



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

2025



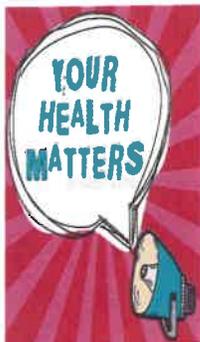
Wednesdays In March

- 10:45 to 11:45 am : By Bob Doughty
- Friday, March 7th**
- 11:30: By Dan Hansen
- Tuesday, March 11th**
- 11:15 am: Alan Bruflat
- Friday, March 14th**
- 11:30 am: Ann Isom
- Monday, March 17th**
- St. Patty's Day Celebration**
- 11:15 am: Connie Krueger
- Tuesday, March 25th**
- 11:30am: Spotlight on Promise
- Friday, March 28th**
- 11:30: Music by Connie Webber

FROG Exercises

Every M—W—Fr @ 9:00 am
AM WALKING—Daily
Tuesday, March 11th
Health Clinic

10:45 to 11:45 am: With our Friends
 from Sr. Solutions
 Blood Pressure—02 Level
 Blood Sugar—Temperature



Wednesday—March 5th

Monthly Birthday Treat
 Noon—In House Meal
Luncheon Certificates

In—House Drawings

Friday—March 7th

Certificates by Kinship

Friday—March 14th

Certificates by Countryview

Thursday—March 27th

Certificates by Countryview



Monday—March 10th

Toe Nail Clinic w/ Rachael
CALL FOR A TIME

Thursday—March 13th

11:15 -11:45 am: Eye Glass Care
 w/ Evolving Eye Care



Wednesday—March 19th

Monthly Board meeting: 12:30

Wednesday—March 26th

10:00 am: Caregivers Meeting
Speaker: Sr. Solutions



IT WAS SO COLD: That roosters were rushing into Kentucky Fried Chicken and begging to use the pressure cooker

Thanks to our Meals on Wheels volunteers for Braving the Cold to deliver meals to our Seniors



HAPPY
St. Patrick's
DAY

HISTORY OF SAINT PATRICK'S DAY

In America, St. Patrick's Day is a day to wear green and have a party. But there is a much deeper meaning to the history of Saint Patrick's Day.

St. Patrick's Day is an Irish holiday honoring St. Patrick, the missionary credited with converting the Irish to Christianity in the fifth century. Contrary to popular belief, St. Patrick was not Irish. He was born around 373 AD in either Scotland or Roman Britain and his real name was Maewyn Succat. He took on Patrick after he became a priest. He was kidnapped at age 16 by pirates and sold into slavery in Ireland. During his six-year captivity, he began to have religious visions and found strength in his faith. When he escaped, he went to France where he became a priest and later a bishop.

When he was about 60 years old, Patrick traveled to Ireland to spread Christianity. He used a shamrock to explain the concept of the Trinity. Legend has it that Patrick drove all the snakes out of Ireland and he died in 461 AD.



JOIN US FOR ST. PATTY'S DAY

Monday, March 17th

11:15 am: Tap your Irish toes to music by
 Connie Krueger

Meal—Traditional Irish Favorites

- Corned Beef and Cabbage
- Irish Potatoes & Creamed Peas
- Misty's Homemade Rye Bread
- Hidden Pear Lime Jello Salad

CALL EARLY TO RESERVE YOUR SPOT



Lent starts on Wednesday, March 5th (Ash Wednesday) and ends on Thursday, April 17—Maundy Thursday or Holy Thursday. Shrove Tuesday, also known as Pancake Day, is on the day before Lent begins, Falling this Year on Tuesday, March 4th. Lent is a period of 40 days during which many Christians remember the events leading up to and including the death of Jesus Christ, whose life and teachings are the foundation of Christianity. The 40-day period is called Lent after an old English word meaning ‘lengthen’. Millions of Christians all over the world will be marking the start of Lent—Ash Wednesday. During this time of Lent—many people decide to give something up that they love—perhaps chocolate, sweets or even using social media. Others might decide to take up something, like helping out more with chores at home or making an effort to do nice things for their family and friends.



If March comes in like a lion, it will go out like a lamb

Is there any truth to this saying? Weather folklore sayings are as colorful as our imagination. While many sayings are based on careful observations and turn out to be accurate, others are merely rhymes or beliefs of the people who came before us. Those beliefs often included ideas that there should be a balance in weather and life. So, if a month came in bad (roaring like a lion), it should go out good and calm (docile like a lamb). With March being such a changeable month, in which we can see warm spring-like temperatures or late-season snowstorms, you can understand how this saying might hold true in some instances. However, this saying seems to be simply a rhyme rather than a true weather predictor.



St. Patrick's Day Trivia

Find the answers on the next page

- ◇ What color was *originally* associated with St. Patrick?
- ◇ What kind of plant is associated with St. Patrick?
- ◇ Which creature did St. Patrick drive out of Ireland?
- ◇ Where was the first St. Patrick's Day Parade held?
- ◇ When did America begin celebrating St. Patrick's Day?
- ◇ Which American city holds the largest Parade?
- ◇ In Ireland, what does the color green stand for?
- ◇ What type of creature is a leprechaun?
- ◇ What are shamrocks a symbol of?

True/False

- ◇ In Ireland, St. Patrick's Day is a religious holiday similar to Christmas and Easter.
- ◇ Saint Patrick was born in Ireland
- ◇ There are 10,000 three-leaf clovers for every 4-leaf clover.

St. Patrick's Day Traditions

Shamrock– This was a sacred plant in ancient Ireland because it symbolized the rebirth of Spring.
Snakes– It has long been recounted that during his mission in Ireland, St. Patrick once stood on a hilltop, and with only a wooden staff, banished all the snakes from Ireland. In fact, the island was never home to any snakes. The banishing of the snakes was a metaphor for the eradication of pagan ideology from Ireland and the triumph of Christianity.
Corned Beef– Though cabbage has long been an Irish food, corned beef only began to be associated with St. Patrick's Day at the turn of the century. Poor Irish immigrants substituted corned beef for the traditional dish of Irish bacon to save money.
Leprechaun– Belief in Leprechauns stems from Celtic belief in fairies. These small creatures could use their magical power for good or evil. Leprechauns were known for their trickery, which they often used to protect their much-fabled treasure.



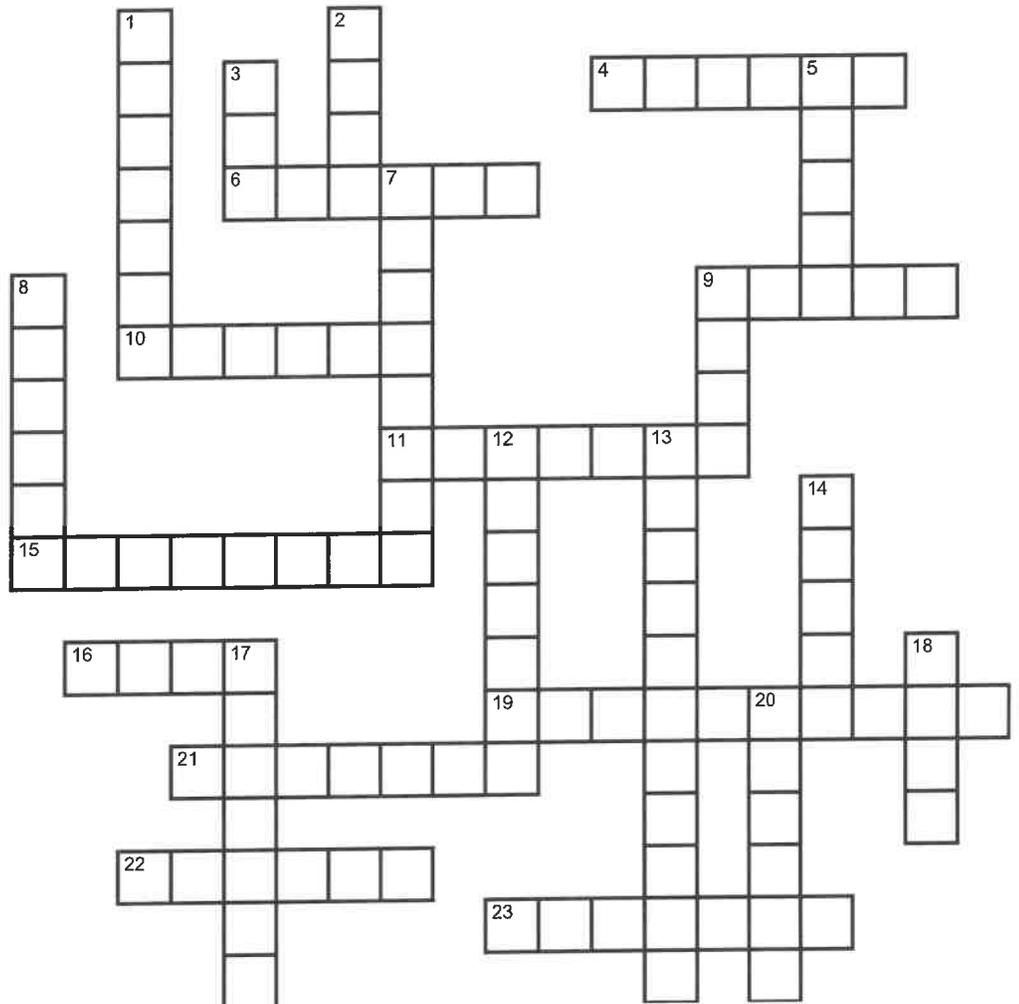
Saint Patrick's Day

ACROSS

4. Historically important vegetable in Ireland.
6. Native language of Ireland.
9. What color are the hills of Ireland?
10. The Irish flag is green, white and . . .
11. St. Patrick is the patron saint of which country?
15. Used by St. Patrick to represent the Christian Holy Trinity.
16. Number of leaves on a lucky piece of clover.
19. A trickster with a pot of gold.
21. If you don't wear green on March 17th, you might get . . .
22. Capital city of Ireland.
23. Saint Patrick's birthplace.

DOWN

1. This city dyes its river green to celebrate St. Patrick's Day.
2. Color originally associated with St. Patrick's Day.
3. Name for the leprechaun's dance.
5. Number of leaves on a shamrock.
7. A funny poem with five lines.



8. According to legend, St. Patrick chased these out of Ireland.

9. It is the pot at the end of a rainbow.

12. Ireland nickname: The ____ Isle.

13. Saint Patrick's Cathedral location.

14. Month in which we celebrate Saint Patrick's Day.

17. Arch of colors in the sky.

18. Good fortune.

20. Ancient culture of Ireland.



MARCH WORD SEARCH

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

READING MONTH
BASKETBALL
SOCCER
FLOWER
BUGS

MARCH MADNESS
BOOK FAIR
PICNIC
SPRING
TREE

WARM WEATHER
VACATION
SPORTS
BEES
SUN

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
February 19, 2025**

The monthly meeting of the Wayne Senior Center was called to order with President George Burcum presiding. (12:20 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 January 15 meeting were approved in a motion by Carol Dunning and seconded by Joan Lage. Motion carried. Treasurer Jeanette Swanson presented financial information for the period of 1/16/25--2/19/25 with expenses of \$1,874.49 [\$675.00 for popcorn machine; \$50.00 for kitchen supplies; \$4.27 for health clinic supplies; \$18.17 for bulletin board supplies; \$1,127.35 for tables for multi-purpose room (by donation)]. A motion to approve this amount of expenses and payment was made by Verna Mae Baier and seconded by Joan Lage. Motion carried.

Coordinator Bertrand presented an overview of February and March: The Valentine's Party was well received. A St. Patrick's Day party is planned for March.

The FY 26 and FY 27 Budget for the Wayne Public Transit is being planned as well as a 5 year plan. Changes are being discussed along with Olson Consulting.

The NENAAA Budget FY 26 is already in progress. A discussion of allocation funding including: Meals, IIIB, Nutrition Education, Health Education, social activities and senior center hours.

A report was given on the quilt raffle: \$410.00 Jeanette Swanson made a motion to approve the purchase of replacement tables for the Center. Seconded by Joan Lage. Motion carried.

The use of special donation monies was tabled until later meetings.

Various ideas were presented for the use of monies from a Rotary Grant. More items will be considered.

Staffing updates and changes were presented for various Center employees.

The Wayne High Dance Team will be doing community service for the Center.

At this time there will be no change in the contribution request amount.

Winter weather policy: 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 for the announcement to close the Center. If temperature and wind chill is dangerously low we will not be delivering MOWs. If the Center is closed the menu set for that day will be served the next day. Discussion centered on closing changes and there are no changes. The availability, willingness and safety of workers for MOW is a major concern. The weather policy will be published as a Public Notice in the Wayne Herald.

Meeting was adjourned at 1:10 p.m. Next meeting will be March 19, 2025 12:30 p.m.

Verna Mae Baier, Secretary

SPRING CLEANING TIPS FOR SENIORS & CAREGIVERS

Say goodbye to the winter season and hello to a fresh start this spring season. For some, the idea of spring cleaning can be a daunting task.

Many seniors are likely to accumulate unnecessary clutter or hold onto things that they no longer need. However, seasonal cleaning can be extremely helpful to physical health and overall well-being.

Check Medications

Medication needs are often changing for seniors, making it important to review medication lists and safely dispose of expired medications routinely. Seniors should organize their medications in a safe and accessible manner to prevent medication errors. Using a Medi-planner or automated pill dispenser such as [Hero](#) can be helpful with organization and timeliness.

Tidy Clutter & Clear Pathways

Tidying old clutter can create [a more organized and peaceful living space](#). Create action plans to keep, donate, or discard items. Clear pathways can help reduce the risk of falls and other accidents. Caregivers can assist with decluttering and rearranging furniture to improve accessibility, ensure proper lighting, and install handrails and non-slip flooring.

Clutter in the home can pose huge safety concerns and increase the risk of hospitalization.

Check Alarms & Fire Extinguishers

Make sure to regularly check all alarms and fire extinguishers in the home to ensure they are in good working condition. This includes dusting smoke detectors, testing and replacing their batteries twice a year, as well as checking the expiration date of fire extinguishers.

Fridge & Pantry Clean Out

Cleaning out the fridge is essential for preventing foodborne illness. Check expiration dates and take stock of your belongings by going through the cabinets and other storage spaces. Make sure to store food correctly to prevent the spread of bacteria and other potential health risks.

Organize Important Documents

Properly organizing important documents, such as healthcare and financial documents, is crucial for seniors. Categorizing and storing these documents in a safe and accessible manner can provide peace of mind and ensure important information is readily available when needed. Don't forget to also have legal documents, like wills and powers of attorney, in order.

Improve Air Quality

Air quality in the home can be impacted by dust and pollen throughout the year. Improving air quality can benefit seniors with respiratory issues, allergies, and asthma. Improving air quality can be a simple process that involves dusting, cleaning, and replacing air filters.

Phone a Friend

When it comes to spring cleaning, seniors may sometimes find themselves overwhelmed by the task at hand. It's important for seniors to recognize their limits and ask for help when needed. However, asking for help doesn't mean that seniors can't be involved in the process

**JOIN US FOR OUR MONTHLY CAREGIVERS MEETING
LAST WEDNESDAY OF EACH MONTH @ 10:00 AM
MARCH MEETING WILL BE: WEDNESDAY – MARCH 26TH
GUEST SPEAKER THIS MONTH WILL BE FROM SR. SOLUTIONS**

Ways to Feel *Gratitude* Each Day

There are many ways to include gratitude in your daily life. Gratitude starts with noticing the good in life. Feeling grateful is a skill we can develop with practice. The opportunities to find things to be grateful for are endless. Try the following to incite gratefulness into your daily life.

- ◆ **Appreciate Everything**— The habit of being grateful starts with appreciating every good thing in life and recognizing that there is nothing too small for you to be thankful for.
- ◆ **Practice Mindfulness**— Carve out time each day to sit quietly and think of five things for which you are grateful. Doing this every day will rewire your brain to be naturally more grateful, and you'll start feeling happier after each practice.
- ◆ **Focus on Intentions**— When you receive a gift or something good happens to you, consider how someone tried on purpose to bring that goodness into your life.
- ◆ **Keep a gratitude Journal**— Write down what you are grateful for. Keeping a journal of the things you are thankful for can help you remember all the joy life brings.
- ◆ **Create a Gratitude Calendar**— This is a variation of the gratitude journal. Write down 3-5 things you are grateful for each day on your gratitude calendar. Keep this calendar where you can see it frequently so you can look back and see all the goodness in your life.
- ◆ **Use Gratitude Affirmations**— Each day say “I’m grateful for...”. This is a great way to show appreciation for all the little things in your life.
- ◆ **Express Yourself**— Increase your feelings of gratitude by expressing gratitude to the people you care about. Not only does this make their day brighter, but it can do wonders for increasing your levels of gratitude and happiness too.
- ◆ **Mealtime Magic**— During mealtime, invite people around the table to share grateful moments from the day. Notice how the energy resets in the room!
- ◆ **Find Gratitude in your challenges**— Gratitude is not only about being thankful for positive experiences. In fact, sometimes thinking about difficult situations can help you feel more grateful for the good that exists.
- ◆ **Volunteer**— The key to having more gratitude is to give back to others in your local community. Not only will it make you more grateful for the things that you may take for granted, but studies show that volunteering increases our well-being.



Answers to St. Patrick's Day Trivia

- ◇ Blue (Color of choice by King Henry VIII)
- ◇ Shamrock
- ◇ Snakes
- ◇ Boston
- ◇ 1737
- ◇ New York
- ◇ Hope
- ◇ Fairy
- ◇ The Holy Trinity
- ◇ True
- ◇ False
- ◇ True

Gratitude Kit

- ⇒ Piece of Gum— Reminds you if you stick with it, you can do anything.
- ⇒ Stick of Twizzlers— Reminds you to tie things together.
- ⇒ Peanut Butter Crackers— Reminds you to laugh when things get a little nutty.
- ⇒ Chocolate— Reminds you that you are loved.
- ⇒ Starburst Candy— Reminds you that you are a shining star.
- ⇒ Tootsie Roll— Reminds you not to bite off more than you can chew.
- ⇒ Peppermint— Reminds you of your “commit-mint”.
- ⇒ Smarties— Reminds you that you are smart.



Spring forward



Daylight Saving Time

Don't forget to “Spring Forward” 1 hour on March 9th ! Do you know why Daylight Saving Time is used?

Today 40% of countries worldwide use this to make better use of daylight and to conserve energy. In 1914, some areas of Canada began to move their clocks forward one hour for “more daylight”. The idea did not catch on globally until 1916 when Germany used it, 2 years into WW1. The rationale was to minimize the use of artificial lighting to save fuel for the war effort.

Did you know??

The average person spends 38.5 total days brushing their teeth in a lifetime!



DONATIONS

Janet Bull Phyllis Rahn
Charles and Ruth Maier Bill Kaup
Ardyce Stanley Loree Echtenkamp
Ginney Otte Pat Morris Les Schulz



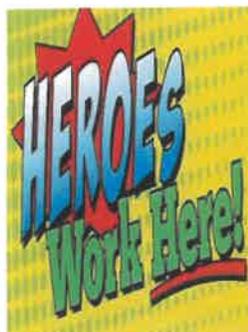
Thanks to: Country View and Kinship for Sponsoring our Luncheon Drawings and Monthly Birthday Treat. Thanks to Kinship & Sr. Solutions for helping our with our Monthly Health Clinic. Thanks to our friends from Heritage at Fountain Point of Norfolk for helping with our "Fine Dining Fridays" & Countryview & "The Meadows" of Norfolk for helping w/ "We Serve Wednesday". Thanks to all our Talented Musicians, Evolving 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!



St. Patty's Day Fun Fact
There are more than 100 St. Patrick's Day parades held in the US: the biggest celebrations are in New York City & Boston

WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Head Cook / Kitchen Manager
Jill Lehmkuhl	Office Assistant / Dispatch
Phil Does	Sub Van Driver
LeAnn Schroeder	Kitchen Aide
Yeslyn Vasquez	Kitchen Sub
Sue Temme	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.

Weird food laws

These food laws have been passed, but many have been repealed, and the rest are not enforced!

- In Iowa, it is illegal to have a rotten egg.
- In California, it is against the law to peel an orange in a hotel room.
- In Lexington, KY, it is illegal to carry an ice cream cone in your pocket.
- In Massachusetts, it is against the law to put tomatoes in clam chowder.
- In Wisconsin, butter substitutes cannot be served at any state institution.
- In North Carolina, it is against the law to take used grease from a restaurant without asking.



**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.

*° This is °
° the place °
where FRIENDS
♦ become ♦
FAMILY*

**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 your To-Go meal by 11:30 am as our Staff is busy with preparation and serving of our Congregate 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