



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

July, 2020

GREETINGS FROM MISTY—DIANE & FRANK

I can't believe it's already July. Such change we have seen over the past few months. We pray that you are all continuing to be safe and well. Know that we miss all of you and are anxiously waiting for us to once again be back together with all of our Senior Friends. Thanks to all of you who continue to support our center through these challenging times. This indeed helps us to continue to grow and meet the many needs our changing world is throwing at us each day.

As for the future of the Center: A recent letter from Connie Cooper: Executive Director of the Northeast Nebraska Area Agency on Aging reads as followed: "With the Governor Relaxing the Directed Health Measures in Phase III for the majority of the countries in Nebraska, many business restrictions are being lifted and updated. Dakota County in our service area is in Phase II. The Governor has not specifically addressed senior centers at this time. With this change, many of you are getting questions about re-opening congregate services. Based on the information I received from some of our local health departments: senior centers are not to re-open for congregate services in Phase III. That senior centers continue to provide home-delivered meals and to-go meals and other B supportive services that we have encouraged your center to provide at this time." She continues on: "We will address this again when Phase IV is activated (and we know its directed health measures) or until the Governor specifically addresses senior centers."

So we at the Wayne Senior Center will continue to offer our Home delivered and Drive through meals as scheduled. I hope you are enjoying the many acts of kindness that has been sent your way from our many Community Friends and Businesses. We will continue to offer weekly Educational materials along with Word searches to keep your minds "Active and Healthy". 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



Thanks to Our Volunteers!

We want to take an opportunity to personally thank all of our "Home Delivered Meals Volunteers". We are eternally grateful for all you do!

- State Nebraska Bank—
- Ameritas—Dawn Heiser—Deb & Bill Dickey—Corissa Sokol—Randy and Mary Ann Lutt—Mindy and Verdell Lutt—Terry Buck—Madge Bruflat—Elkhorn Valley Bank—Lisa Leseberg—Ima Gene & Keith Brasch—Journey Christian Church—Kinship Point Senior Living Center—Rita McLean—Frank Sheda!

Please remember to thank them personally for

Taking the time out of their busy day to bring a hot meal directly to your door!

PLEASE NOTICE

Friday, July 3rd: We will be closed for the 4th of July Holiday Weekend.

Friday, July 17th and July 31st : 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 :

ALL PATRONS:

You will have the opportunity to receive 2 meals on Thursday—July 16th and Thursday - July 30th

If you so choose.

Please notify the center by

Tuesday if you would like an extra meal prepared & delivered on those **Thursdays**.

I am with you.

I am listening to you.

I care about you.

I am praying for you.



HISTORY

Independence Day has been celebrated nationwide since 1777, the first anniversary of the signing. On July 2, 1776, the Continental Congress declared the American Colonies free and independent states. It took the delegates two days to agree on a formal document announcing their actions. On July 4, the Congress adopted the Declaration of Independence. Only Continental Congress President John Hancock and Secretary Charles Thompson signed the rough draft that day. The 55 other delegates had to wait almost a month for the final document to be carefully written on parchment which they signed on August 2.

RED, WHITE, OR BLUE WORD GAME (All of the answers contain one of the colors)

CHOOSE FROM WORDS BELOW

1. Word for baggage
2. Award for first place
3. Brooke Shields' 1980 Movie
4. Warning Signal
5. Snoopy's flying foe
6. Type of automobile tire
7. Type of Music
8. She appears on the TV game show—"Wheel of Fortune"
9. Another name for moonshine
10. Word for a British soldier
11. Financial deficit
12. Name of chewing gum
13. Major League Baseball teams
14. Agency founded by Clara Barton
15. Sick out by police officers
16. Christmas song made famous by Bing Crosby
17. Something of little or no value
18. Cocktail made with vodka, coffee liqueur, and cream served with ice
19. Detailed Plan
20. Word for clown makeup
21. Term for something that distracts from the real issue at hand
22. Navy acrobatic flying team
23. Hamburger chain
24. Fictional character that went to grandma's house
25. 1937 Disney Movie
26. Song by Elvis Presley
27. Symbol for surrender
28. Used Car Guide
29. Wave Crest
30. Term for bureaucracy
31. Brand of ice cream
32. Hero or Rescuer
33. Word for late-night airplane flight

ANSWER LIST

REDCAP - BLUE RIBBON - THE BLUE LAGOON - RED LIGHT (RED FLAG, RED ALERT) - RED BARON - WHITEWALL - BLUEGRASS - VANNA WHITE - WHITE LIGHTNING - REDCOAT - RED INK - BIG RED

ANSWERS CONT:

CHICAGO WHITE SOX & BOSTON RED SOX
 RED CROSS - BLUE FLU -
 WHITE CHRISTMAS - WHITE ELEPHANT
 WHITE RUSSIAN - BLUEPRINT
 WHITE FACE - RED HERRING -
 WHITE CASTLE - BLUE ANGELS -
 LITTLE RED RIDING HOOD
 SNOW WHITE AND THE SEVEN DWARFS
 BLUE SUEDE SHOES - WHITE FLAG
 BLUE BOOK - WHITE CAP
 RED TAPE - BLUE BUNNY - WHITE KNIGHT
 RED-EYE - BLUE BLOOD

HOW DID YOU DO!!



NO-BAKE CHEESECAKE FLAG CAKE (GREAT 4TH OF JULY TREAT)

CRUST:

- 1 1/2 cups finely crushed graham cracker crumbs
- 1/4 cup white sugar
- 2 tablespoons unsweetened cocoa powder
- 6 tablespoons butter, melted

FILLING:

- 1 cup of cream cheese at room temperature
- 1 cup of mascarpone cheese at room temperature
- 2 teaspoons of grated lemon zest
- 2 teaspoons of lemon juice
- 1 teaspoon of vanilla extract
- 1/3 cup white sugar
- 1 1/4 cups heavy whipping cream
(You can use a container of Cool Whip)
- 20 large fresh strawberries, hulled and halved
Lengthwise, or as needed
- 24 large fresh blueberries, or as needed

DIRECTIONS:

Combine graham crackers, 1/4 cup sugar, cocoa powder, and melted butter in a bowl until mixture is thoroughly combined and crumbly

Transfer crust mixture to a 9 X 13 inch baking dish. Press crust into bottom of dish until smooth and even. Cover dish with plastic wrap and refrigerate until set, about 30 minutes.

Mix Cream Cheese and mascarpone cheese in a bowl until thoroughly combined. Stir in lemon zest, lemon juice, and vanilla extract into mixture.

Whisk 1/3 cup sugar into whipping cream in a separate metal or glass bowl until the cream is fluffy and forms soft peaks. Add whipping cream to the cr me cheese mixture and gently whisk until filling is soft, fluffy and well combined.

Spoon filling on top of the graham cracker crust, spreading and smoothing the top. Tap the pan gently on a work surface several times to settle the crust and filling. Cover pan tightly with plastic wrap and refrigerate until chilled and set, at least 3 hours.

Arrange strawberries and blueberries in a flag pattern

(Like the picture above)

HAPPY 4TH OF JULY!

Wayne Senior Center at Wayne, Nebraska --

Monthly Business Meeting

Tuesday, June 16, 2020

Wayne Senior Center President George Burcum called the meeting to order at 1:00 p.m. in the Dining Room at the Senior Center. Roll Call: Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum, and Secretary, Verna Mae Baier. Vice President: Carol Dunning and Treasurer: Joan Lage, connected via telephone conversation. Board Member: Fransisco Morales absent.

The minutes from the May, 2020, update were approved as presented and printed in the May edition of The Senior Star in a motion made by George Burcum and seconded by Verna Mae Baier. Motion carried. Treasurer Joan Lage had prepared information for the Treasurer's report for 5-10-20 through 6-9-20 with expenses of \$17,754.94. 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 presented an update on Staff/Vacation hours.
2. The Board heard an update on Meals on Wheels (30-35 daily) and Congregate meals (approx. 40 daily)
3. By recommendation of the Center Board (along with NENAAA) the Center will be closed for the month of July. Before any reopening, the Center will request a safe plan recommendation from the Public Health Department.
4. Coordinator Bertrand announced the completion of the Freezer/Construction Project. Payments have been made. The Bathrooms are complete, pool room done, carpet has been shampooed and the storage room is near completion.
5. The Patch Grant has been received (\$130). A roaster and commercial can opener have been purchased.
6. An update on City Transit was presented. Opening date was June 1 with 8:00a.m. - 3:00 p.m. hours thru the month of July. CARES act covers the cost of the fares. A successful OnSight visit has been completed. All precautionary measures are being used.
7. Coordinator Bertrand presented updates and inclusions for the City Budget for FY21.
8. The details of the FY NENAAA Budget were presented for approval. Coordinator Bertrand presented details of the III B Supportive Services Subaward. George Burcum made a motion to accept the FY 2021 IIIB Supportive Services Subaward. Seconded by Verna Mae Baier. Motion carried. Details of the III C Supportive Services were presented. George Burcum made a motion to accept the FY 2021 III C Supportive Services Subaward. Seconded by Verna Mae Baier. Motion carried. Details were presented of the III E Supportive Services Subaward. George Burcum made a motion to accept the FY2021 III E Family Caregiver Support Provider Subaward. Seconded by Verna Mae Baier. Moton carried.

An NENAAA OnSight visit/Audit is scheduled for August 7.

President Burcum adjourned the meeting at 2:15 p.m. A July meeting will be scheduled.

Verna Mae Baier, Secretary

The Fourth of July

Word Search Puzzle

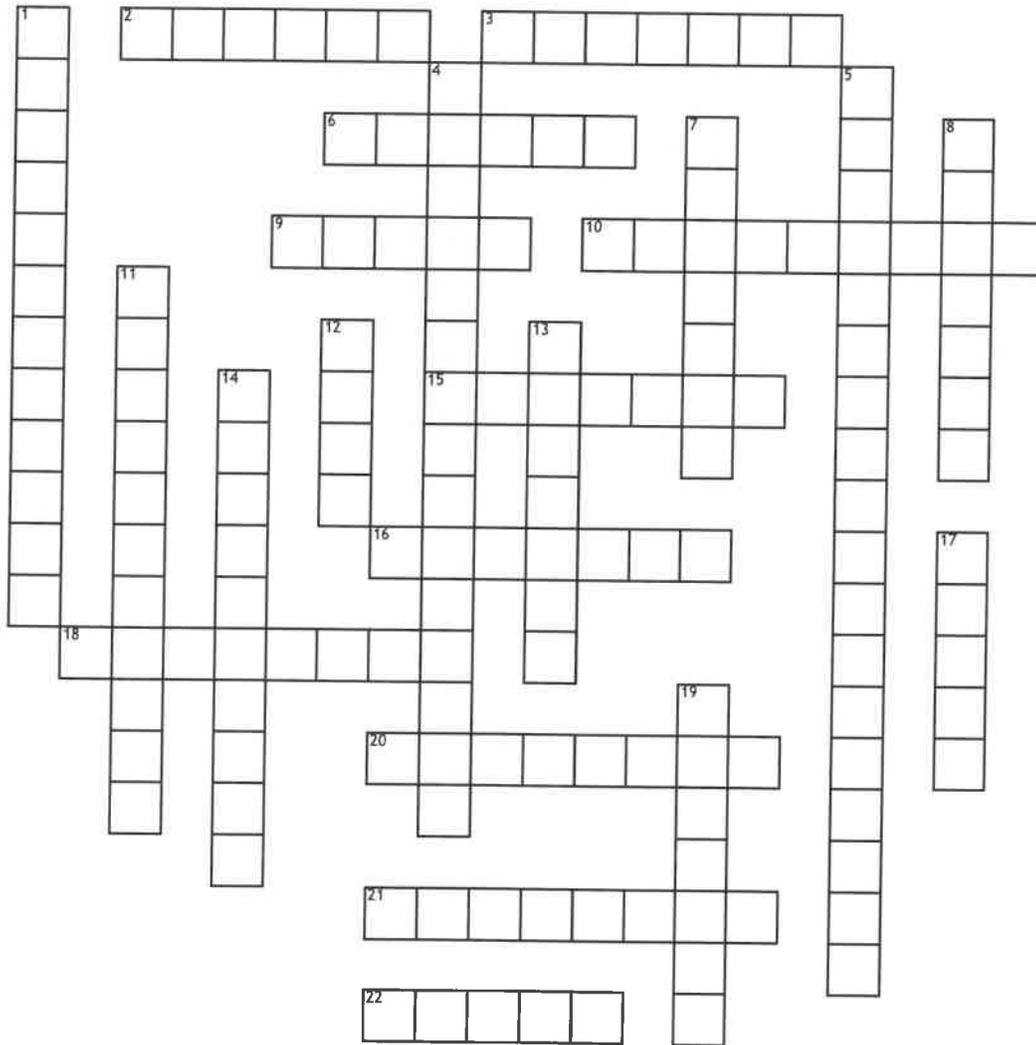
N F Y N Y D Y X D E X M H K H E M B S B R S R P N
O I O A S R B O L V S O I V F T E R E A I E E Y O
S R J B D T T G E I J N O R B T E C B T G J D P I
R E W Z U E G N T D G D E O S H I X I T H I W C T
E W N J G U C O U G X E S Y T T U C A L T L H R A
F O O A R A I N E O D R R A S W N D X E S K I E R
F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

Pledge/National Anthem



Across

2. promise
3. Fort where the famous battle of 1812 occurred
6. pure or free of anything that pollutes
9. to remain firm with respect to a nation or cause
10. person who most likely sewed the first flag of the USA
15. 13 of these represent each of the original colonies
16. faithfulness
18. watchful
20. a state in which the power is given to the people
21. another name for our flag
22. bravery or courage

Down

1. continuing on until the end in spite of difficulties
4. author of our National Anthem
5. Our National Anthem
7. a member of a country
8. to be treated fairly
11. unable to separate
12. symbol of a nation or state
13. the country that the colonists were fighting during the Battle of 1812 to gain our independence from England
14. loyalty of a citizen to his /her country or government
17. 50 of these to represent each state
19. freedom

10 ways for seniors to stay cool in hot weather

1. Drink plenty of cool water throughout the day (don't wait until they feel thirsty) and avoid alcohol and caffeine
2. Eat cooling snacks like homemade popsicles (use a cupcake liner to catch drips), frozen peas, or slightly frozen grapes
3. Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes like pot roast
4. Place a cool washcloth on the back of the neck and a pan of cool water close by to periodically re-cool the towel
5. Sit with feet in a pan of cool (but not too cold) water
6. Keep the house as cool as possible by keeping shades closed during the hottest part of the day and using inexpensive solar curtains
7. Wear layers of lightweight clothing in light colored cotton so it's easy to adjust to the temperature throughout the day by removing or adding layers
8. Visit a public cooling center like a recreation center, senior center, library, coffee shop, or shopping mall
9. Take a cool shower, bath, or washcloth wipe-down. For maximum cooling, keep the water just below body temperature.
10. Cover up with a flexible ice blanket – always use a towel to protect fragile senior skin from direct contact with the ice



Do You Know Your Movement Vital Signs?

Most people think of heart rate or blood pressure when they think of vital signs. It is common to use numbers to quantify health and risk of disease. The American Heart Association encourages people to "know their numbers" referring to blood pressure, blood cholesterol, blood glucose, and weight. However, research is now showing the importance of moving properly for health. Let's take a look at some of the numbers you can use to quantify your movement health:

Walking Speed

Walking speed has been called the "sixth vital sign" in medical literature recently. It is easy to measure, and takes into account strength, balance, coordination, confidence, cardiovascular fitness, tolerance to activity, and a whole host of other factors. It has also been shown to be predictive of future hospitalizations, functional decline, and overall mortality. Normal walking speed is considered to be 1.2 to 1.4 meters per second.

Push Ups

Push ups are popular to build strength, but a recent study found that they can show us a lot about your heart too. Researchers found that men who could do 40 or more consecutive push ups were at a 96% lower risk for cardiovascular disease than were men who could do less than 10. The push up test was also more useful in predicting future cardiovascular disease than aerobic capacity measured on a treadmill.

Grip Strength

Hand grip strength has been shown to be strongly correlated with health. The stronger your hand grip is, the less likely you are to suffer from cardiovascular disease, respiratory disease, COPD, and all types of cancer. In the study, muscle weakness was defined as grip strength <26 kg for men and <16 kg for women. Grip strength below these numbers was highly correlated with an increase in disease.

Standing From the Floor

If you can't easily get down on the floor and back up your health might be in trouble, according to a study that looked at more than 2,000 people. The study asked people to go from standing to sitting on the floor and back up with as little support as needed. They found that if you need to use more than one hand to get up and down from the floor that you were 2 to 5 times more likely to die in the next 7 years than someone who can do it with just one hand, or even better, no hands at all.

Moving well is obviously important to overall health and longer life. These tests can give a snapshot of how you're doing. If you're having trouble with any of them, considering seeing a movement specialist - your physical therapist.

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.

A LITTLE "KITCHEN HUMOR" FROM MISTY

What do you
call a fake noodle?
An impasta!



FAMOUS SENIORS

1. This actor's career spanned 50 years and more than 200 films. He was nicknamed "The Duke"
2. He was a sculptor, painter, architect, and poet and for 18 years, until his death at 89, he created the vast main body of St. Peter's in Rome, frescoed the walls of the Pauline Chapel, and wrote some of his finest poetry.
3. He was a writer, scientist, inventor, and one of the greatest statesmen of the American Revolution. When he was 81, he affected the compromise that resulted in the Constitution of the United States
4. For almost half a century, this pianist and composer kept his jazz band together, playing all over the world.
5. When his wife and stage partner died in 1964, he was expected to retire. Instead, he became even more involved as a comedian and starred in some movies.
6. She became a sex symbol and vamp and flouted public morals throughout her more than 60 years of stage and film work. She was also a comedienne who wrote her own material and chose her leading men.
7. He was known as one of the greatest and most influential artists of all time, and began to paint in his teens and continued until his death at 91.

OUR FRIENDS FROM THE WAYNE PUBLIC LIBRARY



The Wayne Public Library is now open to the public by Appointment with safety protocols in place for both patrons and staff. **Please call library for details.** Appointments are available Monday through Thursday from 1:00 to 6:30 pm—Friday from 1:00 to 4:30 pm and Saturday from 10:00 am to 12:30 pm. Curbside service will continue as usual.

SENIORS - If you are getting a meal from either Home Delivery or Drive through—Heather and her staff will be happy to bring your books to our Kitchen. Frank will be Glad to be of Service in Bringing it to your Car!



ANSWERS TO "FAMOUS SENIORS"

1. JOHN WAYNE
2. MICHELANGELO
3. BENJAMIN FRANKLIN
4. EDWARD "DUKE" ELLINGTON
5. GEORGE BURNS
6. MAE WEST
7. PABLO PICASSO

The old ones are still the best. old jeans, old boots, old friends, old tunes, old movies and old times.



By SHUT UP YA STILL TALKING

Word search

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

**Happy birthday,
America!**

- | | |
|------------|-------------|
| freedom | diversity |
| liberty | voting |
| happiness | opportunity |
| education | flag |
| red | apple pie |
| white | |
| blue | |
| stars | |
| stripes | |
| baseball | |
| patriotism | |



Words and phrases can appear horizontally, vertically, diagonally, backward or forward and can overlap.

• I thank you from the bottom of my heart
 • That's so kind of you
 • I am very thankful
 • You are great
 • I'm really grateful
 • Thanks a million

OTHER WAYS TO SAY
 "THANK YOU"

I'm in your debt •
 You are the best •
 I owe you one •
 Thank you so much •
 I really appreciate it •
 Please accept my deepest thanks •




OUR GENEROUS DONATIONS

- | | | |
|-----------------------|-------------------------|------------|
| Roy Gramlich | Marcella Larson | Barb Greve |
| Misty & Andy Brasch | Doris Daniels | |
| Orphan Grain Train | Fritz & Joann Temme | |
| Alvin Anderson | Mae & Art Greve | |
| Nicky Bigley | Glennadine Barker | |
| Wayne Post Prom Group | Gaylen & Arlene Bennett | |
| Diane & Ron Gentrup | John & Anita Fuelberth | |
| Sandra Henschke | Jim & Arlene Robinson | |

MEMORIAL DONATIONS

In memory of Gena Luhr/Puhls

- | | |
|------------------------|-------------|
| Anita & John Fuelburth | Lee Larsen |
| Roy Gramlich | Julie Grone |

In memory of Rick Barrelman

- | | |
|------------|-------------|
| Lee Larsen | Julie Grone |
|------------|-------------|

In memory of Lydia Thompsen

- | | |
|-----------------|------------------------|
| Roy Gramlich | John & Anita Fuelberth |
| Ken & Jan Liska | Lee Larsen |
| | Julie Grone |

In memory of Dee Schulz

- | | |
|--------------|-------------|
| Roy Gramlich | Julie Grone |
|--------------|-------------|

In memory of Gerturde Vahlkamp

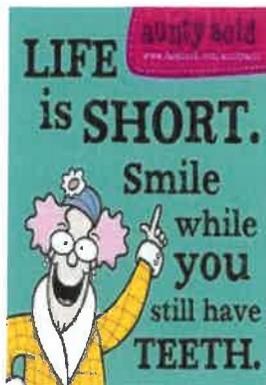
- | |
|-----------------------|
| Darrel & Phyllis Rahn |
|-----------------------|

In memory of Mary Stokes/Dennis Otte/Darrel Herer

- | | |
|-------------|-------------|
| Julie Grone | Lois Harder |
|-------------|-------------|

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.

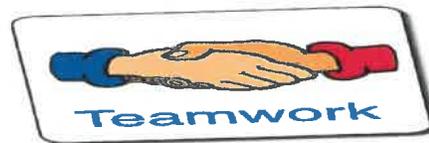


(Photo by Clara Ostes)
WALF members (from left) Eric Knutson, Scot Saul and Molly Redden (far right) presented a check to Senior Center Director Diane Bertrand and head cook Misty Brasch.

Legacy Fund distributes money

THANK YOU!!!

Words can not express our deepest gratitude for all the Very generous donations and support from our Senior Friends and Wayne Legacy Fund for our Freezer Fund Project. Our combined effort has shown the desire to help our Beautiful center to Improve and have the tools to Grow!



The Wayne Public Transit

Now Open for Transportation Protocols in place to protect both The Drivers and Passengers



Hours of Service

Monday through Friday
8:00 am to 3:00 pm (only)

Please schedule trips and appointments accordingly

We are an on demand service

Call for Reservations

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 by noon 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.