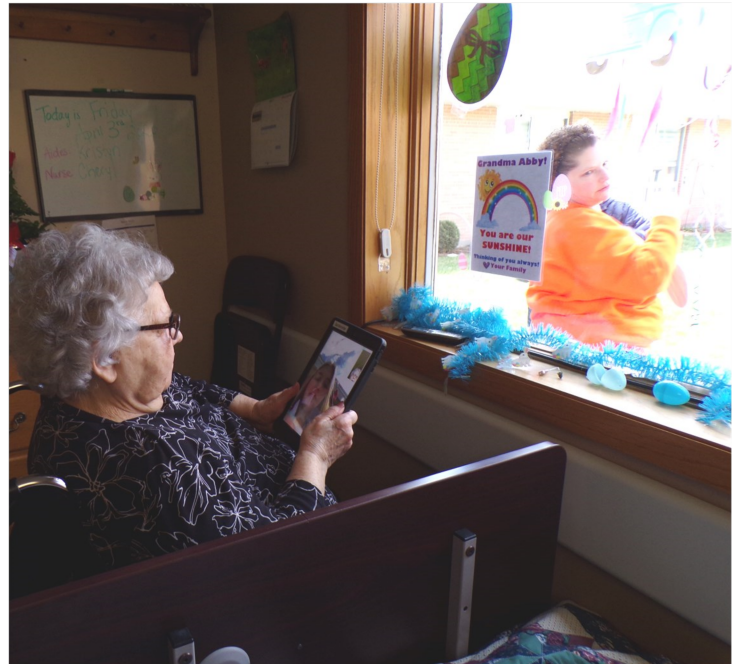


## Gardenside Works Hard to Keep Residents Safe

We miss having families and friends visit at Gardenside and hope that sometime soon we are allowed to lift visiting restrictions. We continually monitor recommendations from CMS, CDC, Nebraska Department of Health and Human Services (DHHS) and our local Public Health Department. We are extremely fortunate that we have not had any respiratory illness or the need to test anyone at Gardenside at this time. We will continue to fight to keep your loved ones safe and healthy.

Steps we are currently taking:

- ◆ Restricting all visitors and non-essential healthcare personnel from entering Gardenside. The only exception to this rule is if a resident is at the end of their life family members are limited to immediate only and they are screened (including a temperature check) and required to wear a mask at all times.
- ◆ Medical appointments for routine follow up care have been postponed or are being conducted through virtual visits. Laboratory staff come to Gardenside to draw blood for any necessary lab work. Those results are all sent to the primary physician for follow-up. If a resident must leave Gardenside for a medical appointment, they are accompanied by staff and provided a surgical mask to wear while they are out.
- ◆ All residents are having temperatures, oxygen levels, pulse and respiratory status assessed twice daily.
- ◆ Our physicians continue to come to Gardenside once a month, and as needed for our routine visits and any concerns as they arise. We are fortunate to have our providers so close and willing to make visits to Gardenside as needed. Your loved one's medical needs are being addressed.
- ◆ Our Physical, Occupational and Speech Therapists are still providing care in Gardenside for those residents who need therapy. These therapists treat only Gardenside residents and wear masks during visits.
- ◆ We discontinued all group activities. Activity and nursing staff are providing activities in resident rooms or in the hallways. We have had hallway bingo, hallway current events, hallway exercise and residents are provided with daily puzzles, crosswords, word searches and in-room movies of their choice. Resi-



*Abby Vacek spends some time on Facetime with her granddaughter.*

*(Continued on page 5)*

## Sewing fabric masks



Resident Joan McKenzie has been busy sewing fabric masks for residents to wear.

### Admissions

- Marcella Harper, March 26
- Harley Slater, March 31

### Birthdays

- Harley Slater, May 7
- Beverly Leseberg, May 15
- Carol Hart, May 23

### Deaths

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

- Isaac Kroeker, April 9
- Viola Cumro, April 21

Check out our website —  
[JCHealthandLife.org](http://JCHealthandLife.org)

Like us on Facebook—



@jchealthandlife



Follow us on Twitter—  
 @jchealthandlife

### 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](http://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

## Thank you!

*We are very grateful for all of the kindness and care you have shown to Gardenside residents. Thank you to:*

- *Masks*—Denise Schoenrock, Mercedes Liebel, Kristi Peterson, Nicole Schoenrock's mother in law (is this Cheryl Schoenrock?), Brenda Beachler, Mary Glenn, Kay Huaschel, Rolinda Sample, Joan McKenzie
    - *Mask clips*—Jackie Huls
    - *Flowers*—Deanna Peterson family
  - *Palm leaves and readings*—Grace Lutheran Church
  - *Video and prayer sheets*—Kevin and Charlotte Endorf
    - *Glass humming bird*—Lorraine Borch
  - *Easter baskets and goodies*—Bella Bennet, Alyssa Naiman
    - *Food for staff* —Fairbury Journal-News, Subway
  - *Hand Sanitizer*—Shonna Coleman, Sen. Ben Sasse, Sampson Construction,
  - *Door decorations, treats, pictures*—Megan Rosener family, Union Bank, Schultz family, Presbyterian Sunday School, Victoria Johnson, Darcy Kapke, Lucking family
    - *Window painting*—families of Darcy Kapke and Rachel Naiman
- If we have inadvertently left out a donation, we apologize and ask that you call Lana at 402-729-6855.**

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.

# May 2020 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> L: Oven fried chicken OR tuna noodle casserole  S: Ham sandwich OR tater tot casserole	<b>2</b> L: Green pepper steak OR baked glazed ham  S: Fisherman's sandwich OR Patty melt
<b>3</b> L: Virginia turkey roast or glazed meatloaf  S: Philly cheesesteak sandwich OR chicken Caesar salad	<b>4</b> L: Cheeseburger deluxe OR breaded pork steak  S: Egg salad sandwich OR Kielbasa	<b>5</b> L: Chicken cordon bleu OR braised beef tips  S: Scalloped potatoes with ham OR Roast beef sandwich	<b>6</b> L: Salisbury steak OR chef salad  S: Tuna salad sandwich OR sloppy joe	<b>7</b> L: BBQ ribette OR Chicken burrito pie  S: Creamed turkey OR grilled cheese sandwich	<b>8</b> L: Beer batter fish OR baked ham  S: Hot roast beef and Swiss sandwich OR chicken Italian salad	<b>9</b> L: herb baked chicken OR bbq beef on bun  S: Tater tot casserole OR fried shrimp
<b>10</b> L: Mother's Day lunch  S: Egg sausage bake or steak fingers	<b>11</b> L: Peppered pork loin OR honey glazed meatballs  S: Goulash OR ham and cheese sandwich	<b>12</b> L: Roast turkey OR chuckwagon steak  S: Chicken salad croissant OR egg and cheese sandwich	<b>13</b> L: Mushroom chopped steak OR chicken and dumplings  S: Macaroni and cheese bake or Corned beef and Swiss on rye	<b>14</b> L: Brown sugar glazed ham OR cheeseburger deluxe  S: Pancakes and sausage links OR hot pork sandwich	<b>15</b> L: Lasagna or Polish sausage  S: Seasoned tilapia OR BLT sandwich	<b>16</b> L: Grilled chicken OR glazed meatloaf  S: Pan pizza OR tuna salad sandwich
<b>17</b> L: Mexican casserole OR Pork steak with sour cream  S: Grilled cheese sandwich OR chicken tenders	<b>18</b> L: Baked chicken OR roast beef  S: BBQ Pork on bun OR Reuben sandwich	<b>19</b> L: Swiss steak OR baked pork chop  S: Battered fried shrimp OR hamburger on bun	<b>20</b> L: Roast turkey OR Liver and onions  S: Chicken salad sandwich OR Philly cheesesteak sandwich	<b>21</b> L: Salmon patty OR crispy pork steak  S: Steak fingers OR turkey club on croissant	<b>22</b> L: Baked beef brisket OR breaded fish au gratin  S: Chicken parmesan sandwich OR creamed chopped beef	<b>23</b> L: Baked glazed ham OR chef salad  S: Egg salad sandwich OR meatballs with gravy
<b>24</b> L: Oven fried chicken OR spaghetti with meat sauce  S: Patty melt OR Polish sausage	<b>25</b> L: Beef taco OR roast turkey  S: Tuna salad plate OR chicken lasagna	<b>26</b> L: Baked pork chop OR grilled chicken  S: Grilled cheese sandwich OR scalloped potatoes with ham	<b>27</b> L: Meatloaf OR peppered pork loin  S: Deli sandwich OR corned beef and Swiss on rye	<b>28</b> L: Barbecued chicken OR Salisbury steak  S: Breaded chicken on bun OR cinnamon French toast and sausage links	<b>29</b> L: Oven Fried chicken OR cheeseburger  S: Turkey club OR Polish Sausage on a bun	<b>30</b> L: Roast Beef OR turkey noodle casserole  S: Chicken Tender Salad OR beef salad sandwich
<b>31</b> L: Pork roast OR Bacon wrapped chopped steak  S: Ham and bean soup OR Sloppy joe on a bun						

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!

# “What’s Up Wednesdays” on Ol’ Red 99.5

Ol’ Red 99.5 continues to offer What’s Up Wednesdays from 1 p.m. to 2 p.m. each Wednesday. The radio station started offering this to bring some good cheer and messages of care to nursing home residents and assisted living tenants throughout our area who are not allowed to have visitors.

Every Wednesday from 1-2 Ol’ Red 99-five listeners will be able to call in and give a well wish, an I love you, or a simple hello on the air. **Call the studio line at 402-729-3383.**

Tune in from 1 p.m. to 2 p.m. on Wednesdays, for What’s Up Wednesday, brought to you by Caspers Construction, NewsChannel Nebraska, and Ol’ Red 99.5.

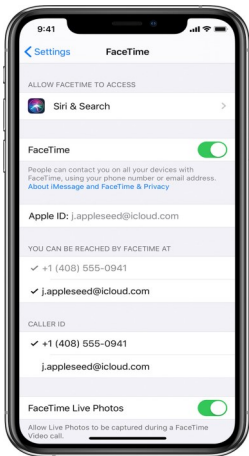
## We offer both Facetime and Skype for Residents

**Please remember: Calls will need to be scheduled ahead of time to ensure staff ability to assist residents. To schedule a time, please call (402) 729– 5220 (press 1 at the prompt).**



### FaceTime: (Apple devices only)

#### Turn on FaceTime



Open the FaceTime app and sign in with your Apple ID.

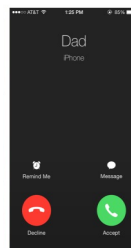
You can also do this from Settings > FaceTime.

If you're using an iPhone, FaceTime automatically registers your phone number.

To also register your email address on your iPhone, go to Settings > FaceTime > Use your Apple ID for FaceTime, and sign in with your Apple ID.

If you're using an iPad or iPod touch, register your email address by tapping Settings > FaceTime > Use your Apple ID for FaceTime, and sign in with your Apple ID.

#### Receiving a FaceTime call



Accept to answer the call.

### Skype - Receiving Video Calls with Skype

Download Skype on to your phone, tablet, or computer. Set up an account.

When you're signed into Skype, you can receive calls. You'll see an incoming call notification screen where you can:

- Select the Call button to answer the call as an audio call.
- Select the Video button to answer with video.
- For incoming video calls, you can select to answer it as a video call or audio only.

# Gardenside Works Hard

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*(Continued from page 1)*

dents are still allowed to leave their room if they choose to do so, but are asked to wear masks if they do. Several are utilizing our courtyards for fresh air and sunshine or watching TV in the Day Room. When residents are out of their rooms, staff are monitoring for social distancing of more than 6 feet with other residents.

- ◆ We are blessed with many volunteers in our community who have made cloth masks for our residents. Each resident has 2 dedicated masks and are encouraged to wear them when staff provide cares or when they leave their room.
- ◆ For all residents who eat without staff assistance, we are serving meals in their rooms. Residents who need assistance to eat come to our dining room with appropriate distancing.
- ◆ We have had staff from other departments at JCH&L assisting our staff to provide the meals to the rooms and are available to assist however we need them.
- ◆ Our staff have travel restrictions in place, including out-of-state travel.
- ◆ All staff are required to wear surgical masks the entire time they are in Gardenside. In addition, staff are screened prior to beginning every shift and are checking their temperatures every 4 hours while at work to monitor for any early signs of illness. If a staff member were to develop a fever of 99.5 or greater, or show any symptoms of COVID-19, they would be asked to leave their mask on, report to the hospital for testing and leave work immediately.
- ◆ We have an adequate supply of masks and hand sanitizer on-hand at Gardenside to allow staff to continue with the masking requirement.
- ◆ Jefferson Community Health & Life also has an adequate supply of other personal protective equipment such as gowns, face shields and N-95 masks should we need these in the future.
- ◆ In addition to our routine cleaning, our housekeeping and nursing staff are diligently cleaning frequently touched surfaces more often. We periodically are testing these surfaces to confirm that we are adequately cleaning our surfaces.
- ◆ Jefferson Community Health & Life has adequate test supplies. If any staff member or resident develop symptoms of COVID-19 they would be immediately be tested and isolated until we have the test results. If we do have to test any staff or residents, it will take 2-4 days to obtain test results. Until we have results back, we will treat these individuals as if they are positive to reduce the risk of further spread.

While we do not currently have any residents or staff with respiratory illnesses, we have plans in place for actions we would take if a staff member or resident develops symptoms. If three or more residents and/or staff develop respiratory symptoms or if we have any staff or residents test positive for COVID-19, we will notify all residents and their identified primary emergency contact within 12 hours. We will keep families informed by contacting the primary emergency contact that is identified in each resident's medical record. That family contact will be responsible for notifying all other family members. We encourage family to call, send letters and cards, drop off special treats or activities, call to schedule Facetime or Skype visits or arrange for window visits with your loved ones. We have lawn chairs available or you can bring one to sit outside your loved one's window. Staff will be happy to help you keep in contact as much as possible. Please call us with any questions or concerns you may have.

## *Celebrating 100th Birthdays*



LaVon Mason, left, and Paul Prellwitz, right, celebrated 100th birthdays during April.

Happy Birthday!!

## Finding new ways to do activities

**By Barb Schwisow**  
**Day Activities Director**

We are finally having some warmer weather. It is much appreciated that residents can enjoy the sunshine and get some fresh air while social distancing.

With COVID-19 restrictions, the activities department has made some changes in the way we do our activity programs. We are doing 1:1 independent room programs or games, Bingo, birthday parties, and exercising with each hall individually. We have posted TV worship times in rooms for staff convenience to turn on worship on Sundays. We are trying to keep residents mentally stimulated, socially interactive, giving support and encouragement through this temporary isolation. We encourage families to contact residents through phone calls, Facetime, Skype, letters or cards, or visits outside their loved ones' windows.

Celebrating birthdays in April were Viola Cumro, Dorothy Reid, Bertha Friesen, Jerry Gaston, Ruth Drexler, Harold Endorf, Lavon Mason, Paul Prellwitz and Marcy Harper. LaVon Mason and Paul Prellwitz turned 100 years young this month. Congratulations to both! Both received many birthday cards, and staff made their birthdays special.

Thank you, everyone, for continuing to remember our residents. Please stay safe and healthy!

# Staff Spotlight

Gardenside is fortunate to have exceptional staff who build fond relationships with each of our Residents. Each month, we would like to introduce to you to a few of the staff members who help make Gardenside a 5 Star facility!

## Brenda Placek, RN



I have worked at Gardenside for 29 years. I am happily married to my husband Chris who teaches and coaches at Meridian. We have one daughter Kenna (15). Some of you may know that my sister Tina, also works at Gardenside with me. I enjoy spending time with my family & friends, going camping as well as boating.

## Kayla Garst, CNA/MA



I have worked at Gardenside for 5+ years and love helping the residents & my co-workers. My significant other, Brandon and I have been together for 17 years and have 3 children, Jordyn (13), Rieley (9) & Austin (6). As a family, we enjoy riding 4 wheelers, fishing, shooting guns, watching our kids' sporting events (softball & baseball) and baking/decorating cakes.

## Flowers have brightened the days



The Deana Peterson family donated a vase of flowers for each resident and bouquet for staff. Lacey from Pictures and Petals delivers flowers.

# A Visit From the Easter Bunny—and a snowball fight



**Bunny visits** — *clockwise from top left, The Easter bunny visited Susan Danner; Mary Harper, Lela Bauer; and Roma Heitzenrader.*

**Snowball fight**—*at left, Orville Weichel and Harold Endorf enjoy an indoor snowball fight.*



# Window decorations, and hallway activities



Tiffany Vinsonhaler paints a window



Window artists—Alyssa Naiman, Riley Kapke, Tiffany Vinsonhaler, Rebecca Vinsonhaler, Regan Kapke, Amber Vinsonhaler



Eileen Holliday bowls in the hallway.



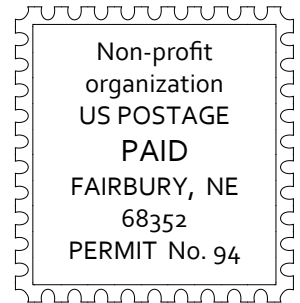
Amber and Rebecca Vinsonhaler paint a window

Harley Slater tries his hand at ring toss



Wayne Stewart bowls in his room

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



CHANGE SERVICE REQUESTED

*Photos Inside!*

## Happy Birthdays



**Happy Birthday to:**  
 Top row, from left -  
 Dorothy Reid, Paul  
 Prellwitz, Ruth Drexler,  
 LaVon Mason, Harold  
 Endorf.  
 Bottom row, from left—  
 Viola Cumro, Jerry  
 Gaston, Mary Harper,  
 and Bertha Friesen

