



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

June, 2020

GREETINGS FROM MISTY—DIANE & FRANK FREEZER & CONSTRUCTION UPDATE

Well—all of our Hard Work—Generosity—Patience and Perseverance has paid off and has become a Reality. I will have to be very Honest—Misty and I are doing the “Happy Dance” right now. The extra freezer space and storage room that we now have is “AMAZING”. Thank you from the bottom of our hearts for everything that all of you have done to help make this dream come true. It has indeed made our job here much easier and we are able to now turn our focus on getting our amazing center back in order and are looking forward to the day when we can be back together once again with all of our Senior Family. So for now—we continue to go from day to day. We pray that you all continue to be well and safe. We want to again thank all of you for your ongoing support for our Home delivered and Drive through meal program. Your many words and acts of kindness has touched our hearts tremendously and we want you to know that it does indeed inspire us to greet each day with a positive thought and gratefulness for all we do have in our calling here at the Center. **As for the future of the Center:** We have received word from NENAAA that the center will be remain closed again the month of June for Congregate and Social Gatherings. We will continue to offer our Home delivered and Drive through meals as scheduled. As always, Staff will be available to take your calls between the hours of 7:00 am and 3:00 pm Monday through Friday. If you want to make a meal reservation—it is helpful if you try to call by noon the day before so we can adequately prepare for the next day. Please note the menu calendar for information on our Delicious meals prepared just for you!

UNTIL NEXT TIME! Diane

Listen to KTCH—104.9 or 98.9 for up to date information!



Outside of new walk in freezer



Inside of new walk in freezer



Pool room : Fresh coat of paint & ready to go



Quilt room: Scrubbed & Carpet shampooed
Just waiting for our Ladies to return



Ladies Bathroom: Complete Makeover

PLEASE NOTICE

Friday, June 13th & Friday, June 26th—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

You will have the opportunity to receive 2 meals on Thursday -June 11th and Thursday - June 25th if you so choose.

Please notify the center by

Tuesday if you would

like an extra meal prepared & delivered on those **Thursdays.**

HAPPY FATHER'S DAY!

HISTORY

The American tradition of celebrating Father's Day was the idea of Sonora Smart Dodd. She wanted a special day to honor her father, William Smart, a Civil War veteran, who was widowed when his wife died in childbirth with their sixth child. William raised her and her five brothers. Mrs. Dodd proposed to Spokane, WA city officials that the first Father's Day be observed on Sunday, June 5, 1910 which happened to be her father's birthday. The local ministers needed extra time to prepare sermons for the occasion, so the date was moved to June 19. Newspapers across the country, already encouraged a celebration of Mother's Day, carried stories about the Spokane observance. However, Father's Day was not accepted as quickly as Mother's Day. Members of the all-male Congress felt a move to proclaim an official Father's Day might be interpreted as a pat on the back. Although President Lyndon Johnson signed a Presidential proclamation in 1966 to celebrate it that year, the official recognition took place on April 24, 1972, more than 62 years after it was proposed.

FATHER OF.....

(Answers below—NO peaking)

1. Father of History
2. Father of Medicine
3. Father of the Symphony
4. Who are the Founding Fathers?
5. Father Time
6. Father of the Universe (In Greek mythology)
7. Father of Gods and Mortals (In Greek mythology)
8. Who is the Holy Father in the Catholic Church?
9. The "Lord's Prayer" is also called this
10. Father of Criminology
11. Father of the Jewish Nation
12. Father of Modern Astronomy
13. Father of Literary Mystery
14. Father of Literary Horror
15. Father of Capitalism
16. Father of Modern Parenting
17. Father of India
18. Father of Psychoanalysis
19. Father of Oceanography
20. Father of the Muppets

ANSWERS

1. Herodotus
2. Hippocrates
3. Joseph Haydn
4. Delegates to the 1787 Constitutional Convention
5. The Grim Reaper
6. Uranus
7. Zeus
8. The Pope
9. "Our Father"

FATHER OF ANSWERS CONT.....

- | | | |
|----------------------|------------------------|-------------|
| 10. Cesare Kinbrisi | 11. Abraham | 12. Galileo |
| 13. Edgar Allan Poe | 14. Stephen King | |
| 15. Adam Smith | 16. Dr. Benjamin Spock | |
| 17. Mohandas Gandhi | 18. Sigmund Freud | |
| 19. Jacques Cousteau | 20. Jim Henson | |
- HOW DID YOU DO?????

FATHER'S DAY TREAT

SEVEN LAYER BARS

*1/2 cup Butter

- 1 cup Graham cracker crumbs
- 1 cup Semisweet chocolate chips
 - 1 cup Butterscotch chips
 - 1 cup Coconut
 - 1 cup walnuts, chopped
- 15—oz . Can Sweetened Condensed Milk

1) Melt the butter and mix in the graham cracker crumbs then pat the crumb mixture in a 9" X 13" baking pan.

2) Sprinkle the remaining ingredients over the crumbs in layers in the order given.

1) Drizzle the sweetened condensed milk over the top. Do not stir.

2) Bake at 350 degrees for about 25 minutes. Let cool then cut into bars. ENJOY!

Happy Father's Day



FUN FACTS FOR FATHER'S DAY

- Neckties are the No. 1 gift for Father's Day
- In terms of popularity, other Father's Day gifts include hammers, wrenches, screwdrivers, golf clubs, and fishing rods
- The rose is the official flower for Father's Day. Wearing a red rose signifies a living father, while a white one represents a deceased father
- In Australia, the first Sunday of September is observed as Father's Day, while Finnish people celebrate it on the second Sunday of November. In Thailand, December 5 is observed as Father's Day annually.
 - There are more than 154,000 estimated "stay—at home" dads in the U.S.

A LITTLE "KITCHEN HUMOR" FROM MISTY

I was walking down the street and someone threw a jar of mayonnaise at me. I thought, "What the Hellmann!"

GOOD ONE MISTY!!





Exercise and Your Mood

Exercise has great benefits for your physical health - it can strengthen your muscles, improve your cardiovascular system, and reduce your risk of diseases like stroke and diabetes. But, did you know that exercise can have benefits for your mental health too?

Why exercise lifts your mood

Exercise causes your brain to release chemicals including endorphins, adrenaline, serotonin and dopamine. These chemicals all work together to make you feel good. In addition to the chemical changes in your brain, exercising can lead to a feeling of accomplishment and relaxation of your muscles, also helping you feel good.

Exercise and depression

Exercise on its own is not a cure for depression, but research has shown it can be as effective as medication for mild to moderate depression. In fact, the most prescribed antidepressants are SSRI drugs, which work by increasing the amount of serotonin in your system. As mentioned above, exercise also increases the amount of serotonin in your system, so the effect on depression shouldn't be a surprise.

Make time for yourself

Many people believe they are "too busy" for exercise. Being "too busy" for something just means that you're prioritizing something else above it. By placing exercise high on your priority list, you're prioritizing yourself. This is a great way to help boost your mood and your confidence, because you're taking a portion of your day for yourself.

Choose physical activity you enjoy

While any physical activity will help release endorphins and serotonin, choosing something you enjoy can help boost your mood even further. In addition, by using physical activity that's fun for you, you'll be more likely to be consistent. Consistently exercising is important for getting the most benefit out of it.

But what if I can't do the physical activity I enjoy?

Social distancing, quarantine and closures of clubs and gyms impact our ability to participate in the physical activities we enjoy. But, with these restrictions comes the opportunity to try new physical activities. Online exercise classes both live and prerecorded, dancing and gardening; now is the time to try something new!

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 May, 2020**

The COVID-19 Pandemic does not allow group gatherings at the present time. In person business meeting not done in May because of COVID 19 regulations. 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 Update for the month of April 2020, was printed in the May newsletter for all to read. Treasurer Joan Lage made available the Treasurer's report for 4-10-20 through 5-9-20 with expenses of \$631.65. Board Members received written correspondence concerning these transactions and no objections were made known.

Activities as noted by Coordinator Bertrand

1. Meal count continues to grow each day. The Center serves 60-70 meals each day. Dishing up containers, sealing each meal individually and packing does take additional time. At the present time there are significant concerns in the future getting meat products needed to fulfill the approved menus. Coordinator Bertrand has been in contact with NENAAA. It is a week to week process hoping to get all the necessary supplies.
2. The Walk-In Freezer project is progressing and the walk-in is being installed. All the shelving has been delivered and will be assembled to go in the new freezer once it is up and operating. The electricians continue to wire everything as it is installed. The final donation to complete our Freezer Project has been received from the Legacy Fund.
3. Additional shelving will be delivered to allow Misty to arrange all the necessary products into the new storage room surrounding the new freezer. A Rubber mate Cart has been delivered to aid in the transfer of products as needed.
4. The women's bathroom project is progressing very nicely. Everything was gutted, painting completed, and new flooring is being installed. The contractor and plumber will be installing new toilets, vanity and surrounds. This should be completed in mid-May.
5. The hallway and dining room carpet will be cleaned, as well as deep cleaning of the men's bathroom. The pool room is completed and the quilting room is completed. Fridays are being used to tackle the many jobs that need to be completed. Misty is coordinating the Kitchen cleaning and Frank & Diane are working on the many other projects.
6. No directives have been received from NENAAA or the City of Wayne when the Center will be able to return to congregate gatherings. The City Transit continues to be down and there is no immediate news. Coordinator Bertrand is in the processing of ordering a new 14 passenger van from NDOR. This is an FY20 budgeted item. On the optimistic side it may be that the Transit system can slowly reopen at the beginning of next month. This is not set in stone.
7. 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 and COVID-19: Caregiving for the Elderly

By: Alicia Arbaje, M.D., M.P.H., Ph.D.

When it comes to COVID-19, the disease caused by the new coronavirus, older people are especially vulnerable to severe illness. Research is showing that adults 60 and older, especially those with preexisting medical conditions, especially heart disease, lung disease, diabetes or cancer are more likely to have severe — even deadly — coronavirus infection than other age groups.

Keep yourself well

First and most important, as a caretaker you should take all the precautions you can to avoid becoming infected yourself. Here are the basics:

- Wash your hands frequently with soap and water for at least 20 seconds before and after providing care, preparing food, using the bathroom, or touching surfaces in public places.
- Avoid crowds, and if you cough or sneeze, do so into the bend of your elbow or into a disposable tissue.
- Keep your hands away from your face.
- Clean frequently touched surfaces in your home often, including mobility and medical equipment used by your loved one, such as walkers, canes and handrails.

Practice social and physical distancing but not social isolation

One important way to lower the risk of your older family members catching COVID-19 is to limit in-person visits. But this may be tough for older adults who cherish time spent with friends and family members. Arbaje says, “Social distancing doesn’t have to mean isolation or loneliness. We need to keep older adults safe, but also keep in mind that social isolation can have a negative impact on older people’s immunity and mental health.”

She notes that in terms of social contacts, seniors should be encouraged to think beyond their usual circle of friends and family. “Saying hello to the mail carrier or checking in on neighbors close by can add to a sense of connectedness,” Arbaje says. With many houses of worship closing their doors until the pandemic eases, congregants, especially older ones, may feel cut off. “Faith communities are often a big part of older adults’ social lives,” Arbaje says. Caregivers might help their loved one access online services and outreach for spiritual solace and support.”

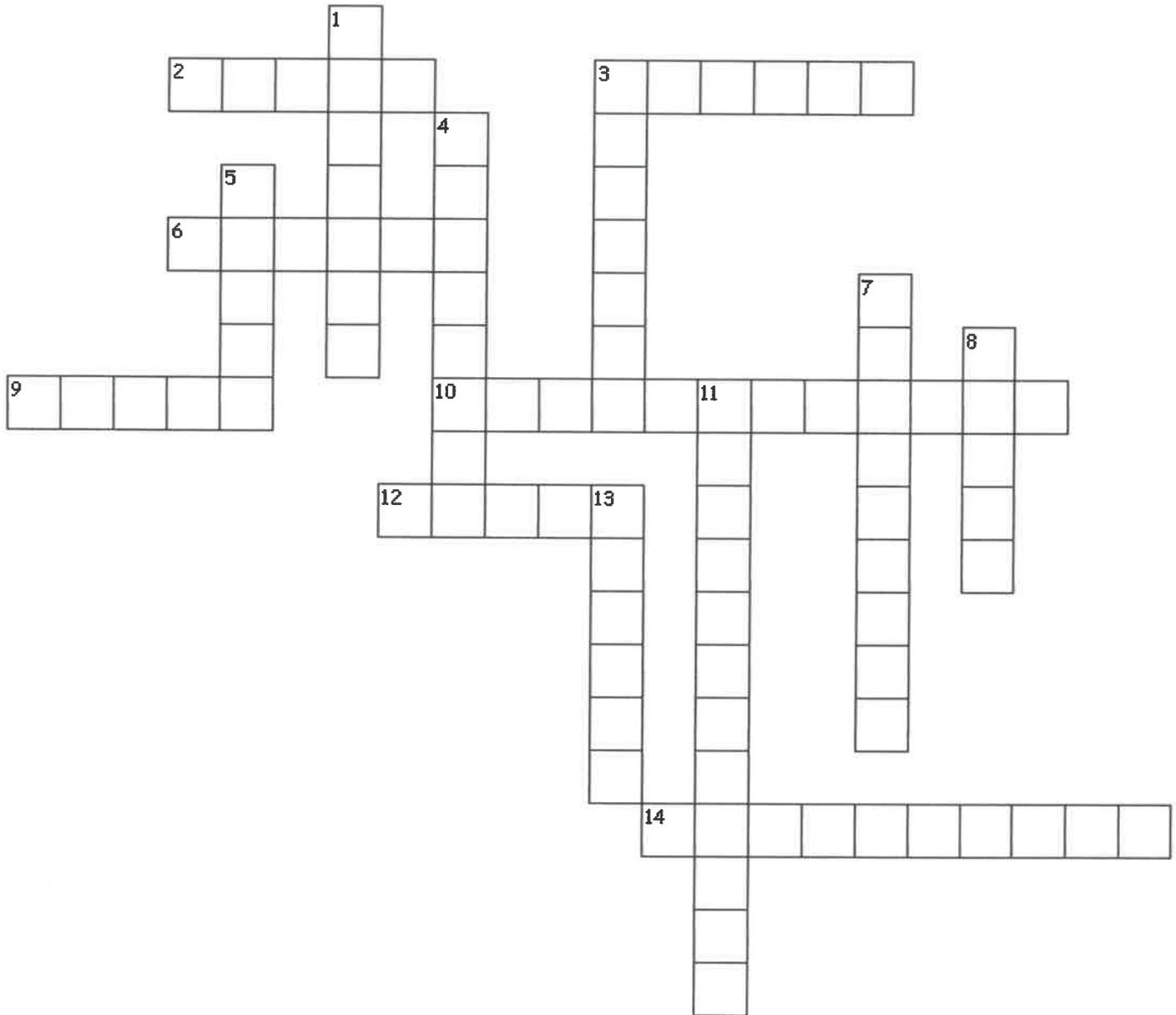
Technology for Staying Connected

To help older adults feel involved, purposeful and less lonely during the pandemic:

- Show them how to video chat with others using smartphones, laptops or tablets.
- Use apps on these devices to provide captions for adults with hearing challenges.
- Encourage friends and family outside of your household to telephone, write notes or send cards to lift your loved one’s spirits.

Keep elders involved!

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 forciers
13. a collection of people or states associated with a particular country or territory



GIFTS FOR DAD



Aftershave
Beer
Belt
Book
Card
Chocolate
Compass
Cuff Links

Golf Balls
Grilling Tools
Hat
Keyring
Mouse Pad
Mug
Pen
Phone Case

Pocket Knife
Power Tools
Razor
Slippers
Socks
Tie
Wallet
Watch



**A little Something to tickle your Funny Bone!
(It's Voting Time! Thought you would enjoy this light hearted story!)**



EVERY VOTE COUNTS—*A little story from "It's Taken Years to Get This Old"*

Rick, did you know Vince and Nadine cancel out each other's vote every time? She's Republican and he's a die-hard Democrat. I'm so glad we don't have that problem." "Me too," Rick agreed. Roberta sat back on the sofa, sample ballot in her hand. She and her husband went down the list of candidates and made their selections. Then they read through the propositions from A to J, and the arguments for and against each one. After they marked their sample ballots, they set them down on the bench by the front door so they wouldn't forget them in the morning. "Thanks, honey," Roberta said. "it's easy when we work together. I feel confident about voting tomorrow. How about you?" "Absolutely! Now to pray about the outcome. Let's take a few minutes before bed to ask God to bring about his perfect plan." "Good idea," said Roberta. Before falling asleep she made a note of each candidate and proposition they had decided on. She tucked the slips of paper into her purse as a backup. The following morning the couple arose early and reviewed their decisions while they finished their coffee and pancakes. They agreed to go to the polls and then stop at the supermarket for a few groceries. Off to the polls they went. When they arrived, Rick realized that had forgotten the ballots. He smacked his forehead in regret. "Darn, that's what happens when we change our plan." They had walked out the back door instead of the front where the ballots were sitting on the bench. At the last minute they decided to drive instead of walk, since they were going to the supermarket right after voting. "No worries," Roberta said, grateful for the extra lists in her purse, one for each of them. "I have spares." They checked in and moved to the ballot booths. Roberta fished in her purse and pulled out a piece of paper folded in a neat square. She handed it to Rick. She took out her list and was marking the ballot, when suddenly she heard her husband muttering aloud from the booth next to her. "Canned salmon, a quart of milk, salad fixings.... Oh for Pete's sake, Roberta, this is the grocery list!" A ripple of laughter echoed across the room. Roberta felt her face flush, "Hang on," she called. She finished voting, handed over her ballot to the volunteer, and then gave the correct list to Rick. As they walked out, Roberta consulted her grocery list and turned to her husband. "I vote for a quart of milk and a loaf of bread," she said playfully. "How does that strike you?" "Sorry to cancel your vote," Rick added with a smile, "but I have strong feelings for a bottle of apple juice and a bag of chips." The two reached for each other's hand, laughed out loud, then dashed down the walkway toward the car.



Saturday—June 20
1st day of Summer
FUN IN THE SUN
WORD GAME



Answers below— "Have Fun"

- | | |
|--|---|
| 1. Ray of sunlight. | 11. Dish of Ice cream with toppings. |
| 2. Woman's wide-brimmed hat with flap at the back to protect the neck from sun exposure. | 12. Time of the daily appearance of the sun above the eastern horizon |
| 3. Result of overexposure to the sun. | 13. Time of the daily disappearance of the sun below the western horizon. |
| 4. Topical ointment or spray that prevents sunburn | 14. Miscellaneous items |
| 5. Plant that has large, yellow-rayed heads that produce edible seeds rich in oil. | 15. Sunlight through broken clouds. |
| 6. Protective eyewear worn in the sun. | 16. John Denver song. |
| 7. First day of the week. | 17. Nickname of Florida, South Dakota, and New Mexico |
| 8. Religious instruction on Sunday. | 18. Emotional song from Fiddler on the Roof. |
| 9. Religious ceremony widely practiced among Native Americans of the Great Plains. | 19. Name of the bird that appeared on TV ads for Cocoa Puffs. |
| 10. Regional name of the southern and southwestern United States | 20. Brand name of boxed raisins |
| | 21. Name of 1969 movie that told about two Western outlaws. |

1. Sunbeam 2. Sunbonnet 3. Sunburn 4. Sun Block or Sunscreen 5. Sunflower 6. Sunglasses 7. Sunday
8. Sunday School 9. Sun Dance 10. Sunbelt 11. Sundae 12. Sunrise or Sunup 13. Sunset or Sundown
14. Sundries 15. Sunburst 16. Sunshine on my Shoulders 17. Sunshine State 18. Sun Rise , Sunset 19. Sunny:
Sunny is the crazy, animated bird that was in ads for General Mills cereals. 20. Sun-maid: Collett Peterson is the girl, who in 1914, posed for the portrait of the Sun-Maid Raisin girl on the boxes 21. Butch Cassidy and the Sundance Kid: Paul Newman and Robert Redford starred in this movie that won 3 Oscars for Cinematography, Original Score, Song—*Raindrops Keep Fallin' On My Head*, and Original Screenplay.

OUR GENEROUS DONATIONS

- | | |
|-----------------------|-------------------------|
| Melvy Meyer | Donna Lundin |
| Debbie Dietrich | Chel Meissenbach |
| Mae & Art Greve | Fritz & Joann Temme |
| Bev Hansen | Arlene & Gaylen Bennett |
| Nancy Jo Powers | Roy Gramlich |
| Darrel & Phyllis Rahn | Sandra Henschke |

MEMORIAL DONATIONS

In memory of Gena Luhr/Puhls

Lucile Luhr

In memory of Rick Barrelman

- Angela Blattert
 Pete & Julie Reeg
 Roy Gramlich
 Sandra Henschke

In memory of Dick Pflanz

Roy Gramlich

May Day Flower: Wayne Green House

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!

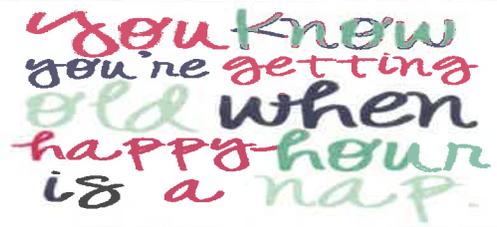


WHO'S WHO AT THE WAYNE SENIOR CENTER

- | | |
|-------------------|--------------------------------|
| 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 |
| Francisco Morales | 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.



A Great Poem shared by one of our Talented Seniors

Thanks Donna Lundin

Misty does the cooking
 Diane makes salad and dessert
 Frank runs the meals with energy to exert!
 They keep our center running
 Doing it with a smile
 Those of us watching know it will be awhile
 We hope the Corona Virus soon is history -
 A memory to forget!
 Then we can see our friends again
 And enjoy a meal that is set
 It might be July, August or September
 Then it will seem like a little while
 A Summer to Remember!

The Wayne Public Transit

Will begin Opening SLOWLY
 Monday, June 1st with safety
 Protocols in place to protect both
 The Drivers and Passengers



© Can Stock Photo

Hours of Service will be Monday through Friday
 8:00 am to 3:00 pm for **Essential** Trips Only

Pre-scheduled Reservations will be required!

Call 402-375-1460 for complete details

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!**

**Suggested Contribution remains:
 \$4.95 for 60 & up**

**Meals on Wheels delivery leaves the Center
 At 11:00 am. For curb Side pickup meal
 Reservations—Drive to the West Side of the
 Building between 11:15—11:30 am**

*If you are unable to be out and about and
 would like a meal delivered directly to your
 home by our Great Volunteers—give us a call
 and Visit with Misty or Diane for Details!*



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