

Activities continue—with changes and technology

By Nate Behrends, Evening activity director

Gardenside continues to be busy with many one-on-one activities and hallway games as we deal with being closed to the public. Hallway Bingo remains the number one choice for fun. Several other games such as Ol' Wives Tales, Finish the Lines and Trivia help keep our minds thinking, also hallway aerobics keep the blood pumping. The joy in the residents' eyes for Show and Tell is priceless!

Gardenside had a surprise visitor in our outside amphitheater we call the Garden (also known as the courtyard) as Bill Chrastil stopped by and performed hits from any different musicians, including Elvis, Johnny, Roy and Buddy, to name a few. Great music, great showmanship! Our new speaker system works great and lets all of our residents—who are indoors—hear the great entertainment that is outdoors. We can't wait to have him back under better conditions.

The Chenges will be back at the Garden on June 26 to entertain the residents. This piano and violin duo will sound truly amazing with our new PA system.

Joyce Ude and Eileen Holliday celebrated birthdays in June.

As the weeks and months move forward during this trying time, please know that we are doing our very best to keep the smiles on the faces of your loved ones. They are our loved ones, too.

Until next month, Gardenside wishes you well!



Show and Tell—Top—Lucille Rolland shows a jewelry picture; bottom left, Dorothy Stewart shows knitting and crocheting projects; bottom right, Orville Weichel shows a musical water wheel.

Shelling Peas



Harold Endorf shelled Barb Schwisow's peas. Residents got to sample creamed peas and potatoes.

Admissions

- Richard Bugby, June 5
- Dorothy Cassell, June 10

Birthdays

- No birthdays in July

Return Home/Transfer

- ♦ Frederick Wrigley, May 29
- ♦ Harley Slater, June 10

Deaths

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

- Ruth Drexler, June 13
- Susan Danner, June 13
- Clarissa Pohlmann, June 15

Our Team to Serve You

Chief Executive Officer

Burke Kline, DHA

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@JCHandLife.org
JCHandLife.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

Thank you!

Thank you to all donors of fabric masks. We will continue to collect fabric masks so that we are able to have them available for visitors once we are able to open back up to family and friends. Fabric masks can be dropped off to any staff member.

We offer both Facetime and Skype

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).

Seeking Large Print Guideposts

If anyone has large print Guideposts you would share, we have residents who would enjoy them. Contact Barb Schwisow, please.

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.

July 2020

Menu

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

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!

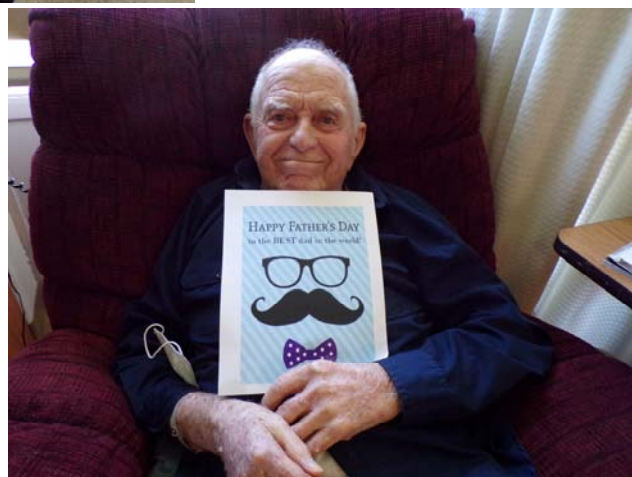
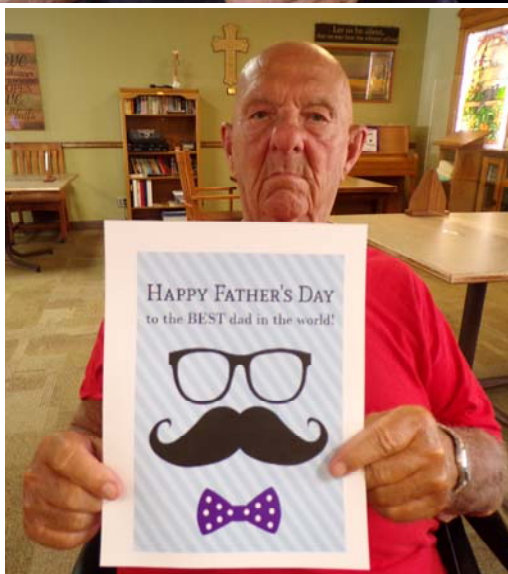
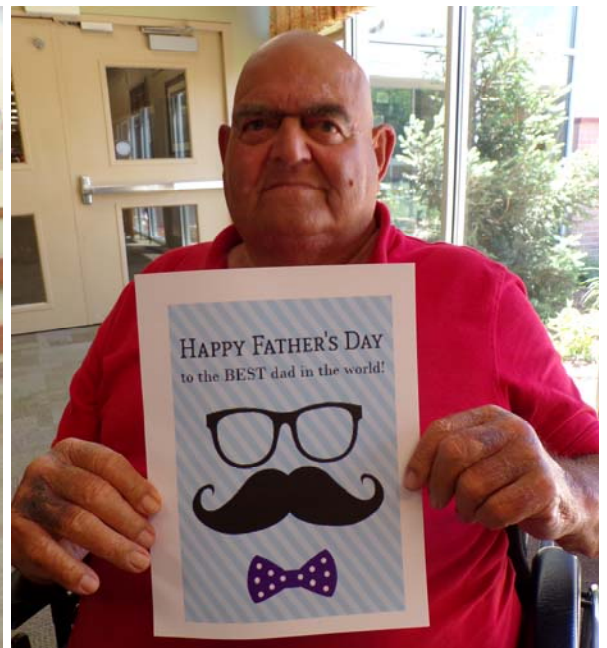
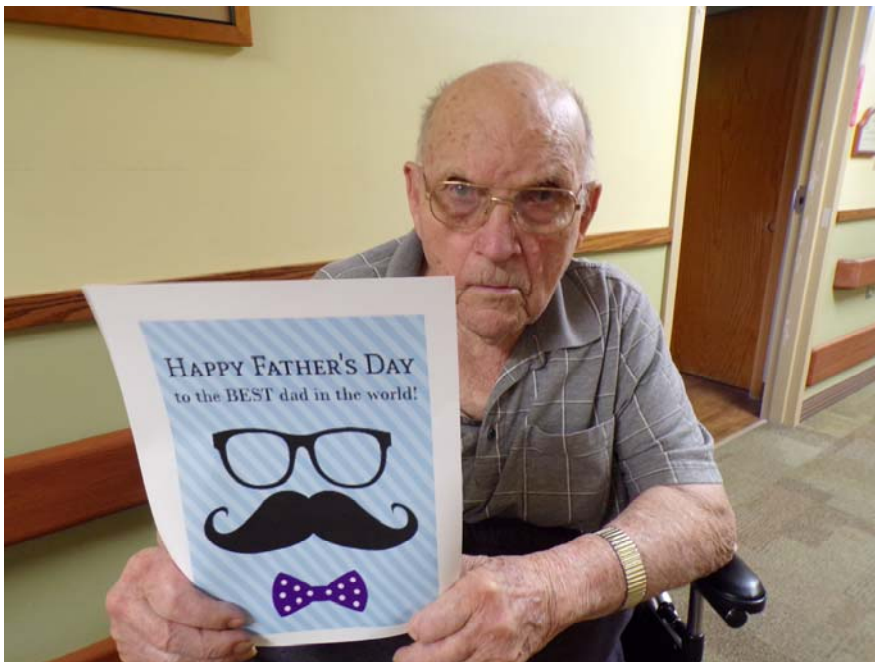
"What's Up Wednesdays" on Ol' Red 99.5

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.

Happy Father's Day from Gardenside



See all of the Gardenside men featured on the JCH&L Facebook page for Father's Day!

Top left, Paul Prellwitz; top right, Eugene Musil; bottom left, Melvin Melander; bottom right, Dick Bugbee.

Gardenside, Cedarwood Work Toward Reopening

JCH&L Gardenside and Cedarwood staff are working diligently to put all plans in place which are required to re-open to visitors.

"We are thrilled to have the blessing of the governor and the Department of Health and Human Services to work toward re-opening Gardenside and Cedarwood to visitors," said Deb Sutton, RN, Gardenside and Cedarwood administrator. "There are many requirements that each nursing home must work through in order to be able to re-open to visitors, and nursing homes will not all work through that process at the same pace."

Because of the plans and steps required, Gardenside and Cedarwood do not yet have a date set to begin re-opening to visitors. Before re-opening to visitors, nursing homes are required to:

***Complete COVID-19 testing on all staff. Gardenside and Cedarwood have applied to have staff testing done, and is awaiting approval from Test Nebraska. More than 500 nursing homes and assisted living facilities will be applying for this testing.**

***Have a plan to have enough staff to screen all visitors and supervise all visitation to ensure that visitation requirements are followed. Gardenside and Cedarwood are working on this plan.**

***The facility must have the ability to test all staff and residents at any time if a COVID-19 case is suspected. Gardenside and Cedarwood have a plan in place for this if necessary.**

***The facility's public health district must be in Phase 3 of the Directed Health Measures. Public Health Solutions, the five-county public health district which includes Jefferson County, is scheduled to move to Phase 3 on June 22.**

***There can't be a large number of COVID-19 cases within the county. There have been 9 people in Jefferson County test positive for COVID-19. Only two of those have been within the last 14 days, according to Department of Health and Human Services data.**

"Our administration and staff understand completely the desire of family members to visit their loved ones, and the need of our residents to have visits from their family members," Sutton said. "We are doing everything in our power to complete all the steps required as efficiently as possible to allow this next step."

Gardenside is currently able to allow residents to dine in controlled group settings with only 2 residents per table and a plexiglass divider between them. Cedarwood is in the process of making the same type of controlled group dining available to tenants.

Group activities were not allowed so a new wireless speaker system was purchased, which has allowed Gardenside and Cedarwood to offer some live entertainment performing outside, with residents and tenants able to watch out the window and hear through the speaker system. Guidance was received June 15 that small group activities of 10 or fewer residents or tenants can be resumed with appropriate distancing and cloth face masks in use by all participants.

"We are trying to be creative and innovative in helping our residents find some joy during this situation," Sutton said.

Gardenside and Cedarwood have been totally closed to all non-essential personnel, including family members of the residents, since March 14. Prior to that, visitation had been discouraged since March 11, and those who didn't meet screening criteria were not allowed to visit.

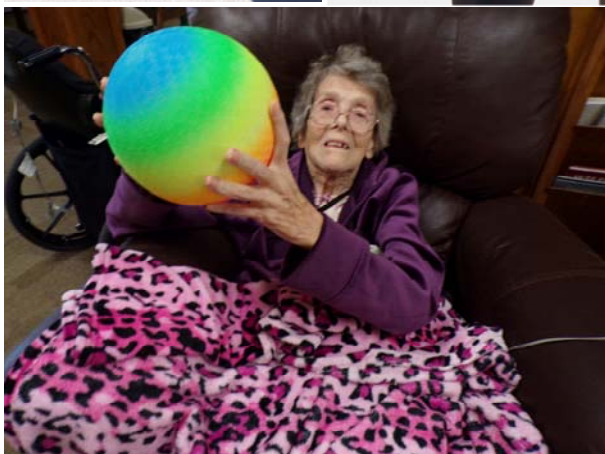
"We thank the community for the support during this time. We have received many cards, drawings, cloth masks, flowers and other donations which have helped the residents feel loved and appreciated," Sutton said. "We ask for continued support from families and the community as we navigate the many requirements and work toward safely re-opening to visitors."



Keeping Up With Changes

To keep up with changes at Jefferson Community Health & Life during the COVID-19 pandemic, please follow us on Facebook or Twitter, or check out our website at JCHHealthandLife.org.





Top left and middle, Bill Chrastil entertains from the courtyard; top right Paul Prellwitz enjoys watermelon on Memorial Day. Having some individual exercise time with a brightly colored ball are, from left, top—Carol Hughes; left, bottom, Marcy Harper; and Dorothy Reid.

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!



Savannah Boomgaarn, LPN

I have worked at Gardenside for 9 ½ years. Currently I work as an LPN and am currently taking classes, to earn my RN degree. In my spare time, I enjoy spending time with my husband, Ron, my 4 children and our Jack Russell dog named Jack. As a family, we like to go camping, having family BBQ's and collecting DVD movies (we have over 2,500 in the collection).



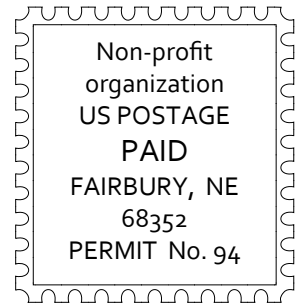
Madison Hein, CNA

I have been working at Gardenside as a CNA for 1 year. I love working at Gardenside and seeing all the Residents every day by making them smile. In my spare time, I enjoy spending time and playing with my almost 2 years old son Mason. In my spare time I enjoy reading, gardening and going on walks. If you didn't already know, I have 2 pet lizards.

Thank you notes -

Our family would like to thank you from the bottom of our hearts for all the care and compassion you showed to Jerry Likens during his time at Gardenside, and especially during his final journey. We deeply appreciate that you were there for him in whatever ways he needed you. We watched you keep him comfortable, allow him his dignity, and talk to him with so much care. As a family, we felt comfort and love from each of you, as well. We would love to name those who we know offered special care, but we saw it from everyone, and don't want to leave anyone out.

The family of Jerry Likens



CHANGE SERVICE REQUESTED

Photos Inside!

Happy Birthdays



Happy Birthday to — Joyce Ude and Eileen Holliday, who celebrated birthdays in July.