

A bi-monthly publication for Family published by The Wayne Herald — March 10, 2022

# Family

## Providence Community Pharmacy available to provide variety of vaccines

With a goal of 'protecting the public' Providence Community Pharmacy continues to provide several vaccinations to members of the community.

Among the vaccinations available at the pharmacy and the approximate number of vaccines given since October of 2021 are:

- Seasonal Flu (given each year)
- Quadravalent Flu - 850 doses;
- High Dose Flu for anyone over 65 years of age - 300 doses;

COVID-19 vaccines:

- Pediatric Pfizer for those ages 5 to 11 years - 350 doses;.
- Pfizer - 450 doses;
- Moderna - 1,650 doses;
- Janssen (company that produces Johnson & Johnson vaccine) - 200.

Pneumonia vaccines (generally given to those 65 years and over:

- Prennar - 10 doses;
- Pneumovax (can be given to those under 65 years of age if there are risk

factors present) - 25 doses.

Becky Barner, Pharmacist at Providence Community Pharmacy said that Center for Disease (CDC) guidelines recommend one dose of Pevnar be given at age 65, followed by one dose of Pneumovax one year later.

"At Providence Community Pharmacy, we can only give immunizations based on the general recommendations. If a patient's physician recommends additional doses, we can

comply with that recommendation," Barner said.

Shingles (two doses needed)

- Shingrix - 70 doses.

Tetanus (one dose every 10 years)

- Boostix - 40 doses.

During 2021, Providence Community Pharmacy administered approximately 5,500 COVID-19 vaccines. This number includes those who received a

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## Dances help raise funds for Wayne Elementary School

Wayne Education Boosters (WEB) hosted both a Holiday Daughter Dance and Valentine Son Dance to help raise funds for Wayne Elementary School.

The dances were very successful, raising just under \$10,000 with 360 guests in attendance at the girls' dance and 306 at the boys' dance.

A dessert buffet with chocolate fountains, photo booth, silent auction of items donated by local businesses and families, and a very busy dance

floor (DJs Thom and Julie Osnes of PinMonkey Entertainment) were highlights of the events.



# Healthy and fun rainy day activities for kids

There are numerous reasons for children to spend time outdoors. Soaking up sunlight and fresh air can do everything from reduce stress to improve cardiovascular health.

Unfortunately, not every day is tailor-made for spending time outdoors. When inclement weather threatens, some creative thinking may be necessary to keep kids happy and occupied. As the COVID-19 pandemic is still affecting communities, there's the added challenge of ensuring indoor activities are conducted in a safe manner. Here are a few ideas for getting started.

### Plan a scavenger hunt

Parents or caregivers can hide an item and set children on the course toward finding the treasure by providing clues that incrementally lead to the final hiding place.

### Visit the library

Libraries have a host of activities ideal for rainy days. Apart from various genres of reading materials, there are movies to rent, informational classes, rooms for club meetings, and even arts and crafts events. Check to see if your local library requires masks to participate indoors.

### Establish an indoor campsite

Camping is a popular outdoor activ-



ity that can go on rain or shine. Those who are averse to camping in the rain can recreate the magic of camping indoors. Set up a tent or make a lean-to from blankets and sheets. Use a fire-place or stove to roast marshmallows and make indoor s'mores.

### Make homemade playdough

Invite a few of the children's friends over and mix up a batch of home-made playdough. A handy recipe can be found at [www.iheartnaptime.net/](http://www.iheartnaptime.net/)

[play-dough-recipe/](#). Children can spend hours molding the playdough into imaginative creations.

### Visit a museum

Communities across the country are home to various museums, some showcasing ancient artifacts and others

touting novelties. For those concerned about indoor crowds, try visiting shortly after doors open or an hour or two before doors close. Foot traffic tends to be lower at these times.

### Host an outdoor movie viewing

Homeowners with covered awnings or outside porches can project a movie onto a screen and have movie-goers watch from their sheltered locations. Serve plenty of healthy snacks and a few sweet treats to munch on during the film.

### Play in the rain

Just because it's raining doesn't mean outdoor fun needs to be entirely curtailed. Children can gather in a garage with the door left open. Then they can take turns dashing out to stomp in puddles or dance in the rain showers. Just have plenty of towels on hand and choose a warm rainy day so kids won't catch a chill.

Poor weather necessitates having indoor activities ready for kids. Thankfully, there's plenty of entertaining ideas to keep them occupied.



Becky Barner, PharmD, RP, at Providence Community Pharmacy, administers a COVID-19 vaccine to Dennis Jensen. This was one of approximately 5,500 vaccines administered in 2021.

## Pharmacy

(continued from page 1)

booster during this time.

While the number of flu vaccines being given has decreased in recent weeks, Barner said it is not too late to get a flu shot.

"We have seen slightly more flu than

last year, but overall, the numbers seem to be fairly typical," she said.

Anyone with any questions in regard to any of the immunizations available at Providence Community Pharmacy is encouraged to call (402) 375-8862 to get answers.

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# Outdoor activities benefit kids

Modern amenities and indoor comforts have made life easier in many ways, but they've also helped to fashion a generation of people who spend much of their time inside. A 2018 report from the international research firm YouGov found that around 90 percent of study respondents from North America and Europe spend close to 22 hours inside every day. Children may get a little more time outdoors than adults, particularly if they participate in outdoor sports.

There are distinct advantages to engaging in more outdoor activities. Here's a look at some of them.

- **Improved mood and reduced risk of depression:** The YouGov report notes that around 15 percent of the world's population is affected by different levels of seasonal affective disorder, which is believed to be a direct result of lack of daylight. Symptoms go away when days are longer and individuals can enjoy more sunshine. Children who go



outside and get ample exposure to sunlight may experience a more positive mood and renewed energy.

- **Lower risk of obesity:** Dr. Kenneth

Ginsburg from the American Academy of Pediatrics says outdoor play can help reduce obesity in today's youth. Children can enjoy self-directed physi-

cal activity that also stimulates awareness of one's surroundings.

- **Improved vitamin D levels:** Vitamin D has been dubbed the "sunshine vitamin" because sunlight hitting the skin prompts the liver and kidneys to create vitamin D in the body. A deficiency in vitamin D can lead to depression and heart failure and may compromise the immune system. Children can improve current and future health by maintaining adequate vitamin D levels through healthy exposure to sunlight.

- **Lower stress levels:** Students of all ages are faced with stressful situations that come at them from every angle. The arrival of the global pandemic has been an added stressor that continues to affect children and adults. According to research by the University of Essex, outdoor exercise offers mental health benefits that exceed those gleaned from indoor exercise. Spending time in a green space can result in improved mood and self-esteem. A 2017 study of Japanese students found those who spent time in the forest for two nights returned home with lower levels of cortisol, a hormone used as a marker of stress, than students who remained in the city. The practice of de-stressing outdoors is often referred to as "forest bathing" or "nature therapy."

- **Better focus:** A dose of nature may help children diagnosed with attention deficit hyperactivity disorder improve their concentration levels. A 2008 study from researchers at the University of Illinois found that children with ADHD demonstrated greater attention performance following a 20-minute walk in a park as compared to a residential neighborhood or downtown area.

Getting outside and engaging in any activity has a variety of benefits for children and adults.

## Community service projects for kids

The importance of giving back to one's community is a value that parents can instill in their children at an early age. Learning about worthy causes in local communities can help develop empathy in children and give them insight into those who live outside of their social and economic spheres. In addition, encouraging children to take part in community service can teach them skills they would not necessarily learn in the classroom.

Getting involved in community service as a child may lead to a lifelong commitment to giving back. The following are some ways children can get involved in community service projects.

### Spend time with seniors

Children can visit seniors in nursing homes or assisted living facilities, provided that the visits are cleared with the home's staff. Kids can work



alongside seniors on craft projects or participate in games like bingo.

### Collect food for the needy

Volunteering with a local soup kitchen can teach children about the plight of the less fortunate. Kids also can collect canned or boxed food and deliver it to food pantries so that no needy family has to go hungry.

### Improve school grounds

Working with the principal of a local

school, children can make plans to improve the grounds. Ideas include repairing play equipment, planting trees, adding a vegetable or flower garden, or installing buddy benches where friends can find each other and hang out.

### Send care packages

Kids can reward first responders and military personnel who live in their communities by putting together care packages for them and their families.

### Pick up litter

Children can gather like-minded friends and participate in a beach or park cleanup.

Service projects are great ways for kids to get involved and give back to their communities.



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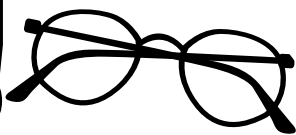
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# Wayne's FCCLA had a busy month

The month of February held many events for the FCCLA group that included activities that lasted a week and a chili and cinnamon roll feed.

To start off the month, members of FCCLA helped the Wayne Elementary Boosters with a Mother-Son dance that they held.

February 14-18 was National FCCLA Week and the group put on different activities to participate in. On Monday,

members wore red and and held an all member meeting potluck. At this meeting, the Jr. and Sr. High members of the month were announced. The winners were Laura and Kayleigh. The members also wrote thank you notes to faculty and staff for faculty/staff appreciation day on Wednesday.

Tuesday's theme was "Dream About Your Future Day" where people were meant to wear pajamas all day.

Wednesday was Staff Appreciation Day with a staff breakfast provided at 7:30 a.m. in the FCS room and everyone was supposed to wear blue. At the breakfast, the thank you cards were passed out to all in attendance in appreciation of everything they do.

On Thursday it was Leadership Day and FCCLA members shared ways that FCCLA has helped them build leadership skills. The group ended their week on Friday with a chili and

cinnamon roll feed that was held during the Wayne vs. Pierce basketball games. They managed to raise \$1,700 and the proceeds went to the Claussen family from Pierce.

Family, Career and Community Leaders of America is a nonprofit national career and technical student organization for young men and women in Family and Consumer Sciences education in public and private school through grades 6-12.



FCCLA held a chapter meeting to kick off National FCCLA Week.



Families enjoyed chili and cinnamon rolls that was held to help the Claussen family of Pierce.



Faculty and staff were provided with a breakfast from FCCLA to show their appreciation for them.



Members show their happiness to help with the chili and cinnamon roll feed.

- Free land and water group fitness classes with membership.
- The Norfolk Family YMCA offers SilverSneaker & Foundations of Movement classes!
- Rock Steady Boxing for those dealing with Parkinson's.

A group of five people, three men and two women, are standing together and smiling. They are dressed in casual attire.

The logo for the YMCA, featuring a large stylized 'Y' with the word 'YMCA' underneath it.

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# Family activities to get kids off the couch

Thanks to increasingly busy weekday schedules that have families running in different directions for work, school and extracurricular activities, weekends are an ideal time to recharge. Too often, however, family members retire to their respective rooms, devices in hand.

Kommando Tech says people spend an average of three hours and 15 minutes on their phones each day, with Americans spending 5.4 hours a day using phones. Those statistics do not include how much additional time is likely spent on devices like tablets or laptops.

Chances are phones are being used while lounging on the couch or bed, something that has negative health consequences for many children and adults. A sedentary lifestyle can lead to weight gain, loss of muscle strength, weak bones, diminished immune system response, and poor blood circulation, according to the health information site Medline. These fun activities



can get kids and parents off the couch on weekends.

### Take a family bike ride

Inflate those tires and tighten your helmet chin straps. A family bike ride is an ideal activity for the fam-

ily because it is something that can be enjoyed by all age groups. Choose the pace and the terrain based on the age of the youngest and/or oldest rider (flat, easy-to-navigate paths for the very young or the elderly), and enjoy exercise in the great outdoors.

### Wash the cars

It's a chore, but it's one that has the potential for lots of laughs along the way - and possibly a suds fight. Washing vehicles also is a great way to

cool off when the weather is warm.

### Engage in sports training

Whether the children participate in organized sports or not, set up an obstacle course or fitness circuit in the backyard. Everyone takes turns going through the course. The family can spend time together as everyone gets beneficial exercise.

### Do a walking tour

Educational attractions like museums, zoos, aquariums and arboretums are great to visit on weekends. The family will see new sights and learn important information about exhibits, all the while walking a few miles.

### Visit an amusement park

Research the nearest amusement park and take a road trip for the day. Hours will be spent walking around the park and going on thrilling rides. Consider discounted memberships or season passes if this is the type of activity the family plans to repeat.

### Check out a driving range

Practice golf swings at a driving range or a virtual driving range. Everyone can compete to see whose drive is the longest.

The possibilities for physically active family engagement are endless and beneficial for the body in myriad ways.

## Fun ways for children to participate in St. Patrick's Day celebrations

St. Patrick's Day commemorates its namesake, the patron saint of Ireland who helped spread Christianity across this island nation. While it may have begun as a religious holiday, eventually the fanfare expanded to transform St. Patrick's Day into a secular celebration spanning the world - reaching Irish diaspora in various countries. In fact, some of the largest St. Patrick's Day events occur outside of Ireland.

In addition to paying homage to St. Patrick, the holiday is largely known for being one big party catering to the over-21 crowd. It's common to find people raising pints throughout the day on St. Patrick's Day. However, for those who want children to be a part of the festivities, there are plenty of entertaining ways to incorporate them into any celebration.

### Attend a parade

Parades are a common sight come St. Patrick's Day, and they're ideal activities for children. If your town or city is hosting a St. Patrick's Day parade this year, make plans to attend with the children. Follow safety precautions, including remaining socially distant, when necessary, and watch the floats, pipers, colorfully clad characters, and other participants go by.

### Serve child-friendly beverages

For those hosting St. Patrick's Day at home, be sure to have a variety of foods and beverages on hand, particularly ones that children can enjoy. Whip up your own concoction like a Leprechaun Punch that features lemon-lime soda, green food coloring and lime sherbet.

### Learn St. Patrick's history

Children may not realize that St. Patrick, even though he is the patron saint of Ireland, actually was born in Britain, according to National Geographic Kids. Also, he wasn't always associated with the color green; he was first depicted wearing blue robes. These are just some of the facts adults and children can explore together.

### Collect clovers

St. Patrick used a three-leaf clover, or shamrock, to explain the basic tenets of Christianity. The three-leaf clover represented the Holy Trinity. If St. Patrick's Day falls on a nice day, everyone can venture outside to collect shamrocks and hunt for the elusive four-leaf clover, which may bring good luck.

### Get dressed up

Children can have fun dressing up in all sorts of apparel. While green shirts are par for the course, kids also can don rugby or soccer shirts from their favorite Irish teams. Authentic Irish Aran wool sweaters and cardigans, or other traditional clothing, also can be worn. Kids may have fun making masks or hats they can wear as well.

St. Patrick's Day is a fun time for people of all ages. The holiday can be made kid-friendly in a variety of ways

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# Guide to preparing for college admissions

Junior year is a pivotal time in the lives of high school students. Junior year marks a transition to upper classmen, and students begin to ponder their post-high school academic careers around this time as well.

The college preparatory process can seem daunting, particularly if a student does not have a sibling who recently went through the steps and can offer advice. Well-meaning parents may want to share their own experiences, but much has changed since parents were looking ahead to their own college experiences. That doesn't mean parents can't offer important assistance, particularly when they learn the ropes of today's college preparatory process.

**Speak with a guidance counselor to plan courses**

Parents and students can meet collectively with a guidance counselor to talk about goals and coursework. Many high schools offer Advanced Placement classes or dual enrollment courses that enable students to earn college credit.

**Discuss extracurricular activities**

Colleges and universities do not just look at grade and test scores; they consider the entire applicant. Therefore, high schoolers should dabble in various clubs, organizations and sports to



make them more appealing to admissions departments.

**Enroll in a test preparation course**

Though a growing number of American colleges and universities have abandoned ACT and SAT scores as part of their admissions process, many schools still require those scores. Students can benefit from taking test prep classes either in school or through outside tutoring businesses. Learning strategies for the tests as well as seeing

sample questions can remove some of the anxiety associated with the tests.

**Visit schools and attend college fairs**

Parents and students should make appointments to visit several college campuses that offer courses students are interested in. Getting one's name in admissions departments' databases also opens up students to emails about upcoming events and application deadlines.

**Learn about The Common Application**

The Princeton Review says most schools will use The Common Application as part of the admissions process. This enables students to enter all of their information and apply to multiple schools using the same account. However, schools will typically have different supplemental essay topics or test score requirements. Essays typically are required to be around 650 words.

**Get financial paperwork in order**

Applying to college and applying for financial aid (which every student should do regardless of income) are two separate processes. In the United States, students will start with the Free Application for Federal Student Aid. The FAFSA will help determine eligibility for grants, scholarships, federal work-study, and student loans. The FAFSA requires information taken from federal income tax statements.

Parents can help guide their students further by following up on school transcripts, teacher recommendations and providing application cost fees, which vary from \$50 to \$100 per school. The road to college may seem confusing, but a few simple strategies can make it easier to navigate.

# What to look for in a family vacation spot

Summer vacations were once an annual tradition for millions of families across the globe. Warm weather getaways to idyllic beaches and welcoming resorts have long helped families make lasting memories, and revisiting that trend can be good for everyone.

Family vacation plans were put on the back burner during the COVID-19 pandemic. According to a survey from IPX 1031®, 40 percent of respondents canceled vacation plans during the pandemic, while an additional 29 percent didn't plan a vacation at all. But the pandemic alone cannot be blamed for people's unwillingness to take time off from work, as pre-pandemic studies noted how professionals had increasingly begun to work longer hours and take fewer vacation days. For example, data from the U.S. Travel Association indicates that American workers failed to use 768 million vacation days in 2018.

Pandemic-related cancellations and postponements proved a bitter pill to swallow, and that sour taste could be one reason why travel bounced back in a big way in 2021. The hotel market data firm STR, Inc. reported that hotel occupancy reached nearly 70 percent in July 2021. That's no doubt due to the successful rollout of coronavirus vaccines. This summer could be even better for the travel and tourism industry,



as children as young as five are now eligible to be vaccinated, and there's hope that children younger than five will be soon. That means more families will likely be on the lookout for vacation spots, and the following are some qualities they can look for as they search for the perfect place to spend their summer vacations.

· **Affordability:** Travel costs have spiked in the aftermath of the pandemic, and that may stretch families'

budgets thin. Data from the energy and commodities information provider S&P Global Platts. indicates that jet fuel prices have been rising somewhat steadily since mid-2020, and that spike could lead to higher airfare costs this summer. In addition, families should compare the cost of hotel lodging versus single-family homes on sites such as Airbnb or Vrbo. The latter might have more budget-friendly inventory.

· **Accessibility:** Families won't want

to travel only to find out local attractions are closed or open on a more limited basis. Before booking a trip, confirm the rules and regulations in a given locale and contact local tourist attractions, such as theme parks, to confirm that they'll be open for business as usual this summer.

· **Kid-friendly activities:** After more than two years locked up at home, parents may be dreaming of spending a week doing little more than sitting on a beach. However, kids may grow antsy after a day or so with their toes in the sand. Many all-inclusive resorts include kid-friendly activities, such as sailing lessons or arts and crafts sessions, that give moms and dads a break and keep youngsters engaged in a fun way.

· **Dining:** Research local restaurants when perusing destinations to confirm there's plenty of dining options. Parents have done more than their fair share of cooking at home since the onset of the pandemic, so a great vacation spot is one that includes an array of dining options to give parents time off from cooking detail.

As families prepare for their first vacations in more than two years this summer, parents can look for locales that cater to their needs without breaking the bank.



Math Blocks

Fill in the missing blocks with numbers between 0-10.  
The numbers in each row add up to the totals to the right.  
The numbers in each column add up to the totals on the bottom.

	0		11
6		3	10
2		5	15
12	9	15	

5	8	2
3	1	9
7	0	4

Solution

Get Scrambled

Unscramble the words to determine the phrase.

F B E L U A I T U I C O E V

Answer: Beautiful voice

THIS DAY IN...



HISTORY

- 1789: THE UNITED STATES CONSTITUTION GOES INTO EFFECT.
- 1804: IRISH CONVICTS REBEL AGAINST BRITISH AUTHORITY IN THE COLONY OF NEW SOUTH WALES.
- 1917: JEANNETTE RANKIN BECOMES THE FIRST WOMAN ELECTED TO THE U.S. HOUSE OF REPRESENTATIVES.

New word

CLEF

a musical symbol to indicate the pitch of the notes written on a staff



WHAT IS THE HIGHEST FEMALE SINGING VOICE?

ANSWER: SOPRANO

How they SAY that in...

ENGLISH: Singer

SPANISH: Cantante

ITALIAN: Cantante

FRENCH: Chanteur

GERMAN: Sänger



A STAFF IS THE NAME GIVEN TO THE FIVE HORIZONTAL LINES ON WHICH PEOPLE WRITE MUSIC. MUSICAL NOTES ARE PLACED EITHER ON A LINE OR IN A SPACE.



Can you guess what the bigger picture is?

ANSWER: MICROPHONE



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