



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center



Wednesdays In July

10:45 to 11:45 am : By Bob Doughty
(Dan will join in on the 2nd)

Thursday, July 3rd

11:30: Music by Connie Webber

Friday, July 11th

11:30: By Dan Hansen

Tuesday, July 15th

11:15: By Alan Bruflat

Friday, July 18th

11:30: Music by Val Koeber

Friday, July 25th

11:30: Music by Anne Isom

FROG Exercises

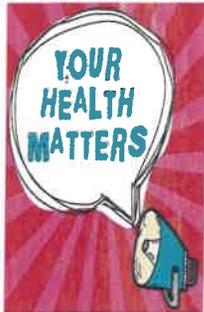
Every M—W—Fr @ 9:00 am

AM WALKING—Daily

Tuesday, July 8th

Health Clinic

10:45 to 11:45 am: With our Friends
from Senior Solutions
Blood Pressure—02 Level
Blood Sugar—Temperature



Wednesday—July 2nd

Monthly Birthday Treat

Noon—In House Meal

Luncheon Certificates

In—House Drawings

Friday, July 11th

Certificates by Kinship

Wednesday, July 23rd

Certificates by Countryview

Tuesday, July 29th

Certificates by Countryview



Thursday—July 10th

11:15—11:45 am: Eye Glass Care
Wayne Eye Care



Wednesday—July 16th

12:30: Monthly Board meeting

Wednesday—July 30th

10:00 am: Caregivers Meeting



BINGO: Every Friday @ 1:00 pm

Interested in being a Caller
Visit with Jill or Diane



THE WAYNE SENIOR CENTER

This is
the place
where FRIENDS
become
FAMILY

We are starting a new Fiscal year here at the Wayne Senior Center—FY 26. We had Another great year—enjoying old friends and making new ones. Diane and all the Staff want to thank all those who supported the Wayne Senior in any way—whether it be to Volunteering your time with delivering Meals on Wheels or helping in anyway to make the Center such a great place to be. Our meals are the “talk of the town” - always delicious and homemade (Thanks to Misty and all of our Kitchen staff & volunteers) We served close to 14,000 meals this past year as well as providing a place for all to come and enjoy spending the day together with friends, playing their Favorite game or just enjoying a cup of coffee with those around them. Please—tell your friends about our Center—and with your help we can have another Great Year for the upcoming FY 26 year!

Wednesday—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 opposed to 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.

You Scream, I
Scream, We all
Scream for
Ice Cream!!!



Independence Day

The Fourth of July—also known as Independence Day—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later, delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

American Trivia

Answers in the right Column

- 1) Why is the U.S. flag folded into a triangle when not being flown?
- 2) Who is the only U.S. President who never lived in the White House?
- 3) What was Francis Scott Key's Profession?
- 4) When is it permissible to fly the American flag upside down?
- 5) The first U.S. national park was created in 1872. Name that park.
- 6) What is the most circulated U.S. coin?
- 7) Who is the honorary chairperson of the American Red Cross?
- 8) On the first U.S. flag, why are the stars in a circular pattern?
- 9) What did "Yankee Doodle" call the feather in his hat?
- 10) According to the U.S. Census Bureau, what are the five most common U.S. surnames?
- 11) How many signers of the Declaration of Independence served as U.S. President?
- 12) Why was John Hancock the first signer of the Declaration of Independence?
- 13) What were the two capital cities before Washington, DC?
- 14) How many states have adopted the eagle as the state bird?
- 15) Name the four state capitals named after U.S. Presidents.



Fun Fact!

Fireworks can be traced back to the Han Dynasty of China. People are said to have roasted bamboo stalks until they would sizzle and turn black, and the air inside the hollow stalks would explode. These were the first firecrackers.



Guess the Presidents

Answers on the last page

1. Before I was President, I was the commanding general for the Union army during the Civil War.
2. I served as Ronald Reagan's Vice President before I became President myself.
3. As President, I bought California and New Mexico to add to the Union.
4. I was known as Silent Cal.
5. I said, "Mr. Gorbachev, tear down this wall!"
6. I gave the famous speech, The Gettysburg Address.
7. My son was also President.
8. I served two terms and was there during 9-11.
9. I did not want to be president.
10. I was a football player for the University of Michigan in my college Days.

American Trivia Answers

- 1) It represents the tri-corner hats worn by American Revolutionary soldiers.
- 2) George Washington
- 3) Lawyer
- 4) As a sign of distress or danger
- 5) Yellowstone National Park
- 6) Quarter
- 7) President Joe Biden (It is always the current president)
- 8) So no colony stood above another
- 9) Macaroni (which was a type of wig, not pasta)
- 10) Smith, Johnson, Williams, Jones, and Brown
- 11) Two— John Adams and Thomas Jefferson
- 12) He was the president of the Continental Congress
- 13) New York City and Philadelphia
- 14) None
- 15) Jackson, MS; Jefferson City, MO; Lincoln, NE; Madison, WI



Did you know?

John Adams believed that July 2nd was the correct date on which to celebrate the birth of American independence, and would reportedly turn down invitations to appear at July 4th events in protest. Adams and Thomas Jefferson both died on July 4, 1826—the 50th anniversary of the adoption of the Declaration of independence.

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
June 18, 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 - Treasurer: Jeanette Swanson, Secretary: Verna Mae Baier and Board Member: Joan Lage. Absent: President George Burcum

The minutes of the May 21 meeting were approved {as presented in the May edition of the Senior Star} in a motion by Joan Lage and seconded by Jeanette Swanson. Motion carried. Treasurer Jeanette Swanson presented the treasurer's report using financial information for the period of 5/22/-25 --6/18/25. Total expenses for the period: \$221.78. [\$8.54 for medical clinic supplies, \$29.95 for paper, and \$183.29 for coffee, food, décor and supplies] Motion by Joan Lage to approve this amount of expenses. Seconded by Verna Mae Baier. Motion carried.

Coordinator Bertrand presented an overview of June and July: Closed for Federal Holiday, Juneteenth, June 19, with Brunch for lunch on June 20. Center will be closed for Independence Day on July 4. Staff vacations are being scheduled for the upcoming months.

NENAAA training in Norfolk on Tuesday, July 15.

Coordinator Bertrand presented an update on the Rotary Application Grant. More funds are being made available for use by the Center.

Beginning Budget Process for FY26 with the City of Wayne. Coordinator Bertrand completed a budget overview with City Administrator Wes Blecke.

The Senior Center Board was presented an overview of FY26 contracts for NENAAA. The overviews were for (A) III B Supportive Services Contract (B) III C Supportive Services Contract and (C) III E Supportive Services. Each contract was carefully explained. A motion was made by Jeanette Swanson and seconded by Verna Mae Baier to accept and approve each contract. Motion carried. Signatures, as needed, were placed on each of the 3 contracts.

An overview of qualifications for B services was presented and discussed. The Toe Nail Clinic is a non-reimbursable service and will be discontinued at the end of June.

The City Transit Budget and Contract are completed for FY 26.

No other items were presented for consideration.

Meeting was adjourned at 12:55 p.m...

Next meeting will be July 16, 2025 12:30 p.m.

Verna Mae Baier, Secretary

Beat the Heat: Summer Tips for Seniors & Caregivers

Every summer, thousands of Americans suffer from heat stroke, heat exhaustion and dehydration. And each year, an average of 300 people in the United States dies from heat-related illnesses, according to reports from the Center for Disease Control.

Seniors are more susceptible to heat-related illnesses as their bodies do not effectively cool down and it takes longer to recover when they get overheated. As the temperature starts to rise, it is important to take a moment to think about ways to beat the heat and avoid unnecessary illness.

Below are five customized tips that can help you or someone you love battle the heat, sun and humidity, which are unavoidable throughout the summer months:

1. Check homes for proper ventilation

Excessive heat, when temperatures and humidity reach 90 degrees Fahrenheit or above, can be dangerous, especially to those who are home without air conditioners or fans. Many seniors will sacrifice a cool breeze from an open window due to security concerns. Inexpensive safety latches are available for windows that allow the air to circulate, but also prevent the window from being completely opened from the outside. Check with your local hardware store for options.

2. Seek relief from the heat in public buildings that are air-conditioned

Not every senior has air conditioning in their home and there is a point at which fans can't combat the summer heat. When this occurs, visit public places such as local shopping malls, libraries, restaurants, or visit with friends or family for a welcome break from the heat.

Beware of medications and/or senior diets that can increase risk. Hot weather can accelerate dehydration, especially in people who are taking medications that have the side effects of fluid and electrolyte loss. Many medications, particularly antibiotics and diuretics, can block the body's natural ability to cope with the sun and heat. You should always check with a pharmacist or doctor to ensure that medications will not cause you or your loved ones to be more susceptible to heat-related problems. Also, if seniors are on a low carbohydrate diet, be sure they drink plenty of fluids, as the additional proteins in this diet can cause the body to heat up more quickly.

3. Plan ahead for outdoor activities

During hot weather, everyone, especially seniors, should wear loose fitting, cool, light-colored clothing, and a hat or cap. Whenever possible, try to stay in the shade and be sure to use a high SPF sun block (30+) in order to protect a senior's sensitive skin.

4. Drink plenty of replenishing fluids

Alcoholic beverages and caffeine should be avoided since they can cause dehydration. Water is a great option, but does not effectively replace the potassium and sodium (electrolytes) that we lose when perspiring. Popular "sports drinks" such as Gatorade, Powerade and/or inexpensive homemade substitutes (see recipe below) are great choices for rehydrating the body.

Rehydration drink*

Measure all ingredients precisely. Small variations can make the drink less effective or even harmful. Mix the following:

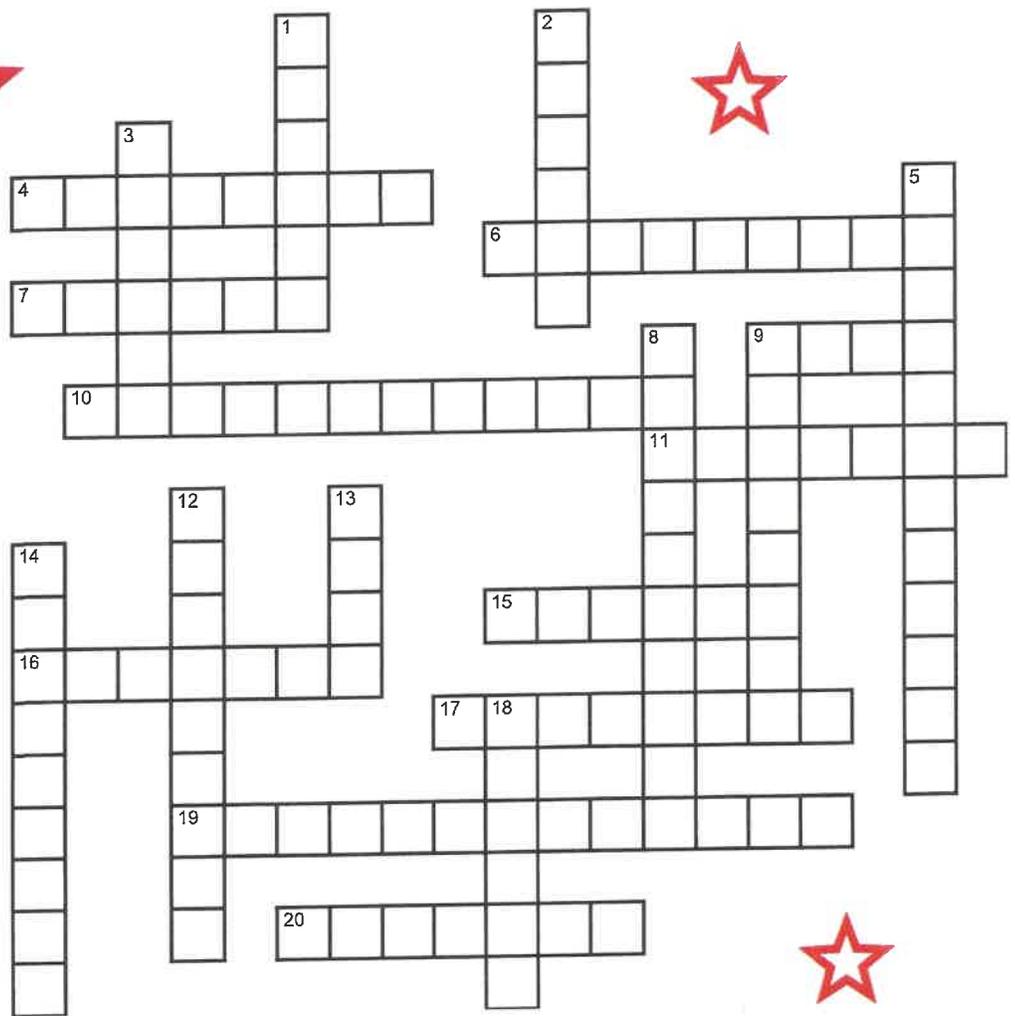
Potential symptoms

Always be on guard for symptoms of heat exhaustion, which include pale, cold or clammy skin, extreme thirst, light-headedness, fainting, mild nausea, vomiting, and excessive sweating. Signs of heat stroke include hot, dry skin, a fast, strong pulse, confusion, and a body temperature of 104 degrees or higher. If a person exhibits signs of heat stroke, this is a serious medical emergency and 911 or your local emergency medical team should be contacted.

The good news is heat-related illnesses and injuries are preventable. If you understand the signs and watch out for the symptoms, you too can beat the heat this summer season



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.

County Fair

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

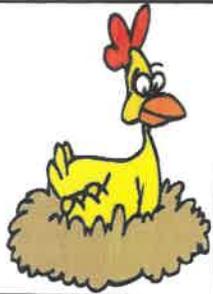
Floral Arrangement
Cotton Candy
horse show
Lemonade
Rabbits
Cattle

Elephant Ears
Horse races
grandstand
chickens
Judges
Goats

French Fries
Milkshakes
Doughnuts
Vendors
Midway
Sheep

PLEASE NOTICE

The center will be closed in observance of the 4th of July Holiday. No meal service or Transit that day. Remember! Brunch for Lunch on Monday, July 7th: serving from 11:00 to 11:45 AM.



The One and Only
Wayne Chicken Days
2025 Theme
"TOTALLY RAD"
July 11th, 12th & 13th

Kick off "Chicken Days" here at the Center

Enjoy one of everyone's favorite meal

Friday - July 11th

Creamed Chicken over Biscuit

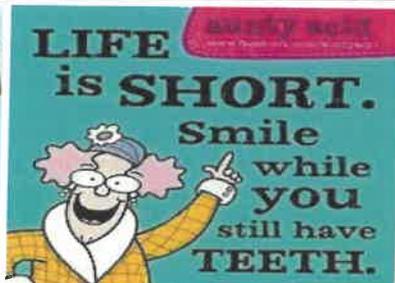
Broccoli & Cheese Sauce

Cranberry Salad

Chocolate Cherry Cake

COME EARLY AND ENJOY MUSIC

BY DAN HANSEN



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.



Dixon County Fair

Wednesday, July 9th through Sunday, July 13th

Wayne County Fair

Thursday, July 24th through Sunday, July 27th

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."



DONATIONS

Paul & Janelle Eaton– Byron & Barb Heier
Janet Bull– Bonita Day– Ron & Sandra Wriedt
Phyllis Rahn
Bill Kaup– Ardyce Stanley



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!**



WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Head Cook / Kitchen Manager
Jill Lehmkuhl	Office Manager/ Dispatch
Caleb Carroll	Office Asst./Dispatch
LeAnn Schroeder	Kitchen Aide
Adel Bohlken	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.



Guess the Presidents Answers

1. Ulysses S. Grant
2. George H.W. Bush
3. James K. Polk
4. Calvin Coolidge
5. Ronald Reagan
6. Abraham Lincoln
7. John Quincy Adams or George W. Bush
8. George W. Bush
9. George Washington
10. Gerald Ford



**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