

# The Senior Star

410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

June 2023

**Happy June everyone:** We have had A LOT of changes over the past month. Our Kitchen renovation project was a success and our Kitchen is Beautiful. With the Use of ARPA Funds which came in Additional Income from an increase in reimbursement to all NENAAA III C contractors for meals served between July 1st, 2022 through December 31st, 2022. With these funds we were able to cover the cost to replace our Kitchen Cabinets and counter tops as well as upgrade the plumbing to meet HHS requirements. All of our staff worked **extremely** hard through out the week our kitchen was closed for meals: Taking out the old cabinets & counter tops —painting our entire kitchen and deep cleaning throughout the kitchen area & equipment and doing some Spring cleaning within the Center as well. If you haven't seen our Kitchen remodel yet—please stop in and check it out. You might even catch Missy Hugging her new counters. Make sure to look over our June menu and activities and sign up early for your favorite meal. Some days our 80 meal limit fills up Fast!!!



## SPOTLIGHT ON OUR MUSIC IN JUNE!

\* **Come join us every Wednesday** and listen to our favorite Cowboy—**Bob Doughty**: Playing from 10:45 to 11:45 am

\* **NEW on Friday, June 16th**: Music by Terry King—playing from 11:15 to 11:45 am. Terry has been driving for the Wayne City transit over the past few months. Terry and his wife Elizabeth own the “Rose Cottage” Bed and Breakfast here in Wayne. Terry was originally from Nashville, TN area and has been on stage for 50 years. He first stepped onto the Grand Old Opry stage at the age of 19 and remained in various genres’ of music throughout his life after leaving country music behind for a while. After returning to Nashville in 1982—toured the US and Canada with several famous country artists: Shelly West, Mell Tillis and Patty Loveless (to name a few). He has remained active in his passion of music throughout Nebraska over the past several years.

\* **Friday—June 2nd** from 11:30 to 12:00 noon: Piano Music by Dan Hansen

\* **Friday—June 23rd** from 11:30 to noon. Piano Music by Connie Webber

**COME EARLY AND ENJOY THE MANY TALENTS OF OUR LOCAL MUSICIANS!** What a great way to enjoy spending time together and Enjoying a Fantastic meal with your friends!

**REMEMBER TO SIGN UP EARLY  
TO RESERVE YOUR MEAL!**

## What's Happening in June

### **Friday, June 2nd**

11:30 AM—Music by Dan Hansen  
Senior Day Luncheon Certificates  
By Country View

### **Tuesday, June 6th**

Special Luncheon Certificates  
By Kinship

### **Wednesday, June 7th**

Monthly Birthday Party  
10:45 am—Music by Bob Doughty

### **Thursday, June 8th**

11:15 to 11:45 am  
Eye Glass Care with Wayne Eye Care

### **Monday, June 12th**

Toe Nail Care with Rachael  
CALL FOR A TIME

### **Tuesday, June 13th**

10:00 to 11:45 am  
Health Clinic: Katie of Senior Solutions

### **Wednesday, June 14th**

We serve Wednesday with Hillcrest-Laurel  
10:45—Music by Bob Doughty

### **Friday, June 16th**

11:15 to 11:45 am—Music by Terry King  
*HAPPY FATHER'S DAY*

*Fine Dining Friday with Kinship*

### **Monday, June 19th**

**CLOSED**—Juneteenth Holiday  
**Wednesday, June 21st**

We Serve Wednesday with Hillcrest - Laurel  
10:45—Music by Bob Doughty

12:30 pm—Monthly Board Meeting

### **Friday, June 23rd**

11:30 Music by Connie Webber  
**Wednesday, June 28th**

10:00 am—Caregiver Group meets  
10:45—Music by Bob Doughty

Special Luncheon Drawing by Kinship  
**Thursday, June 29th**

Inspirational Presentation by  
Zachary Jorgensen

## **SEE NEWSLETTER FOR DETAILS**

As always there are daily activities of AM and PM Coffee, Walking, FROGS, Puzzling, Quilting, Pool, Bridge, Hand & Foot, Pitch, Skip Bo and Bingo. See the Activities calendar for the full schedule of all of these events.

**We look forward to seeing you here!**

## Juneteenth

June 19th is a day of observance celebrating the freedom of those who were once enslaved. In addition to Juneteenth, this day has also been referred to as Freedom Day or Emancipation Day.

The Emancipation Proclamation freed some slaves, but not all of them. The proclamation was written and issued during the Civil War. President Abraham Lincoln issued this proclamation in two orders. The first order was signed September 22, 1862. This order was a preliminary announcement of what was to occur in the second order which was issued January 1, 1863. The proclamation ordered that all slaves be freed in the states of the Confederacy that had not returned to federal control by January 1, 1863. There were 10 states that were named in the second order.

Juneteenth is most significant because it is a holiday that is the oldest observance of the end of slavery in this country. Two thousand federal troops led by General Gordon Granger arrived at Galveston, Texas with a document that ordered the end of slavery. The Civil War had ended, and all slaves were free. Granger read the General Order Number 3 on the balcony of the Ashton Villa. This was two and a half years after Lincoln signed the Emancipation Proclamation. Texas was the last state to free the slaves.



### June: Fun Facts, Folklore

June was most likely named for the goddess Juno, the patroness of marriage and childbirth. Juno, in Roman religion, was the chief goddess and female counterpart of Jupiter. Perhaps not surprisingly given her role of protector of women and children, this powerful queen of the gods was also considered the fierce protector and special counselor of the state and a guardian angel warning those in times of danger.

### There are many fun days to celebrate in June:

- ⇒ June 1: Say Something Nice Day
- ⇒ June 3: Chimborazo Day
- ⇒ June 6: National Yo-Yo Day
- ⇒ June 8: Upsy Daisy Day
- ⇒ June 21: Go Skateboarding Day
- ⇒ June 30: Asteroid Day

### Weather Folklore

If June be sunny, harvest comes early.  
If June be damp and warm does the farmer no harm.



## Fathers Day

The American tradition of celebrating Father's Day was the idea of Sonora Smart Dodd of Spokane, Washington. She got it 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 to Spokane city officials 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 changed to June 19. Newspapers across the country, already encouraging a celebration of Mother's Day, carried stories about the Spokane observance. However, Father's Day was not accepted as quickly 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 many areas of the U.S. Although President Lyndon Johnson signed a Presidential proclamation in 1966 to celebrate it that year, the official recognition took place on April 24, 1972, more than 62 years after it was proposed. President Richard Nixon signed a Congressional resolution declaring the third Sunday in June as Father's Day.

In the U.S., Father's Day is the fifth largest card-sending occasion with over 100 million cards given. The symbols are roses and ties. Red roses are a tribute for living fathers and white roses for deceased fathers. What Mother's Day did for the florist industry, Father's Day did for the necktie industry. Neckties appeared on the earliest Father's Day greeting cards.



### Things You Will Never Hear a Father Say

- ◆ I'm lost. Let's stop and ask for directions.
- ◆ Why don't we turn the TV off? I'm tired of watching the game.
- ◆ How much money do you need? I can pay for it.
- ◆ Nice to meet you, Nick. Sure, you can keep my daughter out until midnight.
- ◆ Yes, son. You can have a party when we're out of town.
- ◆ I really don't know how that works.
- ◆ A new care for your birthday? No problem!
- ◆ You don't need to get a job. You can live with Mom and me as long as you want.
- ◆ Sure, you can have the remote control!
- ◆ Let me do the laundry for you, dear!

**Wayne Senior Center at Wayne, Nebraska --**  
**Monthly Business Meeting**  
**May 17, 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 April 19, 2023 meeting were approved as published in the May Senior Star in a motion by Carol Dunning and seconded by Jeanette Swanson.. Motion carried.

Treasurer Jeanette Swanson informed the Board of a change from last month's report on the Money Market account. The interest was incorrectly stated. Joan Lage made a motion to accept the correction. Seconded by Verna Mae Baier. Motion carried. Treasurer Swanson presented financial information for 4-19-23 through 5-17-23 with expenses of \$76.46.. [Supplies from Sam's Club: \$76.46]. This amount of expenses was approved in a motion by Joan Lage and seconded by Carol Dunning. Motion carried and this financial report was accepted.

Coordinator Bertrand presented an overview of May and June.. The June newsletter is being prepared. Father's Day will be observed featuring entertainment The Center will be closed June 19 -- Federal Holiday

The Fire Alarm activated several times on May 16; in the morning, again in the afternoon and again in the evening. The Wayne Fire Department responded accordingly. Some sensors were believed to be the reason.

Coordinator Bertrand announced the use of ARPA funds for the recent renovation. C Funds were used for cupboards, counter tops, paint and chem light. Remaining funds will be used for a new steam table. Coordinator Bertrand and her staff are to be greatly commended for their work on this project. MANY THANKS.

The Patch Grant Funds were utilized for a new roaster, commercial can opener and update on the Oliver system.

Kitchen Equipment Overview: The condenser fans on the 2-door refrigerator/cooler malfunctioned and need to be replaced. Changes will be made with a new Single door cooler arriving and the present one will be placed in the walk-in cooler room. Lawler's will be making all these changes. They have proven to be reliable and prompt.

Meal Reservations and Daily counts were discussed. The numbers continue to increase, especially the Drive-Thru. Participants are reminded of the hours: MOW: 10:50-11:00 (pick up time) Drive Thru: 11:15 11:30. Congregate Meals begin: 11:45. Preparation for these different meal times over lap and the kitchen is constantly at work to make all this a reality.

Board Update: Ginny Otte presented a request to be relieved of her duties as Board treasurer. She was commended on her work. Carol Dunning made a motion to appoint Jeanette Swanson as Board Treasurer. Seconded by Joan Lage. Motion carried. Jeanette Swanson agreed to this appointment. (Thanks) Other Board members will remain in place.

No additional items were presented. The meeting was adjourned at 1:00 p.m.

The next meeting will be June 21, 2023.

Verna Mae Baier, Secretary

# 3 Steps to Prepare Older Loved Ones for Severe Weather

Tornadoes, hurricanes, [wildfires](#) and other severe weather events can cause significant emotional, physical and financial distress to those in their path. Planning ahead in case of an emergency is the key to staying safe and reducing impact, especially for older adults who may be dealing with things like mobility issues or other physical or medical challenges.

However, according to a recent report from the [National Poll on Healthy Aging](#), many older adults have not taken key steps recommended by disaster preparedness agencies. Less than half of respondents said they had signed up to receive alerts through their community's emergency warning system, and three in four individuals who use medical equipment that requires electricity did not have an alternative power source.

“Navigating severe weather and emergencies can be extremely stressful, but for older adults who may need to consider mobility issues, vision impairment, medication management, and other challenges, it may be harder to prepare and respond to these events,” said Lakelyn Hogan Eichenberger, Ph.D., gerontologist and caregiving advocate at Home Instead. “Creating a plan, organizing important documents and relying on the support of friends, family members, and caregivers, can go a long way in helping seniors feel safe.”

## 3 Steps to Prepare Older Adults for Extreme Weather

### Step 1: Create a Communication Plan

- Create a plan for your aging loved one that includes where they will go, who they will call, and what they will take with them if they need to leave home in the event of a weather emergency. Be sure to practice with a loved one. Have a back-up plan for who an older adult can check in with if a family member is unavailable – either a neighbor, caregiver, or family friend.
- Don't rely on a cell phone contact list. Create a hard copy with contact information for family members and friends and leave a copy by the phone and in an emergency kit. Make sure all family caregivers have this list, as well as neighbors and professional caregivers who may be checking in.
- Designate one local contact and one out-of-town contact to call during or after a disaster. Long-distance calls may be easier to make when local areas are impacted. Ensure everyone is on board with this chain of communication.

### Step 2: Be Prepared to Evacuate

- Pack an emergency ready kit with medications, essential medical supplies, non-perishable snacks, bottled water, local maps, a flashlight with extra batteries, and a cell phone with a charger and backup battery. Include important documents such as identification, insurance cards, and key financial information, emergency contact information, and a copy of your will.
- Plan on where you will go during an evacuation. Keep a copy of exit routes and meeting locations in a convenient place. If not ordered to evacuate, go to the basement during a tornado. During a hurricane or tropical storm, sheltering in an interior room, closet, or hallway is best.
- It might also be a good time to review an older adult's [Home Safety Checklist](#) to make sure that there is a safe way to exit or shelter in place.

### Step 3: Stay Informed

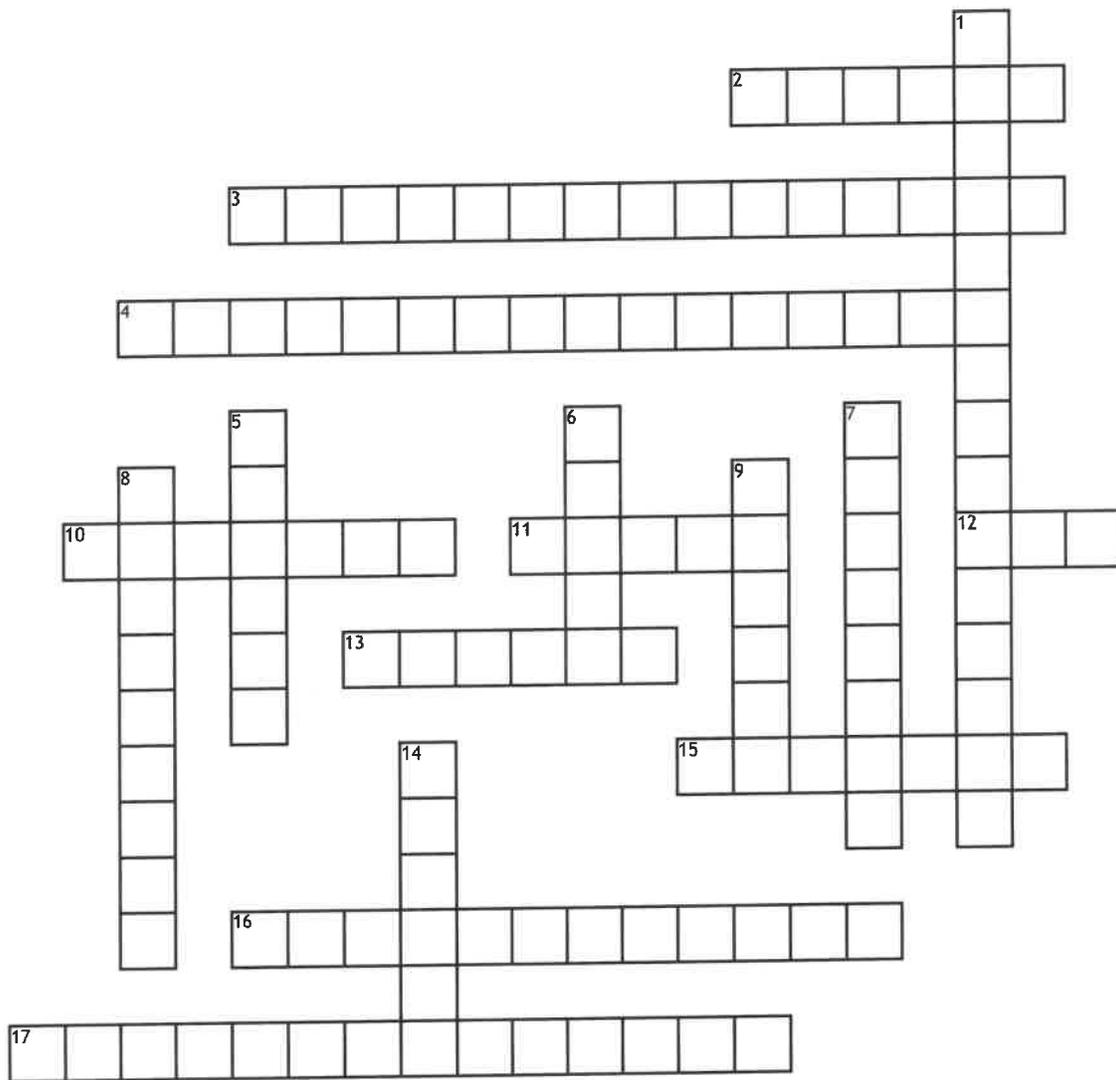
- Be aware of emergency resources, such as local plans for emergency alerts, evacuation, and shelter resources available in your loved one's community. Visit the [Local Area Agency on Aging](#) or area community center for resources and recommendations for your region.
- Set up weather alerts on your aging loved one's phone to get severe weather alerts and live updates. Out-of-town family can also set up weather alerts for a loved one's area, so they are aware of when there is an emergency.

# June

B H K E L Y N N E A E K A L L F B Z M A R C I E  
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 N P A R D N A S S A C Y M J W C T Y E N E W H J

Colleen	David	Steve	Jan	Norlan	Kerri	Erica
Kim	Cynthia	Brooklyn	Brandy	Jackie	Marcie	Lacey
Tara	Dan	Angela	Lindsey	Nichol	Lynnea	Meghan
Joanne	Ashley	Emily	Christina	Jennifer	Lori	Cheryl
Cassandra	Robin	Kayla	Jay	Alexis	Lukas	Diane
Dawn	Melissa	Linda	Chris			

# Fathers day



## Across

- 2. Top of the family hierarchy
- 3. What y'all got
- 4. Gift for day
- 10. Reason why I am eating
- 11. What does Tracy have?
- 12. Bag with your name on it

- 13. Fetch me my
- 15. Chicken that makes you feel good
- 16. If it's running you should go catch it
- 17. Secret ingredient for latte's

## Down

- 1. A Christmas tradition
- 5. As fluffy as a cloud

- 6. To push one food
- 7. "Sayonara \_\_\_\_\_"
- 8. Dad (informally)
- 9. Worlds greatest (some may say)
- 14. A flavor of crumble cookies

### Presentation by Zachary Jorgensen

**Thursday, June 29th (following meal service)**  
**Zachary was diagnosed with Duchenne Muscular Dystrophy at the age of 5. He grew up in Wayne, Graduated from Wayne High and the University of Omaha. He is the son of Joel and Shelly Jorgensen and the Grandson of Cynthia Jorgensen. Zachary is an inspirational speaker and author of Children's books based on encouragement of children with Special Needs. Make your meal reservation early To come listen to Zachary's amazing Life's Journey!**

### **Ice Cream Soda Day**

The start of summer can be hot and muggy. An ice cream soda (also known as an ice cream float) is a flavorful way to cool off. The flavors of ice cream sodas are your choice. Chocolate and vanilla are the most popular, but don't shy away from being creative with the flavors of ice cream or soda.

Until the 1960s, it was common for both small town and big city dwellers to enjoy carbonated beverages at local soda fountains. Often housed together with a pharmacy, the soda fountain counters served as meeting places for people of all ages.

### **Trivia**

- ◇ The term "soda water" was first coined in 1798.
- ◇ The first soda fountain patent was granted to Samuel Fahnestock in 1819.
- ◇ The birth of the soda fountain began with the drug revolution of the 1850s. People went to their local drugstores to procure fountain drinks to cure or aid some physical maladies. Many of the fountain drinks were concoctions or extracts of various drugs that were flavored and effervesced to make them palatable. Drugs like cocaine and caffeine were the most famous, but bromides and various plants extracts were also commonly dispensed.
- ◇ Many of the fountain drinks made by those early druggists contained cocaine and caffeine. The combination of cocaine and caffeine was used to effectively cure headaches. The problem was that rebound headaches would follow, and the patients would be back frequently for more drinks to get rid of the pain.
- ◇ At that time, most doctors, druggists, and the public believed that stimulants were good. These new drugs were looked upon as completely safe and effective.
- ◇ In the 1880s, ice cream parlors became popular.
- ◇ By the early 1920s, just about every drugstore had a soda fountain. The reason for the explosion of soda fountains was most likely that prohibition began in 1919, and soda fountains filled the social void caused by the closing of bars.
- ◇ Soda drinks began to be viewed as habit-forming and eventually were looked down upon. Soda fountains developed a reputation for serving intoxicating beverages. Many pharmacies began to distance themselves from the bad reputation that developed as result of the habit-forming products sold from the 1860s through the early 1900s.

### **Person, Place, or Thing?**

1. The land was purchased in 1802 by one of George Washington's adopted children from Martha Washington's first marriage. His grandchild inherited the land at age three.
2. George Washington Parke Custis intended the mansion and 1,100 acres to be a living memorial to President Washington.
3. The intended name of the estate was Mount Washington.
4. Custis hired English architect George Hadfield to design the estate which took 16 years to complete.
5. Custis and his wife lived on the estate until their deaths in the 1850s, and the property was willed to their only child, Mary Anna. On her death, the estate would be handed down to her oldest son, not to her husband.
6. As the Civil War approached, President Lincoln offered Mary Anna's husband command of the Federal Army. He declined and was named a major general for the Virginia military forces; his classmates deemed this move treason.
7. Mary Anna left the estate at the beginning of the war. The government insisted that the taxes on the property be paid in person which was an impossibility during war. The Federal government purchased the property for "government use, war, military, charitable, and educational purposes."
8. The government dedicated a model community for freed slaves and named it Freedman's Village. More than 1,100 freed slaves were given land to farm and live on during the and after the Civil War.
9. In 1882, Mary Anna's son sued the government for illegally confiscating the estate. In a 5-4 decision, the Supreme Court agreed, and the government was forced to pay him \$150,000 for the property. Freedman's Village, but not its cemetery, was removed.
10. Today, the estate is divided into 70 sections.
11. The estate is the final resting place for two U.S. Presidents.
12. The estate is also the final resting place for casualties of any war or military action, serving the United States military. There are also memorials for nurses, explorers, and historical figures.

### **What Am I?**



**OUR GENEROUS DONATIONS**

Janet Bull– Darrel & Sara Danielson– Donna Lundin– Betty Wilson– Bob Edith Zahniser– Hilbert & Kathleen Johs- Nancy Jo Powers– Carol Robbert– Alvin Anderson– Lee Larson– Ardyce Stanley– Ruth & Charles Maier– Jeanine Anderson– Jean Ping– Bev Ruwe– Mardelle Brudigan– Larry & Martha Broderson– Joyce & Earl Lundahl Don & Jan Zeiss– Janis Myers  
Bill & Jerry Sharpe- Kathy Johnson  
Thursday Bridge Group– Ashley Mulhair

**Thanks to Country View & Kinship for sponsoring our Luncheon Drawings & Monthly Birthday Treats & Help Serve on We Serve Wed. & Fine Dining Fridays, Thanks to our talented Musicians and all of our dedicated Center Kitchen & MOW Volunteer!**

**Thanks to PMC for sponsoring our May Pie Day and help serve our Easter Dinner meal. A Special Thanks to all who help bring snacks for our 2:30pm Coffee Time! PLEASE—If you are able to help with providing a 2:30 snack—sign up on our Snack Calendar on entry table.**

**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



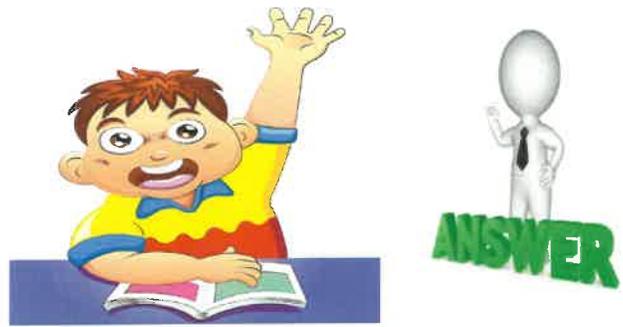
**WHO'S WHO AT THE WAYNE SENIOR CENTER**

- |                  |                               |
|------------------|-------------------------------|
| Diane Bertrand   | Manager                       |
| Misty Brasch     | Head Cook / Kitchen Manager   |
| Jill Lemkuhl     | Office Assistant / Dispatch   |
| Phil Does        | Kitchen Aide / Sub Van Driver |
| Roger Hochstein  | Van Driver                    |
| Dan Carroll      | Van Driver                    |
| Terry King       | Van Driver                    |
| Verdel Lutt      | Sub Van Driver                |
| Anaka Brasch     | Sub Kitchen Aide              |
| George Burcum    | President                     |
| Carol Dunning    | Vice President                |
| Verna Mae Baier  | Secretary                     |
| Jeanette Swanson | 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.

**Answer to Person, Place, or Thing?**  
Arlington National Cemetery



**Summer Solstice:**

**Longest Day of the Year!**

June 21st is the summer solstice, which heralds the start of summer in the Northern hemisphere. It's the day with the most hours of daylight, so enjoy! In the Southern Hemisphere, winter begins at this time.



**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. 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.*