

Signs of Fall Have Arrived

By Barb Schwisow, Day activity director

September is coming to an end, and residents are noticing the cooler temperatures during the evenings and nights. Fall colors outdoors are starting to become very visible in the trees, flowers and crops. Harvest is under way for some farmers. Please take extra precautions for farm equipment on the country roads. We want everyone to stay safe!

We continue to have small group activities out in our day room with residents wearing masks and at least 6 feet of social distancing. We have some residents who had gotten used to staying in their rooms because of COVID-19. We are working hard to keep our residents as socially active as possible. We encourage small group settings, 1-1 visits from staff, family window visits, phone calls from families, and when visits are allowed, courtyard visits with appointments. We will help your loved one with Skype or Facetime if that works for loved ones, as well.

Celebrating birthdays for September were Darlene Culp, Abby Vacek, and Wayne Stewart. Morning outdoor entertainment was Tim Javorsky, who puts on a fabulous musical show along with his singing. Other entertainment was Johnny Ray and Bill Chrastil, who liven up the spirits of the residents.

Thanks to the Dorchester Museum for loaning us a large variety of antiques to present a show, "What is this" for our residents. There weren't very many items our residents didn't recognize. Most of the items on display they had used at some time in their lives. What a fun afternoon, especially for our men.

We would also like to thank the Fairbury Public Schools first graders for the bears to hang on residents' doors. They were made by students in the classes of Mrs. Maschman, Ms. Horky, Ms. Happel, and Mrs. Wanamaker.

Thanks to Kevin and Charlotte Endorf for a virtual presentation of No Time Left on My Hands: The Story of Grace Snyder. This was a great story and we appreciate them sharing it.

Enjoy the Fall!



Paul Prellwitz enjoys a "bear hug" from Fairbury Public Schools first graders.

Family picture—COVID-style



Marvin Saathoff poses for a picture with his family, who were having a window visit.

Admissions

- Darthula "Dodie" Bales, Sept. 14
- Roberta Shirey, Sept. 30

Return Home/Transfer

- ◆ Dorothy Cassell, Aug. 26
- ◆ Carol Hughes, Sept. 9

Birthdays

- Roberta Shirey, Oct. 7
- Melody York, Oct. 26

Deaths

- Our sympathy is with the family of Darthula "Dodie" Bales, who passed away on Sept. 24.

COVID UPDATE

Check out our website for current visitation information!

JCHealthandLife.org

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.

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JCHealthandLife.org

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"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

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).

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.

October 2020

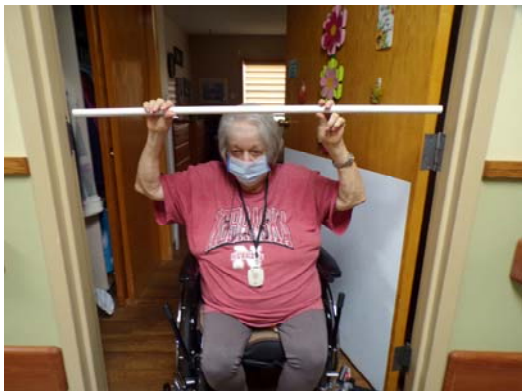
Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 L: Swiss steak OR chicken tenders S: Italian meatloaf OR ham and bean soup	2 L: smothered steak with onions OR breaded baked cod S: Chicken broccoli bake OR hot roast beef and swiss sandwich	3 L: Chuckwagon steak OR smothered pork chop S: Hot turkey sandwich OR corned beef on rye sandwich
4 L: Oven fried chicken OR beef minute steak S: Ham sandwich OR fruit and cottage cheese plate	5 L: Beef stew OR seasoned baked chicken S: Beer batter fish OR Chicken lasagna	6 L: Roast turkey OR beef tips with gravy S: Roast beef sandwich OR chicken and dumplings	7 L: Mushroom chopped steak OR Polish sausage S: Lasagna or breaded chicken on a bun	8 L: Ham with pineapple OR chili S: Turkey tetrazzini OR egg salad sandwich	9 L: Fried shrimp OR Chicken Fried Steak S: Egg bake, sausage and waffle OR Chicken Salad croissant	10 L: Roast beef OR Turkey Noodle Casserole S: Fruit and cottage cheese plate OR meatballs
11 L: Baked pork chop or chicken fritters S: Hamburger or turkey sandwich	12 L: Spaghetti with meat sauce OR baked ham S: Roast beef sandwich and soup or sausage pizza	13 L: Turkey and dressing casserole OR chopped steak with peppers S: Pork roast OR Fairbury Brand hotdog	14 L: Mexican Frito Pie OR crispy ranch chicken S: Tuna melt OR hamburger on bun	15 L: Oven fried chicken or crispy pork cutlet S: Smoked pulled pork or chicken tenders	16 L: Swedish meatballs OR Lemon pepper fish S: Creamed turkey and biscuit or grilled cheese sandwich	17 L: Salmon patty OR sloppy joe S: Chicken salad sandwich OR BBQ ribettes
18 L: Pot roast OR marinated chicken breast S: Ham and bean soup OR beef tips with gravy	19 L: Smothered steak with onions OR smoked sausage and fried potatoes S: turkey sandwich and soup OR barbecue beef sandwich	20 L: Seasoned baked chicken OR liver and onions S: Hot pork sandwich OR egg salad sandwich	21 L: Beef stroganoff with noodles OR Hot turkey sandwich S: Chili OR roast beef sandwich	22 L: BBQ Pork or goulash S: Chicken fried chicken OR deluxe deli sandwich	23 L: Breaded fish au gratin OR poached chicken breasts S: Hamburger gravy over mashed potatoes OR turkey tetrazzini	24 Lunch: Meatloaf OR pork chop and rice casserole S: Macaroni and cheese OR ham and cheese sandwich
25 L: Roast turkey OR chicken fried steak S: Chicken tenders OR fish patty with cheese	26 L: Roast beef or ham loaf S: Egg bake, bacon and french toast OR beef and pasta casserole	27 L: Pork roast and kraut OR tator tot casserole S: Breaded chicken on bun OR hamburger pizza	28 L: baked beef brisket OR hot turkey salad casserole S: tuna salad sandwich and soup OR pork fritter	29 L: Chicken cordon blue OR cheesburger deluxe S: Lasagna OR turkey salad sandwich and soup	30 L: Hot turkey sandwich OR boiled pork dinner S: Sloppy Joe or chicken nuggets	31 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!

Hallway Aerobics

At right, Abby Vacek and Mary Jo Hermanski do hallway aerobics; Below left, Alice Stanton is ready; below right, Gaylord Bartles reaches forward; Bottom, Beverly Lesberg raises her bar over her head.



What is it?



Residents enjoyed identifying items from the Dorchester Museum.

Top left, Elaine Courtney shows a coffee percolator

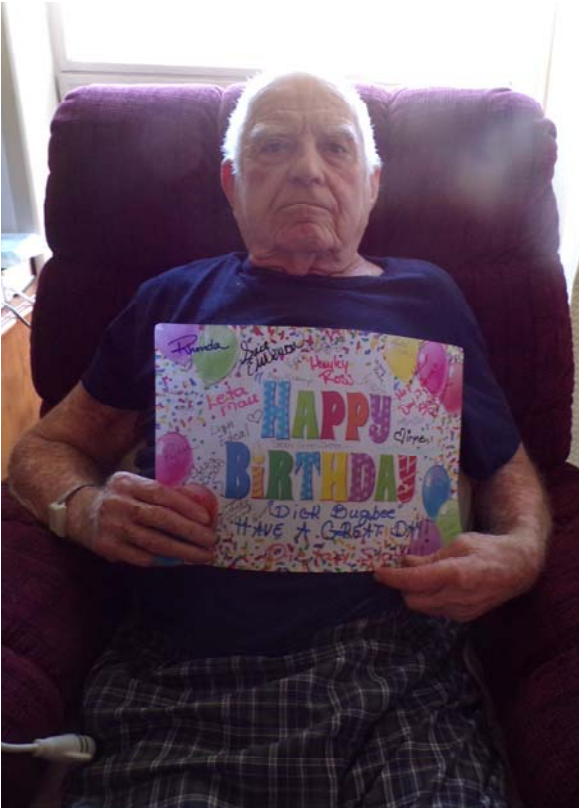
Top right, John Falkner shows a smoker for bees

Middle left, Wayne Stewart shows a corn pipe

Middle right, Abby Vacek shows a flyer from her husband's polka band

Bottom, Paul Prellwitz shows a potato masher

Celebration and activities



At left, Richard Bugby celebrates his birthday with a birthday placemat from Nutrition Services; above, Harold Endorf and Beverly Lesberg play "Did you ever?"

The Price is Right!



Playing a pricing game, from left, are Harold Endorf, Paul Prellwitz, and Darlene Culp.

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!

Mick Bruce, Facilities Supervisor



Mick Bruce has been facilities supervisor for 3 years. Mick says: My life revolves around his lovely wife, Becky (nursing director at Cedarwood assisted living), my strong faith, and my excellent job. We have 3 sons, Dustin, who lives in Lincoln; Jared, who lives in Colorado; and Kouper, who lives in Kearney. Together with my wife, I enjoy fishing and hunting, camping, organic gardening, and trying to lead a healthy lifestyle. I usually try to make the best out of every hour of sunlight, which makes for a lot of late suppers. I love the state of Washington and the Columbia River, with the beauty of the mountains and the orchards. My goal is, do whatever I have to do to keep my wife happy and safe.

Anita Oltmans, laundry

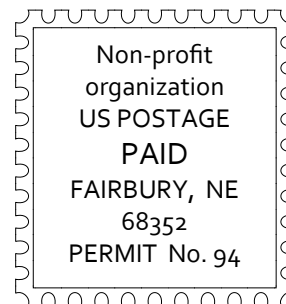


I've had the pleasure of working in the JCHL-Laundry department for 3+ years. Originally, I grew up in Blue Springs, NE, just east of town on a farm. I miss being around the animals. I am close with my siblings, nieces/nephews and friends. Fall is my favorite time of year and when I'm not watching my nephews' sporting activities, I'm reading murder mysteries.

Social Services Corner



As the weather gets cooler, it's a good time to ensure Residents have appropriate cooler weather attire. We understand things look a little different this year but rest assured, Gardenside staff are here to help. If you have questions about sizing or clothing needs, are needing to drop off or pick up clothing/seasonal decorations, or just have general questions; please call Gardenside and speak with a staff member.



CHANGE SERVICE REQUESTED

Photos Inside!

Happy Birthdays!



Happy birthday to,
from left, Wayne
Stewart, Abby Vacek,
and Darlene Culp.