



# The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

August, 2019

## SPECIAL EVENTS

Thursday, August 1st

Dinner Time Music by Connie

Friday, August 2nd

National Ice Cream Sandwich Day

Monday, August 5th

9:15 - Toe Nail Clinic by Rachael

Tuesday, August 6th

National Root beer Float Day

11:45 - Nutrition Visit by Judy

Wednesday, August 7th

Wakefield Pitch Club Gathering

Monthly Birthday Party Day

Music by Connie

Thursday, August 8th

Welcome Red Hatters

Dinner Time Music by Connie

Friday, August 9th

National Rice Pudding Day

Noon - Century Club Movie

Drawing By Country View

Tuesday, August 13th

Special Luncheon Drawing

By Brookdale

Thursday, August 15th

Dinner Time Music by Connie

Welcome Rotary

Friday, August 16th

**FINE DINING FRIDAY**

11:30 - Music by Rich Franchini

2:30 - Roy Gramlich Birthday

Monday, August 19th

Noon - Special Luncheon Drawing

By Brookdale

Tuesday, August 20th

Birthday of Lemonade

Welcome Duo Club

Wednesday, August 21st

9:30 to Noon - Health Clinic

12:30 Board Meeting

Thursday, August 22nd

11:00 to Noon - Magnuson/Hopkins

Eye Clinic

11:30 - Music by Bill Koeber

& Jay O'Leary

Friday, August 23rd

Banana Split Day

Tuesday, August 27th

10:00 Care Giver Support Gr.

Right @ Home Speaker

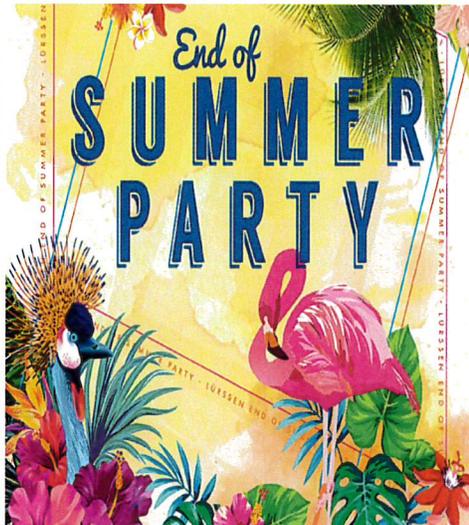
Wednesday, August 28th

11:30 Music by Val Koeber

12:15 - Fun W/ Brookdale

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**NEXT PAGE**



## **Friday - August 30th**

11:15 Music Entertainment by

**Jerry Junck**

Meal Served to you by

Nicole & Friends

### **SERVING:**

Grilled Hamburger & the Works

Served to you on a Home Made Bun

Home Made Potato Salad

Baked Beans

Fresh Local Grown Watermelon

And top it off with a delicious

S'more Bar

## **Always a Favorite Day of the Month**

### **FINE DINING FRIDAY**

**Friday - August 16th**

11:30 - Music by Rich Franchini

### **SERVING:**

Sliced Roast Beef

Mashed Potatoes & Gravy

Dilled Carrots

Dinner Roll

Strawberries and Banana's



### **COST OF LIVING**

\*New House - \$5,600 \* Min. Wage - 40 cents hr.

\*National Ave. Income - \$2,500

• New Car - \$1,125 \* Gas - 15 cents Gal.

• Ave. Rent - \$65 per month \* Stamp - 3 cents

• Movie Ticket - 55 cents

### **COST OF FOOD**

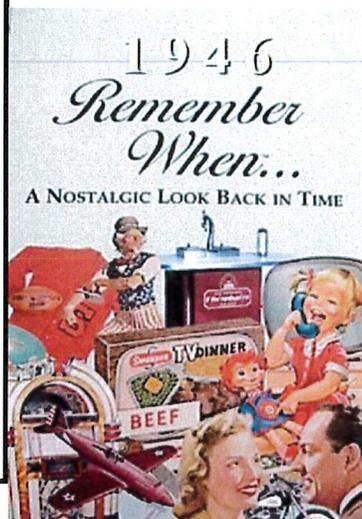
• Sugar - 75 cents for 10 lbs.

• Milk - 70 cents per gal.

• Coffee - 47 cents lb. \* Eggs - 22 cents doz.

• Bacon - 47 cents lb. \* Bread - 10 cents loaf

• Gr. Beef - 40 cents lb.





## SPECIAL EVENTS

(CONTINUED)

Thursday, August 29th

Dinner time music by Connie

Friday, August 30th

**END OF SUMMER  
CELEBRATION**

11:15 - Music by

Jerry Junck

Noon - Providence Bingo

Luncheon Drawing

## FUN FACTS

### Did YOU KNOW??

- Did you know that Feet sweat more than under arms
- Did you know that Hawaii is the only state where coffee - vanilla & cocoa are grown. "Aloha" which means "Hello" AND "Goodbye" is one of the most used Hawaiian words
- Which of these is not really a member of the bean family?
  - A) Green beans
  - B) Coffee beans
  - C) Lima beans
  - D) Kidney beans
- B)- Coffee isn't in the bean family. It's a gardenia



**August 4th - 10th**

*Is National Smile Week*

*Let's celebrate!*

**A SMILE IS A CURVE**

**THAT SETS  
EVERYTHING  
STRAIGHT!**

## THE TASTE OF SUMMER! - Health Tip for the month

This time of year we always look forward to tasting the wonderful flavors of Summer :

Fresh Sweet Corn - Garden Tomatoes - Cucumbers - Watermelon just to name a few.

Sweet corn is one of summer's simplest, purest pleasures. But just how healthy is it?

Here's the sweet truth. Few things say "summer like a freshly picked ear of sweet corn, grilled to perfection and served up with a light smear of butter and a sprinkle of salt. Yet somehow over the years, people began to question if corn was healthy. Rumors have sprung up about everything from how corn is grown to its nutrient content. Just in time for favorite Corn eating season - here are some common corn myths, busted (As researched by "Eating Well" - Healthy Magazine) **#1 - Eating corn will make you gain weight: Fact -** Sure, you can load up that juicy corn on the cob with butter and other high-calorie toppings.

But one plain ear of corn has about 100 calories, similar to an apple. And with nearly 3 grams of fiber per serving, corn can help you feel full longer, so you are less likely to over-eat and pack on the pounds. Then there is its resistant starch, a slow-to-digest type of carb that has been shown to help with weight control. **#2 - Sweet corn is high in sugar : Fact -** Yes, corn is sweet for a vegetable - but there are only 6 grams of natural sugar in a medium-size ear of corn. An ear of sweet corn has less than half the sugar of a banana and only about one-third the sugar of an apple. Even beets have more grams of sugar per serving than corn. The high-sugar corn myth may be partly due to some long-standing confusion over corn varieties. The high-sugar corn myth may be partly due to some long-standing confusion over corn varieties. High-fructose corn syrup, dextrose, glucose and other sweeteners are derived from field corn, the commodity crop used to make everything from livestock feed to ethanol. Those highly processed sweeteners are nothing like the natural sugars found in sweet corn, the vegetable you eat. **#3 - Corn has no health benefits: Fact -** For Starters, sweet corn is loaded with lutein and zeaxanthin, two phytochemicals that promote healthy vision. Besides helping with weight loss, the insoluble fiber in corn feeds good bacteria in your gut, which aids in digestion and helps keep you regular. **#4 - The cooking process robs corn of its nutrients: Fact -** Cooking sweet corn actually boosts its benefits. In a Cornell study, researchers found that while sweet corn loses vitamin C during cooking, its antioxidants can help lower your risk of heart disease as well as Alzheimer's disease, cataracts and other health problems linked to aging. Cooked sweet corn also has a surprising amount of ferulic acid, a type of compound that helps fight cancer.

*Crank up the cooking temp and you'll increase the benefit even more.*

### CORN TRIVIA FACTS

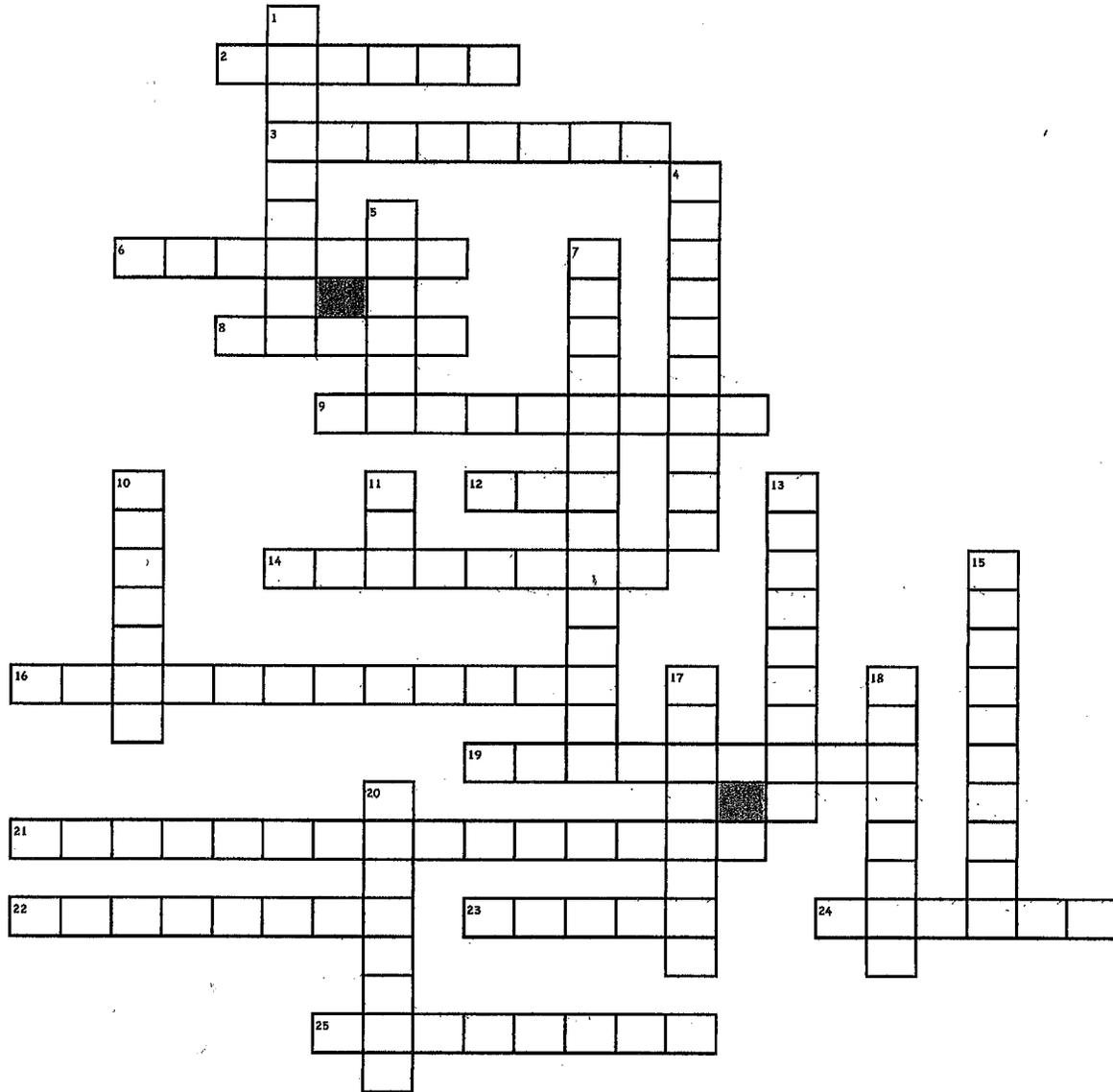
- Corn originated in the Western Hemisphere \* Mayans, Aztecs, and Incas were the first corn farmers \* Indians taught settlers how to grow corn by digging small holes, dropping in kernels and small fish, then covering them with soil. (The fish was used for fertilizer) \* Corn is grown in every continent except Antarctica \* The main ingredient in most dry pet food is corn \* The average ear of corn is 12" to 14" in length. There are an average of 800 kernels in 16 rows on each ear of corn \* The corn plant has both female and male parts. The silk is the female part while the tassel is the male part \* The Corn Belt is a group of states that produces a large amount of corn. Those states are Iowa, Illinois, **Nebraska**, Minnesota, Indiana, Wisconsin, South Dakota, Michigan, Missouri, Kansas, Ohio, and Kentucky \* Corn is one of the most widely-grown crops in the U.S.. Only about 10% of the corn grown ends up on the dinner table, while more than 50% is used for livestock feed. The rest of the crop is used to make everything from syrup and starch to whiskey and oil. \* Corn flakes were so popular in the early 1900's that there were over 40 companies producing this breakfast cereal in and around Battle Creek, MI. \* Corn sweetener is in more than 50% of non-diet foods, making it America's favorite sweetener. Every major non-diet soft drink on the market uses high fructose corn syrup as a sweetener. Many powdered drinks such as lemonade and fruit drinks use crystalline fructose made from corn. \* Cornstarch is in paper and the production of paper packaging materials. Each ton of paper produced used 28 pounds of cornstarch. Corn is used to produce fuel alcohol which makes gasoline burn cleaner, reducing air pollution.

# PUZZLE FOR AUGUST

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

- |                         |                     |                           |              |
|-------------------------|---------------------|---------------------------|--------------|
| AIR CONDITIONING        | AMUSEMENT PARKS     | COLUMBUS SET SAIL         | FESTIVALS    |
| FIRST WORLD WAR STARTED | GATHERINGS          | GEM STONE AGATE           | GLADIOLUS    |
| GOLFING                 | GREAT TRAIN ROBBERY | GRILLING                  | HOT          |
| HUMID                   | LEMONADE            | MARTIN LUTHER KING SPEECH | MODEL T FORD |
| MONA LISA STOLEN        | OXYGEN DISCOVERED   | PARKS                     | PARTIES      |
| PICNICS                 | POOL                | PRINCESS DIANA KILLED     | RAINLESS     |
| RED CROSS FOUNDED       | REUNIONS            | SECOND WORLD WAR ENDS     | SUNSCREEN    |
| SWIMMING                | VACATION            | VICTORY OVER JAPAN        |              |

# School Supplies



## Across

2. item that you use for getting rid of mismarked marks
3. item used for taking information in
6. Used for connecting 2 or more papers
8. item that tells the time
9. type of room students learn new things in
12. item with black point or more colored points
14. item used for typing, playing games on, and more
16. place students go if they get injured or hurt
19. students may recieve this if they misbehave, are late, and more
21. items students take when they study the day before
22. item that teachers assign to students
23. Used for measuring objects in centimeters, millimeters, and inches
24. item used for stuffing papers in
25. sharp items students use to cut papers

## Down

1. person who owns school
4. teachers write on this with markers
5. Item with a graphite point
7. principal's boss
10. room with loads of books
11. athletic place in a school
13. Used for holding 2 or more papers together, but not in the corner
15. teachers write on this with chalk
17. people who cleans schools
18. Used for carrying food around
20. Used for holding school supplies

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

**Monthly Business Meeting**

**Wednesday, July 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 and Staff Member: Nicole Heeren. Absent: Vice President: Carol Dunning and Board Member: Norma Backstrom.

The minutes from the June 19, 2019 business meeting were approved as presented and printed in the July 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 6-10-19 through 7-9-19 with expenses of \$573.89. 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. Coordinator Bertrand reported on updates with the staff including current employee situations and new hire, Nicole Heeren, was introduced to the Board. Upcoming vacations were announced.
2. An overview of Fiscal Year 2019 was presented: Budget expectations have all been met , except for FROG. FY 2019 ended 6-30-19.
3. An overview of Fiscal Year 2020 was presented. There are some changes with the DOR. FY began 7-1-19,
4. The United Way Grant was received.
5. The Patch Grant was recently received.
6. Coordinator Bertrand presented an overview of the Summer Hours at the Center. Everything is going very well. Diane appreciates everyone's cooperation. She also appreciates the extra day light hours she enjoys at the end of the day.
7. The August Center calendar is in progress and the van school rides are nearly full. Elections for the Senior Center Board will be at the August meeting. An overview was presented of the (1) Bylaws / Constitution (2) Board Member responsibilities (3) Personal Characteristics of Board Members and (4) Van Service Refusal Policy.
8. Additional Concerns presented: There have been recent incidences concerning van service: The Policy is: "The City of Wayne Public Transit will have authority to deny to Persons requesting services for the following reasons: in particular #6. Individuals that cannot physically care for themselves and do not have somebody to assist them." The Board reiterated support of the policy.

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

Next meeting will be August 21, 2019.

Verna Mae Baier, Secretary

# Caregiver stress: Tips for taking care of yourself

Caring for a loved one strains even the most resilient people. If you're a caregiver, take steps to preserve your own health and well-being.

By [Mayo Clinic Staff](#)

## Strategies for dealing with caregiver stress

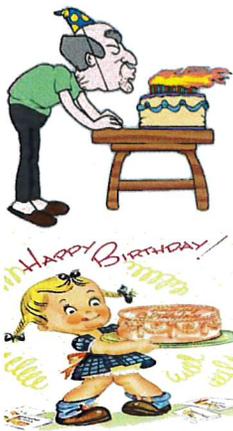
The emotional and physical demands involved with caregiving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

To help manage caregiver stress:

- **Accept help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week. Or a friend or family member may be able to run an errand, pick up your groceries or cook for you.
- **Focus on what you are able to provide.** It's normal to feel guilty sometimes, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.
- **Set realistic goals.** Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals.
- **Get connected.** Find out about caregiving resources in your community. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation, meal delivery or housekeeping may be available.
- **Join a support group.** A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.
- **Seek social support.** Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it's just a walk with a friend.
- **Set personal health goals.** For example, set goals to establish a good sleep routine, find time to be physically active on most days of the week, eat a healthy diet and drink plenty of water.

Many caregivers have issues with sleeping. Not getting quality sleep over a long period of time can cause health issues. If you have trouble getting a good night's sleep, talk to your doctor.

- **See your doctor.** Get recommended vaccinations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.



**HELP CELEBRATE OUR  
AUGUST BIRTHDAYS**

**Wednesday - August 7th**  
Monthly Birthday Party  
Cake Served @ Noon at Center

**Friday - August 16th**  
Help Roy Gramlich Celebrate his  
Birthday with Treats for 2:30 lunch

**Wednesday - August 28th**  
Help Janis Meyers Celebrate her  
Birthday with Treats @ Noon

**August Music Entertainment**

**Wednesday, August 7th**

11:30 - Music by Connie  
*Also enjoy Connie on  
Thursday's: 8th, 15th, 29th*

**Friday, August 16th**

11:30 - Music by  
Rich Franchini

**Thursday, August 22nd**

11:30 - Duet Music by  
Bill Koeber & Jay O'Leary

**Wednesday, August 28th**

11:30 - Music by  
Val Koeber

**Friday, August 30th**

11:15 - Music by  
Jerry Junck



**WELCOME  
NICOLE HEEREN**

Nicole will be assisting with the positions of Van Driver and Sr. Center Assistant. She is a Sophomore at WSC - Majoring in Life Science Biology. Nicole comes from the small town of Allison, Iowa and has 3 older brothers and 1 younger sister.



**Come on in a say Hi !**



**Monday - August 5th : 9:15 am**  
Toe Nail Clinic w/ Rachael (call for a time)

**Tuesday, August 6th**  
11:45 - Nutrition Visit with Judy Poehlman  
**Wednesday—August 21st : 9:30 to Noon**  
Health Clinic with Rhonda & Connie

Blood Sugar—Blood Pressure  
O2 Level—Heart Rate

**Thursday - August 22nd: 11:00 to Noon**  
Magnuson/Hopkins Eye Glass Clinic

**Tuesday, August 27th : 10:00 am**  
Care Giver Support Group

Speaker from "Right @ Home"  
**Monday—Wednesday—Friday @ 9:15**  
FROGS (Fitness Reaching Older Generations)

**DAILY: Center opens @ 7:00**  
Mile Walk Club

*Let the good times*  
**Roll!**

**Friday - August 2nd**  
*NATIONAL ICE CREAM SANDWICH DAY*

2:30 - Snack time Treat

**Tuesday - August 6th**  
*NATIONAL ROOTBEER FLOAT DAY*

2:30 Snack time Treat

**Thursday - August 8th (RED HAT GATHERING)**  
Noon - Bread Pudding & Carmel Sauce Treat

**Friday - August 9th**  
Noon - Century Club Movie Day Drawing

*NATIONAL RICE PUDDING DAY*

2:30 Snack Time Treat

**Tuesday - August 13th**  
Noon - Special Luncheon Drawing by Brookdale

**Monday, August 19th**  
Noon - Special Luncheon Drawing by Brookdale

**Tuesday - August 20th**  
*BIRTHDAY OF LEMONADE*

Wet your whistle with a COLD glass

**Friday - August 23rd**

*BANANA SPLIT DAY*

2:30 Snack time Treat

**Friday - August 28th**

12:15 - Fun w/ Brookdale

**Friday, August 30th**

Noon - Providence Bingo Drawing

