



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

May 2023



ATTENTION: WAYNE SENIOR CENTER KITCHEN RENOVATION

Hello everyone. I wanted to just give you a little overview of our busy month of May. Just a reminder that due to the extensive kitchen renovation project scheduled for the 1st week in May—May 1st through the 5th, there will be no meal preparation or delivery during that week. Our meal program will resume as normal on Monday, May 8th. The Center WILL be open for regular scheduled activities as usual. (Coffee available—no snacks). Staff will be available to take your calls between 7:00am - 4:00 pm. If you have any questions, please do not hesitate to give us a call. *Happy May Everyone!*

DRIVE THROUGH & CONGREGATE MEALS RESERVATIONS

We are still having a lot of confusion as to the last minute ability to switch from Drive Through & Congregate meal reservations. Misty does a great job in organizing our daily meal counts between Meals on Wheels—Drive through and Congregate meals. Our Drive through and Meals on Wheels are prepped, counted and placed in the oven by 9:00 am. Our Congregate meals are prepped, counted and in the oven at 10:00 am. If you need to change from congregare to drive through meals or Vice Versa, we need to be notified no later than 8:30 am in order to make this adjustment in the amount of meals going into the ovens at their designated times. All of the chilled portions of the MOW and Drive through are sealed, packaged up and separated into their specified delivery & pickup routes prior to 8:30 am. Our limited staff is on a very tight schedule to make sure Everything is done according to our daily schedules. We understand at times you have an emergency and need to make this change. Please give us a call and we will do our best to accommodate your request.. However, if a change is needed, we may not be able to dish up your food until 12:00 noon and you can pick it up at that time.

**HOMEMADE
WITH** 

What's Happening in April THIS MONTH'S HIGHLIGHTS MONDAY, MAY 1ST THROUGH FRIDAY, MAY 5TH KITCHEN CLOSED FOR RENOVATION . NO MEAL SERVICE THIS WEEK. CENTER WILL BE OPEN FOR SCHEDULED ACTIVITIES

Monday, May 8th

Toe nail care with Rachael

CALL FOR A TIME

Tuesday, May 9th

10:00 to 11:45 am: Health Clinic

Wednesday, May 10th

Monthly Birthday Party Day

Music by Bob Doughty—10:45 am

Thursday, May 11th

11:15 to 11:45 am: Magnuson/Hopkins

Eye Glass Care

Friday, May 12th

11:30 am—Music by Dan Hansen

Time with friends from WHCC

Wednesday, May 17th

10:45 am—Music by Bob Doughty

12:30—Monthly Board Meeting

Thursday, May 18th

11:45 am—Brenda Johnson from

League of Human Dignity

Friday, May 19th

11:30 am—Music by Connie Webber

Wednesday, May 24

10:45 am—Music by Bob Doughty

Monday, May 29th

CLOSED FOR MEMORIAL

DAY HOLIDAY

Wednesday, May 31st

10:00 am—Care givers Meeting

Kathy Mohlfeld speaker

11:30 am—Music by Deb Dickey

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!

May Day

May Day is a celebration with a long and varied history, dating back millennia. Throughout the years, there have been many different events and festivities worldwide, most with the express purpose of welcoming in a change of season. In the 19th century, May Day took on a new meaning, as an International Workers' Day grew out of the 19th century labor movement for worker's rights and an eight-hour workday in the United States.

The Celts of the British Isles believed May 1st to be the most important day of the year, when the festival of Beltane was held. The May Day festival was thought to divide the year in half, between the light and the dark. Symbolic fire was one of the main rituals of the festival, helping to celebrate the return of life and fertility to the world. When the Romans took over the British Isles, they brought with them their five-day celebration known as Floralia, devoted to the worship of the goddess of flowers, Flora. Taking place between April 20 and May 2, the rituals of this celebration were eventually combined with Beltane.

Another popular tradition of May Day involves the maypole. While the exact origins of the maypole remain unknown, the annual traditions surrounding it can be traced back to medieval times, and some are still celebrated today. Villagers would enter the woods to find a maypole that was set up for the day in small towns. The day's festivities involved merriment, as people would dance around the pole clad with colorful streamers and ribbons. The maypole never really took root in America, where May Day celebrations were discouraged by the Puritans. But other forms of celebrations did find their way to the New World.

During the 19th and 20th centuries, May Basket Day was celebrated across the country, where baskets were created with flowers, candies and other treats and hung on the doors of friends, neighbors and loved one on May 1.

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.



Fun May Facts!

Research conducted by the University of Columbia has shown that people who are born in May have a lower risk of acquiring respiratory, neurological, cardiovascular, and reproductive diseases.

International Workers Day

The connection between May Day and labor rights began in the United States. During the 19th century, at the height of the Industrial Revolution, thousands of men, women, and children were dying every year from poor working conditions and long hours. In an attempt to end these inhumane conditions, the Federation of Organized Trades and Labor Unions held a convention in Chicago in 1884. They proclaimed "eight hours shall constitute a legal day's labor from and after May 1, 1886."

On May 1, 1886, more than 300,000 workers from 13,000 businesses walked out of their jobs across the country. In the following days, more workers joined. Overall, the protests were peaceful, but that all changed on May 3 where Chicago police and workers clashed at the McCormick Reaper Works. The next day a rally was planned at the Haymarket Square to protest the killing and wounding of several workers by police.

The speaker was winding down when a group of officers arrived to disperse the crowd. As the police advanced, an individual who was never identified threw a bomb into their ranks. Chaos ensued, and at least seven police officers and eight civilians died as a result of the violence that day.

The workers' history of May 1 was eventually embraced by many governments worldwide.



Cinco de Mayo

Cinco de Mayo is not Mexican Independence Day, a popular misconception. Instead, it commemorates a single battle. In 1861, Benito Juarez, a lawyer and member of the Indigenous Zapotec tribe, was elected president of Mexico. At the time, the country was in financial ruin after years of internal strife, and the new president was forced to default on debt payments to European governments.

In response, France, Britain, and Spain sent naval forces to Veracruz, Mexico, demanding repayment. Britain and Spain negotiated with Mexico and withdrew their forces.

France, however, ruled by Napoleon III, decided to use the opportunity to carve an empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large force of troops and driving President Juarez and his government into retreat.

Certain the success would come swiftly, 6,000 French troops set out to attack Puebla de Los Angeles. Juarez rounded up 2,000 loyal men and sent them to Puebla. Vastly outnumbered and poorly supplied, the battle lasted one day. The French retreated having lost 500 soldiers, fewer than 100 Mexicans had been killed. This was a great victory for the Mexican government.

The Month of May

housecleaning

open windows

flowerbeds

baseball

outdoors

planting

sunshine

veterans

holiday

liberty

picnics

showers

walking

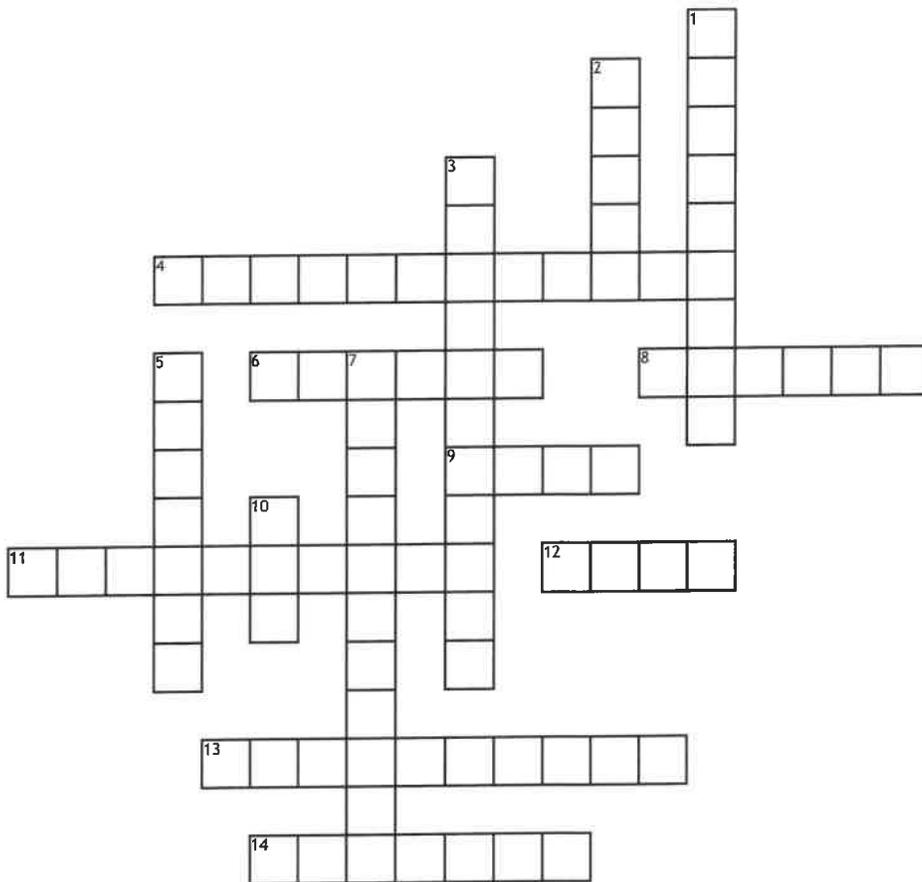
mowing

flags



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

Memorial Day



Across

4. It is a tradition to fly this on memorial day.
 6. Memorial Day often is treated as the beginning of this season.
 8. The day of the week that Memorial Day is celebrated.
 9. This is often played at ceremonies on Memorial Day.
 11. Memorial Day used to be known as _____ Day.
 12. The flag only stays at half staff until this time.

13. The Flower used as the symbol of remembrance
 14. In May of 2000 this President declared a National Moment of Remembrance at 3pm Central time.

Down

1. Each year the 3rd U.S. Infantry places a small American flag before the gravestones and niches of service members buried at this National Cemetery.

2. Memorial Day originated from the _____ War.
 3. Often decorated with flowers for Fallen Soldiers.
 5. This state is the official birthplace of Memorial Day.
 7. This was the only southern state willing to celebrate the first Memorial Day.
 10. The month Memorial Day falls in.

5 Spring Tips for Caregivers

Resource: Caregiver, Mental Health

The arrival of spring is cause for celebration and creates an opportunity to switch things up as a caregiver. As you enter into a new season, it's a great time to adjust your space or schedule. Positive changes can help foster mental clarity and give fresh perspectives to the caregiver and the person receiving care.

1. Update their diet

It is essential to make changes to the diet of the person you are caring for every now and then. Take advantage of the seasonal fruits or vegetables that may be in abundance to optimize your client's health. Refreshing their diet can help them adjust to the increased level of activity or time outside they may be able to experience this season. In the case of increased activity, consider adding foods that provide more energy or calories.

2. Take advantage of the beautiful weather outside

During spring, flowers begin to bloom, and it gets warmer in the day and cool at night. Spending time outdoors in warm weather can improve clients' overall well-being, directly impacting their mood. Getting outside can even improve health. Moderate exposure to sunlight for older adults who are at risk for low vitamin D strengthens bones and may reduce the risk of colorectal cancer, hip fractures, stroke, and heart attack.

3. Spring cleaning

Reducing clutter in the home every season is essential. However, a deeper cleaning to make the air more breathable and the space more comfortable is a necessary step and this is the perfect season. It's a great way to reduce stress and clutter for both the caregiver and the client.

4. Plan a vacation or day trip

Vacations can provide people with a change of scenery and a new environment to relax in. They can offer a much-needed break from the daily pressures of life and allow your client to meet new people and explore new places. If a long vacation is not feasible, then even a brief day trip can provide a much-needed change of scenery after being cooped up over the winter.

5. Remember, self-care is essential

Spring for caregivers does not mean getting hyper focused on the client and spending less time on yourself. Remember to clean your own space and do something fun for yourself too. It's important to maintain your mental well-being so you can continue to be a great caregiver.

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
April 19, 2023**

The monthly meeting of the Wayne Senior Center was held with President George Burcum calling the meeting to order. (12:30 p.m.) Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum Vice President: Carol Dunning, Secretary: Verna Mae Baier, Board Member: Joan Lage and Interim Treasurer: Jeanette Swanson

The minutes of the March 15, 2023 meeting were approved as published in the April Senior Star in a motion by Jeanette Swanson and seconded by Joan Lage.. Motion carried.

Treasurer Jeanette Swanson presented financial information for 3-15-23 through 4-18-23 with expenses of \$183.84.. [MOW Oliver trays: \$100.00, Freight & shipping: \$16.99, Vacuum bags and labor: :\$36.90, Electric knife: \$29.95]. This amount of expenses was approved in a motion by Carol Dunning and seconded by Joan Lage. Motion carried and this financial report was accepted.

Coordinator Bertrand presented an overview of April and May. The May newsletter is being prepared. Kitchen Renovation will be the week of May 1-6. The kitchen will be closed; no meals. The Center will be open for regular activities: e.g. cards, pool and puzzling.

Coordinator Bertrand presented an update on the Kitchen Renovation. The use of ARPA funds was presented: Use of C Funds: cupboards will be renovated, kitchen dishwasher removed and update on the island area,, installation of Maralite around dishwasher and steam table, and general kitchen painting. Use of B Funds: carpet shampooer and battery operated vacuum cleaner. Some additional possibilities were discussed, depending on availability.

Results of III E Evaluation on March 29 were presented. All the activities connected with the Care Givers group were found to be commendable and acceptable. Coordinator Bertrand will be attending a Care Givers manager meeting of Wednesday, April 26,

Meal Reservations and Daily counts were discussed. The numbers continue to be very good.

Board Update: Ginny Otte continues her surgical recovery and Jeanette Swanson continues the duty of treasurer. She was commended on her work.

Volunteer appreciation will be observed. Volunteers are of the utmost importance.

Additional Senior Center summer activities were discussed. More information later after the kitchen renovation is completed.

No additional items were presented. The meeting was adjourned at 1:20 p.m.

The next meeting will be May 17, 2023.

Verna Mae Baier, Secretary

PLEASE NOTICE

NO MEALS: May 1st—May 5th due to Kitchen remodel! Center WILL be open for scheduled activities

Center will be CLOSED for Memorial Day Holiday—Monday May 29th

Mother's Day

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards, and other gifts.

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as Mothering Sunday.

Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their mother church—the main church in the vicinity of their home—for a special service.

Over time, the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

In the United States, in the years before the Civil War, Ann Reeves Jarvis of West Virginia helped start "Mother's Day Work Clubs" to teach local women how to properly care for their children. These clubs later became a unifying force in a region of the country still divided over the Civil War. In 1868 Jarvis organized "Mother's Friendship Day" at which mothers gathered with former Union and Confederate soldiers to promote reconciliation.

While versions of Mother's Day are celebrated worldwide, traditions vary depending on the country. In Thailand, for example, Mother's Day is always celebrated in August on the birthday of the current queen, Sirikit. Another alternate observance can be found in Ethiopia, where families gather each fall to sing songs and eat a large feast as part of Antrosht, a multi-day celebration honoring motherhood.

Did You Know?

More phone calls are made on Mother's Day than any other day of the year. These holiday chats with Mom often cause phone traffic to spike by as much as 37 percent.



Memorial Day

The Civil War, which ended in the spring of 1865, claimed more lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries.

By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.

On May 5, 1868, General John A. Logan called for a nationwide day of remembrance later that month. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil War. But during World War I the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars, including World War II, The Vietnam War, The Korean War, and the wars in Iraq and Afghanistan.

Cities and towns across the United States host Memorial Day parades each year, often incorporating military personnel and members of veterans' organizations.

Americans also observe Memorial Day by visiting cemeteries and memorials. Some people wear a red poppy in remembrance of those fallen in war—a tradition that began with a World War I poem. On a less somber note, many people take weekend trips or throw parties and barbecues on the holiday, perhaps because Memorial Day weekend unofficially marks the beginning of summer.



Memorial Day Trivia

- What city is known as the birthplace of Memorial Day?
⇒ Waterloo, New York
- Memorial Day was originally known as what?
⇒ Decoration Day
- When was Memorial Day named as such by the federal government?
⇒ 1967
- Arlington National Cemetery used to be a plantation belonging to whom?
⇒ Robert E. Lee
- When was the Tomb of the Unknowns at Arlington National Cemetery established?
⇒ November 11, 1921

OUR GENEROUS DONATIONS

Ardyce Mayberry, Carol Bowermeister, Phyllis Rahn,
Barbra & Byron Heier, Janis Myers, Donna Lundin,
Janet Reeg, Mardelle Brudigam, Janet Bull,
Bob & Deann Behlers, Nancy Jo Powers, Kathy Johnson,
George & Susan Burcum, Phyllis Rahn, Don & Jan Zeiss,
Bev Ruwe, Ardyce Stanley, John & Anita Fuelberth,
Carol Dunning, Jean Ping, Arlene & Jim Robinson

Memoials: Vera Longe from— Lila Splittgerber

Marcella Larson from— Lila Splittgerber

**Thanks to Country View & Kinship for sponsoring our
Luncheon Drawings & Monthly Birthday Treat
& Helping with We Serve Wed. & Fine Dining Friday**

**Thanks to our talented Musicians and all of our dedicated
Center-Kitchen & MOW Volunteers!**

**Thanks to PMC for sponsoring our April Pie Day, And
assisting with serving our Easter Meal**

**A Special Thanks to all who help bring snacks for our
2:30 pm Coffee Time.**

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	Head Cook / Kitchen Manager
Jill Lehmkuhl	Office Assistant / Dispatch
Phil Does	Kitchen Aide / Sub Van Driver
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Terry King	Van Driver
Denny Spangler	Sub Van Driver
Verdel Lutt	Sub Van Driver
Anaka Brasch	Sub Kitchen Aide
Halie Chinn	Sub Office Asst.
George Burcum	President
Carol Dunning	Vice President
Verna Mae Baier	Secretary
Ginny Otte	Treasurer
Joan Lage	Board Member
Jeanette Swanson	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.

Kentucky Derby

The Kentucky Derby's long history began in 1872, when Meriwether Lewis Clark, the grandson of William Clark—of the famed pair Lewis and Clark— traveled to Europe. While there, Clark attended the Epsom Derby in England, a well-known horse race run since 1780, and also fraternized with the French Jockey Club. Clark was inspired by his travels and experiences, and upon his return, was determined to create a spectacle horse racing event in the States. On May 17, 1875, the racetrack opened its gates and the Louisville Jockey Club sponsored the very first Kentucky Derby.

As with any major event, the Kentucky Derby has undergone various changes over the course of three centuries. From shortening the distance of the race, the introduction of traditions like draping the winning horse in a garland of roses, to the growing size of Derby crowds, the Kentucky Derby has embraced the change of time, while honoring the integrity of the spectacle race set forth by Meriwether Lewis Clark.



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 time, Nutritious Meals 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.***