

Fall brings outings, football and more

By Barb Schwisow
Day Activities Director

Harvest time is underway for some farmers. Please take an extra few minutes—slow down and be cautious of rural intersections and slow moving equipment. We want everyone to be safe!

Fall colors are starting to appear among the trees and crops. Residents are excited to have the chance to go on outings, looking at the beautiful chrysanthemum bushes, fall decorations in area yards and how the fall harvest is progressing. With the extra rain this year, the mum bushes are so full of blossoms!

Gardenside started off the month cheering on the Huskers, with a tailgate party along with Gardenside staff cheerleaders. Go Big Red!! Thanks to Tiff Eyer for leading the cheers, along with Madison Hein for the cartwheels.

A big thank you goes out to Terry and Mary Mau for donating a 43 1/2 pound watermelon. Every resident couldn't express their thanks enough. They said it was the best tasting watermelon of the season. Residents were educated on many interesting facts about apples. Did you know there are 2,500 different apples grown? Nutrition services furnished a delicious apple cake treat.

Musical entertainment this past month included Wayne Fisher, the Happy Czechs and Jon and the Boys. We celebrated birthdays for Abby Vacek and Depke Andres with cake and music by the Happy Czechs.

The bus loaded up, traveling one beautiful afternoon to Endicott Clay Products, viewing many colored brick ready to get loaded out; to Endicott to see the Old Mattress Factory building; to Rock Creek Station to see the beautiful native grasses; and to downtown Fairbury. Many of the residents pointed out where businesses were previously located.

Thanks to the Fairbury Energizer group and the Methodist Church ladies helping with Bingo. Your help was greatly appreciated. On Sept. 17 we rang bells in honor of U.S. Constitution Week.



Peggy Novotny plays Bingo with her daughter-in-law Vicki and son Joe.

Trick or Treat!

Join us for trick or treating on Oct. 31
at Gardenside!

6 p.m. to 7:30 p.m.

Children must have adult supervision.

Go Big Red!



Residents were excited to cheer on the Huskers and wear red!

Admissions

- ◆ Adelia Maatsch, Sept. 9
- ◆ Carol Criner, Sept. 19
- ◆ Eileen Holliday, Sept. 23



Birthdays

- ◆ Melody York, Oct. 26

Deaths

Gardenside was saddened by the death of one residents in the past month. Our sympathy is with the family of:

- Gertrude Endorf, Sept. 21
- Carol Criner, Sept. 24

Our Team to Serve You

Chief Executive Officer

Chad Jurgens

Administrator

Deb Sutton RN

Assistant DON—Anne Itzen

MDS Coordinator—Linda Collins RN

Social Services Coordinator—Raven Gerths

Social Services Designee—Amy Hansen

Activities Director

Barb Schwisow

Rehabilitation Aide

Karen Spilker

Dietitian

Lisa Edeal

Pharmacy Director

Brandon Bleich, PharmD

Facilities Director—Patrick Hoins

Facilities Supervisor—Mick Bruce

Director of Envir. Services/Purchasing

Stephanie McDaniel

Director of Public Relations

Lana Likens

Most recent state survey:

**In a folder on east side of the wall by the
Activity Room.**

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JHealthandLife.org**

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or unsubscribe, write: Gardenside News,
P.O. Box 277, Fairbury, NE 68352, or call Lana
Likens at 402-729-6855*

Decorations Must Follow Guidelines

As we head into the fall and winter seasons, there are several holidays that some enjoy decorating for. Whether it's Halloween, Thanksgiving or Christmas please remember that all decorations must follow some basic guidelines.

A few things to please keep in mind:

- ◆ **NO extension cords or power strips**
- ◆ **NO live trees**
- ◆ **NO candles**
- ◆ **Anything electrical must be checked by our facilities department. Door decorations must be fire retardant.** Activity staff have a fire-retardant spray and will spray items you wish to hang on doors. Please leave the items in the activity room with the residents' names on them. Activity staff will spray the decorations if needed, and hang them for you.

If you have questions, please ask and we will be glad to help you.

Results of the most recent state survey are available on the east side of the wall by the Activity Room. Nurse staffing hours are posted west of the nurses station.

October 2019

Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 L: Seasoned baked chicken OR liver and onions S: Hot pork sandwich OR egg salad sandwich	2 L: Beef stroganoff with noodles OR Hot turkey sandwich S: Chili OR roast beef sandwich	3 L: BBQ Pork or goulash S: Chicken fried chicken OR deluxe deli sandwich	4 L: Breaded fish au gratin OR poached chicken breasts S: Hamburger gravy over mashed potatoes OR turkey tetrazzini	5 Lunch: Meatloaf OR pork chop and rice casserole S: Macaroni and cheese OR ham and cheese sandwich
6 L: Roast turkey OR chicken fried steak S: Chicken tenders OR fish patty with cheese	7 L: Roast beef or ham loaf S: Egg bake, bacon and french toast OR beef and pasta casserole	8 L: Pork roast and kraut OR tator tot casserole S: Breaded chicken on bun OR hamburger pizza	9 L: baked beef brisket OR hot turkey salad casserole S: tuna salad sandwich and soup OR pork fritter	10 L: Chicken cordon blue OR cheesburger deluxe S: Lasagna OR turkey salad sandwich and soup	11 L: Hot turkey sandwich OR boiled pork dinner S: Sloppy Joe or chicken nuggets	12 L: swiss steak with tomatoes OR oven fried chicken S: bratwurst on bun OR pork chop
13 L: Cranberry glazed ham OR mock filet mignon S: Deli sandwich and soup OR fish sticks	14 L: Baked chicken and rice OR hot roast beef sandwich S: Tuna noodles OR Swedish meatballs	15 L: Chili OR breaded pork cutlet S: Barbecue ribettes OR breaded chicken patty	16 L: Roast turkey OR beef tips au jus S: Grilled cheese sandwich and soup OR macaroni beef au gratin	17 L: herbed pork loin OR chicken tenders S: Italian meatloaf OR ham and bean soup	18 L: smothered steak with onions OR breaded baked cod S: Chicken broccoli bake OR hot roast beef and swiss sandwich	19 L: Chuckwagon steak OR smothered pork chop S: Hot turkey sandwich OR corned beef on rye sandwich
20 L: Oven fried chicken OR beef minute steak S: Ham sandwich OR fruit and cottage cheese plate	21 L: Beef stew OR seasoned baked chicken S: Beer batter fish OR Chicken lasagna	22 L: Roast turkey OR beef tips with gravy S: Roast beef sandwich OR chicken and dumplings	23 L: Mushroom chopped steak OR Polish sausage S: Lasagna or breaded chicken on a bun	24 L: Ham with pineapple OR chili S: Turkey tetrazzini OR egg salad sandwich	25 L: Fried shrimp OR Chicken Fried Steak S: Egg bake, sausage and waffle OR Chicken Salad croissant	26 L: Roast beef OR Turkey Noodle Casserole S: Fruit and cottage cheese plate OR meatballs
27 L: Baked pork chop or chicken fritters S: Hamburger or turkey sandwich	28 L: Spaghetti with meat sauce OR baked ham S: Roast beef sandwich and soup or sausage pizza	29 L: Turkey and dressing casserole OR chopped steak with peppers S: Pork roast OR Fairbury Brand hotdog	30 L: Mexican casserole OR crispy ranch chicken S: Tuna melt OR hamburger on bun	31 L: Oven fried chicken or crispy pork cutlet S: Smoked pulled pork or chicken tenders		

Guests are welcome to join us for meals. To make planning easier, please notify the charge nurse a day or two in advance if you will join us for a meal. Please pay for guest meals in the cafeteria. Guest meals are \$5 (tax incl.) Holiday meals are \$10 per meal (tax incl.) Holiday reservations must be made several days in advance. Guest meals are not billed to resident rooms. Thank you!

October 2019

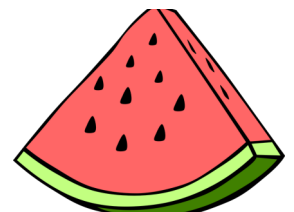
Activities

S	M	T	W	T	F	S
Happy Birthday to: Resident –Melody York, Oct. 26		1 2:00 PM Pumpkin Painting	2 11:30 AM Piano with MaryAnn 2:00 PM Senior Songsters 5:30 PM Molly B	3 10:00 AM Prayer group 2:00 PM Current events	4 10:00 AM Horseshoes 2:00 PM Horseracing 4:00 PM Big Joe	5 3:00 PM NE vs. North western (FOX) 6:00 PM L. Welk Visit a friend
6 2:45 PM Worship Pastor McDonald	7 10:00 AM Bible study with Pauline 2:00 PM Bingo	8 10:00 AM Balloon tennis 2:30 PM Sing-A-Long, Trinity Lutheran	9 10:30 AM Aerobics 3:00 PM Communion, Pastor Hart 5:30 PM Molly B	10 10:00 AM Prayer group 2:00 PM Current events 6:30 PM Music with Rick	11 10:00 AM Kickball 3:00 PM Homecoming parade 4:00 PM Big Joe	12 6:00 PM L. Welk NE vs. Minnesota (TBA) Puzzles and newspaper
13 2:45 PM Worship Pastor Freese	14 10:00 AM Bible study with Pastor Freese 2:00 PM Afternoon activity	15 10:00 AM Coffee with Kitty 1:30 PM Bus rides	16 10:15 AM Tim 2:00 PM Bingo St. Mike's 5:30 PM Molly B	17 10:00 AM Prayer group 2:00 PM Current events	18 10:00 AM Ring Toss 2:00 PM Reminiscing 4:00 PM Big Joe	19 6:00 PM L. Welk Write a letter
20 2:45 PM Worship Pastor K. Moody	21 10:00 AM Bible Study 2:00 PM Rootbeer Floats	22 10:00 AM Horseshoes 2:00 PM Old Glory	23 10:00 AM Balloon tennis 2:00 PM Birthday party, Paul Ramp 5:30 PM Molly B	24 10:00 AM Prayer group 2:00 PM Current events	25 10:00 AM Ping Pong 1:30 PM Classe Nails 2:00 PM Men's Group 4:00 PM Big Joe	26 6:00 PM L. Welk NE vs. Indiana (TBA) Take a walk
27 2:45 PM Worship Pastor R. Moody	28 10:00 AM Bible study 2:00 PM Bingo	29 10:00 AM Kickball 2:00 PM Video - Yellowstone	30 10:00 AM Toss-A-Cross 2:00 PM Preschool 5:30 PM Molly B	31 10:00 AM Prayer group 2:00 PM Current events 6:30 PM Trick or Treat	Polka time! Molly B - Wednesdays at 5:30 p.m. Big Joe - Fridays at 4 p.m. Molly B - Saturdays at 9 p.m.	

Bus rides, visitors and watermelon



Clockwise from top left: Enjoying a bus ride are Dorothy Stewart, Abby Vacek, and Peggy Novotny. Ruth Drexler is greeted by an old friend. Jody Brantley enjoys watermelon. Isaac Kroeker enjoys watermelon. Joan McKenzie and Abby Vacek enjoy watermelon.



Food Safety Tips for Families:

When families and friends bring meals and snacks from home or favorite restaurants, it can add joy and enhance a resident's quality of life.

If you choose to bring in items for your loved ones, please take the time to review the following safety tips.

- 1. Wash Hands and Surfaces Often.** One of the easiest ways to prevent most types of illnesses is to wash your hands properly. Use plenty of soap and wash hands for 20 seconds before and after handling food.
- 2. Don't Cross Contaminate.** Separate cooked food from raw foods during preparation and storage. Plates, utensils and cutting boards used to prepare raw foods should not be used to handle cooked foods.
- 3. Cook Foods to Proper Temperatures.** Use a food thermometer to check the internal temperature of foods you cook.
 - a. Cook steaks to at least 145°F for 15 seconds
 - b. Cook roasts to at least 145°F and hold for 4 minutes
 - c. Cook ground meat to 155°F for 15 seconds
 - d. Cook poultry to 165°F for 15 seconds
 - e. Cook seafood to at least 145°F for 15 seconds
- 4. Refrigerate Foods Promptly.** Keep cold foods and leftovers in the refrigerator. Set your home refrigerator to 40°F or below and the freezer unit to 0°F or below.
- 5. Follow the 2 Hour Rule:** Prepared food should not be left out on tables or counters for more than 2 hours. Holding food for more than 2 hours in the temperature "danger zone" (41°F - 135°F) will allow harmful microorganisms to grow. This means no thawing meat on the counter!
- 6. Divide large amounts** of leftovers into shallow containers for quick cooling in the refrigerator. It won't hurt your refrigerator to put hot foods in the refrigerator in shallow containers for quick cooling, and it will keep you, your loved one and your food **safe!**
- 7. Label and date all food** with the resident's name and date it was made, brought in, or opened (which ever occurred first).
- 8. Refrigeration and freezer storage** for your loved one's perishable foods are provided in the kitchenette. A staff member will help store these food items.
- 9. Leftovers** will be refrigerated for up to 72 hours, then discarded.
- 10. Utilize disposable containers** when bringing in food for your loved one, unless they are unopened and in original container, such as condiments.
- 11. Non-perishable items** (i.e. crackers, candy, cookies) must be brought in a plastic storage container for bedside storage. This helps maintain freshness and assists with pest control.
- 12. Food reheating** should be done by nursing staff to ensure safe reheating to 165°F.
- 13. No raw meat** will be stored for a resident.

Favorite Foods Welcomed; Please keep them safe!

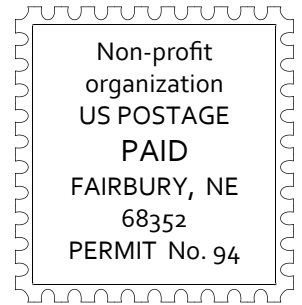
*We encourage families to bring in meals or special foods for your loved ones.
If you would like to leave food items, please leave them with the nursing staff so we can make certain they are properly stored.
We have a refrigerator we can use for resident food items. Items must include a date and your loved one's name.
If the items do not need to be refrigerated we ask that they be stored in an airtight container. We, like everyone can experience problems with ants if food items are not properly stored.*

BINGO!

Left, the Energizers play Bingo with residents. Below, the Methodist women play Bingo with residents. Bottom, Nancy Bettin made bells for the residents to ring at 3 p.m. on Sept. 17 in honor of U.S. Constitution Week.



2200 H St. P.O. Box 277
Fairbury, NE 68352



CHANGE SERVICE REQUESTED

Photos Inside!

Happy Birthday



Happy Birthday - Celebrating birthdays in September were Abby Vacek and Depke Andres.