



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

September, 2020

GREETINGS FROM MISTY—DIANE & FRANK

September is National Senior Center Month. Our national celebration of senior centers began in 1979, with Senior Center Week celebrated in May. Thanks to the U.S. Conference of Mayors Aging Task Force, numerous mayoral proclamations celebrated Senior Center Week. In 1985, the first Senior Center Week Presidential Proclamation was signed by President Ronald Reagan. In 2007, the entire month of September was designated as "Senior Center Month". This year's theme is "Senior Centers: Delivering Vital Connections!" Although our Beautiful Center Building has been closed to Social and Congregate gatherings over the past several months, we continue to provide a vital service and support for our Senior Friends. Preventing social isolation is vital and a core senior center mission. While the delivery methods have changed during the pandemic, the Wayne Senior Center has succeeded in continuing to provide knowledge, programming and resources. Whether it's providing a hot delicious meal delivered to your car with a cheerful hello from our staff or directly to your door by our wonderful volunteers—to the many educational readings and word searches to help keep your mind healthy and active—greetings from our community friends or just a simple phone call asking how you are doing. We have had many questions as to when we will once be able to open our doors. Connie Cooper—Executive Director of Northeast Nebraska Area Agency on Aging provided us with this update. She stated: "I have nothing new to share regarding senior centers opening for congregate service. With schools starting, we will see an increase in the cases of coronavirus. I believe your efforts with senior services have made a significant difference in the low cases with our seniors. Most of us remain in Phase III with the western counties in our service area being in Phase IV. I strongly suggest you continue as you are. Our seniors are the most vulnerable population with the coronavirus. I thank you so much for your care and work." So—we at the Wayne Senior Center will continue to offer our Home delivered and Drive through meals as scheduled. Thank you to those that continue to support us through these trying times. We are working hard to keep the Wayne Senior Center here for whenever the future allows us to open our doors once again. If you have not yet called and reserved a meal—check out the delicious home cooked meals and Schedule in our September menu and give us a call!! As always, Staff will be available to take your calls between the hours of 7:00 am and 4:00 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.

Let's Celebrate Senior Center month with—"DRIVE THROUGH BINGO"

In the month of September—let's have some fun with "Drive through Bingo"!! Those that receive a meal: both through our Drive through service or Meals delivered to your home—you will receive a Bingo Card. We will draw a Bingo number each day and if you get a meal that day—you will receive the winning number drawn that day to mark your Bingo card (Drive through will receive a sticker and Home delivered can mark it off with a marker). We will continue each day until someone gets a BINGO. Home Delivered individuals that want to play—give us a call if you get a BINGO—Drive through - show us your card and you will receive a PRIZE!! We will continue the fun until we get 10 BINGO's (6 for Drive through and 4 for Home delivered). Then we will continue until we have a BLACKOUT winner (1 for Drive through and 1 for Home Delivered) **PRIZES** given for the winners! Detailed Instructions will be given with your BINGO Card.





Sunday
September
13th

GRANDPARENTS
fill the world
with LOVE

National Grandparents Day was founded by Marion McQuade from West Virginia. Her efforts started in 1970, and the goal for the day was to encourage grandchildren to learn wisdom and about their heritage from their grandparents. It was first observed in West Virginia in 1973. McQuade advocated for older adults on state and national levels as vice-chair of the West Virginia Committee on Aging, a delegate to the White House Conference on Aging, as well as being appointed to the National Nursing Home Licensing Board. Because of her efforts, President Richard Nixon proclaimed a National Shut-In Visitation Day in 1972 that is observed annually on February 11th. In 1979, President Jimmy Carter proclaimed the first Sunday after Labor Day of each year to be National Grandparents Day. September was chosen to signify the autumn years of people's lives. McQuade wanted this day to be celebrated with multi-generations.

Her goal was three fold:

- To honor grandparents
 - To give grandparents an opportunity to show love for their children's children
 - To help children become aware of the strength, information, and guidance older people can offer
- Grandparents Day is celebrated in many countries as well. The forget-me-not is the official flower for National Grandparents Day. Since this is a spring-blooming plant, seasonal flowers are more traditionally given in honor of this special day!

POPULAR RECENT INVENTIONS

Can you name the following inventions that came about during many of our grandparents' lives?

(The years noted for the inventions may vary depending on the sources)

1. Clarence Birdseye developed a process for preserving this in small packages suitable for selling later.
2. This transparent sticky product was patented by 3M engineer, Richard G. Drew.
3. This form of cinema structure consists of a large out door movie screen, projection booth, concession stand, and large parking area for cars.
4. This game is played on a board with spaces named after streets. In the original version, they were actual streets in Atlantic City, NJ. It was invented by Charles Darrow, an unemployed heating engineer, who sold the concept to Parker Brothers.
5. This device registers and collects a payment for the length of time that a vehicle occupies a parking space.



(POPULAR INVENTIONS CONTINUED)

6. This is a machine that makes copies of documents and other visual images onto paper or plastic film quickly and cheaply.
7. This pen dispenses ink over a metal ball at its point and is also known as a biro or ball pen. It was invented by Ladislao (or Laszlo) Biro.
8. This toy is made of silicone polymers that have unusual physical properties (i.e., bounces, breaks with a sharp blow, flows like a liquid)
9. This pre-compressed helical spring toy was invented by Richard James. It can perform a number of tricks including traveling down a flight of steps end-over-end as it stretches and re-forms itself with the aid of gravity and its own momentum.
10. This is a container that dispenses an aerosol mist of liquid particles.
11. This invention heats and cooks food by exposing it to electromagnetic radiation in a particular frequency range.
12. This light, plastic disk about 10 inches in diameter is propelled with a flip of the wrist.
13. This hook—and—loop fastener device was invented and patented by George de Mestral.
14. Edwin Herbert Land invented this type of camera that used self-developing film to create a chemically-developed print shortly after taking the picture.

Did you know the answers???

1. 1924—FROZEN FOODS
2. 1930—SCOTCH TAPE
3. 1933—DRIVE-IN MOVIE THEATER
4. 1933—MONOPOLY
5. 1935—PARKING METER
6. 1938—PHOTOCOPIER
7. 1938—BALLPOINT PEN
8. 1943—SILLY PUTTY
9. 1943—SLINKY
10. 1944—AEROSOL SPRAY CANS
11. 1945—MICROWAVE OVEN
12. 1948—FRISBEE
13. 1948—VELCRO
14. 1948—POLAROID



**A FEW
POSSITIVE
QUOTES
TO MAKE
YOU SMILE**



- Choose to be optimistic, it feels better
- Try to be a rainbow in someone's cloud
- Who ever is happy will make others happy, too
 - No act of kindness, no matter how small, is ever wasted
- The truly rich are those who enjoy what they have
 - Only in the darkness can you see the stars
- May your troubles be less and your blessing be more
- Memories of our lives, of our works and our deeds will continue in others
- As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them
- Keep your face always toward the sunshine—and shadows will fall behind you

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

The COVID-19 Pandemic does not allow gatherings at the present time. An in person business meeting was not done in August because of the continuing COVID 19 situation. Senior Center Coordinator: Diane Bertrand, was in contact with President: George Burcum, Vice President: Carol Dunning, Treasurer: Joan Lage, and Secretary: Verna Mae Baier Board Member: Fransisco Morales is experiencing medical issues.

The Senior Center Board was kept informed of Center activities by Coordinator Bertrand using telephone calls, written correspondence and personal contact. The Update for the month of July 2020, was printed in the August newsletter for all to read. Treasurer Joan Lage made available the Treasurer's report for 7-10-20 through 8-9-20 with no expenses. Board Members received written correspondence concerning these transactions and no objections were made known.

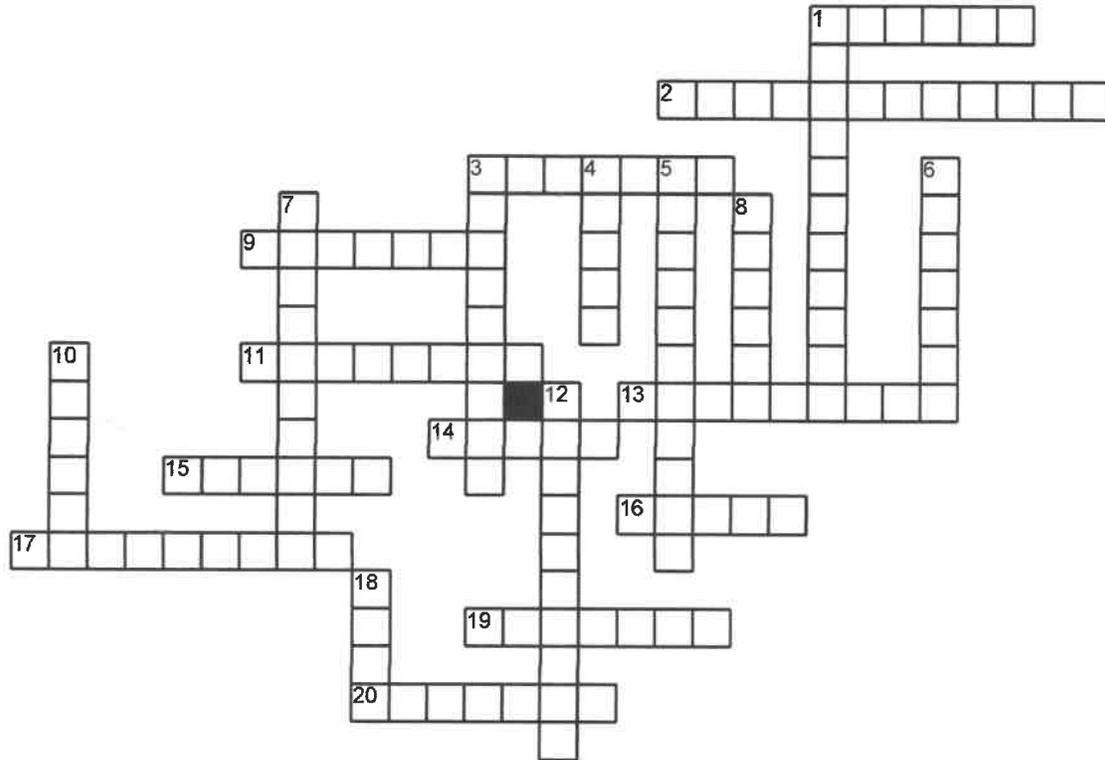
Activities as noted by Coordinator Bertrand

1. An e-mail from Connie Cooper, Executive Director Of NENAAA was received. Excerpts include: *(1) "The Nebraska Legislature and Gov. Ricketts approved additional CASA funding. There is additional from OAA (federal funding) for fiscal year 2021. This allows funding for social activities and outreach services. (2) Nothing new to share regarding senior center openings. I believe your efforts with senior services have made a significant difference in the low cases with our seniors. (3) The Agency office remains closed to the public. (4) No further information concerning additional COVID funding."*
2. The Audit from Diane Davies authorized by the NENAAA was completed Friday, August 7. Everything was in order.
3. City Transit system is up and running and slowly increasing in ridership. Necessary steps are being taken to protect both the rider and driver. Transit is providing transportation of Wayne Elementary, High School, St. Mary's, Head Start and Early Learning Students. The NDOR is encouraging all transits to go paperless for daily scheduling.
4. Additional Center projects are being finished on every other Fridays that meals are not offered. Patrons may order an additional meals if so desired on Thursdays before the Friday of no meal service. Staff is now available from 7:00 a.m. to 4:00 p.m. to take phone calls and meal reservations.
5. A Baby Grand Piano that had been in storage at the City Auditorium was offered to the Senior Center at no charge. Barn Hill Piano did a review of the Baby Grand. Coordinator Bertrand accompanied Chad to look over the piano and he stated it to be in excellent condition. City workers delivered the piano to the Center. A young family gave a donation to the Center and picked up the old piano.
6. No other activities reported at this time

Verna Mae Baier, Secretary

Jobs People Do

Complete the puzzle using the clues shown below.



Across

1. I grow the food people eat.
2. I take care of sick animals.
3. I can fix leaky faucets.
9. I help people learn to read and write.
11. I give legal advise and accompany people to court.
13. People come to me to borrow books or find information.
14. I fly airplanes
15. I create beauty with paint, clay, pastels or other mediums.
16. I make bread, cakes, and cookies.
17. I am the highest-ranking government official in many countries.
19. I protect my country.
20. I arrange and sell flowers.

Down

1. I might use a ladder truck or hose to help in an emergency.
3. I provide emergency medical care.
4. I govern a city.
5. I install the lights in people's houses.
6. I operate on people.
7. I cut, color, and perm hair.
8. I help sick people.
10. I help people manage their money.
12. I write news stories.
18. I prepare food. I often work in a restaurant.



"A SONG FOR GRANDMA AND GRANDPA" WORD SEARCH



Find the following words from the lyrics to the National Grandparents Day Song. Words can be found across, up or down, and diagonal.

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

BAKING
 BALL GAME
 BIRTHDAY
 CHOCOLATE
 CIRCUS
 CLOWNS
 COOKIES
 COTTON CANDY
 FISHING

GRANDMA
 GRANDPA
 HUG AND KISS
 ICE CREAM
 I LOVE YOU
 MEMORIES
 PARADES
 PARK
 PHOTOGRAPHS

PICNIC
 PRESENTS
 SONG
 STORIES
 TIME
 TOGETHER
 ZOO

Taking Care of YOU: Family Caregiver Injury Prevention Tips

August 6, 2019 by Responsive Home Care

Learn how to prevent experiencing an injury yourself as you care for a loved one at home.

While the ultimate goal is to increase health and safety for the seniors they love, family caregivers, regrettably, oftentimes wind up compromising their very own health along the way. The truth is, an astounding 94% of caregivers in a recently available study carried out by [Ohio State University](#) revealed musculoskeletal pain in more than one part of their body – and 66% noted this pain influencing their quality of life.

And know that a “family caregiver” can describe anyone in the family who provides home care assistance for individuals with day to day activities. As reported by the Family Caregiver Alliance, this suggests 34 million Americans are at risk of becoming injured through the home care services they provide.

At Responsive Home Care, we know firsthand the degree of lifting, bending, and weight-bearing necessary in satisfying the care needs of a senior loved one, and that’s why each of our professional caregivers is competent in techniques that safeguard both themselves and the seniors in their care. Injuries might result from even the most basic of tasks that require more physical strength than you might realize: shopping and running errands, cleaning the home, performing laundry chores, cooking, and especially transferring a senior loved one to a chair or bed.

To help family caregivers reduce the chance of injury, we provide the following family caregiver injury prevention tips:

- **Let assistive devices do the lifting.** For seniors with mobility issues, transfers, for instance from a bed to a couch, are among the most common factors behind injury to those taking care of them. Not just that, but the likelihood of the senior falling and acquiring an injury are heightened. Caregivers should look into equipment like a Hoyer lift to help with safe transfers (but realize that proper training will be required).
- **Employ safe movement practices.** We’ve all heard the adage, “Lift with your legs, not with your back,” but prior to lifting a finger, caregivers should take a brief assessment of their own physical status. If pain is felt in any of the joints or back, it is a sign that the body could have been pushed beyond its capability – and an alternative way of helping your senior loved one should really be investigated.
- **Find help.** The best way to try to avoid injury in caregiving is through acknowledging your limitations, and calling in professionals when warranted. The Sunrise elderly care team at Responsive Home Care is fully experienced and skilled in supplying a full range of senior care assistance, helping family caregivers and older adults alike to stay safe and well.



Lazy Summer or Deconditioning?

The weather is hot and humid, and you've been relaxing - enjoying the lazy, hazy days of summer. Taking a day off here and there is no problem, but if you've been consistently missing your regular run, walk, bike ride, or gym session and notice some aches and pains showing up, you might have the beginnings of deconditioning.

Deconditioning explained:

Exercise creates many changes in your body - your heart begins to pump blood more efficiently, your muscles use oxygen more efficiently, they contract in a more coordinated manner, and your body gets more efficient turning food into fuel to name just a few. Deconditioning is the reversing of these changes. Exercise is a "use it or lose it" kind of thing, and deconditioning is the process by which we "lose it."

How long does it take to decondition?

As with most things related to a system as complex as the human body, it depends. According to the The American College of Sports Medicine, two weeks without exercise can lead to significant loss of cardiovascular fitness. Two to eight months of detraining can erase virtually all of your gains. As you detrain, cardiovascular fitness tends to decline first, with muscle strength declining later.

Other factors are your age, and your exercise history. If you're younger, you'll probably lose fitness at a slower rate than someone older. If you've been consistently exercising for a long time, or at a high intensity, your losses will probably be slower than for someone who just started.

Reversing the losses:

If you're just undergoing a period of increased time commitments at work or with family, using a shortened exercise routine can help minimize your losses. Even one session a week will help you keep most of what you've gained. Other options are to use shorter but more intense interval training sessions, or breaking up your activity into multiple short chunks during the day. If your layoff was longer, it may take just as long to retrain as it did to make the gains initially. If you're having those aches and pains due to inactivity or need help designing a safe program to either maintain your fitness or gain it back after a layoff, your physical therapist can help. Injury and illness are other common reasons for detraining. Your physical therapist can not only help you recover faster, but they can also find activities to maintain your fitness while safely working around an injury or illness.

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.

When you eat Chicken or Turkey—Do you ever notice a **FOUL** taste in your mouth????



Interesting facts About common Words or Phrases



PIE

Until the 1700's, the bird known as the magpie was called simply "PIE". This bird collects things, and it is not unusual for a pie's nest to be filled with Pebbles, broken glass, string, chicken feathers, and so on.

Housewives in England thought about placing a crust around a small pot of stew. They used whatever ingredients were around. The men liked the conglomeration, and someone compared it with a pie's nest filled with odds and ends, so the dish was called Pie. The word was used in writing around 1303, and the word came to mean many varieties of Pie.

HOLD A CANDLE

It was common in the 1500s and later for servants to hold candles to guide their masters along the poorly-lighted streets of English cities.

Candle holding was among the most menial of jobs, yet some failed at the task. They would get lost for not knowing the way home. And they were said to be "not worthy to hold a candle to anyone" as compared to someone who could "Hold a Candle."

A PRETTY PENNY

When a person wants something very badly indeed, he or she is likely to say, "I'd give a pretty penny for that!" Since there is nothing particularly pretty about an ordinary one-cent piece, there is a little story behind the expression.

Back in 1257 in England, there was once a pretty penny—a gold piece coined by King Henry III. He was forced to abdicate in favor of his son, Edward.

No king after Henry wanted to follow any of his practices including making gold pennies for fear they would be overthrown, too.

For a few years after, people would occasionally come across one of these pretty pennies in their change. It was natural that one of these gold pennies should be regarded as pretty, so when people wished to describe a valuable article, they spoke of it as worth "a pretty penny."



The Healthy Cucumber

It's summer, which means it's time to eat all the fresh summer fruits and veggies you can get your hands on! Cucumbers are a refreshing summer snack, but beyond, that they have some pretty serious health benefits. Cucumbers don't have a lot of calories but still manage to pack in a fair amount of important minerals and vitamins. It is about 96 percent water, so they will help you stay hydrated! They are Easy to Eat and you can find them almost anywhere—but of course ones grown in your own garden are the best. Cucumbers may help reduce blood sugar levels—with ongoing research studying this promising benefit to the cucumber. They are rich in antioxidants that help protect the cells in the body for the impact of oxidative stress, which has been linked to several different types of chronic disease. It's amazing that this little green veggie can do all that!! Have a lot of extra Cucumbers laying around—try out this Simple & Quick Recipe to enjoy!

HOMEMADE REFRIGERATOR PICKLES

- 1 cup of distilled white vinegar—1 tablespoon of salt
- 2 cups of white sugar—6 cups of sliced cucumbers
- 1 cup of thinly sliced onions
- 1 cup of sliced green bell peppers

DIRECTIONS:

Step 1: In a medium saucepan over medium heat, bring the vinegar, salt and sugar to boil. Boil until all the sugar has dissolved, about 10 minutes

Step 2: Place the cucumbers, onions and green bell peppers in a large bowl. Pour the vinegar mixture over the vegetables. Transfer to sterile containers and store in the refrigerator.

Note:

Homemade pickles should last for 2 months in the refrigerator in their jar. However, the longer they sit—the less crunchy they become

PLEASE NOTICE

Friday—September 4th & September 18th :

The center **will not** be preparing Meals on Wheels or Drive through Meals

Staff will be available to take your calls on those Days between the hours of 7:00 am & 4:00 pm

ALL PATRONS:

You will have the opportunity to receive 2 meals on Thursday—Sept. 3rd and Thursday - Sept. 17th

If you so choose.

Please notify the center by the **Tuesday** before if you would like an extra meal prepared & delivered on those Thursdays.

Please Note: Monday, September 7th we will be closed in Observance of the Labor day Holiday.

No meals or Van service that day

Meal Participants—Watch for September Fun & Prizes

You Make a Difference
Thank You for all you do!

OUR GENEROUS DONATIONS

Nickey Bigley Babs Middleton Connie Mindrup
Connie Hassler Fritz & Joann Temme
Donna Lundin Glennadine Barker Janelle Eaton
Roy Gramlich Beverly Ruwe Virginia Dranselka
Bob & Marilyn Carhart Loren & Dot Park
Fran Poehlman Charles & Ruth Maier
Donna & Cliff Stalling Kathy Johnson Kinship Point

 **IN MEMORY OF**

In Memory of Rodella Wacker

Lee Larson

In Memory of Lydia Thomsen

Calvin & Denise Dixon

In Memory of Mary Stoaks

Fritz & Joann Temme Ann Nolte—1st Realty

In Memory of Skip Kinslow

Bev Hansen

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 4:00 pm (only)

Please schedule trips and appointments accordingly

We are an on demand service

Call for Reservations

402-375-1460 for complete details



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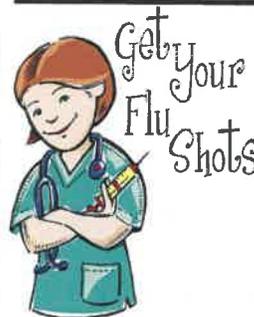
Arriving with Meal Deliveries the week of Sept. 21
Food for thought from Common Frauds and Scams—
including Robocalls

While anyone can be a target for consumer scam, seniors are targeted and victimized at a disproportionately high rate. Recognizing common frauds and scams, how they work, and the signs that can help you spot them minimizes the potential for financial loss and the emotional drain from ongoing worry and concern. This September, the NENAAA is pleased to join with the Nebraska Attorney General's office in distributing Consumer Protection Kits designed to help you stay safe and prevent fraud. Consumer Protection Kits will be distributed with meal deliveries the week of September 21.

Each Bagged Kit will include:

- Preventing Senior Fraud
- Identity Theft: A Consumer Guide
- Stopping Unwanted Calls
- Bookmark Magnifying Glass
- Consumer Protection Kitchen Magnet

All Materials are recently revised and offer valuable information and insight for ongoing safety and protection.



MARK YOUR CALENDAR
COMING IN OCTOBER

Drive Through Flu Shot
Clinic—Friday October 9th
And Friday October 23rd
The Wayne Senior Center in
Partnership with PMC
Community Pharmacy
(Details in October Newsletter)

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/Asst
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Denny Spangler	Van Driver
Phil Does	Van Driver
George Burcum	President
Carol Dunning	Vice President
Verna Mae Baier	Secretary
Joan Lage	Treasurer
Francisco Morales	Board Member

Always End the
Day With a
Positive Thought.
No Matter How Hard
Things Were,
Tomorrow's a Fresh
Opportunity to Make
it Better.

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.

Senior Center Staff Hours
Available to take your calls

Monday – Friday
7:00 am to 4:00 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.