



410 N. Pearl Street

The Senior Star

A Monthly publication for the Wayne Senior Center

GoodBye February



March 2023



MARCH: Will it come in like a Lion or Lamb?? Either way—March will be a busy month here at the Wayne Senior Center. Look through our Menu and Activity page and check out all the delicious meals and daily Activities for everyone to enjoy! Last month I introduced all the Staff that make up the Wayne Senior Center and this month I would like to visit with all of you about our Meal program here at the center. We have been extremely blessed with the overwhelming amount of support over the past months. As all of you know—Misty does a fantastic job in creating “Great Home Cooking” With that comes A LOT of planning and preparation. All of you “Home cookers” know what goes into making a meal for a large amount of people. There is a fine line to “Underpreparing”— or not making enough food OR “Over preparing” - making too much which ends up costing more and having more leftovers. Our number of Patrons who have called in to reserve a meal has significantly increased . Our kitchen & equipment are not the largest and we do our best to meet the increasing requests for our meals. However, with our numbers increasing and both our Kitchen and our staffing remaining the same—we have had to put a limit as to how many meals we can comfortably prepare for : Our Congregate meals as well as packaging up for home delivery and drive through meals. With our meals all being Home-made—the meat needs to be thawed & cooked—Jello salads made a day ahead of time, potatoes peeled , bread prepped.....all the little details that go into preparing a well balanced meal. Our menu’s are made available in advance so all of you can see what meals you would like to have—so the best rule of thumb, if you know you would like to come on a certain meal, call early to get your name on our reservation list. When we reach the number we can adequately prepare for (which is usually around 75 to 80)we can put your name on a waiting list incase anyone cancels their meal reservation for that day. On that note—if you have made a reservation for a meal and you no longer want the meal, PLEASE call as soon as you know so that we may call anyone who is on the waiting list. If you have any questions—do not hesitate to call and visit with Misty or Diane. And again—thank you all for helping to make the Wayne Senior Center such a *Great Place to be!*

What's Happening in March THIS MONTHS HIGHLIGHTS

Wednesday, March 1st

Monthly Birthday Party: Birthday treat sponsored by Country View

Friday, March 3rd

Senior Day Drawing by Kinship
Music at 11:30 am by Dan Hansen

Monday, March 6th

11:45 AM—Q & A on School Bond Referendum
by Wayne School Superintendent
Mark Lenihan

Wednesday, March 8th

Special Luncheon Drawing by Kinship

Thursday, March 9th

11:15 to 11:45 Am—Magnuson/Hopkins
Eyeglass Care

Friday, March 10th

11:00 am to 12 Noon—Girl Scouts will be at
The center—Get a box of your favorite cookies

Monday, March 13th

Toe Nail Care by Rachael
(*CALL FOR A TIME*)

Tuesday, March 14th

Health Clinic: 9:45 to 11:45 am

Wednesday, March 15th

“We serve Wednesday” with Countryview
Monthly Board Meeting @ 12:30 pm

Friday, March 17th

HAPPY ST. PATTY'S DAY

Music by Deb Dickey

Friday, March 24th

Special Luncheon Drawing by Countryview

Tuesday, March 28th

11:30 am—SPOTLIGHT ON PROMISE

Wednesday, March 29th

10:00 am—Caregivers Support Group

Friday, March 31st

FINE DINING FRIDAY w/ Kinship

Music by Connie Webber

As always there are daily activities of AM and PM Coffee, Walking, FROGS, Puzzling, Quilting, Pool, Bridge, Hand & Foot, Pitch, SkipBo and Bingo. See the Activities calendar for the full schedule of all of these events.

**What's
Happening**

St. Patrick's Day

St. Patrick was born at Kilpatrick in Scotland in 387 A.D. He was 16 years old when he was captured by Irish marauders and sold as a slave to a chieftan named Milchu in Ireland. (Some sources say he was only 14) He lived in Ireland for six years as a slave. In a dream, he heard a voice, believed to be God's, who told him it was time to leave Ireland. He escaped and eventually became a priest. Years later, in another dream, an angel told him to return to Ireland. He was sent to Ireland by Pope Celestine I. He taught Christianity to the Irish people. There are many facts and some folklore about the happenings and miracles which occurred when St. Patrick was there. One fact was that he taught the people about the Trinity of God's nature. The Irish people were having a difficult time understanding how God could be one and yet three persons at the same time. St. Patrick held up a clover and showed the people how it was one clover, yet it had three leaves. People still use this example to explain the Blessed Trinity. One of the examples of folklore is that he drove the snakes from Ireland which may or may not be true. It is thought that this is used as a metaphor of his driving out the devil by getting rid of pagan worship.

Irish Stew

Ingredients

- ⇒ 3 Tbsp olive oil
- ⇒ 2 lbs beef stew meat, cut into small cubes
- ⇒ 2 Tbsp tomato paste
- ⇒ 1 beef bouillon cube
- ⇒ 1 lb carrots, peeled and cut into small pieces
- ⇒ 8 potatoes, cut into medium sized pieces
- ⇒ 1 onion, cut into small pieces
- ⇒ 12 oz. bottle of Irish stout beer such as Guinness

Directions

- ⇒ Heat olive oil in a skillet and brown the meat
- ⇒ Stir in the tomato paste and bouillon cube. There should be liquid in the pan from the oil and meat so that the paste and cube will dissolve. If there is not enough liquid, add a small amount of water
- ⇒ Place carrots, potatoes, and onions in a slow cooker, then stir in the meat mixture
- ⇒ Pour in the beer
- ⇒ Cover and cook for 8 hours on low heat



The first day of Spring is March 20th!

Spring Trivia

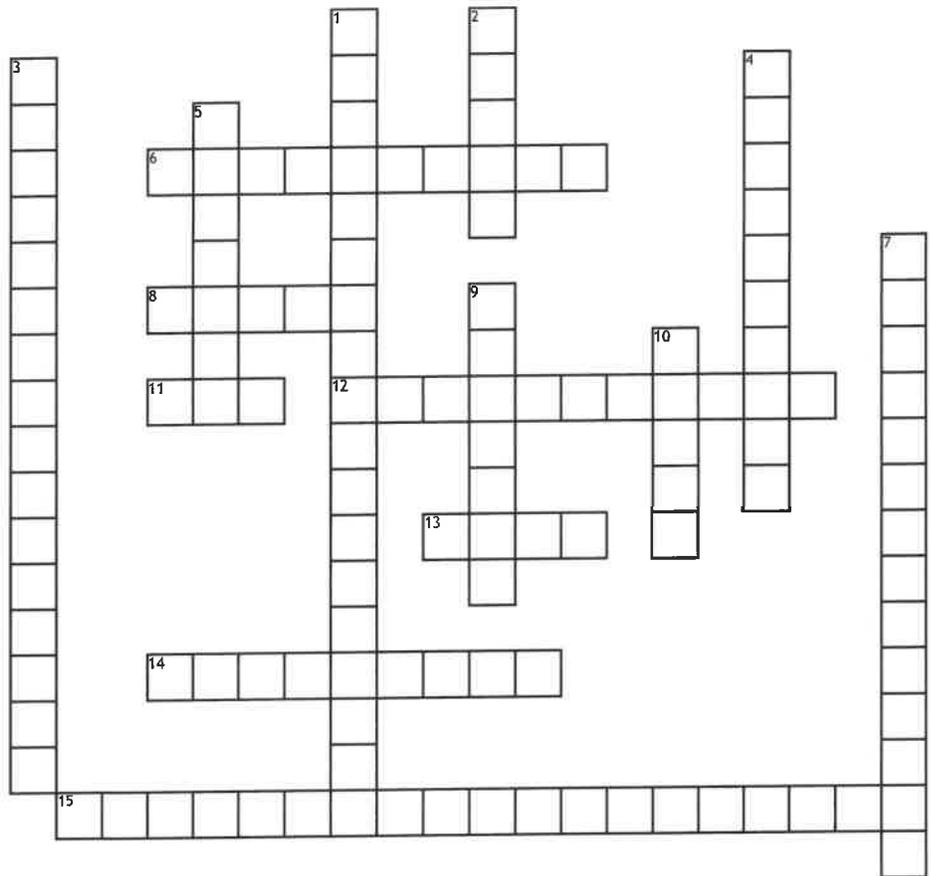
- * Spring, by seasonal description is the vernal equinox, one of two times in the year that the hours of daylight and darkness are equal. The same is true of the autumnal equinox. These events occur in March and September. While the Northern Hemisphere celebrates the vernal equinox, the Southern hemisphere celebrates the autumnal equinox, and vice versa. These are the only times of the year when the sun rises due east and sets due west. A person standing on the equatorial line would see the sun pass directly overhead on these two days. During the spring equinox, the earth's axis is tilted toward the sun which increases the hours of daylight which warms the earth and encourages new growth.
- * The season following winter was first referred to as Spring in 1547. Prior to that (1387), it was called 'the springing time.'
- * The word spring in reference to the season comes from Germanic origin that developed from words referring to leafing out, spring up.
- * The term Spring Cleaning was first used in 1857.
- * The flower Snowdrop is the first flower of Spring
- * 36% of Americans say spring is their favorite season

Why Spring Cleaning is Good for You

1. It increases productivity because you can save tons of time in the future if you declutter and organize now!
2. It can help you avoid allergy symptoms and help you feel healthier
3. Having a tidy home makes you happier. Cleaning provides a sense of satisfaction.
4. Spring cleaning reduces stress both through the act of cleaning and having an organized environment
5. It helps you focus. A thorough clean helps to clear your mind of things that need to be done around the house and makes it easier to focus



March Crossword



Across

6. What sport is March madness?
8. What you feel when you don't wear green.
11. Common Irish hair color.
12. One week break from school
13. Whats in the pot at the end of the rainbow.
14. Also known as a Shamrock
15. Begins on March 13th

Down

1. What is March declared as?
2. Day with a lot of math jokes on the 14th
3. Holiday on the 17th
4. Has a pot of gold at the end of a rainbow.
5. Some Irish people play these.
7. This plant could bring you good luck
9. Where you find a pot of gold.

10. The color you wear on St. Patrick's day

St. Patrick's Day

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

BAGPIPE
 DUBLIN
 GOLD
 HOLIDAY
 LITTLE PEOPLE
 MAGIC
 POT OF GOLD
 SNAKE

CELEBRATE
 EMERALD GREEN
 GOOD LUCK
 IRELAND
 LUCK
 MAGICAL
 RAINBOW
 St. Patrick's Day

CLOVER
 FOUR LEAF CLOVER
 GREEN
 IRISH
 LUCK OF THE IRISH
 MARCH
 SAINT
 TRADITION

COINS
 FORTUNE
 HARP
 LEPRECHAUN
 LUCKY
 PATRICK
 SHAMROCK
 WEARING OF THE GREEN

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
February 15, 2023**

The monthly meeting of the Wayne Senior Center was held with President George Burcum calling the meeting to order. (12:30p.m. .) Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum Vice President: Carol Dunning, Secretary: Verna Mae Baier, Treasurer: Ginny Otte and Board Member: Jeanette Swanson. Absent: Board Member: Joan Lage.

The minutes of the January 20, 2023 meeting were approved as published in the February Senior Star in a motion by Carol Dunning and seconded by Ginny Otte. Motion carried.

Treasurer Ginny Otte presented financial information for 1-17-23 through 2-14-23 with expenses of \$60.00.. [Vel's Bakery: emulsion for rye bread]. This amount of expenses was approved in a motion by Verna Mae Baier and seconded by Carol Dunning.. Motion carried and this financial report was accepted.

Coordinator Bertrand presented an overview of February and March. The month of February was fabulous and numbers were great. Events scheduled for March: St. Patrick's Day, First Day of Spring and Daylight Savings time will begin. March newsletter is in the process of completion.

Coordinator Bertrand and Office Assistant Jill Lemkuhl attended a Managers meeting with NENAAA on Wednesday, January 25.

Coordinator Bertrand presented a comparison of numbers for Congregate Meals in FY22 and Congregate Meals in FY23.

July FY22	1243	July FY23	1271	Increase	28
Aug FY22	1219	Aug FY23	1516	Increase	297
Sept FY22	1194	Sept FY23	1463	Increase	269
Oct FY22	1091	Oct FY23	1400	Increase	309
Nov FY22	1005	Nov FY23	1378	Increase	373
Dec FY22	1001	Dec FY23	1317	Increase	316
Jan FY22	1200	Jan FY 23	1339	Increase	139
Total Increase				July	January
					1731

Discussion was held on meal numbers and reservation policy. Center participants with complaints need to submit complaints in writing to the Center Board. Action will take place at the next scheduled meeting.

Coordinator Bertrand presented the FY24 Budget Overview for Approval. A motion was made by Carol Dunning to approve this FY24 Budget. Seconded by Ginny Otte. Motion carried.

On second notice: A motion to accept Jeanette Swanson as a Board member (to fill Keith Jech's position) was made by Verna Mae Baier. Seconded by Ginny Otte. Motion carried. Board members voiced a big welcome to Jeanette.

Coordinator Bertrand will represent the Senior Center at the Ad Waiver contract meeting today, Febr. 15

No additional items were presented. The meeting was adjourned at 1:10 p.m.

The next meeting will be March 15, 2023.

Verna Mae Baier, Secretary

Signs of Caregiver Burnout

By: Anne-Marie Botek

Caregiver burnout is not isolated to traditional caregiving professionals such as nurses and paid private duty caregivers. In fact, according to the Family Caregiver Alliance, 40-70 percent of family caregivers report clinically significant mental and emotional effects of caregiving, and a joint report published by AARP and the National Alliance on Caregiving found that roughly 40 percent consider their care situation highly stressful. Be sure to look for the following signs that you are becoming physically and emotionally exhausted by the burden of providing care.

7 Signs of Caregiver Burnout

Isolation & Withdrawal: If you discover that you consistently don't want to interact with people, especially close family and friends, it could be a sign that caring for your elderly loved one is becoming too draining.

Loss of Interest in Activities: If you've lost interest in your favorite hobbies and pastimes, it may indicate that you need a break from caregiving.

Feeling Overwhelmed & Hopeless: Thoughts of hopelessness, suicide or hurting your elderly loved one are dangerous warning signs of extreme burnout and probable depression. You should immediately seek help from a mental health professional if you find yourself having violent thoughts. The National Suicide Prevention Lifeline is also available 24/7 at 1-800-273-8255 and provides free and confidential support and resources to individuals in distress.

Changes in Mood: If you find that you are normally even tempered but are now quick to anger, or you were once upbeat and now can't find happiness, you may need to take a step back. Trust your emotional state to be a good gauge of your current stress level.

Changes in Eating Patterns: Abnormal eating patterns—whether it's eating too much or not enough—can be symptoms of extreme stress. Many caregivers experience emotional eating and reach for comfort foods as a way of soothing negative feelings. Others are so wrought with stress that they lose their appetites and hardly eat at all. Digestive issues may accompany changes in appetite as well.

Changes in Sleep Patterns: If you have trouble falling asleep at night, difficulty staying asleep or a hard time getting out of bed in the morning, you may be feeling the effects of caregiver burden.

Changes in Health: Stress can devastate your immune system, especially over the long term. Illnesses that last longer than they should are a sign of compromised immune function that could be due to your caregiving duties. In addition to drawing out temporary illnesses, chronic stress can also contribute to serious chronic medical conditions like heart disease, diabetes, autoimmune diseases and gastrointestinal disorders.

Where to Turn for Help

Voicing your concerns to a professional—whether it's a family doctor, therapist or social worker—is a great first step in getting the help you need. Remember that the best care can only be provided when the caregiver takes care of themselves, too.

Additionally, finding ongoing support to help cope with the daily stressors of providing care can help reduce frustrations and feelings of despair. In-person support groups are a great resource for caregivers; oftentimes with the added benefit of connecting with others who are dealing with specific age-related conditions like Alzheimer's disease or Parkinson's disease. Local Area Agencies on Aging can provide detailed information about the respite resources, counseling services and other support programs available near you. For those who are unable to attend an in-person support group, sources of online support, such as the AgingCare Caregiver Forum, enable caregivers from around the world to connect with each other, vent and share at any time.



It's easy to get people dancing at parties. Just hold up the line for the bathroom.

Popular Home Remedies That Don't Work

We love home remedies and homemade house-cleaning products made from readily available natural materials. However, natural remedies don't always work and can even be harmful. Natural is often safer, cheaper, and just as effective, but not always. Here are some common misperceptions:

1. Buttering a Burn

Treating burns with butter (or egg white, oil, toothpaste, milk) may soothe the burn temporarily but can also cause infection. Medical experts say that for mild to moderate burns, if cold water is available, it should be run over the burned area for several minutes— but don't use ice or ice water, which could damage the tissues. Unbroken blisters can heal without covering, but if the skin is broken, apply a light sterile dressing after washing the area gently with soap and warm water.

2. Treating Warts with Raw Potato

Almost every common ingredient has been used at one time or another to eliminate warts. Among the most popular: raw potato, banana peel, fresh pineapple, raw garlic, dandelion juice, ground flaxseeds, and duct tape. Duct tape was a leading contender until further research contradicted earlier findings. Warts are skin growths caused by viruses. Even warts resistant to folk remedies and doctor's ministrations may disappear overnight. The immune system discovers them, and they disappear!

3. Whitening Teeth with Fruit, Citrus Juices, or Vinegar

Yes, the acids in fruit can have a temporary whitening effect on stained teeth. But citrus juice or rinds, strawberries, or cider vinegar will also remove the protective enamel. Dentists recommend brushing or rinsing your mouth after eating acid fruit or vinegar-y dressings to reduce the effects of acid erosion.



4. Eating Raw Eggs or Using Them as Facial Masks or Hair Conditioners

Raw egg whites have a long history of use as skin-tightening masks. Whole, raw eggs have been used as hair-conditioning treatments, not to mention as food for slurping by strength athletes and bodybuilders for optimum protein nutrition. You've no doubt seen news of periodic outbreaks of salmonella in eggs. Food safety experts have long recommended using only pasteurized eggs in recipes that call for raw eggs, and in cooked dishes, cooking them until both yolks and whites are firm. Though the risk of salmonella poisoning from raw eggs is very low, it's best to seek other ways to tone your skin, condition your hair, and build your muscles.

5. Eating a Little Poison Ivy Every Spring to Acquire Immunity from the Rash

Yikes! Can this even work? Who really knows? One thing this folk remedy can do (and has done) is put the consumer into the hospital with internal injuries. It's even caused fatalities. A side note: Some people say they have a natural immunity to urushiol, the oil in poison ivy that provokes the in reactions. Allergy specialists say that many people with supposed immunity may become sensitive after repeated encounters with the toxic oil and others seem to develop immunity, but each encounter increases sensitivity to the potent oil and with enough encounters, the immunity will disappear.

6. Using Ground Spices as Medicine or in Facial Scrubs

Turmeric, cloves, allspice, black pepper, cinnamon, and other spices have been used for centuries in medicinal compounds or as components of facial scrubs. A recent government analysis found 12 percent of imported spices are contaminated with salmonella and other microorganisms, along with insects, animal feces, and other contaminants. If you want to use raw spice mixtures as facials or for sprinkling on food, toast whole spices and grind them yourself or limit their use to well-cooked dishes.

7. Licking a Wound to Promote Healing

Not a good idea. Despite the presence of some antimicrobial compounds in human saliva, the mouth also harbors not-so-nice bacteria that could cause serious infection. Infection experts recommend washing a wound with soap and water, applying an antiseptic, and covering with a sterile dressing. Deep burns or burns that cover a large area of skin need medical attention.



OUR GENEROUS DONATIONS

Nancy Rauss, Alvin Anderson, Phyllis Rahn,
Charles Maier, Janis Myers, Donna Lundin,
Carol & LeRoy Robert, Dennis Bentz, Arlene Robinson,
Ruth Maier, Angela Swan, Joyce & Earl Lundahl,
Kathy Johnson, Donna Jacobson, Lila Splitgerber,
Cynthia Jorgensen, Bill & Jerry Sharp, Carol Dunning,
Janet Reeg, Ruth & Charles Maier

Memorials: Jim Mitchell & Keith Jech

From: Marilyn & Gerald Otte

Keith Jech Memorial

From: Julie & Pete Reeg AND Keith Jech Family

Thanks to Country View & Kinship for sponsoring our Luncheon Drawings & Birthday Treat

Thanks to our talented Musicians and all of our dedicated Center- Kitchen & MOW volunteers

Local Girl Scout Troop will be at the Center on Friday March 10th From 11:00 am to 12 Noon

Get a box of your favorite cookie



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 according to hours of operation—\$1.50 Fare for each stop



Senior Center Staff Hours

Available to take your calls

Monday – Friday

7:00 am to 4:00 pm

Open to the Public from 7:00am-4:00pm

for coffee time, Nutritious Meals and social activities

For Curb Side Delivery, Congregate Dining or Meals on Wheels Delivery—Please call by noon the day before!

Suggested Contribution remains:

\$5.00 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. Congregate dining begins at 11:45 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 Wayne Community Chest for funding the distribution of this newsletter.



WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Head Cook / Kitchen Manager
Jill Lemhkuhl	Office Assistant / Dispatch
Phil Does	Kitchen Aide / Sub Van Driver
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Terry King	Van Driver
Anaka Brasch	Sub Kitchen Aide
Halie Chinn	Sub Office Asst.
George Burcum	President
Carol Dunning	Vice President
Verna Mae Baier	Secretary
Ginny Otte	Treasurer
Joan Lage	Board Member
Jeanette Swanson	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.