



# The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

2025



### Wednesdays In June

10:45 to 11:45 am : By Bob Doughty

**Friday, June 6th**

11:30: By Dan Hansen

**Friday, June 13th**

11:15: By Alan Bruflat

**HAPPY FATHER'S DAY!**

**Friday, June 27th**

11:30: Music by Val Koeber

**Monday, June 30th**

11:30: Music by Anne Isom

### Father's Day Celebration

Friday—June 13th

Music @ 11:15 by

**Alan Bruflat**

11:45 Meal Served by our  
Friends from Heritage of Norfolk

Grilled Hamburger on a

Home Made Bun

Potato Salad & Cowboy Beans

Seasonal Fresh Fruit

Cowboy Cookie

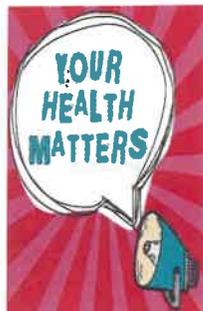


### History of Father's Day

On July 5, 1908, a West Virginia church sponsored an event in memory of and to honor the 362 fathers who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, WV. This was a one-time commemoration. The following year, Sonora Smart

Dodd from Spokane, WA, one of six children raised by a widower, tried to establish an event equivalent to Mother's Day for fathers. And she was successful. Father's Day was first celebrated in the U.S. on June 19, 1910 in Washington state. It wasn't until 1966 when President Lyndon Johnson signed a Presidential declaration announcing the third Sunday of June as Father's Day. In 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June.

**HAPPY FATHER'S DAY!**



### FROG Exercises

Every M—W—Fr @ 9:00 am

**AM WALKING—Daily**

**Tuesday, June 10th**

**Health Clinic**

10:45 to 11:45 am: With our Friends  
from Kinship

Blood Pressure—02 Level

Blood Sugar—Temperature

### Wednesday—June 4th

Monthly Birthday Treat

Noon—In House Meal

**Luncheon Certificates**

**In—House Drawings**

**Friday, June 6th**

Certificates by Countryview

**Tuesday, June 17th**

Certificates by Kinship

**Friday, June 27th**

Certificates by Kinship



### Thursday—12th

11:15—11:45 am: Eye Glass Care

Wayne Eye Care

**Monday—June 9th**

Toe Nail Clinic w/ Rachael

**CALL FOR A TIME**



### Wednesday—June 18th

12:30: Monthly Board meeting

**Wednesday—June 25th**

10:00 am: Caregivers Meeting



### THINGS DADS SAY.....

- The best way to double your money is to fold it and stick it in your pocket.
- Don't make me stop this car.
- The car is not a playground.
- If you drive up to our house, park in the driveway, and honk the horn, you better be delivering a pizza because you won't be taking out my daughter.
- I'm not yelling at you. I'm helping you hear.
- God gave you two ears and two eyes and only one mouth. If you see and hear twice as much as you say, you'll learn something.
- Your mother is right even when she is wrong!

## WORLD ELDER ABUSE AWARENESS DAY

June 15th, 2025 is a day set apart to raise awareness about the millions of older adults who experience elder abuse & neglect, and financial exploitation. As many as 1 in 10 older Americans are abused or neglected each year and only 1 in 14 cases of elder abuse ever comes to the attention of authorities. Older Americans are vital, contributing members of our society and their abuse or neglect diminishes all of us. This day reminds all of us that, as in a just society, that we have a critical role to play to focus attention on elder justice.



### QUICK AND EASY DONUTS MADE RIGHT IN YOUR KITCHEN

#### *Ingredients*

- 2 cup cooking oil
- 1/2 cup granulated Sugar
- 1 tsp ground Cinnamon (optional)
- 1 can Buttermilk Biscuits (8 Oz)

#### *Preparation*

- Heat the cooking oil in a small skillet
- In a shallow dish, mix the sugar and cinnamon well. You can omit the cinnamon if desired.
- Separate the biscuits and cut a 1" hole in the center with a cookie cutter (A water bottle lid works great) Save the cut out holes to cook, too.
- Drop 3 or 4 biscuits into the hot oil and cook until golden brown.
- Flip them over and cook the opposite side. Do the same thing with the holes.
- Place them on a layer of paper towels to drain excess oil
- Drop in sugar mixture and coat

**ENJOY AND EAT THEM WHILE  
THEY ARE WARM!  
1 CAN USUALLY ISN'T ENOUGH**



## Happy National Donut Day

Friday, June 6th

National Doughnut Day is Celebrated on June 6th, 2025, succeeding the Doughnut Day event created by The Salvation Army in 1938 to honor the women who served doughnuts to soldiers during World War 1. This June observance takes place on the first Friday of June each year and celebrates the doughnut, also known as "donut".

Many American doughnut stores offer free doughnuts on National Doughnut Day. In 2009, both independent doughnut shops and large national franchises offered free doughnuts in the United States. National Doughnut Day started as a fund raiser for Chicago's The Salvation Army. Their goal was to help the needy during the Great Depression, and to honor The Salvation Army "Lassies" of World War 1, who served doughnuts to soldiers.

A doughnut or donut is a type of fried dough confectionery or dessert food. Doughnuts are popular in many countries and prepared in various forms as a sweet snack that can be homemade or purchased in bakeries, supermarkets, food stalls, and franchised specialty outlets. They are usually deep-fried from flour dough, and shaped in rings or flattened spheres that sometimes contain fillings. Other types of batters can also be used, and various toppings and flavorings are used for different types.

### HOW WELL DO YOU KNOW YOUR DONUTS

1. These were the first sold in 1937 in Salem, NC?  
\_\_\_\_\_ Kreme
2. What is the most Popular Donut in the U.S.?
3. Back in the 1950's, these people working Graveyard shift often stopped by donut shops to do paperwork because they were the only places open?
4. It opened as Open Kettle in 1948?  
\_\_\_\_\_ Donuts
5. Salvation Army volunteers were known as Donut \_\_\_\_\_ (or doughnut dollies) during World War 1.
6. Merriam-Webster Dictionary has accepted this spelling for Doughnut??

### ANSWERS

1. Krispy
2. Glazed
3. Police officers
4. Dunkin
5. Lassies
6. Donut



**Wayne Senior Center at Wayne, Nebraska --  
Monthly Business Meeting  
May 21, 2025**

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 and Board Member: Joan Lage. Absent: President George Burcum and Treasurer Jeanette Swanson.

The minutes of the April 8 meeting were approved as presented in a motion by Carol Dunning and seconded by Joan Lage. Motion carried. Treasurer Jeanette Swanson prepared the treasurer's report. Coordinator Bertrand presented the financial information for the period of 4-17-25 /5-21-25 with expenses of \$ 1,233.69. [\$213.96 for tables purchased {quilt money}, \$79.16 for Health clinic test strips, \$100.00 for volunteer meals, \$89.12 for kitchen and décor supplies and \$751.45 for Oliver packaging for trays and film] Motion by Joan Lage to approve this amount of expenses. Seconded by Verna Mae Baier. Motion carried.

Coordinator Bertrand presented an overview of May and June:: Closed for Memorial Day on May 26; brunch on May 27. June newsletter is nearly complete. Father's Day will be observed on June 13. Center will be closed for the Federal Holiday on June 19.

Total Patch Grant: \$550.00. The total bill for the Drive-Thru and MOW packaging was \$751.45. Remainder was covered by the Center.

Cash donations are being utilized to purchase miscellaneous items such as coffee for special events.

Coordinator Bertrand presented an update on the Rotary Grant. A new Bingo machine is a possibility, A stand for the machine is also needed. The possibility of using the other special donation money for a custom-made check in table was presented. Also, a matching chair was discussed. No specific action was taken at this time.

The position of kitchen aide has been filled. One staff member is out on medical leave. Summer vacations will soon be scheduled. Van drivers are in the process of transitioning to electronic scheduling.

Coordinator Bertrand presented correspondence that had been received.

No other items were presented for consideration.

Meeting was adjourned at 1:15 p.m...

Next meeting will be June 17, 2025 12:30 p.m.

Verna Mae Baier, Secretary

## TIPS FOR CAREGIVERS

### What You Need to Know

Recognizing presenting symptoms of an emotionally abused or neglected older adult is an important first step in getting them help. Feeling guilty, anxious, confused, ashamed, or fearful are very common reactions to abuse or neglect. Someone who is being abused may also become depressed because they may see the situation as hopeless and may begin to avoid others. Many older people do not speak up about what is going on in their own home, which can lead to even more abuse. Sometimes they suffer the pain in silence because of such **mistaken beliefs** as:

- The abuse is my fault.
- The consequences of speaking up are worse than keeping quiet.
- Family matters are private and should stay that way.
- I have no one to turn to who can help.
- I'm afraid if I break the family secret, the person hurting me will get back at me in a way worse than what is happening now.
- I'm so ashamed and embarrassed that my own family member could be behaving in an abusive or neglectful way.

### Report Abuse

Suspected abuse is sufficient reason to make a report to authorities.

When you call to report abuse of an older adult, be ready to give the elder's name, address, and contact information, and give details about why you are concerned. You will be asked for your name, address, and telephone number, but you do not have to give this information in most states. The highest priority to everyone is to make the elder safe.

In some states, certain professionals are required or encouraged to report elder abuse. The people required to report elder abuse in these states are doctors and nurses, psychologists, police officers and social workers.

### How to Report Abuse

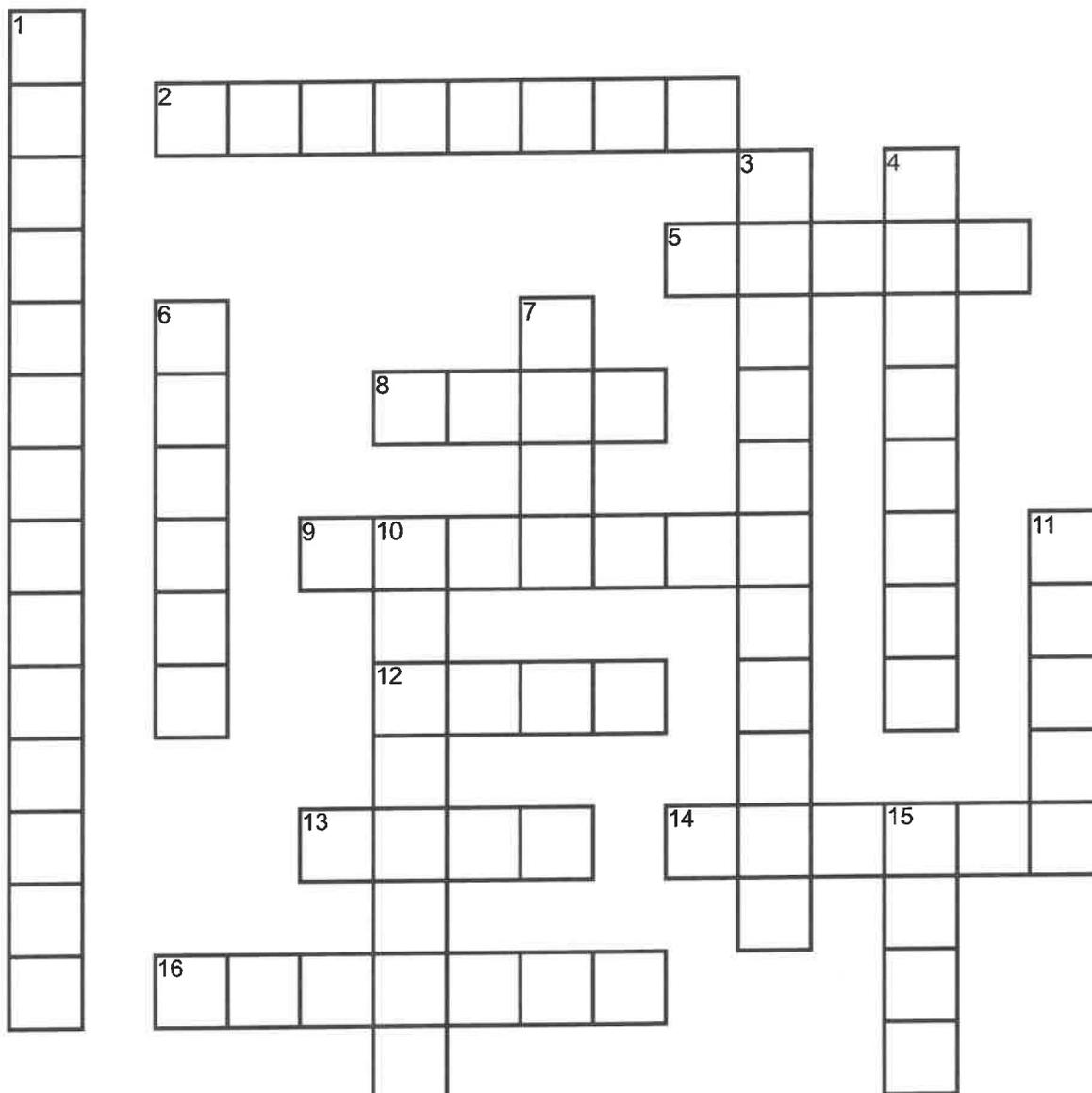
If you suspect elder abuse, call someone now! You do not have to be positive of the abuse, and you do not have to give your name. You are protecting someone from further harm by reporting elderly abuse or suspected elderly abuse.

If an elder is in danger now, call:

1. 911
2. Your State Elder Abuse Hotline

**JOIN US FOR OUR MONTHLY CAREGIVERS GROUP  
JUNE'S MEETING: WEDNESDAY, JUNE 25<sup>TH</sup> @ 10:00 AM  
CALL 402-375-1460 AND ASK FOR DIANE  
IF YOU WOULD LIKE MORE INFORMATION**

# 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?

# FLAG DAY

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

FIREWORKS	MOUNTAINS	PRESIDENT	COLONIES	OLDGLORY
PRAIRIES	THIRTEEN	AMERICA	BUNTING	COURAGE
JUSTICE	PATRIOT	STRIPES	BANNER	PARADE
PICNIC	PURITY	STATES	UNITED	FIFTY
OBAMA	OCEAN	STARS	WHITE	BLUE
FLAG	TRUE	RED		



The U.S. Flag is unique in the deep and noble significance of its message to the entire world, a message of national independence, individual liberty, idealism, and patriotism. It is not a flag of a reigning family or royal house, but of hundreds of millions free people welded into a Nation, one and inseparable, united not only by community of interest, but by vital unity of sentiment and purpose. The flag first rose over 13 states along the Atlantic seaboard with a population of some three million people.

### A LITTLE FLAG HISTORY

- Who made the first American flag? **MANY HISTORIANS BELIEVE IT WAS FRANCIS HOPKINS, NOT BETSY ROSS.** (Hopkins was a New Jersey delegate to the Second Continental Congress in 1776, signer of the Declaration of Independence, inventor, composer, and artist and is thought to have created the first American flag, as well as design both sides of the Great Seal. Although historians do not believe Betsy Ross, a Philadelphia seamstress, sewed the first American flag, she did embroider George Washington's shirt ruffles while he was a soldier.)
- What is the canton of the flag? **BLUE AREA** (Also called the union)
- When were stars representing new states added? **NEXT FOURTH OF JULY AFTER THE STATE'S ADMISSION** (Originally, official U.S. flags could have stars with 5, 6, 7, or 8 points. These stars were scattered or arranged in many designs since each seamstress followed her own ideas and interpretation.)
- What do the red, white, and blue colors of the flag represent? **RED - HARDINESS AND VALOR, WHITE - PURITY AND INNOCENCE, BLUE - VIGILANCE, PERSEVERANCE, AND JUSTICE**
- What is the origin of the stripes on the flag? **HISTORIANS THINK THE IDEA CAME FROM THE FLAG OF THE SONS OF LIBERTY WHICH HAD FIVE RED STRIPES AND FOUR WHITE STRIPES** (The flag used from 1795 to 1818 had 15 stripes instead of 13. Congress originally planned to add a star and stripe for each new state; however they soon realized the flag would become too large and went back to the original 13 stripes.)

## 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**

Janet Bull    Ginny Otte    Ardyce Stanley  
Ruth & Charles Maier    Carol & LeRoy Robbert  
Linda Teach    Cynthia Jorgensen    Bill Kaup  
Pac N Save    Joyce & Earl Lundahl    Janet Bull



**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
Adel Bphlken	Kitchen Aide
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

*Be Proud*  
of the work you did,  
the brilliant person  
you are and the  
*difference*  
you made

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.

**REMEMBER**



Friday, June 20th  
Will be  
**BRUNCH FOR LUNCH**  
(Serving : 11:00-11:45)  
All you can Eat  
Pancakes (In House)  
*MOW & To-Go:*  
*Serving Coffee Cake*  
Scrambled Eggs  
Sausage Links  
Fruit Cup  
Assorted Juices  
Milk



**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