



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior

Happy August! My name is Cindy Abraham. Some of you have seen me at the Senior Center already. I wanted to take this time to introduce myself. I am originally from Creighton Nebraska. My husband Scott and I have lived in Wayne for 20 years now. He is the IT at Northeast Power.

Together we have two sons and a daughter. Logan currently lives in Fremont Nebraska but will be moving soon to be a large equipment operator in Illinois. Jacob lives and works in Sioux Falls SD and is an Electrical Engineer. Our daughter Shea is currently stationed at Joint Base Pearl Harbor in Hickam Hawaii in the United States Air Force. She will be moving duty stations in September to Scott AFB in Illinois.

Please feel free to introduce yourselves to me any time! I am a hugger and I am looking forward to seeing your smiles !!

That's my time and I thank you for yours!!



Important Announcements:

With school beginning in August, there will be an increased demand for City Transit in the afternoons. We will have two drivers in the afternoon to help still take care of the public's need, but be aware of the potential of having to wait a little longer for our driver to be able to pick you up around school dismissal time. We are fully booked up with school students this year, but we will do our best to be accommodating to you! Thank you for your patience and understanding as we all adjust to the Back-to-School schedule!



Free COVID-19 home test kits are going to be available here in August. These are Rapid Antigen Test Kits with results in 15 minutes that are easy to self-administer. Stop by the office to pick yours up!

What's Happening in August

Wednesday—August 3

Monthly Birthday Party
Music by Bob Doughty

Friday —August 5

Music by Dan Hansen

Monday —August 8

9:15 Toe Nail Clinic

Tuesday —August 9

9:45-11:45 Health Clinic

Wednesday —August 10

We Serve Wednesday

Friday —August 12

Century Club Movie Drawing with Country View

Monday—August 15

Special Drawing with Kinship

Wednesday—August 17

Music by Bob Doughty

Tuesday —August 23

11:15 Eye Glass Clinic with Wayne Eye Care

Wednesday—August 24

Music by Bob Doughty

Friday—August 26

Fine Dining Friday

Tuesday— August 30

Special Drawing with Kinship

Wednesday—August 31

Music by Bob Doughty

10:00 Caregivers Support Meeting

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!



Welcome to the Fun Facts and Trivia Issue of the Senior Star!

The Dog Days of Summer— What are they really?

It doesn't have to do with dogs lying around in the heat—the phrase comes from ancient Greek beliefs about a star.

The “Dog Days” are often thought of as those summer days that are so devastatingly hot that even dogs would lie around on the asphalt, panting.

Many people today use the phrase to mean something like that—but originally, the phrase actually had nothing to do with dogs, or even with the lazy days of summer. Instead, it turns out, the dog days refer to the dog star, Sirius, and its position in the heavens.

To the Greeks and Romans, the “dog days” occurred around the day when Sirius appeared to rise just before the sun, in late July. They referred to these days as the hottest time of the year, a period that could bring fever, or even catastrophe.

The phrase “dog days” was translated from Latin to English about 500 years ago. Since then, it has taken on new meanings.

Now people come up with other explanations for why they're called the ‘dog days’ of summer, like this is when dogs can go crazy.

This is a very human tendency when we don't know the origin of a phrase, we come up with a plausible explanation.

The original meaning has been lost, but the phrase has lived on.



Questions to ponder

- ◇ Before they invented drawing boards, what did they go back to?
- ◇ Do fish get cramps after eating?
- ◇ Do Roman paramedics refer to IVs as “4s”?
- ◇ Doesn't expecting the unexpected make the unexpected expected?
- ◇ How do you tell when you run out of invisible ink?
- ◇ If work is so terrific, why are people paid to do it?
- ◇ If you try to fail and succeed, which have you done?



Celebrate Hawaii

Statehood Day or Admission Day is a legal holiday celebrated in the state of Hawaii on the Third Friday of August to commemorate the state's 1959 admission to the Union. Here are some facts about Hawaii:



Nickname: Aloha State

Motto: Ua Mau ke Ea O Ka Aina I Ka Pono (The life of the land is perpetuated in righteousness.)

Official languages: English and Hawaiian

Official bird: Nene (Hawaiian goose)

Flower: Yellow hibiscus

Fish: Humuhumunukunuku Apua'a (Hawaiian trigger fish)

Mammal: Monk seal

Marine mammal: Humpback Whale

Tree: Kukui or candlenut

Agricultural products: Sugar cane, pineapple, macadamia nuts, coffee



Did you Know?

- Approximately 90% of Hawaiian animals and plants do not exist anywhere else on earth.
- May 1st is known as Lei Day.
- Hawaii is actually a big mountain range, mostly under the sea made from volcanoes.
- The capital of Hawaii, Honolulu, is also its largest city.
- Hawaii's population is estimated to be over 1,300,000.
- The first king was King Kamehameha I.
- The last monarch was Queen Liliuokalani.
- Hawaii has its own time zone called Hawaiian Standard Time.
- The happy face spider lives in Hawaii and has a happy face on the back of its abdomen.
- Hawaii is the only state that produces coffee beans in the U.S.
- In the ancient days, the heavier a woman was, the more beautiful she was.
- Hawaiians eat more Spam than people in any other state. They eat six million cans of Spam every year.
- There are only 13 letters in the Hawaiian alphabet. They are A E H I K L M N O P U W and okina(')



**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
July 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, and Treasurer: Keith Jech. Absent: Board Member: Fransisco Morales.

The June 15 Board minutes were approved as published in the July Senior Star in a motion by Carol Dunning and seconded by Keith Jech. Motion carried.

Treasurer Keith Jech presented financial information for 6-14-22 through 7-19-22 with expenses of \$143.05. This amount of expenses was approved, as amended, 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 July and August Highlights: (1) August Newsletter is being finalized. (2) NENAAA Audit will be Thursday, July 21 with CPA Diane Davies in charge. (3) Halie Chinn's last day will be Friday, July 29. The new hire is Cindy Abraham. (3) Staff Vacations were announced.

An overview of the NENAAA Managers meeting was presented: (1) Meal tickets were discussed (2) New regulations concerning the confidentiality of charting were discussed (3) Social activities/reimbursements were presented.

An overview of NDOT Managers workshop was presented: Reimbursement procedures were presented.

July 1 is the beginning of FY23 for both NENAAA and NDOT. An overview of final FY23 contracts was approved by Board Members in attendance These contracts were overviewed and signed: (1) III B Supportive Services Contract (2) III C Nutrition Contract and (3) III E Family Caregiver Support Contract.

An update on Kitchen Renovation Plans: The ARPA funds were designated by the County Commissioners for an alternate use. Coordinator Bertrand attended a City Budget meeting and with the use of Senior Memorial Donations and a 50-50 inclusion in the City Budget kitchen cupboards and counter tops will be installed. This was approved in a motion by Carol Dunning and seconded by Keith Jech. Motion carried. The Health Department has mandated an Airgap drain. An plan is in effect to implement this needed update.

Grant funds received: PATCH Grant (\$285) for MOW Containers & evening entertainment. Community Chest (\$3,000) for newsletter costs.

An overview and discussion concerning Board and Staff was presented by Coordinator Bertrand.

No additional items were presented. The meeting was adjourned at 10:40 a.m.

The next meeting will be August 17 2022. .

Verna Mae Baier, Secretary

Healthy Summer Foods for Seniors (Part 2)

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.

Deviled Eggs and Egg Salad

Sometimes forgotten as a member of the protein portion of the recommended daily food groups, eggs are a good source of protein and contain many essential vitamins and minerals, including vitamins A, D, E, B6 and B12. And, it's not just egg whites that contain health benefits. According to Frechman, egg yolks contain choline, lutein and zeaxanthin—several nutrients that are essential for good eye health. These nutrients are very important for seniors since they help prevent age-related eye diseases like macular degeneration and cataracts.

Try swapping out the mayonnaise with Greek yogurt for a tangier, low-fat spin on classic egg recipes like egg salad and deviled eggs. As a traditional holiday and entertaining food, deviled eggs may evoke fond memories of family celebrations. If your loved one is still able to help in the kitchen, they may enjoy piping in the egg yolk mixture and garnishing the finished product with a sprinkle of paprika and fresh herbs.

Coleslaw

No summer meal or get together is complete without a bowl of crispy, colorful slaw. Some like it tart, while others enjoy sweet or creamy versions. Regardless of which your loved one prefers, coleslaw is an excellent source of dietary fiber and an easy way to include a number of different vegetables in their diet.

Cabbage is the primary ingredient in most coleslaw recipes, and this cruciferous vegetable is rich in vitamins C and K as well as cancer-fighting antioxidants. It also aids in reducing inflammation in the body. Shredded carrot is another nutrient-dense ingredient in coleslaw, but a number of other healthy summer vegetables can be incorporated into your recipe. Try adding shredded red cabbage, broccoli stalks, radishes, bell peppers, brussels sprouts or jicama. Some people even use apples in their slaw! The possibilities are endless. If the creamy variety is your go-to, try to keep the mayonnaise to a minimum by substituting some plain greek yogurt for additional health benefits.

Popcorn

Popular summer pastimes include going to the movies or attending a baseball game. Popcorn has been a staple at cinemas and ballparks for years, but it often gets a bad rap for being unhealthy. If you forgo the extra salt and butter, recent research indicates that popcorn may actually have health benefits.

Popcorn is also a whole grain and an excellent source of dietary fiber for seniors. If you stay in to watch a classic movie or catch a ball game on TV, try air-popping your own snack. Place a few tablespoons of kernels in a paper lunch bag, fold the top over and microwave for a few minutes until the popping is a few seconds apart. Making your own popcorn allows you to choose which seasonings and how much of them to use on this healthier version of the treat.

Dog Days of Summer

O I E I B J X J N O R W I C H T E R R I E R R Z
 T R M Y T E K P Y J G E R M A N S H E P H E R D
 Y E M E E A I N Z J L P O O D L E V S J C W B Z
 P H A A D K L L G O L D E N R E T R I E V E R O
 T C K Z S A S I L L B A U R N U K X P P C J O M
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|-----------------|-----------------|-------------------|-------------------|----------------|
| whippet | siberian huskey | saint bernard | rottweiler | poodle |
| pug | pomeranian | sheepdog | corgi | pekingese |
| norfolk terrier | mastiff | maltese | lhasa apso | labradoodle |
| keeshond | jack russell | italian greyhound | golden retriever | great dane |
| german shepherd | dachshund | dalmation | doberman pinscher | cocker spaniel |
| chihuahua | chow chow | basset hound | border collie | bulldog |
| akita | beagle | Norwich Terrier | | |

HAWAII

H E R O H S H T R O N T B M Q Q C U H A O C W '
 B W D H E A L O H A I R I L U A U R T ' U B F '
 ' H I N L C O B W M I O T B S N I H P L O D H
 A O O F S D E V T E E K S T S I R U O T A D U C
 H U S N N L M L E F S I A K O L O M A E O W R
 E K E F O M A C E L D S Z ' D Y C Q U E E N V A
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 O Y U R E I G N A K P S E R E S O R T S K L A

ALOHA
 DOLPHINS
 HUMPBACK WHALES
 KONA COAST
 MANTA RAYS
 NI'HAU
 QUEEN
 SURFING
 VOLCANOES

ARCHIPELAGO
 GRASS SKIRT
 ISLANDS
 LANAI
 MAUI
 NORTH SHORE
 REIGN
 TOURISTS
 WAIKIKI

BEACHES
 HAWAIIAN
 KAHOLAWE
 Lili'uokalani
 MOLOKA'I
 O'AHU
 RESORTS
 TROPICAL
 WAIMEA BAY

COFFEE
 HONOLULU
 KAUA'I
 LUAU
 MONARCH
 PACIFIC OCEAN
 SAND
 UKELELE

DIAMOND HEAD
 HULA
 KING Kamehameha
 MACADAMIA NUTS
 NAPALI COAST
 PEARL HARBOR
 SUGARCANE
 USS ARIZONA

PLEASE NOTICE

We will be open for all meals and activities every week day of August! We look forward to seeing you here!

Summer fruits & Vegetables Trivia

Find answers in the next column!

1. Name the fruit that is also known as a Marion berry.
2. What popular vegetable was thought to be poisonous until the middle of the 19th century?
3. In 1893, who did U.S. tomato growers ask to officially declare the tomato a vegetable, even though botanically it is a fruit?
4. Name the two countries where watermelon is a popular gift to bring a host.
5. What vegetables are members of the lily family?
6. Name the vegetable that originally was a bitter marsh plant grown throughout Europe and was used as a medicinal herb to purify blood.
7. What can be done to prevent teary eyes (because of the sulfuric compounds) when working with onions?
8. The name of zucchini comes from the word *zucchini*. What language is this, and what does it mean?
9. True or False: Green, sweet bell peppers have two times as much vitamin C as oranges, and red and yellow bell peppers have four times as much.
10. The Romans fed this member of the lily family to their laborers to make them strong and to their soldiers to make them courageous.
11. Name Popeye the Sailor Man's favorite vegetable.
12. What leaves of a leafy vegetables were used as spoons by the Greek people?
13. True or False: Romaine lettuce was named for the way its leaves resembled Roman table-spoons of the day.
14. Name the oldest cultivated vegetable (since about 8000 B.C.).
15. Name the plant that is the most efficient for capturing the energy of the sun and converting it into food.
16. How many kernels does an average ear of corn have?



Weird Festivals throughout the world

- ♦ La Tomatina is held in Buñol, Spain. The highlight of the festival is an hour-long tomato fight in which 300,000 pounds of tomatoes are used.
- ♦ Running of the Bulls is held in Pamplona, Spain, where bulls are let loose into the streets as people run alongside, trying not to get attacked.
- ♦ Roswell UFO Festival is held in Roswell, MN, commemorating when a mysterious object crashed near Roswell in July 1947. There is considerable controversy surrounding the object since the Roswell Army Air Field first called it a flying disc and then changed its statement, calling it a weather balloon.
- ♦ Wife Carrying World Championship, held in Sonkajärvi, Finland, is a 235.5-meter obstacle course in which a man carries his wife through the course in a specific amount of time.
- ♦ Empire Asparagus Festival is held in Empire, MI. Since Empire is one of the top producers of asparagus, this festival has a number of asparagus-related activities. Deep fried asparagus is served, along with asparagus beer and other asparagus food items.



Watermelon Trivia



- ⇒ Historians believe that watermelons first grew in the middle of the Kalahari Desert. They were a source of water for thirsty traders who sold the seeds in cities along the ancient Mediterranean trade routes.
- ⇒ There are more than 200 varieties of watermelon grown around the world, with approximately 50 varieties grown in the U.S.
- ⇒ During the Civil War, the Confederate Army boiled down watermelons as a source of sugar and molasses.
- ⇒ The first cookbook published in the U.S. in 1796 had a recipe for watermelon rind pickles.
- ⇒ Every part of a watermelon is edible, even the seeds and rind.
- ⇒ In Russia, watermelon is used to make beer.

Summer Fruits & Vegetables Answers

1. Blackberry
2. Tomato
3. U.S. Supreme Court
4. China and Japan
5. Asparagus, chives, garlic, leeks, and onions
6. Celery
7. Chill the onions before cutting them, peel them under cold water, or wear safety goggles
8. Italian, small squash
9. True
10. Garlic
11. Spinach
12. Romaine lettuce
13. True
14. Cucumber
15. Corn
16. 800



OUR GENEROUS DONATIONS

Loren & Dot Park Verna Mae Baier Mardelle Brudigan
Kathy & Lowell Johnson Carol Robbert Barb Greve
Phyllis & Darrel Rahn Roy Gramlich Ginny Otte
Ardyce Stanley Donna Lundin Carolyn Sherry
Carol Dunning Bev Ruwe Pete & Julie Reeg
Jim & Arlene Robinson
Melvin Wilson Memorial by Betty Wilson

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 | Sub/Asst. |
| Cindy Abraham | 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.

Strawberry Cake

Ingredients:

| | |
|--------------------------------|--------------------|
| 1 1/4 cups all purpose flour | 1 large egg |
| 1/4 cup cornmeal | 2 tsp. vanilla |
| 1 tsp. baking powder | 1/3 cup buttermilk |
| 1/4 tsp. baking soda | 1/2 tsp. salt |
| 1/2 cup unsalted butter | Powdered sugar |
| 1 cup packed light brown sugar | |
| 1/2 pound strawberries, halved | |
| 2 tbsp. turbinado sugar | |



Directions:

Stir together the flour, cornmeal, baking powder, baking soda, and salt in a medium bowl. Set aside. Preheat the oven to 350 degrees. Butter a deep dish pie plate and set it aside. Beat 1/2 cup butter and brown sugar until fluffy, about 3 minutes. Add the egg and vanilla, and beat until just combined. Add half of the flour mixture, the buttermilk, then the remaining flour, beating until combined after each addition.

Spoon the batter into the pie plate. Scatter the berries evenly over the top of the batter, do not press them down. Sprinkle with the turbinado sugar. Bake until the top is golden brown, 40-45 minutes. Let cool and dust with powdered sugar. Top with more sliced strawberries if desired.



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. Congre-
gate 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.*