



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

June 2022

We have another busy month this June! The first official month of the summer season is upon us, and we are grateful for warm weather and sunshine! Please stop by and see us for any of our numerous daily activities and, of course, our delicious meals.

Please notice that we will be closed on Monday, June 20th for Juneteenth. This is a federal holiday, so we must be closed. There will be no staff in the building that day to take phone calls, and there will be no City Transit, so please plan accordingly.



Announcements:

Rachel Judd is incredibly amazing and visits us once a month for our Toe Nail Clinic. This service is offered on the second Monday of each month if we have enough people sign up. We need at least 4 people, otherwise we cancel the clinic for the month. Also, you must call ahead of time to schedule an appointment. There are no walk-ins allowed. Rachel takes time out of her day and takes time off of work to come do this clinic, so if you are scheduled for an appointment, please show up on time!

Our visit with KEL Therapy on June 6th is going to be focusing on Balance, Pain, and other topics. It should be an interesting talk, so consider signing up for lunch that day to learn more! Karen Longe, the founder of KEL provides us with interesting articles each month that we distribute at lunch time for anyone receiving a meal that day.



VERY IMPORTANT ANNOUNCEMENT!!

The price of meals will be increasing to \$5.00 effective June 1st. That means that the 10-meal punch tickets will be \$50. If you have questions about this, please contact Diane.

What's Happening in June

Wednesday — June 1

Monthly Birthday Party with Birthday Pie
Music by Bob Doughty

Friday — June 3

Music by Dan Hansen

Monday — June 6

11:45 Visit with KEL Therapy

Tuesday — June 7

Special Luncheon Drawing with Kinship

Wednesday — June 8

Music by Bob Doughty

11:45 Visit with Stephanie from Asera Care

Thursday — June 9

11:15 Eye Glass Clinic with Wayne Eye Care

Friday — June 10

Century Club Movie Drawing with Countryview

Monday — June 13

9:15 Toe Nail Clinic

Tuesday — June 14

9:45-11:45 Health Clinic

Wednesday — June 15

9:30 Board Meeting

Music by Bob Doughty

Friday — June 17

Fine Dining Friday with Kinship

Music by Deb Dickey

Monday — June 20

Closed in observance of Juneteenth

Tuesday — June 21

Music by Val Koeber

Wednesday — June 22

Music by Bob Doughty

Birthday Treat at Center for Darrel Rahn

Tuesday — June 28

11:15 College Piano Recital

Wednesday — June 29

10:00 Caregiver's Support Meeting

Music by Bob Doughty

We Serve Wednesday with Countryview

Thursday — June 30

Special Luncheon Drawing with Kinship

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!

Juneteenth

Juneteenth (short for June Nineteenth) marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops' arrival came a full two and a half years after the signing of the Emancipation Proclamation. Confederate General Robert E. Lee had surrendered at Appomattox Court House two months earlier in Virginia, but slavery had remained relatively unaffected in Texas as the state experienced no large-scale fighting or significant presence of Union troops. Many enslavers from outside the state had moved there, as they viewed it as a safe haven for slavery.

After the war came to a close in the spring of 1865, General Granger's arrival in Galveston signaled freedom for Texas's 250,000 enslaved people. Although emancipation didn't happen overnight for everyone—in some cases, enslavers withheld the information until after harvest season—celebrations broke out among newly freed Black people, and Juneteenth was born. Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday.

In 1979, Texas became the first state to make Juneteenth an official holiday, with several states following suit over the years. It was signed into law as a national holiday on June 17, 2021.



Words of Summer

Find the answers on the following page!

1. Rides, games, animals, and exhibits
2. Help to protect eyes from the sun
3. Going at high speed being towed behind a boat
4. This gets in the most uncomfortable places
5. Drive this with the top down
6. Game at the ball park
7. Musical performance
8. Blanket, food, friends, and ants
9. When the whole family gets together
10. Get away from it all and pitch a tent



Did you know?

The only famous Kansas basketball coach with a losing record during his tenure is James Naismith. He was the inventor of basketball!



Unscramble the Flowers

Answers are on the following page

1. SANPY
2. NUTEPIA
3. TASER
4. DOGLIRAM
5. LIOVTE
6. WULFNOSER
7. NROMNIG ROLGY
8. SORE
9. ISADY
10. GNOLAAIM



Father's Day

The American tradition of celebrating Father's Day was the idea of Sonora Smart Dodd of Spokane, WA. She got the idea while listening to a Mother's Day sermon at her church in May 1910. She thought about her widowed father, William Jackson Smart, a Civil War veteran, who raised her and her five brothers alone and other fathers everywhere for their unsung feats.

Dodd proposed that the first Father's Day be observed on June 5, 1910 which was her father's birthday. Local ministers didn't think three weeks was enough time to prepare sermons, so the date was pushed back to June 19. Father's Day was not as quickly accepted as Mother's Day. Members of the all-male Congress felt a move to proclaim an official Father's Day might be interpreted as a pat on the back. For many years, Father's Day was celebrated in various areas of the United States. More than 62 years after it was proposed, it was officially declared that the third Sunday in June would be celebrated as Father's Day. The symbols for the day are roses and ties. Red roses are a tribute for living fathers and white roses are for deceased fathers.

Happy Fathers Day



Health Benefits of Summer

Sunny skies and warm temperatures provide significant benefits to our health and wellbeing. Here are six reasons summer is great for your health!

- ◆ There are reduced rates of heart attacks in the summer. Higher levels of vitamin D from the sun are thought to play a role in this.
- ◆ People eat more fruit
- ◆ Relieves skin complaints like acne, psoriasis and dermatitis
- ◆ Increases agility
- ◆ Increases our water consumption
- ◆ Helps to regulate sleep disorders





June 2022 Activities



Monday	Tuesday	Wednesday	Thursday	Friday
 6 Visit with KEL Therapy Morning Walking Quilting & FROGS Pitch & Pool	 7 Special Drawing with Kinship Morning Walking Quilting Afternoon Bridge Club Pitch	1 Monthly Birthday Party Music by Bob Doughty Morning Walking Quilting & FROGS Hand & Foot—Pitch & Pool	2 Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo	3 Morning Walking Quilting & FROGS Pitch & Pool Bingo Music by Dan
13 9:15-10:45 Toe Nail Clinic Morning Walking Quilting & FROGS Pitch & Pool	14 9:45-11:45 Health Clinic Morning Walking Quilting Afternoon Bridge Club Pitch	8 Music by Bob Doughty Visit with Stephanie from Asera Care Morning Walking Quilting & FROGS Hand & Foot—Pitch & Pool	9 11:15 Eye Glass Clinic with Wayne Eye Care Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo	10 Century Club Movie Drawing With CountryView Morning Walking Quilting & FROGS Pitch & Pool Bingo
20 Closed for Juneteenth  JUNETEENTH Celebrate Freedom	21 Morning Walking Quilting Afternoon Bridge Club Pitch Music by Val	15 9:30 Board Meeting Music by Bob Doughty Morning Walking Quilting & FROGS Hand & Foot—Pitch & Pool	16 Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo	17 Fine Dining Friday Morning Walking Quilting & FROGS Pitch & Pool Bingo Music by Deb
27 Morning Walking Quilting & FROGS Pitch & Pool	28 11:15 College Piano Recital Morning Walking Quilting Afternoon Bridge Club Pitch	22 Music by Bob Doughty Birthday Treat at Center for Darrel Rahn Morning Walking Quilting & FROGS Hand & Foot—Pitch & Pool	23 Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo	24 Morning Walking Quilting & FROGS Pitch & Pool Bingo
	29 We Serve Wednesday Music by Bob Doughty 10:00 Caregivers Support Meeting Morning Walking Quilting & FROGS Hand & Foot—Pitch & Pool	29 We Serve Wednesday Music by Bob Doughty 10:00 Caregivers Support Meeting Morning Walking Quilting & FROGS Hand & Foot—Pitch & Pool	30 Special Drawing with Kinship Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo	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!

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
May 18, 2022**

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

The April 20 minutes were approved as published in the May Senior Star in a motion by Francisco Morales and seconded by Carol Dunning . Motion carried.

Treasurer Keith Jech presented financial information for 4-10-22 through 5-13-22 with expenses of \$00.00 This amount of expenses was approved in a motion by Francisco Morales and seconded by Verna Mae Baier.. Motion carried and this financial report was accepted

Coordinator Bertrand presented an overview of May & June Highlights: (1) Spring Cleaning Process was successfully completed on May 13. (2) Center will be closed on Memorial Day - May 30 (3) Center Participants are encouraged to volunteer to bring food items for the 2:30 p.m. snack time. (4) The Center sponsored the Wayne Rotary Club for their morning meeting on May 18. (5) June will be a busy month; check the newsletter for further details.

July 1 is the beginning of FY23 for both NENAAA and NDOT. The Budget process will be beginning soon.

In a motion by Verna Mae Baier, the price of the noon meal will be increased to \$5.00. Seconded by Keith Jech. Motion carried. This price is effective June 1.

The Center Assistant/Dispatch Position was discussed. Position will be advertised in the local newspaper. More information later.

Coordinator Bertrand led a discussion concerning using ARPA money. These funds may be used on significant projects at the Wayne Senior Center. Coordinator Bertrand presented information concerning the bidding process for flooring and counter tops in the kitchen. Bidding process will start as soon as possible.

Upcoming Training Dates for the Coordinator: Safe Serve Training on June 13, Managers Training for NDOT on June 22-23, Manager Training for NENAAA on June 30 and Van Drivers Training on July 7. Staff Vacations will be scheduled.

A Library/Center Anniversary for 25 years of service to the community will observed in September. More details will be released in the future.

The meeting was adjourned at 10:00 a.m.

The next meeting will be June 15 2022. .

Verna Mae Baier, Secretary

Summer Tips for Caregivers

Summer's coming and the heat is on! Here are some great tips for keeping your loved one safe.

- Hydration, hydration, hydration... Keep your loved one hydrated. Have a large ice water always available and encourage your loved one to drink water throughout the course of the day, even if they're not particularly thirsty. As adults age, the amount of water retained by the body decreases substantially.
- Limit sun exposure during 10am & 3pm. Try to plan short outings either early or later in the day, when the temperatures are milder. Bring along sunscreen, sunglasses and a hat for outdoor activities.
- Never leave a loved one in a car while running errands.
- Make sure your loved ones wear lightweight loose fitting clothing, giving the body breathing room.
- Block direct sunlight in the house by keeping curtains and blinds closed in order to keep the house cool longer.
- Encourage good summer nutrition by having a variety of fresh fruit, vegetables, and healthy snacks on hand. You can make balanced meals and snacks with the wide variety of cool foods and pre-made items available. Consider having items such as low fat cheeses, nut butters and nuts, pre-cooked grilled chicken, and yogurt. Pre-cut some fruit and vegetables to have an easy, hydrating snack on hand. Plan several small meals rather than 2 large ones.

JUNETEETH

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

JUNETEENTH
UNION ARMY
SINGING
MARCH
FLAG
CELEBRATION
ABOLITION

HOLIDAY
TEXAS
READING
LINCOLN
EMANCIPATION
BARBECUE

GENERAL GRANGER
SOUTH
PROCLAMATION
GALVESTON
CONFEDERACY
AMERICAN

PORTMANTEAU
SLAVERY
PARADE
FREEDOM DAY
CEREMONY
AFRICAN

Father's Day

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

proud
trusted
super
inspiring
brave
love
fun

wonderful
unafraid
sweet
kind
great
dad
amazing

giving
encouraging
supportive
handy
best
hilarious
cool

wise
positive
special
handsome
protective
funny
helpful

understanding
loved
smart
strong
caring
loving

PLEASE NOTICE

We will be closed on Monday, June 20th for Juneteenth. No staff will be available to take your calls on that day, and there will be no City Transit.

The Uses of Thyme

Thyme is an ancient herb that was used by the Egyptians in oil form for embalming. The Greeks used it in their baths and as incense in their temples. The Romans used it to purify their rooms, and its use spread through Europe as far as Britain. In the Middle Ages, drinking a brew of thyme and water was a ritual to enable one to see fairies, and it was one of many herbs used in nosegays to purify the odors of disease. Owing to its antiseptic properties, it was used along with rosemary to prevent "jail fever" (louse-borne typhus).

Thyme is an aid to digestion. It is good in stocks, marinades, stews, and a sprig or two with a sliced half onion makes a good herb stuffing for chicken. The essential oil of thyme is used in the manufacture of toothpaste, mouthwash gargles, and other toiletry articles.

There are more than 300 varieties of thyme, some with exotic flavors such as caraway and orange.

Words of Summer Answers

1. Fair
2. Sunglasses
3. Water skiing
4. Sand
5. Convertible
6. Baseball
7. Concert
8. Picnic
9. Reunion
10. Camping



Unscramble the Flowers Answers

1. PANSY
2. PETUNIA
3. ASTER
4. MARIGOLD
5. VIOLET
6. SUNFLOWER
7. MORNING GLORY
8. ROSE
9. DAISY
10. MAGNOLIA



Pass the Cheese Please



Everything and more that you ever wanted to know about Cheese

- ◆ Cheese comes in more the 2,000 varieties.
- ◆ Mozzarella squeaked by Cheddar as the most consumed by Americans, probably due to our love affair with pizza.
- ◆ California is the largest U.S. producer of mozzarella cheese.
- ◆ Americans' number one cheese dish is macaroni and cheese. It has been served since the late 1700s.
- ◆ Greek historian Xenophon (around 400 B.C.) noted that goat cheese had been made for centuries in southern Greece.
- ◆ Queen Victoria was given a 1,000-pound wheel of Cheddar cheese in 1840 as a wedding gift.
- ◆ The terms "Big Cheese" and "Big Wheel" described people who were wealthy enough to purchase an entire wheel of cheese. These slang expressions are still used today.
- ◆ Jesse Williams started the first U.S. factory to make cheese from scratch. Prior to 1851, different companies would buy small batches of home-produced cheese curds and turn them into cheese, resulting in inconsistent tastes and textures.
- ◆ Swiss cheese is identified by its holes. These holes result from gas expansion in the cheese curd during the ripening process.
- ◆ Mold can develop on the cheese surface and is usually harmless. Simply cut off the mold along with a bit of cheese and use the cheese promptly.

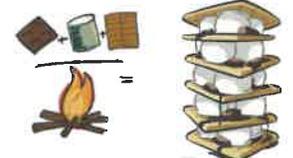
Indoor S'mores

You will need:

- 6 cups mini marshmallows (10 oz bag)
- 1^{1/2} cups milk chocolate chips
- 5 Tbsp. butter or margarine
- 1/4 cup light corn syrup
- 1 tsp. vanilla
- 8 cups Golden Grahams cereal



- 1) Melt 5 cups marshmallows, chocolate chips, butter, and corn syrup over low heat, stirring occasionally
- 2) Remove from heat and stir in vanilla
- 3) Grease a 9X13 pan
- 4) Pour cereal into a large bowl. Pour the marshmallow mixture over the cereal and stir until evenly coated. Stir in remaining marshmallows.
- 5) Press into prepared pan. Cool until firm, then cut into 24 bars.



OUR GENEROUS DONATIONS

Janet Bull George Burcum & Susan Boust
Mardelle Brudigan Lila Splittgerber Barb Greve
Janet Reeg Barb & Byron Heier Deb Daehnke
Darrel & Phyllis Rahn Ron & Sandra Wriedt
Linda Teach Francisco Morales Verna Mae Baier
Family of Herman Lindner Ginny Otte Carolyn Sherry
Marcella Larson Bev Ruwe Ardyce Stanley
Ruth & Charles Maier

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

Nebraska Attorney General's Office to Provide Cybersecurity Training for Seniors

Ryan Sothan, Outreach Coordinator, from the Nebraska Attorney General's Office will provide free cybersecurity training. The training is scheduled for Tuesday, June 21, 2022, at the Lifelong Learning Center at Northeast Community College, 801 Benjamin Avenue, Norfolk, NE, 5:30-7:00.

Ryan is an outstanding presenter as he is engaging, personable, and knowledgeable. This training will give you the tools and knowledge to successfully detect, deter and defend against identity theft.

Adults of all ages will learn to safely use computers and software, the internet, social media, and smartphones in this jam-packed seminar. This is designed for all technology users including beginners.

Join us to learn more on how to prevent scams from happening to you and your loved ones. Register for the class by calling the Northeast Nebraska Area Agency on Aging for the Cybersecurity Training at 402-370-3454 or 800-671-8368. Registration deadline is Thursday, June 16, 2022.



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: \$5.00 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.