



# The Senior Star



410 N. Pearl Street

A monthly publication for The Wayne Senior Center

June 2024



**Every Wednesday**

10:45 to 11:45 am

By Bob Doughty

**Friday—June 7th**

11:30 am :By Dan Hansen

**Friday—June 14th**

11:15 am: By Alan Bruflat

**Friday—June 21st**

11:30 am By Connie Webber

**Friday—June 28th**

11:30 am By Val Koeber



On June 14, 1777 in Philadelphia, PA, John Adams presented the following resolution before the Continental Congress; "Resolved, That the flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the union be thirteen stars, white on a blue field, representing a new constellation, " The Continental Congress passed this resolution adopting the Stars and Stripes as the official flag of the United States. The origins of Flag Day go back to 1877, when the government requested that the flag be flown from all public buildings to celebrate the 100th Anniversary of the Flag Resolution of 1777, was officially established by the proclamation by President Woodrow Wilson in May 1916. Flag Day was celebrated in some communities for years after President Wilson's proclamation, but it was not until August 1949 that President Harry Truman signed an Act of Congress designating June 14 of each year as National Flag Day!

### I AM YOUR FLAG

Some people call me Old Glory, others call me the Star Spangled Banner, but whatever they call me, I am your flag—the Flag of the United States of America

Something has been bothering me, so I thought I might talk it over with you, because you see, it is about you and me.

I remember some time ago people lined up on both sides of the street to watch the parade, and naturally, I was leading every parade, proudly waving in the breeze. When your daddy saw me coming, he immediately removed his hat and placed it against his left shoulder so that his hand was directly over his heart—remember??

What happened? I'm still the same old flag. Oh, I have a few more stars since you were a boy and a lot more blood has been shed since those parades of long ago.

But now I don't feel as proud as I used to be. When I come down your street, and you just stand there with your hands in your pockets. I may get a small glance and then you look away. Then I see children running around and shouting—they don't know who I am.

(Continued on next page)



**FROG Exercises**

Every M—W—Fr

At 9:00 am

**AM WALKING—Daily**

**Tuesday—June 11th**

**Health Clinic** 10:45 to 11:45 am

With our Friends from Kinship

Blood Pressure—02 Level

Blood Sugar—Temperature



**Monday—June 10th**

Toe Nail Clinic w/ Rachael

**CALL FOR A TIME**

**Thursday—June 13th**

11:15-11:45 am: Eye Glass Care

With Wayne Eye Care



**Wednesday—June 5th**

Monthly Birthday Treat

Noon—In House Meal

**Luncheon Certificates**

**In—House Drawings**

**Friday—June 7th**

Certificates by Countryview

**Tuesday—June 18th &**

**Friday—June 28th**

Certificates by Kinship

**Wednesday—June 12th**

Monthly Board meeting @ 12:30

**Wednesday—June 26th**

10:00 am: Caregivers Meeting

Coffee & Goodies from "The Meadows"

Meeting Reminder!

# Flag Day!



(continued)

I saw a man take his hat off, then look around. He didn't see anybody else with theirs off, so he quickly put it back on. And what about the night at the ball game, when they played "The Star—Spangled Banner", and I waved so proudly in the breeze, but nobody bothered to sing? Oh, they stood up, all right, as sort of a mild patriotic gesture, but then they talked among themselves about the game and weather but they did not sing. I felt hurt.

Is it a sin to be patriotic? Have you forgotten what I stand for and where I have been? Anzio, Guadalcanal, Korea, and Vietnam. Take a look at the memorial honor rolls sometime—names of those who never came back—who gave their lives to keep this republic free.

One nation, under God. When you salute me, you are saluting them.

I may not be coming down your street for a long time, as it seems that patriotic parades are a thing of the past. But when I do, will you do me a big favor?

Stand up straight, place your right hand over your heart, and if they play "The Star—Spangled Banner", sing out loud and clear. I will salute you by waving back.

Show me you remember. **I AM YOUR FLAG!**  
Author Unknown



Sunday  
June 16th

## HISTORY

The American tradition of celebrating Father's Day was the idea of an enterprising daughter, Sonora Smart Dodd. The notion struck her one Sunday in 1910 while listening to a Mother's Day sermon in Spokane, WA. She wanted a special day to honor her father, William Smart. Smart, a Civil War veteran, was widowed when his wife died in childbirth with their sixth child.

(continued)

(Father's day continued)

Mrs. Dodd proposed to Spokane city officials that the first Father's Day be observed on June 5, which happened to be her father's birthday. The local ministers needed extra time to prepare sermons for the occasion, so the date was moved to June 19, 1910. Father's Day has been widely celebrated ever since. In 1924, President Calvin Coolidge supported the idea of a national Father's Day. In 1966, President Lyndon Johnson signed a Presidential proclamation declaring the third Sunday in June as Father's Day. But it wasn't until 1972 that it was officially proclaimed a national holiday, when President Richard Nixon signed a Congressional resolution declaring the third Sunday in June as Father's Day!

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Come Celebrate  
**FATHER'S DAY**  
With us  
At the Wayne  
Senior Center

**Friday—June 14th**

Serving Grilled Hamburger on a Home Made Bun  
(Lettuce—Pickles - Onion)  
Potato Salad—Cowboy Beans  
And Watermelon  
11:15 am: Music by Alan Bruflat

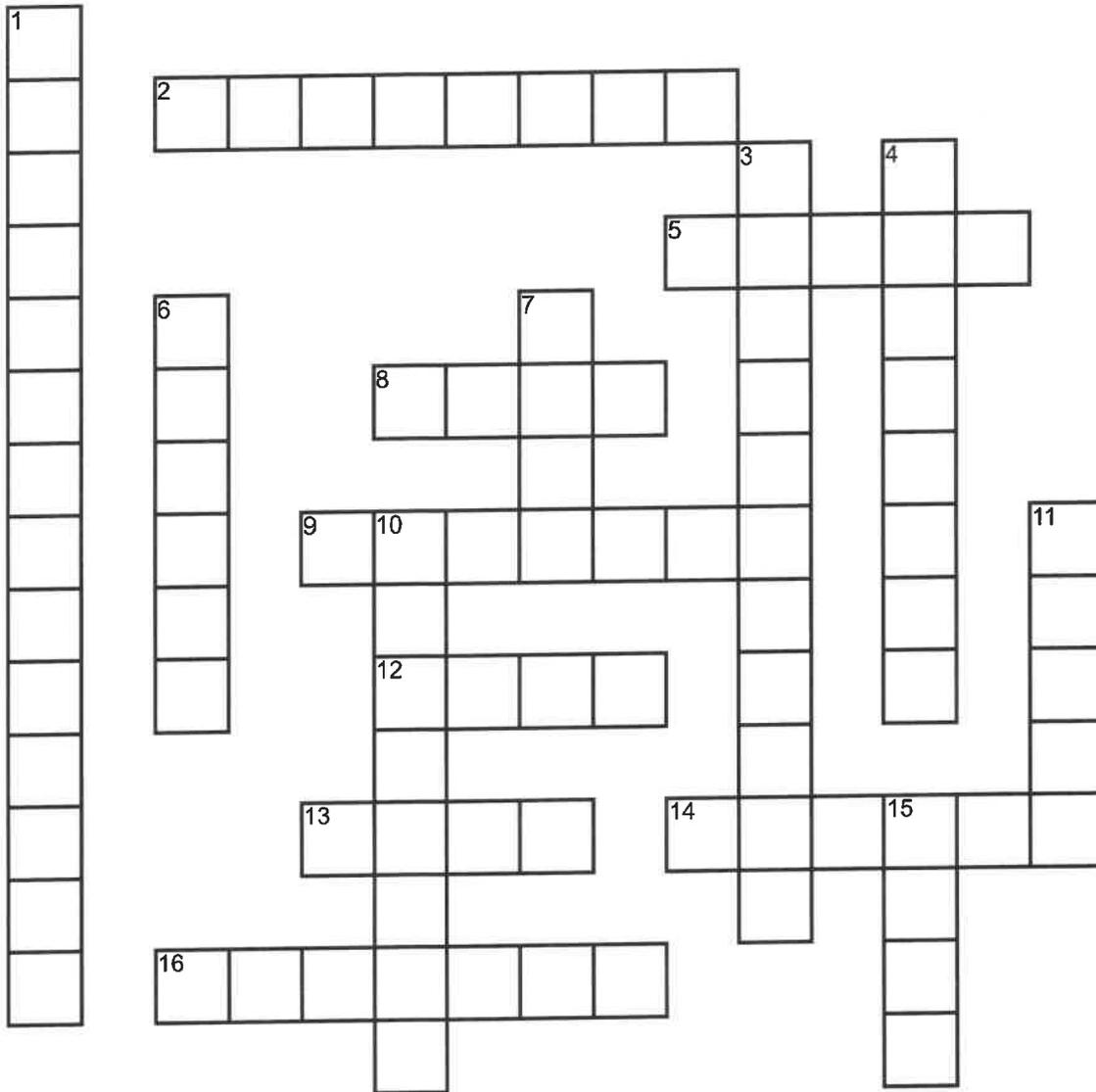
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## FATHER'S DAY GUINNESS WORLD RECORDS

- **Largest Man-Made Structure:** Is the Great Wall of China. There are various estimations at how long the wall is, but an intensive study in 2009 put the wall at 5,500 miles long.
- **First Person to Climb the Three Highest Mountains in the World:** was Reinhold Messner of Austria. He climbed Mt. Everest, K2 and Kanchenjunga. He has climbed 14 of the highest mountains in the world and did it without oxygen.
- **Longest fingernails on a Man:** record is held by Melvin Boothe of the U.S. The combined length of his fingernails was 32 feet, 3.8 inches.
- **Most Roller Coasters Ridden in 24 hours:** is held by Phillip A. Guarno, Adam Spivak, John R. Kirkwood, and Aaron Monroe Rye from the U.S. who rode 74 roller coasters during that time period.
- **Oldest Man to Swim the English Channel:** is Roger Allsopp who swam it at 70 years, 4 months. He did this for almost 18 hours of swimming in about 40 miles of open water.
- **Oldest Person to perform a Backflip:** was 94 year old Walter Liesney from Germany who did a backflip into a swimming pool in 2007.

**"BELIEVE IT—OR NOT!"**

# June



## Across

2. What bugs get their name because the transition of larva to adult happens in this month. These are usually seen in the dark when they are attracted to light.
5. Father's Day became a permanent national holiday in 1972 when this President signed it into law.
8. June is one of how many months with a length of 30 days?
9. For a long time, the most popular month to tie the knot was June. What month officially surpassed June as the most popular wedding month?
12. What is June's Birth Month Flower?

13. September has twice as many summer days as what month?

14. Spring holidays account for the third, fourth and fifth spots on the list of most popular holidays to send cards. What spot does Father's Day place?

16. From what geographic area does the saying 'June's too soon, July's too late for summer' come?

## Down

1. This day in June has the longest daylight of the year, typically on June 21st.
3. In the old saying what is 'a swarm of bees in June' worth?

4. Some believe that June was named for the word juniores, a Latin word. What does it mean?

6. People born in June fall under two zodiac signs either Gemini or?

7. June is named for what Roman queen?

10. From what musical does the song 'June is busting out all over' come?

11. What number of the month is June in both the Julian and Gregorian calendars?

15. Which of these is not one of the three June gems – moonstone, pearl, alexandrite, ruby?

# Father's Day

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

understanding  
 inspiring  
 trusted  
 strong  
 super  
 great  
 love

encouraging  
 hilarious  
 special  
 caring  
 sweet  
 funny  
 cool

supportive  
 unafraid  
 amazing  
 loving  
 smart  
 wise  
 dad

protective  
 positive  
 helpful  
 proud  
 handy  
 kind  
 fun

wonderful  
 handsome  
 giving  
 loved  
 brave  
 best

**Wayne Senior Center at Wayne, Nebraska --**  
**Monthly Business Meeting**  
**May 15, 2024**

The monthly meeting of the Wayne Senior Center was called to order with President George Burcum presiding. (12:35 p.m.) Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum Secretary: Verna Mae Baier Treasurer: Jeanette Swanson and Board Member: Joan Lage. Absent: Vice President Carol Dunning.

The minutes of the April 17, 2024 meeting were approved as published in the May 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 4/18/24 --5/15/24 with expenses of \$833.26 [\$ 45.00 for Easter ads in Wayne Herald, \$729.00 to Schlickbernds for Stove and \$59.26 to U Save for tests strips for health clinic) A Motion was made by Joan Lage and seconded by Verna Mae Baier to approve this amount of expenses. Motion carried. .

Coordinator Bertrand presented an overview of May and June: The Center was closed on May 3 for cleaning and May 27 for Memorial Day. The June newsletter is in the process of being made ready for publication.

Refelting the pool tables has been completed. Funds from the Wayne Legacy Fund were utilized. The remainder of the cost was split between the Senior Center and the pool players. This was approved in a motion by Jeanette Swanson and seconded by Carol Dunlap. Motion carried. Pool tables look very nice.

Everyone at the Center was reminded: Please try to call by noon the day before to make reservations or to cancel meals. (It is understood things do come up at the last minute) If you are needing to switch from Dine In to Congregate meal -- please call before 8:30 a.m. that morning.

The clock on the east wall of the dining area has been replaced using cash donation funds. (The older clock was deemed unfixable.)

FY 2024 Fiscal Monitoring by NENAAA was completed on Monday, April 29, 2024 The overview of findings and resolutions has been implemented: "All volunteers and staff will be instructed and reminded to monitor the signature process and direct and remind the participants to declare their age following the signature." A motion to accept this resolution was made by Jeanette Swanson and seconded by Joan Lage. Motion carried.

With unanimous board agreement, the June board meeting will be moved to June 12. June 19 is a national holiday and the center will be closed that day.

Coordinator Bertrand presented an overview of staff vacations and leave of absences starting in June. The Kitchen Aide position has been filled by LeeAnn Schroeder. Discussion was held on a participant's activities.

President Burcum presented updated information on Community Development activities and it was noted that the sales tax increase failed at the May 14 Election.

The meeting was adjourned at 1:10 p.m.

Next meeting will be June 12, 2024.

Verna Mae Baier, Secretary

## Sharing Caregiving Responsibilities

Caring for an older person often requires teamwork with family, friends, or formal caregivers. While a person who lives nearby might take on most of the everyday responsibilities, people who live farther away can also play an important role in coordinating care. Explore this post for tips on how best to share caregiving tasks.

### How to get started

Splitting caregiving responsibilities is a multistep process. Caregivers will need to figure out what care is needed, choose a primary caregiver, and decide who will be responsible for which tasks.

### Identify the care needs

First, work as a team to figure out what the caregiving responsibilities will be. You could start by setting up a meeting or conference call with the older person and everyone who will be involved in their care. This conversation will be most productive when there is not an emergency. A calm discussion about what kind of care is wanted and needed in the present, and what might be needed in the future, can prevent confusion and misunderstanding later.

### Choose a primary caregiver

When several people are involved in caregiving, many find that the best first step is to name a primary caregiver. This is the person who takes on most of the everyday caregiving responsibilities. Even if a primary caregiver is not needed immediately, identifying someone now will allow that person to step in right away if there is a crisis.

### Determine how each caregiver will contribute

The next step is to decide who will be responsible for which tasks. Ideally, each person providing care will be able to take on the tasks best suited to their skills and interests. When thinking about everyone's strengths, consider what each person is particularly good at and how those skills might help in the current situation.

### Splitting up caregiving tasks

When deciding how to share caregiving responsibilities, consider these questions:

- Who is best at finding information and keeping people up to date on changing conditions?
- Who is most comfortable using email, text messages, and other forms of technology?
- Who do people call when they need emotional support and someone to talk to?
- Who is most confident about speaking with medical staff and conveying information to others?
- Who lives close enough to assist with day-to-day tasks, such as grocery shopping, cooking, and cleaning?
- Who likes coordinating larger tasks, such as helping to organize a move?
- Who is good with numbers? Could they take charge of tasks such as paying bills, keeping track of bank statements, and reviewing insurance policies and reimbursement reports?
- Other than the primary caregiver, who can step in to help occasionally? For example, can someone stay with the person needing care so the primary caregiver can take a short break or go on vacation?

Over time, these decisions may need to be revised. There can be changes in the needs of the person receiving care and in family members' availability. Check in with the older person and the other caregivers regularly to make sure the current arrangement is still working for everyone. Update the plan for sharing tasks as circumstances change.

### Stay in the know with a caregiving notebook

To keep everyone involved in caregiving informed, it may be useful to compile a notebook with details about the care recipient's medical care, social services, contact numbers, financial information, and other pertinent details. This list can be created and updated electronically or in a paper notebook that's kept in a central location. There are also smartphone apps that enable you to divide up caregiving duties, keep an appointment calendar, and share updates with others. Whichever format you choose, make sure everyone has access to the caregiving notebook and that it is reviewed regularly and updated as needed.



### DID YOU KNOW??????????????

- The Most popular gift for men on Father's Day is a Necktie.
- According to www.netglimse.com, Americans spend one billion dollars a year on neckties
- The earliest known form of the necktie may have been worn by the first Chinese Emperor, Shih Huang Ti, in the period before Christ.
- Father's Day is ranked fourth in card sales, only behind Christmas, Valentine's Day, and Mother's Day.
- Father's Day is celebrated on the third Sunday in June, not only in the U.S., but in many other countries including Canada, Chile, China, France, Greece, Hong Kong, Ireland, Jamaica, Japan, Kosovo, Mexico, The Netherlands, Philippines, Puerto Rico, and the United Kingdom.
- The official Father's Day flower is the rose.



### FATHER'S DAY CASSEROLE

- 1 16 oz. package of bulk pork sausage
- 3 cups frozen hash brown potatoes—thawed
- 1 16 oz. can refrigerated buttermilk biscuit dough (such as Pillsbury Grands!)
- 1 1/2 cups shredded Mexican cheese blend
- 5 eggs
- 1/4 (or more if feel needed) cup milk

#### Directions

#### Step 1:

Preheat the oven to 350 degrees

#### Step 2:

Heat a large skillet over medium-high heat. Add sausage, cook and stir until crumbly, evenly browned, and no longer pink (about 5 minutes). Drain and discard any excess grease. Stir in hash brown potatoes, : cook and stir until potatoes are browned, about 5 more minutes

#### Step 3:

Line the bottom of the prepared baking dish with a layer of buttermilk biscuits, splitting the biscuits in half to completely cover the dish. Spread sausage and hash brown mixture evenly over the top, then sprinkle with Mexican cheese. Whisk together the eggs and milk in a bowl, and pour over cheese.

#### Step 4:

Bake in the preheated oven until eggs are set, about 25 minutes and

**ENJOY!**



**KEEP YOUR MIND ACTIVE!:**  
*Unscramble the words Game*



#### UNSCRAMBLE THE TREES

- |             |             |                |
|-------------|-------------|----------------|
| 1. PAMEL    | 2. MOBOAB   | 3. MALP        |
| 4. PUCERS   | 5. ETCHUNTS | 6. WYE         |
| 7. CRIBH    | 8. EBCHE    | 9. OWLILW      |
| 10. SYCEPRS | 11. KOA     | 12. BEOYN      |
| 13. RENIPUJ | 14. POLUET  | 15. SQUAIEO    |
| 16. LOPARP  | 17. BANANY  | 18. WEHCAS     |
| 19. BOBABA  | 20. ENPI    | 21. VELIO      |
| 22. BACIE   | 23. AAACCI  | 24. UPACELYTSU |



#### UNSCRAMBLE THE FLOWERS

- |                |              |                       |
|----------------|--------------|-----------------------|
| 1. SANPY       | 2. NUTEPIA   | 3. TASER              |
| 4. DOGLIRAM    | 5. LIOVTE    | 6. WULFNOSER          |
| 7. NROMNING    | 8. ROLGY     | 8. SORE               |
| 9. CALIL       | 10. GNOLAAIM | 11. TOMUNAIN - URLLEA |
| 12. DENRAGIA   | 13. ISADY    |                       |
| 14. LABCK EYDE | 15. NASUS    | 15. RIMPRSEO          |
- (ANSWERS ON BACK PAGE)



**Thursday—June 20, 2024**

**At 3:50 PM**

**JUNE SOLSTICE**

**Shortest and Longest Day of the Year. FACT:**

**99 % of people see sunlight**

**simultaneously around the June Solstice**

There are two solstices every year: one in June and one in December. The June solstice marks the longest day north of the equator and the shortest day in the south. **SUN REACHES MOST NORTHERLY POINT:**

The June solstice is the moment the Sun is directly above the Tropic of Cancer in the Northern Hemisphere. This is the northernmost latitude it reaches during the year. After the solstice, it begins moving south again. **LONGEST DAY IN THE NORTH:** Since the *Northern Hemisphere* is tilted toward the Sun in June, it receives more sunlight during the course of a day. The North Pole's tilt toward the Sun is greatest at the solstice, so this event marks the *Longest Day* of the year north of the equator. Conversely the day of June solstice is the *Shortest day* of the year in the *Southern Hemisphere*. Here, too, the effect is greater the farther a location is away from the equator. Places within the Antarctic Circle experience Polar night, when the Sun does not rise at all.

# CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787



## Donations

Ruth & Charles Maier– Wayne Food Pantry-  
Sandra Bartling– Phyllis Prince– Byron & Barb Heier–  
Ardyce Mayberry– Ginny Otte– Mothers Day Table  
Flowers from Wayne Greenhouse– Marcile Thomas–  
Ardyce Stanley– Bridge Group– Orphan Grain Train

## Memorials:

**For: Alice Marshall-From: Lee Larson**



**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! Thanks to all that bring in a treat for our 7:00 am & 2:30 pm snack/coffee time!**

**YOU'RE THE BEST!**

## *Seeking Volunteers*

**Thursday Kitchen Volunteer: 11:00 am to 12:30 pm And a Monday Volunteer for Signature/Contribution Sign in Table: 11:00 to 11:45 am**

On June 19, 1865, General Order Number 3 was read by Major General Gordon Granger in Galveston, TX. The words in that document would change American history forever. "The people of Texas are informed that in accordance with a Proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and free laborer. "June 19, 1865 was the first day of freedom for the last slaves in America. "A Brief History of Juneteenth" by Gilbert Cruz confirms that there were a quarter of a million slaves living in Texas at the time. According to www.juneteenth.com. Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the U.S. June 19, 2012 as the 147th anniversary of Juneteenth. As of February 2012, 41 states observe this day with Maryland being the most recent.

**NOTICE: In observance of the June Teenth Holiday Wednesday, June 19th— The Wayne Senior Center and Wayne City Transit will be closed. No Meals or Transit!**

### ANSWER TO TREE SCRAMBLE

- |             |             |             |                |
|-------------|-------------|-------------|----------------|
| 1. Maple    | 2. Bamboo   | 3. Palm     | 4. Spruce      |
| 5. Chestnut | 6. Yew      | 7. Birch    | 8. Beech       |
| 9. Willow   | 10. Cypress | 11. Oak     | 12. Ebony      |
| 13. Juniper | 14. Tupelo  | 15. Sequoia | 16. Poplar     |
| 17. Banyan  | 18. Cashew  | 19. Baobab  | 20. Pine       |
| 21. Olive   | 22. Ceiba   | 23. Acacia  | 24. Eucalyptus |

### ANSWER TO FLOWER SCRAMBLE

- |                     |                  |           |                      |              |
|---------------------|------------------|-----------|----------------------|--------------|
| 1. Pansy            | 2. Petunia       | 3. Aster  | 4. Marigold          | 5. Violet    |
| 6. Sunflower        | 7. Morning Glory | 8. Rose   | 9. Lilac             | 10. Magnolia |
| 11. Mountain Laurel | 12. Gardenia     | 13. Daisy | 14. Black Eyed Susan | 15. Primrose |

## 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
LeAnn Schroeder	Kitchen Aide
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Terry King	Van Driver
Verdell Lutt	Sub Van Driver
George Burcum	President
Carol Dunning	Vice President
Verna Mae Baier	Secretary
Jeanette Swanson	Treasurer
Joan Lage	Board Member

**HELLO!**



**MEET THE TEAM**

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.

## 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.

