

Happy Thanksgiving

Nov. 28, 2019



We are happy to have guests join us!
If you plan to join your resident for a meal, we
MUST have reservations no later than
NOON on Monday, Nov. 25.

PLEASE NOTE: There will be a \$10 per meal charge for guests for holiday meals.
Guests will pick up and pay for their meals in the cafeteria.

Reservations will be limited based on space available for seating.

To make reservations, call (402) 729-5220.

Fall brings harvest, football, and pumpkins

By Barb Schwisow
Day Activities Director

Harvest is well under way. I had a few days off, combining soybeans and picking corn. Yields are above average with all the rain this year. There is a lot of grain being transported on the roads—so please take a little extra time and be careful when out on the roads. Combines and tractors move much slower than cars. We want everyone to be safe.

Each week through the Nebraska football season, 10 residents get the chance to put their name in the football pool. The winner has a choice of having a meal from McDonalds or Runza, a personal pan pizza from pizza hut, or a haircut. So far Runza meals have been the favorite. Go Big Red!

This past month we wished two long-term employees goodbye. Tiff Eyer will work for JCH&L Home Health, and Alberta L'Ecuyer will be retiring. Residents and staff wish them both the best!

Residents were fascinated by Jean Naiman's talent in painting faces on pumpkins. All you had to do was shout out what kind of face you would like Jean to paint and in a few minutes there it was — Happy, Sad, or Spooky!



4-H Week — 4-H members from the Oh Sew Fun 4-H Club present lap robes to Gardenside as part of 4-H week activities. From left, Madison Jo Arner, Dale Maatsch, Susan Danner, and Anna Bendorf.

Veterans' Day Program

Monday, Nov. 11 at 2 p.m.

Shawn Vater will be our special Veterans' Day speakers, sponsored by AseraCare Hospicie.

Everyone is welcome to join us!

Residents spent an afternoon creating their own pumpkin for door decorations. Stop by Gardenside and see all the pumpkins on their doors!

Anna Bendorf and Madison Jo Arner of the Oh Sew Fun 4-H Club presented 2 quilted lap robes to Gardenside along with their leader, Barb Schmidt. The presentation was made during National 4-H Week. The lap robes will definitely keep the residents warm. What a clever idea.

Thanks to Brenda Beachler and the Tip Top 20s for making adorable scarecrow faces out of cookies and extra trimmings for each of our residents. What a clever idea!

(Continued on page 8)

Painting Pumpkins



Pumpkin painting time—Jean Naiman shows two pumpkins she has painted for residents with very different faces.

Admissions

- ◆ Lieselotte DeWald, Oct. 7
- ◆ Alice Stanton, Oct. 8
- ◆ Sharol Knobel, Oct. 10
- ◆ Dee Sturm-Eggert, Oct. 29

Return Home/Transfer

- ◆ Arlene Kellogg, Sept. 30
- ◆ Lieselotte DeWald, Oct. 18

Birthdays

- ◆ Margaret Hardy, Nov. 2
- ◆ Lucille Roland, Nov. 10

Check out our website —
JHealthandLife.org

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[@jchealthandlife](https://www.facebook.com/jchealthandlife)



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[@jchealthandlife](https://twitter.com/jchealthandlife)

Our Team to Serve You

Chief Executive Officer

Chad Jurgens
 Administrator
 Deb Sutton RN

Director of Nursing—Laura DeBoer 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.

E-mail: barb.schwisow@JHealthandLife.org
JHealthandLife.org

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 are free.** To subscribe
 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.

November 2019

Activities

S	M	T	W	T	F	S
Happy Birthday to: Residents – Margaret Hardy, Nov. 2 Lucille Roland, Nov. 10 Staff – Terri Roelfs, Nov. 1 Elizabeth Welnitz, Nov. 3 Reanna Thomas, Nov. 11 Kystina Heller, Nov. 16 Alberta L'Ecuyer, Nov. 21 Rusti Bassett, Nov. 28			Polka time! Molly B - Wednesdays at 5:30 p.m. Big Joe - Fridays at 4 p.m. Molly B - Saturdays at 9 p.m.	1 10:00 AM Kickball 2:15 PM Tailgate	2 11:00 AM NE at Purdue (Fox) 6:00 PM L. Week	
3 2:45 PM Worship Pastor Rogers	4 3:00 PM Never 2 Late 6:45 PM Bell practice	5 2:00 PM Brueggeman Program 4:00 PM Cards 6:30 PM Crossword	6 11:00 AM Piano with MaryAnn 2:00 PM Senior Songsters 4:00 PM Cards 5:30 PM Molly B 6:45 PM Finish the Lines	7 10:00 AM Prayer group 2:00 PM Current Events 4:00 PM Cards 6:45 PM Bible Bingo	8 10:00 AM Ping Pong 1:30 PM Classe Nails 2:00 PM Mens Group 4:00 PM Big Joe 4:00 PM Cards	9 6:00 PM L. Week RFD Channel 231
10 2:45 PM Worship Psator Julin- McCleary	11 10:00 AM Bible Study, Pastor Freese 2:00 PM Veterans Day Program 6:45 PM Bell practice	12 10:00 AM Coffee with Kitty 2:30 PM Trinity Lutheran 4:00 PM Cards 6:30 PM Crossword	13 10:30 AM Aerobics 11:45 AM Gardenside Resident potluck 3:00 PM Communion - Pastor Hart 4:00 PM Cards 5:30 PM Moly B 6:45 PM Nature Bing	14 10:00 AM Prayer group 2:00 PM Current Events 4:00 PM Cards 6:45 PM Big Bowling	15 10:00 AM Ring Toss 1:30 PM Bus rides 4:00 PM Big Joe 4:00 PM Cards 6:45 PM Sharpen Your Senses	16 6:00 PM L. Week NE vs. Wisconsin (TBA)
17 2:45 PM Worship Pastor Bendorf	18 10:00 AM Bible Study - Pastor Burger 2:00 PM Birthday party, Susan Dux 4:00 PM Cards 6:45 PM Bell practice	19 10:00 AM Balloon Tennis 2:00 PM Travelouge 4:00 PM Cards 6:30 PM Crossword	20 10:00 AM Horseshoes 2:00 PM Show and Tell 4:00 PM Cards 5:30 PM Molly B 6:45 PM Reminiscing	21 10:00 AM Prayer group 2:00 PM Current Events 3:00 PM Communion - Grace Lutheran 4:00 PM Cards 6:45 PM Jingo	22 10:00 AM Kickball 2:00 PM Name that Tune 4:00 PM Big Joe 4:00 PM Cards 6:45 PM Finish Lines	23 6:00 PM L. Week NE at Maryland (TBA)
24 2:45 PM Worship Pastor Novotny	25 10:00 AM Bible Study 2:00 PM Afternoon Activity 4:00 PM Cards 6:45 PM Bell practice	26 10:00 AM Turkey Shoot 2:00 PM Piano with Lorene 4:00 PM Cards 6:30 PM Everybody Knows	27 9:30 AM Classe Nails 2:00 PM Bingo 4:00 PM Cards 5:30 PM Molly B 6:45 PM Crossword	28 <i>Happy Thanksgiving</i>	29 1:30 PM NE vs. Iowa (BTN) 4:00 PM Big Joe 4:00 PM Cards 6:45 PM Bible Bingo Decorate for Christmas	30 6:00 PM L. Week

November 2019

Menu

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

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!

Social Services Corner

By Raven Gerths, social services coordinator

October was National Resident Rights Month. In 1987, the Nursing Home Reform Law required each nursing home to care for its residents in a manner that promotes and enhances quality of life, ensuring dignity, choice and self-determination of each resident. Gardenside staff works daily to promote residents' rights, assist with complaints, and provides information to residents, their family members and the facility.

We also discuss and recognize the Long-term care Ombudsman program. If you would like more information about the Nebraska LTC Ombudsman program or how their services can help, please visit with me, Raven Gerths, at Gardenside, or contact

Karen Miller by email at Karen.Miller@Nebraska.gov

NURSING FACILITY RESIDENT RIGHTS

The individual residing in a Nursing Facility in the State of Nebraska shall have the right to:

- A** dignified existence, self-determination, and communication with and access to persons and services inside and outside the facility.
 - B**e treated with respect and dignity and cared for in a manner and in an environment that promotes maintenance or enhancement of his or her quality of life, recognizing his/her individuality.
- Exercise of Rights**
- E**xercise his or her rights as a resident of the facility and as a citizen or resident of the United States.
 - B**e free of interference, coercion, discrimination, and reprisal from the facility in exercising his or her rights and to be supported by the facility in the exercise of his or her rights as required.
 - I**n the case of a resident who has not been adjudged incompetent by the state court, the resident has the right to designate a representative, in accordance with state law. Any legal surrogate so designated may exercise the resident's rights to the extent provided by state law. The same-sex spouse of a resident must be afforded treatment equal to that afforded to an opposite-sex spouse if the marriage was valid in the jurisdiction in which it was celebrated.
 - H**ave his or her representative exercise the resident's rights to the extent those rights are delegated to the resident representative.
 - R**etains the right to exercise those rights not delegated to a resident representative, including the right to revoke a delegation of rights, except as limited by state law.
 - I**n the case of a resident adjudged incompetent under state law, the rights of the resident devolve to and are exercised by the resident representative appointed under state law to act on the resident's behalf to the extent judged necessary by a court.
 - I**n the case of a resident representative whose decision-making authority is limited by state law or court appointment, the resident retains the right to make those decisions outside the representative's authority. The resident's wishes and preferences must be considered in the exercise of rights by the representative. To the extent practicable, the resident must be provided with opportunities to participate in the care planning process.
- Planning and Implementing Care**
- B**e informed of, and participate in, his or her treatment, including the right to be fully informed in language that he or she can understand of his or her total health status, including but not limited to, his or her medical condition.
 - P**articipate in the development and implementation of his or her person-centered plan of care.
 - P**articipate in the planning process, including the right to identify individuals or roles to be included in the planning process, the right to request meetings and the right to request revisions to the person-centered plan of care.
- P**articipate in establishing the expected goals and outcomes of care, the type, amount, frequency, and duration of care, and any other factors related to the effectiveness of the plan of care.
 - B**e informed, in advance, of changes to the plan of care.
 - R**eceive the services and/or items included in the plan of care.
 - S**ee the care plan, including the right to sign after significant changes to the plan of care.
 - B**e informed, in advance, of the care to be furnished and the type of caregiver or professional that will furnish care.
 - B**e informed in advance, by the physician or other practitioner or professional, of the risks and benefits of proposed care, of treatment and treatment alternatives or treatment options, and to choose the alternative or option he or she prefers.
 - R**equest, refuse, and/or discontinue treatment, to participate in or refuse experimental research, and to formulate an advance directive.
 - S**elf-administer medications if the interdisciplinary team determines that this practice is clinically appropriate.
 - M**edical treatment or services unless deemed medically unnecessary or inappropriate.
- Choice of Attending Physician**
- C**hoose his or her attending physician so long as said physician is licensed to practice.
- Respect and Dignity**
- B**e treated with respect and dignity.
 - B**e free from any physical or chemical restraints imposed for purposes of discipline or convenience, and not required to treat the resident's medical symptoms.
 - R**etain and use personal possessions, including furnishings, and clothing, as space permits, unless to do so would infringe upon the rights or health and safety of other residents.
 - R**eside and receive services in the facility with reasonable accommodation of resident needs and preferences except when to do so would endanger the health or safety of the resident or other residents.
 - S**hare a room with his or her spouse when married residents live in the same facility and both spouses consent to the arrangement.
 - S**hare a room with his or her roommate of choice when practicable, when both residents live in the same facility and both residents consent to the arrangement.
 - R**eceive written notice, including the reason for the change, before the resident's room or roommate in the facility is changed.
 - R**efuse to transfer to another room in the facility, if the purpose of the transfer is to relocate a resident from one distinct part of the facility to another distinct part of the facility or solely for the convenience of staff. →

Fall brings

(Continued from page 3)

Thanks to St. Michaels Altar Society volunteers for helping with Bingo, furnishing Bingo prizes, and providing cookies for the social time.

Melody York celebrated her birthday in October. Special entertainment was by Paul Ramp, who provided energizing music!

Please put in your reservation if you or your family wants to have a meal with your loved one on Thanksgiving. The cost of the holiday meal is \$10 per person.

Have a blessed Thanksgiving!

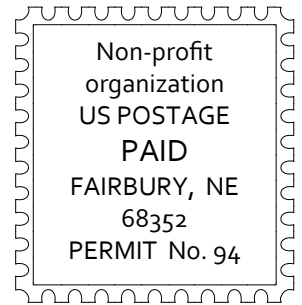


Top left, 4 generation picture— Front row, left, Roma Heitzenrader, Miranda Jansky and baby Brixton; back row, Barb Kotas and Michelle Baxa. **Top right—104th Birthday**—Margaret Hardy, who will celebrate her 104th birthday on Nov. 2, has a party. **Bottom left, Tiff Eyer** is honored as she transfers to JCH&L Home Health. **Bottom right, Alberta L'Ecuyer** is presented a gift by Deb Sutton, administrator, as she is honored by staff and residents for her retirement.

Ready for Halloween



Ready for Halloween—Showing their creations are, clockwise from top left, Clarissa Pohlmann; Dorothy Stewart; Eileen Holliday; Peggy Novotny; Carol Hughes; Ruth Drexler; and Lela Bauer.



CHANGE SERVICE REQUESTED

Photos Inside!

Happy Birthday



Happy Birthday - Celebrating her birthday in October was Melody York.