



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

2024



Every Wednesday

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

Friday, October 4th

11:30 am: By Dan Hansen

Tuesday, October 8th

11:30 am: "Spotlight on Promise"

Friday, October 18th

11:00 to Noon: Burt Heithold

& Dan Hansen: **OCTOBER FEST**

Thursday, October 24th

11:30 am: By Val Koeber

Thursday, October 31st

11:30 am: Connie Webber

"HAPPY HALLOWEEN"

FROG Exercises

Every M—W—Fr @ 9:00 am

AM WALKING—Daily

Tuesday, October 8th

Health Clinic

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

from Kinship Point

Blood Pressure—02 Level

Blood Sugar—Temperature



Wednesday—October 2nd

Monthly Birthday Treat

Noon—In House Meal

Luncheon Certificates

In—House Drawings

Friday—October 4th

Certificates by Countryview

Tuesday—October 15th

Certificates by Kinship

Wednesday—October 30th

Certificates by Kinship

Monday—October 14th

Toe Nail Clinic w/ Rachael

CALL FOR A TIME

Thursday—October 10th

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

Wayne Eye Care



Wednesday—October 23rd

Monthly Board meeting: 12:30

Wednesday—October 30th

10:00 am: Caregivers Meeting



Flu Shot Clinic

Friday—October 11th

10:30 to 11:30 am

Provided by Becky Barner, Pharm., D. R.P.

Providence Community Pharmacy

This will be the Influenza Immunization recommended for our Senior Population.

Please pick up your Screening Form from the Center's office and Return it back to the center by Wednesday, October 9th

in-order to reserve your Vaccination.

Also available will be the COVID Vaccination which also can be administered the same day if you request.

REMEMBER - Please pick up the Influenza Immunization Screening Form here at the center and return it no later than October 9th

ALSO: Bring your Medicare or Medicare Advantage Card the day of the Clinic and the PMC Staff will bill directly for you!



MEDICARE PART D



Get your Flu Shots

Medicare Open Enrollment

(Part D Compare)

Thursday—October 17th

From 9:00am— 3:30pm

CALL THE CENTER TO SIGN UP FOR A TIME

Additional Upcoming Dates:

Tuesday—November 5th

Tuesday—December 3rd

This service is provided for free and spots fill up fast, so do not wait to call!

Please bring your Medicare Card and a current list of medications with you to your appointment.

Provided by Leslie Schulz & Kiley Wohlers: PMC Glorious Roeber: Wakefield Health Care Center

If you have any questions about these clinics or any other activities we are having this month, please do not hesitate to call!

We will be happy to answer any of your questions.



**Opportunities in the Wayne Community for
COMMUNITY SUPPORT**

Grief and Loss Support Group

Meeting in October : 8th, 15th, 22nd, 29th
From 6:00 pm to 8:00 pm

Providence Medical Center Education Room
Call Kristin to pre-register by October 1st
(402) 375-7659

Senior Life Solutions Fall BINGO Event

Thursday, October 24th: 1:00 to 3:00 pm
Outpatients Community Room @ PMC
RSVP to : 402-375-7958

Wayne Senior Center

Care Givers Support Group

Wednesday, October 30th: 10:00 am
Call Diane @ 402-375-1460
For more Information!!!!

*Special Speakers: Bob & Kristin from PMC
Visiting about Grief & Loss Support Group*



**Help us Kick off our Cool Weather
Soup Season**

On Friday, October 18th

Enjoy our "Octoberfest" Celebration

With a cold glass of "ROOT" beer
And music by Burt Heithold and Dan Hansen

Come early and enjoy the music !

And even do a little dancing from

11:00 to 12:00 Noon

Then enjoy a meal of:

All you can Eat (Soup Only) Chili or Potato Soup

Relish Tray

Home Made Bread

And Assorted Pies

CHUNKY APPLE CAKE (An Autumn treat)

1/2 cup butter (softened) 2 cups sugar 2 cups flour
1/2 tsp. Vanilla extract 2 lg. eggs (room temp.)
1 1/2 tsp. cinnamon 1 tsp. Nutmeg
1/2 tsp. salt 1/2 tsp. baking soda
6 cups of chopped peeled tart apples

DIRECTIONS:

1. Cream butter—sugar and vanilla. Add eggs (1 at a time). Combine flour, cinnamon, nutmeg, salt and baking soda—gradually add to creamed mixture and mix well (batter will be stiff) Stir in apples until well combined.
2. Spread in Greased 9 X 13 pan—Bake 350 Degrees for 40—45 minutes until top is lightly browned.

TOPPING RECIPE ON BACK PAGE



**NATIONAL
FIRE PREVENTION
-WEEK-**

**Sunday, October 6th through
Saturday, October 12th**

Since 1922, the NFPA has sponsored the public observance of Fire Prevention Week. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, children, adults, and seniors learn how to stay safe in case of a fire. Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires.

Fire Prevention Week is observed each year during the week of October 9th in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage. This horrific conflagration killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures, and burned more than 2,000 acres of land

"Importance of Fire Prevention": In a fire, mere seconds can mean the difference between a safe escape and a tragedy. Fire safety education isn't just for school children. Teenagers, adults, and seniors are also at risk in fires, making it important for every member of the community to take some time every October during Fire Prevention Week to make sure they understand how to stay safe in case of a fire.

FIRE SAFETY WORD SEARCH

WORD SEARCH

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

Find and circle the words listed below:

DANGER
RANGER
FIRE
SMOKE
HOT
ALARM



october word search

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

trick or treat
 witch craft
 cobwebs
 potions
 fright
 bones
 spell
 ogre

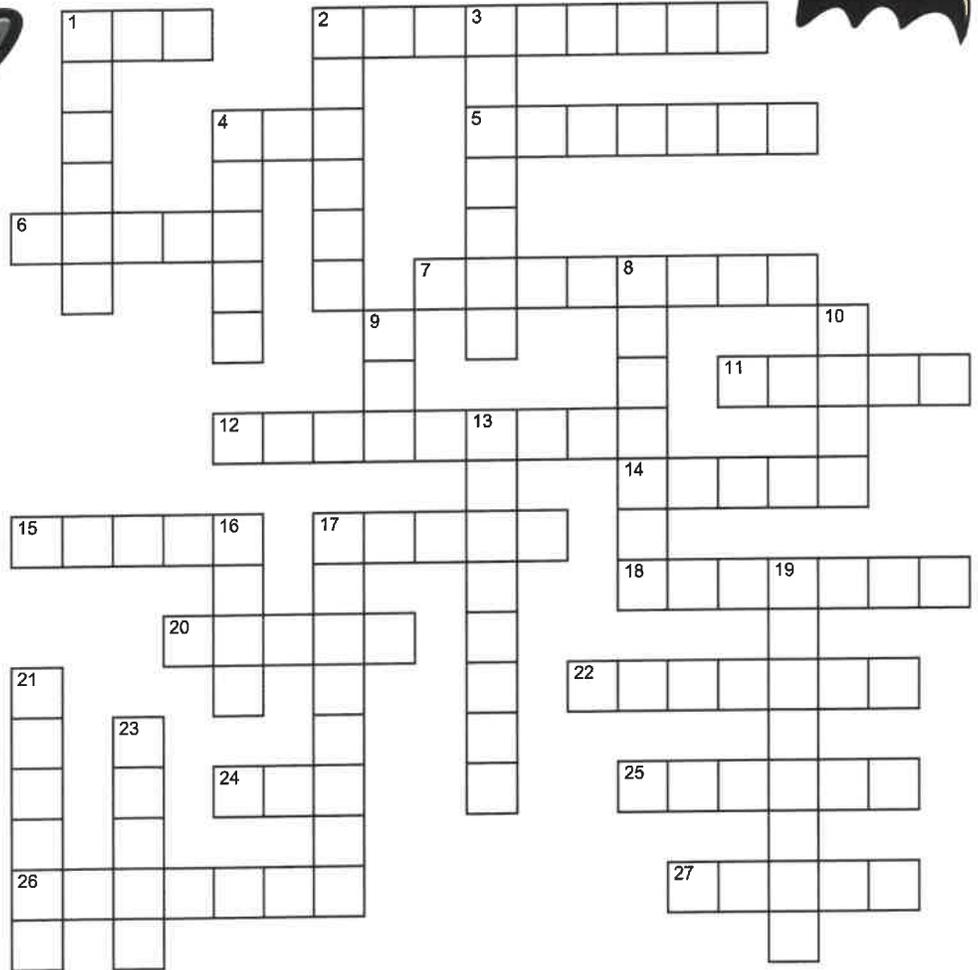
frankenstein
 candy corn
 costume
 pumpkin
 goblin
 broom
 witch
 bat

supernatural
 werewolves
 lantern
 vampire
 scream
 eerie
 fall
 boo

apple cider
 graveyard
 monster
 zombies
 spooky
 ghost
 jinx
 hex

hocus pocus
 skeleton
 october
 coffin
 wicked
 haunt
 mask

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.



**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
September 18, 2024**

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

The minutes of the August 18, 2024 meeting were approved as published in the September edition of the Senior Star in a motion by Carol Dunning and seconded by Jeanette Swanson. Motion carried. Treasurer Jeanette Swanson presented financial information for the period of 8/22/24 -- 9/18/24 with expenses of \$446.22 [\$180.00 volunteer appreciation gifts, \$48.29 for supplies, \$45.98 cleaning supplies, \$79.16 test strips for health clinic, and \$92.79 for supplies] This amount of expenses was approved in a motion by Joan Lage and seconded by Verna Mae Baier. Motion carried.

Coordinator Bertrand presented an overview of September and October:: September is being recognized as National Senior Center Month with the theme "Powering Connections." Shredding was completed on September 17. Many musicians have provided great entertainment and there are more to come for the month. City Administrator Wes Blecke will be present for Q/A on Sept. 27. Fiesta Time will be Sept. 30 with ice cream provided from Heritage at Fountain Point in Norfolk. NENAAA Manager Training will be Sept. 24; attending: Verna Mae Baier, Jeanette Swanson, George Burcum and Area Representative Mae Greve.

In October: National Fire Prevention Week will be observed. Immunization clinic (flu & covid offered) will be October 11. Forms may be obtained in the Office. Open Enrollment assistance will be offered on Oct. 17, Nov. 5 and Dec. 3. (Call the Center to reserve a time) October Fest will be observed with a soup kickoff on Oct. 18. Burt Heithold and Dan Hansen will provide music. The Center will be closed on Oct. 25 for work/cleaning day.

Coordinator Bertrand attended a mandatory Drug & Alcohol Management workshop on Aug 21. Reasonable Suspicion class will be Nov. 1 Van Drivers training was Sept. 13. Coordinator Bertrand will be attending Managers Annual Conference on Oct. 15-16. Zoom meetings are being held with vendors for mandatory switch to electronic transit programming.

Coordinator Bertrand presented staffing conditions concerning medical leaves and other leaves. Additional Kitchen Volunteers are needed.

Other items: . Quilting Room / Pool Room considerations. Card playing tables were discussed..

The meeting was adjourned at 1:00 p.m..

Next meeting date will be announced later.

Verna Mae Baier, Secretary

Fire Safety Checklist for Caregivers of Older Adults

Older adults are more likely to die in home fires because they may move slower or have trouble hearing the smoke alarm. Make sure the people you know are prepared and safe.

Put a check in front of each statement that is true for your home.

Smoke Alarms

- Smoke alarms are on every level of the home.
- Smoke alarms are inside and outside sleeping areas.
- Smoke alarms are tested each month.
- Smoke alarm batteries are changed as needed.
- Smoke alarms are less than 10 years old.
- People can hear smoke alarms from any room.



Can everyone hear the alarm?

If not, consider another type of smoke alarm – like one that has a different sound or one that comes with a bed shaker or strobe light.

Cooking Safety

- The cooking area has no items that can burn.
- People stay in the kitchen when they are frying, grilling, boiling, or broiling food.

Smoking Safety

If they smoke, make sure they are a fire-safe smoker:

- People only smoke outside and never in bed.
- People put cigarettes out safely in an ashtray with a wide base that will not tip over.
- People never smoke around medical oxygen.

Heating Safety

- Space heaters are least 3 feet away from anything that can burn.
- People blow out candles before leaving the room.

Escape Plan

- There is a fire escape plan that shows 2 ways out of every room.
Exits are always clear and not blocked with furniture or other items.
- Everyone knows where the safe meeting place is outside the home.
- The escape plan works for everyone, including people who use a wheelchair, a hearing aid, or glasses.
- There is a phone near the bed to call a local emergency number in case of a fire.



Can everyone get out?

Make sure people who use a wheelchair or a cane can get to them and get out quickly. Tell them to keep glasses or hearing aids next to the bed.

Carbon Monoxide Alarms

- Carbon monoxide alarms are located on each level of the home.
- Carbon monoxide alarms are less than 7 years old.

Electrical and Appliance Safety

- No electrical cords run under rugs.
- All electrical cords are in good condition and not broken or cut.
- People clean the dryer of lint after every use.
- All plug outlets are safe and do not feel warm when you touch them. (If they are warm, call the landlord or an electrician.)

JOIN US HERE AT THE WAYNE SENIOR CENTER
FOR OUR CAREGIVERS SUPPORT GROUP
THE LAST WEDNESDAY OF EACH MONTH – 10:00 AM
CALL DIANE FOR MORE INFORMATION: 402-375-1460



FEMA



Halloween

Halloween as we know it today originated from the ancient Celtic festival of Samhain when it was believed that the ghosts of the dead returned to Earth. Celts believed that the boundary with the Otherworld is weaker during Samhain, allowing spirits to pass through and walk among us. People left food offerings outside their homes to appease the spirits. In the Middle Ages, Christians would carry carved out turnips turned into lanterns while going around homes for traditional souling. These lanterns are thought to symbolize the souls of the dead. Turnips turned to pumpkins when it was realized that they were much easier to carve.

By the 1500s, the festival began to include costumes and house-to-house visits. Young people impersonated the spirits, recited verses, and sang songs in exchange for food. Households were obliged to receive good fortune.

In the U.S., the first official citywide Halloween celebration occurred in Anoka, MN in 1921. While it is expected that most children will wear costumes for Halloween, we can't forget about the pets as well. In 2018, Americans collectively spent roughly \$480 million on Halloween costumes for their pets. It is a massive increase from the \$200 million estimate back in 2010.



History of Candy

Candy is the name given to almost any food whose main ingredient is sugar. In 1470, a candy maker in Venice learned to refine sugar imported from the Orient. This began the modern candy industry which only the nobility could afford.

In England soon after this, sugar was used to coat pills from apothecaries. The sugarcoated medicine became so popular that the medicinal pills began to be manufactured with sugar only. The first candy shops were, therefore, the English drugstores.

During Colonial times, the sap of maple trees was the chief form of candy in America. This sap was boiled down to make maple sugar. Every spring, there were maple sugar gatherings where taffy-pulls became popular.

What began as a fraternity of small, family-owned businesses has grown into an industry dominated by corporate giants. During the 20th century in the U.S., Milton Hershey and Forest Mars built business empires out of chocolate.



How to pick the perfect pumpkin

Whether you're visiting the pumpkin patch or perusing the produce section, it's always fun to find that perfect pumpkin. Here are 5 easy tips for selecting a winner!

1. Look for a pumpkin that has a deep orange color
2. Knock on the pumpkin to check that it is hollow (and ripe)
3. Make sure the bottom of the pumpkin isn't soft and mushy. Also, the bottom should be flat so it doesn't roll
4. Check that the stem is firm and secure. Never pick a pumpkin up from the stem- It may break, which leads to faster decay.
5. Avoid bruised pumpkins and look for a smooth surface if you're carving. It will be much easier!



How October got it's name

October was the eighth month of the early Roman republican calendar, and the name came from the Latin *octo*, meaning 'eight.'



Apple Trivia

- In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage and catching it was acceptance.
- The game of apple bobbing began as a Celtic New Year tradition for trying to determine one's future spouse.
- When the first colonists migrated to North America, they brought apple seeds with them. The first recorded planting was in 1629 by the Massachusetts Bay Colony.
- There are more than 7,000 varieties of apples, but only about 100 are grown commercially in the U.S. and eight varieties account for 80% of the total U.S. production.
- Each American eats about 19.6 pounds of fresh apples annually, compared to about 46 pounds consumed by each person in Europe.
- About 36 apples are needed to make a gallon of cider.
- Apple trees can live to be 100 years old.
- Apple trees can grow up to 40 feet high, though many orchards have dwarf trees for easier picking.



DONATIONS

Phyllis Rahn- Clara Osten- Bev Hansen
Sandy Nichols- Janet Bull- Arlene Robinson
Bob & Marilyn Carhart- Charles & Ruth Maier
Pat Robinson- Betty Wilson- Ginny Otte
Janet Reeg- Kathleen & Hilbert Johs
Barb Greve



Memorial
For:
Merlin Preston
From:
Janet Bull

Thanks to: Country View and Kinship for Sponsoring our Luncheon Drawings and Monthly Birthday Treat. Thanks to Kinship & Sr. Solutions for helping out with our Monthly Health Clinic & Kinship for helping with our "Fine Dining Friday" Thanks to the Meadows in Norfolk & our friends from Heritage at Fountain Point for helping with our "We Serve Wednesday" Thanks to all our Talented Musicians, Magnuson Eye Care, Wayne Eye Care, Rachael for our Toe Nail Clinic, and ALL Our Dedicated Kitchen and MOW Volunteers! Thanks to all that help bring in a treat for our 7:00 am & 2:30 pm snack/coffee time!

YOU'RE THE BEST!

FARM FRESH



Thanks to all
Our Gardener's for sharing
Of your extra produce
Throughout the past
few months!!

BUTTERSCOTCH TOPPING FOR APPLE CAKE

Cook over medium heat: 1/2 cup packed brown sugar: 1/4 cup butter—until butter is melted. Gradually add 1/2 cup heavy whipping cream, bring to a slow boil over medium heat, stirring constantly. Remove from heat—serve with the Yummy Apple cake and ENJOY with a Friend!

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 |
| LeAnn Schroeder | Kitchen Aide |
| Yeslyn Vasquez | Kitchen Sub |
| Roger Hochstein | Van Driver |
| Dan Carroll | Van Driver |
| Terry King | Van Driver |
| Verdell Lutt | Sub Van Driver |
| 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.

PLEASE NOTICE

The Center will be closed for
FALL/DEEP CLEANING
Friday, October 25th
No meals or Activities that day.
Staff will be available to take your calls.
Transit WILL be operating.



This is
the place
where FRIENDS
become
FAMILY



**The Wayne Public Transit
A COMMUNITY SERVICE FOR ALL**

Open for transportation: Monday through Friday
8:00 am to 4:00 pm (Only)

We are an on-demand service with Door to door service.

Call: 402-375-1460 By Appointment only—

Please call to reserve your ride. Please schedule trips and appointments according to the Hours of operation—\$1.50

Fare for each stop—Service Area and type of pickups include: We pick up and drop off passengers within the city limits of Wayne. We have vehicles that are WC Accessible.

Wayne Senior Center
A PROGRAM OF MAIN LINE SENIOR SERVICES

**Active Adults
Thriving Together**

wayneseniorcenter wayneseniorcenter

**Senior Center Hours
402-375-1460**

Monday through Friday: 7:00 am to 4:00 pm
Please make meal reservations by
Noon the Day before.

Meals on Wheels delivery go out at 11:00 am
To-Go Meals to be picked up between 11:15—11:30
am on the West side of the building. **Please try to pick
you your To-Go meal by 11:30 am as our Staff is
busy with preparation and serving of our Congre-
gate meal which is Served In house at 11:45 am**
If you need to cancel your reservation for your meal—
please do so the day before if able.
Call 375-1460 for reservations