



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

June 2019

SPECIAL EVENTS

Monday, June 3rd

9:15 Toe Nail Clinic

Wednesday, June 5th

Monthly birthday Party

Music by Connie

Thursday, June 6th

Dinner Time music

By Connie

Friday, June 7th

National Donut Day

Wednesday, June 12th

Dinner time Music

By Deb Dickey

Thursday, June 13th

Visit from Pro - Med Care

Friday, June 14th

FLAG DAY

Father's Day Celebration
11:15 - Front Porch Pickers

Monday, June 17th

Elder Abuse Awareness

Tuesday, June 18th

Special Luncheon Drawing
By Brookdale

Wednesday, June 19th
WE SERVE WEDNESDAY

Fun w/ Country View

9:30 Health Clinic

12:30 Board Meeting

Thursday, June 20th

11:00 Eye Glass Clinic

Music by Connie

Friday, June 21st

SUMMER BEGINS

Dinner Music by Val

Tuesday, June 25th

10:00 Support Group

Wednesday, June 26th

Special Luncheon Drawing
12:15 Brookdale Fun

Thursday, June 27th

Marcella B. Day Pie

Music by Connie

Friday, June 28th

Providence Bingo Drawing



Father's Day Celebration

Friday—June 14th

Music @ 11:15 by the

"The Front Porch Pickers"

Meal @ Noon - Serving:

Smoked Pork Loin w/ Chipotle Raspberry Sauce

Twice Baked Potato

Apple Slaw Salad & Dinner Roll

Top it off with a warm dish of Bread Pudding

And Delicious Carmel Sauce!! M..M..GOOD!

History of Father's Day

On July 5, 1908, a West Virginia church sponsored an event in memory of and to honor the 362 fathers who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, WV. This was a one-time commemoration. The following year, Sonora Smart Dodd from Spokane, WA, one of six children raised by a widower, tried to establish an event equivalent to Mother's Day for fathers. And she was successful. Father's Day was first celebrated in the U.S. on June 19, 1910 in Washington state. It wasn't until 1966 when President Lyndon Johnson signed a Presidential declaration announcing the third Sunday of June as Father's Day. In 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June.

HAPPY FATHER'S DAY!

THINGS DADS SAY.....

- The best way to double your money is to fold it and stick it in your pocket.
- Don't make me stop this car.
- The car is not a playground.
- If you drive up to our house, park in the driveway, and honk the horn, you better be delivering a pizza because you won't be taking out my daughter.
- I'm not yelling at you. I'm helping you hear.
- God gave you two ears and two eyes and only one mouth. If you see and hear twice as much as you say, you'll learn something.
- Your mother is right even when she is wrong!

Wayne Public Transit is a great mode of transportation for you to get to appointments & to run errands.

Based out of the Wayne Sr. Center

Rides are \$1.50 one way.

We are an "On Demand" Service Transporting within the City Limits

Hours of Service

Monday through Friday

8:00 am to 4:30 pm

To reserve your ride call 375-1460.

Just a call away for your ride today



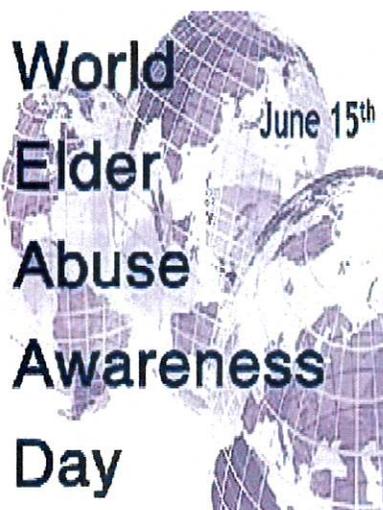
WAYNE COUNTY HERO

CITY OF WAYNE - HANDI VAN SERVICES

Nominated by Gwen Frideres and the ELC Staff

"The Early Learning Center" would like to celebrate the hard working people that drive and coordinate the Handi-Van. First, Diane has made a huge difference in our lives by taking on the responsibility of scheduling and communicating with us about transporting our preschoolers home from school each day. This was a big challenge at the beginning of 2019 and together we got the details all worked out to make the process work for everyone involved. Next, we would like to recognize Frank for ALWAYS having a smile on his face and having a great attitude when he comes into the center. He greets the kids by name and asks them about their day. He makes all of us smile because he is so happy. Finally, we would like to recognize Dan and Roger for making sure they have the right kids for the day and having the right location for drop off. The kids look forward to seeing who is coming each day to drive them to daycare or to take them home. The Handi-Van drivers take the responsibility of the children's safety very seriously. I know that parents appreciate not worrying if their child got picked up because the Handi-Van drivers are on time every day. We are sure that the Handi-Van staff does not even know how much they impact the lives of the children they transport every day. For all of these reasons, the Early Learning Staff would like to give a BIG thank you to the Handi-Van team that has made transportation easier for our parents at the end of the Day.

WE WANT TO GIVE A SHOUT OF THANKS OUT TO ALL AT ELC FOR NOMINATING THE WAYNE CITY TRANSIT FOR "WAYNE COUNTY HERO - 2019"



WORLD ELDER ABUSE AWARENESS DAY

June 15th, 2019 is a day set apart to raise awareness about the millions of older adults who experience elder abuse & neglect, and financial exploitation. As many as 1 in 10 older Americans are abused or neglected each year and only 1 in 14 cases of elder abuse ever comes to the attention of authorities. Older Americans are vital, contributing members of our society and their abuse or neglect diminishes all of us. This day reminds all of us that, as in a just society, that we have a critical role to play to focus attention on elder justice.

Join us for our noon meal on Monday, June 17th to bring a focus on "FREEZING OUT" Elder abuse. Make your reservation to enjoy: Fish Sandwich on a homemade bun - Augratin Potatoes - Creamed Peas Mandarin oranges and a "Ice Cream Bar" Treat (Provided at the Center)- Sponsored by the Northeast Nebraska Area On Aging Agency

Caregiving Tips

— Jo Horne, author of *Caregiving: Helping an Aging Loved One*

A Caregiver's Bill of Rights

I have the right . . .

- To take care of myself. This is not an act of selfishness. It will give me the capacity to take better care of my relative.
- To seek help from others even though my relative may object. I recognize the limits of my own endurance and strength.
- To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things for myself.
- To get angry, be depressed, and express other difficult feelings occasionally.
- To reject any attempt by my relative (either conscious or unconscious) to manipulate me through guilt, anger, or depression.
- To receive consideration, affection, forgiveness, and acceptance for what I do for my loved one for as long as I offer these qualities in return.
- To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.
- To protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.
- To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired older persons in our country, similar strides will be made toward aiding and supporting caregivers.
- To _____
(Add your own statement of rights to this list. Read the list to yourself every day.)

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

Wednesday, May 18 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, Vice-President: Carol Dunning, Secretary: Verna Mae Baier. Treasurer: Joan Lage Absent: Board Member: Norma Backstrom.

The minutes from the April 17, 2019 business meeting were approved as presented and printed in the May edition of The Senior Star in a motion made by Carol Dunning and seconded by Joan Lage. Motion carried., Treasurer Joan Lage presented the treasurer's report for 4-10-19 through 5-9-19 with expenses of \$460.84. Carol Dunning made a motion to approve the payment of these expenses and to accept this financial report. Seconded by Verna Mae Baier. Motion carried

Open Issues:

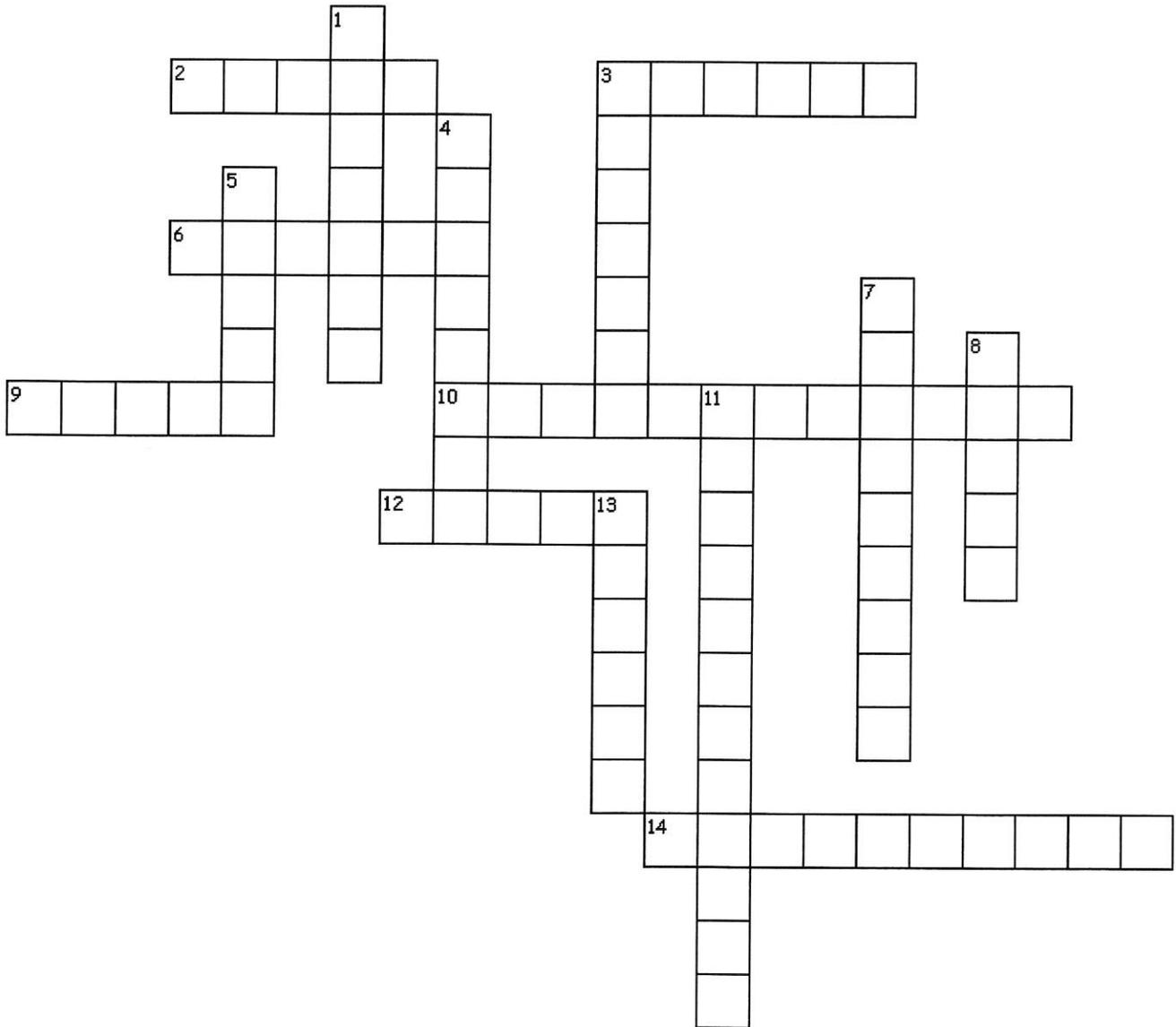
1. Coordinator Bertrand reported on some details of updates with the staff and other personnel occurrences.
2. An overview of Project Year 2019 through 2021 for the Department of Roads was presented. The Budget has been completed and approved.
3. The HHS Service Provider Agreement for Meals has been completed and all background checks are now complete.
4. The Patch Grant update was presented. Carol Dunning made a motion to approve the use of the funds for a table ice maker and the payment of entertainment at upcoming events. Seconded by Joan Lage. Motion carried. (Remaining funds will used for other kitchen equipment.)
5. Volunteer Recognition will be during May. Carol Dunning made a motion, seconded by Joan Lage to express a "**Big Thank**" from the Center Board for the many volunteers who help so much and make a big difference at the center. Motion carried. **THANKS EVERYONE!!**
6. Coordinator Bertrand presented details of an incident occurring concerning the Senior Center. No further action at the present time.
7. An update on May Outreach was presented. The outcome was very positive.
8. The Board was informed of the dates of upcoming events, mandatory meetings and vacations. Details will be presented as the times become closer.

President Burcum declared the meeting to be adjourned at 1:10 p.m.

Next meeting will be June 19, 2019.

Verna Mae Baier, Secretary

Flag Day Crossword Puzzle Worksheet



Across

- 2. a five pointed ideogram found on flags and associated with military prowess and war
- 6. a promise to obey or not obey specific ideas or actions
- 9. separate bodies coming together to form one
- 10. the supreme law of the United States of America, including the Bill of Rights
- 12. a group of individual states that form under one political body
- 14. a 100th anniversary celebration; marking 100 years of completion

Down

- 1. the state of being barred from restraint, either physical or by governmental restrictions
- 3. a long band that appears different from the other colors on a plane
- 4. Pertaining to people and things from the United States of America
- 5. adoring praise, honor, and admiration to a thing or idea
- 7. to love, support, and defend an individual's country or nation
- 8. faithful to a single specific country, person, or idea
- 11. freedom from the control of external forcercs
- 13. a collection of people or states associated with a particular country or territory

Father's Day Word Search

Find all the words that relate to Dads and Father's Day!

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

Brave
Caring
Dad
Daddy
Father
Fun

Funny
Grandad
Grandfather
Grandpa
Hardworking
Helpful

Loving
Papa
September
Smart
Strong
Wise



The U.S. Flag is unique in the deep and noble significance of its message to the entire world, a message of national independence, individual liberty, idealism, and patriotism. It is not a flag of a reigning family or royal house, but of hundreds of millions free people welded into a Nation, one and inseparable, united not only by community of interest, but by vital unity of sentiment and purpose. The flag first rose over 13 states along the Atlantic seaboard with a population of some three million people.

A LITTLE FLAG HISTORY

- Who made the first American flag? **MANY HISTORIANS BELIEVE IT WAS FRANCIS HOPKINS, NOT BETSY ROSS.** (Hopkins was a New Jersey delegate to the Second Continental Congress in 1776, signer of the Declaration of Independence, inventor, composer, and artist and is thought to have created the first American flag, as well as design both sides of the Great Seal. Although historians do not believe Betsy Ross, a Philadelphia seamstress, sewed the first American flag, she did embroider George Washington's shirt ruffles while he was a soldier.)
- What is the canton of the flag? **BLUE AREA** (Also called the union)
- When were stars representing new states added? **NEXT FOURTH OF JULY AFTER THE STATE'S ADMISSION** (Originally, official U.S. flags could have stars with 5, 6, 7, or 8 points. These stars were scattered or arranged in many designs since each seamstress followed her own ideas and interpretation.)
- What do the red, white, and blue colors of the flag represent? **RED - HARDINESS AND VALOR, WHITE - PURITY AND INNOCENCE, BLUE - VIGILANCE, PERSEVERANCE, AND JUSTICE**
- What is the origin of the stripes on the flag? **HISTORIANS THINK THE IDEA CAME FROM THE FLAG OF THE SONS OF LIBERTY WHICH HAD FIVE RED STRIPES AND FOUR WHITE STRIPES** (The flag used from 1795 to 1818 had 15 stripes instead of 13. Congress originally planned to add a star and stripe for each new state; however they soon realized the flag would become too large and went back to the original 13 stripes)



Wednesday - June 5th: Monthly Birthday Party
Music by Connie - Cake Served @ Center - Noon

Friday - June 7th: National Donut Day

Enjoy a Fresh Made donut for 2:30 Snack Time

Thursday - June 13th: 1:1 visit with Pro-Med Care

Ice cream treat served at Noon @ the center

Friday - June 14th: Father's Day Dinner

11:15 - Entertainment by the "Front Porch Pickers"

Century Club Movie Drawing by Country View

Monday - June 17th: FREEZE OUT Elder Abuse

Ice Cream Treat served at Noon @ Center

Tuesday - June 18th: @ Noon

Special Luncheon Drawing by Brookdale

Wednesday - June 19th: Fun w/ Country View

"WE SERVE WEDNESDAY"

Friday - June 21st: Summer fun kickoff

Join us for a Picnic Menu - 11:30 music by Val

Wednesday - June 26th: Brookdale Fun @ 12:15

Special Luncheon Drawing by Brookdale

Thursday - June 27th: Birthday Pie Treat @ Noon

From Marcella Larson - Dinner time music by Connie

Friday - June 28th: @ Noon

Providence Bingo Luncheon Drawing



Monday - June 3rd : 9:15 am

Toe Nail Clinic w/ Rachael (call for a time)

Thursday - June 13th @ 12:00 noon

Visit with Pro Med Representatives

Monday—June 17th: NOON

"FREEZE OUT" Elder Abuse @ Noon

Wednesday—June 19th : 9:30 to Noon

Health Clinic with Mary & Connie

Blood Sugar—Blood Pressure

O2 Level—Heart Rate

Thursday - June 20th: 11:00 to Noon

Magnuson/Hopkins Eye Glass Clinic

Tuesday - June 25th: 10:00 am

Care Giver Support Group

Monday—Wednesday—Friday @ 9:15

FROGS (Fitness Reaching Older Generations)

DAILY: Center opens @ 8:00

Mile Walk Club

CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787

Donations

Mardelle Brudigan Donna Lundin
Gerald & Marilyn Otte
Rick Barelman Corliss Krusemark
Earl & Janet Fuoss
Roy Gramlich Ruth Victor
Ruth & Charles Maier
Janet Reeg Fransisco Morales
Quilting Group Gaylen Wiser
Sandy Nichols Ward Barelman
John & Anita Fuelberth
Delmar & Betty Heithold
Michael Foods Janis Myers

THANK YOU THIS MONTH TO:

Country View: For the Century Club
Movie Dinner Certificates - Sponsoring our
Monthly Birthday Cake - Helping w/
We Serve Wednesday

Brookdale: For Sponsoring our Special
Luncheon Drawings

Wayne Green House: For Our
Bingo Day Bouquet

Providence: For Sponsoring our Bingo
Day Lunch Certificates and for Helping
with serving at our Father's Day Party
ALL the Volunteers that provide our Music
& Educational Visits and Health Clinics
and our Dedicated Kitchen &
MOW Volunteers

Please let us know if we forgot anyone!

WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Coordinator
Misty Brasch	Kitchen Coordinator/Cook
Fran Poehlman	Kitchen Aid
Bea Kinslow	Kitchen Aid
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Frank Sheda	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 Ar-
ea Agency on Aging, The Department of Roads,
United Way, and your donations.



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



DINNER TIME MUSIC w/ Connie Webber
Wednesday - June 5th; Thursday - June 6th;
June 20th & June 27th

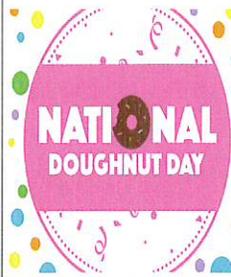
DINNER TIME MUSIC w/ Deb Dickey
Wednesday - June 12th

FATHER'S DAY CELEBRATION

Music @ 11:15 by the

"FRONT PORCH PICKERS"

Friday - May 21st: "SUMMER TIME KICK - OFF"
Dinner time music w/ Val Koeber



HOW WELL DO YOU KNOW YOUR DONUTS

1. These were the first sold in 1937 in Salem, NC. _____ Kreme
2. What is the most Popular donut in the U.S.
3. Back in the 1950's, these people working Graveyard shift often stopped by donut Shops to do paperwork because they were The only places open.
4. It opened as Open Kettle in 1948. _____ Donuts.
5. Salvation Army volunteers were known as donut _____ (or doughnut dollies) during World War 1.
6. Merriam-Webster Dictionary has accepted this spelling for Doughnut.

ANSWERS IN ORDER BELOW

Krispy - Glazed - Police officers - Dunkin - Lassies - Donut

Senior Center Hours

Monday – Friday

8:00 a.m. – 5:00 p.m.

Meal Served @ Noon

\$4.95 Suggested Donation

For 60 and older

\$7.50 for Under 60

Call 375-1460 for Meal Reservations

(The Day before please - However always
give us a call & Misty will try to
Have a meal for you)

For van transportation

call 375-1460

Hours of Service

8:00 am to 4:30 pm

(We are an on Demand Service)