



# The Senior Star

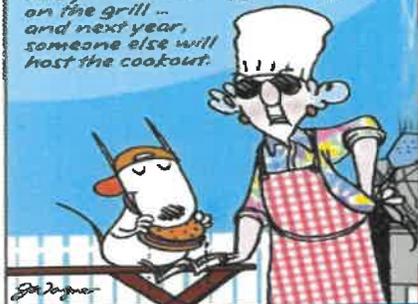


410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

July 2023

A 4th of July planning tip:  
this year throw veggie burgers  
on the grill...  
and next year,  
someone else will  
host the cookout.



## **PULL—APART PIGS IN A BLANKET**

Fun & easy new way to make Hotdogs for a Bunch

“4th of July Fun Food”

### Ingredients:

- 6 tbsp. salted butter                      1 tsp. paprika  
 1/2 tsp. garlic powder  
 2 - 8 oz. Tubes of crescent roll dough  
 32 cocktail franks (about one 14 oz. package)  
 1 tsp. poppy seeds

### Directions:

1. Preheat the oven to 375 degrees. Melt the butter in a small saucepan. Brush a 9—inch spring form pan with a little of the melted butter. Brush the outside of an ovenproof 3— inch— diameter ramekin with melted butter and place it in the middle of the spring form pan. Stir the honey mustard, paprika, and garlic powder into the remaining melted butter until smooth.
2. Unroll a tube of crescent roll dough. Press the perforated seams together. Repeat with the other tube of dough. Cut each sheet of dough into fourths crosswise and lengthwise to make 16 strips per sheet. Brush the strips with the mustard—butter mixture, reserving about 2 table- spoons for the top.
3. Roll each cocktail frank in a strip of dough. Arrange the franks standing up in 2 circles around the ramekin. (See above picture) Bake until the dough is puffy, 25 to 30 minutes. Brush with the reserved mustard-butter mixture and sprinkle with the poppy seeds. Continue baking until deep golden brown, 10 to 15 more minutes. Let cool on a rack for 10 minutes, then remove the spring form ring. Fill the ram-ekin with honey mustard for dipping. **ENJOY!**

## What's Happening in July

### **Tuesday, July 4th**

Center will be closed for 4th of July Holiday

No meals or Transit today

### **Wednesday, July 5th**

Brunch for Lunch: Serving 11:00 to Noon

### **Friday, July 7th**

11:30 Music by Dan Hansen

Noon—Sr. Day Drawing by Kinship

### **Monday, July 10th**

Toe Nail Clinic w/ Rachael

### **Call for a Time**

### **Tuesday, July 11th**

Health Clinic by Katie from Sr. Solutions

10:00 to 11:45 am

### **Wednesday, July 12th**

10:45 am—Music by Bob Doughty

“We Serve Wednesday” with Hillcrest

### **Thursday, July 13th**

Eye Glass Care with Magnuson/Hopkins

11:15 to 11:45 am

### **Monday, July 17th**

Noon -Special Luncheon Drawing

by Countryview

### **Wednesday, July 19th**

10:45 am—Music by Bob Doughty

Noon: Speaker from “The Dreamers Place”

12:30—Monthly Board Meeting

### **Friday, July 21st**

11:30 am—Music by Connie Webber

### **Wednesday, July 16th**

10:45 am—Music by Bob Doughty

“We Serve Wednesday” with Hillcrest

### **Friday, July 28th**

Fine Dining Friday with Kinship

### **Monday, July 31st**

Noon—Special Luncheon Drawing

With Countryview

As always there are daily activities of AM and PM Coffee, Walking, FROGs, Puzzling, Quilt- ing, 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— also known as Independence Day— 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.

### American Trivia

Answers in the right Column

- 1) Why is the U.S. flag folded into a triangle when not being flown?
- 2) Who is the only U.S. President who never lived in the White House?
- 3) What was Francis Scott Key's Profession?
- 4) When is it permissible to fly the American flag upside down?
- 5) The first U.S. national park was created in 1872. Name that park.
- 6) What is the most circulated U.S. coin?
- 7) Who is the honorary chairperson of the American Red Cross?
- 8) On the first U.S. flag, why are the stars in a circular pattern?
- 9) What did "Yankee Doodle" call the feather in his hat?
- 10) According to the U.S. Census Bureau, what are the five most common U.S. surnames?
- 11) How many signers of the Declaration of Independence served as U.S. President?
- 12) Why was John Hancock the first signer of the Declaration of Independence?
- 13) What were the two capital cities before Washington, DC?
- 14) How many states have adopted the eagle as the state bird?
- 15) Name the four state capitals named after U.S. Presidents.



### Fun Fact!

Fireworks can be traced back to the Han Dynasty of China. People are said to have roasted bamboo stalks until they would sizzle and turn black, and the air inside the hollow stalks would explode. These were the first firecrackers.

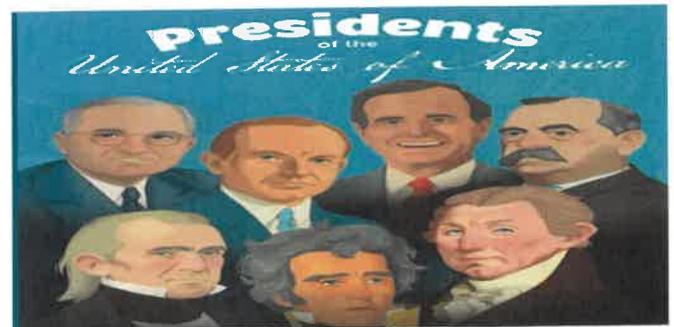
## Guess the Presidents

Answers on the following page

1. Before I was President, I was the commanding general for the Union army during the Civil War.
2. I served as Ronald Reagan's Vice President before I became President myself.
3. As President, I bought California and New Mexico to add to the Union.
4. I was known as Silent Cal.
5. I said, "Mr. Gorbachev, tear down this wall!"
6. I gave the famous speech, The Gettysburg Address.
7. My son was also President.
8. I served two terms and was there during 9-11.
9. I did not want to be president.
10. I was a football player for the University of Michigan in my college Days.

### American Trivia Answers

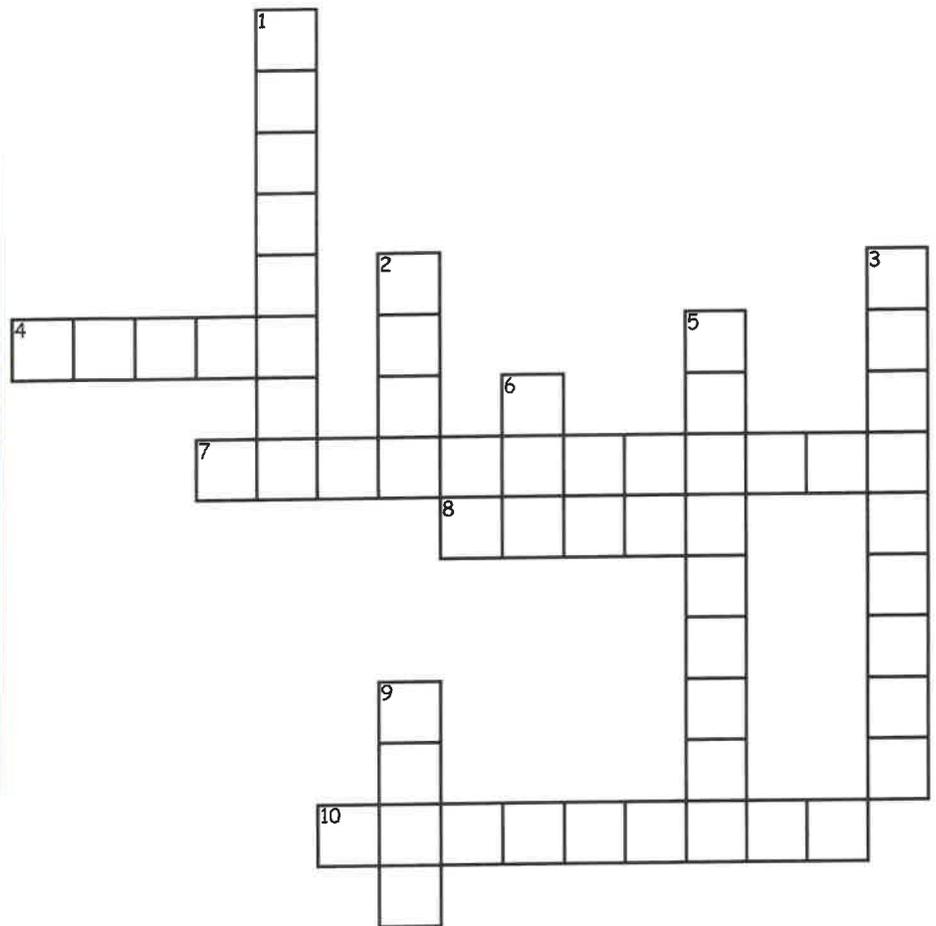
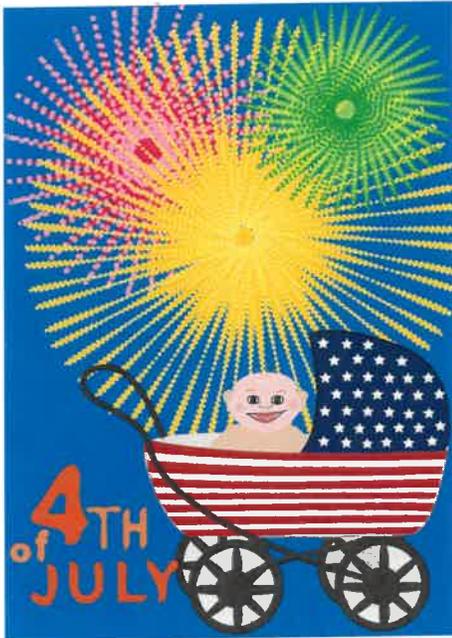
- 1) It represents the tri-corner hats worn by American Revolutionary soldiers.
- 2) George Washington
- 3) Lawyer
- 4) As a sign of distress or danger
- 5) Yellowstone National Park
- 6) Quarter
- 7) President Joe Biden (It is always the current president)
- 1) So no colony stood above another
- 2) Macaroni (which was a type of wig, not pasta)
- 3) Smith, Johnson, Williams, Jones, and Brown
- 4) Two— John Adams and Thomas Jefferson
- 5) He was the president of the Continental Congress
- 6) New York City and Philadelphia
- 7) None
- 8) Jackson, MS; Jefferson City, MO; Lincoln, NE; Madison, WI



### Did you know?

John Adams believed that July 2nd was the correct date on which to celebrate the birth of American independence, and would reportedly turn down invitations to appear at July 4th events in protest. Adams and Thomas Jefferson both died on July 4, 1826— the 50th anniversary of the adoption of the Declaration of independence.

# Fourth of July Crossword Puzzle



## Across

4. The color on the flag that symbolizes innocence and purity
7. Why we celebrate the fourth of July
8. John \_\_\_\_\_ was the first vice-president of America
10. Showing loyalty to one's home country

## Down

1. The number of original colonies
2. The color on the flag that symbolizes vigilance, perseverance, and justice
3. What you see in the sky at night on the Fourth of July
5. The head of the executive branch
6. The color on the flag that symbolizes hardiness and valour
9. I pledge allegiance to the \_\_\_\_\_ of the United States of America

# 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           |

**Wayne Senior Center at Wayne, Nebraska --  
Monthly Business Meeting  
June 21, 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 Treasurer: Jeanette Swanson.

The minutes of the May 17, 2023 meeting were approved as published in the June Senior Star in a motion by Jeanette Swanson and seconded by Carol Dunning.. Motion carried.

Treasurer Swanson presented financial information for 5-18-23 through 6-21-23 with expenses of \$4,843.34. [\$170.00 for Volunteer Appreciation activities, \$9.73 for Rug Shampoo, \$58.28 for lunch for renovation workers, \$140.33 for Roaster & Kitchen supplies; \$45.00 for Easter Book, and \$4,420.00 to Lawlers for refrigerator. This amount of expenses was approved in a motion by Verna Mae Baier and seconded by Joan Lage . Motion carried and this financial report was accepted.

Coordinator Bertrand presented an overview of June and July. .. The July newsletter is being prepared. The celebration of Father's Day was well attended. Daily numbers continue to be very good. Patch Grant Funds were received (\$200.00)

Coordinator Bertrand presented the results of the Food Establishment Inspection Report by the Health Department. Some comments were: (1) Hand sink is to be used for Hand Washing only. (2) Fruit being served for lunch should be set back further on the serving counter (3) Dish washing temperatures need to be recorded daily.

The Center Board was presented an overview of FY24 contracts for NENAAA. The overviews were for (A) III B Supportive Services Contract (B) III C Supportive Services Contract and (C) III E Supportive Services Contract. Each contract was carefully explained. A Motion was made by Joan Lage and seconded by Carol Dunning to accept and approve each contract. Motion carried. Signatures, as needed, were placed on each of the 3 contracts.

Information was presented on the Kitchen Equipment purchase/replacement. The cooler and steam table will be completely installed as soon as possible.

A motion was made by Jeanette Swanson and seconded by Carol Dunning to remove the names of Halie Chinn and Joan Lage from the signature card of the checking account at the State Nebraska Bank. Motion carried. A motion was made by Jeanette Swanson and seconded by Verna Mae Baier to add the names of Jeanette Swanson and Jill Lemkuhl to the signature card of the checking account at the State Nebraska Bank. Motion carried.

The City Budget process for FY24 has begun. An overview for FY24 was presented. Food costs were discussed. Some possibilities of future happenings were presented and discussed.

No additional items were presented. The meeting was adjourned at 1:15 p.m.

The next meeting will be July 19 2023.

Verna Mae Baier, Secretary

# 5 Summer Safety Tips for Seniors & Their Caregivers

Summer can be great fun, but summer can be dangerous as well. Following these 5 summer safety tips for seniors and their caregivers will ensure that your summer fun is not cut short.

## Heat Exhaustion

Heat exhaustion can affect anyone of any age, can be very serious, and may even lead to heat stroke. The symptoms of heat exhaustion include excessive sweating, dizziness, headache, pale skin, and fainting. You can avoid heat exhaustion by staying cool and hydrated.

The simplest way to do this is to stay inside, in the air conditioning. However, if you want to be out in the glorious summer sun, try to stay in the shade, try to go outside earlier in the morning or later in the evening to avoid the hottest hours, go outside for shorter periods instead of extended periods. Hydration is essential, as well. Keep a bottle of water with you at all times. Avoid alcoholic beverages, as they aid in dehydration.

## Skin Care

The summer sun can be very harmful to your skin. Protect yourself from sunburns, sunspots, and skin cancer by wearing long sleeves, pants, and a hat (with a brim large enough to shade both the face and ears) when out in the sun. If this attire is not suitable to your liking, you can still protect your skin by adequately applying and reapplying sunscreen. Be sure to apply sunscreen before you go outside and allow it time to soak in. Additionally, make sure you reapply every few hours or after excessive sweating or participation in water activities.

## Fall Prevention

Summer fun is often associated with water play. Water play can result in wet and slippery surfaces. Always be aware of the surface you are walking on to avoid falls. Additionally, rubber soled shoes with a good grip will help reduce falls.

## Bug-Borne Illnesses

Unfortunately, mosquitoes often tend to be associated with summer fun. Mosquitoes are carriers of illnesses such as West Nile Virus and the recently, media popular Zika virus. Wearing long sleeves and pants can help reduce mosquito bites. Applying wearable bug repellent on exposed skin can also help reduce the risk of bites.

## Vision Protection

## PLEASE NOTICE

The center will be closed in observance of the 4th of July Holiday. No meal service or Transit that day.

Remember! Brunch for Lunch on Wednesday, July 5th: serving from 11:00 to 12:00 noon.

Remember—we have an 80 person limit for all our meals which includes Meals on Wheels—Drive through and Congregate. If you see a meal you would enjoy—call early. ALSO—if you have reserved a meal and can not come—call us to cancel your meal so we can fill your spot with someone on our waiting list. THANKS!

## Canada Day

On Saturday, July 1st, Canada will celebrate her 156th birthday! It is a holiday and an opportunity to gather proudly in communities to celebrate the country and its citizens with a variety of activities and events. On Canada Day, many cities and towns hold citizenship ceremonies for the numerous immigrants who wish to become Canadian citizens.

Canada has welcomed generations of newcomers from all over the world inside its borders to build a free, law-abiding, and prosperous society. Diverse groups make up the Canadian identity and multicultural society. The largest groups are English, French, Scottish, Irish, German, Italian, Chinese, Aboriginal, Ukrainian, Dutch, South Asian, and Scandinavian. Since the 1970s, most of the immigration has been from Asian countries.

Obtaining citizenship means an immigrant becomes a full member and participant in Canadian society, taking advantage of the rights available to them. The rights, enshrined in the Canadian Charter of Rights and Freedoms, include democratic rights, mobility rights, legal rights, equality rights, and language rights. By becoming a Canadian citizen, immigrants are able to apply for a passport, vote in an election, and run for political office.

Along with the rights outlined above come certain responsibilities for every citizen. These responsibilities include obeying Canada's laws—no person or group is above the law, taking responsibility for oneself and one's family (obtaining a job and working hard), serving on a jury when called upon to do so helping others in the community (volunteering), caring for and protecting Canada's heritage and environment, respecting the rights and freedoms of others, and voting in elections. All citizens derive benefits from the society, so it is their responsibility to make a positive contribution to society.

Immigrants must study and pass a citizenship test prior to becoming a citizen. When they pass the test and meet all other requirements, they receive a Notice to Appear to take the Oath of Citizenship and are given the time and date for this to occur. At the ceremony itself, the person takes the oath of citizenship, signs the oath form, and receives a Canadian citizenship certificate.

## Canadian Citizenship Quiz

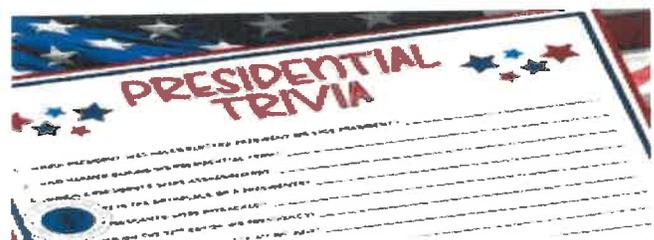
Answers on the back page

- 1) Whose portrait is on the \$5 bill?
- 2) What is the capital of Saskatchewan?
- 3) Who is Canada's greatest soldier?
- 4) What are the three branches of government?
- 5) What is the Friday holiday immediately preceding Easter Sunday?
- 6) Which is the only official bilingual province?
- 7) Canada's largest naval base is also the capital of Nova Scotia. What is it?
- 8) What is Canada's highest court called?
- 9) What is the right to challenge unlawful detention by the state called?
- 10) How many judges are there on the Supreme Court of Canada?
- 11) Who was the first person to map Canada's Atlantic shore?
- 12) What is the highest honor available to Canadians?
- 13) Who is known as "The Greatest Living Canadian"?
- 14) Who is Canada's largest international trading partner?
- 15) Queen Elizabeth has been Queen of Canada since what year?
- 16) What province is known as the birthplace of confederation?
- 17) What is the head of government called?
- 18) What are the colors of the Canadian flag?



## Guess the Presidents Answers

1. Ulysses S. Grant
2. George H.W. Bush
3. James K. Polk
4. Calvin Coolidge
5. Ronald Reagan
6. Abraham Lincoln
7. John Quincy Adams or George W. Bush
8. George W. Bush
9. George Washington
10. Gerald Ford



**OUR GENEROUS DONATIONS**

Nancy Jo Powers- Donna Lundin- Janis Myers  
Janet Reeg- Ruth & Charles Maier- Bridge Group  
Byron & Barbara Heier- Arlene & Jim Robinson- Miron  
& Louise Jenness- Janet Bull-Ron & Jude Milliken  
Bev & Ralph Etter-Gerald & Marilyn Otte- Lee Larson -  
Ardyce Stanley - Bev Hansen- Ruth & Charles Maier -  
Lyle & Betty Johanson, Ginney Otte-  
Phyllis Rahn- Janet Bull-

**Thanks to Country View and Kinship for sponsoring our Luncheon Drawings and the Monthly Birthday Treats. Thanks to Kinship for helping out with our "Fine Dining Friday" and Hillcrest Care Center of Laurel for helping with our "We Serve Wednesdays" Thanks to all our talented Musicians and all of our dedicated Kitchen and MOW Volunteers. You are the Best!**

**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
Verdell 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



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.

**Canadian Citizenship Quiz Answers**

- 1) Sir Wilfred Laurier
- 2) Regina
- 3) General Sir Arthur Currie
- 4) Executive, Legislative, Judicial
- 5) Good Friday
- 6) New Brunswick
- 7) Halifax
- 8) Supreme Court of Canada
- 9) Habeas Corpus
- 10) Nine
- 11) John Cabot
- 12) Victoria Cross
- 13) Dr. Walter Penfield
- 14) United States
- 15) 1952
- 16) Prince Edward Island
- 17) Prime Minister
- 18) Red and White



**How did you do? Would you pass the Canadian Citizenship test?**



**Fun for Seniors**

**The Wayne Senior Center  
A GREAT place to be**

**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.*