



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

2025



Wednesdays In September 3rd—10th— 17th

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

Friday, September 5th

11:30: By Dan Hansen

Friday, September 12th

11:30: By Val Koeber

Thursday, September 18th11:15: By Jay & Bill (*Clarinet Extravaganza*)**Friday, September 19th**

11:30: Connie Webber

Friday, September 26th

11:00—12:00 noon

Music by: Bob Doughty & Dan Hansen

Senior Center Month Celebration**Tuesday, September 30th**

11:30: Spotlight on Promise

FROG Exercises

Every M—W—Fr @ 9:00 am

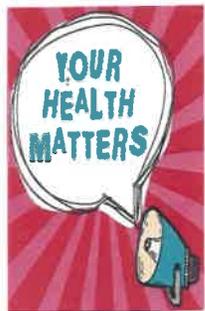
AM WALKING—Daily**Tuesday, September 9th****Health Clinic**

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

from Sr. Solutions

Blood Pressure—O2 Level

Blood Sugar—Temperature



Wednesday—September 3rd

Monthly Birthday Treat

Noon—In House Meal

Luncheon Certificates**In—House Drawings****Friday, September 5th**

Certificates by Kinship

Wednesday, September 10th

Certificates by Countryview

Monday, September 29th

Certificates by Countryview



Monday—September 8th

Toe Nail Care by Rachael

(Call for a Time)

Thursday, September 11th

11:15—11:45 am: Eye Glass Care

Evolving Eye Care



Wednesday—September 17th

12:30: Monthly Board meeting

Wednesday—September 24th

10:00 am: Caregivers Meeting

Come Celebrate

National Senior Center Month

This Senior Center Month we explore 'Powering Possibilities: Flip the Script'. We at the Wayne Senior Center want to challenge outdated perceptions of aging and senior centers. We want to celebrate the dynamic role that The Wayne Senior Center plays in fostering creativity, connection, purpose, and resilience in later life. More than 10,000 senior centers across the country are leading this charge—"Flipping the Script" on aging by creating inclusive, engaging spaces where older adults can thrive. From their beginnings in the 1940s to their recognition in the Older Americans Act in 1973 to today, senior centers have continually evolved to meet the changing needs of older adults and their communities. Senior Centers power possibilities through: Social connection that combats loneliness and isolation—Health and wellness programs that promote vitality - Nutritional programs and services that support independence and overall health and well being—Creative and cultural engagement that brings joy and purpose.

Now more than ever, we understand the critical importance of belonging and connection. The Surgeon General has identified loneliness as a national epidemic—but Senior Centers have long been the antidote. The Wayne Senior Center is a place where people gather, support one another, and build community. We are a place where "Friends become Family." Help us make National Senior Center Month 2025 a celebration of purpose, possibility, and the powerful role The Wayne Senior Center plays in our every day lives. Let's flip the Script—**TOGETHER!**



**JOIN US FRIDAY—SEPTEMBER 26TH
AS WE CELEBRATE NATIONAL**

SENIOR CENTER MONTH

Sign up for our noon meal:

Serving: Baked Chicken
with Bacon Cream Sauce
Baked Potato—Green Beans
Dinner Roll & Strawberries

**Served by our friends from
Heritage of Norfolk**

**Music by Bob Doughty & Dan Hansen
11:00 am to 12:00 noon (COME EARLY!)**

Happy Grandparents' Day!

In 1969, nine-year-old Russell Capper sent President Nixon a letter suggesting that a day should be set aside in order to celebrate grandparents. On June 12, 1969, he received a letter back from Rose Mary Woods — personal secretary to the President — reading, “Dear Russell, Thank you for your letter to President Nixon. Your suggestions regarding a Grandparent’s Day is appreciated, but the President ordinarily issues proclamations designating periods for special observance only when a Congressional resolution authorizes him to do so.”

Following this letter, Marian McQuade was recognized nationally by the U.S. Senate and by President Jimmy Carter as the founder of National Grandparents Day. McQuade wanted to educate the youth about the importance of seniors and the contributions they have made throughout history.

In 1977, Senator Randolph, with the help of other Senators, introduced a joint resolution to the senate requesting the president to issue a proclamation designating the first Sunday of September after Labor Day of each year as National Grandparents’ Day. It was signed on August 3rd, 1978, and the day was finally celebrated the following year.

Grandparents' Day Trivia

Test your knowledge from the past and ask your grandchildren for a laugh!

1. On a rotary phone, which number takes the longest to dial?
2. What is a party line?
3. Gardner McKay played Captain Adam Troy on which TV show?

How well do you know the stats?

4. What is the average age of the U.S. grandparent?
5. How many American children live with a grandparent?
6. How many grandparents are in the workforce?
7. What percent of grandparents have a tattoo?
8. How many people in the U. S. are grandparents?
9. What is the official song of Grandparents’ Day?
10. What is the official flower of Grandparents’ Day?

Find the answers on the next page!



Happy Grandparents Day

SEPTEMBER IS NATIONAL HONEY MONTH

Honey is a versatile ingredient with uses ranging from natural sweetener to wound treatment. It can be used in cooking, baking, as a cough suppressant and even in skin-care. Honey’s antibacterial and anti-inflammatory properties also make it useful for treating minor burns and promoting wound healing.



HONEY FACTS

(Answers on next page)

1. A third of what we eat in the U.S. is from plants that are pollinated from insects. What percent of the pollinating do you think is done by the bees? (Hint: It is a majority)
2. Honey was found in this ancient Wonder of the World.
3. True or False: Utah, known as the Beehive State, is a top producer of honey.
4. True or False: We know from an 8,000-year-old painting found in Spain depicting honey harvesters and from honey found in tombs in Egypt that honey has been used throughout history for many purposes.
5. In the winter, bees do this to keep warm and to keep the queen warm.
6. True or False: While one bee only makes 1/12 of a teaspoon of honey throughout its life, a beehive full of bees can make up to 100 lbs. of honey each year.
7. How many flowers do bees collect from to produce a pound of honey?
8. True or False: Bees *aren't* the only insects to make honey.
9. True or False: Canadian honey is exported to how many countries.
10. True or False: Honey from the hives in Canada produce twice the average of Honey compared to hives across the world Because of a plentiful supply of crops Attractive to bees and because of the long, warm summer days.

FUN FACT: RANDOLPH, NEBRASKA is known as the “Honey Capital of the Nation” - based on the number of beekeeping families who once populated the area.



A BIG SHOUT OUT OF THANKS TO THE WAYNE ROTARY CLUB

For their generous donation and support of the Wayne Senior Center. We were able to purchase: An Electronic Dart board and New Cue Sticks for the Billiards room: A new Bingo Machine and Stand. Oliver Trays for MOW Delivery. A new Lectern for our stage and a Chair for our Greeters during meals.

COME CHECK IT OUT AT THE CENTER



ANSWERS FOR HONEY FACTS

1. 80%
2. Great Pyramid at Giza
3. FALSE—The early settlers in Utah prided themselves on being hardworking. The bee hive is a symbol of hard work and industry
4. TRUE
5. SHIVER
6. TRUE
7. Approximately Two Million Flowers
8. TRUE—The Mexican honey wasp can also make Honey.
9. FALSE—It is exported to 25 countries including the U.S.
10. TRUE

TUESDAY, SEPTEMBER 2ND: WAYNE COUNTY PETE RICKETTS MOBILE HOURS

12:00 to 1:00 pm at Sr. Center/Library Conference Room
 Senator Ricketts' team will be on hand to assist with Social Security benefits, Medicare, Veterans Benefits, Academy Nominations, Flag Requests & other Federal Programs

Answers to Grandparents' Day Trivia

1. Zero
2. A phone line that was shared between multiple families
3. Adventures in Paradise
4. 48
5. 1 out of 10
6. About 3/4 of grandparents up to age 65
7. 10%
8. Over 70 million
9. A Song for Grandma and Grandpa by Johnnie Prill
10. Forget-Me-Nots



Join us the last Wednesday of each month for our **Monthly Caregivers support Group**

This month—the meeting will be 10:00 am
 Wednesday, September 24th

Our Topic & Speaker this month will be
 Karen Longe of KEL Physical Therapy & Wellness

HELP ACME: Celebrate their 140 Anniversary

Monday—September 15th
 Serving Cake for the 2:30 pm

Coffee/Snack time

CONGRATULATIONS!!!



THE HEALTHY CUCUMBER



It's summer, which means it's time to eat all the fresh summer fruits and veggies you can get your hands on! Cucumbers are a refreshing summer snack, but beyond that they have some pretty serious health benefits. Cucumbers don't have a lot of calories but still manage to pack in a fair amount of important minerals and vitamins.

It is about 96 percent water, so they will help you stay hydrated! They are Easy to Eat and you can find them almost anywhere—but of course ones grown in your own garden are the best. Cucumbers may help reduce blood sugar levels—with ongoing research studying this promising benefit to the cucumber. They are rich in antioxidants that help protect the cells in the body for the impact of oxidative stress, which has been linked to several different types of chronic disease. It's amazing that this little green veggie can do all that!! Have a lot of extra Cucumbers laying around—try out this Simple & Quick Recipe to enjoy!



HOMEMADE REFRIGERATOR PICKLES

- 1 cup of distilled white vinegar—1 tablespoon of salt
- 2 cups of white sugar—6 cups of sliced cucumbers
- 1 cup of thinly sliced onions
- 1 cup of sliced green bell peppers

DIRECTIONS:

Step 1: In a medium saucepan over medium heat, bring the vinegar, salt and sugar to boil. Boil until all the sugar has dissolved, about 10 minutes

Step 2: Place the cucumbers, onions and green bell peppers in a large bowl. Pour the vinegar mixture over the vegetables. Transfer to sterile containers and store in the refrigerator.

Note:

Homemade pickles should last for 2 months in the refrigerator in their jar. However, the longer they sit—the less crunchy they become

**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
August 20, 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 and also present was a guest from the Senior Center. Absent: President George Burcum

The minutes of the July 16 meeting were approved, with a date correction: August 20, { as presented 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 the treasurer's report using financial information for the period of 7/17/25 --8/20/25. Total expenses for the period: \$223.71 {\$50 to Wayne Herald for Memorial Day Ad, \$104.65 coffee & supplies, \$27.06 for kitchen supplies and \$42 to Wayne Herald for Personnel Ad} Motion by Joan Lage to approve this amount of expenses. Seconded by Verna Mae Baier. Motion carried.

Coordinator Bertrand presented an overview of August and September. School began August 14 and transit continues to learn new electronic dispatch. There will be an end-of-summer party on August 29. September is National Senior Center Month and random prizes will be given throughout September. The month will end with a Senior Center Month Celebration. City Administrator Wes Blecke will be at the Center at noon on September 30 for q/a session.

The Wayne Rotary Club has very generously gifted the Wayne Senior Center with a new bingo machine, a new lectern, dart board and new pool cues. The Center extends a big THANK YOU to the members of the Rotary club.

Coordinator Bertrand asked for opinions/advice on the disposal of the old bingo machine and lectern. A motion was made by Joan Lage to allow Coordinator Bertrand to make announcements to allow area senior centers a chance at purchasing both items. Seconded by Jeanette Swanson. Motion carried.

Next item for consideration: Election of officers. After a short discussion, Vice President Dunning asked all officers if they were willing to retain their respective offices for another year. All officers answered in the affirmative. (President Burcum had previously agreed to another term in office.) A motion was made by Jeanette Swanson and seconded by Joan Lage to have the current officers remain in office for another year. Motion carried. Board Members were reminded of some of their responsibilities: regular attendance at meetings, keep informed, serve as needed, refrain from special requests, and follow conflict of interest and confidentiality rules. Personal Characteristics of board members: ability to listen, think clearly and creatively, and work well with people individually and in a group.

No other items were presented for consideration.

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

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

Verna Mae Baier, Secretary

AUTUMN TIPS FOR SENIOR CAREGIVERS

Summer is fast leaving and winter's just beyond the mountain but in between comes autumn. Autumn might be fun for the young with all that leaf pile jumping and sweaters but it could also be a health risk for senior if they are not cared for properly.

Autumn marks the beginning of cold and flu season and it is important you, the caregiver, and the senior are both health. Getting a flu vaccination is a good way to start but only to an extent. This should also be accompanied by habits such as proper hand washing and an ample amount of sleep at night. If ever flu does strike, always have protective covering for the nose and mouth like a face mask or even a handkerchief so that viruses won't spread. Seek a physician's counsel if ever you feel like you need antibiotics to combat the flu. But most of all, if needed, stay at home and rest.

Also, one has to place precaution when going out of the house as seniors can easily slip and fall due to the slippery leaves of the season. In addition to that, frequent changes in weather are common and so it is important that the right kind of clothing will be worn at all times. When in doubt, have a jacket or a coat on hand in case cool weather does fall while you're out on a stroll. You'll never know when the weather will turn after all and it is best to be prepared.

Speaking of warm clothing, homes should also be kept warm and toasty to avoid having seniors freezing or getting sick inside the comfort of their homes. Seniors should also be given the appropriate footwear for the weather, such as boots. These will prove to be useful in the long run and will help them maintain their balance. Avoid buying shoes that have smooth soles and high heels as these are hazards for the fall season.

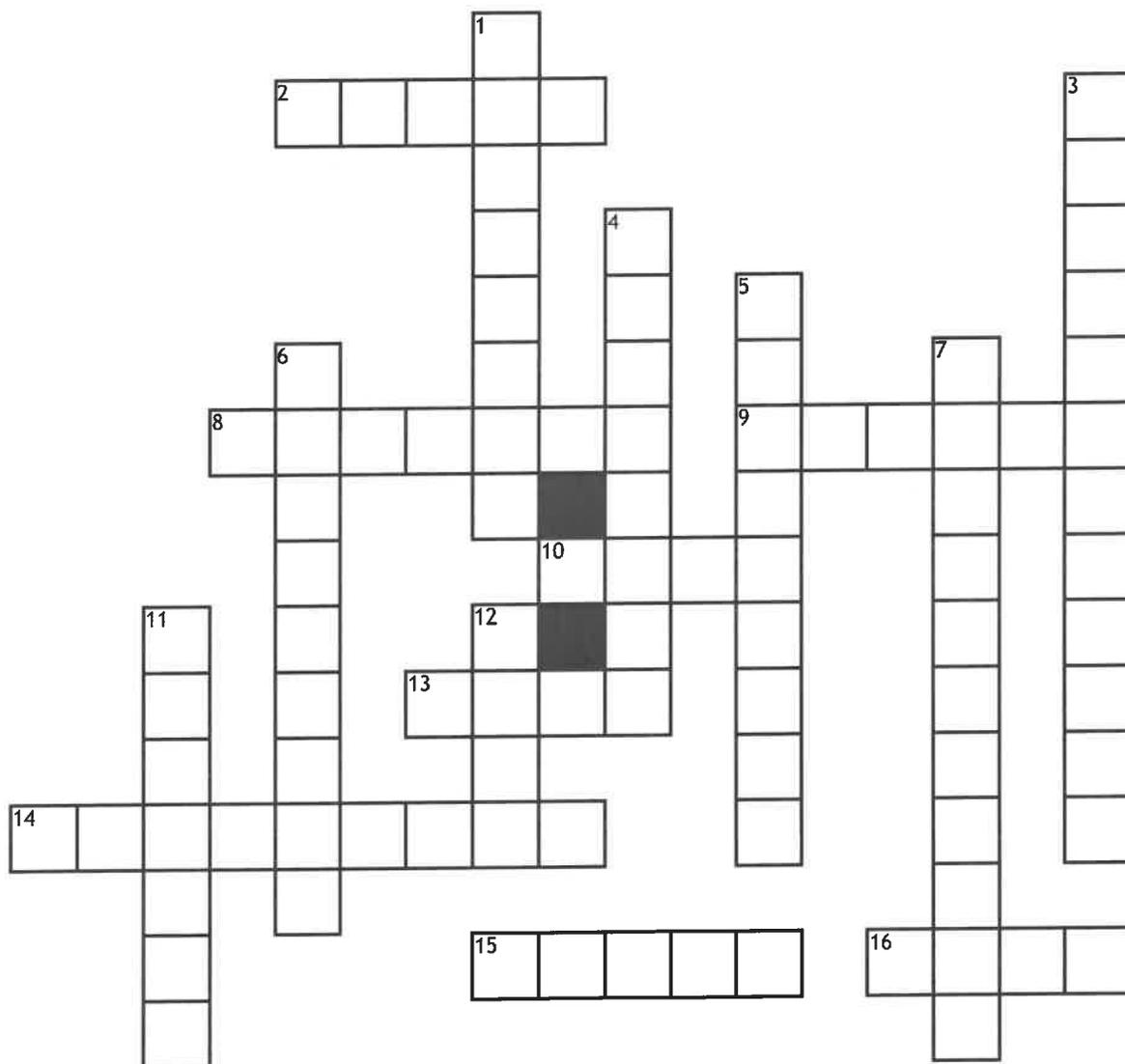
Caregivers and relatives should make routine checks all over the house for drafts and have them sealed off immediately. If there is a heating system inside the house, make sure it is in top shape. If the home has a fireplace, there should be a pile of wood at the ready and that the chimney and fireplace are swept to prevent flue fires.

Homes should also be well-ventilated to avoid carbon monoxide poisoning. Windows should be easy to open and close especially if the weather is warm and they would need air from the outside to help them cool down.

Aside from that, one could also take the time to improve lighting and rearrange the furniture to avoid accidents. If you have some wiggle room in your budget, you can invest on non-slip strips or rubber mats especially on areas where it can get slippery fast. These can be readily bought in local hardware stores. You may also opt to add rails in area like the bathroom to help avoid slips and falls in that area.

**JOIN US FOR OUR MONTHLY CAREGIVERS
SUPPORT GROUP LAST WEDNESDAY OF EACH MONTH
SEPTEMBER MEETING IS WEDNESDAY, SEPTEMBER 24TH – 10:00 AM
MORE INFORMATION: CALL 402-375-1460 AND ASK FOR DIANE**

Autumn



Across

2. An autumnal beverage served hot or cold

8. What is the word used for gathering crops before winter?

9. What fruit is freshest in the autumn?

10. A collection of paths with one entrance and one goal

13. Another name for Autumn is...

14. In what month does autumn officially begin?

15. What is the nut of the oak tree?

16. In autumn, we turn our clocks...

Down

1. In what month does autumn officially end?

3. What holiday do we celebrate to give thanks?

4. What sport starts in autumn?

5. What is used to scare birds away from corn crops?

6. What holiday falls on October 31st each year?

7. What is the busiest shopping day of the year?

11. What is the name of the large, orange squash that people like to carve?

12. What is used to gather leaves?

September word search

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

Hot chocolate

Popcorn balls

Marshmallows

Wizard of oz

Scare crows

Halloween

Football

Hayrides

Sweaters

Pumpkin

S'mores

Apples

Leaves

Orange

Spices

Spooky

Yellow

Fall

Warm

Red

DONATIONS

Joyce & Earl Lundahl— Barb & Byron Heier— Joyce Sievers—
Wayne Community Chest— DeAnn & Bob Behlers
Ron & Sandra Wriedt— Janet Bull— Bill Kaup— Carol & LeRoy
Robberts— Ginny Otte— Pat Robinson - Rotary Club

*THANKS TO ALL WHO BRING IN FRESH GARDEN
PRODUCE TO SHARE WITH ALL OF US!!*

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 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 | Sub Dispatch |
| Phil Does | Dispatch/Sub Van Driver |
| 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.



**THE WAYNE SENIOR CENTER
AND THE WAYNE PUBLIC TRANSIT
WILL BE CLOSED FOR LABOR DAY
MONDAY—SEPTEMBER 1ST
NO MEALS OR TRANSIT**



**With City Administrator
Wes Blecke**

Tuesday, September 30th @ 12:15 PM
Following Serving of
our noon meal



**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