



# The Senior Star



## ***What's Happening***

### **Monday — July 1st**

9:15 - Toe Nail Clinic w/ Rachael

### **Wednesday - July 3rd**

Monthly Birthday Party Day

Dinner Time Music by Connie

### **Thursday- July 4th**

Senior Center Closed in Observance of Independence Day

### **Friday - July 5th**

10 to Noon (Open Dining)

Brunch for Lunch

### **Monday—July 8th**

Special Luncheon Drawing @ noon

Sponsored by Country View

### **Tuesday - July 9th**

11:45-VA & You: Jonathan Brandow

### **Wednesday - July 10th**

11:45 Nutrition Visit by Ann

### **Thursday, July 11th**

Dinner time music by Connie

### **Friday, July 12th**

11 to Noon - Spinal Screening by

Herman Chiropractic

Century Club Movie Day Luncheon drawing by Brookdale

### **Wednesday, July 17th**

9:30 to Noon - Health Clinic by

Rhonda & Connie

12:30 Board Meeting

### **Thursday, July 18th**

Dinner Time Music by Connie

### **Friday, July 19th**

11 to Noon - Eye Glass Clinic

By Wayne Eye Care

### **Wednesday, July 24th**

Special Luncheon Drawing @ Noon

By Country View

### **Thursday, July 25th**

Dinner Time Music by Connie

### **Friday—July 26th**

***Fine Dining Friday***

Served by our friends from

Country View

Dinner Time music by Deb

Bingo Day Luncheon Drawing

By Providence

### **Tuesday, July 30th**

10:00 - Caregiver Support Group

### **Wednesday, July 31st**

12:15 - Fun W/ Brookdale

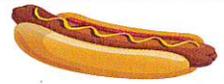
Dinner Time music by Val Koeber

A monthly publication for The Wayne Senior Center

July 2019

## **DOG DAYS OF SUMMER** **July 3rd through August 11th**

Hot Dog Snack @  
2:30: Friday, July 5



Many of the ancients became ill this time of year because of the hot and sultry weather. As a result, there was a belief that July heat and the resulting sicknesses were connected with the rising and setting of Sirius - "The Dog Star". This period became known as the "Dog Days of Summer". People sacrificed a brown dog at the beginning of this hot time to appease the rage of Sirius. Although Sirius does not necessarily appear this time of year (due to the precession of the equinoxes), these are traditionally the hottest days in the Northern Hemisphere.

## **Wayne County Fair**

***Wednesday, July 24th through Sunday, July 28th***

### **FAIR TRIVIA: DID YOU KNOW???**

***Carnivals*** consist of games, rides, shows, feasting, and overall merriment, which developed from the traditional outdoor festivals of Europe in honor of seasonal changes or religious holidays that date back hundreds of years ago.

***Fairs*** are large theme based events held to promote and present agricultural, commercial, industrial, and artistic exhibits to fairgoers while also providing the fun and amusement of carnivals. The USA's first state fair was held in Syracuse, New York in September of 1841

The ***Ferris wheel*** was invented by George W. Ferris for the 1893 World's Fair, which was held in Chicago to commemorate the 400th anniversary of Columbus's landing in America.

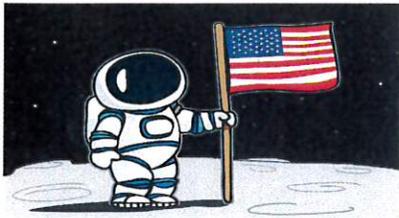
The first time that fairgoers ate hot dogs and ice cream as they walked along the midway was during the Saint Louis ***World's Fair*** in 1904, thus coining these two foods as the world's first "***Fast Foods***".

What we call "***Cotton Candy***" was originally called "Fairy Floss" and was invented in 1897 by candy makers William Morris and John C. Wharton of Nashville, Tennessee. It was introduced at the St. Louis ***World's Fair*** in 1904. It has also been called "Spun Sugar" and in the United Kingdom it is called "Candy Floss."



## MUSIC ENJOYMENT FOR THE MONTH OF JULY

- Wednesday - July 3rd:** Monthly Birthday Party - Connie Webber  
Patriotic music & Sing A Long
- Thursday's - July 11th, 18th, 25th**  
Dinner Time music by Connie
- Friday - July 26th**  
11:30 - Music by Deb Dickey
- Wednesday - July 31st**  
11:30 - Music by Val Koeber



### **FACTS ABOUT THE MOON**

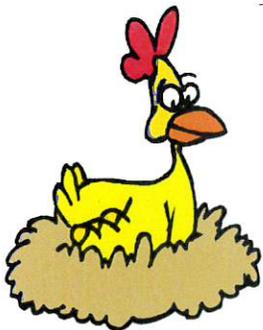
- 12 men have walked on the Moon. The last one was Gene Cernan in 1972.
- The tides which occur in the Earth's oceans are caused by the gravitational pull from the moon.
- You would weigh less on the moon by one sixth than on Earth. (Earth weight divided by 6 = moon weight. For example, a 155 lb. person would weigh 25.63 lbs on the moon!

#### *How's that for a quick diet?*

- Although man has not walked on the moon since the early 1970's, NASA is planning building a moon-orbiting space station.

#### *What did the astronauts eat on the Moon?*

Bacon cubes were among the meals stored in the lunar module. The 1st scheduled meal to be eaten on the Moon consisted of bacon squares, peaches, sugar cookie cubes, pineapple grapefruit drink, and coffee



**The One and Only  
Wayne Chicken Days  
2019 Theme  
"Chickens around  
the World"  
July 12th, 13th & 14th**

## MOON DAY

*July 20th - 2019 is the 50th Anniversary  
of the Landing on the Moon*

On July 20, 1969, the U.S. lunar module EAGLE detached from orbiting Apollo 11. Commander Neil Armstrong, Lunar Module Pilot Buzz Aldrin, and Command Module Pilot Michael Collins were the astronauts on the mission. Armstrong and Aldrin are more familiar names since they were the ones who walked on the moon while Collins remained in orbit. Armstrong was first to step foot and walk on the moon. He said, "That's one small step for (a) man, one giant leap for mankind." His quote instantly became a part of history (The "a" isn't audible in the broadcast, but a 2006 audio analysis supported that he did.)

### **WHAT ARE YOUR MEMORIES OF THE MOON LANDING?**

- \* How old were you? \* What were you doing at the time?
- \* Who did you watch the moon landing with?
- Where did you live? \* How did you feel?

### **PHASES OF THE MOON**

**New Moon** - This first phase of the cycle of the moon. During this phase, the moon is not seen.

**Waxing Crescent** - Waxing means growing as it looks as if the moon is getting bigger.

**First Quarter** - Half of the moon is visible

**Waxing Gibbous** - Gibbous means swollen

**Full Moon** - The whole moon is seen

**Waning Gibbous** - Waning means shrinking

**Last Quarter** - Half the moon is visible

**Waning Crescent** - Amount of illumination is decreasing

**Black Moon** - It's the second new moon in a calendar month. (Will take place on July 31, 2019)

**Blue Moon** - When there are two full moons in the same month, the second moon is called a blue moon. This where the phrase, "Once in a blue moon," came from. It means something that doesn't happen very often.

**Kick off "Chicken Days" here at the Center**

Enjoy one of everyone's favorite meal

**Friday - July 12th**

Creamed Chicken over Biscuit

Broccoli & Cheese Sauce

Seasonal Fruit

Chocolate Cherry Cake

# The Fourth of July

## Word Search Puzzle

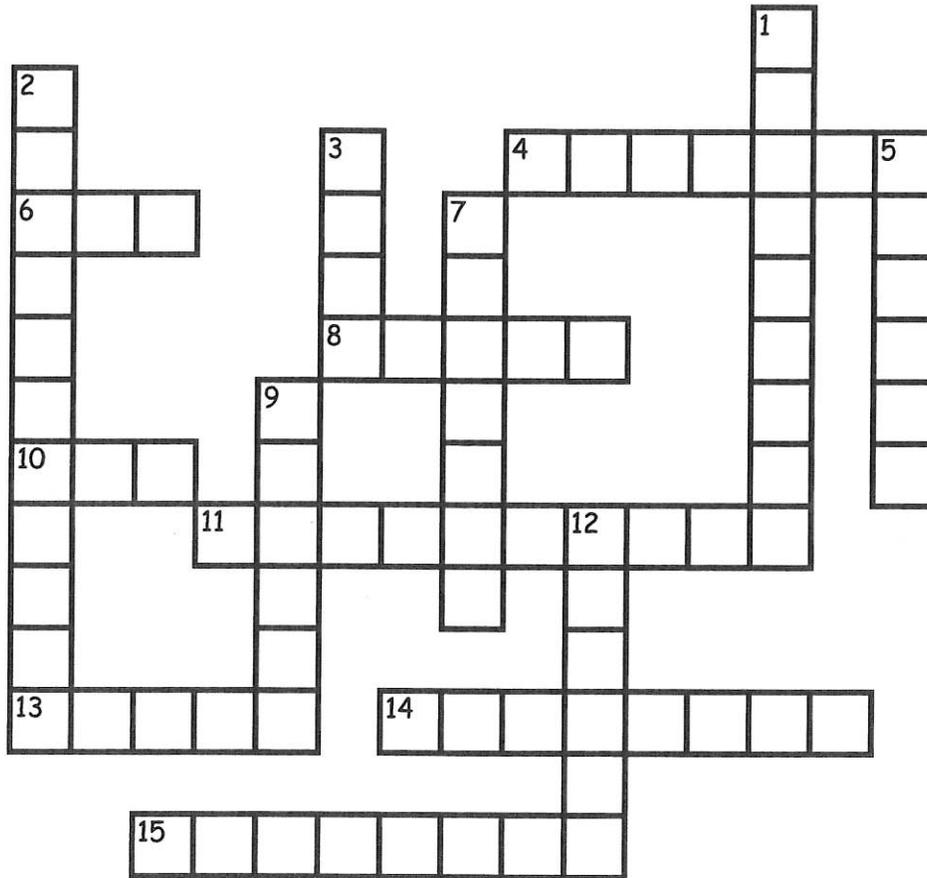
N F Y N Y D Y X D E X M H K H E M B S B R S R P N  
O I O A S R B O L V S O I V F T E R E A I E E Y O  
S R J B D T T G E I J N O R B T E C B T G J D P I  
R E W Z U E G N T D G D E O S H I X I T H I W C T  
E W N J G U C O U G X E S Y T T U C A L T L H R A  
F O O A R A I N E O D R R A S W N D X E S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

America  
Betsy Ross  
country  
flag  
George Washington  
King George III  
parade  
revolution  
struggle  
war

barbeque  
celebration  
declaration  
founding fathers  
Independence Day  
liberty  
patriotism  
rights  
Thomas Jefferson

battles  
cook-out  
fireworks  
freedom  
justice  
nation  
red, white, and blue  
stars and stripes  
victory

## Crossword: Summertime



### Across

4. wear these on your feet to be cool
6. use this to fish for crabs in the pools
8. place with lots of sand
10. a body of water with a beach
11. a game people like to play at the beach
13. little creatures used to live in them
14. you can find lots of creatures hiding here
15. what you wear to go in the sea

### Down

1. you need to blow air into this to play
2. build using lots of sand and shells
3. it moves sideways along the beach
5. season after spring
7. green, brown, slimy
9. use this to put sand in bucket
12. put sand in



# 10 TIPS FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1



Be open to new technologies that can help you care for your loved one.

2



Watch out for signs of depression and don't delay getting professional help when you need it.

3



Caregiving is hard work so take respite breaks often.

4

7



Organize medical information so it's up to date and easy to find.

6



Make sure legal documents are in order.

5



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10

CAREGIVER  
ACTION  
NETWORK  
CAN

CaregiverAction.org

**Wayne Senior Center at Wayne, Nebraska --**

**Monthly Business Meeting**

**Wednesday, June 19, 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 May 18, 2019 business meeting were approved as presented and printed in the June edition of The Senior Star in a motion made by George Burcum and seconded by Carol Dunning. Motion carried., Treasurer Joan Lage presented the treasurer's report for 5-10-19 through 6-9-19 with expenses of \$423.86. Carol Dunning 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. Coordinator Bertrand reported on specific details of updates with the staff. Applications are being received for a Substitute Van Driver and an operations / kitchen assistant. (Van usage has greatly increased and reservations are being recorded for next year's school passengers. At some future point this may necessitate a larger capacity van/bus.)
2. An overview of Fiscal Year 2019 was presented: B Units are nearly completed.
3. Summer hours at the Center are: 7:00 a.m. to 4:00 p.m. These hours are in effect from June 10 until August 9. July happenings at the Center were reviewed. The Center will be closed July 4 in observance of Independence Day.
4. Upcoming elections for the Senior Center Board were discussed.

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

Next meeting will be July 17, 2019.

Verna Mae Baier, Secretary



Monthly Birthday  
Party Day @ Noon  
**Wednesday - July 3rd**  
Patriotic Music &  
Songs by Connie  
Cake Served @ Center

**Friday July 5th**

Dog Day's of Summer Fun: Enjoy a Hot Dog  
With friends for our 2:30 pm Snack time

**Monday - July 8th**

Special Luncheon Drawing @ Noon  
By Country View

**Friday - June 12th**

Century club Movie Day Dinner Drawings  
By Brookdale @ Noon

**Friday - June 19th**

50th Anniversary of Landing on the Moon  
2:30 snack - **MOON PIES**

**Tuesday - June 23rd**

Birthday of the Ice Cream Cone  
2:30 Ice Cream Cones

**Wednesday - June 24th**

Special Luncheon Drawing @ Noon  
By Country View

**Friday - June 26th**

Fine Dining Friday - Providence Bingo Day  
Luncheon Drawing @ Noon

**Monday - July 29th**

Birthday Treats from Lila @ Noon

**Wednesday - July 31st**

Fun w/ Brookdale @ 12:15

**243 years ago...on July 4th, 1776**

*This great nation, the United States of America,  
In a struggle for what was right and free,  
Was proudly born...*

*May we celebrate the precious freedom  
For which our forebears fought so bravely...  
The Freedom that is inherent  
In the Stars and Stripes, our revered flag...  
Celebrate Freedom  
This Fourth of July!*



**Have a fun and safe 4th of July!!!**



**Monday - July 1st @ 9:15am**

Toe nail Clinic by Rachael  
(Call Center for a Time slot)

**Tuesday - July 9th @ 11:45: VA & You**  
By Jonathan Brandow - Wisner Care Center

**Wednesday - July 10th @ 11:45 am**

Nutrition Visit by Ann Fenton

**Friday - July 12th: 11:00 to Noon**  
Spinal Screening by Herman Chiropractic

**Wednesday - July 17th: 9:30 to Noon**

Health Clinic by Rhonda & Connie  
**BLOOD PRESSURE - HEART RATE**

**O-2 LEVEL - BLOOD SUGAR**

**Friday, July 19th: 11 to Noon**

Wayne Eye Care - Eye Glass Clinic

**Tuesday - July 30th @ 10:00**

Care Giver Support Group

**FUN FACT!**

Anniversary of the Beginning of  
Medicare - July 1st, 1968. This health  
insurance program for people 65 years of  
age and older went into effect. The legis-  
lation was signed by President Lydon  
Johnson on July 30th, 1965



**Tuesday, July 23rd** is the birthday of the Ice  
Cream Cone (1904) -According to the Interna-  
tional Ice Cream Association, this day is consid-  
ered the real birthday of the ice cream cone be-  
cause of the great stir it caused at the St. Louis  
World's Fair opposed to September 22, 1903.

On the September date, an Italian immigrant  
was granted a patent for the ice cream cone, but  
it didn't gain popularity until a similar creation  
was independently introduced in  
1904 at the World's Fair.

**To celebrate the birthday of the Ice Cream  
Cone, Ice Cream Cones will be served  
at 2:30 coffee time!**

You Scream, I  
Scream, We all  
Scream for  
Ice Cream!!!



# CITY OF WAYNE / SENIOR

410 N. Pearl Street, Wayne, Nebraska 68787

## Donations:

Ruth & Charles Maier	Quilters Group
Jean Ley	Mardelle Brudigan
Roy Gramlich	Leon Meyer
Rick Barelman	Verna Mae Baier
Darrel & Phyllis Rahn	Donna Lundin
Marcella Larson	Hilbert Johs
Lavonne & Paul Biermann	
Duo Club	Gerald & Marilyn Otte
Anita Fuelberth	Minerva Club

### THANK YOU THIS MONTH TO:

**Country View:** For Sponsoring the Special Luncheon Drawings, Helping w/ Fine Dining Friday, Sponsoring our Monthly Birthday Cake

**Brookdale:** For Sponsoring our Century Club Movie Day Luncheon Certificates

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

**Providence:** For sponsoring our Bingo Day Luncheon Certificates

**Thanks you to ALL** the Volunteers that provide our Music & Educational Visits - Health Clinics and our Dedicated Kitchen & MOW Volunteers



Monthly Senior Center  
**BOARD MEETING**  
Wednesday - July 17th  
12:30 pm

## WHO'S WHO AT THE WAYNE SR. CENTER

Diane Bertrand	Coordinator
Misty Brasch	Kitchen Manager/Cook
Fran Poehlman	Kitchen/Activities Aid
Bea Kinslow	Kitchen/Activities 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.

## WAYNE CITY TRANSIT

Is a great mode of transportation for you to get to Appointments & To run errands

Based out of the Wayne Senior Center

Rides are \$1.50 one way

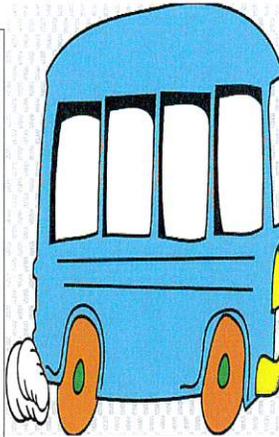
We are an "On Demand" Service Transporting within the City Limits

### Summer Hours of Service

Monday through Friday

8:00 am to 4:00 pm

To reserve your ride call 375-1460  
*"Just a call away for your ride today"*



## Pricing for Meals

Meal prices for patrons 60 and over are on a suggested contribution basis.

The suggested contribution prices are as follows:

Congregate Meals = \$4.95

Home Delivered Meals = \$4.95

Carry out meals = \$7.50

Meal prices for patrons under 60 are to be paid in full.

The prices are as follows:

Congregate Meals = \$7.50

Home Delivered Meals = \$7.50

If you have any questions or concerns, please contact the Senior Center.

We would be happy to answer any questions.

**DON'T FORGET TO MAKE YOUR RESERVATION FOR A DELICIOUS HOME - COOKED MEAL**



## Senior Center Hours

### Summer time hours

Monday – Friday

7:00 a.m. – 4:00 p.m.

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

*Always call if you forgot to make a reservation. Misty will try to rustle up a meal for you!*

For van transportation or meal reservations call 375-1460



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