



# The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

May 2019

## Special events

### Wednesday May 1st

Monthly Birthday Party Day  
Music by Connie Webber

### Thursday, May 2nd

Dinner Time Music by Connie

### Friday, May 3rd

11:00 to Noon - Spinal Screening

### Monday, May 6th

9:15 - Toe Nail Clinic

### Tuesday, May 7th

Special Luncheon Drawing  
By CareAge @ Noon

### Wednesday, May 8th

Anniversary of Coca-Cola  
2:30 Floats

### Thursday, May 9th

Recognition: National Hug Week  
Dinner time music by Connie

### Friday, May 10th

Mother's Day Dinner  
Music @ 11:15 by Bob Litz  
Century club Dinner Drawing  
Thanks to Brookdale @ Noon

### Wednesday, May 15th

9:30 to Noon - Health Clinic  
12:30 Board Meeting

### Thursday, May 16th

Dinner time Music by Connie

### Friday, May 17th

Volunteer Appreciation  
Music by Julie Couch @ 11:15

### Monday, March 20th

Birthday of the Blue Jean

### Tuesday, May 21st

Special Luncheon Drawing  
By Careage @ Noon

### Wednesday, May 22nd

11:30 Music by Deb Dickey

### Thursday, May 23rd

11:00 to Noon - Eye Glass Care  
Dinner Time Music by Connie

### Monday, May 27th

Memorial Day - **CLOSED**

### Tuesday, May 28th

10:00 Care Giver Support Group  
Wednesday, May 29th

National Sr. Health & Fitness Day

### Thursday, May 30th

Dinner Time Music by Connie

### Friday, May 31st

Providence Bingo Drawing - Noon



## May 1st, 2019

The Origins of May Day can be traced back to Celtic times in the British Isles when the Ancient Druids divided the year into the dark half and light half. The celebration of May Day, the light half of the year. A big fire was lit during the May Day festival inviting the new life of spring back after the half year of darkness. The celebration included Maypole dancing, a spring fertility ritual. During the industrial Revolution in the U.S., the celebration of May Day was transformed somewhat. At that time, it was known that thousands of people were dying every year because of poor work conditions and long working hours. A convention was held in Chicago in 1884 by the Federation of Organized Trades and Labor Unions To protect men, women, and children from harsh working conditions. It was proclaimed that, as of May 1, 1886, workers would be limited to an 8 hour working day. May Day is celebrated in 66 countries around the world as an official holiday, May Day has morphed into a mixture of the Celtic traditions celebrating spring, as well as Labor Day in many countries focusing on rights of workers. (Labor Day in the U.S. and Canada is celebrated on the first Monday of September.) Various small communities in the U.S. have celebrations based on Celtic tradition. In the 19th and early 20th centuries in the U.S.. Delivering May Day baskets on May 1st, was a common occurrence. (This tradition may have originated in Germany.) People filled baskets with flowers, candies, and other goodies to hang on doors of neighbors and friends and run away before they were caught doing good. Sometimes, a young man would leave a basket of flowers for the girls that he loved. It was a tradition that if the person leaving the basket was caught, he or she had to give a kiss. This tradition sadly became a thing of the past in the 1960's, although some small communities still practice this today.



## Join us for dinner on Wednesday - May 1st

### *And get your own personal May Basket*

Also enjoy Birthday Cake while celebrating our May Birthdays. **Serving:** Homemade bowl of Hamburger Vegetable soup - Celery with Peanut butter or Cheese Spread- Home Made Blueberry Muffin & Mandarin Oranges



**COME HELP US CELEBRATE**  
**& THANK OUR VOLUNTEERS**

**FRIDAY - MAY 17TH**

**ENTERTAINMENT BY**

**JULIE COUCH BEGINNING AT 11:15 AM**

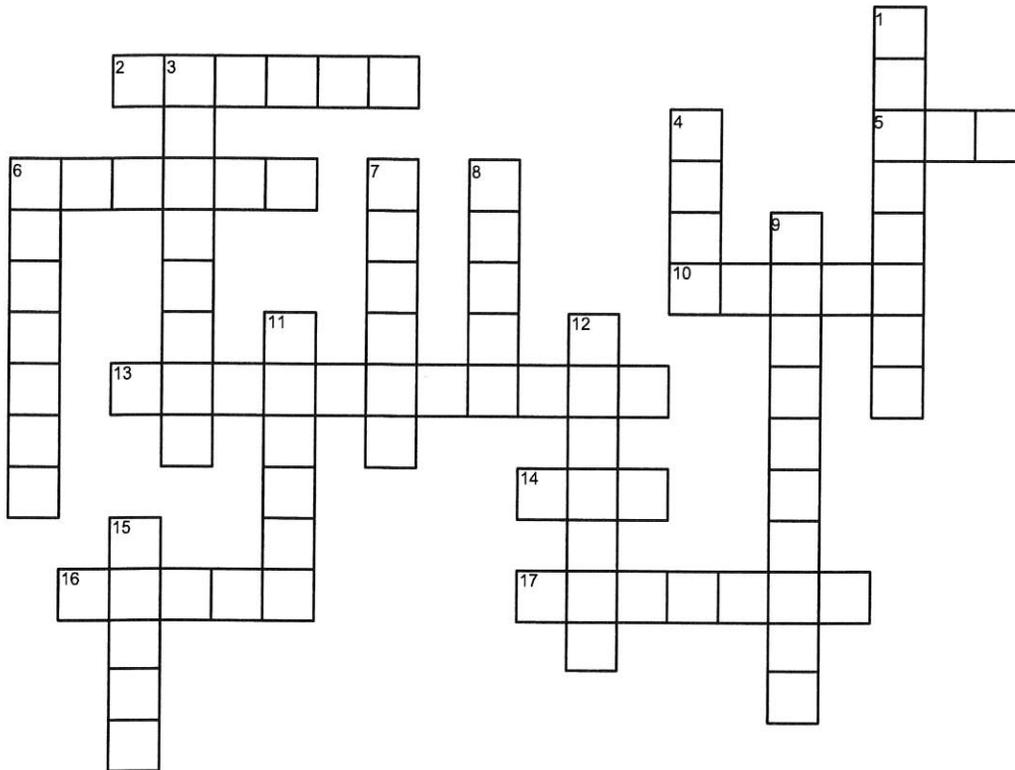


**“A THANK YOU NOTE FROM DIANE”**

National Volunteer Recognition is the official time to spotlight and celebrate the efforts of volunteers at the local, state and national levels. It is especially a great way to celebrate the volunteers here at the Wayne Senior Center. A small way to say “Thank you” for all you have done to help make our center such a wonderful place for all. Setting a time to recognize Volunteers was first celebrated in the U.S. in 1972 and sponsored by the National Volunteer Center. The national observance began in 1974 when President Richard Nixon signed an executive order establishing the special time as an annual celebration for volunteering. This years theme is “CELEBRATE SERVICE” which recognizes the Impact of volunteer service and the power of volunteers to come together to tackle tough challenges and build stronger, more resilient communities. Here at the Wayne Senior Center - between the time the staff opens the door at 6:30 am to Closing the Door at 5:00 pm - many hands are involved throughout the day to help the Center operate to it’s fullest potential. Tasks from putting our monthly newsletters together, folding of towels for the kitchen, putting together silverware and assisting with setting up for special events, peeling potatoes & apples and yes even putting the peanut butter in the celery that we so love. Volunteers assist with preparing and serving our food, doing dishes and cleaning up the kitchen & the dining tables after lunch is served as well as bringing in snacks to share at our much enjoyed 2:30 coffee time. Volunteers sit at our sign in table, call Bingo and give of their musical talents to entertain us on special days. Volunteers deliver Meals on Wheels, provide educational and medical clinics and we can’t forget to mention the dedicated & faithful Quilters that offer their time and talents day in and day out to donate their Quilt Contributions back to the Center to use for the everyday costs of keeping our doors open. Our Board members are all Volunteers, unselfishly giving of themselves to assure that the center functions in accordance to all the governing rules and regulations . We also want to recognize the many community members that take the time to help sponsor & serve our grand dinner parties throughout the year. **One of the most important ways for us all to Volunteer in order to help with continuing our Wonderful services is to come and support our Noon lunch program.** Over the past couple of months we have seen a steady decline in numbers as many of our “Regular” participants are no longer able to come daily and be a part of our Noon meal count. Many have either gone to an Assisted Living Facility or are no longer “Here on Earth”. How does that affect our everyday operation and life as we know at the Wayne Senior Center? We generate incentives in many ways which are given back in dollars from the Northeast Nebraska Area On Aging to help with the financial needs we have for our day to day expenses. Through participation in our Health Clinics - daily walking & FROG’s programs - Financial assistance programs and many other great opportunities of which some are provided by Dedicated and Certified Volunteers, are to name a few. Additionally - participation in our “Noon meals” is so important to continue with providing not only Great Meals - but reimbursement dollars from Area on Aging for each meal served. Our daily meal participation not only affects the support provided by your Donation gifts but the stability of hours allowed to our Wonderful Cook that has been such an amazing asset to our Center. With the important financial reimbursements from Area on Aging comes specific rules and regulations we need to follow. We have a 12 minute Limit requirement for each meal that is prepared by our Kitchen staff. For Example. In the month of March - we served a total of 1,143 In- House Congregate and Meals on Wheels. The total kitchen Labor Hours for March was 200.00 hours which is 12,000 overall total minutes. The bottom line is that it took 10.50 minutes to provide an amazing meal to each individual. My plan as the manager for Wayne Senior Center is to be Pro- Active and Not Re-Active to making sure our Great Center as we know it - continues to operate to it’s fullest potential which includes assuring our Staff has job stability. It takes dedicated “Team Work” from all of us to make the Wayne Senior Center the best it can be. THANK YOU to those who routinely continue to support the center and our daily meal program. My challenge to each and everyone it to set a goal of eating with us when you can. For a donation of \$4.95 for those of us 60 and over, you will receive a Hot, Nutritious and Delicious HOME COOKED meal to enjoy with great friends. If you enjoy coming in the afternoon for a game of Cards with your girl friends or a game of pool with the guys , or maybe you are a part of a group that needs a beautiful place to meet - think about coming just a little earlier to eat a meal with us and let us do the cooking & wash the dishes!

***Volunteering is as simple as that!!! Isn’t that Great!***

# Memorial Day



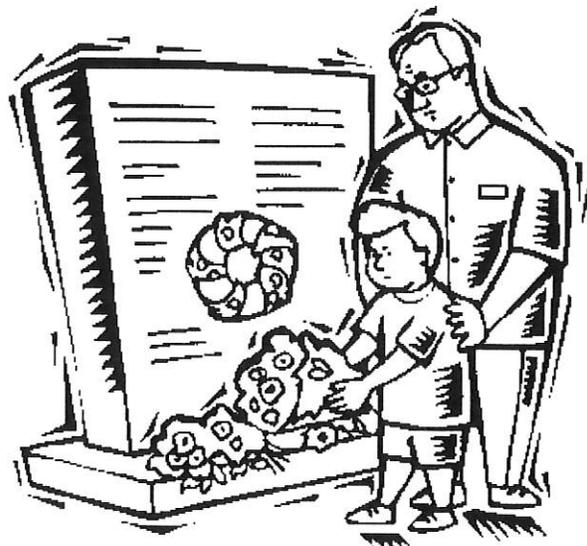
## ACROSS

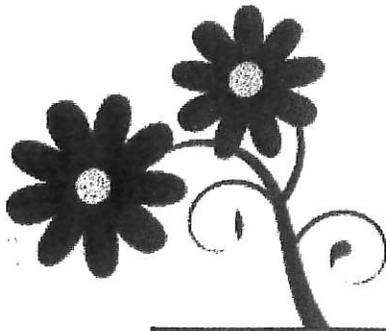
- 2 A ring of flowers.
- 5 Memorial Day is celebrated in this month.
- 6 Memorial Day is considered the start of this vacation season.
- 10 Where someone is buried.
- 13 A day for remembering those who have died in service to their country. (Two words.)
- 14 The opposite of peace.
- 16 A red flower sold on Memorial Day.
- 17 One who has served in the military.

## DOWN

- 1 A place filled with many graves.
- 3 The opposite of forget.
- 4 America's has 13 stripes and 50 stars.
- 6 A person who defends his or her country.
- 7 A meal eaten outside.
- 8 Memorial Day began after the \_\_\_\_\_ War.
- 9 Position of the flag when it is flown midway

- up the pole. (Includes hyphen.)
- 11 Memorial Day is celebrated on this day of the week.
- 12 People march in them.
- 15 To show respect for.





# Mother's Day

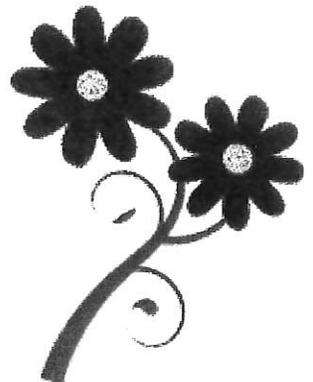
Second Sunday of May



APPRECIATION  
BEAUTIFUL  
BREAKFAST  
CANDY  
CHARMING  
COMFORT  
DEVOTED  
FLOWERS  
FORGIVING  
GIFTS

GUIDANCE  
HUGS  
JEWELRY  
JOY  
KISSES  
LAUGHTER  
LOVE  
MATERNAL  
MOM  
MOTHER

NURTURE  
PERFUME  
PROTECTIVE  
SHARE  
TELEPHONE  
TENDER  
THE BEST  
WARM  
WISE



## **Caregiver Tips**

### **Fearless Caregiver Emotional First Aid Kit**

- 1.** Smile, it's not funny how often we forget to do this simple act and how well it lifts our spirits
- 2.** Call someone who makes you feel good, especially if you haven't spoken with them in a long time
- 3.** Have a bite of something sinfully delicious, while being conscious your own dietary limitations. When was the last time you treated yourself to a snack?
- 4.** Take a bubble bath, once you make sure that your loved one is safe and secure, nothing expresses caregiver self-care better than a leisurely bubble bath
- 5.** Read, pick up that novel or re-read that motivating poem. When was the last time you turned off the television, turned down the phone and read something nice? (P.S. this tip goes very well with tip number 3.)
- 6.** Get a massage. It's like taking a mini vacation. It will relax you and take care of all the tension you build up every day.
- 7.** Buy yourself some flowers. You deserve it and the sight and smell of something beautiful and fragrant will give you a reason to smile (see number 1).
- 8.** Take a walk at a pace that allows you to feel the energy of the wind washing over you.
- 9.** Go shopping buy something "just for you", something that makes you feel special.
- 10.** Go online. You can explore different places, find new friends and learn new things. Make the Internet your getaway even when you can't get out of the house.

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

Wednesday, April 17, 2019

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, Secretary: Verna Mae Baier. Treasurer: Joan Lage Absent: Vice President: Carol Dunning Board Member: Norma Backstrom.

The minutes from the March 20, 2019 business meeting were approved as presented and printed in the April edition of The Senior Star in a motion made by Joan Lage and seconded by George Burcum. Motion carried., Treasurer Joan Lage presented the treasurer's report for 3-10-19 through 4-9-19 with expenses of \$234.05. Verna Mae Baier made a motion to approve the payment of these expenses and to accept this financial report. Seconded by George Burcum. Motion carried

### Open Issues:

1.--- The details of the FY Northeast Nebraska Area on Aging Budget were presented for approval.--- Coordinator Bertrand presented details of the III B Supportive Services Subaward. Joan Lage made a motion to accept the FY 2020 III B Supportive Services Subaward. Seconded by Verna Mae Baier. Motion carried. Coordinator Bertrand presented details of the III C Supportive Services Subaward. Verna Mae Baier made a motion to accept the FY 2020 III C Supportive Services Subaward. Seconded by Joan Lage. Motion carried. Coordinator Bertrand presented details of the III E Supportive Services Subaward. Joan Lage made a motion to accept the FY 2020 III E Family Caregiver Support Provider Subaward. Seconded by Verna Mae Baier. Motion carried.

2. Coordinator Bertrand reported the details of Service Units for NENAAA. This included: (1) Year to Date III B units of Service...from July, 2018 through March, 2019. (2) Year to Date III C Meals...July, 2018 through March, 2019. (3) FY 2018 Overview of III C Meals for the month of March and (4) Overview of Current meal count status and Kitchen Labor/ Minutes per meal.

3. An overview of a Newsletter insert was presented. The board gave approval for this to be included in the Newsletter for the month of May.

4. There was a completed Severe Weather / Tornado Drill on March 27, 2019. This occurred during Severe Weather Awareness Week.

5 An application for a PATCH grant has been completed and submitted. Grant dollars awarded can be used between June 1, 2019 and September 1, 2019.

6. Special Upcoming events: Easter Dinner on April 18, Evening Meal on April 26, Mother's Day Dinner on May 10 and Volunteer Appreciation will be May 17.

President Burcum declared the meeting to be adjourned at 1:00 p.m.

Next meeting will be May 15, 2019.

Verna Mae Baier, Secretary



## JUST FOR FUN!!

Wednesday: May 8th  
**HAVE A COKE DAY**

This day is the anniversary of the introduction of Coca-Cola to the public, aka Coca-Cola's Birthday. On this day in 1886, pharmacist Dr. John Pemberton introduced Coca-Cola at Jacob's Pharmacy in downtown Atlanta, where it sold for 5 Cents a Glass. Join us for our 2:30 Snack time with our friends from **Miracle Lawn Care & Landscaping** to enjoy a Coke Float. Not a fan of Coca-Cola, enjoy a Root Beer Float Instead.



May 5th through May 11th  
**NATIONAL HUG WEEK**

Did you know we have a HUG Specialist at the Wayne Senior Center?? Wednesday - May 8th  
Enjoy a HUG for **FREE!!**

Monday: May 20th

**BIRTHDAY OF THE BLUE JEAN**

1873 - This day is considered the birthday of blue jeans by Levi Strauss & Co

**Wear your Blue Jeans  
To the Center Today**

**JEANS  
day**

Wednesday: May 29th

**IS NATIONAL SENIOR HEALTH  
& FITNESS DAY**

Join us for our FROG Class @ 9:15  
**Fitness Reaching Older Generations**  
And Receive a Prize!!



Fitness Reaching Older Gen's

1st Wednesday of each month  
**Monthly Birthday Party Day**  
Join us for our Noon Meal  
Cake Served at Center @ Noon



**Happy  
Mother's Day**

Friday - May 10th

**Mother's Day Dinner**

w/ Music by Bob Litz starting at 11:15 am  
Served to you by our Friends from CareAge  
Enjoy: Oven Baked Chicken Breast  
With Bacon/Cream Sauce  
Baked Potato  
Strawberry Lettuce Salad  
Dinner Roll & Dessert

**(Please make reservations by Wed. May 8th)**



**THIS MONTH'S  
HEALTH CARE  
OPPORTUNITIES**

**Friday - May 3rd**

11:00 to Noon: Spinal Screening with  
Herman Chiropractic

**Monday - May 6th**

9:15 - Toe Nail Clinic w/ Rachael  
(Call the center for a time slot)

**Wednesday - May 15th**

9:30 to Noon: Health Clinic  
Blood Pressure - 02 Level - Heart Rate  
& Blood Sugar

**Thursday - May 23rd**

Eye Glass Care with Wayne Eye Care

**Tuesday - May 28th**

10:00 - Caregivers Support Group  
**ALL Welcome: Coffee & Goodies Served**

**Speaker: Sharon Brown -**

Lifespan Respite Coordinator  
Central Nebraska Community Action

Wayne Public Transit

Call 402-375-1460

From the Wayne Senior Center  
410 Pearl Street

*We are an "On Demand Service"*

*Transporting within the  
City Limits Of Wayne*

**Hours of Service**

Monday through Friday

8:00 am to 4:30 pm

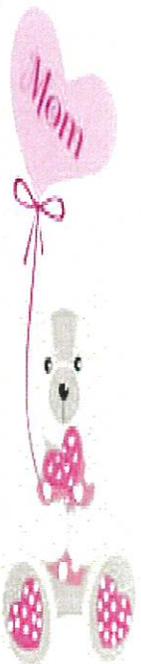
**Just a call away for your ride today**

**\$1.50 Fare - 1 Way**



### Some Typical Motherly Advice...

- Make sure to change your underwear always; you never know when you'll have an accident.
- Don't make that face or it will solidify in that position.
- Be careful or else you'll put your eye out.
- What if everyone jumped off a bridge? Would you?
- You have enough filth behind those ears to grow potatoes.
- C'mon close that door! Were you born in a barn?
- If you don't have something nice to say, don't say anything at all.
- Don't put that into your mouth; you don't know where it's been!



# CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787



Wednesday - May 15th  
12:30 pm  
All Welcome to attend!

## Music for the month of MAY

### Dinner Time music w/ Connie

Wednesday May 1st - Each Thursday  
May 2nd, 9th, 16th, 23rd, & 30th

### 11:15 Music by Bob Litz -

Mothers Day Dinner - Friday May 10th

### 11:15 Music by Julie Couch

Volunteer Appreciation - Friday May 17th

### 11:30 Music by Deb Dickey

Wednesday - May 22nd



## JUST A REMINDER

THE WAYNE  
SENIOR CENTER &  
CITY TRANSIT  
WILL BE CLOSED  
MONDAY - MAY 27TH  
NO TRANSIT  
MEALS ON WHEELS  
CONGREGATE MEALS

## Donations

Mardelle Brudigan	Donna Lundin
Francisco Morales	Roy Gramlich
Bob & DeAnn Behlers	Kathy Johnson
Fritz & Joanne Temme	
Phyllis & Darrel Rahn	
Janis Myers	Pete & Julie Reeg
Kathy Reiss	Sandra & Ron Wriedt
Leon Meyer	Fern Erickson
Donna Ewing	Bonnie Otte
Jean Ley	Hollis Frese

## Thank you this month to:

**CareAge:** For the special Luncheon Drawings  
Sponsoring our Birthday Cake - Helping with  
Fine Dining Friday

**Brookdale:** For sponsoring our Century Club  
Movie Certificates

**Wayne Green House:** For the Bingo  
Day Bouquet

**Providence :** Sponsoring our Bingo Day  
Lunch Certificates

**ALL the Volunteers that provide our Music -  
Educational Visits and Health Clinics & our  
dedicated Kitchen Volunteers**

**PLEASE LET US KNOW IF WE HAD  
FORGOTTEN TO MENTION ANYONE!**

## WHOS WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Coordinator
Misty Brasch	Kitchen Manager
Fran Poehlman	Kitchen Aid
Bea Kinslow	Kitchen Aid
Frank Sheda	Van Driver
Dan Carroll	Van Driver
Roger Hochstein	Van Driver
George Burcum	President
Carol Dunning	Vice President
Verna Mae Baier	Secretary
Joan Lage	Treasurer
Norma Backstrom	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,  
United Way, and your donations.**

## Senior Center Hours

Monday – Friday

8:00 a.m. – 5:00 p.m.

**Meals are served at noon. If Possible  
- please make your meal reservations  
& cancellations one day in advance.**

If plans change - always give us a call to  
see if Misty can have a meal for you

*\$4.95 Donation for 60 & over*

*\$7.35 Cost for Under 60*

\*\*\*\*\*

**For van transportation or  
meal reservations call 375-1460.**



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