



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior

It's Senior Center Month!

September is National Senior Center Month and the theme this year is "Strengthening Community Connections". Celebrated every year in September, Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults, and have become integral to health care delivery in our communities. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older American's Act in 1973 and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.

Thank you for being a part of Our Senior Center!



In September of 1997—The Robert B. and Mary Y. Benthack Library and Senior Center opened their doors to the Public. The Wayne Herald Newspaper published these words on September 11th, 1997:

"The building, located at 410 North Pearl, has 13,000 square feet of space, which is equally divided between the library and senior center. In addition, there is also a common atrium and a community meeting room in the structure. A paved lighted parking lot is adjacent to the building. "Construction on the project which cost \$1.66 million, began in April of 1996. Funds were raised from a local sales, tax, the sale of the former library building, and from additional private donors." Past City Administrator Joe Salitros, made these comments—"This is a facility the people in Wayne can be proud of." "A lot of people have worked very hard behind the scenes to make this project happen.

This truly is a community building."

**COME HELP US CELEBRATE
25 YEARS OF GOING STRONG**

Friday—September 16th

10:00 am—Chamber Coffee to be held
in the Senior Center

2:00 to 3:00 pm—Joint open house
With the Library and Senior Center

What's Happening in September

Friday—September 2

Music by Dan Hansen

Tuesday—September 6

Special Luncheon Drawing—Countryview

Wednesday—September 7

Music by Bob Doughty

Monthly Birthday Party

Friday—September 9

Century Club Movie Drawing
with Kinship Point

Monday—September 12

Toe Nail Clinic (call for a time)

Tuesday—September 13

Health Clinic: 9:45 to 11:45 am

Wednesday—September 14

Music by Bob Doughty

We Serve Wednesday w/ Countryview

Thursday—September 15

Eye Glass Clinic w/ Magnuson Eye Care

Friday—September 16

10am Chamber Coffee

2-3pm Robert B. & Mary Y. Benthack
Library/Senior Center Open House

Monday—September 19

Country View Special Luncheon Drawing

Tuesday—September 20

Spotlight on Promise

Wednesday—September 21

Music by Bob Doughty

9:30 Board Meeting

Friday—September 23

11:45—Katie Frye, Senior Life Solutions

Monday—September 26

Music by Deb Dickey

Wednesday—September 28

Music by Bob Doughty

10:00 Caregivers Support Meeting

Friday—September 30

Fine Dining Friday w/ Kinship

Music by Val Koeber

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!



Mexican Independence Day

In the early 19th Century, the Mexicans were discussing how to revolt against Spain. The thought of revolting was influenced by America and France. The leader of many groups was a priest named Father Miguel Hidalgo. He and his officers were planning a revolt for the late fall of 1810. The Spanish rulers found out about the rebellion, and when Hidalgo learned of this, he rang the church bell at 11:00 on the night of September 15th, 1810. The war had begun. It lasted for 11 years before the Mexican people finally won their freedom.

Today, Independence Day is a major holiday in Mexico. The celebration begins on the night of September 15. The people watch the time and when the clock strikes 11:00, the crowd gets silent. On the last strike of 11, bells ring throughout the country. The celebrations that follow include fiestas that can last for up to a week or more. They often have parades, musical entertainment, dances, bullfights, rodeos, and fireworks.

Rosh Hashanah

This year, Rosh Hashanah begins in the evening of Sunday, September 25 and ends the evening of Tuesday, September 27. Rosh Hashanah means Head of the Year or First of the Year. Thus it is known as the Jewish New Year.

One aspect of Rosh Hashanah is the belief that the month of Tishrei is the month in which God created the world; it is the anniversary of Adam and Eve being created. Thus, it is a time to reflect on the relationship with not only others, but also with God. This is the time the people take to examine their lives and repent for any wrongs they have committed during the previous year. It is important to make amends with anyone they have wronged, and some feel this needs to be done in the company of a third person.

There are many traditional observances associated with Rosh Hashanah. The most important one is hearing the blowing of the ram's horn during the synagogue services. This represents the trumpet blast of a people's coronation of God as King. It is a call to repentance.

Many also follow the custom of casting off, which is going to a body of flowing water, reciting several prayers, and symbolically throwing sins into the water.

There are also food traditions involved. The most delicious is the eating of apples dipped in honey for a sweet new year. Other popular foods at this time are round challah, honey cake, fish, pomegranate, and a festive holiday meal.



Grandparent's Day

This year, Grandparent's Day is Sunday, September 11th. Celebrating grandparents is relatively new with the holiday being signed into law in 1978. Traditionally in the U.S. and Canada, Grandparent's Day is celebrated the first Sunday after Labor Day. But in other countries, it is celebrated at different times. In the UK it is the first Sunday in October and in Mexico it is celebrated on August 28. Grandparents are wonderful caregivers (think about all the practice they have had!) with more than 2 million grandparents in the U.S. acting as the head of the household. Grandparents today are younger than ever with the median age of 48 years old.

Seven Benefits of Dancing

1. Dance is good exercise. It's a wonderful cardiovascular workout, and one that can be shared with a partner. It enables bodily movement and keeps the limbs stretched and limber.
2. Dance is fun. Of Course!!
3. Dance enables a sense of belonging.
4. Dance widens socialization.
5. Dance improves balance and coordination.
6. Dance improves self-confidence.
7. Dance creates happiness.

If you have been looking for a reason to dance, now you have 7! Dancing lifts moods which results in greater enjoyment and fulfillment. As a result of putting away the cares of the world and enjoying the moment, dancing uplifts the spirits. Dance makes exercise more fun and increases the likelihood you will engage in physical activity regularly and benefit from it. So, if you aren't sure where to start with exercising, turn on your favorite music and Dance!!

The first day of Fall

This year, the first day of Fall is September 22nd. There are many things that make fall wonderful besides the nice cool weather and crisp air. Football games, pumpkin patches, fall festivals, harvest, apple picking, colored leaves, and comforting fall foods like pumpkin pie and apple cider are all things to look forward to during this time of year!



**Wayne Senior Center at Wayne, Nebraska --
Informational Meeting
August 17, 2022**

An informational and informal meeting was held at 9:30 Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum Vice President: Carol Dunning, Secretary: Verna Mae Baier and Center Participant: Ginny Otte.

The Wayne Senior Center extended a sincere Thank you to Fransisco Morales for his time of service on the Center Board. Fransisco passed away August 5, 2022..

Coordinator Bertrand presented an overview of the August and September Highlights: September Newsletter is being finalized.

Upcoming important events:

Medicare Open Enrollment	3 sign up: times	October 25 November 10 November 29
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Flu Vaccination Clinic October 17

The 25 th Center/Library Anniversary	will be observed Friday, September 16.
Wayne Chamber Coffee	10:00 a.m.
Open House	2:00 - 3:00 p.m.

**Informational Meeting
August 22, 2022**

An informational and informal meeting was held at 9:30 a.m. Present: Coordinator: Diane Bertrand, Vice President: Carol Dunning, Treasurer: Keith Jech and Center participant: Ginny Otte.

An overview of the constitution was held and possible Constitution updates were discussed.

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

Verna Mae Baier, Secretary

PREPARING THE ELDERLY FOR AUTUMN AND RELATED HAZARDS

Wear Layers, When Going Out.

Throughout the fall, temperatures can begin to feel cooler. However with the fall season, especially in Nebraska, one can find that it may be warm during the day and chillier by the evening. Be prepared for both instances with a sweatshirt, light jacket, or a hat, according to where you are located.

Senior Care and Seasonal Vaccines.

Cold and flu season begins in the fall, so getting a seasonal flu vaccine can help prevent unwanted illnesses. Washing your hands thoroughly with hot, soapy water for at least 30 seconds prevents the spread of bacteria and germs. Be sure to get lots of sleep to strengthen your immune system to help your body naturally fight intruders.

Residential Maintenance.

For the elderly that are living by themselves may want to have a professional to check their heating systems. Even for those who reside in assisted living communities, now is an excellent time to grab a space heater or even two for those who feel cold. Never leave them unsupervised. Place at least 3 ft. between the heater and walls or curtains.

Outdoor Precautions and Senior Care.

Autumn remains warm enough to get out and enjoy outside activities. The autumn weather can present certain obstacles for the elderly since rains cause slick surfaces and falling foliage could cause risky and low visible walking conditions. There is plenty of work associated with maintaining a safe outside area and driveways throughout autumn, so hiring a professional service prevents debris buildup and keeps walking paths clear.

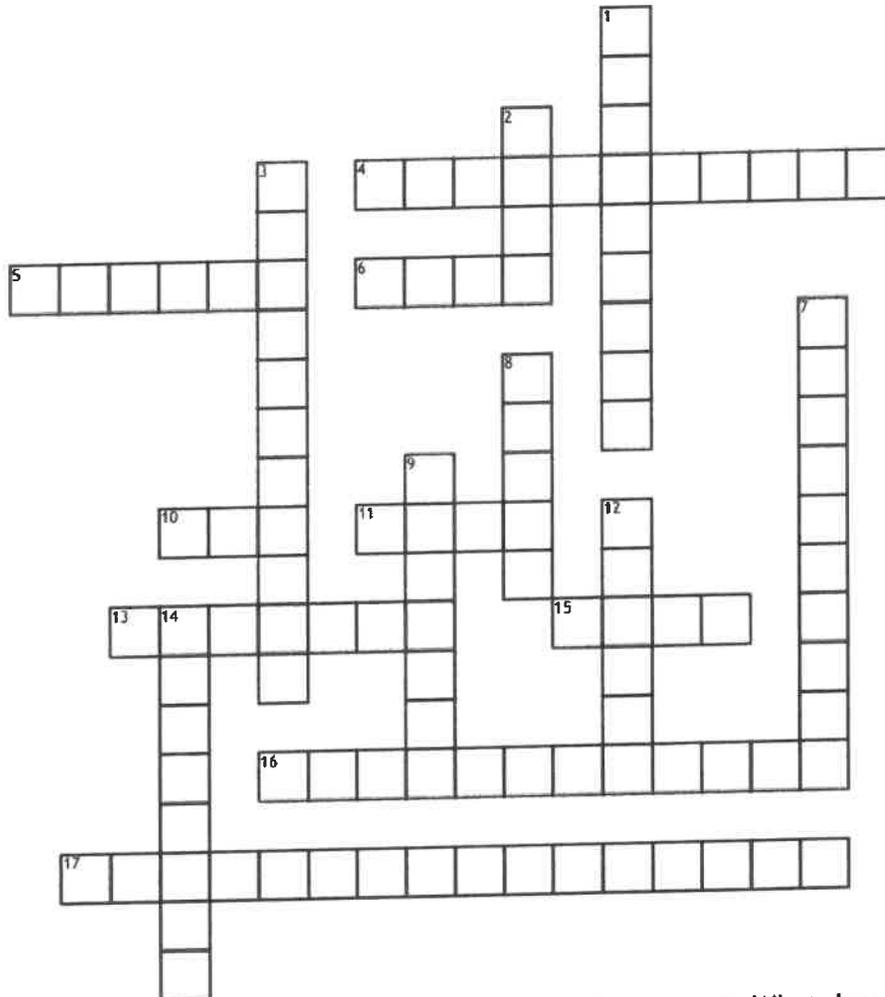
Be Prepared For an Emergency

Transitioning weather can cause storms leading to power outages, loss of heat, water and phone services. Inclement weather means a difficult time venturing out for essential supplies. Prepare for emergency situations:

- Store lots of non-perishables and clean water.
- Keep candles, fresh batteries, flashlights, extra blankets, and a battery-operated radio available.
- Don't wait on a crisis to establish a system of communication. Everyone, not just the elderly, living alone ought to create a "buddy system."

Keeping appropriate heat levels inside the home is an integral part of elderly care. It is unfortunate that many people are not able to afford for heating. Senior care and assistance programs provide a safe and clean environment for seniors where they have access to care and necessities to experience a high quality of life.

Grandparents



Across

4. What does Jeyliah call her grandparents?
5. What is Jeyliah's geandmother's favorite color?
6. In what war was Bryanna's granddad?
10. What is Jeyliah's grandmother's name?
11. What color car do Jillian's grandparents own?
13. From what country is Jordan's grandma?

15. What subject can Sadah's grandma not do?
16. What store does Bryanna's great grandpa own?
17. What is Shaylee's grandfather's business name?

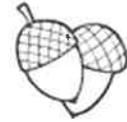
Down

1. What kind of dog do Jillian's grandparents own?
2. What is Jeyliah's grandmother's dog's name?
3. What does Sadah's grandma love?

7. What does Nate call his mom's parents?
8. How many dogs does Justin's Memaw have?
9. Where does Nate's dad's mother live?
12. What is Jordan's grandma's name?
14. What is Shaylee's grandfather's road named?



FALL



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



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|----------|----------|-----------|------------|
| acorn | colors | leaves | scarecrow |
| apples | fall | mushrooms | spiders |
| autumn | football | orange | squirrels |
| birds | frost | pumpkins | trees |
| bonfire | harvest | raking | vegetables |
| changing | jacket | red | yellow |



Tree Valley Academy



Labor Day

Labor Day is a legal public holiday observed annually on the first Monday in September in the U.S., Canada, and Bermuda. In other countries, it is celebrated on May 1. This holiday pays tribute to the contributions and achievements of workers. The first Labor Day in the U.S. was a parade in accordance with the plans of the Central Labor Union and Union Square in New York City on Tuesday, September 5, 1882 with over 10,000 people participating. After marching from City Hall, past reviewing stands in Union Square, and then uptown, the workers and their families gathered in the park for a picnic, concert, and speeches. The Central Labor Union held its second Labor Day holiday a year later.

Labor Day has a rich history. It was designed to appease city workers after multiple strikes and even violence. The Central Labor Union at that time urged other cities to follow New York's example to celebrate Workingmen's Holiday. In 1894, President Cleveland made Labor Day a federal holiday. This holiday was a creation of the labor movement and was dedicated to the social and economic achievements of American workers.

Labor Day also symbolizes the end of summer for many people. It is celebrated with picnics, parties, parades, and athletic events.

Occupations Word Game

Answers in the next column

1. Person who takes care of the health of people
2. Person who grows food
3. Person who delivers letters
4. Person who works in a library
5. Person who goes into space
6. Person who fixes automobiles
7. Person who makes pastries
8. Person who prepares food
9. Person who cares for animals
10. Person who performs in plays and movies
11. Person who builds homes
12. Person who flies planes
13. Person who writes
14. Person who put out fires
15. Person who performs music
16. Person who is in charge of a classroom
17. Person who races horses
18. Person who takes care of bookkeeping
19. Person who reads X-rays
20. Person who keeps the people safe

Occupations Answers

1. Doctor or Nurse
2. Farmer
3. Mailman
4. Librarian
5. Astronaut
6. Mechanic
7. Baker
8. Chef or Cook
9. Veterinarian
10. Actor or Actress
11. Construction Worker
12. Pilot
13. Author
14. Fireman
15. Musician
16. Teacher
17. Jockey
18. Accountant
19. Radiologist
20. Policeman

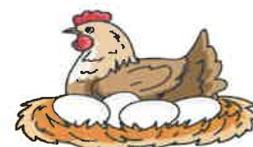


National Chicken Month!

September is National Chicken Month, so it is time to test your Chicken Knowledge!

Did you know?

- ◆ Some scientists believe chickens are the closest living relative to the T-Rex
- ◆ Today's chickens are descendants of wild fowl that roamed the dense jungles of primeval Asia
- ◆ France's King Henry IV stated in a coronation speech that he hoped each peasant in his kingdom would have a chicken in his pot every Sunday.
- ◆ Most of the birds raised for meat in America today are from the Cornish and the White Rock
- ◆ Chicken has not always been a reasonably priced meat. Before WWII, only the affluent and chicken farmers could afford to buy chicken. Due to the modern production methods that have developed over the years, the costs have decreased tremendously. The results are meat, eggs, and feathers
- ◆ The average domestic laying hen lays 255 eggs per year. The most eggs laid by a chicken in one day is seven!
- ◆ The state bird of Delaware is the Blue Hen chicken, noted for its fighting ability.
- ◆ It is illegal to eat chicken with a fork in Gainesville, GA, the Chicken Capital of the World
- ◆ More than half of all chicken entrees ordered in restaurants are fried chicken



OUR GENEROUS DONATIONS

Leroy & Carol Robbert, Julie Grone, Bob & Deann Behlers,
Loren & Dot Park, George Burcum, Fauneil Bennett,
Jim & Arlene Robinson, Darrel & Phyllis Rahn, John &
Anita Fuelberth, Paul Biermann, Donna Lundin, Jeanette
Swanson, Byron & Barbara Haier, Beverly Hansen,
Delmar & Betty Heithold Memorial, Ruth Maier,
Mardelle Brudigam, Janis Myer, Suzie Siefken, Richard &
Sharon Puckett, Pat Robinson, Bev Hansen for the Fransisco
Morales Memorial, Melvin Wilson Memorial,
White Farmhouse Realty— Joanne Baier Memorial
Sr. Center Quilt Group: Lyle & Sharon Van Cleave

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



Health Care Opportunities

Monday—September 12th; Starts at 9:15 am (Toe Nail)

Call to reserve a time. *Rachael is unable to provide
Toe Nail Care if you have a Diabetic Diagnosis*

Tuesday—September 13th: 9:45 to 11:45 am
Health Clinic

Thursday—September 15th: 11:00 to 11:45 am
Magnuson Eye Care Glasses Clinic

WHO'S WHO AT THE WAYNE SENIOR CENTER

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

Planting Perennials in the Fall

Autumn is a great time of year to plant perennial
flowers and bushes. The wonderful thing about
perennials is that they come back year after year
and bloom better with each passing year. There is
an old adage about perennials according to gar-
deners, "The first year they sleep, the second year
they creep, and the third year they leap."

When planting your perennials in the fall, it is
important to remember to cover all plants around
the stem, 6-8 inches out, with a landscape cloth
topped with mulch. This will protect them from
cold winter temperatures. Extend the mulch at
least 18 inches in a circular pattern. Once estab-
lished, it is also important to prune your perenni-
als each spring before the new growth starts but
be sure to wait until the danger of frost is past.
Plants that are diseased should be pruned in the



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.*