



# The Senior Star



## SPECIAL EVENTS

### Friday, December 1st

11:30—Music by Dan Hansen  
Sr. Day Drawing by Countryview

### Wednesday, December 6th

10:45—Music by Bob Doughty  
Monthly B. Day Party Day

### Monday, December 11th

9:00—Toe Nail Clinic by Rachael  
*Call for a time*

### Tuesday, December 12th

10:00 to 11:45 am—Health Clinic  
By Sr. Solutions

### Wednesday, December 13th

“We serve Wednesday”

w/ Countryview

10:45—Music by Bob Doughty

### Thursday, December 14th

11:15 to 11:45 am

Wayne Eye Glass Clinic  
Special Luncheon Drawing  
By Kinship

### Monday, December 18th

12:30: 3rd Grade

Elementary Carolers

### Tuesday, December 19th

11:15—Music by Alan Bruflat

### Wednesday, December 20th

10:45—Music by Bob Doughty

12:30—Monthly Board Meeting

### Thursday, December 21st

11:30—Music by Connie Webber

### Friday, December 22nd

Fine Dining Friday w/ Kinship

**UGLY CHRISTMAS**

**SWEATER DAY**

11:30—Caroling w/

Deb & Bill Dickey

### CLOSED FOR THE HOLIDAY

Monday, December 25th

And Tuesday, December 26th

### Wednesday, December 27th

Brunch For Lunch: 11:00 to Noon

Brunch Time Caregivers meet

### Thursday, December 28th

Special Luncheon Drawing

By Kinship

A monthly publication for The Wayne Senior Center

December 2023



*Sounds  
of the  
Season*

Friday—December 1st @ 11:15 am: Dan Hansen

Every Wednesday at 10:45 am: Bob Doughty

Monday—December 18th @ 12:30 pm

Wayne Elementary Program

Tuesday—December 19th @ 11:15 am: Alan Bruflat

Wednesday—December 20th: 10:45 Bob Doughty

Thursday - December 21st @ 11:30 am: Connie Webber

Friday—December 22nd @ 11:30 am

Caroling with Bill & Deb Dickey



**SHIP**

## Senior Health Insurance

### Information Program

Last opportunity for Assistance

Friday—December 1st

9:00 am to 12:00 Noon

Open Enrollment Assistance for Medicare  
**Please call** the Center to request and sign  
up for a time to receive personal Assistance  
and enrollment!

*Thanks to: Leslie Schulz & Kiley Wohlers  
from PMC and*

*Glorious Roeber from WHCC for  
sharing your knowledge and time in helping our  
seniors with this important service!*



## Christmas Fun Fact:

More than 1.8 Billion Candy Canes are made each year. 90 % of those are sold between Thanksgiving and Christmas!



### Why do We Decorate Trees?

Evergreen trees have been a traditional symbol of winter festivals for thousands of years. Plants and trees that remained green all year had special significance for people who lived in cold winter climates.

- ◆ Ancient people hung evergreen boughs over their doors and windows. Some believed that evergreens kept witches, ghosts, evil spirits, and illness away.
- ◆ Romans decorated evergreen trees with trinkets and topped them with an image of their sun god at the festival of Saturnalia.
- ◆ Christians started using evergreen as a symbol about 400 years ago in Germany as a sign of everlasting life with God.



### Weather Proverbs for December!

For centuries, farmers and sailors— people whose livelihoods depended on the weather. They quickly connected changes in nature with rhythms or patterns of the weather.

- ◆ Thunder in December presages fine weather.
- ◆ A green Christmas, a white Easter.
- ◆ As the days lengthen, so the cold strengthen.
- ◆ If it rains much during the 12 days after Christmas, it will be a wet year.

### “Just for Fun” Holidays

**December 11:** International Mountain Day

**December 13:** National Violin Day

**December 13:** National Day of the Horse

**December 16:** Underdog Day



### Wintertime Project!

While it's cold outside, warm up things inside with some window gardening.



- ◆ Install some removable glass shelves in windows to house plants so they can soak up full winter sunshine. Plant some colorful kalanchoes or maybe impatiens in bright ceramic pots to make an impression. Or better yet, decorate small terra cotta pots before planting the flowers.
- ◆ Choose, perhaps, a cactus garden to adorn the view outdoors. A window box type of planter (or try a dry Waller's pan to add interest) can be used to plant a variety of cacti or can be used to contain several small, individually planted pots.
- ◆ Aquatic gardens might be another desirable option. Obtain a clear glass case or conditioner, place colorful marbles or gravel in the bottom, and top it off with floating water lettuce (pistia) for an instant garden.
- ◆ Purchase some clear glass ornaments with openings and tillandsia plants to surprise guests. These plants need no soil, only daily misting and a weekly plunge into tepid water to thrive.
- ◆ Start a herb garden to tantalize the taste buds and the nose. Herbs are beautiful and bountiful in even small batches. Aromatic herbs such as rose-mary, oregano, basil, and parsley are not only easy to grow, but can be used for craft and cooking projects, as well.
- ◆ Plant amaryllis bulbs in pretty pots to wait for the graceful, slender stalks to appear bearing vibrant blooms.
- ◆ Start a violet garden. Bright pink, fuchsia, purple, red, and white violets can add beautiful color to an otherwise dreary winter room.



### Caring for Your Plants!

- ◆ **Light:** Situate plants that need strong light such as herbs in east- or south- facing windows. West- facing windows can become too hot. Place plants that need constant but less direct light such as violets in east- not north facing windows.
- ◆ **Water:** Poke your finger into the soil every day or two. If the soil feels dry, give the plants a drink. Filtered water should be avoided, as most minerals have been removed and doesn't nourish the plants as well as rain or tap water.
- ◆ **Food:** Fertilizer should be used sparingly in winter months. A water-soluble plants should be used no more than once a month for herbs and half of the amount for succulents.

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

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

The minutes of the October 18, 2023 meeting were approved as published in the November Senior Star in a motion by Jeanette Swanson and seconded by Joan Lage. Motion carried. Treasurer Jeanette Swanson presented financial information for the period of 10-19-23- /11-15-23 with expenses of \$274.74. [Carpet cleaning supplies: \$73.36, Octoberfest supplies:\$51.38, Burt Heithold; Octoberfest music: \$75.00, Dan Hansen; Octoberfest music: \$75.00] A Motion was made by Verna Mae Baier seconded by Carol Dunning to approve this amount of expenses. Motion carried.

Coordinator Bertrand presented an overview of November and December. November is National Caregivers Appreciation Month. Activities are being held throughout the month. City Administrator Wes Blecke was present at the Center for a Q and A session on October 31. The December newsletter is being prepared.. Open Enrollment (Insurance) sessions are being held. The November 10 Veteran's Day program was very well attended. Some presentations were The Missing Man Table, Folding of the American Flag and the meaning of each fold. Certificates of Appreciation were presented to Veterans in attendance and 4 quilts of Valor were presented.

The Center will be closed for Thanksgiving Holiday on November 23 and November 24.

Coordinator Bertrand noted the cold and flu season has arrived and with it an increase in COVID. If participants are not feeling well they are encouraged to stay at home.

Coordinator Bertrand reminded everyone about the closing of the Center when inclement weather is in the area. The decision to close the Center is made jointly by City Administrator Wes Blecke and Coordinator Bertrand. Listen to Radio KTCH for such announcements.

President Burcum presented up-to-date information on "Looking to the Future" He was able to attend an additional information meeting and present the Center participants views on these issues. President Burcum was invited to be part of a Feasibility Committee Study. He will keep everyone informed as necessary. Senior Citizens should stay informed and involved.

No additional items were presented.

The meeting was adjourned at 1:20 p.m.

The next meeting will be December 20, 2023.

Verna Mae Baier, Secretary

# Five Vital Tips for Supporting Family Caregivers

## Give The Gift of Compassion By: Stillwater Hospice

Tending to the needs of family caregivers becomes especially crucial during the holiday season. In recognition of the remarkable individuals who selflessly care for their loved ones, here are five indispensable tips and resources to help family caregivers find balance in their responsibilities and prioritize self-care:

### 1. Discover the Strength of Support Groups and Festive Communities

The holiday season can be both joyful and demanding. Seek out caregiver support groups or join holiday-themed communities where you can share experiences, find advice, and connect with others who understand the unique challenges this season may bring.

### 2. Unwrap the Gift of Respite Care

Amidst the holiday hustle and bustle, ensure you receive the gift of respite care. These services offer temporary relief, allowing caregivers to take a break and recharge. Embrace this opportunity to care for your well-being while still providing exceptional care for your loved one.

### 3. Embrace Time Management and Festive Scheduling

Holiday schedules can become overwhelming. Create a festive caregiving schedule using calendars, digital tools, or apps to efficiently manage holiday gatherings, medical appointments, and tasks. Prioritize your to-do list to make the most of this joyous season.

### 4. Decorate Your Self-Care Routine

During this season of giving, remember to give to yourself as well. Prioritize self-care activities that nurture your physical and emotional well-being. Whether it's a brisk winter walk, holiday meditation, enjoying festive hobbies, or simply relaxing, these self-care moments are precious gifts to yourself.

### 5. Unveil Professional Resources with a Festive Touch

Embrace professional resources provided by healthcare experts and caregiving organizations. During the holidays, these resources can guide you through seasonal challenges, offer advice tailored to specific conditions, and provide access to financial assistance when needed.

By weaving these holiday-themed tips and resources into your caregiving role, you can provide your loved ones with the support they need while ensuring your holiday season remains bright and filled with love and care. Remember that a well-supported caregiver can make the holidays even more joyous for the entire family.

# Christmas Wordsearch

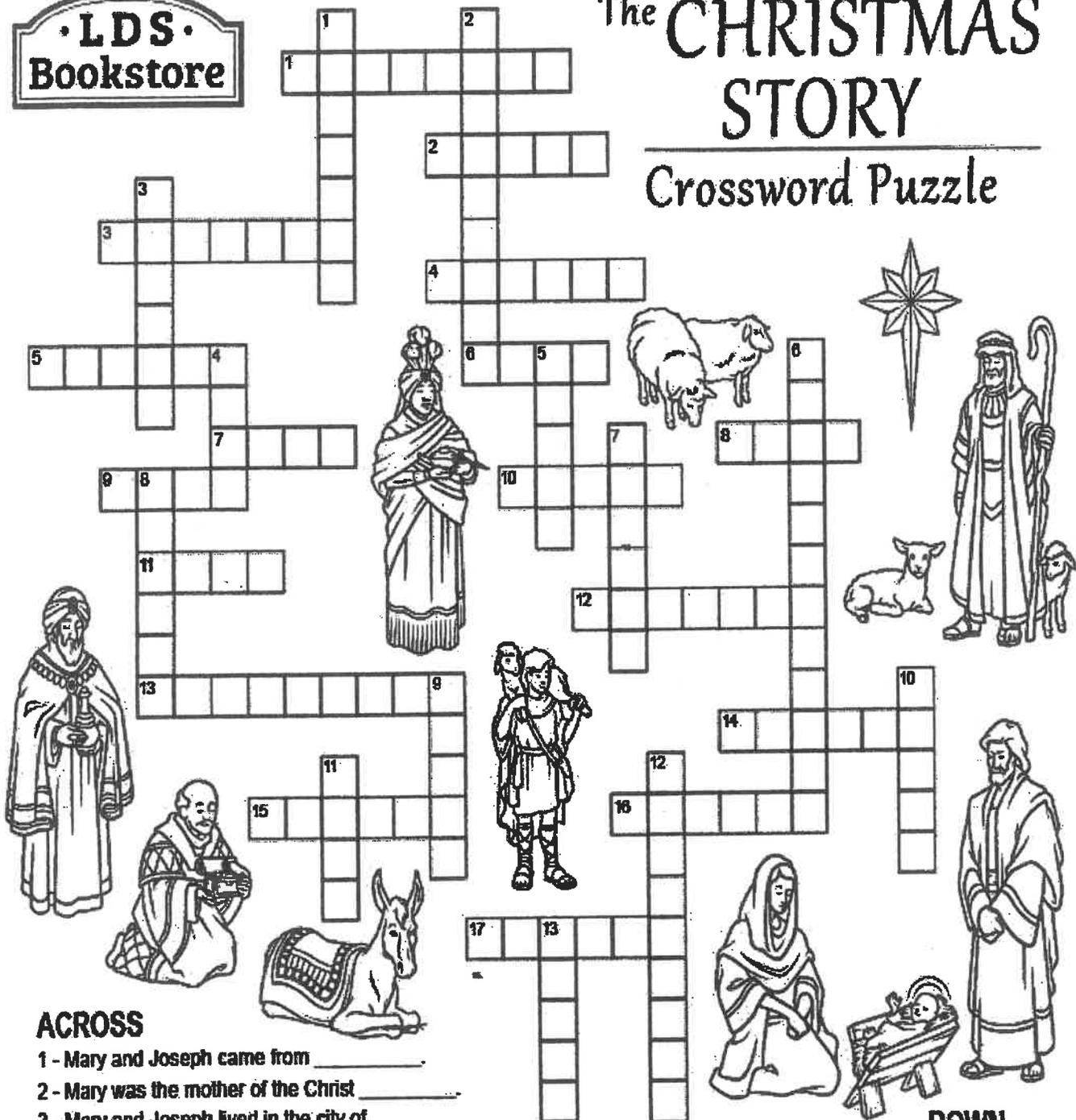
R V T H Q L T E R W E V S D B L O  
 D A S N O W F L A K E K A I E V Y  
 B V M I S L E I G H U K M M R O T  
 E Y V L S T N E S E R P T R A Q K  
 D E X Y D C G Q K J Z U S L R C I  
 R K M R E I N D E E R G I Q A B L  
 E R C M O T W J G N N N R T T N E  
 H U H T Y I W V C I A T H P S L S  
 P T C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

Angel  
 Bauble  
 Christmas  
 Cracker  
 Elf  
 Nativity  
 Presents  
 Pudding  
 Reindeer  
 Rudolph  
 Santa  
 Shepherd  
 Sleigh  
 Snowflake  
 Snowman  
 Star  
 Tinsel  
 Tree  
 Turkey  
 WiseMan



# The CHRISTMAS STORY

## Crossword Puzzle



### ACROSS

- 1 - Mary and Joseph came from \_\_\_\_\_.
- 2 - Mary was the mother of the Christ \_\_\_\_\_.
- 3 - Mary and Joseph lived in the city of \_\_\_\_\_.
- 4 - Jesus \_\_\_\_\_ is the Son of God.
- 5 - An angel also visited \_\_\_\_\_.
- 6 - \_\_\_\_\_ was the cousin of Elizabeth.
- 7 - Jesus would be know as the \_\_\_\_\_ of God.
- 8 - A new \_\_\_\_\_ was a sign of Christ's birth.
- 9 - The King of Kings came to Earth as a \_\_\_\_\_.
- 10 - Jesus was a descendant of King \_\_\_\_\_.
- 11 - A precious gift given by the wisemen.
- 12 - These men followed a star to find Jesus.
- 13 - \_\_\_\_\_ saw angels outside the city.
- 14 - Mary rode a \_\_\_\_\_ to Bethiehem.
- 15 - The only place Joseph could find for Mary.
- 16 - At the \_\_\_\_\_ Simeon met the Christ child.
- 17 - The wisemen travelled on \_\_\_\_\_.

### DOWN

- 1 - The angel \_\_\_\_\_ revealed Christ's birth.
- 2 - Christ was born in \_\_\_\_\_.
- 3 - Away in a \_\_\_\_\_, no crib froma bed...
- 4 - The \_\_\_\_\_ One of Israel.
- 5 - Bethlehem was \_\_\_\_\_ David's city.
- 6 - \_\_\_\_\_ was one of the wisemen's gifts.
- 7 - The Christ child would be born to a \_\_\_\_\_.
- 8 - \_\_\_\_\_ appeared to the shepherds.
- 9 - A shepherds job is to care for his \_\_\_\_\_.
- 10 - Jesus was a descendant of King \_\_\_\_\_.
- 11 - Another gift from the three wisemen.
- 12 - \_\_\_\_\_ was the capital city.
- 13 - The House of Israel awaited their \_\_\_\_\_.



## National Poinsettia Day Tuesday, December 12th

*This day honors the poinsettia and Dr. Joel Roberts Poinsett, the person who introduced the Central American plant to the U.S. This is Poinsett's death anniversary (1799-1851). He was an American diplomat and also served as a member of Congress and Secretary of War.*

*Join us for lunch on this day and your name will be added to a drawing for the chance to win*

**1 of 4 Poinsettia Plants**

**Sponsored by the III E Caregivers Program and the Wayne Senior Center**



**(For Seniors 70 + of Age)**

Our Friends from Kinship Point is having a **"Christmas Cookie Exchange"**

December 21st. If you are a Business or someone who likes to Bake and would like to help with the supply of cookies for this Festive Event OR If you want to reserve your plate of cookies—Give Sami Scheffler a call at Kinship Point: 402-375-1500

**"A BALANCED DIET IS A COOKIE IN EACH HAND"**

**The weather outside is frightful,  
but the fire is so delightful.**

**Let it snow, let it snow, let it snow.**

### WINTER WEATHER TIME

In case of Inclement weather— your safety and our Staff's safety is important . If weather conditions become severe—the decision to close will be made by Manager Diane Bertrand and City Administrator, Wes Blecke. Listen to KTCH Radio—104.9 Wayne Station: for the announcement to close the Center.

Additionally—if the temperature and wind chill is dangerously low and streets are Icy—we will not be sending out of Volunteers for MOW delivery on that day. If the decision is made to close the center—the menu set for that day will be served the next day. Additionally, if the Center is closed—there will be no city transit available. Please—if you have any doubts if the center is open or closed—call ahead to make sure!

### **Frosty's Favorite Eggnog**

\*2qts. whole milk, divided \*2 1/2 cups sugar \*1Tbsp. flour \*10 eggs \*1qt. Half and half \*3tsp. vanilla \*whipped cream \*ground nutmeg

- 1) In a large saucepan, combine one quart of milk, sugar, and flour. Stir over medium heat until mixture just begins to boil. Lower heat and stir for an additional 2 minutes.
- 2) In a separate bowl, beat eggs. Quickly whisk in the hot milk mixture, whisking briskly. Return to low heat. Cook, stirring for an additional 5 minutes.
- 3) Remove from heat and stir in the remaining milk and half and half. Let cool.
- 4) Stir in vanilla. Chill thoroughly.
- 5) Serve cold topped with whipped cream and nutmeg.



### **COME JOIN US AT THE SENIOR CENTER**

Friday—December 22nd

8:00 to 9:30 AM & at 2:30 PM

For Cookies, Coffee, Apple Cider and a little Eggnog to Bring in the Christmas Holiday  
**Wear Your Ugly Christmas Sweater Day**  
**HOSTED BY THE WAYNE SENIOR CENTER BOARD MEMBERS**



### **A little Holiday Humor**

Two young boys were spending a night at their grandparents a few days before Christmas. At bedtime, the two boys knelt beside their beds to say their prayers. The youngest one began praying, shouting at the top of his lungs. "I PRAY FOR A NEW BICYCLE. I PRAY FOR A NEW NINTENDO. I PRAY FOR A NEW CD PLAYER." His older brother leaned over and nudged the younger brother and said, "Why are you shouting your prayers? God isn't deaf." To which the little brother replied, "No, but Grandma is!"



# CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787

Answer to BONUS trivia question? **GERMANY**



## Donations:

Joyce & Earl Lundahl– Darrell & Sara Lou Danielson–  
 Ruth & Charles Maier– Donna Lundin– Bev Hansen–  
 Bridge Group– Bill & Jerry Sharpe– Fran Poehlman–  
 Barb & Byron Heier– Bob Schwarzenbach–  
 Janet Bull– Carol & LeRoy Robert– Paul Bierman–  
 Marcile Thomas– Beverly Ruwe– Ardyse Stanley–  
 Ginny Otte– Lee Larson– Liz Hagmann– Janis Myers–  
 George Burcum & Susan Boust Ardyce Mayberry  
 Kathleen Johs

## Memorial:

For: Leon Fredrickson From Betty Wilson



## ANSWERS

1. Coca-Cola
2. Franklin Pierce
3. Blue
4. Clarice
5. It's a Wonderful Life
6. 1843
7. Donner

**BONUS ?:** Which country did the gingerbread house come from??

Germany Austria Switzerland United States

## WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Head Cook / Kitchen Manager
Jill Lehmkuhl	Office Assistant / Dispatch
Phil Does	Kitchen Aide / Sub Van Driver
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Terry King	Van Driver
Verdell Lutt	Sub Van Driver
Yeslyn Vasquez	Kitchen Aide
Anaka Brasch	Kitchen Aide 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.

## CHRISTMAS TRIVIA

1. Which of these companies was the first to use Santa Clause in an advertisement?  
 Pepsi Coca-Cola 7-Up Fanta
  2. Which president was the first to decorate the White House Christmas Tree.  
 Franklin Pierce Benjamin Franklin  
 George Washington Abraham Lincoln
  3. What kind of Christmas does Elvis Presley sing about??  
 White Red Blue Snowy
  4. Which reindeer helps Rudolph fly at the reindeer games?  
 Donner Clarice Dance Blitzen
  5. Which Christmas movie has been played more than any other?  
 A Christmas Story Home Alone  
 Frosty the Snowman It's a Wonderful Life
  6. In what year was "A Christmas Carol", by Charles Dickens published?  
 1765 1843 1860 1906
  7. Which reindeer is Rudolph's dad?  
 Dancer Dixon Donner Blitzen
- (Answers on Left side of page)**

## 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 ours  
 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.

