

GOLDEN YEARS

Cognition, swallowing among the common challenges persisting for many after COVID-19

With an estimated 10 to 30% of COVID-19 survivors experiencing “long-haul” symptoms including brain fog and swallowing difficulties, Wayne speech-language pathologist Kayla Korth, M.A., CCC-SLP is encouraging the public to seek care from qualified experts who can help them regain their functioning and quality of life.

Korth is sharing this message in recognition of May being designated as National Better Hearing & Speech Month (BHSM).

“The pandemic has posed so many challenges to us all as a society, but one of the persisting and most vexing ones right now is the daunting set of difficulties many people are having for months after contracting COVID-19,” said Korth. “From brain fog, to difficulty eating and drinking, to speech and language problems, these can affect return to work, the ability to take care of one’s family, and overall recovery. Many people don’t know about the services of speech-language pathologists — professionals trained in these areas who can make a huge difference for these people. This is an important time for us to spread the word: Help is available.”

How They Help

Speech-language pathologists (SLPs) can help people with, or recovering from, COVID-19 who are having short- and longer-term difficulties in the following areas:

- **Cognition.** Many COVID-19 “long-haulers” are reporting persistent brain fog as a debilitating symptom after their bout with the virus. This can prevent a return to work and impact their ability to tend to family responsibilities. SLPs can work with individuals to improve their memory, attention, organization and planning, problem solving, learning, and social communication—such as re-learning conversational rules or understanding the intent behind a message or behind nonverbal cues. The focus is on the person’s specific challenges as well as regaining the skills that are most important to their daily life and priorities.

- **Swallowing.** People diagnosed with COVID-19 may experience swallowing problems that can put them at risk for choking or aspirating, which is when food goes into the lungs instead of the stomach. This may be the result of time spent on a ventilator, or it may be another side effect of the virus. SLPs use different types of tests to determine what happens when a person swallows and how the related muscles are working—helping a patient’s medical team, including the SLP, decide on the best course of action with the patient and their family. SLPs may recommend modified textures

of food and drink for patients; therapy exercises to strengthen the tongue, lips, and muscles in the mouth and throat; and strategies to make eating and drinking safer, such as modifying the pace of chewing/eating, size of food, and more.

- **Communication.** People diagnosed with COVID-19 are also experiencing speech and language difficulties. Some, such as those who spent a significant amount of time on a ventilator or experienced low oxygen to the brain, may have muscle weakness or reduced coordination in the muscles of the face, lips, tongue, and throat—making it difficult to talk. Others, particularly those who

experienced a COVID-related stroke, may experience a language disorder called aphasia—which makes it hard for someone to understand, speak, read, or write. SLPs work with patients through targeted therapy to improve their communication and understanding.

People who have severe speech and/or language difficulties may need to find other ways to answer questions or tell people what they want, such as through gesturing with their hands, pointing to letters or pictures on a paper or board, or using a computer. These are all forms of augmentative and alternative communication (AAC). SLPs help find the appro-

priate AAC method to meet an individual’s needs.

Where to Find Care

SLPs work in settings that include hospitals, long- and short-term care facilities, private practices, and patients’ homes. Many SLPs are also providing their services via telehealth at this time.

If you or a loved one are experiencing communication challenges, Korth recommends letting your doctor know.

For more information, Wayne area residents can contact Providence Therapy 402-375-7937—or visit www.asha.org/public.



Glad to be back

Due to the ending of the state's Directed Health Measures, the Wayne Senior Center is now able to resume activities as they were pre-COVID-19. Above, Beverly Hansen and Lee Larsen work on a quilt. Below, Beverly, Lee, Janet Bull, Senior Center Director Diane Bertrand and Jeannine Anderson share conversation after being apart for more than a year.



A Financial Wellness Plan can help pave the road to retirement

If we’ve learned any lesson over the past year, it’s that no matter how carefully we plan and prepare, we’ll likely encounter unexpected hurdles. While a global pandemic has certainly underscored the need to pay close attention to our physical wellness, it has also revealed the need to shore up our financial wellness.

According to PwC’s 9th Annual Financial Wellness Survey conducted in January 2020, financial matters were the top cause of stress for employees even well before the pandemic hit in earnest. More than one-third of full-time employed millennials, Gen Xers, and baby boomers had less than \$1,000 in emergency savings. Only 29% of women said they would be able to cover their basic necessities if they found themselves out of work for an extended period, compared with 55% of men. And more than half of millennials and Gen Xers and 35% of baby boomers said they would likely use their retirement funds for something other than retirement, with most noting it would be for an unexpected expense or medical bills.

Although tapping your retirement savings can help you get through a crisis, it can hinder your ability to afford a comfortable retirement. Having a plan to guard your financial wellness throughout your working years can help you avoid putting your retirement at risk.

What Is Financial Wellness?
The Consumer Financial Protection Bureau (CFPB) defines financial well-being as:

1. Having control over day-to-day and month-to-month finances. In order to achieve this, your expenses need to be lower than your income.
2. Maintaining the capacity to absorb a financial shock. This typically refers to having adequate emergency savings and insurance.
3. Being on track to meet financial

goals, meaning you have either a formal or informal plan to meet your goals and you are actively pursuing them.

4. Having the financial freedom to make choices that allow you to enjoy life, such as a splurge vacation.

The CFPB has identified several key factors that contribute to an individual’s ability to achieve financial well-being. Among them are (1) having the skills needed to find, process, and use relevant financial information when it’s needed; and (2) exhibiting day-to-day financial behaviors and saving habits.

The Four Elements of Financial Well-Being include:

Security: Present - Control over your day-to-day, month-to-month finances. Future - Capacity to absorb a financial shock.

Freedom of Choice: Present - Financial freedom to make choices to enjoy life. Future - On track to meet your financial goals.

Source: CFPB, September 2017

Assistance Is Available

Many employers have begun offering financial wellness benefits over the past decade. These programs have evolved from a focus on basic retirement readiness to those addressing broader financial challenges such as health-care costs, general finance and budgeting, and credit/debt management.

If you have access to work-based financial wellness benefits, be sure to take time and explore all that is offered. The education and services can provide valuable information and help you build the skills to make sound decisions in challenging circumstances.

In addition, a financial professional can become a trusted coach throughout your life. A qualified financial professional can provide an objective third-party view during tough times, while helping you anticipate and manage challenges and risks and, most important, stay on course toward a comfortable retirement.

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What you need to know about allergens hiding in your home

By Dr. Tony Sun,
Senior Medical Director
for UnitedHealthcare of Nebraska

Home: It’s all about love, family, safety, comfort – and allergies.

Wait, what?

While outdoor pollens are a common cause of the sniffles and watery eyes during the spring, summer and fall months, millions of people battle year-round symptoms caused by indoor allergens, according to the American Academy of Allergy, Asthma & Immunology. These can range from sneezing and an itchy, runny nose to coughing and chest congestion.

Common indoor allergens include pet dander, types of cockroaches, pest droppings, dust mites and molds. They can spread through the air in your home, settling into furniture and floors throughout the house.

In fact, a recent study found that a majority of bedrooms in U.S. households contained at least one allergen, and nearly 75 percent harbored three to six allergy-inducing culprits.

According to the Mayo Clinic, allergies are not merely annoying. They can also cause allergic asthma, the most common form of asthma. The condition causes the airways to become clogged, making breathing difficult. In serious flare-ups, it can be fatal.

We don’t often think about all of the allergens in our homes that we may react to, making us sneeze or cough. Unfortunately, allergens are common, but the good news is that there are ways to combat them! Here are just a few preventive measures to help reduce indoor allergens.

- Wash all bedding in hot water once a week to help kill microscopic creatures (also known as dust mites) that can flourish in bedding, furniture, carpet and even your kids’ stuffed animals!
- Use dust-proof or allergen-impermeable pillows, along with hypoallergenic pillow and mattress covers.
- As much as possible, reduce fabrics in your home with tile or hardwood

floors instead of carpet. Replace curtains or drapes with blinds or other non-fabric window treatments.



- Place stuffed toys in a mesh bag or zippered pillowcase and wash them in hot water.
 - Bathe and brush pets often. Mop hard-surface floors every week.
 - Vacuum regularly, using a vacuum with either a double-layered microfilter bag or HEPA filter. Wear a filtering mask while you vacuum and stay out of the room for 20 minutes afterwards while dust and allergens settle.
 - Mold grows in moist and humid conditions, so use dehumidifiers or ventilation fans in the kitchen, basement and bathrooms.
 - Remove as many water and food sources as you can to control rodents and cockroaches. The Centers for Disease Control and Prevention recommends vacuuming or sweeping areas that might attract pests every two to three days.
- No one wants to share their home with critters and molds that make us sneeze, wheeze or cough. Being proactive can help you and your family avoid allergies caused by indoor triggers. In addition, if you suffer from asthma, ask your doctor for more information about treatments and prevention to help keep the condition under control.



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A black and white photograph of a woman smiling and holding a baby.

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A black and white photograph of an elderly man sitting in a chair, looking towards the camera.

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A black and white photograph of a woman standing next to an elderly man who is using a walker.

'Senior scams: How to protect yourself' presentation available

Haven House is focusing on financial abuse prevention and education during Elder Abuse Awareness Month in June.

"Senior Scams: How to Protect Yourself" is a short presentation created by Haven House with research from the National Center on Elder Abuse. The presentation will talk about how to protect yourself from scams that target seniors, including imposter scams, identity theft and scam texting. Any group interested in inviting Haven House staff to give this presentation is asked to call the Wayne office Monday-Friday 8:30-5 p.m. 402-375-5433 and ask for the outreach coordinator.

Elder abuse is widespread according to the US Department of Health and Human Services. Every year an estimated 1 in 10 older Americans are victims of elder abuse, neglect, or exploitation. Experts believe that elder abuse is significantly under-reported, in part because so many of our communities lack the social supports that would make it easier for those who experience abuse to report it. Research suggests that as few as 1 in 14 cases of elder abuse come to the attention of authorities.

Elder abuse is not just a "family matter"; it is a crime. There are many forms of elder abuse, including a loved one taking money without permission or in an underhanded way, a caregiver withholding food or medications, hitting or physical violence, self-neglect, and even sexual assault.

If you know someone who you think may be being abused or taken advantage of, or if it's happening to you, help is available. Call Nebraska's statewide Adult Protective Services number (800) 652-1999.

Haven House can also help provide services to survivors of domestic abuse and sexual assault. Staff can help with

crisis intervention, emergency financial assistance, criminal justice advocacy, medical and legal advocacy, and referral assistance. Call the crisis line at 1-800-440-4633 for more information.

Haven House Family Service Center, Northeast Nebraska's domestic violence & sexual assault crisis agency, was created in 1978 in Wayne. Haven House has

offices in Wayne and South Sioux City. Services are offered in Spanish and English.

Haven House can help survivors of domestic violence, sexual assault, stalking and dating violence by providing emergency shelter, transportation, protection order assistance, criminal justice advocacy, medical and/or legal advocacy,

child advocacy, resources and referral assistance to all clients free of charge. All services are confidential. The agency serves a five-county area including Cedar, Dakota, Dixon, Thurston, and Wayne. Haven House's mission is to empower, advocate, and educate survivors of domestic violence and sexual assault.

What seniors should know about herbal medicines

A lifelong commitment to healthy living can improve life expectancy and quality of life while reducing a person's risk for various conditions and diseases, including cancer and heart disease.

Healthy lifestyle choices like eating a nutritious diet and exercising regularly can greatly reduce a person's risk for various ailments, but such choices don't eliminate that risk entirely.

As a result, even health-conscious men and women may need to rely on medication to stay healthy. That's especially true for seniors since age is a risk factor for various conditions.

A 2014 analysis that appeared in the Archives of Gerontology and Geriatrics examined nearly 1,300 published articles that focused on the use of herbal supplements by elderly patients.

Though only 16 of those articles met the researchers' criteria, the analysis concluded that herbal supplement usage is common among elderly patients, as was a lack of dialogue about such supplements between medical professionals and seniors.

A concerted effort to initiate such dialogue on the part of both patients and health care providers can help shed light on herbal medicines so people taking them, including seniors, can learn more about what they're putting into their bodies.

What are herbal medicines?

The National Health Service of the United Kingdom, a widely respected and publicly funded health care system, describes herbal medicines as those with active ingredients made from plant parts like leaves, roots or flowers.

Because herbal medicines are made from plant parts, many people assume they're safe to take without consulting a physi-

cian.

However, the NHS urges people to treat herbal medicines with the same care and respect as they would more conventional medicines. Herbal medicines can affect the body in various ways. A frank discussion with a physician can shed light on the potential side effects of herbal medicines and whether or not they're safe.

Why should seniors be concerned about herbal medicines?

The NHS notes that seniors taking other medications may experience problems if they begin taking herbal medicines as well. The National Center for

Complementary and Integrative Health, which is part of the U.S. Department of Health and Human Services, notes that more well-designed studies are necessary to fully evaluate interactions between herbal medicines and prescription drugs.


However, the NCCIH notes that some evidence points to some harmful effects of mixing the two. For example, the NCCIH reports that prolonged exposure to concentrated garlic extracts may reduce the efficacy of some drugs.

The potential for these types of interactions should be enough to compel seniors to think twice before taking herbal medicines without first consulting their physicians. In addition, the NHS has developed a list of various types of people for whom herbal medicines may not be suitable, and that list includes the elderly.

Seniors considering herbal medicines should discuss the pros and cons of such products with their physicians prior to taking anything.



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Simple ways to maintain memory as you age

Adults confront various age-related side effects as they transition from middle age to their golden years. Skin may begin to wrinkle and hair may turn gray, but those are just the visible side effects of aging. Many additional effects are unseen, but those changes can have a profound effect on adults' quality of life.

According to the Mayo Clinic, various parts of the body are affected by aging. For example, the cardiovascular sys-

tem changes as people grow older. Blood vessels and arteries stiffen as adults age, forcing the heart to work harder to pump blood through them.

Though many changes are linked to aging, other changes commonly associated with aging, such as a decline in memory, reasoning and other thinking skills, are not natural.

The Alzheimer's Association® notes that dementia is not a normal part of ag-

ing. There are many different types of dementia, including Alzheimer's disease, and these are the result of damage to brain cells that affect a person's ability to communicate. That damage is not inevitable, even if it's commonly associated with aging.

The Harvard Medical School notes that fleeting memory problems experienced with aging often reflect normal changes in the structure and function of the brain.

But it's important that those changes not be mistaken for dementia, and it's equally important that adults recognize there are many ways they can protect and sharpen their minds as they age.

Continue learning. HMS notes that a higher level of education is associated with improved mental functioning in old age. The reasons for that are unknown, but experts theorize that advanced education compels people to remain mentally active, which in turn helps them maintain a strong memory.

Even aging men and women who are still working in challenging fields can benefit from pursuing a new hobby or learning a new skill.

Use the tools at your disposal. It may seem counterintuitive to suggest that organizational tools like planners, maps and lists can help people maintain their memories. However, HMS notes that expending mental energy on finding car keys or trying to remember what to buy at the store makes it harder to learn new and important things.

Let all your senses play a role. HMS reports that the more senses a person uses to learn something, the more his or her brain is involved in retaining a memory. HMS cites one study in which adults were shown a series of emotionally neutral images that were each presented along with a smell.

Participants were not asked to recall what they saw, but were later shown a set of images and asked to indicate which they had previously seen. The participants had excellent recall for the odor-paired images, and researchers believe that's because additional parts of the brain were activated when participants were asked to use more than one sense.

Memory loss is not an inevitable side effect of aging, especially for adults who take steps to maintain their memories as they age.

Senior communities offering lifestyles

Living life to the fullest does not need to stop when adults near or reach retirement age. Age-restricted housing communities once bore the stereotype of having limited recreational options and dated surroundings. But modern senior homes and facilities are all about catering to active lifestyles - with some communities offering resort-like amenities and pristine properties.

Furthermore, certain communities provide niche offerings for people who are looking for something even a little more different.

Eligibility to live in these communities varies, but generally speaking one resident in the home must be age 55 or older. According to research by TRI Pointe Homes, of the 75 million people who comprise the Baby Boomer generation who are eligible for age-qualified communities, more than 32 million would consider living in such a community.

The website 55places.com, which specializes in promoting age-restricted communities, indicates Florida has the most age-restricted communities in the country, followed by New Jersey. Arbutus Ridge Seaside Community for Active Adults was the first comprehensive retirement community built in Canada.

Choosing an age-restricted communi-



ty requires consideration of a host of factors, including the amenities residents most desire and the cost of a facility. The following factors can help people decide which community is most suitable for them.

Style of home: Homes built in retirement communities are designed to be comfortable and convenient for aging residents. Many are single-floor units. Certain communities may be comprised of apartments, condos or townhouses, while others may be single, detached residences.

Amenities: When comparing age-restricted communities, consider the amenities available. Do they include on-site dining, transportation, travel assistance, pools, fitness centers, walking trails, or outdoor sports facilities?

Some communities have "aging in

place" amenities, which means residents can move from independent living to assisted living to skilled nursing care as their needs change. Make a list of interests and then match them to a community that can fit your needs.

Costs: Costs vary considerably. Investopedia advises seniors to consider the community's location and what is being offered, as these factors will affect costs.

In addition to rent or mortgages, most communities also have monthly maintenance or homeowners association fees that need to be compared and considered. Read contracts carefully to see which other costs are included.

Specialized features: Unique men and women call for unique communities. If standard age-restricted communities do not fit the bill, 55places.com says there are specialized offerings for people who spend retirement in an RV; desire homes that align with their heritage; communities just for postal workers; or communities tied to a local college to continue lifelong learning.

Age-restricted retirement communities are evolving and many specialize in catering to active lifestyles.

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How exercise can help you live longer

There are many reasons to get in shape. Weight loss is a prime motivator, as is reversing a negative health effect, such as high cholesterol or increased diabetes risk. Routine exercise also can improve life expectancy.

WebMD says exercise keeps the body and brain healthy. That's why exercise should be an important component of daily life no matter one's age.

Research published in the journal Immune Aging found that how people age is 75 percent lifestyle and only 25 percent genetics, which underscores the importance of the lifestyle choices people

make.

Cardiorespiratory fitness

Many health experts say that cardiorespiratory fitness may be just as valuable a metric to determine overall health as blood pressure and lipid levels. People with a high aerobic capacity can deliver oxygen to tissues and cells efficiently to fuel exercise, according to data published in 2014 in the journal Aging & Disease.

In a study involving 11,335 women, researchers compared V02 max, also known as aerobic capacity, in women with mortality data. Women who were fit from a cardiovascular perspective had

a lower death rate from all causes, irrespective of the women's weight.

Manage stress and mood

Exercise has direct stress-busting benefits that can promote longevity. The Mayo Clinic says physical activity can increase the production of endorphins, which are the body's feel-good neurotransmitters.

In addition, exercise can imitate the effects of stress, helping the body adjust its flight or fight response accordingly, and help them cope with mildly stressful situations. While engaged in exercise, people may forget about their problems as they are focused on the activity at hand.

Improve bone health

Strength training and physical activity can stave off the effects of frailty and osteoporosis, which affects bone strength. A study published in the Journal of Internal Medicine in 2017 found that hip fractures are associated with diminished quality of life and survival among the elderly.

One in three adults aged 50 and over dies within 12 months of suffering a hip

fracture, and older adults have a five- to eight-times greater risk of dying within three months following a hip fracture. Building muscle strength, balance and bone density through exercise can reduce falls and frailty, helping to prevent fracture-related health risks.

Addresses sarcopenia

The health and wellness resource Healthline defines sarcopenia as the loss of muscle mass specifically related to aging. Doctors once considered this muscle loss inevitable, and it can affect stamina and lead to weakness.

However, new indications suggest that exercise is the main treatment regimen for sarcopenia, particularly resistance training. This is designed to improve muscle strength and help balance hormone levels by turning protein into energy for older adults.

These are just some of the ways exercise can help older adults live longer, healthier lives.

Conversations necessary for end of life planning

My last conversation with Grandpa was over the phone. He was sick and dying. I was 1,200 miles away in residency, learning how to be a family physician. I was not going to make it home in time to see him one last time.

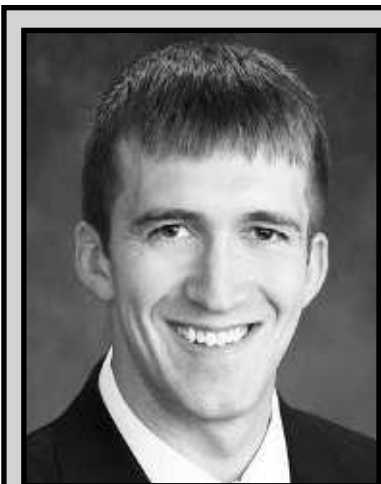
We did not know exactly what was wrong. Sure, he could have had more tests and been admitted into the hospital, but that was not what he wanted. Thankfully, a family friend and physician had talked to my grandparents about their end-of-life goals. This discussion helped Grandpa realize what was important to him, like his faith and being with Grandma, and what was not, like spending time in doctor's offices and hospitals.

Even though I was a physician in training, I supported his choice. He was in a peaceful place, listening to music, talking with Grandma and other friends and family.

Most people want to die at home. However, only 20 percent do. When it comes to dying, some advance planning may make a world of difference.

It does not require an official document or appointment with a lawyer to make plans for how you would like to spend your final days. It does not even necessitate a visit with your doctor, although all the above may help. The most important thing is talking to your loved ones about your wishes and goals of care.

How do you know when to have this talk, how to bring up the topic, and what



The Prairie Doc
By Andrew Ellsworth, M.D.

to say during the conversation? How and when do you say "enough is enough" when it comes to searching for a cure, a surgery, a treatment, or spending a few more nights in the hospital? Discussing these questions may not be easy, but it is more productive and less stressful to have the conversation now rather than during a crisis.

Start with scheduling an appointment with your doctor for the sole purpose of talking about your end-of-life goals, expectations, and values. Then, together, adjust your care plan accordingly. Revisit these discussions periodically with your family and your healthcare providers.

It was tough not being there with Grandpa, but he was at peace, so I was at peace. This past year, many others have had to say goodbye remotely or did not even have the chance. This is a reminder for us all to have meaningful conversations, to tell our loved ones how much they mean to us, and to cherish the time we do have together.

Andrew Ellsworth, M.D. is part of The Prairie Doc® team of physicians and currently practices family medicine in Brookings, South Dakota. For free and easy access to the entire Prairie Doc® library, visit www.prairiedoc.org and follow Prairie Doc® on Facebook featuring On Call with the Prairie Doc® a medical Q&A show streaming on Facebook most Thursdays at 7 p.m. Central.

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How volunteers benefit from giving back

Many people are compelled to volunteer out of a desire to help others. Volunteer work is so important that the Independent Sector, an organization that gathers statistics about charitable activities, puts an estimated national value on each volunteer hour every year. As of 2018, the monetary value for volunteer work would be equivalent to a pay rate of \$25.43 an hour.

Though helping others is the primary motivator for many volunteers, the men, women and children who give up their free time in support of a good cause gain much from their experiences. In fact, new volunteers may be surprised at all the rewards they can reap from helping others.

The Mayo Clinic Health System says researchers have attempted to measure the benefits that volunteers receive from their volunteer efforts. It has been dubbed a "helper's high." Various health benefits have been noted, but the perks go beyond that.

- Make new friends: Volunteerism is a great way to make new friends and strengthen existing relationships. Having common ground, like a volunteer activity, is a great way to build a friendship with like-minded individuals.

- Increase social skills: Volunteering enables you to meet new people from all backgrounds. You also may be placed into different situations and have to act on the fly. This can help you develop social relationship skills.

- Help build community: The Corporation for National & Community Service says that volunteers help strengthen their communities through volunteer service. Connections are made with the people you are helping and with other volunteers.

- Improve self-esteem: When teens or young adults volunteer, they get positive responses to their efforts, which can improve their self-esteem. Self-esteem can

keep people away from drugs or alcohol or potentially compulsive behaviors.

- Helps stave off dementia: There is some evidence that people who volunteer may be at a lower risk for dementia, including Alzheimer's disease. This is particularly helpful for senior volunteers.

- Overcome loneliness: The Campaign to End Loneliness indicates that close to 45 percent of people in the United States and the United Kingdom. admit to feeling lonely. Volunteering is a simple way to reverse such feelings.

- Reduce stress levels: By devoting time spent in service to others, people can get

a sense of meaning and appreciation that helps them to slow down. That can help them feel less stress and all the negative consequences that come with stress.

Volunteers often walk away from their experiences benefitting as much as the organizations that they chose to help.

Wayne County Museum open to visitors

The Wayne County Museum is once again opening its doors for Sunday afternoon tours for the 2021 season.

The museum is open each Sunday from 2 to 4 p.m. through the Sunday of

Labor Day weekend, Sept. 5. The Museum will be closed on the 4th of July. It will be open from 11 a.m. to 3 p.m., the Saturday of Chicken Show, July 10.

Wayne County Museum, which is lo-

cated at 702 Lincoln Street, has been a focal point for viewing Wayne County and City memorabilia since 1976, when the Ley family donated the house and property to the Wayne County Historical Society.

The house was built in 1900 and purchased by Rollie Ley in 1912. It is currently furnished to display a home around the turn of the last century (1900). The beautiful parquet floors and woodwork are a highlight of the first floor which includes a front parlor, sitting and dining room, and kitchen. The second floor showcases the master bedroom, nursery, lady's boudoir, office, back sleeping room, and military display area.

Along with period furniture, guests will see dishes, household items, musical instruments, books, toys, office equipment, children's clothing, bridal dresses, jewelry, hats and purses as well as farm implements and tools, military uniforms and antique guns. The museum's newest display includes medical equipment, an examination table and wheel chair. Several picture scrapbooks of businesses, churches, people, community events, and houses from the early years of the community have been added to the collection.

The Museum may also be toured by appointment: Call 402-369-2862 or 402-375-1513. A \$5 per person donation to help with Museum upkeep and repairs is suggested.



Bucks for books

Sharon Flee (left) and DeAnn Behlers representing the Wayne Eagles Auxiliary recently presented a \$250 check to Wayne Public Library to be used for the purchase of large print books. "This generous donation has been a yearly blessing for Wayne Public Library for many years, and it assists with the expansion and upkeep of our heavily used large print collection" said Director Heather Headley.

A photograph of an elderly couple smiling. The man has a white beard and is wearing a blue shirt. The woman has short white hair and is wearing a pink top. They are both looking towards the camera.

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Your Parks Adventure challenge underway

The Nebraska Game and Parks Commission is challenging outdoor enthusiasts in 2021 to explore the diverse state park system in honor of the parks' centennial through the Your Parks Adventure challenge.

Starting June 1, participants who visit any state parks or recreation areas, snap a photo at a designated station, and submit it and their story online are eligible to win prizes.

Designated selfie stations will be at 100 sites among Game and Parks' 76 state park, state historical park and state recreation areas. Participants may be required to walk or explore in order to find the stations.

Only those who visit Chadron State Park, Victoria Springs State Recreation Area, Arbor Lodge State Historical Park and Danish Alps State Recreation Area will be entered for a chance to win the

grand prize Forest River RV Patriot Edition 14cc camper from AC Nelsen RV World.

Submissions should be made at YourNebraskaParks100.org/YourParksAdventure. The contest ends Nov. 30, 2021.

"We invite park-goers to visit and explore parks they may have not been to before when they take part in the Your Parks Adventure challenge. Each visit to a selfie station is an opportunity to capture a memory and share it with us for a chance to win great prizes – including the grand prize camper from AC Nelsen RV World," said Parks Administrator Jim Swenson. "Our parks team eagerly

awaits welcoming guests to our state parks and recreation areas."

Each photo entry from a unique selfie station qualifies for a monthly prize drawing. All participants who submit a photo and story will receive a commemorative parks centennial sticker, and those participants who complete the grand prize challenge also will receive a limited-edition commemorative challenge coin.

A Nebraska State Park Entry permit is required; buy one or learn more about the challenge at YourNebraskaParks100.org.

The history of the American flag shared

June 15 is Flag Day in the United States and the following information provides a history of Old Glory.

National flags serve to unite citizens of a given country. Flags wave proudly in front of government buildings and schools, and they also identify athletes during international sporting competitions. In many countries, flags also serve as symbols of honor for members of the military and their families.

For more than 200 years, the American flag has been a symbol of unity and pride in the United States. The red, white and



blue flag has a storied history and has gone through various incarnations. The following are some of the more interesting facts pertaining to the American flag.

- Today's flag features the original 13 alternating white and red stripes (in 1818, another design went into effect, permanently setting the number of stripes at 13

in honor of the original colonies) and 50 stars to represent the states of the Union. The colors of the flag signify as follows: red for hardiness and valor, white for purity and innocence, and blue for vigilance, perseverance and justice.

The Color Association of the United States creates the palette of colors used for both private and public institutions and the U.S. Army. Mass-market flag manufacturers tend to use Pantone Matching Shade of Dark Red (193 C) and Navy Blue (281 C).

The American Flag has been a fixture of the United States for centuries and continues to serve as a symbol of pride, valor and history

the United States creates the palette of colors used for both private and public institutions and the U.S. Army. Mass-market flag manufacturers tend to use Pantone Matching Shade of Dark Red (193 C) and Navy Blue (281 C).

- Six different flag designs were flown before Betsy Ross announced that she had sewn the official American flag. These designs included a series of alternating red and white stripes, the Liberty Tree, the Sons of Liberty, and the Forrester flag designs. The Continental Army once used a flag featuring a snake with the mantra "Don't Tread on Me."

- On June 14, 1777, the Second Continental Congress proposed and passed the Flag Act of 1777. This resolution was designed to facilitate the creation of an official flag for a nation that was aiming to earn its independence from Great Britain. The flag was to have thirteen stripes, alternating red and white, with thirteen white stars on a blue field. The thirteen stars signified the original members of the Union.

- The American flag remained unchanged until 1795, when the stripes and stars were increased to 15 for the addition of Kentucky and Vermont to the Union.

- After seeing the new 15-star and striped flag flying over Fort McHenry during the War of 1812, Francis Scott Key was inspired to write the poem that would eventually become the nation's national anthem.

- A sea captain from Massachusetts named William Driver named a large, 10-foot-by-17-foot flag "Old Glory" after it survived multiple defacing attempts during the American Civil War. Driver's nickname of the flag inspired the name to be used for all American flags.

- Although Flag Day was established as a formal national holiday in 1949, it was not made a federal holiday. Flag



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