



# The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

2025

### Wednesdays In October

1st—8th—15th—22nd—29th

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

Friday, October 3rd

11:30: By Dan Hansen

Friday, October 10th

11:30: By Val Koeber

Friday, October 17th

October Fest Celebration

Music: 11:00 am to 12:00 Noon

Burt Heithold & Dan Hansen

Tuesday, October 21st

11:30: Spotlight on Promise

Friday, October 31st

11:30: By Connie Webber



Get your  
Flu Shots

### Flu Shot Clinic

Friday, October 31st

10:30 am to 12:00 Noon

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

Providence Community Pharmacy

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

*To assist with Pre-filling out of Screening Forms—you can pick up your Form from the Center's office and Return it back to the center or bring it back the Day of the Clinic*

*IF Available—The Covid booster will also be offered - which also can be administered the same day if you request.*

**REMEMBER -** Bring your Medicare or Medicare Advantage Card the day of the Clinic and the PMC Staff will bill directly for you!

### FROG Exercises

Every M—W—Fr @ 9:00 am

AM WALKING—Daily

Tuesday, October 14th

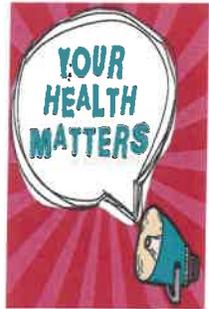
Health Clinic

10:45 to 11:45 am: With our

Friends from Kinship

Blood Pressure—O2 Level

Blood Sugar—Temperature



### Wednesday—October 1st

Monthly Birthday Treat

Noon—In House Meal

Luncheon Certificates

In—House Drawings

Friday, October 3rd

Sr. Day Drawing by Countryview

Wednesday, October 8th

Luncheon Certificates by Kinship

Monday, October 27th

Luncheon Certificates by Kinship



### Monday—October 13th

Toe Nail Care by Rachael

(Call for a Time)

Thursday—October 16th

11:15—11:45 am: Eye Glass Care

Wayne Eye Care



### Wednesday—October 15th

12:30: Monthly Board meeting

Wednesday—October 29th

10:00 am: Caregivers Meeting



JOIN US FRIDAY, OCTOBER 17TH  
FOR OUR

OCTOBER FEST CELEBRATION

Music from 11:00 am to 12:00 noon by

Burt Heithold and Dan Hansen

Serving (All you can eat)

Potato & Chili Soup (In—House meals)

Potato Soup for Meals on Wheels

and To-Go Meals

Relish Tray & Homemade Sliced Bread

Assorted Pies (For In-House Meals)

Peach Pie for MOW & To-Go Meals

Root Beer for all to enjoy in house

Served with a smile by our Friends from  
Heritage of Norfolk



## MEDICARE PART D

### Medicare Part D Open Enrollment for 2025

The open enrollment period for Medicare Part D, the prescription drug coverage for Medicare beneficiaries, runs from October 15th through December 7th.

#### What You Can Do During Open Enrollment

- Compare and switch Medicare Part D Plans
- Enroll in a Part D plan if you don't have one
- Make changes to your Current Part D Plan, such as adding or dropping prescription drugs or changing your provider

#### OPEN ENROLLMENT ASSISTANCE OPPORTUNITY FOR THIS UPCOMING ENROLLMENT PERIODS THIS YEAR WILL BE AT:

Providence Medical Center in Wayne

Assisted by Leslie & Kiley

If you would like to schedule a time for assistance

CALL: 402-375-7938 (After October 6th)

And ask for Leslie Schulz



### JOIN US THE LAST WEDNESDAY OF EACH MONTH FOR OUR MONTHLY CAREGIVERS SUPPORT GROUP MEETING

10:00—Coffee and Goodie time along with Great Conversation

Speaker for this month will be Stacey

From *"Safe At Home"*

Great support resource: Housekeeping—Social & Companionship—Meal Preparation—Errands & Transportation—Personal Hygiene—Mobility & Transfer—Dementia Care. Some Locations may also offer: Lawn Care, Snow removal—Pet Care—Respite Services

### WHAT IS

#### "SPOTLIGHT ON PROMISE"

It's 1 day a month where Wayne State College Students Come to the center and Showcase their musical Talents. This month "Spotlight on Promise" Will be at the Center on Tuesday, October 21st At 11:30 am

**COME** and enjoy a Mini Concert Provided just for our Friends Here at the Wayne Sr. Center



## 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.



### 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

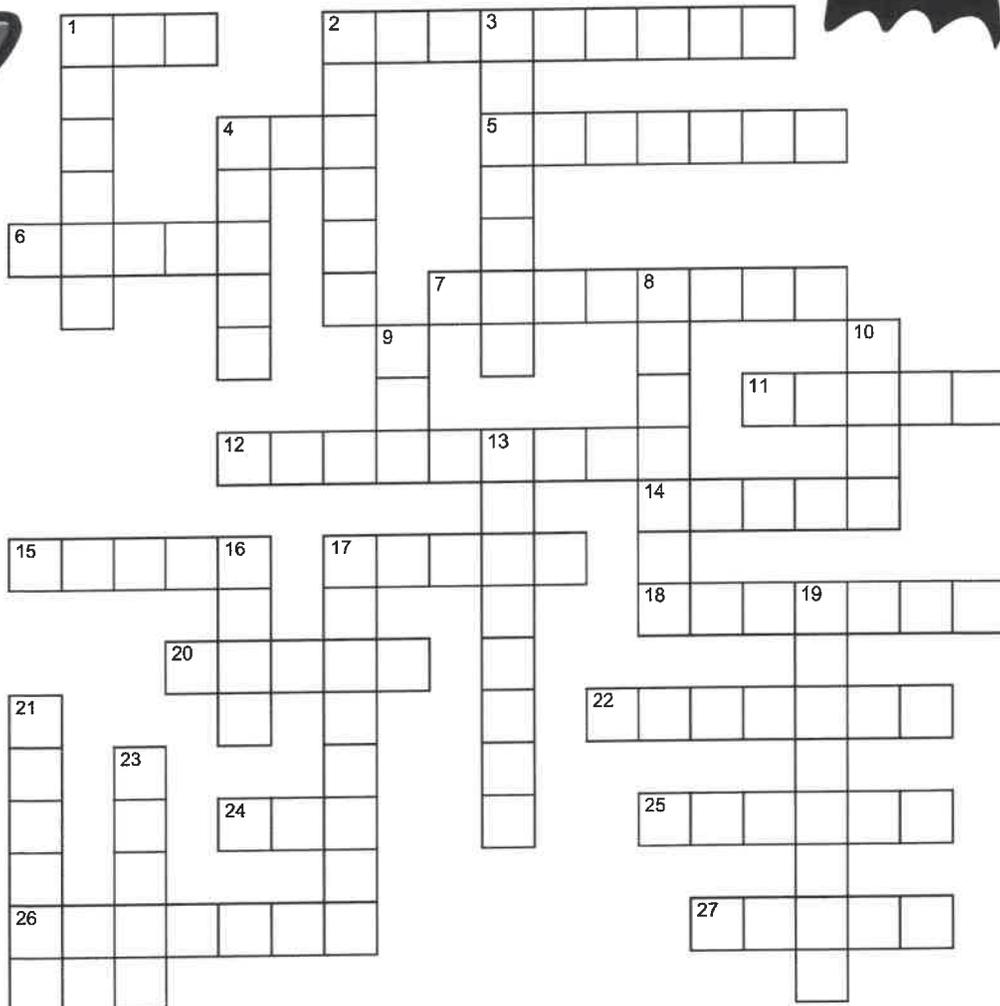
Find and circle the words listed below:

DANGER  
RANGER  
FIRE  
SMOKE  
HOT  
ALARM





# 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.



# Happy Halloween!



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



AFTERLIFE  
AUTUMN  
BAT  
BLACK  
BLOOD  
BOO  
BROOMSTICK  
CACKLE  
CADAVER  
CANDY  
CASKET  
CAT  
CAULDRON

COBWEB  
COFFIN  
CREEPY  
DEMON  
EERIE  
GHOST  
GHOUL  
GRIM REAPER  
HAUNT  
HOWL  
MASK  
MIDNIGHT  
MOON

MUMMY  
OCTOBER  
OGRE  
OWL  
PHANTOM  
PRANK  
SKELETON  
SPIDER  
TOMBSTONE  
TRICK  
VAMPIRE  
WEREWOLF  
WITCH

**Wayne Senior Center at Wayne, Nebraska --  
Monthly Business Meeting  
September 17, 2025**

The monthly meeting of the Wayne Senior Center was called to order with President George Burcum presiding. (12:40 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 August 20 meeting were approved, as presented in the September edition of the Senior Star in a motion by Jeanette Swanson and seconded by Joan Lage. Motion carried.

Treasurer Jeanette Swanson presented the treasurer's report using financial information for the period of 8/21/25 --9/17/25. Total expenses for the period: \$187.97 {\$37.97 for cleaning supplies and \$150.00 for IIB Toe Nail Clinic} Motion by Verna Mae Baier to approve this amount of expenses. Seconded by Joan Lage. Motion carried.

Coordinator Bertrand presented an overview of September and October. National Senior Center Month is being celebrated with random prizes given throughout the month. Sept. 26 will be the Senior Center Month Celebration with music starting at 11:00 a.m. A q/a session with City Administrator Wes Blecke will be at noon on Sept. 30.

During October a Medicare Open enrollment will be held this year at PMC. First assistance date will be October 15. More information in the October newsletter.

National Fire prevention will be October 7-12 with the yearly Fire Drill planned.

Friday, October 17. Oktoberfest will be celebrated.

The Senior Center will be closed on Friday, October 24, for cleaning.

Friday, October 31, will be our Flu Shot Clinic with PMC Pharmacy. A Covid booster shot will be offered pending availability. More information will be in the October newsletter.

No other items were presented for consideration.

Meeting was adjourned at 1:10 p.m...

Next meeting will be October 15, 2025 at 12:30 p.m.

Verna Mae Baier, Secretary

## Halloween and Dementia: Five Tips for Family Caregivers

With the Halloween Holiday coming in the End of October - the Alzheimer's Foundation of America (AFA) is offering five tips for family caregivers to help their loved ones with Alzheimer's disease and other dementia-related illnesses remain comfortable and safe.

"Halloween is full of scary sights and frightful sounds that create additional challenges for someone living with dementia, which is why being a proactive caregiver is so important," said Jennifer Reeder, LCSW, SIFI, AFA's Director of Educational & Social Services.

"Following a few quick and easy steps can help keep the 'Happy' in 'Happy Halloween' for someone living with dementia on October 31."

**AFA advises family caregivers to consider the following five tips:**

1. **Avoid interactive or frightening decorations.** Decorations that talk or scream when someone passes by them can be distressing for those living with dementia. The sights and sounds of noisy decorative figures, as well as those decorations with flashing or flickering lights, might cause the individual to wander, possibly away from their own home. Fake skeletons, cobwebs, witches and monsters, even if non-interactive, can potentially be upsetting for someone living with a cognitive impairment, as they perceive them as real. Stay with more neutral seasonal decorations, such as pumpkins or fall leaves.
2. **Help the person relax.** Halloween is full of distractions and stimuli, such as costumed strangers walking around and loud noises, which can be upsetting or frightening to someone living with dementia. Playing soothing music, engaging in a quiet activity such as reading a book together, and calming reassurance are all ways to help your loved one if they become agitated.
3. **Adapt the celebration.** Replace candy with fruit or another healthy snack; too much sugar intake could increase agitation. Reminisce by looking at old family pictures of Halloween events, paint pumpkins together, or watch a non-threatening program about Halloween if they want to participate. Focus on what the person can and likes to do now, rather than what they used to do before the onset of dementia.
4. **Don't leave your loved one alone to give out candy.** Having strangers continually knocking on the door in costumes can potentially be frightening, confusing and disruptive to someone living with a dementia-related illness. It can also be a safety risk. If the person wants to participate in giving out candy, have someone there to help them or make arrangements for the person to go to a relative or friend's house to engage with trick or treaters. Never invite trick or treaters into the home unless the person knocking is someone you know.
5. **Keep the lights on in your home.** A dark home gives the impression that no one is inside, thus making it more inviting for burglars or vandals. Have interior and exterior lights lit. Keep candy outside your door for trick-or-treaters with a sign that says "Please Take One."

**JOIN US FOR OUR MONTHLY CAREGIVERS  
SUPPORT GROUP ON THE LAST WEDNESDAY OF EACH MONTH  
OCTOBER MEETING IS WEDNESDAY, OCTOBER 24<sup>TH</sup>: 10:00 AM  
MORE INFORMATION: CALL 402-375-1460 AND ASK FOR DIANE**

## 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 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!

## Ice cream pumpkin pie

### Ingredients

- \*9 inch frozen prepared pie crust, baked
- \*1 pint vanilla ice cream, softened
- \*15-oz. can pumpkin \* 3/4 cup powdered sugar
- \*1 pint whipping cream, whipped
- \*2 tsp. pumpkin pie spice \*1/2 tsp. salt



### Directions

- 1) Fill pie crust with ice cream and freeze until solid
- 2) In a bowl, mix pumpkin, whipped cream, powdered sugar, pumpkin pie spice, and salt. Spoon over the frozen layer. Freeze again.
- 3) One hour before serving, remove the pie from the freezer and place in refrigerator.
- 4) At serving time, serve with an extra dollop of whipped cream on each piece, if you wish.

## Apple This and That

- 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**

Betty Wilson– Barb & Byron Heier– Janet Bull– Marlene & Barry Dahlkoetter– Cindy Milligan– Sandra & Ron Wriedt– Lora Dion– Ginny Otte– Lois & Jim Joslin  
Les Schulz - Janet Reeg

*THANKS TO ALL WHO BRING IN FRESH GARDEN PRODUCE TO SHARE WITH ALL OF US!!*



*With the rising cost of coffee—donations are welcome!*

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 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!**

o-o This is o-o  
o the place o  
where FRIENDS  
become  
FAMILY

**WHO’S WHO AT THE WAYNE SENIOR CENTER**

- |                  |                             |
|------------------|-----------------------------|
| Diane Bertrand   | Manager                     |
| Misty Brasch     | Head Cook / Kitchen Manager |
| Jill Lehmkuhl    | Office Manager/ Dispatch    |
| Caleb Carroll    | Sub Dispatch                |
| Phil Does        | Dispatch/Sub Van Driver     |
| LeAnn Schroeder  | Kitchen Aide                |
| Adel Bohlken     | Kitchen Aide                |
| 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.



**CLOSED**  
**FOR EXTENSIVE CLEANING**  
Friday—October 24th  
No Meals or Activities that day  
Staff **WILL** be available to take your calls  
Transit **WILL** operate as usual



**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.

**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 so our Kitchen staff may adjust count for meal preparation.

**Meal Contribution Requests:**

- \$5.00 : Congregate Meals—Age 60 and Over
- \$7.75: Congregate Meals—Under Age 60
- \$6.00: Meals on Wheels & To Go—Age 60 and Over
- \$8.75: Meals on Wheels & To Go—Under age 60