

The last summer activities—fall is in the air!

By Barb Schwisow
Day Activities Director

Days are getting shorter, mornings are crisp, school is back in session — we know summer is coming to an end. The whole year has been very odd. In August we still have green lawns, pastures, and ditches—and corn fields look they are all irrigated. It just doesn't feel like right that fall is upon us. What will winter bring?

Resident enjoyed Bingo a couple of times the past month, with the help of Zion Country Side Church and St. Michaels ladies. Thanks to the church groups for all their wonderful help, socialization and the delicious homemade cookies.

Resident sat back taking a little vacation one afternoon, touring the sights of the Grand Canyon. From hiking, kayaking, horse back and helicopter rides. The video made us feel like we were really there.

Multiple bus rides were taken to different sights touring the back roads, stopping at an animal farm, flower gazing, dairy farm, and wind towers. Our new bus was truly a blessing, in benefiting our residents with working air conditioning and a quiet ride on the country roads. Thanks, once again to everyone for your donations to make it possible for our new bus.

When you smell hot grease, you know something good is coming. Resident were treated to funnel cakes. Nutrition services staff fried the funnel cakes for our residents. Each one was made special. Cherry, apricot and powdered sugar seemed to be the most popular toppings. Yum, Yum!

Thanks! To Connie and Allen Parker for the inspirational music.

Residents are getting excited for the first Husker game. Eyes were be glued to the TV. Rooting for the Huskers. GO BIG Red!!!



Bingo! - A helper from Zion Countryside Church (center) joins Lela Bauer, left, and Clarissa Pohlmann, right for Bingo.

Enjoying Technology



Residents enjoy a game on our Never Too Late computer system.

Admissions

- ♦ Vernon Johnson, Aug. 19
- ♦ Carol Hughes, Aug. 20

Birthdays

- ♦ Albina Vacek, Sept. 9
- ♦ Depke Andres, Sept. 10

Return Home/Transfer

- ♦ Byrtilla Lichtenberger, Aug. 22
- ♦ Elaine Weichel, Aug. 22

Deaths

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

- Randall Swartz, Aug. 3
- Neva Brown, Aug. 6
- Vernon Johnson, Aug. 21

Our Team to Serve You

Chief Executive Officer

Chad Jurgens

Administrator

Deb Sutton RN

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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JCHHealthandLife.org

Gardenside News is a monthly publication of Jefferson Community Health & Life. **Subscriptions are free.** To subscribe or unsubscribe, write: Gardenside News, P.O. Box 277, Fairbury, NE 68352, or call Lana Likens at 402-729-6855

Social Services Corner

By Raven Gerths, Social Services Coordinator

With fall and winter right around the corner, now is the perfect time to check your loved one's closet to ensure they are prepared for the cooler weather. Items often needed are long-sleeved shirts, light sweaters, warm pajamas, and a good-fitting coat. Checking resident's supply and the condition of their winter clothes, undergarments and socks helps us to ensure that your loved one is comfortable and warm throughout the winter months. If you do need to bring in items for your loved one, please bring them to the nurse's desk or social services so we can get them marked.



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

September 2019

Activities

S	M	T	W	T	F	S
1 2:45 PM Worship Pastor R. Moody	2 3:00 PM Homemade ice cream <i>Labor Day</i>	3 10:00 AM Balloon tennis 2:00 PM Bingo 4:00 PM Cards 6:30 PM Word games	4 11:30 AM Piano with MaryAnn 2:00 PM Senior Songsters 4:00 PM Cards 5:30 PM Molly B 6:45 PM Word games	5 10:00 AM Prayer group 2:00 PM Current events 4:00 PM Cards 6:45 PM Games	6 10:00 AM Kickball 1:30 PM Classe Nails 2:00 PM Men's Group 4:00 PM Big Joe 6:45 PM Games	7 2:30 PM NE vs. Colorado (Fox) 6:00 PM L. Welk
8 2:45 PM Worship Pastor Bendorf	9 3:00 PM Never Too Late 4:00 PM Cards 6:45 PM Crossword	10 10:00 AM Coffee with Kitty 2:00 PM Melon feed	11 10:00 AM Aerobics 3:00 PM Communion, Pastor Hart 5:30 PM Molly B 6:45 PM Games	12 10:00 AM Prayer group 2:00 PM Current events 4:00 PM Cards 6:45 PM Games	13 10:00 AM Balloon tennis 2:00 PM Birthday party, Happy Czechs 4:00 PM Big Joe	14 2:30 PM Bingo, Energizers 6:00 PM L. Welk 7:00 PM NE vs. N. Illinois (FS1)
15 2:45 PM Worship Pastor Julin-McCleary	16 10:00 AM Bible Study, Pastor Freese 2:00 PM Video - Yosemite	17 10:00 AM Horseshoes 2:00 PM Methodist - Bingo	18 10:00 AM Ring Toss 2:00 PM Music with Wayne 5:30 PM Molly B	19 10:00 AM Prayer group 2:00 PM Current events	20 9:30 AM Classe Nails 1:30 PM Bus rides 4:00 PM Big Joe	21 6:00 PM L. Welk Nebr. vs. Illinois (TBA)
22 2:45 PM Worship Pastor Law	23 2:00 PM Bible Study, Pastor Burger 2:00 PM Jon and boys 4:00 PM Cards 6:45 PM Crossword	24 10:00 AM Kickball 2:00 PM Bingo 4:00 PM Cards 6:45 PM Games	25 10:00 AM Balloon tennis 2:00 PM Facts on Apples, Apple treats 5:30 PM Molly B 6:45 PM Games	26 10:00 AM Prayer group 2:00 PM Current events 4:00 PM Cards 6:45 PM Games	27 10:00 AM Toss-A-Cross 2:00 PM Travelogue 4:00 PM Big Joe 6:45 PM Games	28 6:00 PM L. Welk NE vs. Ohio State (TBA)
29 2:45 PM Worship Pastor Lutze	30 10:00 AM Bible Study 2:00 PM Halloween Craft 4:00 PM Cards 6:45 PM Crossword	Happy Birthday to: <div style="display: flex; justify-content: space-between;"> <div> Residents - Abby Vacek - Sept. 9 Depke Andres - Sept. 10 </div> <div> Staff - Anne Itzen - Sept. 7 Karen Spilker - Sept. 10 Madison Hein - Sept. 25 Tiffany Eyer - Sept. 26 Catina Smith - Sept. 28 Debra Sutton - Sept. 28 </div> <div style="border: 1px solid black; padding: 5px;"> Polka time! Molly B - Wednesdays at 5:30 p.m. Big Joe - Fridays at 4 p.m. Molly B - Saturdays at 9 p.m. </div> </div>				

September 2019

Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 L: Virginia turkey roast or glazed meatloaf S: Philly cheesesteak sandwich OR chicken Caesar salad	2 L: Cheeseburger deluxe OR breaded pork steak S: Egg salad sandwich OR Kielbasa	3 L: Chicken cordon bleu OR braised beef tips S: Scalloped potatoes with ham OR Roast beef sandwich	4 L: Salisbury steak OR chef salad S: Tuna salad sandwich OR sloppy joe	5 L: BBQ ribette OR chicken burrito pie S: Creamed turkey OR grilled cheese sandwich	6 L: Beer batter fish OR baked ham S: Hot roast beef and Swiss sandwich OR chicken Italian salad	7 L: herb baked chicken OR bbq beef on bun S: Tater tot casserole OR fried shrimp
8 L: Roast beef OR roast turkey S: Egg sausage bake OR steak fingers	9 L: Peppered pork loin OR honey glazed meatballs S: Goulash OR ham and cheese sandwich	10 L: Roast turkey OR chuckwagon steak S: Chicken salad croissant OR egg and cheese sandwich	11 L: Mushroom chopped steak OR chicken and dumplings S: Macaroni and cheese bake or Corned beef and Swiss on rye	12 L: Brown sugar glazed ham OR cheeseburger deluxe S: Pancakes and sausage links OR hot pork sandwich	13 L: Lasagna or Polish sausage S: Seasoned tilapia OR BLT sandwich	14 L: Grilled chicken OR glazed meatloaf S: Pan pizza OR tuna salad sandwich
15 L: Mexican casserole OR pork steak with sour cream S: Grilled cheese sandwich OR chicken tenders	16 L: Baked chicken OR roast beef S: BBQ Pork on bun OR Reuben sandwich	17 L: Swiss steak OR baked pork chop S: Battered fried shrimp OR hamburger on bun	18 L: Roast turkey OR Liver and onions S: Beef Barley Soup and chicken salad sandwich OR Philly cheesesteak sandwich	19 L: Salmon patty OR crispy pork steak S: Steak fingers OR turkey club on croissant	20 L: Baked beef brisket OR breaded fish au gratin S: Chicken parmesan sandwich OR creamed chipped beef	21 L: Baked glazed ham OR chef salad S: Egg salad sandwich OR meatballs with gravy
22 L: Oven fried chicken OR spaghetti with meat sauce S: Patty melt OR Polish sausage	23 L: Beef taco OR roast turkey S: Tuna salad plate OR chicken lasagna	24 L: Baked pork chop OR grilled chicken S: Grilled cheese sandwich OR scalloped potatoes with ham	25 L: Meatloaf OR peppered pork loin S: Deli sandwich OR corned beef and Swiss on rye	26 L: Barbecued chicken OR Salisbury steak S: Breaded chicken on bun cinnamon French toast and sausage links	27 L: Oven Fried chicken OR cheeseburger S: Turkey club OR Polish Sausage on a bun	28 L: Roast Beef OR turkey noodle caserole S: Chicken Tender Salad OR beef salad sandwich
29 L: Pork roast OR Bacon wrapped chopped steak S: Ham and bean soup OR Sloppy joe on a bun	30 L: Chicken breast with mushrooms or Oriental beef stir fry S: Creamed chipped beef over toast OR Chicken salad sandwich					

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.) Guest meals are not billed to resident rooms. Thank you!

Bingo and Beans



Top left, LaVon Mason and a helper enjoy Bingo. Top right, Joann McKenzie, Dorothy Reid and other residents enjoy Bingo with a helper from Zion Countryside church.



Bottom, residents enjoyed helping to snap green beans. At bottom left, Joyce Ude; at bottom right, Dorothy Reid.

Residents Enjoy Entertainment



At left, Chris Sayre, sponsored by Humanities Nebraska, presented a program called "A Musical Journey Across America: Songs that Helped Shape a Nation." Humanities Nebraska programs are educational and entertaining.



At left, Doug and Paul Ramp entertain residents.

JCH&L to Offer Wound Clinic

A wound clinic will be offered monthly at JCH&L beginning Wednesday, Sept. 11. Dr. Edmundo Rivera, a specialist in the area of wound care with the Lincoln Surgical Center will be the physician specialist.

If you have a wound that is slow in healing, you may benefit from the wound clinic. The clinic will treat all types of chronic, nonhealing wounds, including diabetic ulcers, surgical wounds, pressure ulcers, traumatic wounds, burns and others. The clinic will help determine why a wound isn't healing, and use a variety of clinical treatments, therapies and support services to treat chronic wounds. Our goal is to facilitate your healing process. A variety of outpatient wound treatment services are available to assist in treatment plans as ordered by the physician – including dressing changes and wound debridement by JCH&L Sports Medicine and Rehab Services and outpatient nurses.

"JCH&L is pleased to be able to offer a wound clinic for our area residents. We understand that wounds which aren't healing are a health concern and some-

times require advanced treatment to get you on the path to healing," said Chad Jurgens, CEO. "Our goal is to provide the help that is needed."

Dr. Rivera joined the Lincoln Surgical Group, P.C., in August 2015. He is a surgeon with the American Burn Association, is board certified in surgical critical care and general surgery, and completed fellowships in surgical critical care and burns. He completed his bachelor's degree at the University of Southern California, his MD from Creighton University School of Medicine, and completed an internship and residency in general surgery at Creighton University Medical Center.

Dr. Rivera also sees patients at wound clinics at CHI-St. Elizabeth's, Thayer County Health Services and Fillmore County Hospital.

Visit with your family medicine provider about whether a referral to Dr. Rivera would be beneficial to you. For more information or to make an appointment, call Jefferson Community Health & Life Outpatient Services at 402-729-6851.

Thank you note

Gardenside staff,

Our family is forever grateful for the compassion you provide our mother, Fern Snyder, during her brief stay. Many years ago she expressed Gardenside as her choice—it was such a comfort to fulfill her wishes.

Special thanks also for the thoughtfulness and kind gestures extended to us as we spent time with mother.

We'll cherish the plaque—a reminder of the abundant life mother lead and the unconditional love she shared with us all.

Blessings to all!

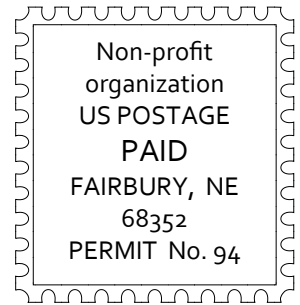
Dean and Jane Pretzer and families

Newsletter subscriber changes

Our policy for the Gardenside newsletter is to keep you on our mailing list unless you let us know that you would like to stop receiving the newsletter. This includes family members, volunteers, community friends, etc. We are glad to have you learn about our residents and our events whether or not you currently have family here.

*****If you wish to stop receiving this newsletter, please call Lana Likens at (402) 729-6855 and ask to be removed from the Gardenside mailing list. (Voice mail is available at this number 24 hours a day, 7 days a week.)***

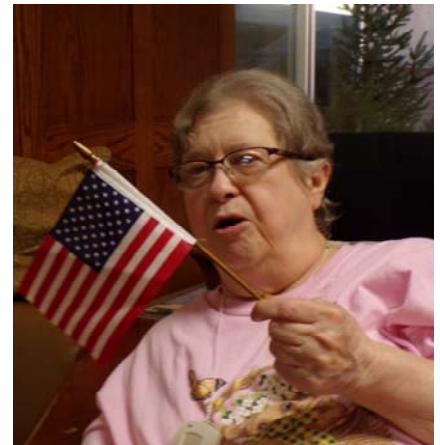
*****If you have a family member, friend or volunteer who would like to receive the newsletter, please have them call Lana Likens at (402) 729-6855 and ask to be added to the Gardenside mailing list. Please give name, address, and city state and ZIP.***



CHANGE SERVICE REQUESTED

Photos Inside!

Happy Birthday



Happy August birthdays to (from left) — Byrtilla Lichtenberger, Eugene Musil, Marvin Saathoff, and Beth Weiner.