



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

May, 2021

Greetings from all of us at the
Wayne Senior Center.

GOOD NEWS!!!

Both the Center Staff and the Wayne Senior Center Board have been working with the Northeast Nebraska Area on Aging & Public Health Department, along with the Wayne City Library Staff—in forging a path over the next couple of months to start once again reopening our Center doors in Public Access. We tentatively have a Transitional Plan OK'd with NENAAA. Starting Monday, May 3rd our 1st Phase (which will be a Soft Opening) will begin. The Center doors will be open from 7:30 to 11:30 am for Morning Walking, FROG Exercises, Coffee Time & Socialization. During this

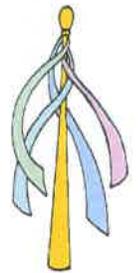
Phase the NENAAA & Public Health do not recommend any close Contact Social Activities. Activities such as Cards, Puzzles, Pool, Quilting etc.... are being strongly discouraged at this time. We do

have protocols set in place to help with this safe transitional opening. Meal service will continue as is for the month of May with Drive through and Meals on wheels remaining the same. The only change is that all drive through patrons & MOW Volunteers, can now drive to the WEST side of the Center for meal pickup and exit through the alley. If you are here at the center close to meal time—we will be happy to bag your meal for you to take when you leave so you do not have to return to pick it up. Just let us know if that is what you are planning. HOPEFULLY, the weather will

cooperate and not have any significant snow fall to impede the alley way now that Spring is officially here. We do ask that if you have a cold, cough, runny nose, sore throat, muscle aches or fever, please do not come to the center. Help us keep Covid out of our facility. The Center Staff and Board will continue to meet regularly to monitor how things are going—especially watching the NNPHD Covid 19 Risk dial for Wayne County, any problems and concerns within the facility itself and any direction given by our Local Health Department. Our successful reopening path will indeed be a Team concept and knowing all of you—we are sure that working together we can finally get back to the Wayne Senior Center we all know and love!!



May Day



May Day is a May 1st celebration with a long and varied history, dating back millennia. Throughout the years, there have been many different events and festivities worldwide, most with the express purpose of welcoming in the change of season.

The Maypole dance can be traced back to medieval times. The villagers would enter the woods to find a maypole that was set up for the day. People would dance around the pole clad with colorful streamers and ribbons. This tradition never took root in America because May Day celebrations were discouraged by the Puritans.

During the 19th and 20th centuries, May Basket Day was celebrated across the country where baskets were created with flowers, candies, and other treats and hung on the doors of friends, neighbors, and loved ones on May 1st.

Today, May Day is an official holiday in 66 countries and unofficially celebrated in many more, but it is rarely recognized in America any more.



5 facts about birthdays

- 1) From one birthday to the next, an individual's heart beats more than 42 million times.
- 2) The most common birth date is October 5th and the least common one is May 22nd, excluding leap years.
- 3) The most expensive birthday party was held for the Sultan of Brunei on his 50th birthday in 1996. It cost \$27.2 million.
- 4) There is a 99% probability that in a group of 57 people, two will have the same birthday.
- 5) In the U.S., birthday cards account for 58% of all cards that are purchases.

Did you know??

May's birthstone, the emerald, symbolizes success and love. The bright green color is meant to represent the growth and rebirth of spring. At one time, people thought emeralds could cure diseases.

"Choose to be optimistic,
it feels better."

—Dale Lamm

Good things
are coming.
Just keep
believing.

HAPPY Mother's Day

Mothers Day

Early Christians celebrated Mothering Sunday on the fourth Sunday of Lent to worship Mary. This holiday became important later to children in domestic service living in the master's household as an opportunity to return to their families to see their mothers. In England, Mothering Sunday is still celebrated on the fourth Sunday of Lent.

In the U.S., Mother's Day was first suggested in 1872 by Julia Ward Howe as a day dedicated to peace. A second attempt for a national celebration of Mother's Day began in 1907 when Anna Jarvis gathered friends to her home on the second Sunday of May, the anniversary of her mother's death. She asked her mother's church to hold a service to honor her mother and all other mothers' and they did on May 10, 1908. At the end of the service, Jarvis presented each mother and child with a carnation, her mother's favorite flower.

Over the following years, towns, cities, and states celebrated unofficial Mother's Day. Finally, the Senate approved legislation, and on May 8, 1914, President Woodrow Wilson signed a proclamation designating the second Sunday in May as Mother's Day. Now, carnations symbolize Mother's Day, red represents living mothers and white represents mothers who have died.

Mother's Day Quiz

Answers can be found on the following page

- 1) Mother of nursery rhymes
- 2) Went to the cupboard to get her poor dog a bone
- 3) Mother of the weather and outdoors
- 4) Children's game where the players ask for permission
- 5) Famous mother known for helping the poorest of the poor in Calcutta, India
- 6) Mother of the soil
- 7) Mother by marriage
- 8) Some people don't get along with this mother



Interesting Mother's Day Facts

- ◆ About 122 million calls are made on Mother's Day each year, which is more than any other day of the year.
- ◆ Mother's Day is the busiest day of the year for restaurants
- ◆ A collective \$23 billion was spent on Mother's Day in 2018 on gifts and dinners
- ◆ The word Mom has a fascinating background. The first thing babies vocalize is usually the 'ma' sound which is why the word for mother starts with an 'm' or 'ma' sound in almost every language.



National day of prayer

The National Day of Prayer is observed annually on the first Thursday in May. This day observance, designated by the United States Congress, asks people to turn to God in prayer and meditation.

In the early 1950s, an evangelical movement called for Congress and the President to proclaim a National Day of Prayer. The movement grew, and on February 3, 1952, a service for approximately 20,000 people was held on the steps of the Capitol. In 1952, President Truman proclaimed a National Day of Prayer to be observed in July. President Reagan moved the date to the first Thursday in May. Each year since, Americans have observed the day in their own way.



Many Americans celebrate Armed Forces Day annually on the third Saturday of May. It is a day to pay tribute to men and women who serve in the United States' armed forces. Armed Forces Day is also part of Armed Forces Week, which begins on the second Saturday of May.

Events take place across the United States on Armed Forces Day to honor Americans in uniform who served their country in times of war and peace. Those who are honored on this day include people who serve the Army, Navy, Marines, Air Force, Coast Guard, National Guard, and Reserve units.

At Armed Forces Day events, including memorials, a way to respect those in the armed forces who died for their country is to play Taps. Taps is usually sounded by the United States military at events such as flag ceremonies, memorial services, and funerals.

Fruit Pizza



Ingredients:

- * 1 roll of Pillsbury refrigerated sugar cookie dough
- * 1 package of cream cheese, softened
- * 1/3 cup sugar * 1/2 tsp. vanilla
- * 2 kiwi, peeled and sliced * 1 cup blueberries
- * 1 cup quartered strawberries

Directions:

- * Preheat oven to 350 degrees.
- * Spray a 12 inch pizza pan with cooking spray and spread cookie dough into bottom of pan evenly.
- * Bake for 16-20 minutes and let cool for 30 minutes
- * In a bowl, beat together the cream cheese, sugar, and vanilla on medium speed until fluffy and spread over cooled cookie
- * Arrange fruit over cream cheese frosting and refrigerate for 1 hour. Then cut and serve!

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
April 14, 2021**

The monthly meeting of the Wayne Senior Center was an in-person meeting with President George Burcum calling the meeting to order. (9:00 a.m.) Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum Vice President: Carol Dunning, and Secretary: Verna Mae Baier Absent: Treasurer: Joan Lage and Board Member: Francisco Morales.

The March minutes were approved in a motion by Carol Dunning and seconded by George Burcum. Motion carried. Coordinator Bertrand presented the Treasurer's report for 3-10-21 through 4-9-21 with \$2,995.19 in expenses. This amount of expenses was approved in a motion by Verna Mae Baier and seconded by Carol Dunning. Motion carried and this financial report was accepted.

The new Sound system has been installed and all payments made. Patch Grant: \$285; of which \$192.60 has been used.

The Wayne Senior Center has received many financial donations and memorials.

Senior Center Concerns:

1. Coordinator Bertrand presented input from senior center participants that were received. Board discussion was held among members present. No action taken.
2. Communication from Connie Cooper with the NENAAA was presented: Transitional plans approved by the Center Board include Beginning May 3, 2021 open hours will be 7:30 a.m. to 11:30 a.m. for walking, exercises, and coffee. and visiting. Face masks will be optional but will be encouraged with social distancing. No social activities will be held. Hand sanitizers will be available. Drive thru pick up of meals will continue. At any time the Center Board will reevaluate and assess conditions that are deemed necessary. In June the drive thru will continue with other options. Volunteers will be needed. A tentative opening date in July is possible. This is highly dependent on May and June activities. The opening status/plan of action includes: a. ER Purchases b. Purchasing of needed Sanitation Supplies and c. Policy for NENAAA approval. The Center Board unanimously agreed on all these conditions.
3. An overview of the May calendar includes some leave times for staff members.
4. An authorization update for the Center Checking account was approved. Authorization individuals are Diane Bertrand, George Burcum, Joan Lage, Verna Mae Baier, Misty Brasch and Halie Choinn. The addition of Halie Chinn was approved in motion by Carol Dunning. Seconded by Verna Mae Baier. Motion carried.
5. Coordinator Bertrand reported the annual maintenance overview has been completed. An east window was damaged due to a stress fracture and will be replaced.
6. The upcoming City FY 22 Budget/Employee hours will have some changes

No additional concerns were presented. Carol Dunning made a motion to adjourn the meeting. Seconded by Verna Mae Baier. Motion carried and meeting was adjourned. (10:20 a.m.)

Verna Mae Baier, Secretary

Mother's Day Vocabulary Word Search Puzzle

Find the list of words in the grid. Words can go horizontally, vertically and diagonally in all 8 directions.

g	n	i	k	r	o	w	d	r	a	h	u	g	i	v	i	n	g	s	z
l	u	f	e	c	r	u	o	s	e	r	n	z	s	o	o	t	h	e	b
p	e	s	r	e	w	o	l	f	i	z	d	t	e	a	c	h	e	r	u
t	l	v	c	t	p	b	d	d	p	v	e	k	s	t	r	o	n	g	x
q	y	a	e	i	o	b	e	m	r	l	r	d	t	n	e	r	a	p	e
i	k	g	v	r	r	e	t	m	o	o	s	e	g	n	i	r	a	c	v
e	y	m	i	e	e	v	r	a	t	v	t	s	b	e	r	s	a	l	a
d	u	o	t	h	s	i	a	t	e	e	a	s	r	f	e	f	m	y	r
i	e	t	c	n	p	t	e	e	c	d	n	e	k	i	t	y	d	d	b
a	l	h	e	i	o	r	h	r	t	c	d	l	u	w	s	l	n	a	z
r	o	e	t	l	n	o	r	n	o	o	i	b	e	e	o	i	a	l	y
f	s	r	o	o	s	p	e	a	r	o	n	t	s	c	f	m	r	n	s
a	n	h	r	v	i	p	d	l	r	k	g	o	a	p	o	a	g	s	i
n	o	o	p	i	b	u	n	y	e	u	r	r	m	m	z	f	i	g	a
u	c	o	k	n	l	s	e	u	a	c	d	f	m	o	c	m	e	s	d
n	l	d	e	g	e	q	t	n	d	r	u	y	q	c	n	a	m	o	w

- | | | | |
|---------------|---------------|-------------|----------|
| wife | tenderhearted | miss | cook |
| maternal | console | protective | grandma |
| resourceful | motherhood | strong | read |
| protector | roses | soothe | loved |
| loving | foster | lady | card |
| blessed | woman | mommy | unafraid |
| responsible | teacher | giving | inherit |
| understanding | family | flowers | daisy |
| brave | supportive | hardworking | cake |
| caring | parent | | |

May Day Word Scramble

Rearrange the letters in each word or phrase below to make a list of words related to May Day.

1. AOLBR NVMMTEOE

2. DINNAGC

3. AOPMELY

4. EWRSOLF

5. AEGTAPN

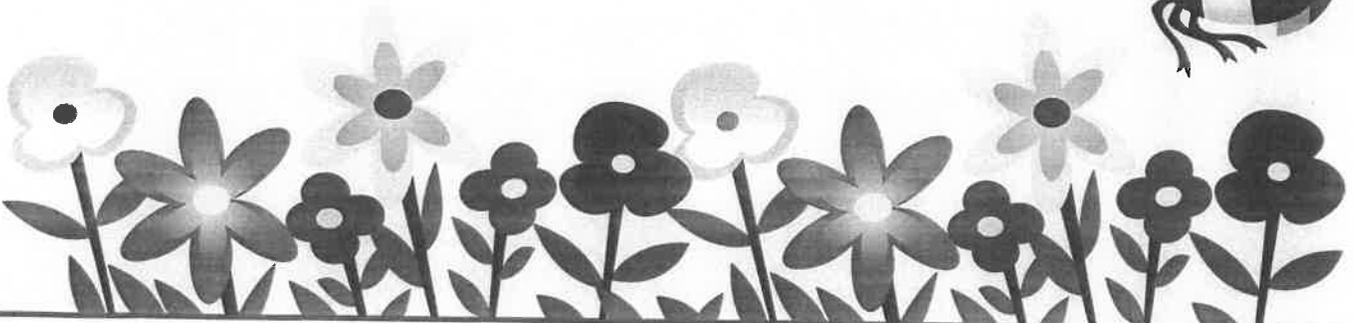
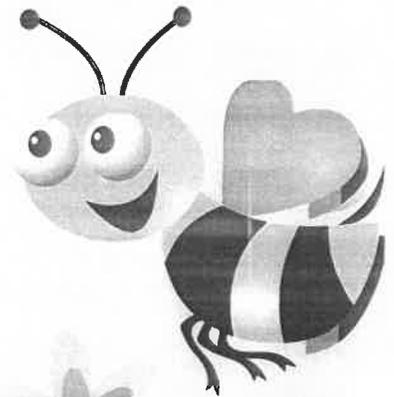
6. REAPAD

7. RMODEEF

8. LEIRLSA

9. IGRSPN

10. SADRLANG





Will COVID-19 Change the Typical Physical Therapy Patient?

People usually see a physical therapist for pain or loss of function. Think of the person who has back pain, the injured athlete or the person who's had a stroke. They all want to improve how they move and complete tasks. Now, there is good reason to wonder if physical therapists will start seeing more people who are not in pain or having difficulty moving. Why would these people come to a physical therapy? To improve their overall health and wellness.

There is strong evidence suggesting that **movement is a valuable predictor of future health and resilience against disease**. Physical therapists are movement specialists, so taking advantage of their expertise makes sense if your goal is to become healthier and live longer. Here are some examples of the power of movement when it comes to predicting future health:

Gait Velocity

Gait velocity is how fast you walk. Studies have shown that if your typical walking speed is over 3.3 feet/second, you're likely able to complete typical daily activities independently. You're also less likely to be hospitalized and less likely to have adverse events like falls.

If you'd like to test yourself, measure out a straight, flat course to walk between 10 feet and 30 feet long. You'll also need 5 feet or so at the beginning and the end for acceleration and deceleration. Walk the course at your typical speed and divide the length of the course by how long it took you to walk it (distance/time). That's your gait velocity.

Get On and Off the Floor

A series of studies suggest that if you can go from standing to sitting on the floor and back to standing without using your hands, you're a lot less likely to die than someone who can't. It's called the sitting-rising test. Here's how it works:

You start standing, and without support you sit down on the floor, then stand back up. You start with a score of 10. Every time you put a hand, knee, forearm or the side of your leg on the floor you lose 1 point. Putting a hand on your knee or thigh to help also costs a point. In a sample of over 2,000 people, they found that scoring less than 8 points made you twice as likely to die in the next 6 years when compared to people who scored higher. Score 3 or less and you're 5 times more likely to die in the same period. Overall, each point in the test is worth a 21% decrease in mortality from all causes.

Notice that both gait velocity and the sitting-rising test aren't specific to any one thing. The risk of hospitalization in the gait velocity studies was hospitalization for any reason. Death in the sitting-rising studies was death from anything. So while we know that exercise and healthy lifestyle reduce your risk of specific diseases like heart disease or diabetes, it appears that being able to move may provide much more wide ranging protection than we previously thought.

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.

Caregiver & Feeding Tips for the Elderly

Following a Predictable Schedule

Repeating the same daily tasks at the same time gets the caregiver and patient on the same schedule. This is beneficial because both parties know what to expect, which in turn reduces complaining and power struggles. In addition, a schedule means efficient use of time; medication is given when necessary and the caregiver is better able to manage unexpected issues.

Responding Compassionately to Needs

It is natural for someone needing care to still desire certain foods or things that a doctor has warned against. For this reason, a caregiver needs to pay particular attention to certain activities or foods that the patient could still engage in but are not safe or healthy. Understanding a patient's health condition helps maintain the relationship with the patient while protecting patient health. For example, patients on dialysis may experience extreme thirst even though liquids must be limited for kidneys to work efficiently. A caretaker can respond to this situation by pointing out that the glass of water is too full and suggesting that the patient suck on an ice cube instead of drinking water.

Encouraging and Praising Independence

While a caregiver is there to assist the patient, it is also important to encourage independence. It is not a caretaker's job to strip patients of their dignity or their decision making. Rather, you are there to support what they can do and encourage their autonomy and independence as far as possible. In addition, it is a good idea to take notes so that you can give gentle reminders to the patient, such as the importance of exercising or asking if she would like to rinse her mouth after eating. This encourages healthy behavior, without limiting the patient's decision-making abilities. Praise effort and progress.

Properly Feeding the Elderly

A patient's dietary needs must be taken into consideration, such as a low-salt diet or foods to avoid because of religious reasons. In addition, careful attention should be paid to the consistency, temperature and texture to keep dental work in place and prevent choking. Proper feeding techniques include cutting up foods in appropriate sizes. Best foods for dementia patients to eat are finger foods and small bite size portions, according to dementia specialists. The U.S. Department of Health and Human Services [FoodSafety.gov](http://www.FoodSafety.gov) website cautions that older adults are at increased risk for life-threatening food-borne illnesses due to aging bodily systems and underlying health conditions. Aim for a variety of properly prepared, enjoyable and nutritious foods that are presented in an attractive way. Loss of appetite in elderly patients can lead to weight loss, poor nutrition and a weakened immunity system.

Giving Proper Care and Attention

Caregivers need to be patient when helping the elderly eat, bathe, dress, use the restroom and do any kind of activity. When eating, for example, position the person with her head slightly flexed and the chin downward, and adjust her seat to the right table height. Those with visual impairments should be guided gently when stepping into a shower and wiping the mouth, for example.

In addition, giving emotional attention is crucial to the caregiver-patient relationship. A patient feels loved and needed when the caregiver respects her opinions and understands her situation.

PLEASE NOTICE

Friday—May 21st and Monday—May 31st

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

There will be no staff here to answer calls or City transit on May 31st due to Memorial Day
Staff will be available to take your calls on Friday, May 21st between the hours of

7:00 am to 4:00 pm

ALL PATRONS:

You will have the opportunity to receive 2 meals on Thursday — May 20th

If you so choose.

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



Memorial Day

The idea for honoring fallen heroes on a specific day began after the Civil War. Memorial Day was originally called Decoration Day when people decorated the graves of soldiers with flowers. In the spring of 1866, Henry Welles organized a day to honor soldiers killed in the Civil War. On May 5, 1866, people joined in a procession to three cemeteries in Waterloo. These ceremonies also took place on May 5, 1867. In 1868, the national commander of the Grand Army of the Republic, an organization of union veterans, sent an order to all the local posts of the Grand Army to decorate the graves of soldiers on May 30th. This also took place at Arlington National Cemetery in Virginia. Over the years, Memorial Day was celebrated on May 30th and became a time to include all fallen members of U.S. armed forces. In 1971, the date of Memorial Day changed to the last Monday in May.

While today, many people celebrate Memorial Day as a day to honor all those who have died, it is good to specifically honor those in the military who have died. We are forever grateful for their sacrifice and should honor them accordingly.



Patriotic Song Game

Finish the phrase of each of these songs! Answers on the next page

- 1) Oh beautiful...
- 2) Oh say can you see...
- 3) You're a grand old flag, you're a high-flying flag..
- 4) This land is your land...
- 5) My country 'tis of thee...
- 6) Mine eyes have seen the glory...
- 7) God bless America...



You Say Tomato

Tomatoes were cultivated by the Aztecs of South America starting in 700 B.C. When the Spanish arrived, they discovered many foods which they brought back to their homeland to be shared with their king. This is when the tomato became an object of superstition. According to the legend, just a few days after enjoying a plateful of tomatoes, the king died. Subjects of the king falsely jumped to the conclusion that tomatoes were a poisonous fruit.

In fact, the original version of the fairy tale Snow White includes the dangers of tomatoes. In the Disney movie, the evil queen plots to have Snow White eat a poisonous apple. However, in the European folk tale, the queen tricks Snow White with a tomato, not an apple.

Tomatoes are not poisonous, so what killed the king? During the 16th century, royalty dined from plates of pewter. Tomatoes are high in natural acids. Historians believe the acid in the tomatoes leached into the plate bringing out the lead in the pewter. So the king died from lead poisoning. The poor ate off wooden plates and redeemed the tomato as a safe food.

Today, Americans eat more than 12 million tomatoes each year. They contain no fat but are high in antioxidants which fight cancer.

Is a tomato a vegetable or a fruit? The search for an answer began in 1883 when Congress passed a tariff on all imported vegetables. To avoid the extra cost, tomato importers insisted it was a fruit. For the next 10 years, the question of vegetable vs. fruit was fought in the courts until finally reaching the U.S. Supreme Court. This legal body voted that the tomato was a fruit, but for the purpose of the tariff, it would be considered a vegetable.

In 1812, Philadelphia scientist, James Mease, developed the first ketchup using tomatoes, but it quickly decomposed. In 1869, Henry Heinz made a ketchup with added vinegar, brown sugar, and other ingredients to slow decomposition. He sold it in glass bottles for easy recognition of the product. Today, ketchup is found in 97% of American's homes.

Have You Tried Painting?

Grandma Moses (Anna May Robertson Moses) started painting at the age of 76 after she was no longer able to hold an embroidery needle due to her arthritis. She painted every day for the next 25 years of her life.



Mother's Day Quiz Answers

- 1) Mother Goose
- 2) Mother Hubbard
- 3) Mother Nature
- 4) Mother May I
- 5) Mother Theresa
- 6) Mother Earth
- 7) Stepmother
- 8) Mother-In-Law



OUR GENEROUS DONATIONS

Roy Gramlich Darrel & Phyllis Rahn
Fran Poehlman Carolyn Linster Glennadine Barker
Food Pantry Linda Teach Janis Myers
Ron & Sandra Wriedt Fritz & Joann Temme
Donna Lundin Jane Ahmann Ardyce Stanley
Jim & Arlene Robinson Jim & Lynette Joslin
Ginny Otte Sandra Henschke Nicole Bigley
Marcella Larson Arvilla Middleton Bonnadell Koch
The Quilters: Rhonda Sebade, Lee Larsen, Marilyn Otte,
Bev Hansen, Ellen Heinemann

Memorial Donations

For Ernie Swanson from Lyla Swanson & Bev Hansen
For Bob Brotzel from Roy Gramlich



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hours of operation—\$1.50 Fare for each stop

**COVID PROTOCOLS IN PLACE TO PROTECT
BOTH THE DRIVERS AND PASSENGERS**



WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Assistant Manager/Head Kitchen
Frank Sheda	Van Driver/Asst.
Halie Chinn	Dispatch/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
Fransisco 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.

Patriotic Song Answers

- 1) For spacious skies
- 2) By the dawn's early light
- 3) And forever in peace may you wave
- 4) This land is my land
- 5) Sweet land of liberty
- 6) Of the coming of the Lord
- 7) Land that I love



Cinco de Mayo

Cinco de Mayo is often mistaken for Mexican Independence Day which is actually September 6th. Cinco de Mayo commemorates the small Mexican Army's victory on May 5, 1862 over 6,500 invading French soldiers. The French forces advanced to the city of Puebla but were turned back by Mexican troops.

Cinco de Mayo is a day to celebrate Mexican heritage by enjoying the food, music, and culture of Mexico in a festive atmosphere. It is a national holiday in Mexico and celebrated in most U.S. cities with a large Hispanic population.



CINCO de MAYO

Senior Center New Staff Hours

Available to take your calls

Monday – Friday

7:00 am to 4:00 pm

Open to the Public from 7:30-11:30 for coffee and select activities

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, NO LONGER THE SOUTH SIDE, 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.