

## Residents, staff welcome 2020

Wow, the first month of the new decade flew by at Gardenside!

Because of influenza season, we didn't have a lot of outside entertainment in January. Coffee with Kitty was a fun time to shoot the breeze. The Senior Songsters came and sang for us. Jody Lucking entertained at the birthday party. Thank you! Many activities like crossword, finish the lines, bass fishing, bingo and others filled in the spaces for activities.

Gardenside residents were planning a party for Shelby as she was awaiting the arrival of her first baby. Instead her baby boy arrived early, before the party took place. Elijah weighed 6 pounds 1 ounce, and mother and baby are doing fine.

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*Happy New Year—Harold Endorf celebrates during Gardenside's New Year's Eve party.*

## Thank you for helping us keep residents healthy!

Thank you for your cooperation with making, and not visiting when you have symptoms of illness. So far we have been fortunate not to have much illness at Gardenside this season.

Please continue to use caution. Influenza conditions and rates are constantly fluctuating, and we may change recommendations at any time.

Do not visit if you are ill—having a fever, cough, sneezing, diarrhea or vomiting. Do not visit if you have recently been exposed to influenza or other serious illness. If you would like to call your loved one you can always call our desk at 402-729-5220 and we will make sure you can talk to your loved one.

**Currently, anyone who is not vaccinated for influenza is asked to mask when visiting, and school age children are asked to refrain from visiting. Influenza has had high rates in our area, and school-age children have had the most diagnosed cases.**

We have hand sanitizer by the doorways and recommend that you use hand sanitizer both coming and going, for the protection of our residents and your own health. We also have masks by the doors—so if you must visit and have not been vaccinated for influenza, please feel free to use a mask.

Decisions on safety precautions are made based on community incidence of influenza or other illnesses.

**Our status and precautions may change without notice.**

We appreciate your patience and assistance as we strive to keep our residents healthy.

# BINGO!



*Margaret Hardy enjoys a game of Bingo.*

## **Admissions**

- Darlene Culp, Jan. 21
- Donna Drees, Jan. 27

## **Birthdays**

- ◆ Gaylord Smith, Feb. 10
- ◆ Carol Hughes, Feb. 11
- ◆ Lela Bauer, Feb. 17

## **Deaths**

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

- Lois Yantz, Feb. 13
- Depke Andres, Jan. 20

Check out our website —

[JCHealthandLife.org](http://JCHealthandLife.org)

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@jchealthandlife



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## **Our Team to Serve You**

### Interim Chief Executive Officer

Victor Lee

### Administrator

Deb Sutton RN

Director of Nursing—Laura DeBoer RN

Assistant DON—Anne Itzen 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.

**E-mail: [barb.schwisow@JCHealthandLife.org](mailto:barb.schwisow@JCHealthandLife.org)  
JCHealthandLife.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*

# Satisfaction Surveys

Satisfaction surveys have been distributed to residents and family members. If you received a survey, we would appreciate you returning it in the postage paid envelope by Wednesday, Feb. 12.

Surveys help us to determine if there are areas where we can serve our residents better, and if there are areas where we can recognize staff for doing a great job.

We want our residents to feel at home here—and to be safe, comfortable, healthy, as active as they are able, and well fed.

We welcome the feedback of our residents and family members who represent them.

If you need more information on the survey, please contact Deb Sutton at 402-729-5220.

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.

# February 2020

## Menu

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

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!

# February 2020

## Activities

S	M	T	W	T	F	S
Activities subject to change.						<i>1</i>
<i>2</i> 2:45 PM Worship  Pastor Novotny	<i>3</i> 10:00 AM Bible Study  2:00 PM Paul Ramp  6:45 PM Crossword	<i>4</i> 10:00 AM Bass fishing  2:00 PM Word games	<i>5</i> 10:00 AM Hanging Ball Toss  2:00 PM Card games	<i>6</i> 10:00 AM Prayer group  2:00 PM Current events  6:45 PM Word games	<i>7</i> 10:00 AM Word game  2:00 PM Crossword	<i>8</i>
<i>9</i> 2:45 PM Worship  Pastor K. Moody	<i>10</i> 10:00 AM Bible Study -Pastor Freese  2:00 PM America Bingo  6:45 PM Crossword	<i>11</i> 10:00 AM Coffee with Kitty  3:15 PM The Changs	<i>12</i> 10:00 AM Horseshoes  2:00 PM Horse Racing	<i>13</i> 10:00 AM Prayer group  2:00 PM Current events  6:45 PM Word games	<i>14</i> 10:00 AM Helen's Hats  2:00 PM Crossword	<i>15</i>
<i>16</i> 2:45 PM Worship  Pastor R. Moody	<i>17</i> 10:00 AM Bible Study  2:30 PM Johnny Ray Gomez  6:45 PM Crossword	<i>18</i> 10:00 AM Ring Toss  2:00 PM Word Games	<i>19</i> 10:00 AM Bass Fishing  2:00 PM Crossword	<i>20</i> 10:00 AM Prayer group  2:00 PM Afternoon activity	<i>21</i> 2:00 PM Birthday party, Allan Parker	<i>22</i>
<i>23</i> 2:45 PM Worship  Pastor Bendorf	<i>24</i> 10:00 AM Bible Study	<i>25</i> 10:00 AM Morning activity  2:00 PM Afternoon activity	<i>26</i> 10:00 AM Morning activity  2:00 PM Afternoon activity	<i>27</i> 10:00 AM Prayer group  2:00 PM Afternoon activity	<i>28</i> 10:00 AM Morning activity  2:00 PM Afternoon activity	<i>29</i>



# Peer Support Group Offered at Gardenside

In September 2019, Gardenside started a Peer Support Group to provide an opportunity for Gardenside Residents to share and be involved with the mental well-being of both themselves and their peers within their community. When some think about the word grief, they think the loss of someone. Grief is not solely the loss of a loved one; it can also be the loss of a home, our independence or an overall decline in health.

The key benefits of participating in a Peer Support Group are the opportunity to visit with peers who share your experiences, understand where you've been, and can relate to one another.

Gardenside's Peer Support Group is led by Doug Delhay-Spiritual Care & Bereavement Care-AseraCare Hospice and Raven Gerths, BA SSD-Social Services Coordinator at Gardenside. Each month Residents discuss topics and stages of grief with goals to recover and achieve a healthy level of acceptance to move forward. This support group is held on the 2nd Thursday of each month at 2pm. This group is free of charge and open to anyone in Gardenside with or without hospice services.



Doug Delhay  
AseraCare Bereavement  
Coordinator



Raven Gerths, BA, SSD  
Gardenside Social  
Services Coordinator

## Bringing in the New Year!

**Happy New Year! —**

**Left,** Gardenside evening shift showed off their festive party accessories.

**Top right,** Laura DeBoer, director of nursing; Susan Danner; and Melvin Melander celebrate.

**Bottom right,** Jerry Likens gets into the New Year's Eve spirit.



# Residents, Staff welcome 2020

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*(Continued from page 1)*

Looking ahead, our February entertainment is full. Paul Ramp returns on Feb. 3, The Chengs, a Chinese violinist and country piano combo is new to our residents and will be here Feb. 11. Helen's Hats will be here for a Valentine's Day performance. We will also have the return of Johnny Ray Gomez. Finishing out the month will be Allen and Connie Parker to celebrate February birthdays.

## *Working on a jigsaw puzzle*

***Puzzles are popular***—Numerous residents, staff and visitors enjoy working on puzzles. Eugene Musil works on a puzzle.



## ***Subscriptions***

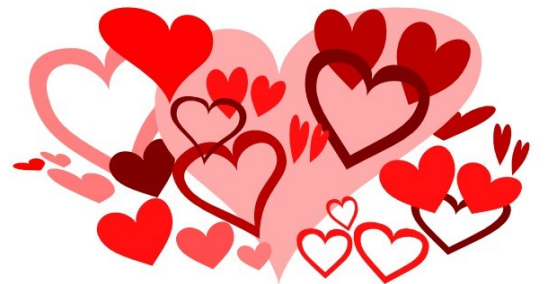
***\*\*If you wish to stop receiving this newsletter, please call Lana Likens at (402) 729-6855 and ask to be removed from the Gardenside mailing list. (Voice mail is available at this number 24 hours a day, 7 days a week.)***

***\*\*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.***

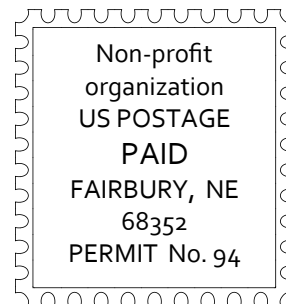
The newsletter can also be found on our website at [JCHHealthandLife.org](http://JCHHealthandLife.org), locations, Gardenside, "download Gardenside News."



# Making Valentines



**Making Valentines** — Top right, Dorothy Stewart and Carol Hughes; top left, Beverly Leseberg and LaVon Mason; bottom left, Paul Prellwitz; and bottom right, Joan McKenzie.



CHANGE SERVICE REQUESTED

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*Photos Inside!*

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## Happy Birthday



*Happy birthday to January birthdays: from left, Mary Jo Hermansky, Roma Heitzenragder, and Joyce Brantley. Thanks, staff member Wayne Franzen for holding the cake!*