



# The Senior Star



A monthly publication for The Wayne Senior Center

JULY—2024

**Every Wednesday**

10:45 to 11:45 am

By Bob Doughty

**Friday—July 12th**

11:30 am: By Dan Hansen

**Friday—July 19th**

11:30 am: by Deb Dickey

**Friday—July 26th**

11:30 am: Name that Tune

w/ Megan from Kinship

**Tuesday—July 30th**

11:30 am By Val Koeber

**FROG Exercises**

Every M—W—Fr

At 9:00 am

**AM WALKING—Daily****Tuesday—July 9th****Health Clinic**

10:45 to 11:45 am

With our Friends

from Sr. Solutions

Blood Pressure—02 Level

Blood Sugar—Temperature

**Monday—July 8th**

Toe Nail Clinic w/ Rachael

**CALL FOR A TIME****Thursday—July 11th**

11:15 -11:45 am:

Eye Glass Care

With Magnuson/Hopkins

**Wednesday—July 3rd**

Monthly Birthday Treat

Noon—In House Meal

**Luncheon Certificates****In—House Drawings****Friday—July 12th**

Certificates by Kinship

**Tuesday—July 16th &****Monday—July 29th**

Certificates by Countryview

**Wednesday—July 17th**

Monthly Board meeting: 12:30

**Wednesday—July 31st**

10:00 am: Caregivers Meeting

**DOG DAYS OF SUMMER****July 3rd through August 11th**

Many of the ancients became

ill this time of year because of

the hot and sultry weather. As a result, there was a belief that

July heat and the resulting sicknesses were connected with

the rising and setting of Sirius - “The Dog Star”. This period

became known as the “Dog Days of Summer”. People sacrificed

a brown dog at the beginning of this hot time to appease

the rage of Sirius. Although Sirius does not necessarily appear

this time of year (due to the precession of the equinoxes),

these are traditionally the hottest days in the

Northern Hemisphere.

Hot Dog Snack @  
2:30: Friday, July 5**Dixon County Fair****Friday, July 5th through Wednesday, July 10th****Wayne County Fair****Thursday, July 25th through Sunday, July 28th****FAIR TRIVIA: DID YOU KNOW???**

**Carnivals** consist of games, rides, shows, feasting, and overall merriment, which developed from the traditional outdoor festivals of Europe in honor of seasonal changes or religious holidays that date back hundreds of years ago.

**Fairs** are large theme based events held to promote and present agricultural, commercial, industrial, and artistic exhibits to fairgoers while also providing the fun and amusement of carnivals.

The USA's first state fair was held in Syracuse, New York in September of 1841

The **Ferris wheel** was invented by George W. Ferris for the 1893 World's Fair, which was held in Chicago to commemorate the 400th anniversary of Columbus's landing in America.

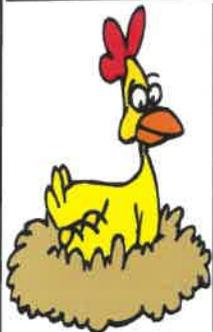
The first time that fairgoers ate hot dogs and ice cream as they walked along the midway was during the Saint Louis **World's Fair** in 1904, thus coining these two foods as the world's first **“Fast Foods”**.

What we call **“Cotton Candy”** was originally called “Fairy Floss” and was invented in 1897 by candy makers William Morris and John C. Wharton of Nashville, Tennessee. It was introduced at the St. Louis **World's Fair** in 1904. It has also been called “Spun Sugar” and in the United Kingdom it is called “Candy Floss.”



# COLON CANCER

**Monday—July 1st.** Cecilia and Stacy from the Northeast Nebraska Public Health Department will be at the Senior Center to provide an informational talk on the newest programs that the Public Health Department is offering. Monday their visit will focus on the importance of Regular Colo-rectal Cancer Screenings. Colonoscopies are usually every 5—10 years and require prep, diet changes, and a Dr. visit. The NNPHD is now able to provide and distribute a Free test yearly to check for any abnormal stool samples in between the time of colonoscopies. This test is done in the privacy of your home, easy to use and takes about 5 minutes.. There is no prep for it, it is FREE and it is not ran through any insurance. If you are interested in receiving this FREE test—please call the center and visit with Jill or Diane to sign up to visit with the NNPHD staff PRIVATELY and to fill out the necessary paperwork, receive 1:1 instructions and to answer any questions you may have.



**The One and Only  
Wayne Chicken Days  
2024 Theme  
“American Pluckers—  
Aged to Per-EGG-tion!  
July 12th, 13th & 14th**

**Kick off “Chicken Days” here at the Center**  
Enjoy one of everyone’s favorite meal  
*Friday - July 12th*  
Creamed Chicken over Biscuit  
Broccoli & Cheese Sauce  
Cranberry Salad  
Chocolate Cherry Cake

## Watermelon: A Great 4th of July Treat



**Iron:** Moves Oxygen through your body  
**92% Water:** Keeps you hydrated  
**Vitamin A:** Good for your skin and eyes  
**Low-Calorie:** Snack without guilt  
**Vitamin C:** Boosts your Immune System  
**Potassium:** Helps your blood pressure  
**Citrulline:** Gets your blood flowing  
**Compostable:** And 100% edible!



In 1937, Hormel introduced the first canned meat product that needed no refrigeration, and it was called Miracle Meat. The canned meat product from Hormel Foods Corp. was given its name by a contest winner; the prize for his ingenuity was \$100. Hawaii’s residents consume more SPAM per capita than the residents of any other state and the canned meat has been nicknamed “The Hawaiian Steak”  
The United Kingdom and South Korea buy and consume the most SPAM worldwide.

## SPAM FRIED RICE

### INGREDIENTS:

- 4 teaspoons vegetable oil
- 12 ounce can SPAM cut into 1/2 inch pieces
- 1/2 cup yellow onion chopped
- 2 carrots peeled, quartered and sliced
- 1/2 cup frozen peas thawed
- 2 teaspoons minced garlic
- 1 teaspoon minced ginger
- 2 eggs lightly beaten
- 3 cups cooked long grain white rice
- 3 tablespoons soy sauce low sodium
- 1 tablespoon toasted sesame oil
- 1/4 cup green onion thinly sliced
- 

### INSTRUCTIONS:

1. Heat 2 teaspoons of oil in a large pan over medium high heat.
2. Place the SPAM pieces in a single later in the pan. Cook for 3-4 minutes, stirring occasionally, until meat is browned.
3. Remove the SPAM from the pan. Place it on a plate then cover with foil to keep warm.
4. Pour 1 teaspoon of oil into the pan, then add the onion and carrots. Cook for 4-5 min. or until veggies are softened. Season the vegetables with salt & pepper.
5. Add the garlic and ginger, then cook for 30 seconds.
6. Remove the vegetables from the pan. Place them on the plate with the SPAM and cover with foil.
7. Pour the remaining teaspoon of oil into the pan. Add the eggs and cook, stirring occasionally until the eggs are scrambled. Add a bit of salt & pepper to eggs.
8. Add the rice, SPAM, cooked veggies and peas into the pan.
9. Stir in the soy sauce and sesame oil and mix until everything is thoroughly combined and warmed through
10. Sprinkle green onions over the top of the rice mixture, then serve and enjoy.

**Wayne Senior Center at Wayne, Nebraska --  
Monthly Business Meeting  
June 12, 2024**

The monthly meeting of the Wayne Senior Center was called to order with President George Burcum presiding. (12:25 p.m.) Present: Senior Center Coordinator: Diane Bertrand, President: George Burcum Vice President: Carol Dunning --- Secretary: Verna Mae Baier Treasurer: Jeanette Swanson and Absent: Board Member: Joan Lage. (This was a change of date from Juneteenth; that being a federal holiday.)

The minutes of the May 15, 2024 meeting were approved as published in the June edition of the Senior Star in a motion by Jeanette Swanson and seconded by Carol Dunning. Motion carried. Treasurer Jeanette Swanson presented financial information for the period of 5/16/24 --6/12/24 with expenses of \$379.72 (\$96.29 for air purifier for bridge/pool room, \$34.21 for bulletin board decorations, \$30.00 for donuts from Vel's Bakery, \$149.68 for memorial clock replacement and \$69.54 for coffee pot.) A Motion was made by Verna Mae Baier and seconded by Carol Dunning to approve this amount of expenses. Motion carried. President Burcum will obtain information on obtaining a C.D. which has a higher interest rate than money market certificates.

The Health Inspector was here May 24, 2024. Hand washing instructions were given. Food Establishment evaluation was completed. Response forms have been completed and returned to that office.

Coordinator Bertrand presented an overview of June & July: Father's Day will be celebrated on June 14. Center will be closed for Juneteenth Holiday. A new phone system has been installed in the Center. The Center will be closed on July 4. Staff will be gone in June & July for vacations and personal days.

Van Drivers will be in Columbus on July 10 for continuing education requirements. Transit will not operate from 8:00 a.m. to noon that day so that all drivers can attend

The Senior Center Board was presented an overview of FY25 contracts for NENAAA. The overviews were for (A) III B Supportive Service Contract (B) III C Supportive Services Contract and (C) III E Supportive Service Contract. Each contract was carefully explained. A Motion was made by Carol Dunning and seconded by Jeanette Swanson to accept and approve each contract. Motion carried. Signatures, as needed, were placed on each of the 3 contracts.

The budget process is beginning for FY25 with the City of Wayne. Budget meeting with Wes and Beth will be June 27. The Acceptance of NENAAA budget reimbursements for FY25 and overviewing numbers from the past FY24 will be at the Center on July 2.

Lawler's has completed the selling of the old convection oven. PATCH grant money has been received and a new kitchen oven has been purchased.

President Burcum provided up-to-date information on the Activity Center project.

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 meeting was adjourned at 1:15 p.m.

Next meeting will be July 9, 2024 at 12:30 p.m.

Verna Mae Baier, Secretary

# Behavior and Emotions of Aging

Here are some of the possible behavioral changes of older adults, reasons for the behavior and possible solutions or interventions.

## 1. DOES NOT WANT TO BATHE

Possible Reasons:

- Loss of sense of smell
- Change in body temperature
- Fear of falling in the shower
- Cannot get into the tub
- May not care

Some Solutions:

- Provide an occasion to clean up
- Install handgrips or bathtub seat
- Be tactful but honest about the problem and discuss it.

## 2. WEARS THE SAME CLOTHES OVER AND OVER

Possible Reasons:

- Loss of sense of smell
- No new clothes that fit
- No occasions or need to dress differently.
- Clothes may be comfortable or associated with eventful memories.

Some Solutions:

- Provide occasions to wear different outfits.
- Compliment on appearance and apparel.
- Give the new clothes as presents after asking what the person would like.
- Show real interest in the person.

## 3. KEEPS THE CURTAINS DRAWN AND THE HOUSE DARK

Possible Reasons:

- As vision decreases we notice fewer things.
- The person may have light sensitivity.
- May have a fear of "peeping toms".

Some Solutions:

- Suggest a visit to the eye doctor.
- Sunglasses or a visor may help.
- Understand the problem.

## 4. CANNOT SLEEP AT NIGHT, WANDERS, KEEPS LIGHTS ON

Possible Reasons:

- Unable to reach deep sleep.
- May not feel exhausted at the end of a boring day.
- May fear falling in the dark, being alone, or dying.

Some Solutions:

- Plan more daytime activities.
- Place night-lights around the house.
- Encourage the person or join them in relaxing before retiring.
- Increase daytime walking or other exercise.

## 5. TALKS ABOUT GETTING MARRIED

Possible Reasons:

- Loneliness
- Need for companionship

Some Solutions:

- Provide real companionship, 24 hours a day if possible, for those who want it.

## 6. DRINKS CONSTANTLY TO EXCESS

Possible Reasons:

- Loneliness
- Grief
- Depressed reaction to changes
- Unable to deal with stressful situations
- Alcoholism

Some Solutions:

- Talk honestly about concern when person has not been drinking
- Suggest social activities
- Suggest counseling or AA
- Make a change in scenery or situation

## 7. REPEATS THE SAME STATEMENTS AND STORIES

Possible Reasons:

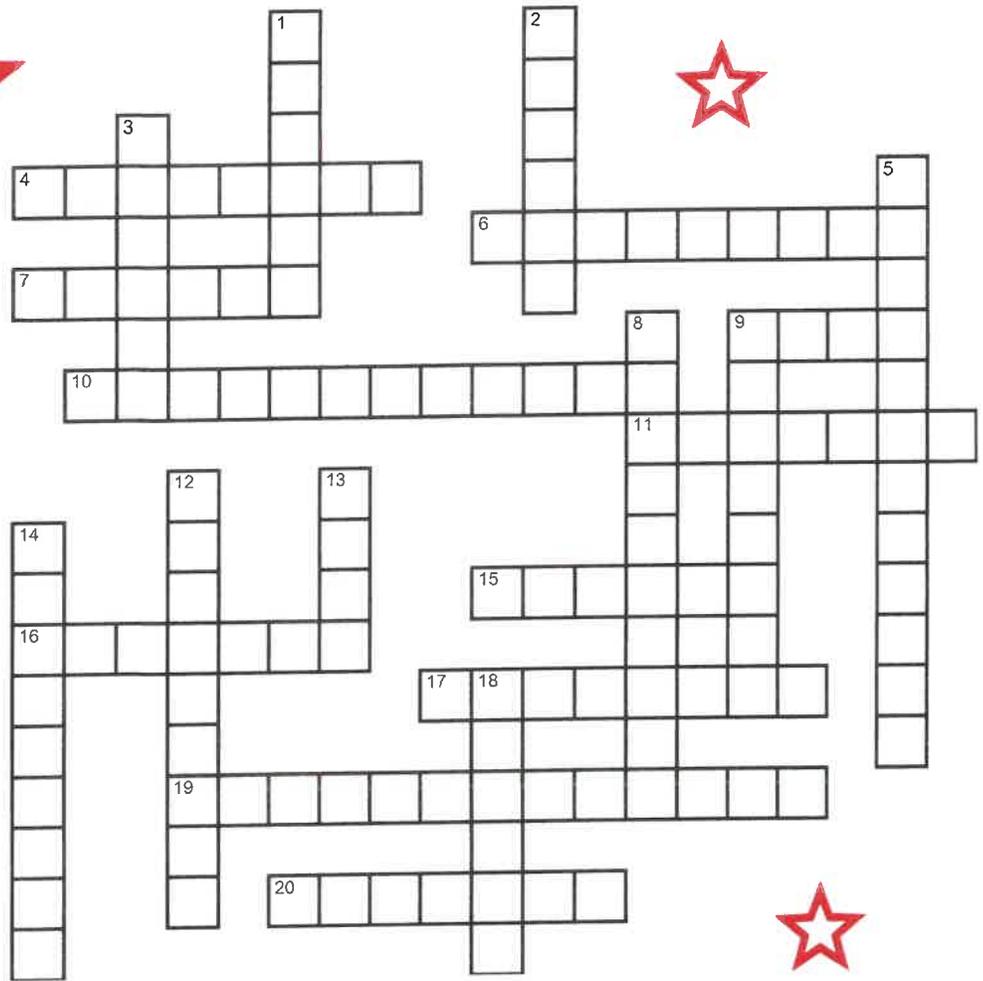
- May not hear well enough to participate in a conversation.
- Does not remember or realize the repetition.
- The statement makes a point to them.

Some Solutions:

- Investigate hearing loss and make special efforts to include the person in conversations.
- Listen for the point of the story or statement.
- Be understanding and reassuring; Build self-esteem
- Redirect or distract to another conversation or activity.



## Crossword Challenge



### ACROSS

4. American President who was born on July 4th, Calvin \_\_\_\_.
6. Founding Father and third President of the United States.
7. Public procession that might occur on July Fourth.
9. Red, white and \_\_\_\_.
10. City in which the Declaration of Independence was signed.
11. Nickname for the American flag, stars and \_\_\_\_.
15. Open air meal popular on July Fourth.
16. Symbol of freedom located in the New York City Harbor: Statue of \_\_\_\_.
17. Number of original colonies that declared independence.
19. Fight for American independence: The \_\_\_\_ War.
20. Famous signer of the Declaration of Independence: John \_\_\_\_.

### DOWN

1. Patriotic song often sung on Independence Day: Yankee \_\_\_\_.
2. National anthem of the United States: The Star-Spangled \_\_\_\_.
3. The day of the month on which America declared its independence.
5. Founding document of the United States: The Declaration of \_\_\_\_.
8. First President of the United States.
9. Cooking outdoors on a grill.
12. Light show often seen on the 4th of July.
13. Month in 1776 when the Declaration of Independence was signed

14. National bird of the United States.
18. Commonly consumed food on July 4th.



# Star Spangled Banner

starspangledbanner

FrancisScottKey

homeofthebrave

landofthefree

FortMcHenry

twilight's

Baltimore

gallantly

streaming

bursting

gleaming

perilous

Ramparts

proudly

rockets

stripes

bright

hailed

bombs

broad

Dawns

Early

fight

glare

light

proof

stars

flag

last

Oer

LAND OF THE FREE



THANKS TO THE BRAVE

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



# The Liberty Bell is tapped 13 times on July 4th.

Every year on July 4, descendants of the Declaration of Independence signers tap the Liberty Bell 13 times. The tradition was created as a way to honor the original 13 colonies.



### 4 FUN FACTS



**PHILADELPHIA WAS THE FIRST CITY TO USE CAST IRON PIPES!**

**AN AVERAGE OF 150 MILLION HOT DOGS WILL BE CONSUMED**



**AMERICANS SPEND \$1 BILLION ON FIREWORKS**

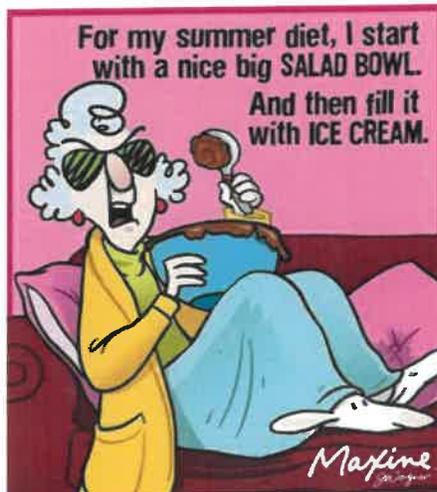
**THOMAS JEFFERSON WAS ONE OF THE FIRST PEOPLE TO BUILD HIS OWN INDOOR BATHROOM**



**Thank You  
Volunteers**

**Wednesday, July 31st**  
*Volunteer Appreciation*  
10:45 Music by Bob Doughty  
"We Serve Wednesday"  
With Katie from the Meadows  
**Serving:** Taverns  
On a Home Made Bun  
Calico Beans  
Macaroni Salad—Fruit Salad  
Oatmeal Craisin Cookie

**ICE  
CREAM  
SOLVES  
everything**



## American States TRIVIA QUIZ

1. What is the most popular sport in the United States?
2. In which state will you find Walt Disney World?
3. Which state was the last one to be admitted into the US union?
4. What is the national flower of the United States?
5. Which US president grew up on a peanut farm?
6. What genre of music originated in New Orleans?
7. Who is sometimes referred as Honest Abe?
8. Name the two US states starting with the letter K?
9. What is the address of the White House?
10. What is the nickname for Chicago?
11. Which State has the highest population in the USA?
12. In which state is the city of Reno located?
13. Which state was bought from the French in 1803?
14. Which city of the United States was originally called New Amsterdam?
15. Which volcano erupted in the United States in 1980?
16. Name the capital of Idaho?
17. Hartford is the capital of which coastal state?
18. Where in North America do most Amish people reside?

### ANSWERS BELOW

- \*\*\*\*\*
- |   |                                |
|---|--------------------------------|
| 1. American Football                          | 10. The Windy City             |
| 2. Florida                                    | 11. California—Over 39 Million |
| 3. Hawaii in August 1959                      | 12. Nevada                     |
| 4. The Rose                                   | 13. Louisiana                  |
| 5. Jimmy Carter                               | 14. New York                   |
| 6. Jazz                                       | 15. Mount St. Helens           |
| 7. Abraham Lincoln                            | 16. Boise                      |
| 8. Kansas & Kentucky                          | 17. Connecticut                |
| 9. 1600 Pennsylvania Ave. NW Washington, D.C. | 18. Pennsylvania               |

**Tuesday, July 23rd** is the birthday of the Ice Cream Cone (1904) -According to the International Ice Cream Association, this day is considered the real birthday of the ice cream cone because of the great stir it caused at the St. Louis World's Fair opened on September 22, 1903. On the September date, an Italian immigrant was granted a patent for the ice cream cone, but it didn't gain popularity until a similar creation was independently introduced in 1904 at the World's Fair.

To celebrate the birthday of the Ice Cream Cone,  
Ice Cream Cones will be served  
at 2:30 coffee time!

**You Scream, I  
Scream,  
We all Scream**



# CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787



## Donations

Vels Bakery– Bridge Group– Phyllis Rahn– Janet Bull– Byron & Barb Heier– Bob & DeAnn Behlers– Lee Larson– Bill Kaup– Bev Hansen– Ginny Otte– Joyce & Earl Lundahl– Marcile Thomas– Janelle Eaton– Cynthia Jorgensen– 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! 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

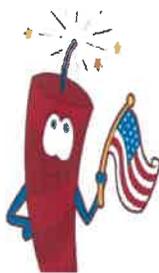
Thursday Kitchen Volunteer: 11:00 am to 12:30



**OPEN ON THE 5TH BRUNCH FOR LUNCH**  
Serving from 11:00 to Noon  
Biscuits & Gravy - Hash brown  
Egg Casserole—Fruit & Juice

## WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Head Cook / Kitchen Manager
Bill Lehmkuhl	Office Assistant / Dispatch
Phil Does	Kitchen Aide / Sub Van Driver
LeAnn Schroeder	Kitchen Aide
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Ferry King	Van Driver
Verdell Lutt	Sub Van Driver
George Burcum	President
Carol Dunning	Vice President
Verma Mae Baier	Secretary
Janette 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.

## Presidential Peculiarities linked to the 4th of July

- Deaths of founding fathers: Thomas Jefferson, John Adams, and James Monroe, all key figures in American history, died on July 4th. Jefferson and Adams passed away on the same day in 1826, exactly 50 years after the Declaration of Independence was adopted. Monroe followed five years later in 1831.
- A presidential birth: Calvin Coolidge, the 30th President of the United States, was the only president born on Independence Day, Specifically on July 4, 1872.

## Fireworks: A tradition ignited by John Adams

\* The tradition of setting off fireworks on the 4th of July was indeed suggested by John Adams, who envisioned the celebration of Independence with great fanfare, including fireworks. Adams expressed his hopes for the annual celebration in a letter to his wife Abigail on July 3, 1776, anticipating future celebrations to include “Pomp and Parade, with Shows, Games, Sports, Guns, Bells, Bonfires and Illuminations” across the nation. This vision materialized for the first time on July 4, 1777, in Philadelphia.



## JUST FOR FUN: SR. TEXTING CODES

1. **ATD:** At the Doctor's
2. **BTW:** Bring the Wheelchair
3. **BYOT:** Bring Your own Teeth
4. **CUATSC:** See you At the Senior Center
5. **FWIW:** Forgot Where I Was
6. **LWO:** Lawrence Welk's On



## 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.

