Pot and a Car in Every Garage" (Hint: 1928)
- 12) "Two Good Terms Deserve Another" (Hint: 1940)
- 13) "Give 'Em Hell, Harry" (Hint: 1948)
- 14) "I Like Ike" (Hint 1952)
- 15) "Let's Get America Moving Again" (Hint: 1960)
- 16) "All the Way with LBJ" (Hint: 1964)
- 17) "Win One for the Gipper" (Hint: 1980)
- 18) "For People, For a Change" (Hint: 1992)
- 19) "Compassionate Conservatism" (Hint: 2000)
- 20) "Change We Can Believe In" (Hint: 2008)

**ANSWERS ON BACK PAGE**

\*\*\*\*\*

**ANSWERS TO PRESIDENTIAL FACTS**

1. **William Howard Taft:** He weighed more than 300 pounds.
2. **Abraham Lincoln:** He was 6 feet, 4 inches tall
3. **James Madison:** He was 5 feet 4 inches tall & weighed 100 pounds.
4. **John Tyler:** He had 8 children with his first wife and 7 children with his second wife.
5. **Theodore Roosevelt:** He took office at the age of 42 when President McKinley was assassinated
6. **John F. Kennedy:** He was 43 years old
7. **Donald Trump:** He was 70 years old
8. **Woodrow Wilson:** He had a doctorate from Johns Hopkins University
9. **Andrew Jackson:** He did not attend any school

**HOW DID YOU DO????**

**Wayne Senior Center at Wayne, Nebraska --  
Monthly Business Meeting  
October 21, 2020**

The monthly meeting of the Wayne Senior Center was called to order at 9:00 a.m. by President George Burcum. Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum, Vice President: Carol Dunning, Treasurer: Joan Lage, and Secretary: Verna Mae Baier Absent: Board Member: Fransisco Morales

The minutes of the September meeting were approved in a motion by Joan Lage and seconded by Carol Dunning. Motion carried. Treasurer Joan Lage presented the Treasurer's report for 9-10-20 through 10-9-20 with \$100.00 in expenses. Verna Mae Baier made a motion to approve the payment of these expenses and to accept this financial report. Seconded by Carol Dunning. Motion carried. The Center Board approved a transfer of funds from the Checking Account to the Savings Account. Treasurer Joan Lage will handle this financial transaction.

**Open Issues:**

1. Transit Van and CPR trainings will be completed at the Center.
2. The Center Board extended expressions of sympathy to Misty Brasch (her mother) and Carol Stephens (her husband).
3. Overview in November: Nov. 1: Daylight savings end; Nov. 11 Veterans Day: Special Meal and a Patriotic tribute will be sponsored in local newspaper; Nov 26-27: Thanksgiving---Center will be closed both days. Center will continue to operate as scheduled in November.
4. There were 55 participants in the flu shot drive by on Oct. 9.
5. Yearly inspection from Department of Health was successfully completed.
6. The number of meal participants has been quite consistent with past time periods. Coordinator Bertrand expressed thanks to everyone for their cooperation.
7. Update from Connie Cooper from NENAAA: "No update information. The positive COVID cases are increasing in Nebraska, which is concerning."
8. MOW volunteers and Van Drivers have been in quarantine.
9. Coordinator Bertrand led a discussion of Food Planning during the Coronavirus Pandemic. "In case of a Positive COVID infection within the Senior Center Staff and/or Volunteers---the City Administrator would be notified. The City Administrator notifies the Public Health Department for correct safety protocols to be taken. If the Head Cook and director are both mandated to quarantine for 14 days---the meal program will be put on hold during that time. The Center Board of Directors will be notified and a directive will be put in place to close the meal service for 14 days as mandated by the CDC. If one of the critical positions of cook or director is able to continue without quarantine---the meal program will continue with assistance of unaffected volunteer/staff members." Educational materials: "Start Simple with MyPlate Food Planning during Coronavirus Pandemic" will be distributed to all Home Delivered individuals that are having meals brought directly to their homes by Volunteers. Notification of the public will be through Social Media outlets -- local radio station and personal calls by Volunteers to Seniors involved in the Home Delivered Service. This policy was approved in a motion by Joan Lage and seconded by Carol Dunning. Motion carried. This was overviewed and passed and signed by all board members in attendance. Board Member Fransisco Morales had previously reviewed this policy and voiced his approval.
10. There were no additional concerns. Meeting adjourned 9:40 a.m.

Verna Mae Baier, Secretary

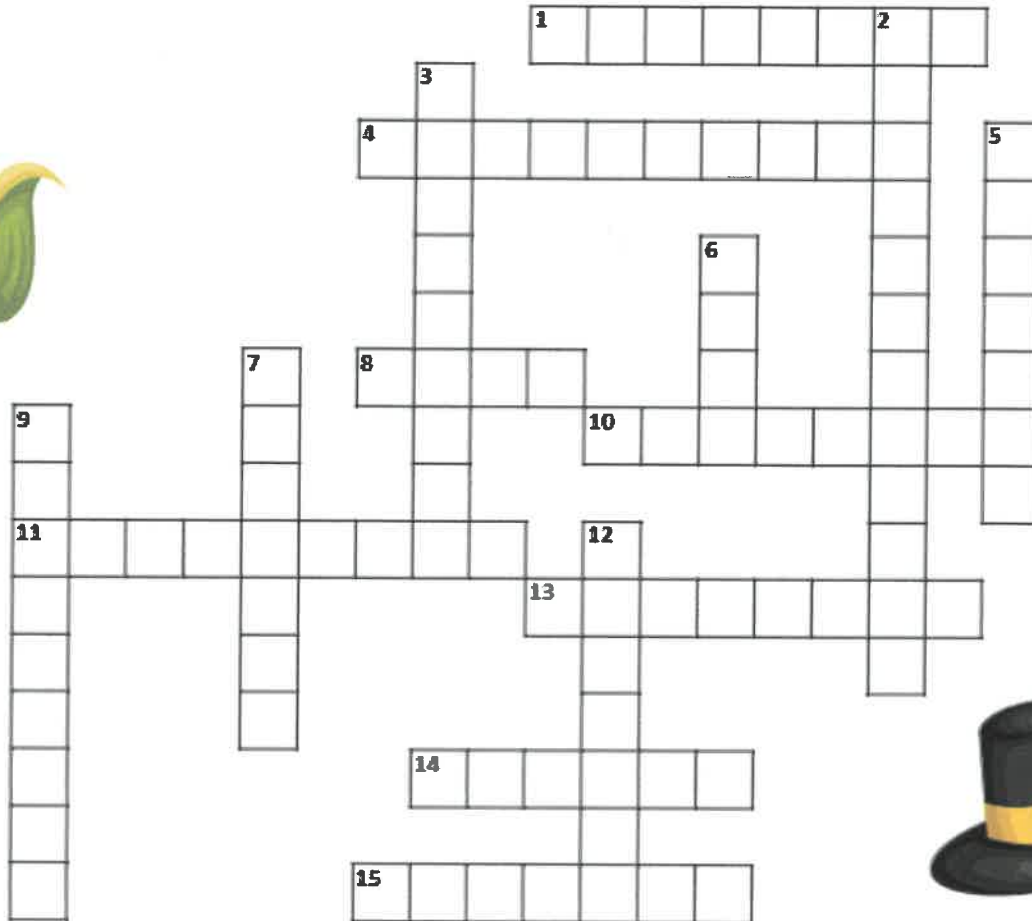
# Veterans Day

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

marines title proud clean honor freedom sea land air battles  
 tripoli shores halls of montezuma flame spouting dive thunder zooming  
 climbing sun wild blue yonder air force do or die always ready victory  
 shot and shell howling gale trust ready semperparatus home voyage foam  
 shore sail anchors aweigh coast guard strong loud cadence battle  
 fighting along roling nations might army Veterans Day



# Thanksgiving Crossword



© puzzles-to-print.com

## Across

1. First village established by the Pilgrims
4. Symbol of abundance and nourishment
8. An essential grain in the New World diet
10. Literally, travelers going to a holy place
11. The Pilgrims' boat
13. 16th and 17th century English Protestants
14. The traditional holiday bird
15. Indian who taught the Pilgrims many things

## Down

2. 4th Thursday of November
3. A traditional Indian dwelling
5. Gathering of crops
6. Season for harvesting
7. Country the Pilgrims left behind
9. Indian tribe that was present at the first Thanksgiving
12. Bright orange squash used to make pie

## PLEASE NOTICE

**Friday—November 13th & 27th**

The center **will not** be preparing Meals on Wheels or Drive through Meals

*Staff will be available to take your calls on Friday, Nov. 13 between the hours of 7:00 am to 4:00 pm*

### ALL PATRONS:

You will have the opportunity to receive 2 meals on Thursday—Nov. 12th and Wednesday - Nov. 25th

*If you so choose.*

Please notify the center by the **Tuesday** before if you would like an extra meal prepared & delivered on those days!

**PLEASE NOTE: Due to the Thanksgiving Holiday—the Center will not be open for meals & transit on Thursday, November 26th OR Friday, November 27th**



## UNO Gerontology Survey

This past June –2020, a Gerontology survey was sent out to our Home Delivered and Drive through patrons. This survey was focused on community reintegration and needs assessment of older adults mid and post COVID—19. Our AAA had a 56% return rate of these surveys—statewide it was almost a 50% return rate. Dr. Julie Masters stated “We were pleasantly surprised to learn that 98% of Northeast Nebraska AAA respondents had someone they could call if they needed help. We also note that close to 3/4 of respondents were interacting with others. Dr. Wilkinson and Dr. McKelvey will be sharing this news with others as part of a congressional call, but wanted you to know of our intention to emphasize the good work you are doing for people living in the community. This is a powerful message to share.”

**PLEASE SEE THE FOLLOWING PAGE OF THE SENIOR STAR NEWLETTER FOR DETAILED RESULTS PROVIDED TO THE NORTHEAST NEBRASKA AREA ON AGING.**



**ADVENT BEGINS  
SUNDAY  
NOVEMBER 29TH**



**REMEMBER TO TURN YOUR CLOCK BACK AN HOUR—SUNDAY: NOVEMBER 1ST**

## Thanksgiving Historical Time Line

The Pilgrims landed in the New World in December 1620. In the face of harsh weather and inadequate supplies, half the settlers died before winter ended. Historians say had it not been for local Indians who gave the settlers food and taught them how to plant corn, the entire colony might have perished. After their first successful harvest in the fall of 1621, the colonist declared a day of thanksgiving. The Pilgrims entertained 92 Indian guests. The first Thanksgiving started as a breakfast, and the festivities continued for three days. Boiled eel, lobster, roast pigeon, and stuffed cod were served at the meals. The Indians brought turkeys, pumpkins, corn, sweet potatoes, and cranberries. The Pilgrims had their first taste of popcorn which was given to them by the Indian brave, Quadequina, brother of Chief Massasoit. Georg Washington proclaimed November 26, 1789 to be Thanksgiving Day. It was a day of public thanksgiving and prayer. Over the next 74 years, people all over the U.S. celebrated their thanksgiving at different times. In 1863, President Lincoln re-established the holiday as a way to create a unified national culture in the face of Civil War, beginning on the last Thursday in November 1864. In 1939, President Roosevelt moved the celebration one week earlier to lengthen the shopping time before Christmas. In 1941 Congress proclaimed the forth Thursday of November to be the federal holiday of Thanksgiving starting in 1942.

## GOOD MANNERS ARE NEVER OUTDATED HERE ARE A LIST OF EMILY POST'S TOP 10 TABLE MANNERS

*(Great tips for your Thanksgiving Family Dinner)*

1. Chew with your mouth closed.
2. Keep your smartphone off the table and set to silent or vibrate. Wait to check calls and texts until you are finished with the meal and away from the table.
3. Don't use your utensils like a shovel or stab your food.
  4. Don't pick your teeth at the table.
  5. Remember to use your napkin.
6. Wait until you're done chewing to sip or swallow a drink. (Choking is clearly an exception.)
  7. Cut only one piece of food at a time.
8. Avoid Slouching and don't place your elbows on the table while eating (though it is okay to prop your elbows on the table while conversing between courses, and always has been, even in Emily's Day)
9. Instead of reaching across the table for something, ask for it to be passed to you.
10. Take part in dinnertime conversation.

## COVID-19 Survey of Meals on Wheels/Home-Delivered Meals Recipients

### Summary of Preliminary Results for Northeast Nebraska Area Agency on Aging

In July 2020, self-administered questionnaires were delivered to older adults age 60 or older receiving Meals on Wheels/Home-Delivered Meals across the eight Area Agencies on Aging in Nebraska. The survey aimed to understand whether and how the COVID-19 pandemic has altered the lives of aging Nebraskans. Preliminary results for **Northeast Nebraska Area Agency on Aging** are based on valid responses to 337 surveys out of a possible 605 surveys (response rate = 56%) returned to University of Nebraska researchers.

- The majority of respondents (78%) perceived that their life had changed as a result of the COVID-19 pandemic.
- More than one-third of respondents (38%) reported feelings of loneliness; however, nearly the same amount (37%) reported feeling lonelier due to the impact of the pandemic.
- Compared to their pre-COVID-19 life, the majority of respondents reported leaving their home less now (66%) or being unable to leave (3%).
- Close to 6 percent of respondents had not left their home to do something other than get the mail or newspaper in over a month. Older adults most frequently reported leaving their home within the last day (48%) or more than a day ago but within the last week (31%).
- More than three-quarters of respondents (78%) interacted with someone by phone/video chat or in person within the last day; however, 5 percent reported that it had been more than one week since their last interaction.
- When asked how they usually interact with family members, friends, and neighbors, the most frequent mode of interaction was telephone (91%), followed by in-person visits (53%).
- The vast majority of respondents (98%) had someone they could contact if they needed help or wanted to visit by phone or video chat.
- Similarly, the majority of respondents (92%) reported having community places that they frequently attended when restrictions were not in place. The most frequently occurring responses were place of worship (74%) and senior center (59%).
- Close to one-quarter of respondents (22%) have ever received healthcare services via telephone or video chat. Moreover, among those respondents, the majority (77%) had only begun using telehealth services since the COVID-19 pandemic.
- If telehealth services were available through a nearby community place, 59 percent of respondents indicated that they would be willing to use them.
- Less than one-half of respondents (44%) had to skip or postpone a health care visit due to the pandemic.
- Internet access at home varied among respondents: 39 percent reported no internet access, 7 percent reported non-reliable internet access, and 54 percent reported reliable internet access.
- In contrast to those with telephones (91%), comparatively fewer older adults reported owning or having access to smartphones (36%), computers (43%), and iPads or tablets (26%).

## 6 Tips to Have More Fun While Caregiving

Many dementia caregivers feel as though they are treading water just to avoid sinking under the often exhausting pressures associated with dementia care. But consciously changing your attitude can, with practice, significantly change how your days, and those of your loved one, unfold. Here are some tips to get started.

### **Offer comfort rather than correction**

No one wants to be repeatedly told that they are wrong, but that is often what happens to people who live with dementia. If the person with dementia says that her (deceased) husband took her to a dance last night, what does it matter that it's not true? Ask her to tell you all about it -- which allow for a pleasant interaction.

### **Listen to what is behind the words**

Learning to listen to the meaning behind your loved one's words is vital. For example, when your loved one says "I want to go home," chances are she is looking for what feels familiar and safe. Offer comforting words as well as distraction. ("Let's snuggle under the blanket and watch *"It's a Wonderful Life."*)

### **Help discover hidden talents**

The loss of inhibition that is generally part of dementia can allow creative talents to surface. At art museums, people with Alzheimer's often see meaning in paintings that others miss. During art therapy or home projects, many show an uncanny ability to capture emotion in paintings while music therapy allows expression and can improve self-image.

### **Make a record of their truths**

People with dementia often retain long-term memory. The opportunity to relate these memories by telling stories provides these individuals with validation that their lives have mattered. Listen deeply and you will learn to enjoy what could become great history lessons, as well as some of your own most precious memories.

### **Rediscover the hidden child in each of you**

If your loved one seems off in another world, join him. Ask him to tell you about what he is observing. Ask him about colors and textures and people. Ask him what he is doing and what people are saying. Validate his story. Truth can have many perspectives, so let your imagination run free and join your loved one his world.

### **Learn to let go of perfection**

The need for perfection can ruin your caregiving life. Your loved one may fight showers. She may fight having her hair combed one day and insist on having it set in curls another day. In caregiving, change is constant, so being flexible and learning to live with less order and predictability will lower your own stress.

### **The takeaway**

Nothing can make it easy for us to watch the cognitive decline of someone we love. Nothing will take away the agony of seeing loved ones so changed from the individuals they used to be. But imaginatively entering into their world is the most effective way to survive, and occasionally enjoy, the world of dementia caregiving.





**OUR GENEROUS DONATIONS**

- |                             |                         |
|-----------------------------|-------------------------|
| John & Anita Fuelberth      | Fran Poehlman           |
| Kathy Johnson               | Sandy Preston           |
| Great Dane Industry         | Roy Gramlich            |
| Betty & Al Wittig           | Ardyce Stanley          |
| Janis Myers                 | Ron & Sandra Wriedt     |
| Fritz & JoAnn Temme         | Lila Splittgerber       |
| Bob & Marilyn Carhart       | Hugh & Phyllis Obrien   |
| Bev Ruwe                    | Integrated Life Choices |
| Wayne Sr. Center Quilt Club | Mary Calhoun            |
| Brian & Sara Nelson         |                         |

\*\*\*\*\*

**MEMORIAL DONATION**

Lowell & Kathy Johnson: In memory of Viola Myer

**THANK YOU TO ALL OF OUR FAITHFUL VOLUNTEERS**



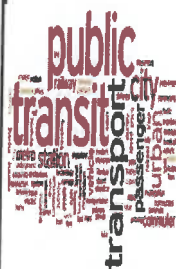
A special Thank you from Misty for all the kind words, memorials and loving support during her mom's passing. She loves her Senior Center family very much!

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

- |                   |                                |
|-------------------|--------------------------------|
| Diane Bertrand    | Manager                        |
| Misty Brasch      | Assistant Manager/Head Kitchen |
| Fran Poehlman     | Kitchen Aid                    |
| Bea Kinslow       | Kitchen Aid                    |
| Frank Sheda       | Van Driver/Asst.               |
| Roger Hochstein   | Van Driver                     |
| Dan Carroll       | Van Driver                     |
| Denny Spangler    | Van Driver                     |
| Phil Does         | Van Driver                     |
| George Burcum     | President                      |
| Carol Dunning     | Vice President                 |
| Verna Mae Baier   | Secretary                      |
| Joan Lage         | Treasurer                      |
| Francisco Morales | 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, United Way, and your donations.



**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 reservations. Call: 375-1460  
Please schedule trips and appointments  
Accordingly to hours of operation  
\$1.50 Fare for each stop  
**COVID PROTOCOLS IN PLACE TO PROTECT BOTH THE DRIVERS AND PASSENGERS**

**THIS YEAR PROVIDENCE MEDICAL CENTER OUTPATIENT DEPARTMENT WILL BE OFFERING ASSISTANCE FOR OPEN ENROLLMENT**  
The 2nd date for assistance will be Thursday, November 12th  
9:00 am to 3:00 pm  
Call the Social Service Dept.  
At 402-375-7938 for a Reservation for Assistance



**MEDICARE PART D**



**ANSWERS FROM CAMPAIGN SLOGANS**

- |                        |                           |
|------------------------|---------------------------|
| 1. Thomas Jefferson    | 2. Andrew Jackson         |
| 3. William H. Harrison | 4. Abraham Lincoln        |
| 5. Abraham Lincoln     | 6. Ulysses. S. Grant      |
| 7. Grover Cleveland    | 8. Liam McKinley          |
| 9. Theodore Roosevelt  | 10. Woodrow Wilson        |
| 11. Herbert Hoover     | 12. Franklin D. Roosevelt |
| 13. Harry S. Truman    | 14. Dwight Eisenhower     |
| 15. John F. Kennedy    | 16. Lyndon Johnson        |
| 17. Ronald Reagan      | 18. Bill Clinton          |
| 19. George W. Bush     | 20. Barack Obama          |

**Senior Center Staff Hours Available to take your calls**

**Monday – Friday 7:00 am to 4:00 pm**

For Curb Side Delivery or Meals on Wheels Delivery—Please call by noon the day before!  
Suggested Contribution remains: \$4.95 for 60 & up

**NOVEMBER HOURS AND SERVICES WILL REMAIN THE SAME**

Meals on Wheels delivery leaves the Center At 11:00 am. For curb Side pickup meal Reservations—Drive to the West Side of the Building between 11:15—11:30 am  
If you are unable to be out and about and would like a meal delivered directly to your home by our Great Volunteers—give us a call and Visit with Misty or Diane for Details!



A special thank you to United Way for funding the distribution of this newsletter.