



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

May, 2020

FREEZER & CONSTRUCTION UPDATE

Everyday that goes by is another day closer to our completion of this much needed addition to our Center. The addition is coming along nicely—sheet rock is being completed. Final electrical projects will then need to be completed, along with painting etc...

The Freezer installment will be the last phase of this project.

After the final finish up of Construction and installation of the cooler—then comes the daunting task of cleaning!!!

Frank, Misty and I are doing our best to keep up with the overall cleaning to keep the kitchen sanitary and running smoothly to continue our meals. However the final deep cleaning of the centers great room and halls and deep cleaning in the kitchen will be done when all the construction is finished up and final steps completed. This will take some time for all of us to complete. So starting in May—please notice that the center will not be offering meals on the Friday's in May in order for us to complete this much needed maintenance before reopening when the "All OK" is given. (Please find more of a detailed notice under our greeting)



Q: Why did the man put his money in the freezer?

A: (He wanted cold hard cash!)

GREETINGS FROM MISTY - DIANE & FRANK
Another month has passed and another month of missing all of our Senior Family. We pray you continue to be well. We want to thank all of our patrons who have continued to support our meal program. It has reinforced us how vital our service is to our community. This continued support indeed helps with the continuance of our future growth and vitality of the Wayne Senior Center. Remember to try to call for your reservation by noon the day before in order for us to adequately prep and prepare our delicious meals. Staff continues to be able to take your calls between the hours of 7:00am and 3:00 pm Monday through Friday. Meals on wheels delivery leaves the center at 11:00 am and our Drive through service is between 11:15—11:30 am. If you have difficulty getting out and about and are interested in Home delivered meals—give us a call and Misty or Diane can visit with you personally.

As for the future of the Wayne Senior Center: Connie Cooper from NENAAA provided me with this update: "Based on the information at this time, I believe that senior centers will remain closed and will continue to provide home-delivered (drive through) meals only, through the end of May and maybe longer. And because our seniors are most vulnerable the senior centers may be one of the last entities to "go back to normal". She continues: "For our seniors, we must be patient and continue to do the tremendous work that all of the are doing."

Bottom line we will continue to go one day at a time!

UNTIL NEXT TIME! Diane



TIME TO CLEAN

NOTICE:

Every Friday in May—the center will not be preparing To-Go Meals in order to provide us the opportunity to maintain & put back together Our Beautiful Center!
Attention : Meals on Wheels Patrons
Starting Thursday, May 7th—You will have the opportunity to receive 2 meals on Thursdays if you so choose. Please notify the center by **Tuesday** if you would like an extra meal prepared & delivered on **Thursday**.

Happy Mother's Day

HISTORY

Anna Jarvis of Philadelphia, PA gathered friends at her home in 1907 to introduce her idea of Mother's Day. It was met with great interest. She asked her mother's church in Grafton, WV to hold a service to honor her mother and other mothers, and they did on the second Sunday in May in 1908. At the end of the service, Jarvis presented each mother and child with a carnation, her mother's favorite flower. Jarvis and her friends began a letter writing campaign to create a nationwide Mother's Day observance and encouraged families to honor their mothers with simple, at-home gatherings. Over the following years, people celebrated an unofficial Mother's Day. Finally the U.S. Senate approved legislation, and on May 8, 1914, President Woodrow Wilson signed a proclamation designating the second Sunday in May as Mother's Day. The carnation is the official flower. Jarvis never married or had children and was not happy with the commercialization of Mother's Day, a holiday she advocated for.

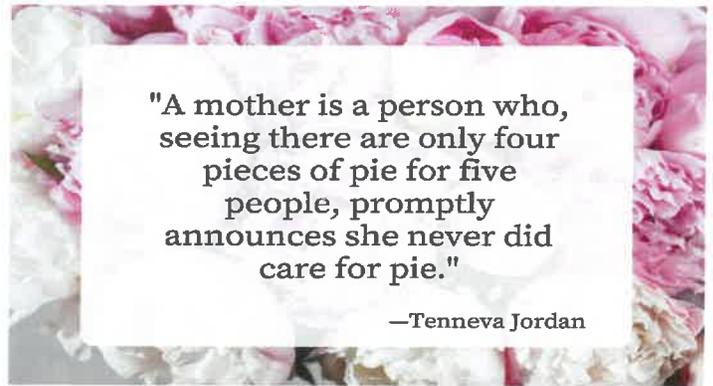
MOTHER'S QUIZ

(Answers below—NO peaking)

1. Mother of Jesus
2. Mother by Marriage
3. Mother of the soil
4. Mother of Mother's Day
5. Mother of Nursery rhymes
6. Large or profitable source of supply
7. Mother of the weather and outdoors
8. Some people don't get along with this mother
9. Went to the cupboard to get her poor dog a bone
10. Hard, Iridescent substance that forms in shells
11. Children's game where the players ask for permission
12. Mother of Montgomery who launched the civil rights movement
13. Famous nun know for helping the poorest of the poor

ANSWERS

1. MARY 2. STEPMOTHER
3. MOTHER EARTH 4. ANNA JARVIS
5. MOTHER GOOSE 6. MOTHERLOAD
7. MOTHER NATURE 8. MOTHER-IN-LAW
9. MOTHER HUBBARD 10. MOTHER OF PEARL
11. MOTHER MAY I 12. ROSA PARKS
13. MOTHER THERESA



—Tenneva Jordan

MOTHER'S DAY DESSERT

- 4 cups strawberries, diced
- 4 cups rhubarb, diced
- 1 1/2 cups sugar
- 1 Tbsp. flour

Spread the fruit evenly over the bottom of a greased 9" X 13" pan. Mix the sugar and flour in a small bowl then sprinkle over the fruit.

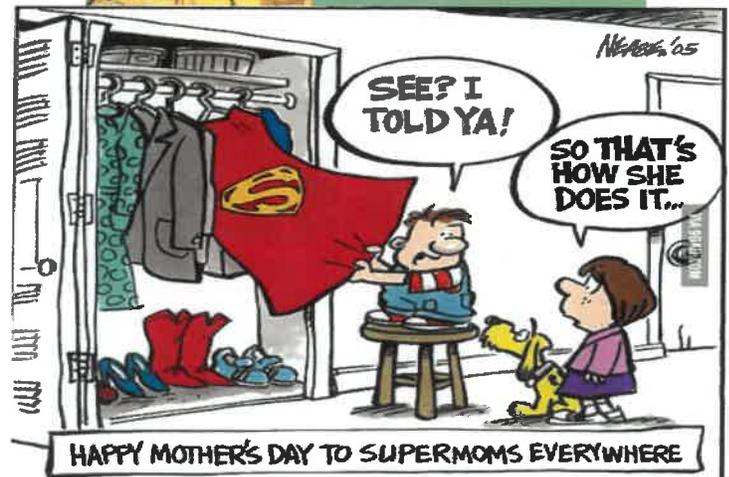
TOPPING

- 1 cup brown sugar, packed
- 1 cup old-fashioned oats
- 1 1/2 cups flour
- 1 tsp. salt
- 2 dashes allspice
- 1/2 cup shortening
- 1/2 cup (one stick) butter, softened
- 1 tsp. vanilla

Put all of the ingredients in a mixing bowl then combine using a pastry cutter. Sprinkle the topping over the fruit. Bake at 350 degrees for 1 hour or until bubbly in the middle.

Serve Warm with a BIG dip of Ice-cream

ENJOY! Happy Mother's Day





Exercises for Seniors to Stay Active During “Social Distancing”

The coronavirus outbreak has disrupted our lives and forced us to change our habits, including hindering most group fitness activities. Whether you like to do your own thing outside, take a class, or work one-on-one with a personal trainer, you might be feeling a little lost when it comes to staying active in your own home.

Exercising is important to our health in a variety of ways. It can improve strength, improve balance, give you more energy, prevent or delay disease, improve mood, and improve cognitive function. As long as your doctor says it's safe for you to exercise, you should workout to improve the quality and increase the longevity of your life.

It may be daunting to start an exercise program at home, so we've broken down some exercises you can do with just one piece of equipment: a chair.

1. Calf Raises

There are two ways to complete this exercise. First, you can sit upright in a chair with your feet flat on the floor hip-distance apart. Make sure you're looking straight ahead and engage your core. Start with your right foot and lift your heel as high as you can and raise up on your toes as high as you can. Complete ten reps on each side for three sets.

Another way to complete calf raises is to stand behind the chair and hold onto it for balance. Stand with your feet shoulder-width apart. Complete the same movement of putting your weight on your toes and lifting your heels as high as you can, but this time, do it on both legs at the same time. Complete ten reps for three sets.

2. Modified Push Ups

Push-ups are an effective upper body exercise because they work so many muscles. By using a chair, or pushing off a wall, you can decrease the difficulty of the exercise, decrease impact on your joints avoid getting all the way down on the ground.

To perform this move, place the chair so that the seat is up against a wall to make sure that it's not going to move while you complete the exercise. Stand behind the chair, or push off a wall, with your feet shoulder-width apart. You want to stand far enough away that you can extend your arms but close enough to feel comfortable and stable. Engage your core and keep your body as straight as possible. Slowly bend your elbows and lean your body forward to complete a push up. Complete ten reps for three sets.

3. Modified Planks

Planks are one of the best exercises to work your core. To complete it on the chair or wall, start in the same position as the push up. The seat of the chair should be against the wall, and you should stand behind the chair with your hands holding onto the top of the chair with your feet shoulder-width apart. Take a step back so your body is at a slight angle. Make sure your hips are aligned with your knees and shoulders. Hold the position for 10 to 60 seconds – however long you feel comfortable, and then return to standing. Complete three sets.

4. Modified Squats

Squats are an effective lower body exercise that work your quads, glutes; and core. Stand behind a chair, or at a kitchen counter, with your hands holding onto the top of your chair. Your feet should be about shoulder-width apart. Gently lower yourself down and imagine that you are sitting into a chair. The movement should be almost identical, but you can go however low you feel comfortable. Hold onto the chair or counter for balance. Complete ten reps for three sets.

5. Seated Leg Lifts

Seated leg lifts are a great exercise for your core and your legs. Sit at the edge of the chair with your back straight. Start with your legs shoulder width apart extended in front of you with just your heels on the ground. Hold onto the chair for balance, and slowly lift your right leg up as high as you can without moving your torso. Hold it at the top for a second and then slowly lower your right leg back to the starting position. Then complete the move with your left leg. Complete ten reps on each side for three sets.

6. Seated Shoulder Press

If you have a pair of light dumbbells, you can use those. You can also use objects you might find around your house, such as cans of soup or bottles of water - just make sure the two items you choose are identical in weight. You can also complete this exercise without weights. Start in seated position with your back straight, with elbows out to the side of your body. Your elbows should start below your shoulders with your wrist directly above your elbows. Your palms should be facing forward. Slowly extend your arms above your head as high as you can. At the top of the movement, they should be fully extended, but don't lock your elbows. Slowly bring your elbows down keeping your elbows out. Complete ten reps for three sets.

Remember during this time that it's important to keep your body moving and also to keep yourself safe, but never attempt an exercise routine without confirming with your doctor that it's safe to do so. These chair exercises are a great way to strengthen your muscles and get your heart rate up in this time of “social distancing.”

If you have questions about specific exercises, wondering how to get started with an exercise program, or would like a virtual, online physical coach during these times, please contact one of our Movement Experts at KEL Physical Therapy & Wellness.

Karen Longe, Doctor of Physical Therapy, is the founder of KEL Physical Therapy & Wellness in Wayne, NE. She enjoys helping people get back to activities that they love to do NATURALLY using her manual therapy skills, dry needling, powerful education and instruction in corrective exercises. She is passionate about educating and provides monthly workshops open to all. For more information on her services contact her via phone at 402-999-4564, Karen@KEL-PTwell.com, or visit KEL-PTwell.com or her business Facebook page.

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
Update for the Month of April, 2020**

The COVID-19 Pandemic does not allow group gatherings for the present time. Senior Center Coordinator: Diane Bertrand, was in contact with President: George Burcum, Vice President: Carol Dunning, Treasurer: Joan Lage, Secretary: Verna Mae Baier and Board Member: Fransisco Morales at various intervals. The Senior Center Board was kept informed of Center activities by Coordinator Bertrand using telephone calls, written correspondence, internet, etc.

The minutes from the March 2020, business meeting were printed in the April newsletter for all to read. Treasurer Joan Lage made available the Treasurer's report for 3-10-20 through 4-9-20 with expenses of \$616.08. All Board Members received written correspondence concerning these transactions and no objections were made known.

Activities as noted by Coordinator Bertrand

1. Home delivered meals (approx.--30) and drive through meals (approx.. 30) are continuing at the Center. Misty, Diane & Frank are preparing, sealing and packing these individual meals. Disposable trays are being used and keeping an adequate supply of these trays has been a struggle. NENAAA has received funding to provide additional reimbursement cost per meal.
2. The Walk-In Freezer project is progressing nicely; that includes electrical, duct work and sheet rock. The new Stainless Refrigerator has been brought out and the older refrigerator and one upright freezer has been moved. A bid has been received from Lawlers for shelving that will need to be installed in the freezer.
3. Cleaning is progressing very well. The pool room has been emptied and all walls nearly painted. The Library Staff has been working to help with the painting. The carpet will be shampooed. Frank & Diane took the lift to the ceiling fans, lights and beams in the main dining room. When construction is completed, the remainder of the cleaning in the dining room will be completed. The renovation of the Women's bathroom is another cleaning project being completed.
4. To further facilitate this cleaning some changes for May will occur: The meal service on Friday will be closed. [The Center will offer the Meals on Wheels individuals the ability to order 2 meals on Thursday if they so choose.] This closing will enable the staff to put in time doing cleaning and sanitizing the building.
5. The City Transit is still shut down and will be until further notice. Van Drivers will complete the required continuing education from the DOR. Directions when the Transit will be operational will be made by City Administrator Blecke and Mayor Giese.
6. It seems quite likely the Center will be closed throughout the month of May. No directives have been received from NENAAA or the City of Wayne when the Center will be able to return to congregate gatherings.
7. Coordinator Bertrand has been asked to speak to a graduate class from the University of Georgia taught by Bruce Neubauer via Zoom on April 21. This will overview our Meals on Wheels Program
8. Staff is available for reservations and phone calls Monday through Friday 7:00 a.m. to 3:00 p.m..

Verna Mae Baier, Secretary

Coronavirus (COVID-19): Tips for Dementia Caregivers

Tips for dementia caregivers at home

Caregivers of individuals living with Alzheimer's and all other dementia should follow guidelines from the [Centers for Disease Control \(CDC\)](#), and consider the following tips:

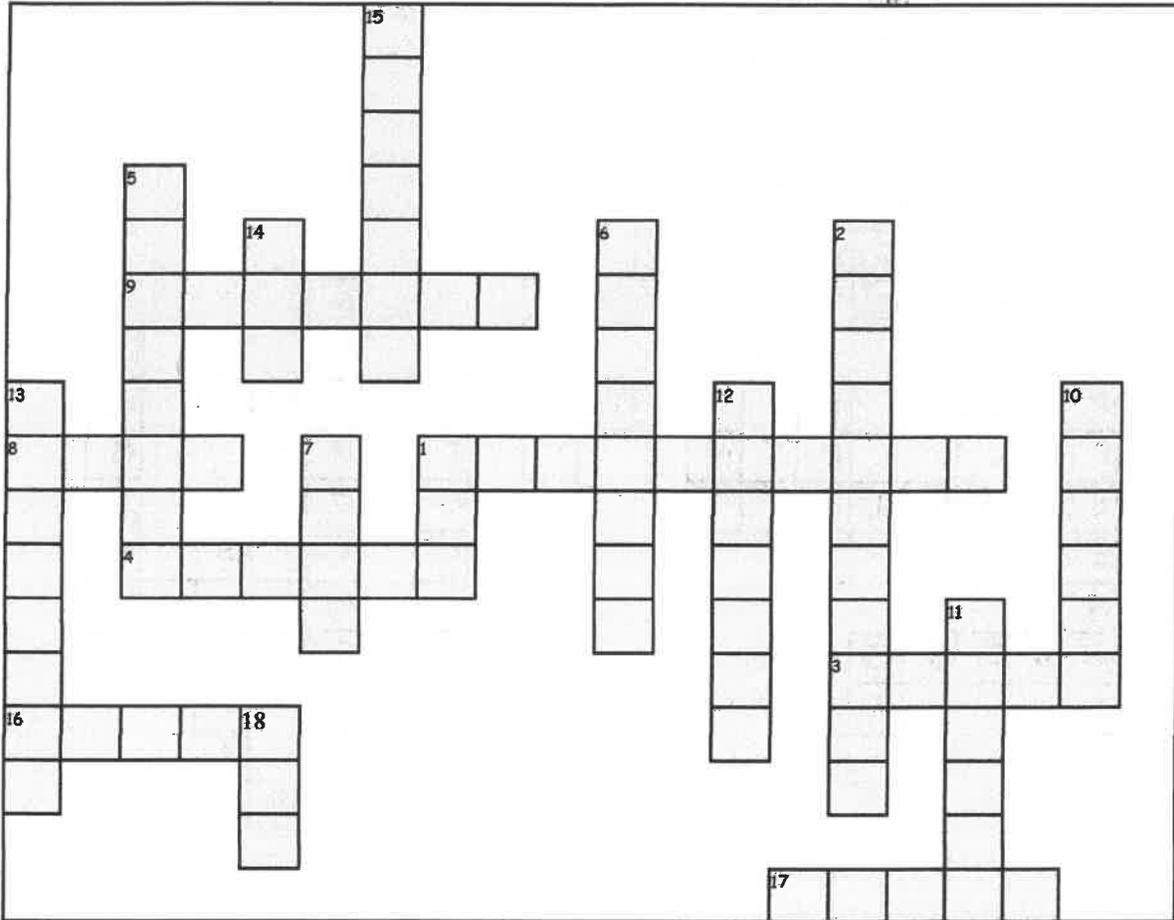
- For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion, contact your health care provider for advice. Unless the person is having difficulty breathing or a very high fever, it is recommended that you call your health care provider instead of going directly to an emergency room. Your doctor may be able to treat the person without a visit to the hospital.
- People living with dementia may need extra and/or written reminders and support to remember important hygienic practices from one day to the next.
 - Consider placing signs in the bathroom and elsewhere to remind people with dementia to wash their hands with soap for 20 seconds.
 - Demonstrate thorough hand-washing.
 - Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to hand-washing if the person with dementia cannot get to a sink or wash his/her hands easily.
- Ask your pharmacist or doctor about filling prescriptions for a greater number of days to reduce trips to the pharmacy.
- Think ahead and make alternative plans for the person with dementia should adult day care, respite, etc. be modified or cancelled in response to COVID-19.
- Think ahead and make alternative plans for care management if the primary caregiver should become sick.

Staying healthy

Pay attention to flu or pneumonia-like symptoms in yourself and others and report them to a medical professional immediately. Follow current [guidance and instruction from the CDC](#) regarding COVID-19. Tips to keep yourself and your loved ones healthy include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick; work from home.
- If you or the person you are caring for have regular doctor's appointments to manage dementia or other health conditions, call your health care provider to inquire about a telehealth appointment. As a result of the COVID-19 pandemic, Medicare has recently expanded telehealth benefits to allow seniors to access health care from the safety of their homes.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash your hands with soap and water if your hands are visibly dirty.

Mother's Day Crossword



Across:

1. A name for the day we celebrate our moms
 3. Good mood
 4. Mother's Day falls on this day
 8. Weather that happens in spring
 9. Spring showers bring May
-
16. Two siblings born on the same day
 17. Something you do after being told a joke

Down:

2. Female with grandchildren
1. 5th month of the year
5. Yellow spring flowers
6. Female child
7. A nick name for children
10. Name for mom, dad and children
11. The season that follows winter
12. People you enjoy being around
13. Another word for gifts
14. Female parent
15. A group of flowers
18. Male child

Memorial Day

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

Find these words:

barbecue	flag	military	soldier
battle	flowers	parade	solemn
cemetery	freedom	patriotic	speech
ceremony	grave	peace	summer
country	half-staff	picnic	tombstone
courage	hero	poppies	tribute
Decoration Day	holiday	remember	troops
defend	honor	respect	veteran
family	liberty	salute	war
fireworks	memorial	service	wreath

A little Something to tickle your Funny Bone!



RECIPE FOR ASPRIN CAKE
We've ALL Been there!



Light oven. Get bowl, spoons, and ingredients. Grease pan: crack nuts. Remove 18 toy blocks and seven toy autos from kitchen table. Measure 2 cups flour. Get baking powder. Remove Johnny's hands from flour. Wash flour off of him. Put flour, baking powder, and salt in sifter. Get dustpan and broom; sweep up pieces of bowl Johnny knocked on the floor.

Get another bowl.

Answer doorbell. Remove Johnny's hand from bowl. Wash Johnny. Get eggs, answer phone. Take 1/2—inch of salt from greased pan and look for Johnny. Take greased pan, empty out layer of nutshells. Slap Johnny's hands. Pick up pieces of bowl knocked off when Johnny fled. Wash kitchen floor; wash table. Wash Walls, Wash Dishes. Call bakery.

Take 2 aspirin and Lie Down!



GREEN EGGS & HAM

- 6 eggs (hard boiled, cooled, peeled & cut in 1/2 lengthways)
 - 1/4 cup Mayonnaise
 - 1 tsp. yellow mustard
 - 1 tsp. sugar
 - 2/3 cup cooked country ham (Finely chopped)
 - 4 drops green food coloring (Optional)
 - Paprika or black pepper
- 1) Scoop egg yolks into a bowl, mash thoroughly, and mix with the remaining ingredients
 - 2) Add the yolk mixture to egg halves
 - 3) Season w/paprika or pepper

EGGSPRESS YOURSELF

*Eggsp*erience the fun of celebrating National Egg Month! This holiday was established in the month of May by the American Egg Board, in the 1990's. Both nutritious and affordable, eggs provide an excellent source of protein for people to stay full and energized throughout the day. An egg has 13 essential vitamins and minerals and plays a role in brain and weight management. Have fun finding all the different ways you can enjoy making yourself a Nutritious Egg or two!

eggs

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

EGG WORD SEARCH

- Microwave eggs
- Deviled eggs
- Easter
- Blue eggs
- Green eggs
- White eggs
- Brown eggs
- Grade of eggs
- Poached eggs
- Vegetable omlet
- Spanish omlet
- Denver omlet
- Omlet
- Eggs benedict
- Hard egg
- Over easy
- Coddled eggs
- Scrambled eggs
- Hard boiled eggs
- Soft boiled eggs

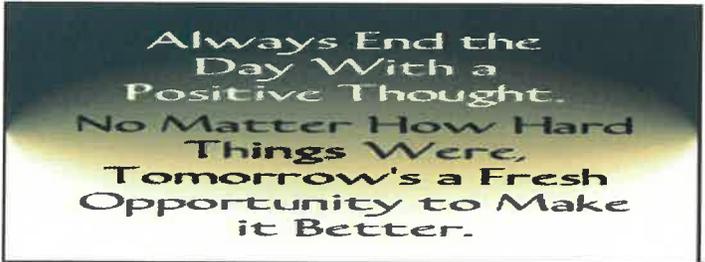
OUR GENEROUS DONATIONS

Jane Ahmann
Roy Gramlich
Darlene & John Bowers
Fran Poehlman
Fritz & Joann Temme
Marcella Larson
Anita & John Fuelberth
Pastor Willie & Diane Bertrand who
Provided the Palm Branches in Honor of
St. Paul Lutheran Church in RR Concord
Wayne Greenhouse for providing the Lovely
Carnations to brighten our day
Providence Medical Center for providing
Goodie Bags For all of us to enjoy
Thanks to all of our Volunteers who continue to
Deliver our Meals on Wheels to our home
Bound Seniors! You're the Best!
EXTRA WORD OF THANKS:
For all the notes of encouragement and
Gratitude to Misty, Frank & Diane
For continuing to provide our Great meals and
Friendly Smiles. This indeed means a lot to us!
"Let's all have an attitude of gratitude"



DISCOVERED: A NEW PERK OF THE GOLDEN YEARS

Here's a reason to celebrate getting older: You'll be more tuned in to the positive things in life, say researchers of the journal *Emotion*.
When they showed young adults and older folks a series of happy and upsetting images flashing in front of them, older adults paid more attention to the happy pictures, while their younger counterparts were more focused on the negative images. The investigators attribute the result to a phenomenon known as the "positivity effect". As we age, we realize time is precious, so we focus as much as possible on what is good in the present!



Senior Center Staff Hours
Available to take your calls

Monday – Friday
7:00 am to 3:00 pm
For Curb Side Delivery or Meals on Wheels
Delivery—Please call the day before!
Suggest Contribution remains:

\$4.95 for 60 & up
Meals on Wheels delivery leave the Center
At 11:00 am. For curb Side pickup meal
Reservations—Drive to the East Side of the
Building between 11:15—11:30 am
NOTICE TO WAYNE CITIZENS

In an effort to control the spread of COVID-19
Virus, the City of Wayne has suspended its
Public Transit service until further notice

WHO'S WHO AT THE WAYNE SENIOR CENTER

- | | | |
|-------------------|--------------------------------|-----------------|
| Diane Bertrand | Manager | |
| Misty Brasch | Assistant Manager/Head Kitchen | |
| Carol Stephens | Office Assistant | |
| Fran Poehlman | Kitchen Aid | |
| Bea Kinslow | Kitchen Aid | |
| Frank Sheda | Van Driver | |
| Roger Hochstein | Van Driver | |
| Dan Carroll | Van Driver | |
| Denny Spangler | Van Driver | |
| George Burcum | President | |
| Carol Dunning | Vice President | |
| Verna Mae Baier | Secretary | |
| Joan Lage | Treasurer | (Abraham Hicks) |
| Francisco Morales | Board Member | |

WORRYING
Is using your
Imagination
To create
Something
You don't
Want

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.



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