



# The Senior Star



SEPTEMBER—2024

A monthly publication for The Wayne Senior Center



## Every Wednesday

10:45 to 11:45 am : By Bob Doughty  
**Friday, September 6th**  
 11:30 am: By Dan Hansen  
**Friday, September 13th**  
 11:30 am: "Name that Tune" w/ Megan  
**Tuesday, September 17th**  
 11:30 am: "Spotlight on Promise"  
**Thursday, September 19th**  
 11:15 am: Clarinet Extravaganza  
 w/ Joy Oleary & Bill Koeber  
**Thursday, September 26th**  
 11:30 am: Val Koeber  
**Friday, September 27th**  
 11:30 am By Connie Webber



## Wednesday—September 4th

Monthly Birthday Treat

Noon—In House Meal

**Luncheon Certificates**

*In—House Drawings*

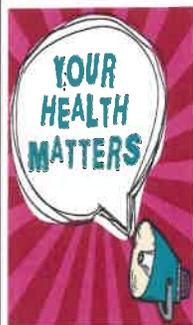
**Friday—September 6th**

Certificates by Kinship

**Tuesday—September 10th**

**Monday—September 23rd**

Certificates by Countryview



## FROG Exercises

Every M—W—Fr @ 9:00 am

**AM WALKING**—Daily

**Tuesday—September 10th**

**Health Clinic**

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

from Senior Solutions

Blood Pressure—O2 Level

Blood Sugar—Temperature



## Monday—September 9th

Toe Nail Clinic w/ Rachael

**CALL FOR A TIME**

**September 12th**

11:15 -11:45 am:

Eye Glass Care

Magnuson/Hopkins



## Wednesday—September 18th

Monthly Board meeting: 12:30

## Wednesday—September 25th

10:00 am: Caregivers Meeting

## September is: Senior Center Month "POWERING CONNECTIONS"

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults, and have become integral to health care delivery in our communities by providing vaccine education and guidance, as well as vaccinations to their participants through health care providers coming directly into the Senior Center itself.

Senior centers have evolved since their beginning in the 1940's, through their inclusion in the "Older American's Act in 1973", and up to today. But the mission has remained: "To be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well".

Senior Centers work with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment. We want to celebrate all of us here at the Wayne Senior Center and continue to strive to get the word out in ways that resonate with our community right here in Wayne, Nebraska.

So this September, Join us here at the Wayne Senior Center and other centers across the nation and celebrate how to be part of

### "Powering Connections"

Check out our September Activity Calendar and menu of our delicious home cooked meals. Join us and all our senior friends as we make "Powering Connections" every day—right here at the

**"Wayne Senior Center"**

Celebrating September as  
 National Senior Center Month



## Highlights of Senior Center Month

**Tuesday, September 3rd**—Brunch for Lunch (11:00-11:45 am) **Wednesday, September 4th**—Birthday Party day w/ Cake served at Center during noon meal. **Monday, September 30th**—**FIESTA TIME:** 11:45 noon meal w/ Ice Cream Sunday Bar @ Center.

# COMING NEXT MONTH!



**MEDICARE  
PART D**

## COMING IN OCTOBER:

ASSISTANCE WITH OPEN  
ENROLLMENT  
FOR MEDICARE PART D

FLU SHOT CLINIC  
Provided by PMC Pharmacy

**LOOK FOR MORE  
INFORMATION IN THE  
OCTOBER NEWSLETTER**



## SECURITY SHREDDING

Get rid of that unwanted paper/documents  
Tuesday - September 17th  
11:00 to Noon (ONLY)

*Must personally remain present for  
shredding process*

**TRUCK WILL BE LOCATED ON THE WEST  
SIDE OF THE CENTER/ALLEY**

## SEPTEMBER FUN FACTS:

**September is a month of transition. As summer fades away, the leaves start changing color, and the days get shorter. We begin to prepare for the cooler months ahead.**

- September 22nd is the Autumnal Equinox: This is when the sun is directly above the equator, and day and night are nearly equal in length
- Birthstone: Sapphire & the Flower is: Aster & Morning Glory
- September is a Significant month for McDonald's: September 1960, the famous "Golden Arches" logo was introduced & the first McDonald's restaurant in Europe opened in Amsterdam, Netherlands
- September is National Chicken Month & National Self-Improvement Month. The 2nd is World Coconut day: The 28th is Ask a Stupid Question Day
- September is the month with the most songs with its name in the title: "September" by Earth, Wind & Fire—"Wake Me up When September Ends" by Green Day & "September Song" by Frank Sinatra

## Recipe of the month **NO-BAKE COOKIES**



### **How this No-Bake treat Preacher cookies Got their Name**

No-bake cookies have many names, depending on where you are. In the American South, drop cookies can be called cow patties in reference to their appearance, while in other regions they are known as mud balls, haystacks, fudgies, or Preacher Cookies. The story goes that when families were met with surprise visits from traveling preachers, these cookies were quick to make with no planning. Someone would spot the preacher coming from afar on his horse, and just have time to rustle up a round of cookies before he arrived. Regardless of what you choose to call these cookies, the recipe is a classic and perfect for moments when unexpected visitors show up on your doorstep. No-Bake cookies are an easy answer for demanding cravings as these kinds of cookies are quick to put together and don't require an oven to heat up. Made with ingredients you most likely have stocked in your kitchen—it is a delicious treat for anytime.

### **INGREDIENTS:**

- 1 stick of unsalted butter: 1 2/3 cups sugar
  - 1 tsp. vanilla extract: 3 cups Rolled Oats
  - 1/4 cup unsweetened cocoa powder
  - 1/2 cup whole milk: 2/3 cup Peanut butter
1. In a medium saucepan, add the butter, cocoa powder, sugar and milk. Heat over medium heat, stirring until the mixture is combined and the butter is melted
  2. Add the vanilla extract, oats and peanut butter. Using a wooden spoon, stir until well combined
  3. Prepare a large baking sheet with parchment paper. Using a cookie scoop, scoop out portions from wet dough and place them 2 inches apart.
  4. Allow them to cool and set completely before serving. About 30 minutes

**Enjoy! Maybe even invite the preacher over  
I know Pastor Willie would love them!**

**Wayne Senior Center at Wayne, Nebraska --  
Monthly Business Meeting  
August 19, 2024**

The monthly meeting of the Wayne Senior Center was called to order with Vice President Carol Dunning presiding. (11:00 a.m.) [A change of date due to a mandatory meeting of Coordinator Bertrand later this week] 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 July 17, 2024 meeting were approved as published in the August 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 7/18/24 - 8/21/24 with expenses of \$89.25 {\$60.89 for groceries and \$28.36 for card supplies} Motion was made by Joan Lage and seconded by Carol Dunning to approve this amount of expenses. Motion carried.

Coordinator Bertrand presented an overview of August and September: Center will be closed on Monday, September 2 for Labor Day. Brunch will be served for lunch on Sept. 3 from 11:00 a.m. to 11:45 a.m.

September will be recognized as National Senior Center Month. The theme is "Powering Connections.." Kick off for the celebration will be the monthly birthday party and the proclamation will be ready by Board President George Burcum.

Shredding event will be September 17---11:00 a.m. to noon only. Q and A with City Administrator Wes Blecke will be held Friday September 27<sup>th</sup> following serving of the noon meal.

Next item: Election of officers. Coordinator Bertrand presented an overview of all the Board Member Responsibilities and personal characteristics to be considered. President George Burcum agreed (in absentia) to serve another year as Board President. Vice President Carol Dunning consented to another term as Vice President. Secretary Verna Mae Baier consented to another term as Secretary. Treasurer Jeanette Swanson agreed to another term as Treasurer. Joan Lage consented to another term as Board Member. Election of officers for 2024-2025 was declared closed.

Coordinator Bertrand presented information on NENAAA: Senior Center Manager Training (September 24). This is mandatory for the coordinator and the NENAAA requests 3 board members also attend. Those attending will be George Burcum, Jeanette Swanson and Verna Mae Baier.

Coordinator Bertrand presented staffing conditions concerning vacation and other leaves. Additional Kitchen Volunteers are needed.

Other items: New stricter regulations from NDOR. Quilting Room / Pool Room considerations. Card playing tables were also mentioned.

The meeting was adjourned at 11:35 a.m.

Next meeting will be September 18, 2024 at 12:30 p.m.

Verna Mae Baier, Secretary

# Our Epidemic of Loneliness and Isolation

Key takeaways from the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community

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## Humans are wired for social connection, but we've become more isolated over time

Social connection is as essential to our long-term survival as food and water. But today, loneliness is more widespread than other major health issues in the U.S. Our epidemic of loneliness and isolation is a major public health concern.

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## Social connection significantly improves the health and well-being of all individuals

Social connection reduces the risk of premature mortality. It can predict better physical and mental health outcomes and ease stress. Higher levels of connection can influence health-related behaviors. Educational and economic achievement are even impacted by connection.

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## Social connection is vital to community health and success

Socially connected communities enjoy better population-level health. They are more prepared for — and resilient in the face — of disaster situations. They also experience greater economic prosperity and reduced levels of crime and violence.

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## Together, we can advance social connection and improve our nation's public health

Fostering social connection requires that we each commit to our relationships and communities. Our actions today can create sustainable changes to society and bring better health to all.

**Celebrating Senior Center Month - "Powering Connections"**  
**With the Wayne Senior Center**  
**And Our Caregiver Support Group which meets**  
**The Last Wednesday of each month**  
**September meeting is: Sept. 25, 2024**



Office of the  
U.S. Surgeon General



# Labor Day

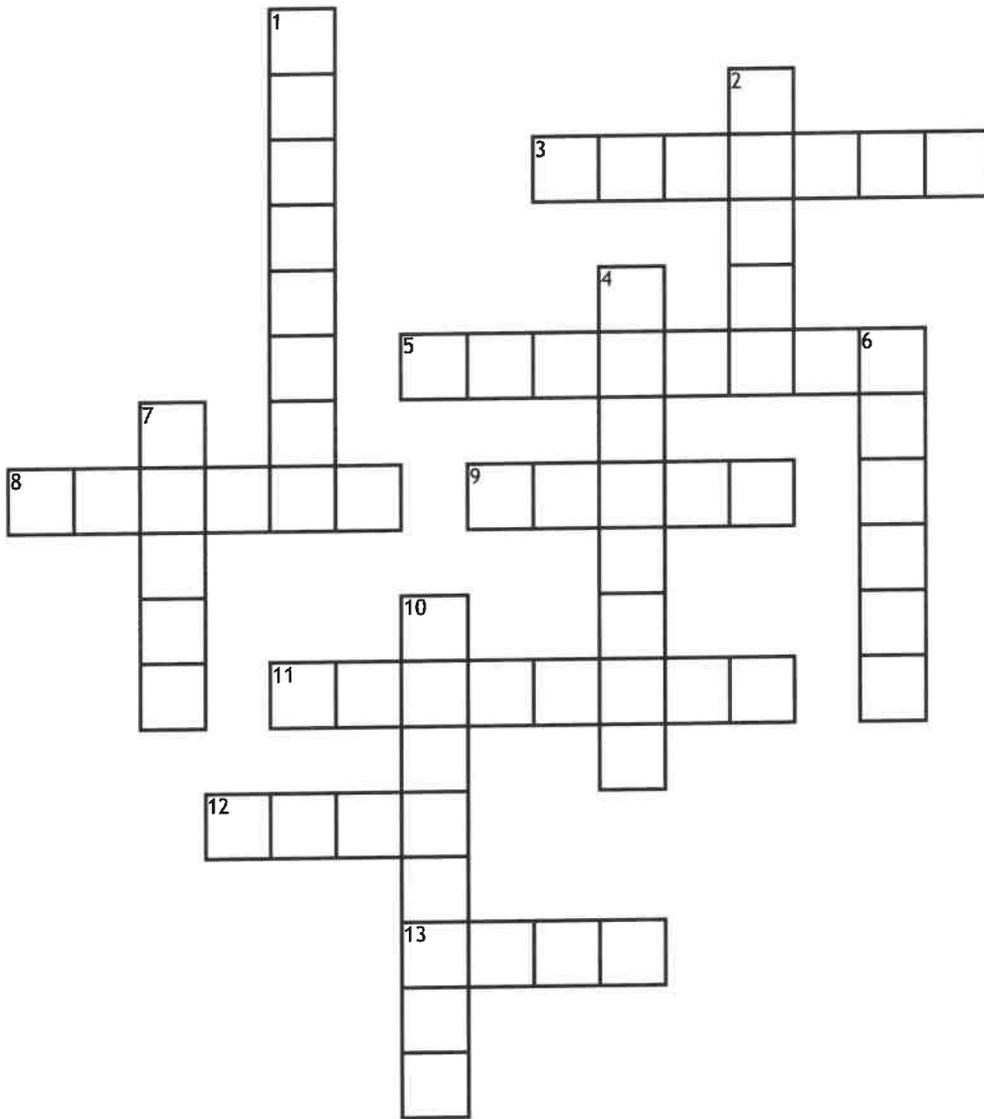
R V M C B N U T W Z F N S A B C Y T C K M E C I  
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L R Z V Y X I Q E H S L P B C A Z L G N E M O O  
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C T N E M Y O L P M E N U T R Q D I L E T A A D  
T A W N Y R L B M H O Z G N D L C T P R S D L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

three day weekend  
end of summer  
firefigther  
September  
stirkes  
labor  
afl

knights of labor  
steel workers  
employment  
teacher  
parade  
Union

police officer  
unemployment  
no school  
day off  
monday  
fall

# September



## Across

- 3. Vegetable you can carve
- 5. something people wear during autumn
- 8. a little cold
- 9. fruit of the oak tree

11. popular fall sport

12. Use one of these to tidy up fallen leaves

13. the way trees look during autumn

## Down

- 1. a small rodent
- 2. a crisp red fruit

4. the first monday in september

6. where do children go in the fall?

7. a drink you can make from apples

10. another autumn month

## FACTS AND BENEFITS ABOUT SENIOR CENTERS YOU PROBABLY DIDN'T KNOW

What do you think of when someone says the words senior center? Do you picture older people (MUCH older than you, of course) sitting around playing bingo and shuffleboard? Eating bland meals while a television is blaring in the background? **NEWSFLASH!!** It's time to update your vision! Senior centers are not what they used to be. Today's senior center is a vibrant, action packed combination of a local fitness center, job and volunteering headquarters, transportation hub, and TASTY home cooked meals! Sound familiar?? Yes you got it—"The Wayne Senior Center" fits this description. Sure—Bingo is played every Friday and you can always join in on a fun and challenging game of cards (Pitch, Bridge, Hand and Foot) a game or two of Tile Rummy or a Penny Game & there's always a puzzle going to keep you busy. But our center offers far more than that. We have Special events and Yes—we all like a good party and some music to tap our toes to. We offer Exercise and walking opportunities, Health educational materials with Word searches to keep you challenged. We have a Billiards room for those that like to play pool, a Quilting room where the lost art of putting together Beautiful masterpieces one stitch at a time is kept alive. We coordinate with Local Professional individuals to provide Toe Nail Clinics, Health Clinics, Immunization Clinics, Assistance with Open Enrollment Medicare Part D enrollment, Eye Glass Adjustment Clinics. We hold a Monthly Caregivers support Group, Provide Delicious meals for Dine In—To Go and In home delivery for patrons to enjoy. The Wayne Senior Center is the hub for the Wayne City Transit which plays a vital role in assisting our Seniors to remain independent and able to continue to be an Active participant in the Wayne Community. Our Volunteers and Staff play a vital role in helping the Wayne Senior Center to continue to Thrive and Grow.

Soooo—Now tell me what is Your picture if someone should say the words "Senior Center"?? Even better, what is your picture of the "Wayne Senior Center"? Not sure yet? We invite and encourage you to come visit us sometime and experience all we are and all we have to offer.

**SEE YOU SOON!**

*The coffee pot is always on.*



### REAL 1915 RULES FOR TEACHERS

1. You will not marry during the term of your contract.
2. You are not to keep company with men.
3. You must be home between the hours of 8 p.m. and 6 a.m. unless attending a school function.
4. You may not loiter downtown in ice cream stores.
5. You may not travel beyond the city limits unless you have the permission of the chairman of the board.
6. You may not ride in a carriage or automobile with any man unless he is your father or brother.
7. You may not smoke cigarettes.
8. You may not dress in bright colors.
9. You may under no circumstances dye your hair.
10. You must wear at least two petticoats.
11. Your dresses must not be any shorter than two inches above the ankle.
12. To keep the school room neat and clean, you must: sweep the floor at least once daily, scrub the floor at least once a week with hot, soapy water, clean the blackboards at least once a day, and start the fire at 7 a.m. so the room will be warm by 8 a.m.

*A little Humor school days humor:*

**STUDENT EXCUSE NOTE:** Dear School: Please excuse John being absent on Jan. 28, 29, 30, 31. 32, and also 33.



### Q & A TIME

With City Administrator  
Wes Blecke  
Friday, September 27th  
Following serving of our  
Noon Meal

# CITY OF WAYNE / SENIOR CENTER

410 N. Pearl Street, Wayne, Nebraska 68787

## Donations

Cynthia Jorgensen– Arlene Bennett– Wayne Food Pantry– Ruth & Charles Maier– Mae & Art Greve– Liz Hagmann– Geno’s Steak House– Byron & Barb Heier– Janet Bull– Chuck & Yvonne Dewey– Linda Teach– Ardyce Stanley– Earl & Joyce Lundahl– Julie Grone– Milton & Jacquelyn Owens– Jerry & Bill Sharpe– Pat Robinson  
Northeast Nebr. Wed. Night AA Group

## Memorials

For: Francis Varijek (Misty’s Step Dad)  
From: Lowell & Kathy Johnson



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 & our friends from Countryview 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!**



**GO HUSKERS**



**GO CATS**



**GO BLUE DEVILS**

## 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
Yeslyn Vasquez	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.



The Wayne Senior Center & Wayne Public Transit will **BE CLOSED**

Monday, September 2nd  
Join us for Brunch For Lunch :  
Tuesday—September 3rd

Serving in house from: 11:00 to 11:45 am  
All you can eat Pancakes (ONLY)  
Scrambled Eggs, Sausage Links  
Fruit & Fruit Juice & Milk  
(Coffee Cake instead of Pancakes for MOW & To Go)



## 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.



**Active Adults  
Thriving Together**

wayneseniorcenter wayneseniorcenter

## 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 you 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.  
Call 375-1460 for reservations