



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

August 2018

SPECIAL EVENTS

Wednesday, August 1st

Monthly Birthday Party
Music by Connie Webber

Thursday, August 2nd

Dinner Time music
by Connie

Friday, August 3rd

11:00 to Noon

Spinal Clinic by Herman

Monday, August 6th

9:15: Toe Nail Clinic

11:45: Nutrition Visit

By Judy Poehlman

Tuesday, August 7th

Nails by Shelly in AM

Call for a time

11:45: "Lets Talk Farming"

w/ Lisa Lunz

Wednesday, August 8th

Birthday Ice Cream Treat

Noon by Keith Erickson

Thursday, August 9th

Dinner Time Music

By Connie

Early Bird Century Club

Movie Drawing @ Noon

Thanks to CareAge

Friday, August 10th

Fine Dining Friday w/ our

Friends from Providence

11:30 Music by

Carol Bauermeister

Staff Work Anniversary

Treat @ Noon

Tuesday, August 14th

11:00 to Noon—Eye Glass

Clinic with Onar

Wayne Vision Center

(Special Events)

(Cont. on next page)

CALLING ALL SENIORS

1 Mile Walk
DAILY

Monday through
Friday
Center opens
At 8:00 am



FROG
EXERCISES
(Fitness Reaching
Older Generations)
9:15 am
Monday
Wednesday
Friday

BENEFITS OF PHYSICAL ACTIVITY FOR OLDER PEOPLE (Age 65 years and over)

Physical activity has many health benefits.

Regular Physical Activity:

- Increases Muscle strength, flexibility, balance and Coordination
- Helps to prevent and manage health conditions like stroke, heart disease, obesity, type 2 diabetes, osteoarthritis, certain cancers, obesity and depression
 - Enhances sleep, wellbeing and quality of life
 - Increases Social Interaction

THIS IS A SERVICE WE OFFER HERE AT THE CENTER

YOUR PARTICIPATION ASSISTS WITH RECEIVING

INCENTIVE DOLLARS FROM THE

NORTHEAST NEBRASKA AREA ON AGING

COME JOIN US!!!!

Call and talk to Carol or Diane for more information!

MORE HEALTH CARE OPPORTUNITIES

FRIDAY—AUGUST 3RD: SPINAL CLINIC

11 to noon with Herman Chiropractic

MONDAY—AUGUST 6TH :TOE NAIL CLINIC

(Call center for an available time)

TUESDAY—AUGUST 14TH : NAILS BY SHELLY

(Call center for an available time)

EYE GLASS CLINIC WITH ONAR (11 to Noon)

WEDNESDAY—AUGUST 15TH: HEALTH CLINIC (9:30 to Noon)

Blood Pressure—O2 Level—Blood Sugar—Heart Rate

SPECIAL EVENTS
CONTINUED

Wednesday, August 15th

1st day of School

12:30—Board Meeting

Thursday, August 16th

Dinner Time Music—Connie

Friday, August 17th

Special Luncheon Drawing

By Brookdale

Tuesday, August 21st

Special Luncheon Drawing

By Brookdale

Wednesday, August 22nd

9:30 to Noon -Health Clinic

Thursday, August 23rd

11:45—Visit about

Meridian Clinical Research

Friday, August 24th

11:30 Music by Val Koeber

Fine Dining Friday w/

Our Friends from CareAge

Tuesday, August 28th

Care Giver Support Group

@ 10:00 am

Wednesday, August 29th

12:15 Fun w/ Brookdale

Thursday, August 30th

Dinner Time Music—Connie

Friday, August 31st

Providence Luncheon



Wednesday, Aug 1st

HAPPY BIRTHDAY PARTY

Wednesday, Aug. 8th

Ice Cream B. Day Treat

@ Noon by Keith Erickson

Music by Connie

(Aug. 1st, 2nd, 9th, 16th, 30th)

Friday, August 10th

11:30—Carol Bauermeister

Good Friday

Fine Dining



Friday, August 10th

Thanks to Providence

Friday, August 24th

Thanks to CareAge

“There are four kinds of people in the world: Those who have been caregivers; those who currently are caregivers; those who will be caregivers; and those who will need caregivers.”

Rosalynn Carter
Former First Lady

CARE GIVER SUPPORT GROUP

TUESDAY—AUGUST 28th

10:00 AM

8 Benefits of Care Giver Support Groups

1. Feeling less lonely, isolated or judged
2. Gaining a sense of empowerment and control
3. Improving your coping skills
4. Reducing distress, depression or anxiety and having lower rates of clinical depression
5. Developing a clearer understanding of what to expect with your situation
6. Getting practical advice or information about treatment options
7. Improving your caregiving ability and giving better quality of life for the older adult
8. Helping you keep your loved one at home longer

HEY FARMERS & FARM WIVES

Join us Tuesday, August 7th @ 11:45 for a visit by Lisa Lunz (Newly elected Dixon Co. Supervisor) Educational Visit about our “Farmable Soil”

Wayne Public Transit is a great mode of transportation for you to get to appointments & to run errands. Monday through Friday 8:00 am to 4:30 pm

(We are an on demand Service)

To reserve your ride call 375-1460.

\$1.50 fare for each stop



Wayne Senior Center at Wayne, Nebraska -- Monthly Business Meeting

Wednesday, July 18, 2018

Wayne Senior Center President George Burcum called the meeting to order at 12:30 p.m.. Roll Call: Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum, Vice President: Norma Backstrom, Secretary: Verna Mae Baier. and Treasurer: Joan Lage.

The minutes from the June 13, 2018 business meeting were unanimously approved as presented and printed in the June edition of The Senior Star. Treasurer Joan Lage presented the treasurer's report for 6-10-18 through 7-9-18 with expenses of \$286.85. Verna Mae Baier made a motion to approve the payment of these expenses and to accept this financial report. Seconded by Norma Backstrom. Motion carried.

Open Issues:

1. Coordinator Bertrand presented an overview of vacation plans and workshop attendance. Medical Leave has been completed.
- 2.-----Coordinator Bertrand reported the United Way Grant application has been approved and accepted. This grant funds the monthly newsletter.
3. The Wayne City Budget for FY 19 was presented. Coordinator Bertrand requested a walk-in freezer be included in the budget. More details to be furnished later.
- 4 The Senior Center Board unanimously encourages community members to participate in the Wayne Senior Center Support Group which meets the last Tuesday of each month at 10:00 a.m.
5. Upcoming events: NENAAA FY 18 Audit by Morrow, Davies & Toelle, PC will be July 26.
FY 19 Audit by Mary Humphrey will be August 10.
6. Coordinator Bertrand presented Fiscal Year 2018 Annual Nutrition Report: Congregate meals served: 9,878, Home Delivered Meals: 2,736 for a total of 12,616. Other data was available on raw food costs and staffing. The Wayne Senior Center continues to receive retroactive, achievement and incentive dollars.

Next meeting will be August 15 at 12:30 p.m.

Verna Mae Baier, Secretary

Caregiver Tips

Diabetes and Heat: Safety Tips

Source: Centers for Disease Control and Prevention

Diabetes Heat Safety

People with diabetes should be extra careful during hot weather. Temperatures of 80°F (about 27°C) or above, especially with high humidity, can affect medication, testing supplies, and your health.

If you have diabetes, it is harder for your body to handle high heat and humidity. The heat index, which measures how hot it really feels by combining temperature and humidity readings, advises caution starting at 80°F with 40 percent humidity.

Here are suggestions from CDC's Division of Diabetes Translation on taking care of yourself during hot weather:

- Heat can affect your blood glucose (sugar) levels and also increase the absorption of some fast-acting insulin, meaning you will need to test your blood glucose more often and perhaps adjust your intake of insulin, food and liquids.
- Drink plenty of fluids, especially water, to avoid dehydration. Avoid sugar-sweetened beverages such as sweet tea and sodas.
- If your doctor has limited how much liquid you can drink, ask what to do during times of high heat.
- Check package inserts with medications to learn when high temperatures can affect them. Take medications with you if you will need to take them while you're away from home, and protect them from the heat.
- If you're traveling with insulin, don't store it in direct sunlight or in a hot car. Keep it in a cooler, but do not place it directly on ice or on a gel pack.
- Check glucose meter and test strip packages for information on use during times of high heat and humidity. Do not leave them in a hot car, by a pool, or on the beach.
- Heat can damage insulin pumps and other equipment. Do not leave the disconnected pump or supplies in the direct sun.
- Get physical activity in air-conditioned areas, or exercise outside early or late in the day, during cooler temperatures.
- Use your air conditioner or go to air-conditioned buildings in your community.

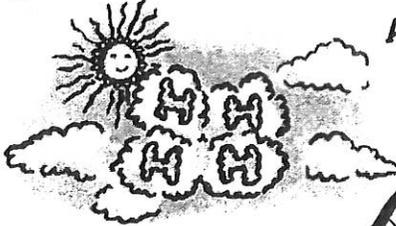
COME TO THE FAIR

Knowledge To Go



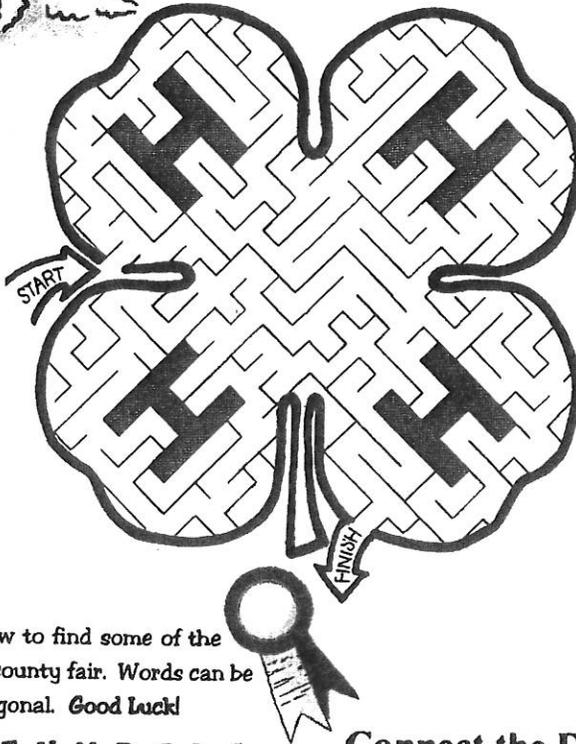
The county fair is one of the most exciting events of the year for a 4-H'er and his/her family. But, did you know that the fair offers something for everyone? The fair gives 4-H'ers the chance to exhibit the projects they have worked hard to finish. It is also an event that brings the community together.

Here are some activities that represent various things you'll find at the fair. Good luck and enjoy the fair!



Activity

Take your family through the maze to pick up your county fair ribbon!



Word Search

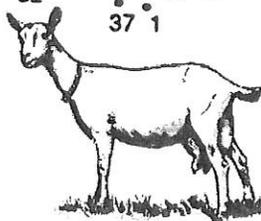
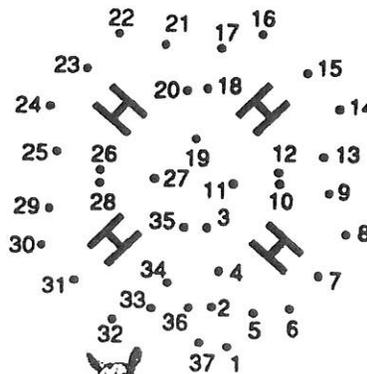
Circle the words listed below to find some of the 4-H projects entered at the county fair. Words can be forwards, backwards, or diagonal. Good Luck!

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

Word Bank

- bicycle
- forestry
- geology
- photography
- computer
- garden
- pets
- weather

Connect the Dots



Livestock Cafe

Each hungry animal is checking its menu for tasty treats. But wait... there's a mixup!! Unscramble the letters and help each animal find its favorite foods.

Sheep any _____ raonli _____ arges _____ teawr _____	Horse arloin _____ toas _____ yah _____ tewar _____ sasg _____	Pig ronc _____ rtoina _____ wtrea _____
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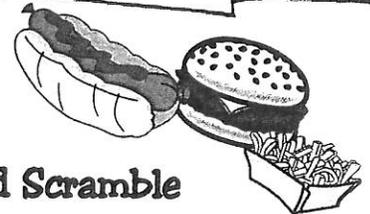
Goat tionra _____ sragg _____ tewar _____	Cattle ligase _____ faggs _____ yha _____ toinra _____ taerw _____
---	--



Mystery Word: Ration
 These ground-up grain mixtures are different for each animal. It all depends on what the animal needs for good nutrition and health.

Word Bank
 hay, oats, silage, water, corn, grass, ration

What did every animal need?



Word Scramble

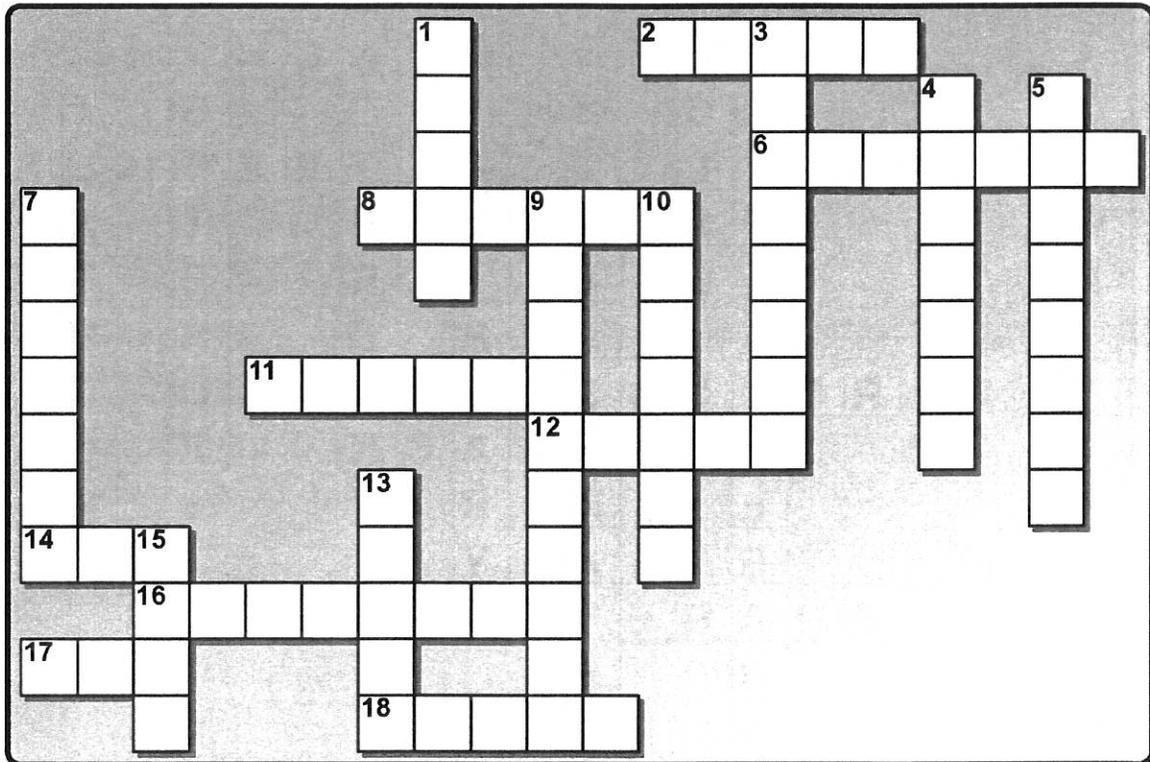
Fill in the missing letters of these favorite foods available at your county fair. Then, unscramble them to uncover a secret message.



H _ M B _ R G E R S
 C A _ A M E L A P P L _ S
 _ C E C R E _ M
 _ R E N C _ _ R I E S
 E L E P _ A N T _ A R S
 C O T _ O N C A _ D Y

___ V ___ T ___ A ___ !

Back to School Crossword Puzzle!



Across:

- 2 midday meal
- 6 person you learn from
- 8 tool for writing; has an eraser
- 11 time when you just have fun!
- 12 a little meal
- 14 get some exercise in this class
- 16 a, b, c, ...
- 17 class where you make pretty things
- 18 helps you if you are sick or hurt

Down:

- 1 measure with this
- 3 blank book to write in
- 4 class that involves experimenting
- 5 book you learn from
- 7 tell stories on paper
- 9 fellow students
- 10 place with lots of books
- 13 you are in school to
- 15 class that involves equations

DOG DAYS OF SUMMER

The dog days of summer are traditionally the 40 days beginning July 3 and ending August 11 which coincide with the rising of the Dog Star, Sirius. National Dog Day is held annually on August 26, so let's celebrate August with all things dogs!!!!

DOG WORDS

(Choose from Words Below)

1. Variety of dog of remarkable ferocity, courage, and tenacity of grip.
2. Hot dog topped with chili
3. Fruit of the dogwood.
4. Community official assigned to catch and dispose of stray dogs
5. Having many pages with corners that have been folded down.
6. Twisting and turning battle between two or more military aircraft especially between fighters.
7. Persistent or stubborn.
8. Expression of annoyance.
9. That which is held as an opinion.
10. To abduct (especially a dog).
11. One who rides in a dog sled.
12. Golf word to describe a sharp bend in the fairway.
13. Steady trotting motion similar to that of a dog.
14. Ray of light seen amidst fog.
15. Usually a small dog cuddles in the lap.
16. Sailor accustomed to the sea.
17. Dog who guards property.
18. Phrase for mud puppy or someone who is
At home in or on the water.

WATCH DOG—DOG NAP—DOG EARED
BULLDOG—FOG DOG—DOG SLEDDER
DOG FIGHT—DOG TROT—DOG LEG
LAP DOG—CHILI DOG—DOGGED
SEA DOG—DOG BERRY—WATER DOG
DOG GONE—DOGMA—DOG CATCHER

Trip down Memory Lane!

Dandelions

The Dandelion is among the most hated of plants, yet it isn't poisonous and has no thorns. In fact, it's a healthy food source and has been the universal toy of childhood for uncounted generations. Let's take a new look at this despised plant. Throughout history the dandelion has been there for the joy and amusement of children of all ages. It has been a traditional and versatile toy, and it comes with an A1 safety rating. It's also inexpensive and available almost everywhere.

THINK BACK IN YOUR MEMORY ABOUT THE FUN THINGS YOU USED TO DO WITH A DANDELION!!!



A LOOK AT THE 2018 FISCAL YEAR AT THE WAYNE SENIOR CENTER

We are so very excited and proud of our accomplishments over the past year. Transitioning into in-house cooking at the center has indeed been a challenge but with the delicious food and daily events that our amazing staff has been preparing and organizing—along with YOUR support, we have had a very successful year. Area on Aging has pulled together end of year numbers and we have shown an increase of 1857 total meals over the past Fiscal year which includes both Meals on Wheels and In house Congregate Meals. We strive each and every day to make each meal “Home cooked” and our center to be a place that is your “Home away from Home”. Each meal might not be your favorite but our Menu provides a Variety of foods for ALL to enjoy. If possible—give us a call by Noon the prior day in-order for us to prepare sufficiently for those wanting to dine with their Senior Friends. We try our best to accommodate all who want to come and join us. At times—the menu may be such that it is difficult to take last minute reservations as some meals require a little more advanced planning than others. If you did not call the day before—always give us a call in the Morning and we will try our best to get you on our serving list for that day AGAIN—Thank you so much for your Continued Support!
Our Success is Your Success!

**DOG DAYS
of SUMMER!**

CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787

Donations

Lanora Sorenson
 Rick Barelmann
 Harold & Lois Jensen
 Earl & Janet Fuoss
 Glennadine Barker
 Mardelle Brudigan
 Gertrude Vahlkamp
 Barb Greve
 Phyllis & Darrel Rahn
 Hollis Frese
 Jean Ley
 Marvin Nelson
 Charles & Ruth Maier
 Elmer & Corrine Carlson
 Mae Greve
 Fritz & Joanne Temme
 Roy Gramlich
 Sandra and Ron Wriedt

Thank you to those of you that take the time to bring in baked items, ice cream and all the other goodies for 2:30 coffee time!

Thank you this month to:

CAREAGE: For Fine Dining Friday, Sponsoring Our Century Club Movie Drawing, Sponsoring our Birthday Cake for our Monthly Party

BROOKDALE: For Sponsoring the Special Luncheon Drawings & Fun w/ Brookdale Day
PROVIDENCE: For Sponsoring our Providence Bingo Day Drawings

WAYNE GREENHOUSE: For the Bingo Day Bouquet

ONAR from Wayne Vision: Eye Clinic
HERMAN CHIROPRACTIC: Spinal Clinic
MARY & CONNIE: Health Clinic
RACHAEL & SHELLY: Toe & Finger Nail Care

Diane Bertrand	Coordinator
Carol Wibben	Operations Assistant
Fran Poehlman	Kitchen Aid
Bea Kinslow	Kitchen Aid
Misty Brasch	Head Cook
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Frank Sheda	Van Driver
George Burcum	President
Norma Backstrom	Vice President
Verna Mae Baier	Secretary
Joan Lage	Treasurer

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, United Way, And your donations.



THREE— CENT SCHOOL LUNCHES

(Article written on Aug. 29, 1914)

Experiments in school lunches, with most Gratifying results, have been made in seven Of the elementary schools in Manhattan, Provided for by the New York school lunch Committee, an organization of women. These Experiments in the schools of New York have Conducted on the principle that food should be

Furnished at cost. Last year 174,000 lunches were served in the seven schools at a cost of \$8640.50, of 4.96 cents per lunch. The receipts were \$5730.38, or 3.20 cents per lunch, a loss to the providers of only 1.07 cents per lunch.

It is believed, says a writer for the Mother's Magazine, that with buying on a large scale and with several centralized kitchens in which the food would be cooked, and prepared for a number of schools, this loss can be made up or nearly so, and the lunches placed on practically a paying basis.

At first, the pupils were required to purchase 3 cent meal tickets and were given the choice of a number of fixed menus, varied from day to day. This year, however, when the system was extended to 10 schools, seven of which are in Manhattan, the a la carte plan was adopted, and most of the articles put on a separate 1 cent basis. For pupils who prefer a fixed meal, however, there is still a special 3 cent menu in each school each day. The following is a sample special menu for a week: Monday—Rice, Tomato soup and bread

Tuesday—Mashed Potatoes, meat, gravy and bread

Wednesday—Pea soup and bread

Thursday—Lentils, rice and bread

Friday—Potato soup, croutons and bread

In addition to these 3 cent lunches a child may, for a cent, buy any one of the following: Hot cocoa, sandwiches of various kinds, four crackers, salads, cooked fruits, such as stewed prunes or apple sauce, or in fact any of the other articles on display. The following articles were selected at random, from one of the 1 cent counters. One baked sweet potato in jacket; Mashed sweet potato in cone; Rice pudding in cone; One hot sausage with slice of bread: One candied apple: 2 pieces of sweet chocolate: One banana; Three figs; Ice cream sandwich (one graham cracker with slice of ice cream): Half orange peeled, with one graham cracker.: Two small cakes or cookies of different kinds; 5 molasses candy kisses; Boiled dried peas in cone: Two thick slices of good bread and butter: Two Pretzels: One peanut butter sandwich: A two-inch spare of apple pie: A two-inch Square of custard pie: A two-inch Spare of shortcake; A single cake: Boiled beans in cone: One cheese sandwich;

The Service in each school is in charge of superintendent—usually one of the teachers—who makes weekly reports in regard to the expenditures and needs, and who draws for supplies on the stock purchased by the committee. The board of education furnishes the kitchen, dining rooms and the equipment for each.

The cooks, who services are paid by the committee, get \$1 a day. The dining room service is supplied by the pupils of the schools. There are always from 20 to 30 older children of each school who are glad enough to serve the food and wash the dishes afterward for their own lunches. Where more than the required number volunteer for this service, they are divided into shifts and given employment on alternate days. The "waiters" wear clean white caps and aprons and those who handle the bread wear white gloves. This paraphernalia is., of course, furnished by the committee.

Senior Center Hours

Monday through Friday: 8:00 am to 5:00 pm

Meals are served at noon. Please make your meal reservations And cancellations by noon the day before.

Call 375-1460 for reservations (**Van Service also available**)



A special thank you to United Way for funding the distribution of this newsletter.