



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

May 2022

Happy May Everyone! We are all excited for the summer months to be right around the corner! (Halie is especially excited about May because she is graduating from Wayne State!) We have a few special announcements for you this month, and of course we have our usual activities as well, so check out our calendar!



Important Announcements:

Join us for our 11:45 meal on Friday, May 6th and participate in a Q & A with City Administrator Wes Blecke. He would like to answer your questions and get some input for improvements to be made!

Our afternoon Snack Time has become very popular. With this increase in demand, we are asking for your help to bring in something to share with all of our senior friends. Pick a day that works for you and sign up on the sheet for snack time located on the main table by the kitchen. Misty and Diane would truly appreciate your help! Thank you in advance.

There are some upcoming listening sessions that are being conducted by the Gerontology department of the University of Nebraska Omaha to discuss the needs of aging Nebraskans.

See the last page of the newsletter for more information.

On Thursday, May 12th all Meals On Wheels recipients will be able to receive two meals since we will be closed on Friday, May 13th for some much needed spring cleaning! Please give us a call!

May Day

Today, May Day is an official holiday in 66 countries and unofficially celebrated in many more, but ironically it is rarely recognized in the country where it began, the United States of America. May Day Baskets used to be a very popular gift to friends and neighbors, but now it is becoming uncommon. While most don't do anything to celebrate May Day anymore, it can still be a fun reason to get a small gift for someone you care about!

What's Happening in May

Monday—May 2

May Day and Early Mother's Day Celebration

Music by Dan Hansen

Wednesday—May 4

Monthly Birthday Party

Music by Bob Doughty

Friday—May 6

11:45 Q&A with Wes Blecke

Monday—May 9

9:15-10:45 Toe Nail Clinic

Tuesday—May 10

9:45-11:45 Health Clinic

Wednesday—May 11

Music by Bob Doughty

Special Drawing with CountryView

Thursday—May 12

Early Century Club Movie Drawing

Friday—May 13

Closed for a much needed Spring Cleaning Work Day

Tuesday—May 17

11:45 Visit with Stephanie from Asera Care

Wednesday—May 18

9:30 Board Meeting

Music by Bob Doughty

We Serve Wednesday with CountryView

Thursday—May 19

11:15 Eye Glass Clinic with Magnuson's

Friday—May 20

11:45 Cell Phone Maintenance with Viaero

Monday—May 23

Music by Val Koeber

Wednesday—May 25

10:00 Caregiver's Support Meeting

Music by Bob Doughty

Special Luncheon with CountryView

Friday—May 27

Fine Dining Friday with Kinship

Music by Deb Dickey

Monday—May 30

Closed for Memorial Day

As always there are daily activities of AM and PM Coffee, Walking, FROGS, Puzzling, Quilting, Pool, Bridge, Hand & Foot, Pitch, SkipBo and Bingo. See the Activities calendar for the full schedule of all of these events. We look forward to seeing you here!

Fun Days to Celebrate in May

The Great American Grump Out— recognized on May 4th this year, this day is for people to go 24 hours without being grumpy, crabby, or rude. We could all use a reason to smile more!

Lost Sock Memorial Day— recognized on May 9th, this day honors all the socks that are no longer with us. Where did they go? We are not certain but what we do know is that losing one sock of a perfectly-matched pair is a wide-spread phenomenon.



Cinco de Mayo

Cinco de Mayo marks Mexico's victory over the French army at Puebla de Los Angeles on May 5, 1862. This holiday is mainly recognized by people in Mexico and the southern United States in celebration of Mexican pride and heritage.

Cinco de Mayo is often confused with Mexican Independence Day which is celebrated September 16th. Celebrations can include soccer tournaments, parades, and beauty pageants. Many people enjoy getting together with family and friends at parties with mariachi music and dancing. Barbeques are fired up to prepare carne asada or other traditional Mexican foods, and margaritas or sangria are enjoyed on this holiday.



Mexican Food Trivia

Find your answers on the following page!

- 1) What is the main ingredient in guacamole?
- 2) What is typically added to guacamole that makes it more Americanized?
- 3) What is the main ingredient in ceviche?
- 4) What is a torta?
- 5) What is a chimichanga?
- 6) What are the two types of tortillas?



National Prayer Day

Celebrated on May 5th, this national day is a day to turn to God in prayer and meditation. The first National Day of Prayer was celebrated in 1775. It was not until 1952 that the day was signed into law.



HAPPY Mother's Day

In the U.S., Mother's Day was first suggested in 1872 by Julia Ward Howe as a day dedicated to peace. She organized Mother's Day meetings in Boston for many years. A second attempt for celebrating Mother's Day being 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, and red represents living mothers and white represents mothers who have passed away.



Mother's Day Quiz

Find the answers 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) Hard, iridescent substance that forms in shells
- 5) Children's game where the players ask for permission
- 6) Famous mother known for helping the poorest of the poor
- 7) Large or profitable source or supply
- 8) Mother of Jesus
- 9) Mother of the soil
- 10) Some people don't get along with this mother

Ascension Day

Ascension Day is May 26th. This day occurs 40 days after Easter and marks the day that Jesus ascended into Heaven. By entering heaven as the representative of mankind, He completed the work of our salvation and guarantees the eventual glorification of all who love Him.

Jesus himself had told his disciples that it was good for him to go away, because only then would he send them another Helper, the Spirit of truth. And that's exactly what happened on the Day of Pentecost, ten days after Jesus' ascension. The Spirit descended on the church with power, inaugurating a new age in the history of salvation.

May 2022 Activities



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 May Day & Early Mother's Day Celebration Morning Walking Quilting & FROGS Pitch & Pool Music by Dan</p>	<p>3 Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>4 Monthly Birthday Party Music by Bob Doughty Morning Walking Quilting & FROGS Hand & Foot—Pitch & Pool</p>	<p>5 Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>6 Morning Walking Quilting & FROGS Pitch & Pool Bingo 11:45 Q&A with Wes Blecke</p>
<p>9 9:15-10:45 Toe Nail Clinic Morning Walking Quilting & FROGS Pitch & Pool</p>	<p>10 9:45-11:45 Health Clinic Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>11 Music by Bob Doughty Special Drawing from CountryView Morning Walking Quilting & FROGS Hand & Foot—Pitch & Pool</p>	<p>12 Century Club Movie Drawing With Kinship Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>13 Staff Work Day </p>
<p>16 Morning Walking Quilting & FROGS Pitch & Pool</p>	<p>17 11:45 Stephanie with Asera Care Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>18 9:30 Board Meeting Music by Bob Doughty We Serve Wednesday Morning Walking Quilting & FROGS Hand & Foot—Pitch & Pool</p>	<p>19 11:15 Eye Glass Clinic with Magnuson's Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>20 11:45 Vaiero Cellphone Maintenance Morning Walking Quilting & FROGS Pitch & Pool Bingo</p>
<p>23 Morning Walking Quilting & FROGS Pitch & Pool Music by Val</p>	<p>24 Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>25 Music by Bob Doughty 10:00 Caregivers Support Meeting Special Drawing from CountryView Morning Walking Quilting & FROGS Hand & Foot—Pitch & Pool</p>	<p>26 Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>27 Morning Walking Quilting & FROGS Pitch & Pool Bingo Fine Dining Friday Music By Deb</p>
<p>30 Closed for Memorial Day </p>	<p>31 Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p></p>	<p></p>	<p>DAILY COFFEE/SNACK TIME 7:00—10:00 AM 2:30 PM MONDAY—FRIDAY REMEMBER to sign coffee time sheet to help us take credit for Offering this fun time for all!</p>

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
April 20, 2022**

The monthly meeting of the Wayne Senior Center was held with President George Burcum calling the meeting to order. (9:30 a.m.) Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum; Vice President: Carol Dunning, Secretary: Verna Mae Baier, Treasurer: Keith Jech and Board Member: Fransisco Morales.

The March 16 minutes were approved as published in the April Senior Star in a motion by Carol Dunning and seconded by Fransisco Morales. Motion carried.

Treasurer Keith Jech presented financial information for 3-10-22 through 4-14-22 with expenses of \$888.24. This amount of expenses was approved in a motion by Fransisco Morales and seconded by Carol Dunning. Motion carried and this financial report was accepted. The Senior Center Board welcomed Keith Jech to the Center Board and issued a heart-felt thanks to Joan Lage for many years of faithful service. Other Board discussion was held.

Coordinator Bertrand presented an overview of April Highlights: (1) Overall price increases of foods and products for Meal / C programs. (2) Carol Dunning made a motion to approve a Staff Work Day on May 13. Second by Fransisco Morales. Motion carried. (3) May 6 will be the start of a Q & A Time with City Administrator Wes Blecke during our noon meal.

April is Volunteer Appreciation Week / Month. The Theme is "Points of Light"

Coordinator Bertrand will be attending a III E Managers Training Session in Norfolk on April 27.

Coordinator Bertrand presented results of the III E Evaluation at the Senior Center on 4-7-22. The Evaluation was completed by Pat Wolfe from the NENAAA. The Quality and Maintenance of the Support Group was given excellent comments. There were no deficiencies.

A Candidate Forum will be held on Tuesday, April 26. Informational Q & A Tax Information session will follow.

Coordinator Bertrand led a discussion concerning ideas for using ARPA money. These funds may be used on significant projects at the Wayne Senior Center. Sandra Hansen, Disaster Recovery Specialist, had presented information to Coordinator Bertrand. The bidding process should start now. Keith Jech made a motion to have the Center apply for these funds. Seconded by Carol Dunning. Motion carried.

The purchase of the new 6 armed chairs was discussed. Positive comments have been received from Center participants. Additional purchases are not planned at this time.

The meeting was adjourned at 9:55 a.m.

The next meeting will be May 25 2022. .

Verna Mae Baier, Secretary

Is It Time to Help Your Aging Parents with Their Finances?

It's a sensitive issue because no one enjoys talking about money, particularly if a person is not on top of his or her financial game. For many seniors, even those who have been sharp and financially responsible their entire lives, managing finances can be a struggle, especially if they have cognitive difficulties. High health-care costs, poor financial planning, fraud, and mounting debt can add to the problem.

How can you tell when it's time to step in and help your parents? Here are five signs it's time to start helping your parents with their finances.

You Notice Piles of Unopened Mail

Has your otherwise organized parent fallen into the habit of leaving the mail in a big pile? Stacks of unopened letters could contain important notices, bills, and bank statements. This should be a red flag as well as an indicator your parent is having cognitive difficulties or is unwell.

Creditors Are Calling

When creditors start calling, you know the bills are falling behind. Maybe your parents are complaining about the calls they're getting, or maybe you've noticed the calls after checking call logs and voicemails. Whatever the case may be, a sudden increase in calls from creditors is a sign your parents are struggling with paying their debts.

Friends, Family, and Neighbors Are Concerned

You might not always be the first to notice behavioral changes indicating your parents need help. If friends or relatives come to you and share their concerns or tell you they've noticed some unusual or unexplained changes, you need to sit up and take notice. Keep a closer eye on what's happening with your parents and schedule a visit to gauge the situation for yourself. Take those concerns seriously.

Your Parents Aren't Handling Money the Same Way

Have your parents recently bought a big-screen television, new appliances, or other splurges? There's nothing wrong with them treating themselves. But if your parents start spending recklessly, forget to deposit checks, or handle money differently than they always have, it's time to step in.

They're Not Taking Care of Themselves

Have you noticed the house is sloppy and in need of a good cleaning? Are your parents looking unkempt? As people age even easy everyday tasks can become difficult and unmanageable. If your parents are struggling with the activities of daily living, they're likely struggling with their finances, too.

Tips for Helping with Finances

If you can, have an open and honest conversation with your parents *before* they need your help. Ideally, you'll have time to get important documents together and make arrangements that'll give you a head start if you need to start helping them. For example, your parents could make you a list of their key accounts along with usernames, passwords, and account numbers. You should also make note of your parents' insurance information, Medicare and Social Security numbers, and driver's license numbers. The more details you have now, the easier it'll be to seamlessly transition to helping them.

If you have all that information, you can even help from a distance. Set up automatic payments through their bank for certain accounts, pay bills online, and set up online access to their accounts so you can keep a watchful eye on their finances. That'll help you quickly spot problems with money management. It's also helpful to have a financial power of attorney in place, which allows a designated person to make financial decisions.

MAY DAY

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

ANCIENT	BASKET	BELTANE	BLOOM	BLOSSOM
BUDS	BUTTERFLY	CELEBRATE	CHILDREN	COLORS
FERTILITY	FESTIVAL	FLOWERS	FUN	LAUGHTER
MAY DAY	MAY QUEEN	MAYDAY	MAYPOLE	OUTSIDE
PARADE	PURITANS	RAINBOW	RAINDROPS	RIBBONS
ROMANS	SINGING	SPRING	SUNSHINE	TRADITION

Memorial Day

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

air force
coast guard
marines
navy
sacrifice
tribute

America
flag
May
parade
service
valor

army
flowers
medals
patriotic
shrine
veteran

blue
hero
memorial
pilot
soldier
wars

cemetery
honor
military
red
statue
white

PLEASE NOTICE

We will be closed on Friday, May 13th for a Staff Work Day and Monday, May 30th for Memorial Day. If you receive Meals on Wheels and would like two meals delivered on Thursday, May 12th Please give us a call.

Memorial Day

Memorial Day was originally known as Decoration Day because it was a time set aside to honor the nation's Civil War dead by decorating their graves. Memorial Day was officially proclaimed on May 5, 1868 by General John Logan, national commander of the Grand Army of the Republic. It was first observed on May 30, 1868 in which 5,000 participants decorated 20,000 graves of Union and Confederate soldiers at Arlington National Cemetery. The first state to officially recognize the holiday was New York in 1873. By 1890, it was recognized by all of the Northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War 1. Memorial Day is now celebrated in almost every state on the last Monday in May.

There is a movement to restore the traditional day of observance of Memorial Day back to May 30th instead of the last Monday in May to return the solemn meaning back to the day and return minds and hearts to think upon the ultimate sacrifices made by those in service to our country.

Memorial Day Trivia

Find the answers in the right-side column!

- 1) Who does Memorial Day honor?
- 2) What was Memorial Day originally called?
- 3) What day was Memorial Day originally celebrated?
- 4) Who did the first Memorial Day honor?
- 5) Name the famous war cemetery in Virginia.
- 6) George Washington created this award. Now it is given to soldiers who have been wounded in combat.
- 7) The greatest number of Americans died in which war?
- 8) What is the highest award for bravery given to a person in the U.S. Armed Forces?
- 9) This is a cloth symbol of a country.
- 10) What is the bugle piece played at the end of the day called?



MEMORIAL DAY

Mexican Food Trivia Answers

- 1) Avocado
- 2) Sour Cream
- 3) White Fish
- 4) Mexican Sandwich
- 5) Deep-Fried Burrito
- 6) Corn and Flour



Mother's Day Quiz Answers

- 1) Mother Goose
- 2) Mother Hubbard
- 3) Mother Nature
- 4) Mother of Pearl
- 5) Mother May I
- 6) Mother Theresa
- 7) Mother Load
- 8) Mary
- 9) Mother Earth
- 10) Mother-in-Law



Memorial Day Trivia Answers

- 1) Soldiers who died in wars
- 2) Decoration Day
- 3) May 30, 1868
- 4) Civil War
- 5) Arlington Cemetery
- 6) Purple Heart
- 7) Civil War
- 8) Congressional Medal of Honor
- 9) Flag
- 10) Taps



Uses of Rosemary Plants

Legends say that the blue blossoms of rosemary mimic the blue from the Virgin Mary's cloak which brushed against the plant during the flight to Egypt. It is said that rosemary is for remembrance, hence its reputation for strengthening memory. Students in ancient Greece wore rosemary wreaths while studying.

Rosemary is also a symbol of friendship and loyalty. In some countries, it is carried by mourners at funerals and by brides.

Rosemary is known to be strongly anti-septic and anti-inflammatory. Rosemary oil with a high camphor content is good for medicinal purposes, but less pleasant in flavor for cooking. The strong flavor and tough foliage need care when used in food. Tender tips chopped finely are best. Alternatively, add a sprig to cooking pots and remove it at the end of cooking.

As a plant, it does not do well in cold, wet weather and rarely survives prolonged freezing. Leaves and flowering tops can be collected in the spring and early summer and distilled for oil or dried for extracts and tinctures.

OUR GENEROUS DONATIONS

Francisco Morales Janet Reeg Donna Lundin
Mardelle Brudigan Jackie & Milton Owens
Jim & Arlene Robinson Ardyce Stanley
Roy Gramlich Dot & Loren Park Keith Jech
Marcella Larson Gerald & Marilyn Otte
Bob & DeAnn Behlers Ginny Otte Bev Ruwe
Verna Mae Baier Quilting Ladies

Thank you to Country View for providing 4 free meal tickets and the birthday treat & Kinship Pointe for providing 10 free meal tickets



The Wayne Public Transit

A COMMUNITY SERVICE FOR ALL

Open for transportation—Monday through Friday
8:00 am to 4:00 pm (Only)

We are an On-demand service with reservations . Call: 375-1460

Please schedule trips and appointments according to hours of operation—\$1.50 Fare for each stop



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
Keith Jech	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, Wayne Community Chest, and your donations.

Needs of Aging Nebraskans to Be Discussed in Upcoming Listening Sessions

Nebraskans over the age of 50 are invited to share their opinions to help shape the future of services and care for aging populations. The Department of Gerontology at the University of Nebraska Omaha is joining with area agencies on aging to hold listening sessions across the state. Older Nebraskans are invited to share their thoughts to help researchers gauge the awareness of and satisfaction with federal services delivered by area agencies on aging.

These sessions will take place at various town halls in cities across Nebraska. People can attend whichever session is closest to them regardless of hometown residency. The structure of questions will be open-ended to allow for attendees to openly voice their opinions on their various needs.

The data on these sessions will be part of a report helping the state understand the current and future needs of older Nebraskans. Results will be factored into Nebraska's next five-year plan that will be sent to the federal government later this calendar year.

May 25: Valentine Senior Center at 12:30
May 26: Norfolk Senior Center at 10:00

Senior Center Staff Hours

Available to take your calls

Monday – Friday

7:00 am to 4:00 pm

Open to the Public from 7:00am-4:00pm for coffee and social activities

For Curb Side Delivery, Congregate Dining 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. Congregate dining begins at 11:45 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 Wayne Community Chest for funding the distribution of this newsletter.