



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

July 2022



Hello Everyone! This will be the last newsletter I create as the Office Assistant of the Senior Center. My last official day is July 29th and then I will be moving on to UNMC College of Public Health to earn a Master's Degree. I have loved working here over the last two years and getting to know each of you. The Center holds a special place in my heart, and I will miss seeing all of you! I will especially miss leading FROGs in the morning (but I won't miss the Up-and-Downs!). I always have so much fun on those mornings getting to exercise with the group. I will come back and visit when I can, but until then, Thank You for this wonderful experience! —Halie



Reminder of all activity times

FROGs — Monday, Wednesday, Friday from 9:00-9:30 am

Walking — Every day between 7:00-10:00 am

AM Coffee — Every day from 7:00-10:00 am

Quilting — Every day, during open hours

Puzzling — Every day, during open hours

Pool — Monday, Wednesday, Friday from 1:00-4:00 pm

Cards — Every day from 12:30-4:00 (see activities for designated days of specific card games)

BINGO — Every Friday from 1:00-2:30 pm

PM Coffee — Every day at 2:30

If you have any questions about our activities or want to join, give us a call! We can give you more information and get you into contact with the group leaders. We hope to see you here!

In Other News:

Please note that July 5th is brunch for lunch. What this means for you:

Congregate Dining— You may come in to eat a delicious meal of all-you-can-eat pancakes and more anytime between 11:00 and 12:00.

Drive Through and MOW— Your meals will be served at the same time as usual, so Drive through will be between 11:15-11:30 and MOW will go out at 11:00. You will be receiving Coffee Cake in place of pancakes.

Another reminder that the suggested contribution of meals has increased to \$5.00 from \$4.95.

What's Happening in July

Friday — July 1

Music by Dan Hansen

Monday — July 4

Closed for Fourth of July

Tuesday — July 5

Brunch for lunch served from 11-12

Wednesday — July 6

Monthly Birthday Party

Music by Bob Doughty

Friday — July 8

Century Club Movie Drawing with Kinship

Monday — July 11

9:15-10:45 Toe Nail Clinic

Tuesday — July 12

9:45-11:45 Health Clinic

Wednesday — July 13

Music by Bob Doughty

Special Drawing with CountryView

Thursday — July 14

11:15 Eye Glass Clinic with Magnuson

11:30 Nutrition Talk with Ann Fenton

Monday — July 18

Music by Val Koeber

Wednesday — July 20

9:30 Board Meeting

Music by Bob Doughty

We Serve Wednesday with CountryView

Friday — July 22

Music by Deb Dickey

Fine Dining Friday with Kinship

Tuesday — July 26

Special Drawing with CountryView

Wednesday — July 27

Music by Bob Doughty

10:00 Caregivers Support Meeting

Friday — July 29

Closed for Staff Work 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!



Independence Day

The Fourth of July has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

Statue of Liberty

Frederic-Auguste Bartholdi of France had chosen sculpture as his profession when he and his teachers discovered he was just an average painter. The entire world was monument-crazy in the 19th century, so this worked out well.

Ismail Pasha, the ruler of Egypt, was modernizing his country in a Western way. The crowning achievement would be the opening of the Suez Canal, scheduled for 1869. Bartholdi proposed a lighthouse to end all lighthouses, a great statue, 100 feet tall or more, perched atop a pedestal. Pasha thought it was too decadent and expensive and said No.

Meanwhile, in France, a group of politicians had been trying to establish the country as a modern republic and was trying to strengthen its position through identification with the United States. The French wanted to build a monument to the common Franco-American ideal of republican liberty, a way of underlining American success while generating a bandwagon effect for the French cause. Bartholdi had just what they wanted, so he revamped it along a liberty theme.

At the time America reacted poorly. Being offered the world's largest statue for free sounded too good to be true. When it was revealed that the French were willing to pay for the statue only, while the pedestal and land would have to be supplied by the recipients, opposition stiffened. Finally, enough money was raised.

The monument was disassembled in Paris and sent across the Atlantic in the hold of a French warship. Gustave Eiffel, who would one day be famous for erecting the Eiffel Tower, was the engineer, and designed an internal structure of steel. The statue was dedicated on Bledsoe's Island (now Liberty Island) on October 28, 1886. What had originally been conceived as a lighthouse to guard the Suez Canal instead became a beacon of welcome to many millions of immigrants.



★ ★ ★
★ **STATUE** ★
of
LIBERTY



Some Quotes from our Founding Fathers

- * *I have not yet begun to fight.*—John Paul Jones
- * *Give me liberty or give me death.*—Patrick Henry
- * *These are the times that try men's souls.*—Thomas Paine
- * *Be courteous to all, but intimate with few, and let those few be well tried before you give them your confidence.*—George Washington



Benefits of Physical Activity

You've heard before that physical activity is good for your health, and I would encourage everyone to consider trying out our FROGS exercise class as it is a great way to incorporate some activity into your day. If you prefer to be active outdoors, try walking in the beautiful weather and get the added benefit of Vitamin D from the sun! Some benefits of physical activity are:

- ⇒ Maintaining and improving physical strength and fitness
- ⇒ Improving ability to do the things you want to do
- ⇒ Improving balance
- ⇒ Managing and preventing diseases like diabetes, heart disease, breast and colon cancer, and osteoporosis
- ⇒ Reducing feelings of depression

Physical activity may also improve mood and overall well-being, and may improve or maintain some aspects of cognitive function such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Don't Miss It!



Chicken Days is the weekend of July 8, 9, 10! Join us on Henoween (Friday the 8th) for a creamed chicken meal!



The Wayne County Fair is July 21st-24th. Go and enjoy delicious food and great entertainment!



**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
June 15, 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: Fransisco Morales (via tele-communication). Absent: President: George Burcum.

The May 18 minutes were approved as published in the June Senior Star in a motion by Keith Jech and seconded by Fransisco Morales. Motion carried.

Treasurer Keith Jech presented financial information for 5-10-22 through 6-13-22 with expenses of \$45.00. 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.

Coordinator Bertrand presented an overview of May & June Highlights: (1) Federal Holiday - Juneteenth. (19th). The Center will be closed June 20. (2) Fathers will be recognized at the Center on June 17. (3) WSC Students will present a Piano Recital on June 28 at 11:15 a.m. (4) July Newsletter is almost completed.

July 1 is the beginning of FY23 for both NENAAA and NDOT. The Budget for FY 23 will soon be finalized.

A motion in May 18, 2022, minutes was stated "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 statement has now been rephrased: A motion was made by Keith Jech that the suggested donation for the noon meal is to be \$5.00. Seconded by Fransisco Morales. Motion carried.

The Center Assistant/Dispatch Position was discussed. This Position is being advertised in the local newspaper and in the shopper.

Coordinator Bertrand led a discussion concerning using ARPA money for a Kitchen Renovation project at the Wayne Senior Center. Coordinator Bertrand presented information on the quotes that have been submitted.

Upcoming Training Dates for the Coordinator and Staff: Managers Training for NDOT on June 22-23, Manager Training for NENAAA on June 30 and Van Drivers Training on July 7.

Staff Vacations have been scheduled.

No additional items were presented.

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

The next meeting will be July 20 2022. .

Verna Mae Baier, Secretary

Healthy Summer Foods for Seniors (Part 1)

The days are getting warmer and longer, inspiring people to get outside and enjoy the sunny weather by barbecuing or going on picnics.

Even if your elderly loved one isn't able to take part in traditions like cookouts or bustling holiday parties, you can use food to help them feel connected to seasonal celebrations. Many popular summer foods are both tasty and nutritionally dense, offering the added benefit of helping a senior get the vitamins and nutrients they need to remain healthy.

Below are just a few popular summer treats that may offer unexpected health benefits for you and your loved one.

Watermelon

Synonymous with summer, this juicy fruit is not only low in fat, but it also contains a staggering amount of nutrients seniors need. Pound for pound, watermelon has more lycopene than any other fresh fruit or veggie. Lycopene is an antioxidant that has been shown to combat certain forms of cancer and heart disease. Watermelon is also packed with potassium, which can be a boon for seniors suffering from potassium deficiency, or hypokalemia. According to the National Institutes of Health, hypokalemia in seniors can sometimes be brought on by certain heart and blood pressure medications and can cause problems with heart and muscle function. Watermelon also has a high water content and contains significant amounts of vitamins A, C and B6.

Iced Tea

Whether you opt for black, green, white, or oolong tea, a cool glass is a refreshing way to help fend off summer heat as well as the damage of free radicals. The compounds in tea have been found to reduce the risk of heart attack, stroke, and cardiovascular disease, boost immune function, possibly fend off various types of cancer, and even provide neuroprotective benefits. Just be sure to go easy on the sugar or enjoy it unsweetened. Fresh herbs and fruit are at their peak during the warmer months, and they can be added to a pitcher of tea for a natural and flavorful twist in lieu of sweeteners.

Frozen Treats

Nothing says summer like a popsicle or an ice cream cone. While both tend to be high in sugar, it's okay to indulge in a sweet treat every once in a while—especially if it's made with real ingredients. Ice cream certainly doesn't have a reputation as a health food, but it boasts decent amounts of calcium and phosphorous, which are crucial for maintaining healthy bones. And don't shy away from ice cream because of the fat content, either. Studies show that people who eat full-fat dairy tend to be slimmer than those who eat low-fat versions.

If dairy isn't an option for your loved one or they'd prefer something fruit-based, try a fruit bar. Grab some popsicle molds (or some paper cups and craft sticks) and try making your own. Use a mix of your loved one's favorite fresh fruit and a splash of juice. You can even blend the fruit with some Greek yogurt for a creamy version. Regardless of what kind of chilled goodies you and your loved one choose, just be sure to keep your serving sizes sensible.

4th of July

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

independance

statue of liberty

america

concerts

parades

fun in the sun

barbeque

reunion

band

hot dogs

bomb pops

marines

coast guard

navy

air force

army

flag

patriotic

lemonade

picnic

corn on the cob

ice cream

watermelon

united states

stars and stripes

rockets red glare

revolution

fireworks

liberty bell

freedom

Ice Cream Flavors

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

marshmallow
cheesecake
pumpkin
coffee
moose tracks
butter pecan
vanilla

butterscotch
coconut
maple walnut
cotton candy
mint
apple pie
strawberry

peanut butter
pistachio
birthday cake
cookies and cream
cherry
cinnamon
chocolate

honey
fudge brownie
banana
rocky road
cookie dough
caramel

PLEASE NOTICE

We will be closed on Monday, July 4th for Fourth of July. No staff will be available to take your calls on that day, and there will be no City Transit. We will also be closed Friday, July 29th for a Staff Work Day. There will be no meals or activities, but staff will be available all day.

July is National Ice Cream Month and it is a great time to enjoy this treat!

In 1984, President Ronald Reagan designated July as national Ice Cream Month and the third Sunday of the month as National Ice Cream Day. He recognized ice cream as nutritious and a fun food that is enjoyed by more than 90% of the nation's population. In his proclamation, he called for all people of the U.S. to observe these events with "appropriate ceremonies and activities."

The International Ice Cream Association encourages retailers and consumers to celebrate July as National Ice Cream Month. This year, July 17th is National Ice Cream Day. The U.S. ice cream industry generates more than \$21 billion in annual ice cream sales and provides jobs for thousands of citizens. Approximately 9% of milk produced by U.S. dairy farmers is used to produce ice cream.



Easy Homemade Ice Cream Sandwiches

What you will need:

- Your favorite ice cream
- 1 dozen cookies (preferably 2-3 inches in diameter) either homemade or store bought in any flavor
- Any sprinkles, candies, nuts, etc. that you desire

Instructions:

- Place a scoop of ice cream between two cookies and press together, smooth any excess ice cream that presses out.
- Sprinkle any additional sprinkles, etc. around the exposed ice cream on all sides of the sandwich
- Place on a baking sheet and cover with wax paper. Place in the freezer until the ice cream is firm or you are ready to serve them.



Everything & More You Have Ever Wanted to Know About Hummingbirds

- ◊ Hummingbirds are found only in North America and South America and as far north as southeastern Alaska and as far south as southern Chile
- ◊ South America has the biggest variety of hummingbirds, and more than half the species are found there. Ecuador has the largest number of hummingbirds with 163 different species
- ◊ They are the smallest birds in the world, measuring in at 3.5 inches long and weighing less than one penny
- ◊ In the U.S. there are 16 species of hummingbird. The ruby-throated hummingbird is the only one east of the Mississippi River. The black-chinned hummingbird is the most common in Canada and the western U.S.
- ◊ Their nests are 2 inches in diameter, and the females usually lay two eggs
- ◊ They have very weak feet and do not use them for transportation
- ◊ They can fly forward, backward, shift sideways, and can stop in midair
- ◊ They can beat their wings 60 to 200 times per second
- ◊ Hummingbirds visit up to 2,000 flowers each day
- ◊ They can fly up to 60 mph and fly 500 miles without stopping
- ◊ Life expectancy of hummingbirds is 5 to 6 years



Nebraska's Weirdest Laws



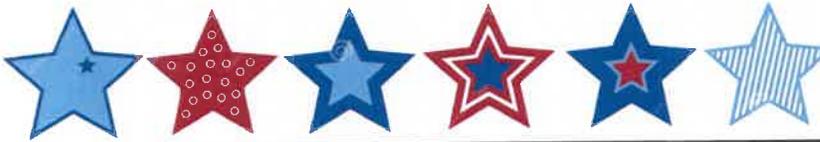
1. Hotels must give clean, white nightshirts to each guest. (Hastings, NE)
2. Anyone out in public whose appearance is unattractive must pay a \$1 fine for each offense. (Lincoln, NE)
3. Don't fly a plane while drunk. (Entire state, although it should sound like an obvious thing not to do)
4. Anyone on a horse must not exceed 6 mph within city limits. (Lincoln, NE)
5. Barbers are not allowed to eat onions between 7am and 12am. (Waterloo, NE)
6. It is illegal to go whale fishing. (Last I checked, there are no whales in Nebraska!)
7. Doughnut holes may not be sold (Leigh, NE)
8. Sneezing during a church service is illegal. (Omaha, NE)

While most of these laws are obsolete and disregarded today, they are still a part of Nebraska's Law Books.

OUR GENEROUS DONATIONS

Bridge Club Quilting Group Mardelle Brudigan
Marilyn & Gerald Otte Dot & Loren Park
Carol & LeRoy Robbert Carol Dunning Kathy Johnson
Barb & Byron Heier Jim & Arlene Robinson
Ginny Otte Sharon Junck Alvin Anderson
Marcella Larson Charles & Ruth Maier Roy Gramlich
Ardyce Stanley Darrel & Phyllis Rahn Angela Swan
Bev Ruwe Francisco Morales

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.

When The Boss Is Away The Staff Will Play

Diane will be on vacation the week of July 11-15. So while she is gone, we will be having some special snacks and giveaways!

Monday—Join us for Root Beer Floats at the 2:30 Snack

Tuesday — Join us for the congregate meal for a chance to win 2 certificates sponsored by Diane

Wednesday — Join us for an Ice Cream Treat at the 2:30 Snack

Thursday — Join us for the congregate meal for a chance to win 2 certificates sponsored by Diane

Friday — Join us to Make Your Own Sundaes at the 2:30 snack



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.