



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

October, 2020

FUN FACTS OF OCTOBER: * It is the second Autumn month * National Fire Prevention Week falls during the week of October 9th each year. It commemorates the "Great Chicago Fire" of 1871. * October in the northern Hemisphere is similar to April in the Southern Hemisphere * The leaves of trees often begin to change their colors during this month * The World Series for Major League Baseball generally takes place during October. * The NBA, National Basketball League, and the NHL, National Hockey League, both begin their seasons in October. * There are many health observances that have October as their national month. These include Healthy Lungs, Breast Cancer, Lupus, Spina Bifida, Blindness and Sudden Infant Death Syndrome (SIDS). * The United Kingdom celebrates the 21st as "Apple Day". Are you ready for October?? I am sure that this October is one that is unlike all others. But it is still full of the beauty of fall. Take time to "Enjoy the Little things in life; for one day—you'll look back and realize they were the Big Things". **First of all**—we want you to understand that we ALL are anxious to reopen our center to both congregate and social activities. The ultimate decision as to when and how our center will reopen will be left up to the Senior Center Advisory Board. They have unanimously voted to continue to follow the guidelines and recommendations set forth by the Public Health Department and the Northeast Nebraska Area on Aging. We continue to meet and discuss updates and recommendations as they are received.

Remember, the senior centers do not follow the same guidelines set for the public businesses but rather the guidelines set for Nursing Facilities. These guidelines are put in place for the safety and well-being of everyone, both seniors and center staff. **Recent update from the Northeast Nebraska Area on Aging & the Elkhorn Logan Valley Health Department—addressing Phase IV and senior centers.** The following is from the Elkhorn Logan Valley health Department. "As you may have heard the Governor has decided that all but Lancaster County will be in Phase IV starting Monday, September 14th. Although we all realize how anxious the more mobile seniors are to get back into the Centers, there are many things that should be considered. First everyone should strongly consider "how" a center should continue their critical meals services if/when the staff should end up in quarantine from an exposure or illness. This means there will need to be a detailed back up plan in place should that happen. This should include the cooking, delivery and cleaning. Your center should base your opening/closure decisions based on this backup plan to provide services should an outbreak spark up." In other words—when the decision is made by the Center Board to start reopening for services, there will need to be a detailed plan set in place which follows the recommendations detailed by the Public Health Department and NENAAA. **Connie Cooper, Executive Director added the following:** "I continue to have concerns about providing congregate services. Exposing the center and center staff could affect nutrition services as well as our participants. The home delivered and to-go meals are an essential service to our seniors. We continue to hear of more outbreaks in our local nursing homes, schools, colleges, etc... Due to social distancing, the center cannot allow social activities, such a playing cards, playing pool, quilting, etc... We continue to discourage congregate meals and services and recommend you to continue as you are." **So—we at the Wayne Senior Center** will continue to offer our Home delivered and Drive through meals as scheduled. If you have not yet called and reserved a meal—check out the delicious home cooked meals and schedule in our October menu and give us a call!! As always, Staff will be available to take your calls between the hours of 7:00 am and 4:00 pm Monday through Friday.

If you want to make a meal reservation—it is helpful if you try to call by noon the day before so we can adequately prepare for the next day.



October 31, 2020:

Many historians believe that the origins of Halloween is a combination of Celt (Druid), British, and Christians traditions. The Celts celebrated Samhain (pronounce sow-in) which meant “summers end” and was held on October 31, the last day of their year. Their priests sacrificed animals to appease the gods in a bonfire, and people dressed in costumes danced around the fire. The Celts believed the dead walked the streets that night, and they left treats for the spirits that were unfriendly. Some sources say children went door-to-door begging for materials to keep the bonfire burning. After the Romans conquered Britain, the celebration of this date continued but was changed to November 1. In the Middle ages, Christians celebrated the martyrs of the church initially on May 13. Later, that date was changed to November 1 by Pope Gregory III and called All Hallow’s Day (now known as All Saints Day). The evening before was called All Hallow’s Eve, and it is believed that children and the poor went from House-to-house begging for small soul cakes in return for saying prayers for the dead. All Hallow’s Eve became known as Halloween.



TOP PICKS FOR HALLOWEEN CANDY



In Nebraska: Salt Water Taffy—Sour Patch Kids And Twix (What’s your favorite?)

* The most popular in 2019 was: M & M’s

* The most popular in the World: Snickers

America’s Top 5 most Popular Halloween Candy

1. Reese’s Peanut Butter Cups

Sales: \$509.85 Million Introduced in: 1928

Made by the Hershey’s Company

2. M & M’s

Sales: \$500.82 Million Introduced in: 1941

Made by the Mars Candy Company

3. Snickers Candy Bar

Sales: \$456.91 Million Introduced in : 1930

Made by the Mars Candy Company

4. Hershey’s

Sales: \$324.63 Million Introduced in: 1900

Made by the Hershey Company

5. Kit Kat

Sales: \$306.51 Million Introduced in : 1935

Made by the Hershey’s Company

HALLOWEEN SUDOKU PUZZLE



Instructions: Fill in the missing numbers (from 1 to 9) to solve the Sudoku puzzle. Each column, row and 3 X 3 subgrid *must* only contain each number once

	8	2	5	9			4	3
	1				3	9		
	3		2			5		
				4		8		1
2	4	7	3		8	6		
8				5			3	
1			8			2		4
	2	3	7	6		1	8	
		8	1					

FUN HALLOWEEN TREAT TO SHARE WITH YOUR GRANDCHILDREN (OR just to enjoy yourself) WITCH HATS



- Hershey’s chocolate Kisses Unwrapped
- 11.5 oz. pck. Fudge-striped cookies (i.e., Keebler’s Fudge Stripe Cookies)
- 2 tubes of decorative cake writing gel (i.e., Cake Mate)
- Decorative sprinkles (i.e., nonpareils, jimmies, mini M & M’s, mini chocolate chips)

DIRECTIONS

1. Turn over each cookie
2. Hold the candy Kiss in your hand upside down and squeeze a large dollop of writing gel on the bottom of it.
3. Put the Kiss right-side up on the center of the cookie
4. Decorate with sprinkles or better yet—have your grandkids help decorate with their favorite sprinkles



OH—THIS IS SOOOO TRUE!

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
September 15, 2020**

The monthly meeting of the Wayne Senior Center was called to order at 9:35 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 August meeting were approved in a motion by Carol Dunning and seconded by Joan Lage. Motion carried. Treasurer Joan Lage presented the Treasurer's report for 8-10-20 through 9-9-20 with \$319.75 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.

Open Issues:

1. The Minutes from the August 28, 2020, Center executive board meeting were approved in a motion by Carol Dunning. Seconded by Joan Lage. Motion carried.
2. The written comments on the Onsite audit by Morrow, Davies & Toelle, P.C. covered Bank Reconciliations and Demographics. Appropriate measures have been completed.
3. An update on City Transit system: COVID regulations were explained Ridership continues to increase. Application forms for the purchase of the new van have been submitted. COVID regulations may allow for financial assistance with this purchase. The new van will have a wheel chair lift.
4. Information from ELVPHD and NENAAA on moving to Phase IV: **"Everyone should strongly consider "how" a center should continue their critical meal services if/when the staff should end up in quarantine. This means a detailed back-up plan should be in place should that happen. This should include cooking, delivery and cleaning. Opening/closure decisions should be based on the back-up plan."** Connie Cooper continues: **"This is a senior center board decision. I have concerns about providing congregate services. Exposing the center and center staff could affect nutrition services as well as our participants. The home delivered meals and to-go meals are an essential service to our seniors."** Additional comments: Due to social distancing, the center cannot allow social activities, such as playing cards, playing pool quilting, etc. The Agency will not reimburse for social activities at this time. The Senior Center Board discussed, at length, the welfare and safety of all center participants and the detailed plan that would be necessary. Joan Lage made a motion to continue to follow the currently used plan of action to provide go-thru meals and MOW. Seconded by Carol Dunning. Motion carried.
5. The Fiscal Year for the City of Wayne begins Oct. 1. The mens bathroom will be renovated in the near future. The Senior Center Assistant position will be a co-op position with the Wayne Library and the Senior Center. Pay rate is open to negotiations.
6. Approval has been received from NENAAA to offer drive-thru Flu Shots. PMC Pharmacy will be administering these vaccinations. This will happen on two Fridays in October.
7. No additional concerns were presented. Meeting adjourned at 10:25 a.m.

Verna Mae Baier, Secretary



Halloween Wordsearch

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

alien
 cauldron
 creature
 goblin
 make-up
 otherworldly
 princess
 spooky
 trick

black
 cemetery
 darkness
 grim
 mask
 pirate
 pumpkin
 superhero
 vampire

broomstick
 chocolate
 demon
 haunted
 moonlight
 police officer
 robot
 superstition
 weird

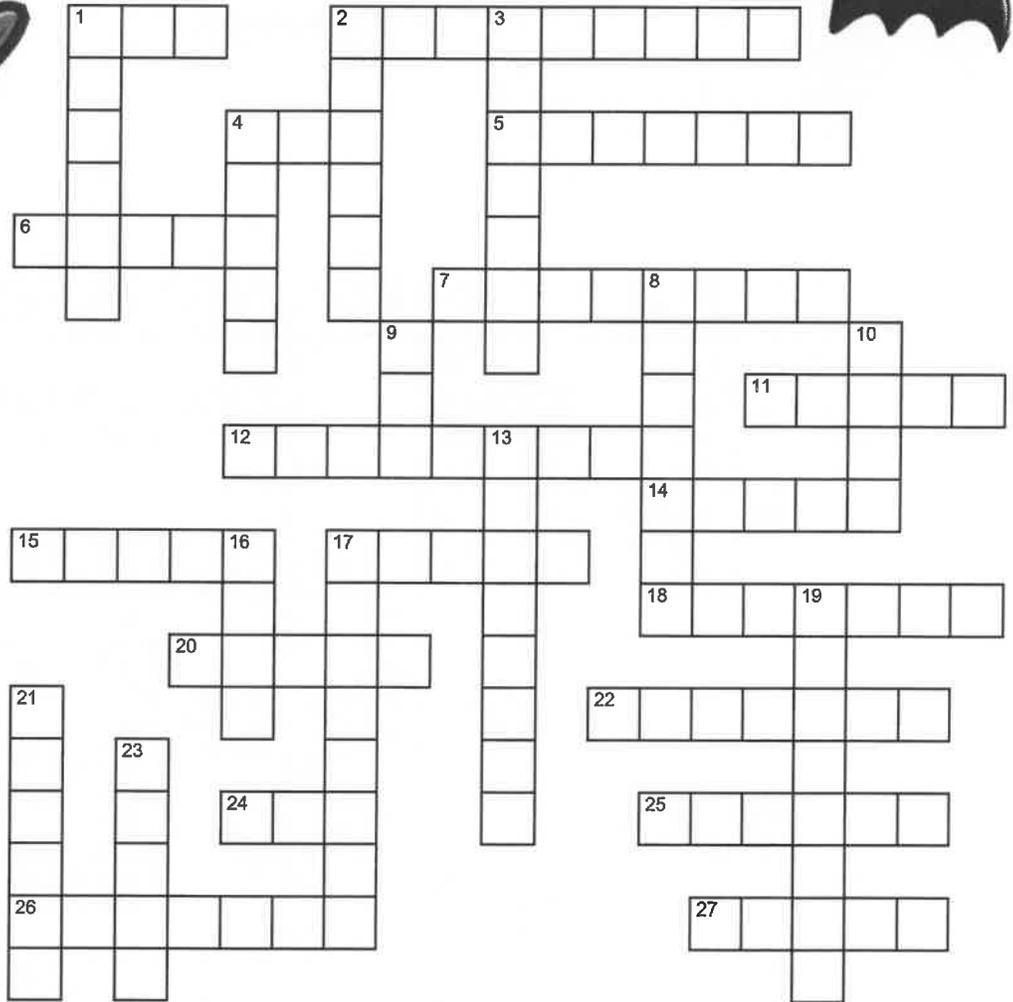
candy
 cobweb
 dragon
 hocus pocus
 mummy
 poltergeist
 skeleton
 tombstone
 wizard

cat
 costume
 firefighter
 lantern
 ninja
 potion
 spider
 treat





Halloween



Across

- 1. He swallowed the canary.
- 2. Playground for ghosts.
- 4. What a spider spins.
- 5. Frankenstein has one.
- 6. When ghosts come out to play.
- 7. Scare.
- 11. What the pot might call the kettle.
- 12. October 31st.
- 14. ____ or treat.
- 15. Witch transportation.
- 17. Frightening.
- 18. The Count.
- 20. A skeleton is just a bunch of these.
- 22. Disguise.
- 24. Lives in the belfry.
- 25. Incey wincey is one of these.
- 26. Main ingredient in a popular pie.
- 27. ____ stories.

Down

- 1. Where a vampire sleeps.
- 2. Evil or mischievous creature.
- 3. He hates garlic.
- 4. Samantha for example.
- 8. ____ house.
- 9. Whoo? Whoo?
- 10. Mr. O'Lantern.
- 13. Comes out on full moon nights.
- 16. Might be full, half, or new.
- 17. A boney sort of fellow.
- 19. Fire burn, and ____ bubble.
- 21. When something makes our skin crawl, it's this.
- 23. Found in Egypt.



Caregiving During COVID-19: Be Well With These 4 Tips

During periods of crisis like the COVID-19 pandemic, family members and close friends continue to provide daily care. Caregivers should develop habits and strategies to maintain their own health and well-being. This helps to both limit viral transmission and to avoid the ever-present risk of **caregiver burnout**.

Here are some key strategies and tips for caregiving in the era of COVID-19.

Reduce Transmission of Coronavirus

Follow CDC-recommended protocols for personal and patient hygiene. Wash your hands often for at least 20 seconds, especially:

- Before, during, and after food preparation
- After using the toilet, blowing your nose, coughing, or sneezing
- Before and after treating someone who is ill

Stay Informed about COVID-19, But Don't Overdo It

Keep up to date on the state of COVID-19 in your area, but don't obsess—and don't mistake social media opinion for fact.

- A constant barrage of pandemic-focused news can be mentally and emotionally overwhelming, so try to limit your intake to a certain time or times each day.

Take Care of Yourself

Your patient's well-being relies on your ability to maintain your own. To be at your best, be sure to:

- Eat healthy, balanced meals
- Maintain a regular sleep routine
- Find chances to exercise whenever possible

Stay Connected

Social distancing doesn't mean total isolation:

- Reach out to friends and family regularly for casual chats and wellness checks.
- Consider spending time together virtually, whether by watching a movie over a video chat session or playing games together online.
- If you live with loved ones, find ways to help and support each other.



Fitness with a Side of Dysfunction?

As we move into Fall, many people have a renewed focus on fitness so it's worth taking a look at what fitness really means. The dictionary defines fit as "sound physically and mentally, healthy." Using that definition, many "fitness" routines fall short of the goal. If you don't enjoy running and dread every workout, you're probably falling short of the "sound mentally" portion. Exercise should be enjoyable, reduce stress, and leave you feeling better, not worse.

No Pain no Gain?

Exercise should also leave you feeling better physically. If you can run a good time in a 5k, but have aches and pains for days after, you're not "sound physically." If you are increasing your personal best in the squat rack, but your joint pain is increasing right along with it, you're not "sound physically" either. Sure, some muscle soreness and fatigue after a hard workout is normal. But if you're having pain that doesn't go away, sore joints, or trouble moving after exercise, you're probably developing movement dysfunction along with your fitness.

Movement Dysfunction

Go back to the dictionary and you'll find that dysfunction is "impaired or abnormal functioning." So movement dysfunction is impaired or abnormal movement. When someone has a movement problem like a sore joint, limited range of motion, or strength loss the brain finds a way to get the body to do what it wants. That usually means moving in a way that is less than optimal. For a while it works. But eventually it leads to injury. As a concrete example, think of someone who has trouble bending one knee doing squats. Then one knee bends further than the other, it will cause one side of the pelvis to drop lower than the other. Now that the pelvis isn't level, the spine bends towards the high side to stay balance. When that one side of the pelvis drops lower than the other one, it also usually rotates. Now the spine has to bend to the side and twist to keep you upright. This works for a while, but as weight gets added to the squat, and the repetitions add up so does the risk for a back injury.

Preventative Medicine

Pain during workouts, or pain and soreness that don't go away after, can be warning signs of a movement dysfunction. If you're experiencing any of these, your physical therapist is a movement expert who can help. Physical therapists are trained to analyze movement, and figure out the root cause of problems. They can then design a program to treat the cause and correct the abnormal pattern. There is no need to wait until you're injured to see your physical therapist. In fact, it's preferable not to. Getting minor problems fixed early means fewer visits to the physical therapist, less pain, and not having your workouts or favorite activities put on hold by injury.

Karen Longe, Doctor of Physical Therapy, is the founder of **KEL Physical Therapy & Wellness** in Wayne, NE. She enjoys helping people get back to activities that they love to do NATURALLY using her manual therapy skills, dry needling, powerful education and instruction in corrective exercises. She is passionate about educating and provides monthly workshops open to all. For more information on her services contact her via phone at 402-999-4564, Karen@KEL-PTwell.com, or visit KEL-PTwell.com or her business Facebook page.

PLEASE NOTICE

Friday—October 9th & 23rd

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

Staff will be available to take your calls on those Days between the hours of 7:00 am & 4:00 pm

ALL PATRONS:

You will have the opportunity to receive 2 meals on Thursday—Oct. 8th and Thursday - Oct. 22nd

If you so choose.

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



**Interesting facts
About common
Words or
Phrases**

QUACK

The duck makes the same sound regardless of the country it's in. With the waddle, it reminds one of a pompous person, strutting along, and eternally quack-quacking to itself.

That is what the Dutch thought of the tricksters parading around their country during the pandemic of the Black Plague in 1500's Europe, setting dubious cures such as salves to ease the pains of desperate citizens. They called them "quacksalvers," or ducks quacking over their salves. The English, however, shortened it to "quack," and applied it to any pretender of medical learning and skill.

QUAKER

The members of Society of Friends sometimes used the name "Quaker," but they have never officially adopted it. The founder of the Society himself, George Fox, said it was first applied to him in 1650. He had to go to court in England and was to appear before not one but two justices. He exhorted them to "tremble before the word of God." One of the judges, Judge Bennet, sarcastically interpreted this that he should "quake before the word of God." The judge sneeringly referred to those who joined the religion as "Quakers." The nickname stuck for the new sect.

QUARRY

This word applies to any animal chased or hunted. Hunting dogs in the Middle Ages in France were rewarded when they caught their prey. They had some of the parts of say, a deer, placed on their skin, or in the French of the time, their "cuiree." This became "quire" in Middle English. The part of the animal chased, which was placed on the skin of the dogs to eat, eventually became the entire live animal which the dogs sought as their prey.



HOW DO YOU EAT YOUR APPLE

- If you munch around the apple core it reveals that you are easygoing and easy to please.
- If you eat your apple in rows from top to bottom, it indicates that you are logical and have a methodical approach to life
- If you peel your apple before eating, you have a probing analytical mind.
- If you slice your apple horizontally instead of vertically, you are a non-conformist..
- If you always cut an apple into wedges, you are neat, orderly, and very organized..



Recipe for the month:

APPLE CRISP PIZZA

INGREDIENTS:

- Pastry for single-crust pie, (9 inches)
 - 2/3 cup sugar
 - 3 tablespoons all—purpose flour
 - 1 teaspoon ground Cinnamon
 - 4 medium baking apples
(Peeled and diced into 1/4 inch pieces)

TOPPING:

- 1/2 cup all-purpose flour
- 1/3 cup packed brown sugar
- 1/2 cup old-fashioned rolled oats
- 1 teaspoon ground cinnamon
- 1/4 cup salted butter, softened (**see Note**)

DRIZZLE

- 1/2 cup Carmel topping

INSTRUCTIONS

Preheat oven to 350 degrees.

Roll pastry to fit a 12 inch pizza pan: fold under edges to give the pizza a bit of a raised crust. Combine sugar, flour and cinnamon in a medium bowl. Add peeled-diced apples and toss. Arrange the apples in a single layer over the pie crust to completely cover it.

FOR THE TOPPING:

Combine the flour, brown sugar, oats, cinnamon, and butter in a bowl. Mix well. Works Great to use Clean Hands to get in there and mush it together until it's texture of wet sand. Sprinkle topping evenly over the apples. Bake at 350 degrees for 35-40 minutes or until apples are tender. Remove from oven and immediately drizzle with caramel topping. Cut into pizza slices and serve warm with ice-cream

NOTE: Salted butter works best- it cuts the sweetness of the pizza. If you don't use salted butter—sprinkle some salt on top of the crisp. It brings out the flavors!

NOTE from Diane:

Now that's how I like to eat my apple

QUESTION: Is it safe to eat an apple a day??

ANSWER: An apple a day will not cause you to consume too much sugar, so keep up this healthy habit. In fact—you should be eating more than one fruit serving (e.g. one medium sized fruit) each day. Fruit is one of the best sources of fiber, vitamins, minerals and antioxidants. *Grab your favorite apple today!*



OUR GENEROUS DONATIONS

- | | |
|---|-----------------------|
| Ardyce Stanley | Ken & Jan Liska |
| Fran Poehlman | Sandra & Ron Wriedt |
| Roy Gramlich | Donna Lundin |
| Fritz & Joann Temme | Paul Dangburg |
| Loren & Dot Park | Glennadine Barker |
| Sharon Denker | Bob & Marilyn Carhart |
| Beverly Ruwe | Deb Daehnke |
| Mardelle Brudigan | Jim & Arlene Robinson |
| Marcella Larsen | Janis Meyers |
| Pat Robinson (St. Paul Lutheran Church) | Anita Fuelberth |

THANK YOU
Volunteers!
We couldn't do it without you

Memorial Donation for:
Rick Barelmann

The Wayne Public Transit
Now Open for Transportation
Protocols in place to protect both
The Drivers and Passengers
Hours of Service

Monday through Friday
8:00 am to 4:00 pm (only)

Please schedule trips and appointments accordingly

We are an on demand service

Call for Reservations

402-375-1460 for complete details



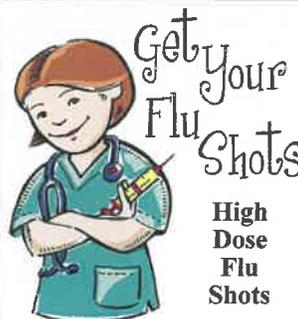
© Can Stock Photo

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 |

**WHEN YOU CAN'T
FIND THE
SUNSHINE, BE THE
SUNSHINE.**

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.



TAKE ADVANTAGE OF THIS GREAT SERVICE

Friday, October 9th &
Friday October 23rd
9:00 am to 12 Noon

Drive through Flu Shot Clinic
w/ PMC Pharmacy
(South/West of Center)

High
Dose
Flu
Shots

Providence Community Pharmacy and the Wayne Senior Center will be providing a "Drive Through" Flu Shot Clinic. There will be a short screening and consent form that the PMC staff will ask and documenting a verbal authorization of consent (so there will be no passing around clip-boards or paper). PMC staff will also take a picture of your Medicare OR Medicare Advantage card (REMEMBER to have your card available) so there is no passing back and forth.

(SAFETY FIRST)

NO RESERVATIONS NEEDED & NO PAPERWORK NEEDED PRIOR TO THAT DAY

*Come with your sleeve rolled up and a little Patience
While you wait for your turn in line!*

A note from the CDC website: Routine vaccination prevents illnesses that lead to unnecessary medical visits and hospitalizations, which further strain the healthcare system. For the upcoming flu season, flu vaccination will be very important to reduce flu because it can help reduce the overall impact of respiratory illnesses on the population and thus lessen the resulting burden on the healthcare system during the COVID—19 Pandemic. A flu vaccine may also provide several individual health benefits including keeping you from getting sick with flu, reducing the severity of you illness if you do get flu and reducing your risk of a flu-associated hospitalization. "Save the date"

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**

**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.*