



# The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

May 2024



**Every Wednesday**

10:45 to 11:45 am

By Bob Doughty

**Friday—May 10th**

By Dan Hansen

**Friday—May 17th** by Deb Dickey

**Friday—May 31st** by Val Koeber



**FROG Exercises**

Every M—W—Fr

At 9:00 am

**WALKING—Daily**

**Tuesday—May 14th**

**Health Clinic** with our Friends

With Senior Solutions

Blood Pressure—O2 Level

Blood Sugar—Temperature



**Thursday—May 16th**

11:15 to 11:45 am

**Eye Glass Care**

With Magnuson/Hopkins Eye Care

**Monday—May 20th**

(Call for a time)

**Toe Nail Care**

w/ Rachael



**Wednesday—May 1st**

Monthly Birthday Treat

Noon—In House Meal

**Luncheon Certificates**

**In—House Drawings**

**Monday May 6th & Friday May 30th**

Provided by Country View

**Friday—May 17th**

Provided by Kinship



**Wednesday—May 15th**

Monthly Board meeting

12:30 pm

**Wednesday—May 29th**

Caregivers Meeting

**OLDER AMERICANS MONTH**



POWERED BY CONNECTION: MAY 2024

When Older Americans Month was established in 1964, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were a few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in May 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons in our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May—asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

The theme for this Year’s—2024 Older Americans Month is “**POWERED BY CONNECTION**” - which recognizes the profound impact that meaningful relationships and social connections have on our health and well being.

We at the Wayne Senior Center walk hand in hand with recognizing the importance of how social interaction - along with a well rounded meal can impact the daily lives of our seniors. Join us Monday through Friday at the Center as we play a vital role that this connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other significant issues our seniors face in the aging process! Check out all of our daily activities and the variety of delicious meals served here at the Wayne Senior Center. Come—Help us Celebrate all of our Seniors everyday as we recognize National “**Older Americans Month**”

## Health Awareness

### Aging Myths

The common misconceptions are:

Depression and loneliness are normal in older adults. Yes, depression and sadness are real, but they are not a normal part of aging and can be effectively treated.

- Older people need less sleep. Older people may have trouble sleeping (and there are effective treatments for that too) but they need the same amount of sleep as all adults – 7 to 9 hours nightly.
- Older adults can't learn new things. While cognitive changes often come with aging, studies show that older adults who take up a new hobby or learn a new skill improve their memory.
- Dementia is inevitable. Although the risk of dementia grows with age, many people live long lives without dementia, which is different from common mild forgetfulness.
- Older adults should avoid exercise to prevent injuries. "Almost anyone, at any age and with most health conditions, can participate in some type of physical activity," NIH advises.
- Alzheimer's disease is hereditary. While family genes – which we can't change -do increase our risk, exercise and diet and other lifestyle behaviors – which we can change – decrease our risk.
- Older adults have to give up driving. Natural changes, such as reduced mobility and vision, can affect driving, but putting away the car keys is about ability not age.
- Osteoporosis is only a concern for women. While it is more common in women, this disease that causes bone fractures affects men too.
- I can quit medication now that my blood pressure is under control. No, that means the medicine and lifestyle changes are working.

**SELF CARE ISN'T SELFISH**

## National Hug Week

**May 7th through the 13th**

Celebrate National Hug Holiday Week, May 7—13, and make a difference one hug at a time. Huggers of all ages are encouraged to form Hug Squads and fill their daily hug prescriptions and share hugs at the Senior Center in your Community.  
**FEEL FREE TO CLIP & REDEEM**

### Official Hugging Coupon



Present this card for at least one freely given hug... but ask first.

Since hugging has been shown to improve one's overall health and well-being, embrace this special day, and every day, with family and friends!

### We all know HUGS at the Wayne Senior Center are important!!

Hugs can have health benefits, including reducing fear, stress, and pain. They also support immune and cardiovascular. We hug each other when we're excited, happy, sad, or trying to comfort.

1. Hugs reduce stress by showing your support. Scientists say that giving another person support through touch can reduce the stress of the person being comforted. It can even reduce the stress of the person doing the comforting.
2. Hugs help you reduce your fears. Touch can reduce anxiety in people with low self-esteem. Touch can also keep people from isolating themselves when reminded of their mortality. They found that even touching an inanimate object, such as a teddy bear, can help reduce people's fears.



# Mother's Day

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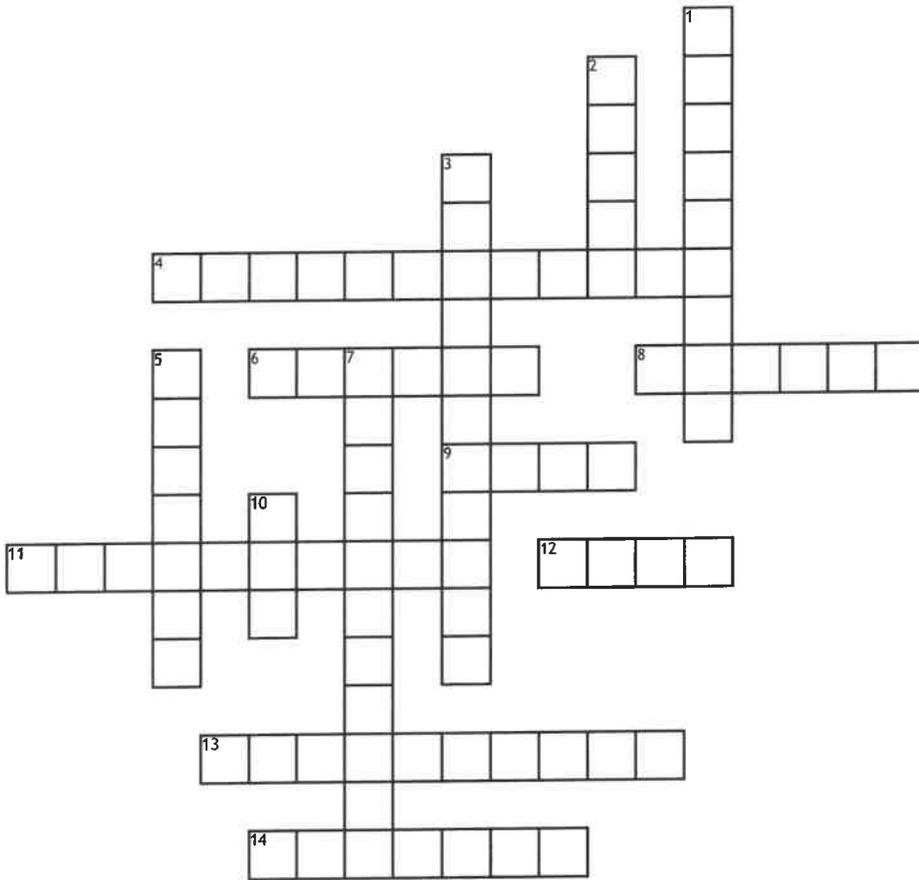
Grandmother  
 kissing  
 caring  
 happy  
 dear

beautiful  
 helpful  
 loving  
 smart  
 kind

talented  
 flower  
 Mother  
 sweet  
 Mom

hugging  
 giving  
 heart  
 nice  
 fun

# 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.

**Wayne Senior Center at Wayne, Nebraska --  
Monthly Business Meeting  
April 17, 2024**

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

The minutes of the March 20, 2024 meeting were approved as published in the April edition of the Senior Star in a motion by Jeanette Swanson and seconded by Joan Lage. Motion carried. Treasurer Jeanette Swanson presented financial information for the period of 3/22/24--4/17/24 with expenses of \$399.75 [\$73.75 for pies {reimbursed by White House Realty} and \$326.00 for kitchen supplies from Lawler's] A Motion was made by Verna Mae Baier and seconded by Joan Lage to approve this amount of expenses. Motion carried. .

Coordinator Bertrand presented an overview of April and May: The Center will be closed on May 3 for cleaning and May 27 for Memorial Day. The May newsletter is in the process of being made ready for publication. A question/answer update with City Administrator Wes Blecke will be Friday, April 26 after the noon meal.

A request has been received from the pool players to refelt the pool tables. Funds from the Wayne Legacy Fund have been received. The remainder of the cost will be split evenly between the Senior Center and the pool players. This was approved in a motion by Jeanette Swanson and seconded by Carol Dunlap. Motion carried.

A request has been made for Documentation for March from NENAAA. This request was completed and sent by the April 5 deadline. Board discussion was held on the response. Documentation Discussion was held for both NENAAA and NDOT.

President George Burcum entered the meeting at 12:50 p.m.

FY 2024 Fiscal Monitoring by NENAAA has been set for Monday, April 29, 2024 beginning at 9:30 a.m. Exit interview will be after lunch on the same day.

Some staffing possible changes were announced. A Candidate Forum will be held on May 6, 2024 at 5:30 p.m. at the Center. Everyone is welcome to attend.

The Used Kitchen equipment at Lawler's has not been sold, as of the present time.

Discussion was held on a possible change of date for Center Board meetings. Tabled for more discussion at future meetings.

President Burcum presented updated information on Community Development activities.

The meeting was adjourned at 1:15 p.m.

Next meeting will be May 15, 2024.

Verna Mae Baier, Secretary

## The Power of Physical Touch: The Benefits of Hugs for Seniors & Caregivers

### Research shows powerful health benefits of hugs for seniors.

Remember during the height of the pandemic, when social distancing was the norm and we needed to settle for virtual visits? One of the most fundamental aspects of being a human – physical touch – was set aside in order to protect us all from harm.

However, we promptly found that cutting out physical contact with each other caused a great deal of harm in and of itself. It's especially necessary for aging parents who have experienced isolation or loneliness to feel connected to those they love, and there's an easy but highly beneficial solution: hugs.

Research has revealed the many health benefits of hugs for seniors. The following incredible health effects can be obtained by giving and receiving hugs:

- Enhanced circulation in the body
- Regulation of the production of white blood cells
- An improvement in positive emotions, like happiness, contentment, and security
- Fewer negative emotions, such as loneliness and anger
- Lower blood pressure and a regulated heart rate
- Reduced pain
- Reduced stress
- Improved sleep and glucose metabolism
- A strengthened immune system

One retirement home in New York tested the effect of hugs on older adults with a program called "Embraceable You." This voluntary program drew 200 participants who rated their current level of satisfaction with their well-being and overall health. In addition, they noted the amount of casual touch experienced in their lives. Trained "hug ambassadors" were brought in to administer appropriate types of touch, while residents were given buttons to wear if they were interested in participating in the hug experiment.

Throughout the study, residents were given a token for every single hug they received. In a short time, residents were seeking out huggers, and by the end of the first week, they had accumulated nearly 1,400 hugs. At the conclusion of the study, the participants were surveyed and sectioned off into two categories: low contact (1 or 2 instances of physical contact per day) and high contact (more than three instances daily).

The high contact participants overwhelmingly noted higher amounts of satisfaction in the following areas:

- Able to concentrate well (93%)
- Sleeping well (71%)
- Interest in doing things (88%)
- Feeling energetic (66%)
- Not feeling depressed or hopeless (97%)

**It just goes to show what an extraordinary difference such a seemingly insignificant display of affection can make for the senior loved ones that you know.**

## May Holidays

April showers bring May flowers, as they say. What else is the month of May known for? Cinco de Mayo (May 5), Mother's Day (May 12), and the federal holiday Memorial Day (May 27) are May holidays you probably already know. But did you know about National Cherry Cobbler Day (May 17) or Lucky Penny day (May 23)?



Truly there are so many special days and observances to celebrate every single day in May and all month long. Did you know May is National Strawberry Month?



- May 1: May Day, International Doodle Day, Sunflower Guerilla Gardening Day
- May 2: National Brothers and Sisters Day, National Day of Prayer
- May 3: National Chocolate Custard Day, National Space Day, School Lunch Hero Day
- May 4: National Fitness Day, National Scrapbook Day
- May 7: National Teacher Day
- May 12: National Mother's Day,
- May 13: National Apple Pie Day
- May 14: Dance like a Chicken Day
- May 15: National Family Day, National Chocolate Chip Day
- May 18: National Armed Forces Day
- May 28: National Burger Day



## Recipes!!

### Cherry Cobbler

- Prep Time: 20 Minutes
- Cook Time: 50 Minutes
- Servings: 10 people

#### Ingredients

- ¼ cup unsalted butter
- 1 cup white granulated sugar
- ¾ cup all-purpose flour
- 2 tsp baking powder
- ⅛ tsp kosher salt
- ⅔ cup milk
- 4 cups cherries (or berries)

#### Instructions

##### Step 1:

Melt butter in a 9×9 pan. Personally, I heat the oven up and melt the butter directly in the pan in the oven.

##### Step 2:

Mix sugar, flour, baking powder, salt and milk in a bowl. When butter is melted, pour batter on top. Spoon fruit over the batter and butter mixture evenly and pour any juice from the fruit over the top. When fresh fruit is sliced or pitted, some juices and liquid will draw at the bottom of the bowl; make sure to drizzle this over the top before baking!

##### Step 3:

Bake at 350°F for 45 to 55 minutes until golden brown. The cobbler should be set in the middle and not jiggle when lightly shook.

##### Step 4

Serve with a scoop of quality vanilla ice cream or freshly-made whipped cream!



# CITY OF WAYNE / SENIOR

410 N. Pearl Street, Wayne, Nebraska 68787

## Donations

Julie Grone– Bob Schwanzenbach– Byron & Barb Heier  
Erma Barker– Bonnie Plant Farms– Donna Lundin  
Ruth & Charles Maier– Phyllis Prince-  
Marcile Thomas– Janis Myers– Phyllis Rahn - Ginny Otte  
Earl & Joyce Lundahl—Lester and Charolette Dewey-  
Cynthia Jorgensen - Janet Bull

## Memorials:

**For: Babs Middleton from Gail Jaeger**

**From: Babs Middleton Family**

**For: Vern Schulz from Marilyn & Gerold Otte**



**Thanks to: Country View and Kinship for Sponsoring our Luncheon Drawings and Monthly Birthday Treat. Thanks to Kinship & Sr. Solutions for helping out with our Monthly Health Clinic & Kinship for helping with our “Fine Dining Friday” Thanks to the Meadows in Norfolk for helping with our “We Serve Wednesday” Thanks to all our Talented Musicians, Magnuson Eye Care, Wayne Eye Care, Rachael for our Toe Nail Clinic, 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
Yeslyn Vasquez	Kitchen Aide
Anaka Brasch	Kitchen Aide Sub
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.



WE WILL BE  
**CLOSED**  
FOR  
**MEMORIAL DAY**



## PLEASE NOTE:

The Center will be **CLOSED** for  
**Spring Cleaning: Friday—May 3rd**  
**AND Memorial Day Holiday**  
**Monday—May 27th**  
**NO MEALS & NO TRANSIT**

## *Mother's Day*

### FUN FACTS

- 22 Million Phones will ring on Mother's Day
- Greeting Cards top the List of Mother's Day Gifts
- Mother's Day was made Official on May 9th, 1914
- Mother's day is the Busiest Restaurant Day of the Year
- Americans will spend \$31 Billion This Mother's Day
- The Carnation is the Official Flower of Mother's Day
- Mother's Day is the Third most—Attended Church Service
- What Moms Want most: “ To Dine out with her family” Perhaps that is why it is the biggest restaurant day of the year!
- Most women in the U.S. have their first child in their twenties
- American moms are influencing 73.1 Million Children (under the age of 18) “The future of our nation is found in those precious ones. So, start where you are—keep on loving, leading, and education your precious young American patriots. It can change everything!”

“The hand that rocks the cradle is the hand that rules the world!”  
William Ross Wallace

## 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 Hours 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.

