



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

2025



Wednesdays In August

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

Tuesday, August 5th

11:30: Music by Connie Webber

Friday, August 8th

11:30: By Dan Hansen

Tuesday, August 12th

11:30: By Alan Bruflat

Friday, August 15th

11:30: Anne Isom

Friday, August 22nd

11:30: Music by Val Koeber

Friday, August 29th

11:00—12:00 noon

Music by Burt Heithold & Dan Hansen



Join us Friday—August 29th For a Fun Time

Music with Burt Heithold and Dan Hansen

11:00 am to 12:00 Noon

Enjoy a Favorite!

Hamburger on a Home Made Bun

With all the fixins

Homemade Potato Salad

Baked Beans

Watermelon

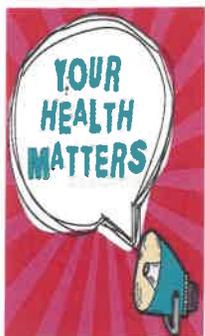
Enjoy a cold glass of Lemonade or Ice Tea

While you tap your toes to great Music

A Special Summertime Treat for In-house congregational meal. Make your reservation soon!

SERVED TO YOUR TABLE:

By our Friends from Heritage of Norfolk



FROG Exercises

Every M—W—Fr @ 9:00 am

AM WALKING—Daily

Tuesday, August 12th

Health Clinic

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

Blood Pressure—O2 Level

Blood Sugar—Temperature

Wednesday—August 6th

Monthly Birthday Treat

Noon—In House Meal

Luncheon Certificates

In—House Drawings

Friday, August 8th

Certificates by Countryview

Monday, August 18th

Certificates by Kinship

Tuesday, August 26th

Certificates by Kinship



Monday—August 11th

Toe Nail Care by Rachael

(Call for a Time)

Thursday—August 14th

11:15—11:45 am: Eye Glass Care

Wayne Eye Care



Wednesday—August 20th

12:30: Monthly Board meeting

Wednesday—August 27th

10:00 am: Caregivers Meeting

Meeting Reminder!



Our Friends from Kinship invite you to join us Here at the Center:

Thursday, August 28th

For Tasty Treats/Dessert

With a State Fair Twist

Sign up for our Noon meal Served In-House here at the Center

And Enjoy Dessert Sponsored and Served by Out Kinship Friends



Monthly Birthday Party Treat

Served in House—The First

Wednesday of Each Month

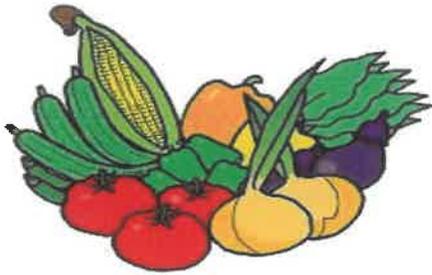
This Month our Birthday Party Celebration and Treat

Will be Wednesday, Aug. 6th

Can you guess by the Picture

What this months treat will be??

Summer fruits & Vegetables Trivia



Find answers in the next column!

1. Name the fruit that is also known as a Marion berry.
2. What popular vegetable was thought to be poisonous until the middle of the 19th century?
3. In 1893, who did U.S. tomato growers ask to officially declare the tomato a vegetable, even though botanically it is a fruit?
4. Name the two countries where watermelon is a popular gift to bring a host.
5. What vegetables are members of the lily family?
6. Name the vegetable that originally was a bitter marsh plant grown throughout Europe and was used as a medicinal herb to purify blood.
7. What can be done to prevent teary eyes (because of the sulfuric compounds) when working with onions?
8. The name of zucchini comes from the word *zucchini*. What language is this, and what does it mean?
9. True or False: Green, sweet bell peppers have two times as much vitamin C as oranges, and red and yellow bell peppers have four times as much.
10. The Romans fed this member of the lily family to their laborers to make them strong and to their soldiers to make them courageous.
11. Name Popeye the Sailor Man's favorite vegetable.
12. What leaves of a leafy vegetables were used as spoons by the Greek people?
13. True or False: Romaine lettuce was named for the way its leaves resembled Roman tablespoons of the day.
14. Name the oldest cultivated vegetable (since about 8000 B.C.).
15. Name the plant that is the most efficient for capturing the energy of the sun and converting it into food.
16. How many kernels does an average ear of corn have?

Weird Festivals throughout the world

- ◆ La Tomatina is held in Buñol, Spain. The highlight of the festival is an hour-long tomato fight in which 300,000 pounds of tomatoes are used.
- ◆ Running of the Bulls is held in Pamplona, Spain, where bulls are let loose into the streets as people run alongside, trying not to get attacked.
- ◆ Roswell UFO Festival is held in Roswell, MN, commemorating when a mysterious object crashed near Roswell in July 1947. There is considerable controversy surrounding the object since the Roswell Army Air Field first called it a flying disc and then changed its statement, calling it a weather balloon.
- ◆ Wife Carrying World Championship, held in Sonkajärvi, Finland, is a 235.5-meter obstacle course in which a man carries his wife through the course in a specific amount of time.
- ◆ Empire Asparagus Festival is held in Empire, MI. Since Empire is one of the top producers of asparagus, this festival has a number of asparagus-related activities. Deep fried asparagus is served, along with asparagus beer and other asparagus food items.

Watermelon Fun Facts

- ⇒ Historians believe that watermelons first grew in the middle of the Kalahari Desert. They were a source of water for thirsty traders who sold the seeds in cities along the ancient Mediterranean trade routes.
- ⇒ There are more than 200 varieties of watermelon grown around the world, with approximately 50 varieties grown in the U.S.
- ⇒ During the Civil War, the Confederate Army boiled down watermelons as a source of sugar and molasses.
- ⇒ The first cookbook published in the U.S. in 1796 had a recipe for watermelon rind pickles.
- ⇒ Every part of a watermelon is edible, even the seeds and rind.
- ⇒ In Russia, watermelon is used to make beer.

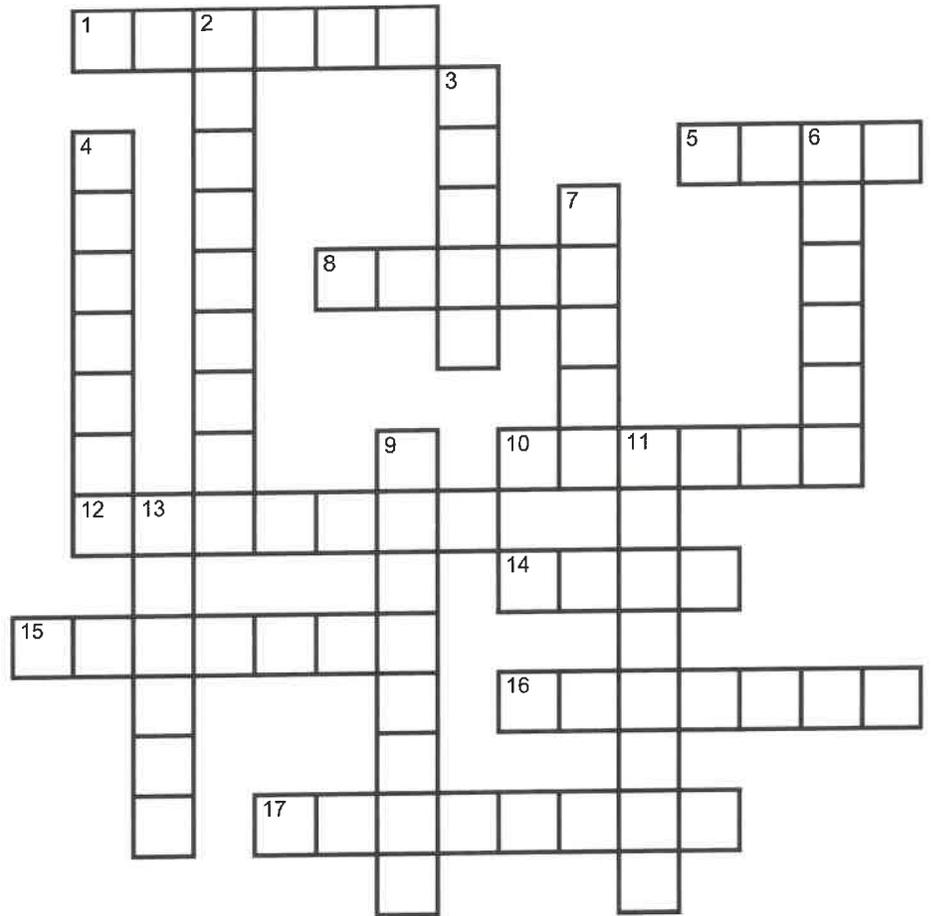
TRIVIA ANSWERS

Summer Fruits & Vegetables

1. Blackberry
2. Tomato
3. U.S. Supreme Court
4. China and Japan
5. Asparagus, chives, garlic, leeks, and onions
6. Celery
7. Chill the onions before cutting them, peel them under cold water, or wear safety goggles
8. Italian, small squash
9. True
10. Garlic
11. Spinach
12. Romaine lettuce
13. True
14. Cucumber
15. Corn
16. 800



Back to School



Across

1. Time to play outside during a break in the school day.
5. A place to sit and study in your room or at school.
8. It helps you measure and draw straight lines.
10. Writing utensil made of wood.
12. The person who guides and helps you in class.
14. A subject that involves numbers.
15. Use this to stick things together.
16. Where you go to enjoy stories and explore new worlds.

17. A colorful container to keep your sandwiches and snacks.

Down

2. Place where you might eat your lunch at school.
3. Present for the teacher.
4. Someone who goes to school.
6. A place where you learn and have fun.
7. Mark on an exam or in a class.
9. What school is all about.
11. A pad made of bound sheets of paper for taking notes.
13. A small tool to undo mistakes.

STATE FAIR

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

COMPLAINT CAPTURE
 GET THE PLAN
 PETTING ZOO
 GOOD FOOD
 LEMONADE
 FRIENDS
 FAMILY
 GAMES
 CLOWN

CEASE AND DESIST
 FERRIS WHEEL
 TURKEY LEG
 FUN HOUSE
 EXCITING
 TICKET
 RIDES
 FRIED
 PIGS

ROLLER COASTER
 ELEPHANT EAR
 RING TOSS
 CORN DOGS
 RAFFLES
 SCREAM
 LLAMA
 DARTS
 RFD

SUNNY WEATHER
 COTTON CANDY
 RECURRING
 VERATIMS
 RABBITS
 HORSES
 GOATS
 COWNS
 FUN

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
July 16, 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 June 18 meeting were approved {as presented in the July edition of the Senior Star} in a motion by Jeanette Swanson and seconded by Joan Lage. Motion carried. Treasurer Jeanette Swanson presented the treasurer's report using financial information for the period of 6/19/25 --7/16/25. Total expenses for the period: \$88.88. {\$88.88 for Chips, melons, markers, baggies and worchestershire sauce}. Motion by Joan Lage to approve this amount of expenses. Seconded by Verna Mae Baier. Motion carried.

Coordinator Bertrand presented an overview of July and August: Staff vacations and medical leave were announced. Trainings and meetings the week of July 14-18. Closed for center cleaning on August 1. City Council budget meeting on August 4. School begins on August 14.

Electronic dispatch is an ongoing/continual learning process. The application process for a 7 passenger van has started. This new van will replace the 2008 Chevy van. With the beginning of FY26 staff meetings will be held July 17-31.

Information from the NENAAA managers meeting on July 15: (1) home delivered meals policy and assessment (2) Nebraska Legislature 2025: LB382..... money may not be available. (3) NSIP and Domestically produced foods.

An overview of the Conflict of Interest Statement/Policy was presented. Acknowledgement and approval was signed by all the officers in attendance. An overview of the Wayne Senior Center Constitution was presented. Acknowledgement and approval was signed by all the officers in attendance.

An overview of Center policies was presented: (1) Personnel Policy (2) Background Check Policy (3) Behavior Policy {Senior Center & Handi-Van Refusal Policy} (4) Whistleblower Policy (5) Center Closing Policy (6) Reporting Abuse and Neglect Policy (7) Prayer policy (8) Drug Free Workplace Policy (9) Blood born disease policy. After discussion, each policy was signed by all the officers in attendance

An overview was presented on the Emergency Meal Policy for FY26. The officers in attendance gave approval and signed this Senior Center Policy.

Additional information was presented on III B service: toe nail clinic. More data will be presented later.

No other items were presented for consideration.

Meeting was adjourned at 1:05 p.m...

Next meeting will be August 27, 2025 12:30 p.m.

Verna Mae Baier, Secretary

Sunset on Summer: Beating the End-of-Summer Blues

As the vibrant days of summer gradually wind down here in Spokane Valley, Washington and across the PNW, the transition into fall can sometimes trigger a case of the “summer blues,” particularly for seniors. Just as families are getting back into their routines after a season of leisure and adventure, these feelings of nostalgia, change, and shifting rhythms can also affect older adults. As caregivers, your support during this time can make a significant difference in helping seniors navigate the emotional challenges that come with the changing seasons. Let’s go over some strategies to overcome the end-of-summer blues and provide insight into how caregivers can assist their loved ones through this transition.

Understanding the End-of-Summer Blues

Also known as the “end-of-summer blues,” this phenomenon is a common emotional response to the changing of seasons. It can evoke feelings of sadness, nostalgia, and a sense of loss as the warm and carefree days of summer give way to the cooler, more structured days of fall. Seniors may experience this transition more intensely due to factors like memories of childhood summers, reduced social engagements, and concerns about health and well-being.

Offering Support as Caregivers

Open Dialogue: Encourage open conversations with the seniors in your care. Create a safe space for them to express their feelings about the changing seasons, allowing them to share any anxieties or concerns they may have.

Reminisce: Help seniors relive their favorite summer memories. Looking back on the enjoyable moments they experienced can uplift their spirits and remind them of the joys they’ve encountered.

Create Meaningful Rituals: Work together to develop end-of-summer rituals. Whether it’s a small gathering with loved ones or a relaxing day spent outdoors, these rituals can provide closure and a sense of purpose during the transition.

Engage in New Activities: Encourage seniors to explore new hobbies or activities that align with their interests. Engaging in something novel can bring a sense of excitement and anticipation for the upcoming season.

Plan for the Future: Help seniors look ahead with positivity. Discuss upcoming fall activities, events, and gatherings that they can anticipate, fostering a sense of excitement and optimism.

Acknowledge Feelings: Validate their emotions and let them know that it’s normal to experience a mix of emotions during seasonal transitions. Assure them that you’re there to support them through this process.

Connect with Others: Facilitate opportunities for social interactions. Arrange visits with friends, family members, or community groups to help combat any feelings of isolation.

Professional Help: If you notice that the senior in your care is struggling with intense emotions or showing signs of depression, consider seeking the assistance of a mental health professional. They can provide tailored guidance to navigate this transition.

Optimizing the Transition with Caregiver Assistance

Transitioning from the carefree days of summer to the more structured routines of fall can be challenging for seniors. As caregivers, you play a pivotal role in helping them navigate these emotions. By fostering open conversations, creating meaningful rituals, and encouraging engagement in new activities, you can provide the support needed to overcome the end-of-summer blues. Remember, your understanding and empathy can make all the difference in helping seniors embrace the changing seasons with a positive outlook.

**Join us the last Wednesday of each month for our Caregiver support group: 10:00 am
Call 402-375-1460 and ask for Diane if you would like more information**



Back to School Fun Facts

- **Pencils:** A single pencil can draw a line 70 miles long. Two Billion pencils are made each Year! The Pencil was first invented over 400 years ago, in 1565.
- **School Buses:** 480 Million school buses transport 25 Million students each year. Most school buses are Painted “National School Bus Glossy Yellow” - which is actually an orange/yellow mix.
- **Early Bird:** 75% of middle and high school start times are before 8:30 am in 41 states.
- **School Shopping:** The Average parent will spend more than \$100 on back-to-school shopping
- **Lunch Time:** The average household goes through 21 sandwich bags in a week.
- **Eraser:** The first eraser used was bread. The common day rubber eraser was first developed in 1770. Teachers were against using erasers when they were first invented because they believed that erasers were incentive for mistakes
- **Glue Stick:** Lipstick was the inspiration for the modern glue stick
- **Crayons:** Crayola makes 3 billion crayons annually. This is enough to circle the Earth about 6 times.



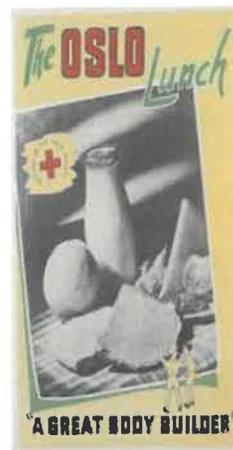
The Oslo Lunch (Introduced in 1932)—Invented by the Norwegian Professor Schiotz, had been associated with improved child health and weight gain in Norway and Britain. When the Oslo lunch was introduced in some Victorian schools, children who ate this combination of Cheese and salad sandwich on wholemeal bread, accompanied by milk and fruit, were shown to be healthier after six months.

By 1938 it was being served to school children in London and hailed a success when children who had the meal regularly gained 40 to 100 percent more in weigh and height than children on ordinary lunches. In 1941, nutrition experts in Melbourne experimented with children at the Opportunity Youth clubs in Melbourne. These were charitable clubs formed to offer activities to “children from working-class suburbs”, After 3 months—Oslo Lunch children gained an average of over 7 lbs. in weight.... More than twice as much as children on ordinary lunches.

Soon, the cheese manufacturer Kraft was promoting the Oslo Lunch. According to their advertisements, it consisted of:

3 slices of buttered wholemeal bread, with 1 oz. Kraft cheddar cheese, half a pint of milk, an orange, apple, or a serving of salad ingredients such as lettuce, tomato, celery, or shredded raw carrot or cabbage.

Here is a copy of the Add which ran in 1945



Could you wish for better proof? Here is the ideal lunch for your youngster. So easy to prepare. No cooking. Packed in a few minutes—but what a carefully planned and balanced meal!

The *Oslo Lunch* gives a full daily quota of “Protective” food elements.... Its minerals and vitamins you and your family need for health and vitality. Put it in young Jimmy’s satchel, Dad’s Bag, Joan’s suitcase...

the OSLO LUNCH.

(What did you bring for your School lunch????)

What is : DIDASKALEINOPHOBIA

(1. Answer below)



A little Joke
From Our
“Lunch Lady”
Misty

How do you fix a
Broken Tomato?
(2. Answer below)

1. Didaskaleinophobia is : “The Fear of Going To School”
2. How do you fix a broken tomato? With “Tomato Paste” of course!!



DONATIONS

Barb & Byron Heier – Janet Bull – Bob & Marilyn Carhart-
Ron & Sndra Wriedt – Donna Lundin – Ginny Otte-
George & Susan Boust Burcum
Memorial- Esther Brader from Dennis Ekberg & Family

With the rising cost of coffee—donations are welcome!



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!



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



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.

PLEASE NOTICE

The Center will be closed for Extensive cleaning On Friday, August 1st
NO—meals will be served that day
Transit WILL be running as usual
Staff will be Available to take your Calls



**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