



August—2024

A monthly publication for The Wayne Senior Center: 410 Pearl Street

The Senior Star

**Every Wednesday**

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

Thursday—August 8th

11:15 am: By Alan Bruflat

Friday—August 9th

11:30 am: By Dan Hansen

Friday—August 16th

11:30 am: by Connie Webber

Friday—August 23rd

11:30 am: By Deb Dickey

Friday—August 30th

11:30 am By Val Koeber



AUGUST is upon us, starting with an old harvest holiday, Llamas Day. Do you know who August is named after, what August babies are called, and the holiday's this month?? Are you a fan of this harvest month which brings the bounty of the season or do you dislike the hottest month of the year?

AUGUST was named after a major figure of the ancient Roman World, Augustus Caesar—who was the first Roman emperor and the grandnephew of the previous ruler, Julius Caesar.

AUGUST weather: “Dry August and warmth doth harvest no harm.” In the Northern Hemisphere, August is the last month of summer and the hottest month of the year

AUGUST Calendar: “After Lammas Day, corn ripens as much by night as by day.” **August 1st**: traditionally known as Lammas Day, was an old festival to mark the annual wheat and corn harvest. It was a sort of Thanksgiving (harvest time) in Britain. Lammas also marked the mid-point between the summer solstice and autumn equinox. **August 11th**: Marks the end of the “Dog Days of Summer”, which began on July 3rd. **August 17th**: Is then the “Cat Nights” begin, harking back to a rather obscure Irish legend concerning witches—this bit of folklore also led to the idea that a cat has nine lives. **August 19th**: Brings “National Aviation Day”, chosen for the birthday of Orville Wright who piloted the first recorded flight of a powered heavier-than-air machine in 1903.

JUST FOR FUN DAYS: Aug. 1-7 is International Clown Week: Aug. 3rd is National Watermelon Day: Aug. 8th is National Sneak Some Zucchini Onto Your Neighbor's Porch Day: Aug. 10th is National S'mores Day: Aug. 12th is Vinyl Record Day: Aug. 13th is International Left-Handers Day: August 20th is World Honeybee Day: Aug. 25th is Kiss-and-make-up Day & Aug. 31st is National Trail Mix Day.

AUGUST Flowers are the gladiolus and the poppy. The gladiolus symbolizes strength of character, sincerity, and generosity. The poppy symbolizes eternal sleep, oblivion, and also imagination.

AUGUST Birthstone is Peridot or sometimes called the “Evening emerald

AUGUST signs is Leo (July 23 through August 22nd and Virgo (August 23rd through September 22nd)

**FROG Exercises**

Every M—W—Fr

At 9:00 am

AM WALKING—Daily**Tuesday—August 13th****Health Clinic**

10:45 to 11:45 am

With our Friends

from Kinship Sr. Living

Blood Pressure—02 Level

Blood Sugar—Temperature

Monday—August 12th

Toe Nail Clinic w/ Rachael

CALL FOR A TIME**Thursday—August 8th**

11:15 -11:45 am:

Eye Glass Care

With Wayne Eye Care

**Wednesday—August 7th**

Monthly Birthday Treat

Noon—In House Meal

Luncheon Certificates**In—House Drawings****Wednesday—August 14th**

Certificates by Countryview

Thursday—August 1st &**Wednesday—August 21st**

Certificates by Kinship

**Wednesday—August 21st**

Monthly Board meeting: 12:30

Wednesday—August 28th

10:00 am: Caregivers Meeting

Meeting
Reminder!

Our Quilters!

Many hours, Many Volunteers, So Many Beautiful finished Quilts have been made here at our Senior Center! We are so lucky to have many talented Quilters! We Thank you All!



FROM RAGS TO RICHNESS

Reflections on the history of the quilt

Quilting has long been recognized as an important Facet of American history, and individual quilts have themselves been sought out as important historical documents. Making quilts was predominantly a domestic chore done by women. It was notably a way to provide warmth for a family, but also an opportunity to practice household economy through the repurposing of fabrics. Quilts became, in effect, relics of a family's life over time, pieced with a wide variety of cast-off textiles like outgrown and lesser worn parts of old clothing, worn linens or remnants left over from sewing projects. In addition, quilting was often a group activity, affording women the chance to work together, exchange ideas, and share stories and information. The multigenerational aspect of quilting, with techniques typically taught to younger women by their elders, allows the legacy of a family, community and/or culture to be preserved. **THUS, TO LOOK AT A QUILT TODAY IS TO BEHOLD HISTORY.**

Facts about August Answers:

1. Anne Frank
2. Wild Bill Hickok
3. Moon
4. Virgin Islands
5. Statue of Liberty
6. Electrocution
7. Atomic Bomb
8. U.S. Postal Service
9. Social Security
10. Woodstock
11. Radio

Facts About August

AUGUST

1. Her last diary entry was made on August 1, 1944.
2. He was shot and killed while playing poker at a saloon in Deadwood, SD on August 2, 1876.
3. The first telephone conversation in which voices were bounced off this celestial body was done by U.S. Scientists on August 2, 1960.
4. The U.S. purchased these islands on August 4, 1916.
5. This cornerstone was laid on August 5, 1884.
6. This took place for the first time at Auburn Prison in Auburn, NY August 6, 1890.
7. The U.S. Dropped this on Hiroshima, Japan on August 6, 1945.
8. This office became independent on August 12, 1970.
9. This Act was passed by Congress on August 14, 1935.
10. This music fair ended on August 17, 1969.
11. This first licensed broadcast of this occurred on August 20., 1920. *(ANSWERS ON BOTTOM OF PAGE)*



Yummy Recipe to use up your Bountiful Harvest of Zucchini

ZUCCHINI BROWNIES

- * 1 1/2 Cups of white sugar
- * 1/2 cup Vegetable oil
- * 2 teaspoons vanilla extract
- * 2 cups flour
- * 1/2 cup unsweetened cocoa powder
- * 1 1/2 teaspoons baking soda
- * 1 teaspoon salt
- * 2 cups shredded zucchini
- * 1/2 cup chopped walnuts

FROSTING:

- 6 Tablespoons unsweetened cocoa powder
 - 1/4 cup butter or margarine
 - 2 cups confectioners sugar
 - 1/4 cup milk
 - 1/2 teaspoon vanilla extract
- Directions:** Preheat oven to 350 degrees, Grease & Flour a 9x13 baking pan. Mix sugar, oil, 2tsp vanilla together in large bowl until well blended. Combine flour, Cocoa, baking soda, and salt together in separate bowl; stir into sugar mixture. Fold in zucchini and walnuts; spread batter evenly into pan. Bake until top is dry and edges have started to pull Away from the sides of pan, 25-30 min. Let cool for 20 minutes.

Frosting: Whisk 6 Tbs. of cocoa and butter in a pan Over medium/low heat until smooth and glossy. Let cool. Blend sugar, milk and vanilla together; Stir into cool Cocoa mixture. Spread over cooled brownies! Enjoy!

PUZZLE FOR AUGUST

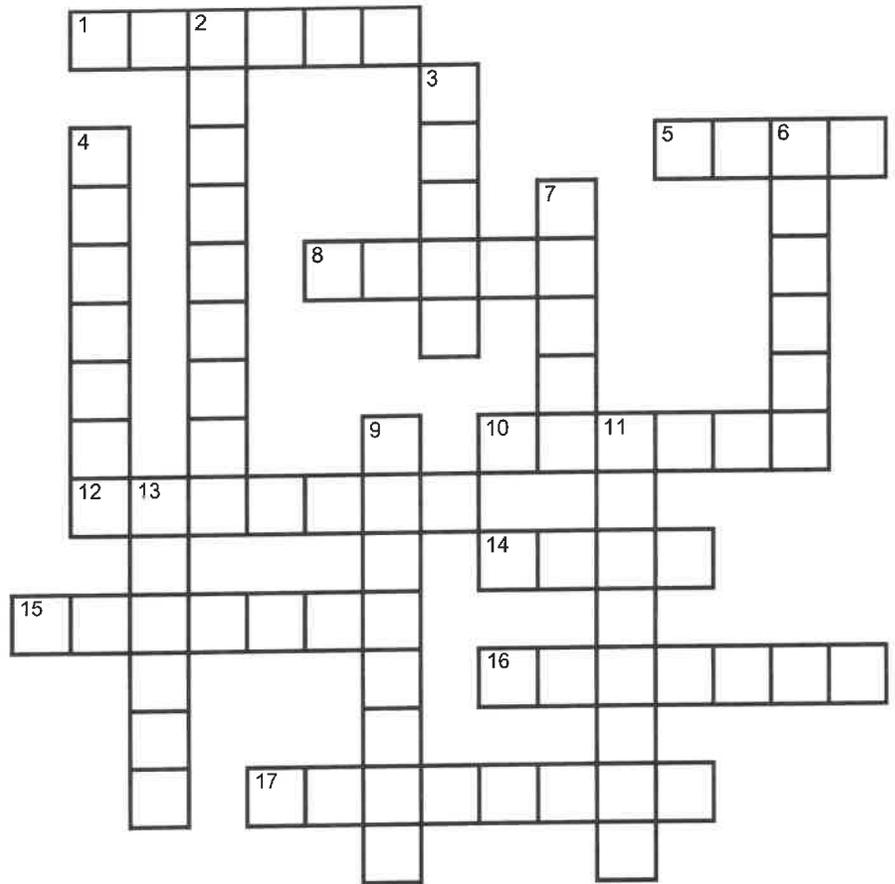
W D C I Z Z N O X Y G E N D I S C O V E R E D G
 O R D G R E A T T R A I N R O B B E R Y Z N V A
 Q O D E L L I K A N A I D S S E C N I R P M I R
 F F S U M I L U Y G L A D I O L U S X O D R W U
 I T N R F R E U N I O N S O G J L O O P C V H Q
 R L W H U S D N E R A W D L R O W D N O C E S G
 S E H C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

MARTIN LUTHER KING SPEECH
 SECOND WORLD WAR ENDS
 COLUMBUS SET SAIL
 AIR CONDITIONING
 GEM STONE AGATE
 FESTIVALS
 GRILLING
 REUNIONS
 GOLFING
 HUMID
 HOT

FIRST WORLD WAR STARTED
 GREAT TRAIN ROBBERY
 OXYGEN DISCOVERED
 MONA LISA STOLEN
 MODEL T FORD
 GLADIOLUS
 LEMONADE
 SWIMMING
 PARTIES
 PARKS

PRINCESS DIANA KILLED
 VICTORY OVER JAPAN
 RED CROSS FOUNDED
 AMUSEMENT PARKS
 GATHERINGS
 SUNSCREEN
 RAINLESS
 VACATION
 PICNICS
 POOL

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.

Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
July 17, 2024

The monthly meeting of the Wayne Senior Center was called to order with Vice President Carol Dunning presiding. (12:15 p.m.) Present: Senior Center Coordinator: Diane Bertrand, Vice President: Carol Dunning --- Secretary: Verna Mae Baier Treasurer: Jeanette Swanson and Board Member: Joan Lage. Absent: President: George Burcum.

The minutes of the June 12, 2024 meeting were approved as published 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 financial information for the period of 6/13/24 /--7/17/24 with expenses of \$1,015.25. [\$816.26--- pool table refelting, ---\$94.21 --repayment to City of Wayne for Visa use on groceries, \$50.00 --Memorial Day Ad in Wayne Herald, -- \$54.78 for flowers at open house of NENAAA] Motion was made by Joan Lage and seconded by Verna Mae Baier to approve this amount of expenses. Motion carried

A Thank You was received for flowers sent to NENAAA Grand Opening on their moving to a new facility.

Payment has been received from Lawler's for the selling of the old single convection oven.

Coordinator Bertrand presented an overview of July & August: July 31 will be Volunteer Appreciation Day. The Center will be closed on August 2 for cleaning of kitchen and dining room carpet. First Day of school will be August 14. Coordinator Bertrand will be in Lincoln for NDOT managers meeting August 5-7.

ARPA funds have been used for the purchase of kitchen supplies: 2 griddles, 2 larger fry pans, Oliver Sealer Cart and penny game for Senior AM/PM Game Time.

Coordinator Bertrand presented an overview and acceptance of funds from the Wayne Community Chest.

The Senior Center Board was presented an overview of the Yearly Fiscal Year:

Coordinator presented details on:

- (1) overview of Senior Center Constitution
- (2) Whistleblower policy
- (3) Policy on prayer
- (4) Personnel policy
- (5) Blood Born Disease Policy
- (6) Background Check Policy
- (7) Conflict of Interest Policy

Acknowledgements were signed by Board Members present as each overview was completed

Coordinator Bertrand presented staffing conditions concerning vacation and other leaves.

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 12:40 p.m.

Next meeting will be August 21, 2024 at 12:30 p.m.

Verna Mae Baier, Secretary

Traveling Tips for Caregivers

Summer is a great time to get out and do things. Traveling out of town gives you something to look forward to and can be a very rewarding and fun experience. If you are a caregiver for a loved one you may wonder if you should just stay home, but with careful planning you can still get away. You just need to be a little more prepared for the unexpected. Nancy Abrahamson, Caregiver Support Coordinator from the St. Croix County ADRC, gives these tips to consider when planning a trip.

- **Gather important documents:** insurance cards, passports, physician's phone numbers, medication list, a recent photo and a summary of medical records. Carry them with you. Do not check them with your luggage in the event it doesn't arrive with you because the information is private
- **Gather medications** noting if refills will be needed on any of them during the trip. Ask for refills in advance. Never travel with just enough as you may be delayed if flights or other transportation schedules change.
- **Carry a list of emergency contacts.** You may want to purchase a wallet on a string to hold information so your loved one can wear it.
- **Purchase an identity bracelet** or necklace for your loved one with his or her name on it. Safe Return provides excellent tracking should someone wander away. This will help even with international travel.
- **Ask your physician to write a letter** for use with hotel or airlines should an emergency cause a sudden change in plans. Consider travel insurance should you need to change tickets or accommodations.
- **Make up several cards with the name, address, and phone number of where you are staying each night.** Place one of these in the pocket of your loved one daily.
- **Never leave your loved one alone** in a car, restaurant booth, etc., as wandering may become a problem in a strange location.
- **Carry an "OCCUPIED" sign for the bathroom door** as the process sometimes takes extra time. You may need to bring your care receiver into the bathroom with you even if he or she is of the opposite sex.
- **Stop every two hours when driving** to take a loved one to the bathroom. Carry a change of clothes in your bag or car.
- **When possible, bring someone along to help** manage things when you need to be away from your loved one.
- **When flying, notify the attendants of your loved one's dementia diagnosis** and plan plenty of time between connecting flights.
- **Plan frequent stops** when driving to stretch legs and reduce anxiety.
- **Try to maintain a schedule** close to what you did at home to minimize disruption for your loved one.
- **Leave an itinerary with family members** and keep a copy with you at all times.

Join us for our monthly Caregiver support group – Last Wednesday of each month at 10:00 am: At the Wayne Senior Center. More information: Contact Diane Bertrand, 402-375-1460.

BACK TO SCHOOL

Safety Tips for Drivers



School days will soon be upon us—1st day of School for the Wayne Community Schools is Wednesday, August 14th.

SLOW DOWN: Back to School means sharing the Road **BACK TO SCHOOL SAFETY TIPS FOR DRIVERS**

Heads up, Phone Down: School days bring congestion: School buses are picking up their passengers, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present—specially before and after school.

Sharing the Road with Young Pedestrians: According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus.

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you: this could put them in the path of moving traffic
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way

Sharing the Road with School Buses: If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind—or from either direction if you are on an undivided road—if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The 10 feet around a school bus is the most dangerous for children: stop far enough back to allow them space to safely enter and exit the bus
- Be alert: Children often are unpredictable, and they tend to ignore hazards and take risks.



Sharing the Road with Bicyclists: On most roads, bicyclists have the same rights and responsibilities as vehicles, but bikes can be hard to see. Children riding bikes create special problems for drivers because usually they are not able to properly determine traffic conditions. The most common cause of collision is a driver turning left in front of a bicyclist.

- When passing a bicyclist, proceed in the same direction slowly, and leave 3 feet between your car and the cyclist
- When turning left and a bicyclist is approaching in the opposite direction, wait for the rider to pass
- If you're turning right and a bicyclist is approaching from behind on the right, let the rider go through the intersection first, and always use your turn signals
- Watch for bike riders turning in front of you without looking or signaling: children especially have a tendency to do this
- Be extra vigilant in school zones and residential neighborhood
- Watch for bikes coming from driveways or behind parked cars
- Check side mirrors before opening your door

By exercising a little extra care and caution, drivers and pedestrians can co-exist safely in school zones.



**WHAT
AM I**

(Answers on back page)

1. A name for a school test?
2. The teacher writes on this board for every student to see?
3. It is used to write on a blackboard?
4. It is used to wipe the blackboard clean?
5. The duster/eraser had to be cleaned every few days usually by a student outside. How was this done?
6. What sound told everyone school was beginning or finishing?
7. If you wanted to tell a classmate something during a lesson without drawing attention, you passed a?
8. At the end of every school term, what was given to the students for their parents to read and sign?
9. If you received an F on the report card, what did it mean?
10. How did most kids get to school years ago?
11. What book was used to look up words and described what they mean?

Donations

GINNY OTTE— PHYLLIS RAHN— BYRON & BARB HEIER
BOB SCHWARZENBACH— JANET BULL— MARCILE THOMAS—
CINDY MILLIGAN— ARDYCE STANLEY— RUTH & CHARLES MAIER

Memorials

FOR: BEV ETTER— FROM: GINNY OTTE
FOR: DONNA HANSEN - FROM: 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!

JOIN US : Wednesday August 21st as We celebrate Senior Citizens Day with a “Dessert Bar” @ 2:30 pm snack/coffee time—Served by our Friends from Kinship Senior Living!
We thank them for all of their Great Support and providing such a Wonderful home for Our Senior Friends and Family!

ANSWERS : “WHAT AM I”

1. Exam
2. Blackboard/Chalkboard
3. Chalk
4. Duster/Eraser
5. By clapping two dusters together
6. Bell
7. Note
8. Report Card
9. Fail
10. Walk
11. Dictionary

BONUS QUESTION: Teachers encouraged children to occasionally bring something from home and stand in front of the class to talk about it. What was it called? *(Show & Tell)*

WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Head Cook / Kitchen Manager
Jill Lehmkuhl	Office Assistant / Dispatch
Phil Does	Kitchen Aide / Sub Van Driver
LeAnn Schroeder	Kitchen Aide
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.

Trip down Memory Lane!

Dandelions

The Dandelion is among the most hated of plants, yet it isn't poisonous and has no thorns. In fact, it's a healthy food source and has been the universal toy of childhood for uncounted generations. Let's take a new look at this despised plant. Throughout history the dandelion has been there for the joy and amusement of children of all ages. It has been a traditional and versatile toy, and it comes with an A1 safety rating. It's also inexpensive and available almost everywhere.

THINK BACK IN YOUR MEMORY ABOUT THE FUN THINGS YOU USED TO DO WITH A DANDELION!!!

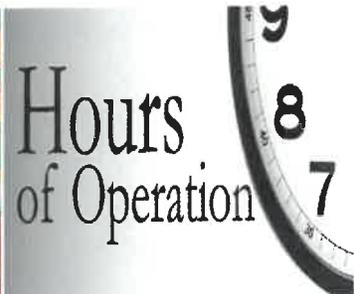


The Wayne Public Transit

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.