



The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

September, 2023

COME HELP US CELEBRATE NATIONAL SENIOR CENTER MONTH *EVERYDAY* HERE AT THE WAYNE SENIOR CENTER

The National celebration of seniors centers began in 1979, with Senior Center Week celebrated in May. The concept gained support of our aging organizations, as well as the full Senate and the House Select Committee on Aging. Thanks to the U.S. Conference of Mayors Aging Task Force, numerous mayoral proclamations celebrated Senior Center Week. In 1985, NISC was instrumental in achieving the first Senior Center Week Presidential Proclamation signed by President Ronald Reagan. In 2007, NISC designated the entire month of September as Senior Center Month to give centers greater flexibility in scheduling celebratory events. This Year the Theme for National Senior Center Month is: **"DISCOVER YOUR....."**

Friendships—Health—Purpose—Creativity

Check out our Newsletter for dates filled with Great Events and Wonderful meals

Friday: September 1st

11:30—Music by Dan Hansen
'NAME THAT TUNE" (Prizes!!!)
Noon—Sr. Day Drawing with Kinship

Monday: September 4th **CLOSED FOR LABOR DAY**

Center closed: No Meals—No Transit

Wednesday: September 6th **MONTHLY BIRTHDAY PARTY**

Cake for all meal participants in celebration
Of National Senior Center Month
10:30 am—Music by Bob Doughty

Thursday: September 7th

11:15 to 11:45 am : Magnuson Hopkins
Eye Glass Care

Friday: September 8th

End of Summer Treat for
2:30 pm Snack time
"Banana Split"



Monday: September 11th

TOE NAIL CLINIC: Call for a Time
Noon—Special Luncheon Drawing
By Country View

Tuesday: September 12th

10:00 to 11:45: Health Clinic
With the help of Katie from Senior Solutions

Wednesday: September 13th

"WE SERVE WEDNESDAY"
w/ CountryView

10:30 am: Music by Bob Doughty

Thursday: September 14th

11:15 am: *CLARINET EXTRAVAGANZA*
With Bill Koeber and Jay O'Leary

Friday: September 15th

FINE DINING FRIDAY: w/ Kinship
11:30—Music by Connie Webber
" LEFT/RIGHT GAME" fun w Sami (Prizes)

Tuesday: September 19th

SHREDDING: 11:00 TO 12:00 noon only
SEE NEWSLETTER FOR DETAILS
11:30—Music by Spotlight on Promise

Wednesday: September 20th

10:45 am—Music by Bob Doughty
12:30—Monthly Board Meeting

Thursday: September 21st

Noon speaker: Medicare and You
By Dana Matkovic

Friday: September 22nd

SENIOR TRIVIA DAY—Prizes!!!

Monday: September 25th

Noon—Special Luncheon Drawing
By Countryview

Wednesday: September 27th

10:00 am—Monthly Care givers group
10:45 am—Music by Bob Doughty
"WE SERVE WEDNESDAY" w/ Hillcrest

CONTINUED ON NEXT PAGE

SPECIAL EVENTS
CONTINUED

Thursday: September 28th

11:30 am: Music by
Val Koeber

Friday: September 29th

11:30 am: Music by
Deb Dickey

**BINGO EVERY FRIDAY
AT 1:00 PM**



Friday, September 29th
1:00 Join us for
BROWN BAG BINGO



**CHECK OUT OUR
CAREGIVER SUPPORT
GROUP THE LAST
WEDNESDAY OF EACH
MONTH @ 10:00 AM**

Coffee & Goodies
This month Leslie Schulz
Social Service from PMC
Will be visiting with us about
Advanced Directives and
Care planning

Aylmer, Ontario in Canada, the annual Clover mead Bee Beard Competition is held in August. It is a competition to see who can create the best "Bea Beard." To make it, each participant places a caged queen bee under the chin, and the other bees gather around to form a beard. A Canadian holds the Guinness Word Record for the longest time wearing a bee beard. A man from Toronto had thousands of live bees on his face and body for 61 minutes! Raw honey contains more health benefits than processed honey since it is immediately taken out of the cells of the honey combs. It is not heated above 95 degrees F which keeps the natural enzymes, vitamins, and minerals intact. Raw honey is not pasteurized or filtered but is strained to get rid of the unwanted impurities and contains no additives. so it aids in digestion; Is good for skin; Is a wound healer; Provides natural allergy relief;



Hear Ye! Hear Ye!
**Wednesday, September
20th at 12:30 p.m.**
**Wayne Senior Center
Board Meeting
Open to All.**



**The Wayne Senior
Center will be closed
for Labor Day
Holiday—Monday
September 4th
No Meals or
Activities
City Transit will
Not be operating**

Benefits of Raw Honey:
It is: An Anti-bacterial &
An antiseptic; Is high in
anti-oxidants; Contains
enzymes so it aids in
digestion; Is good for skin;
Is a wound healer; Provides
natural allergy relief;
Treats burns; Natural
Cough Syrup;
May Improve Blood sugar
control; Is a good
energy source.

HONEY BUTTER
3/4 cup butter
(Room Temperature)
1/4 cup Honey
Mix the butter and honey
together in a bowl until
smooth. Cover and store
in the refrigerator



SECURITY SHREDDING
(Sponsored by NENAAA)

**Where: Wayne Senior Center
WEST PARKING LOT**

**When: Tuesday, September 19th
Time: 11:00 to 12 noon (ONLY)**

**By: Security Shredding
Services**

**MUST BE PRESENT TO
PERSONALLY
GIVE YOUR SHREDDING
TO SECURITY SHREDDING**

**SEPTEMBER IS NATIONAL
HONEY MONTH**



HONEY FACTS



(Answers on last page)

1. A third of what we eat in the U.S. is from plants that are pollinated from insects. What percent of the pollinating do you think is done by the bees? (Hint: It is a majority)
2. Honey was found in this ancient Wonder of the World.
3. True or False: Utah, known as the Beehive State, is a top producer of honey.
4. True or False: We know from an 8,000-year-old painting found in Spain depicting honey harvesters and from honey found in tombs in Egypt that honey has been used throughout history for many purposes.
5. In the winter, bees do this to keep warm and to keep the queen warm.
6. True or False: While one bee only makes 1/12 of a teaspoon of honey throughout its life, a beehive full of bees can make up to 100 lbs. of honey each year.
7. How many flowers do bees collect from to produce a pound of honey?
8. True or False: Bees *aren't* the only insects to make honey.
9. True or False: Canadian honey is exported to 10 countries.
10. True or False: Honey from the hives in Canada produce twice the average of Honey compared to hives across the world Because of a plentiful supply of crops Attractive to bees and because of the long, Warm summer days.

Labor Day

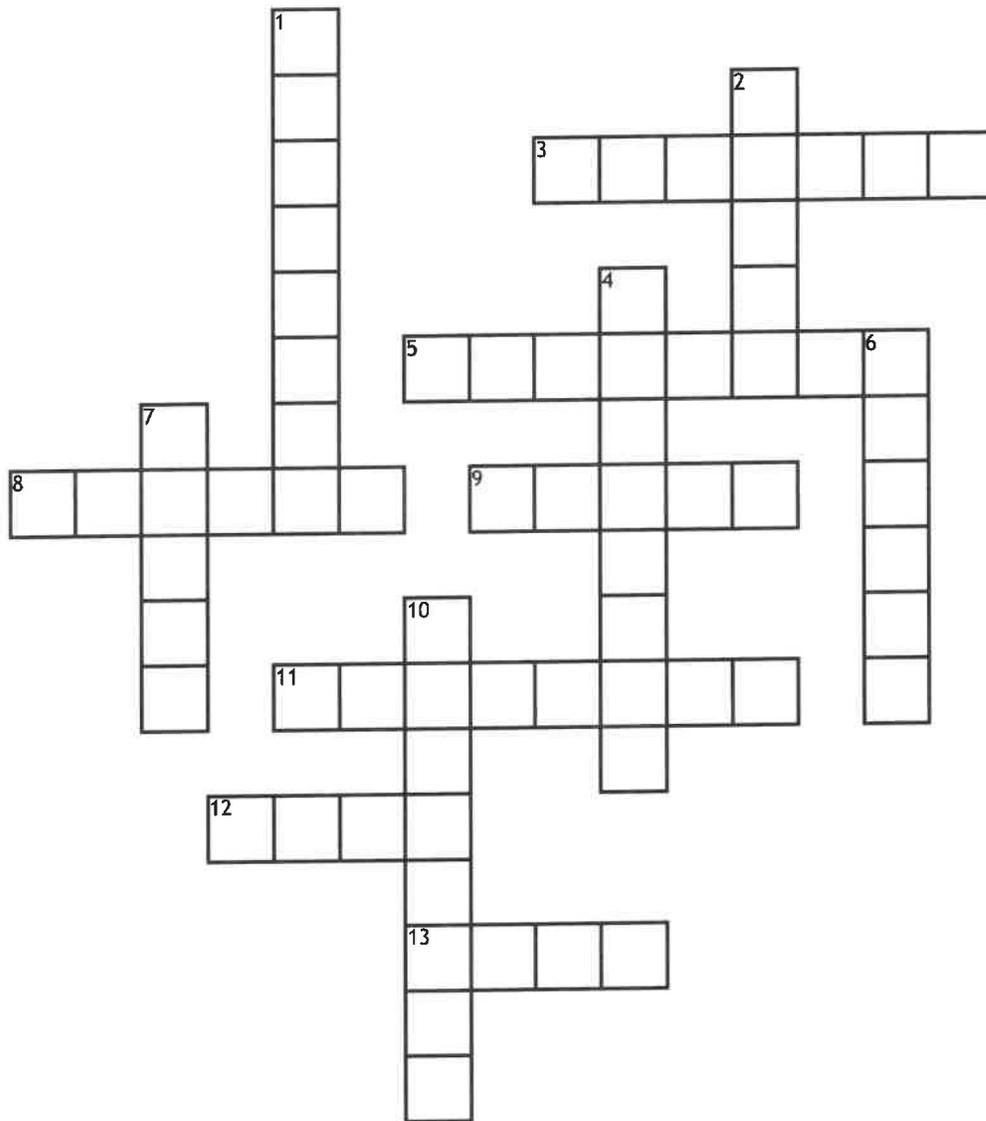
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fall
 afl
 police officer
 day off
 monday
 stirkes
 September

end of summer
 steel workers
 teacher
 knights of labor
 employment
 Union

three day weekend
 firefigther
 no school
 parade
 unemployment
 labor

September



Across

- 3. Vegetable you can carve
- 5. something people wear during autumn
- 8. a little cold
- 9. fruit of the oak tree
- 11. popular fall sport
- 12. Use one of these to tidy up fallen leaves

13. the way trees look during autumn

Down

- 1. a small rodent
- 2. a crisp red fruit
- 4. the first monday in september
- 6. where do children go in the fall?

7. a drink you can make from apples

10. another autumn month

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
August 16, 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, and Board Member: Joan Lage Absent: Treasurer: Jeanette Swanson.

The minutes of the July 14, 2023 meeting were approved as published in the August Senior Star in a motion by Carol Dunning and seconded by Joan Lage.. Motion carried.

Coordinator Bertrand (in the absence of Treasurer Jeanette Swanson) presented financial information for 7-15-23--8-16-23 with expenses of \$ 466.69 [Cookies from Taco 'N More; 30.00 Blood Sugar Strips, \$69.74 Center's half of Bissel Shampooer, \$164.50 Plexi glass for steam table, \$29.95 Correction request from Bank, \$172.50.] 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 August and September. .. The September newsletter is being prepared August numbers continue to be good. Paper Shredding will be Sept. 19. Open Enrollment (Insurance) will begin in October. Flu Vaccinations will be in October with Providence Center in charge.

Coordinator Bertrand presented an overview of the Constitution of the Wayne Senior Center. This overview showed no changes were needed and the Constitution was approved. Such approval was noted by the Board members signing an notation of approval of the Constitution. Date: August 16, 2023.

President Burcum presided over the Election/Reinstatement of Board Officers/Members. Members were asked if they were willing and able to be officers for another term of office. All members replied in the positive. Officers for the next year will be: President: George Burcum, Vice President: Carol Dunning, Secretary: Verna Mae Baier, Treasurer: Jeanette Swanson, and Board Member: Joan Lage. Diane Bertrand will be Senior Center Coordinator.

Coordinator Bertrand read the Statement of Board Member Responsibilities and Personal Characteristics. All officers agreed to these conditions.

A kitchen aid/assistant will be needed as Anaka Brasch will be returning to school soon. The opening has been published in the Wayne Herald and on FaceBook.

No additional items were presented.

The meeting was adjourned at 1:00 p.m.

The next meeting will be September 20, 2023.

Verna Mae Baier, Secretary

Taking Care of Yourself: Tips for Caregivers

Taking care of yourself is one of the most important things you can do as a caregiver. Make sure you're eating healthy, being active, and taking time for yourself.

Dealing with feelings of frustration and guilt

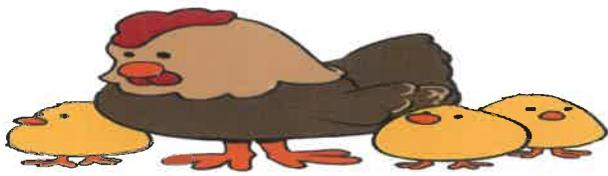
Caregiving, especially from a distance, is likely to bring out many different emotions, both positive and negative. Feeling frustrated and angry with everyone, from the care recipient to the doctors, is a common experience. Anger could be a sign that you are overwhelmed or that you are trying to do too much. If you can, give yourself a break: take a walk, talk with your friends, get some sleep — try to do something for yourself.

Although they may not feel as physically exhausted and drained as the primary, hands-on caregiver, long-distance caregivers may still be worried and anxious. Sometimes, long-distance caregivers feel guilty about not being closer, not doing enough, not having enough time with the person, and perhaps even feeling jealous of those who do. Many long-distance caregivers also find that worrying about being able to afford to take time off from work, being away from family, or the cost of travel increases these frustrations. Remember that you are doing the best you can given the circumstances and that you can only do what you can do. It may help to know that these are feelings shared by many other long-distance caregivers — you are not alone in this.

Taking care of yourself

Taking care of yourself is one of the most important things you can do as a caregiver. Make sure you are making time for yourself, eating healthy foods, and being active. Consider joining a caregiver support group, either in your own community or online. Meeting other caregivers can relieve your sense of isolation and will give you a chance to exchange stories and ideas. If you need help, don't be afraid to ask for it.

Caregiving is not easy for anyone — not for the caregiver and not for the care recipient. There are sacrifices and adjustments for everyone. When you don't live where the care is needed, it may be especially hard to feel that what you are doing is enough and that what you are doing is important. It often is.



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" This quote was later paraphrased into a statement made by
 - President Herbert Hoover.
- *Most of the birds raised for meat in America today are from the Cornish (British Breed) and the White Rock (Breed developed in New England)
- *Chicken has not always been a reasonably-priced meat. Before World War II, 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.

Q-Why did the chicken cross the playground?
A-(To get to the other Slide)



More fun facts about September:

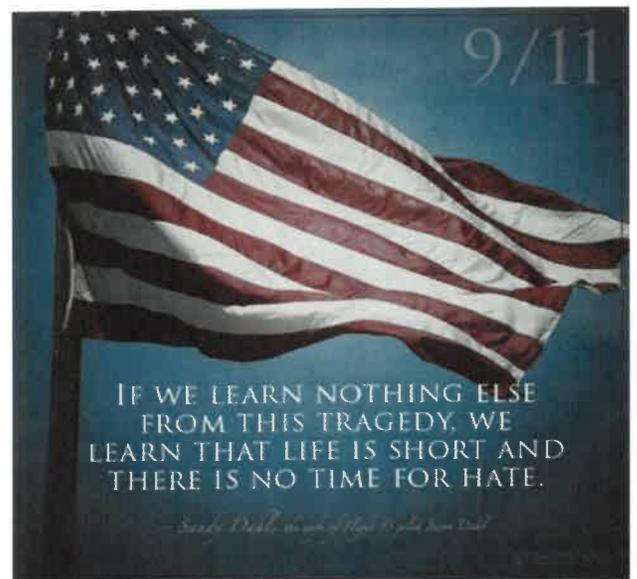
- *Most popular month for Weddings.
 - September 28th is Ask a Stupid Question Day.
- *September is the only month of the year with the same number of letters in its name as the number of the month?
- *Birthstone Sapphire is often associated with loyalty, truth, and sincerity and often symbolizes wisdom and purity.



September 10, 2023

In the US and Canada, Grandparents Day is celebrated in September on the first Sunday after Labor Day. Meanwhile, in the UK, it's the first Sunday in October. In Germany, Grandmothers Day is observed on the second Sunday in October. *Dia del Abuelo*, or Grandparents Day, is celebrated in Mexico every year on August 28.

- In the US, it's grandma and grandpa. In Latin America and Spain it's abuela and abuelo. In Italy, it's nonna and nonno, and in Germany oma and opa are the traditional names for a grandmother and grandfather.
- Famous people who have been raised by their grandparents include Oprah Winfrey, Presidents Barack Obama and Bill Clinton, actor Jack Nicholson, singer Willie Nelson, funny lady Carol Burnett, and poet Maya Angelou.
- Grandparents are younger than ever today with a median age of 48. More than half the grandparents in the United States are baby boomers and about 10% have tattoos!
- Grandparents are wonderful caregivers (think about all the experience they have!) with more than 2 million grandparents in the US acting as the head of household.



CITY OF WAYNE /

410 N. Pearl Street, Wayne, Nebraska 68787

OUR GENEROUS DONATIONS-

Phyllis Rahn,- Julie Reeg,- LeRoy & Carol Robert
 Mardell Brudigan- Gerald & Marilyn Otte-
 Lora Dion- Bob & DeAnne Behlers-
 Anita & John Fuelberth- Bob & Edith Zahniser-
 Janis Myers- Lee Larson- Ardyce Stanley-
 Sandra & Ron Wriedt- Terry & Mary Janke- Janet Bull-
 Paul & Janelle Eaton- Bev Ruwe- Lyle Johanson
 Julie Grone- Joyce & Earl Lundahl-
 Sandra & Cheryl Henschke

DONATION FROM OUR GARDNERS:

Kathy Johnson- Carol & LeRoy Robbert-
 Susie Siefken- Deb Daehnke- Pat Robinson



Thanks to Country View and Kinship for Sponsoring our Luncheon Drawings and Monthly Birthday Treats. Thanks to Kinship for helping out with our "Fine Dining Fridays" and Hillcrest Care Center of Laurel for helping with our "We Serve Wednesday"
 Thanks to all our Talented Musicians and ALL Our Dedicated Kitchen and MOW Volunteers
YOU'RE THE BEST!



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
Jennifer Malone	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.

ANSWERS FOR HONEY FACTS

- 80%
- Great Pyramid at Giza
- FALSE—The early settlers in Utah prided themselves on being hardworking. The bee hive is a symbol of hard work and industry
- TRUE
- SHIVER
- TRUE
- Approximately Two Million Flowers
- TRUE—The Mexican honey wasp can also make Honey.
- FALSE—It is exported to 25 countries including the U.S.
- TRUE



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

Door to door service. Call: 402-375-1460

(By Appointment only—Please call to reserve your ride)

Please schedule trips and appointments according to the ours of operation—\$1.50 Fare for each stop

Service Area and type of pickups include:

We pick up and drop off passengers within the city limits of Wayne. We have vehicles that are WC Accessible.



- September is a month of remembrance:** In addition to Labor Day, September is a month of remembrance for many people. It's a time to honor and remember those who have made sacrifices for their country, their community, or their loved ones. Some the observances during this month include Patriot Day on Sept. 11th, POW/MIA Recognition day on Sept. 18th, and Gold Star Mother's Day on the last Sunday in Sept., which honors the mothers who have lost a child in military service.
- September is a significant month for McDonald's:** A McDonald's fact that you should know is that in Sept. 1960, the famous "Golden Arches" logo was introduced. Adding to the fact McDonald's restaurant in Europe opened in Amsterdam, Netherlands.
- September is National Chicken Month:** If you're a fan of chicken, you'll be happy to know that September is National Chicken Month in the US. This month-long celebration is all about recognizing the many delicious ways to prepare and enjoy chicken.