



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

2025



Wednesdays In May
 10:45 to 11:45 am : By Bob Doughty
Thursday, May 1st
 11:30: By Dan Hansen
HAPPY MAY DAY!
Friday, May 9th
 11:15: By Alan Bruflat
HAPPY MOTHER'S DAY!
Friday, May 16th
 11:30: Music by Ann Isom
FRIDAY, MAY 23rd
 1:00 pm: **BINGO** with our Friends
 From "The Meadows" - Norfolk



BENEFICIAL INSECTS IN THE GARDEN
 (The Old Farmer's Almanac)

How to Make Good Bugs Welcome in Your Garden

Some bugs are good for the garden. We call these good guys "Beneficial Insects" and they can really help your garden by eating pest insects that would otherwise eat your plants. Here is a list of common beneficial insects and how to attract them to your garden.

What Are Beneficial Insects?

The average backyard is home to thousands of insects, and you may be surprised to learn that only about a tenth of these are destructive. Most are either beneficial or harmless. Beneficial insects fall into three main categories:

1. Pollinators: We depend on these insects—including bees, butterflies, flies, and moths—to pollinate our garden's flowers.
2. Predators: These insects eliminate pests by eating them. Things like ladybugs, praying mantises, and green lacewing larvae fall into this category.
3. Parasitizers: Like predators, parasitizers also prey upon other insects, but in a slightly different way. They lay their eggs on or in the bad bugs, and when the eggs hatch, the larvae feed on the host insects. Parasitic wasps are the main member of this group.

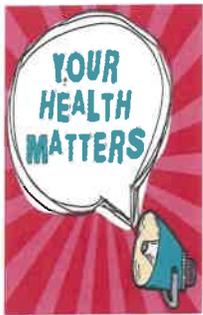
Attracting Beneficial Insects.

Like all living creatures, beneficial insects have a basic need for water, food, and shelter. By providing these things, your garden will become an inviting home for them.

A diversity of plants will attract a wide range of insects. Many beneficials appear in the garden before the pests do and need alternative food sources such as pollen and nectar if they are to stick around

- Early blooming plants, especially ones with tiny blossoms like alyssum, or biennials such as carrots or parsley that have been left to bloom with help draw beneficials to your yard in the spring.
- Later, they will be especially attracted to plants with compound blossoms such as yarrow, goldenrod, and Queen Anne's lace and flowering herbs like lavender, mint, sage, dill, fennel, and lemon balm.

REMEMBER that if you resort to using chemical pesticides to control insects, you will often kill good and bad bugs alike. Even the so-called "natural" pesticides like pyrethrum and rotenone will kill many beneficial insects.



FROG Exercises
 Every M—W—Fr @ 9:00 am
AM WALKING—Daily
Tuesday, May 13th
Health Clinic
 10:45 to 11:45 am: With our Friends
 from Senior Solutions
 Blood Pressure—02 Level
 Blood Sugar—Temperature



Wednesday—May 7th
 Monthly Birthday Treat
 Noon—In House Meal
Luncheon Certificates
In—House Drawings
Thursday, May 1st
 Certificates by Kinship
Monday, May 19th
 Certificates by Countryview
Thursday, May 29th
 Certificates by Countryview



Thursday—May 8th
 11:15—11:45 am: Eye Glass Care
 Evolving Eye Care
Monday—May 12th
 Toe Nail Clinic w/ Rachael
CALL FOR A TIME



Monday—May 12th
 12:00 Visit w/ Karen—Kel Therapy
Wednesday—May 21st
 12:30: Monthly Board meeting
Wednesday—May 28th
 10:00 am: Caregivers Meeting

May Day

May Day is a celebration with a long and varied history, dating back millennia. Throughout the years, there have been many different events and festivities worldwide, most with the express purpose of welcoming in a change of season. In the 19th century, May Day took on a new meaning, as an International Workers' Day grew out of the 19th century labor movement for worker's rights and an eight-hour workday in the United States.

The Celts of the British Isles believed May 1st to be the most important day of the year, when the festival of Beltane was held. The May Day festival was thought to divide the year in half, between the light and the dark. Symbolic fire was one of the main rituals of the festival, helping to celebrate the return of life and fertility to the world. When the Romans took over the British Isles, they brought with them their five-day celebration known as Floralia, devoted to the worship of the goddess of flowers, Flora. Taking place between April 20 and May 2, the rituals of this celebration were eventually combined with Beltane.

Another popular tradition of May Day involves the maypole. While the exact origins of the maypole remain unknown, the annual traditions surrounding it can be traced back to medieval times, and some are still celebrated today. Villagers would enter the woods to find a maypole that was set up for the day in small towns. The day's festivities involved merriment, as people would dance around the pole clad with colorful streamers and ribbons. The maypole never really took root in America, where May Day celebrations were discouraged by the Puritans. But other forms of celebrations did find their way to the New World.

During the 19th and 20th centuries, May Basket Day was celebrated across the country, where baskets were created with flowers, candies and other treats and hung on the doors of friends, neighbors and loved one on May 1.

Today, May Day is an official holiday in 66 countries and unofficially celebrated in many more, but ironically it is rarely recognized in the country where it began, the United States.



Fun May Facts!

Research conducted by the University of Columbia has shown that people who are born in May have a lower risk of acquiring respiratory, neurological, cardiovascular, and reproductive diseases.

International Workers Day

The connection between May Day and labor rights began in the United States. During the 19th century, at the height of the Industrial Revolution, thousands of men, women, and children were dying every year from poor working conditions and long hours. In an attempt to end these inhumane conditions, the Federation of Organized Trades and Labor Unions held a convention in Chicago in 1884. They proclaimed "eight hours shall constitute a legal day's labor from and after May 1, 1886."

On May 1, 1886, more than 300,000 workers from 13,000 businesses walked out of their jobs across the country. In the following days, more workers joined. Overall, the protests were peaceful, but that all changed on May 3 where Chicago police and workers clashed at the McCormick Reaper Works. The next day a rally was planned at the Haymarket Square to protest the killing and wounding of several workers by police.

The speaker was winding down when a group of officers arrived to disperse the crowd. As the police advanced, an individual who was never identified threw a bomb into their ranks. Chaos ensued, and at least seven police officers and eight civilians died as a result of the violence that day.

The workers' history of May 1 was eventually embraced by many governments worldwide.



Cinco de Mayo

Cinco de Mayo is not Mexican Independence Day, a popular misconception. Instead, it commemorates a single battle. In 1861, Benito Juarez, a lawyer and member of the Indigenous Zapotec tribe, was elected president of Mexico. At the time, the country was in financial ruin after years of internal strife, and the new president was forced to default on debt payments to European governments.

In response, France, Britain, and Spain sent naval forces to Veracruz, Mexico, demanding repayment. Britain and Spain negotiated with Mexico and withdrew their forces.

France, however, ruled by Napoleon III, decided to use the opportunity to carve an empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large force of troops and driving President Juarez and his government into retreat.

Certain the success would come swiftly, 6,000 French troops set out to attack Puebla de Los Angeles. Juarez rounded up 2,000 loyal men and sent them to Puebla. Vastly outnumbered and poorly supplied, the battle lasted one day. The French retreated having lost 500 soldiers, fewer than 100 Mexicans had been killed. This was a great victory for the Mexican government.

May Day



BUTTERFLY
 CELEBRATE
 FERTILITY
 MAY QUEEN
 RAINDROPS
 TRADITION
 CHILDREN
 FESTIVAL
 LAUGHTER
 PURITANS
 SUNSHINE

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

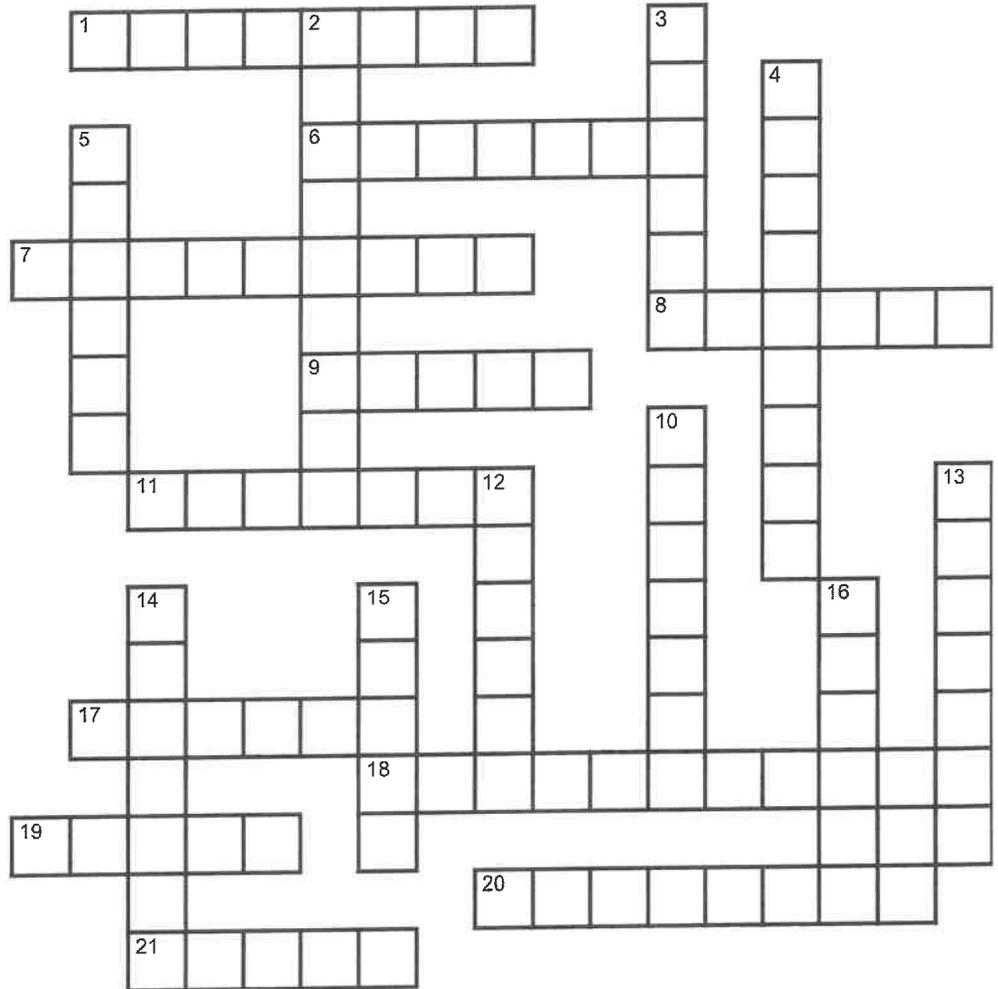
ANCIENT
 BELTANE
 BLOSSOM
 FLOWERS
 MAY DAY
 MAYPOLE
 OUTSIDE
 RAINBOW
 RIBBONS
 SINGING
 BASKET
 COLORS
 MAYDAY
 PARADE
 ROMANS
 SPRING
 BLOOM
 BUDS
 FUN

Merry Month of May



ACROSS

1. Sport played on a diamond.
6. ___ Appreciation Day falls on Tuesday of the first full week in May.
7. Buzzing insect.
8. Astrological sign for the end of May (twins).
9. May is the ___ month of the year.
11. Small red insect with black dots.
17. She is celebrated on the second Sunday in May.
18. Annual Mexican celebration on May 5th.
19. Most lawns are this color in May.
20. Celebrated on the last Monday in May: ___ Day.
21. Plant these and you may get some flowers.



DOWN

2. What a caterpillar becomes.
3. Season in which May falls in the Northern Hemisphere.
4. Use this to trim the lawn.
5. Astrological sign for the start of May (bull).
10. May birthstone.
12. Place where you might grow flowers.
13. Flower of a plant.
14. Tulips, daisies, roses, etc.
15. May the ___ be with you.
16. Might be filled with candy and broken as part of a May celebration.



**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
April 16, 2025**

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

The minutes of the March 26 meeting were approved as presented in a motion by Carol Dunning and seconded by Jeanette Swanson. Motion carried. Treasurer Jeanette Swanson presented the financial information for the period of 3-20-25 /4-16-25 with expenses of \$ 0.00 Motion by Joan Lage to approve this amount of expenses. Seconded by Carol Dunning. Motion carried.

Coordinator Bertrand presented an overview of April and May: April is Volunteer Appreciation Month. Spring Fling Party on April 11 was great fun. Center will close at 2:00 p.m. on April 18 (Good Friday), A Q/A with City Administrator Wes Blecke will be April 28. In May the Center will be closed for extensive cleaning on May 2 and Mother's Day celebration will be May 9. The Center will be closed for Memorial Day Holiday on May 26.

A Wayne City Council Retreat will be April 29 with coordinator Bertrand in attendance. This meeting will include an in-depth discussion concerning Wayne Public Transit. Possible positions of transit manager and transit dispatch will be included in the planning.. A 5311 Program Agreement for NDOT will be presented for everyone's consideration. Transit Electronic Dispatch training is an on-going and very detailed progress.

There is a new Medicaid/Med Waiver billing process. There is a zoom meeting every Wednesday to learn this process. On-line billing is scheduled to begin May 1.

The Senior Center has received a PATCH grant amounting to \$500. Jeanette Swanson made a motion to purchase 2 boxes of Oliver trays (\$326.15 each) Seconded by Verna Mae Baier. The center will cover the remaining costs and shipping costs. Motion carried. [Oliver trays are necessary for MOW and To-go meals.]

A Rotary Club Grant application has been submitted for additional pool cues, a dart game, a speaker's podium and a bingo machine. The motion was made by Carol Dunning and seconded by Joan Lage to continue with this application . Motion carried. Payments will be handled by Rotarian Robert Ensz doing the necessary follow up.

Notices for a kitchen aide position at the Center have been placed at the Senior Center and the Morning Shopper. This is a 29 hour position. Medical leaves, vacations, and position changes are happening at the Center.

No other items were presented for consideration.

Meeting was adjourned at 1:10 p.m...

Next meeting will be May 21, 2025 12:30 p.m.

Verna Mae Baier, Secretary

SPRING WELLNESS TIPS FOR OLDER SENIORS

As spring arrives, it brings a renewed opportunity for older adults to focus on their health and wellness. This season, symbolic of new beginnings and rejuvenation, is the perfect time for seniors to adopt practices that enhance their physical, mental, and emotional well-being. Here are some spring wellness tips tailored for older adults to help them make the most of this vibrant season.

Embrace Outdoor Activities

With the arrival of warmer weather and longer days, spring is an ideal time for seniors to engage in outdoor activities. Activities like walking, light gardening, or simply sitting in a park can significantly boost physical health and mental well-being. The National Institute on Aging recommends regular physical activity for older adults to maintain mobility and independence.

Focus on Balanced Nutrition

Spring brings a bounty of fresh fruits and vegetables, making it an excellent time for older adults to revitalize their diet. Incorporating seasonal produce such as berries, leafy greens, and asparagus can provide essential nutrients and enhance overall health. Balanced nutrition is crucial for seniors, as noted by the Academy of Nutrition and Dietetics, to manage chronic conditions and maintain energy levels.

Stay Hydrated

As temperatures rise, staying hydrated becomes even more important. Older adults are more susceptible to dehydration, so it's vital to drink plenty of fluids throughout the day. Water is the best choice, but herbal teas and water-rich fruits and vegetables can also contribute to hydration.

Prioritize Mental Health

Spring is a season of renewal, making it a fitting time to focus on mental health. Activities like meditation, joining social groups, or engaging in hobbies can improve mood and cognitive function. The American Psychological Association highlights the importance of social connections and mental stimulation for aging adults.

Regular Health Check-Ups

With the change in season, it's a good time for seniors to schedule routine health check-ups. Regular medical screenings can help manage existing health conditions and prevent potential health issues. The Centers for Disease Control and Prevention (CDC) suggests regular check-ups as a preventive health measure for older adults.

Safe Sun Exposure

While enjoying the outdoors, it's important to practice sun safety. Seniors should use sunscreen, wear protective clothing, and seek shade to prevent skin damage. The American Academy of Dermatology recommends using sunscreen with at least SPF 30 to protect against harmful UV rays.

Get Enough Sleep

Quality sleep is vital for overall health and well-being. Seniors should aim for 7-8 hours of sleep per night, as recommended by the National Sleep Foundation. Creating a relaxing bedtime routine and ensuring a comfortable sleep environment can aid in better sleep. Spring offers a wonderful opportunity for older adults to enhance their wellness and health. By embracing outdoor activities, focusing on balanced nutrition, staying hydrated, prioritizing mental health, keeping up with health check-ups, practicing safe sun exposure, and getting enough sleep, seniors can enjoy a vibrant and healthy spring season.

**JOIN US FOR OUR CAREGIVERS GROUP
MAY'S MEETING WILL BE @ 10:00 AM
WEDNESDAY, MAY 28TH
CALL 402-375-1460 AND ASK FOR DIANE
IF YOU WOULD LIKE MORE INFORMATION**

PLEASE NOTICE

Center will be **CLOSED** for Cleaning—
Friday, May 2nd. No meals or Activities
Transit **WILL** be running.
Center will be **CLOSED** for Memorial Day
Holiday—Monday May 26th

Mother's Day

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards, and other gifts.

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as Mothering Sunday.

Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their mother church—the main church in the vicinity of their home—for a special service.

Over time, the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

In the United States, in the years before the Civil War, Ann Reeves Jarvis of West Virginia helped start "Mother's Day Work Clubs" to teach local women how to properly care for their children. These clubs later became a unifying force in a region of the country still divided over the Civil War. In 1868 Jarvis organized "Mother's Friendship Day" at which mothers gathered with former Union and Confederate soldiers to promote reconciliation.

While versions of Mother's Day are celebrated worldwide, traditions vary depending on the country. In Thailand, for example, Mother's Day is always celebrated in August on the birthday of the current queen, Sirikit. Another alternate observance can be found in Ethiopia, where families gather each fall to sing songs and eat a large feast as part of Antrosht, a multi-day celebration honoring motherhood.

Did You Know?

More phone calls are made on Mother's Day than any other day of the year. These holiday chats with Mom often cause phone traffic to spike by as much as 37 percent.



Memorial Day

The Civil War, which ended in the spring of 1865, claimed more lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries.

By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.

On May 5, 1868, General John A. Logan called for a nationwide day of remembrance later that month. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil War. But during World War I the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars, including World War II, The Vietnam War, The Korean War, and the wars in Iraq and Afghanistan.

Cities and towns across the United States host Memorial Day parades each year, often incorporating military personnel and members of veterans' organizations.

Americans also observe Memorial Day by visiting cemeteries and memorials. Some people wear a red poppy in remembrance of those fallen in war—a tradition that began with a World War I poem. On a less somber note, many people take weekend trips or throw parties and barbecues on the holiday, perhaps because Memorial Day weekend unofficially marks the beginning of summer.



Memorial Day Trivia

- What city is known as the birthplace of Memorial Day?
⇒ **Waterloo, New York**
- Memorial Day was originally known as what?
⇒ **Decoration Day**
- When was Memorial Day named as such by the federal government?
⇒ **1967**
- Arlington National Cemetery used to be a plantation belonging to whom?
⇒ **Robert E. Lee**
- When was the Tomb of the Unknowns at Arlington National Cemetery established?
⇒ **November 11, 1921**

DONATIONS

**Ardyce Stanley – Joyce & Earl Lundahl – Donna Lundin
Ardyce Mayberry– Lila Splittgerber
Barb & Byron Heier -Janet Bull – Bob & Rita McLean
Bill Kaup – Jerry Junck – George Burcum & Susan Boust
Kathy & Lowell Johnson – Terry & Mary Janke**



**Thanks to: Country View and Kinship for Sponsoring our Luncheon Drawings and Monthly Birthday Treat. Thanks to Kinship & Sr. Solutions for helping our with our Monthly Health Clinic. Thanks to our friends from Heritage at Fountain Point of Norfolk for helping with our “Fine Dining Fridays” & Countryview & “The Meadows” of Norfolk for helping w/ “We Serve Wednesday”. Thanks to all our Talented Musicians, Evolving Eye Care , Wayne Eye Care, Rachael for our Toe Nail Clinic, and ALL Our Dedicated Kitchen and MOW Volunteers! Thanks to all that help bring in a treat for our 7:00 am & 2:30 pm snack/coffee time!
YOU'RE THE BEST!**



**° This is °
° the place °
where FRIENDS
become
FAMILY**

WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Head Cook / Kitchen Manager
Jill Lehmkuhl	Office Assistant / Dispatch
LeAnn Schroeder	Kitchen Aide
Yeslyn Vasquez	Kitchen Sub
Sue Temme	Kitchen Sub
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

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.

JOIN US IN MAY

Thursday, May 1st
CELEBRATE MAY DAY! - May 1st
“Sweet Treats” Dessert served at noon (In-House)
By our Friends from Kinship
Monday, May 5th
Cinco de Mayo Treat—2:30 snack time
Wednesday, May 7th
Monthly B. Day Party Celebration
Cake served @ Noon at Center
Friday, May 9th
Mother’s Day Celebration—Music by Alan Bruflat
Served by our Friends from Heritage of Norfolk
Friday, May 23rd
BINGO time @ 1:00 pm with our Friends from Meadow’s of Norfolk



**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.

**Senior Center Hours
402-375-1460**

Monday through Friday: 7:00 am to 4:00 pm
Please make meal reservations by Noon the Day before.
Meals on Wheels delivery go out at 11:00 am
To-Go Meals to be picked up between 11:15—11:30 am on the West side of the building. **Please try to pick your To-Go meal by 11:30 am as our Staff is busy with preparation and serving of our Congregate meal which is Served In house at 11:45 am**
If you need to cancel your reservation for your meal—please do so the day before if able so our Kitchen staff may adjust count for meal preparation.
Meal Contribution Requests:
\$5.00 : Congregate Meals—Age 60 and Over
\$7.75: Congregate Meals—Under Age 60
\$6.00: Meals on Wheels & To Go—Age 60 and Over
\$8.75: Meals on Wheels & To Go—Under age 60