

## Holiday Preparations—COVID-style

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

Here we are about nine months dealing with COVID-19, with new regulations changing daily. So far our restrictions seem to be working. We are so fortunate none of our residents have gotten COVID. Yes, I'm bragging on our awesome staff who have worked diligently to keep our residents from getting COVID. Never did we think that residents would celebrate holiday meals without family members, or restricted from going out for a meal. We encourage families through the holidays to call, do window visits, send cards and use Facetime or Skype.

We will NOT be having a family Christmas party this year.

November was a bit slower with activities, although we had more one-to-one activity time, and many residents enjoyed the It's Never 2 Late computer in their rooms, outdoor entertainment, stringing cranberries, word games, and celebrating Lucille Roland and Mick Melander's birthdays.

We will soon be purchasing a Never 2 Late tablet, which is compatible with the original computer, making it much easier to take into rooms.

We salute our veterans, Richard Bugbee and Mick Melander, for their years of service. Quilts of Valor will be presented to them at a later date.

We were able to have trick or treaters show off their costumes and receive a treat from Gardenside. We allowed only JCH&L staff to participate, making it safe for our residents with restrictions in place. We provided a microphone outside for the trick or treaters in our courtyard, allowing the family members to say their names, give a wave or a smile or touch the glass. Residents, who were inside, could hear through the speaker system and see through the glass. Our residents were very grateful for this event to happen.

We are also grateful for treats provided to residents this month. The United Methodist Church of Daykin provided Go Fish treats, and Judy Shaffer donated lap robes. Staff received treats from Zion Countryside Church, Cross Walk Kids of St. Paul's Church at Diller, and First Baptist Church.

Please be safe and wear a mask! Happy holidays from residents and staff at Gardenside



**Stringing Cranberries**—Joan McKenzie enjoys stringing cranberries for decorating.

## Honoring Our Veterans



*We honored veterans Mick Melander and Richard Bugbee.*

## Admissions

- Margaret Buchli — Nov. 10

## Return Home/Transfer

- ♦ Marjorie Lane — Nov. 16

## Birthdays

- Dorothy Stewart — Dec. 18
- Orville Weichel — Dec. 22
- John Folkner — Dec. 25

## Deaths

Our sympathy is with the families of residents who passed away:

- Mary Jo Hermansky, Nov. 2
- Elaine Cortney, Nov. 12
- Carol Hughes, Nov. 22.

## COVID UPDATE

Check out our website for current visitation information!

**JCHhealthandLife.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 — Melissa Bennett 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@JCHhealthandLife.org](mailto:barb.schwisow@JCHhealthandLife.org)

[JCHhealthandLife.org](http://JCHhealthandLife.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

## "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 must 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.

# December 2020

## Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> L: Pork roast and kraut OR tator tot casserole S: Breaded chicken on bun OR hamburger pizza	<b>2</b> L: baked beef brisket OR hot turkey salad casserole S: tuna salad sandwich and soup OR pork fritter	<b>3</b> L: Chicken cordon blue OR cheeseburger deluxe S: Lasagna OR turkey salad sandwich and soup	<b>4</b> L: Hot turkey sandwich OR boiled pork dinner S: Sloppy Joe or chicken nuggets	<b>5</b> L: Herbed pork loin OR oven fried chicken S: bratwurst on bun OR pork chop
<b>6</b> L: Cranberry glazed ham OR mock filet mignon S: Deli sandwich and soup OR fish sticks	<b>7</b> L: Baked chicken and rice OR hot roast beef sandwich S: Tuna noodles OR Swedish meatballs	<b>8</b> L: Chili OR breaded pork outlet S: Barbecue ribettes OR breaded chicken patty	<b>9</b> L: Roast turkey OR beef tips au jus S: Grilled cheese sandwich and soup OR macaroni beef au gratin	<b>10</b> L: Swiss steak OR chicken tenders S: Italian meatloaf OR ham and bean soup	<b>11</b> L: smothered steak with onions OR breaded baked cod S: Chicken broccoli bake OR hot roast beef and swiss sandwich	<b>12</b> L: Chuckwagon steak OR smothered pork chop S: Hot turkey sandwich OR corned beef on rye sandwich
<b>13</b> L: Oven fried chicken OR beef minute steak S: Ham sandwich OR fruit and cottage cheese plate	<b>14</b> L: Beef stew OR seasoned baked chicken S: Beer batter fish OR Chicken lasagna	<b>15</b> L: Roast turkey OR beef tips with gravy S: Roast beef sandwich OR chicken and dumplings	<b>16</b> L: Mushroom chopped steak OR Polish sausage S: Lasagna or breaded chicken on a bun	<b>17</b> L: Ham with pineapple OR chili S: Turkey tetrazzini OR egg salad sandwich	<b>18</b> L: Fried shrimp OR Chicken Fried Steak S: Egg bake, sausage and waffle OR Chicken Salad croissant	<b>19</b> L: Roast beef OR Turkey Noodle Casserole S: Fruit and cottage cheese plate OR meatballs
<b>20</b> L: Baked pork chop or chicken fritters S: Hamburger or turkey sandwich	<b>21</b> L: Spaghetti with meat sauce OR baked ham S: Roast beef sandwich and soup or sausage pizza	<b>22</b> L: Turkey and dressing casserole OR chopped steak with peppers S: Pork roast OR Fairbury Brand hotdog	<b>23</b> L: Mexican Frito Pie OR crispy ranch chicken S: Tuna melt OR hamburger on bun	<b>24</b> L: Oven Fried Chicken or Crispy Pork Outlet S: Christmas Eve Supper	<b>25</b> Christmas meals	<b>26</b> L: Salmon patty OR sloppy joe S: Chicken salad sandwich OR BBQ ribettes
<b>27</b> L: Pot roast OR marinated chicken breast S: Ham and bean soup OR beef tips with gravy	<b>28</b> L: Smothered steak with onions OR smoked sausage and fried potatoes S: turkey sandwich and soup OR barbecue beef sandwich	<b>29</b> L: Seasoned baked chicken OR liver and onions S: Hot pork sandwich OR egg salad sandwich	<b>30</b> L: Beef stroganoff with noodles OR Hot turkey sandwich S: Chili OR roast beef sandwich	<b>31</b> L: BBQ Pork or goulash S: Chicken fried chicken OR deluxe deli sandwich		

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!



# Halloween Fun



*Above, Richard Bugbee and John Folker, and below Lela Bauer and Bertha Friesen sport costumes for Halloween.*



*Top, staff members Tara, Robbin, Tina, Tiffany, Mary and Krystal costume up as the Three Blind Mice and friends.*

*Bottom, resident Marvin Saathoff gets to see trick or treaters through the window .*

# 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!

## Gerry Lee

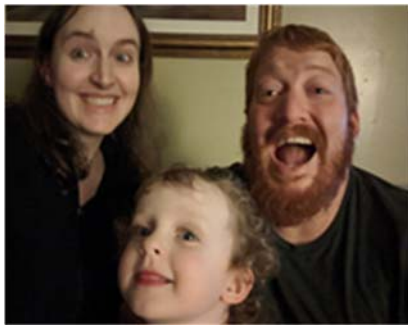
Maintenance Department



Gerry has worked in the JCHL maintenance department for the past 24 years. He and his wife Melissa have been married for 20 years. She works in social services for the state of Nebraska and together they have 2 children. In his spare time, Gerry enjoys fishing, reading books and computer technology. His daughter Samantha, (18yrs old) will be attending UNK next fall and his son, Michael (8yrs old) enjoys trains.

## Cassandra “Cassie” Whitmore, RD, LMNT

Gardenside Consultant Dietitian



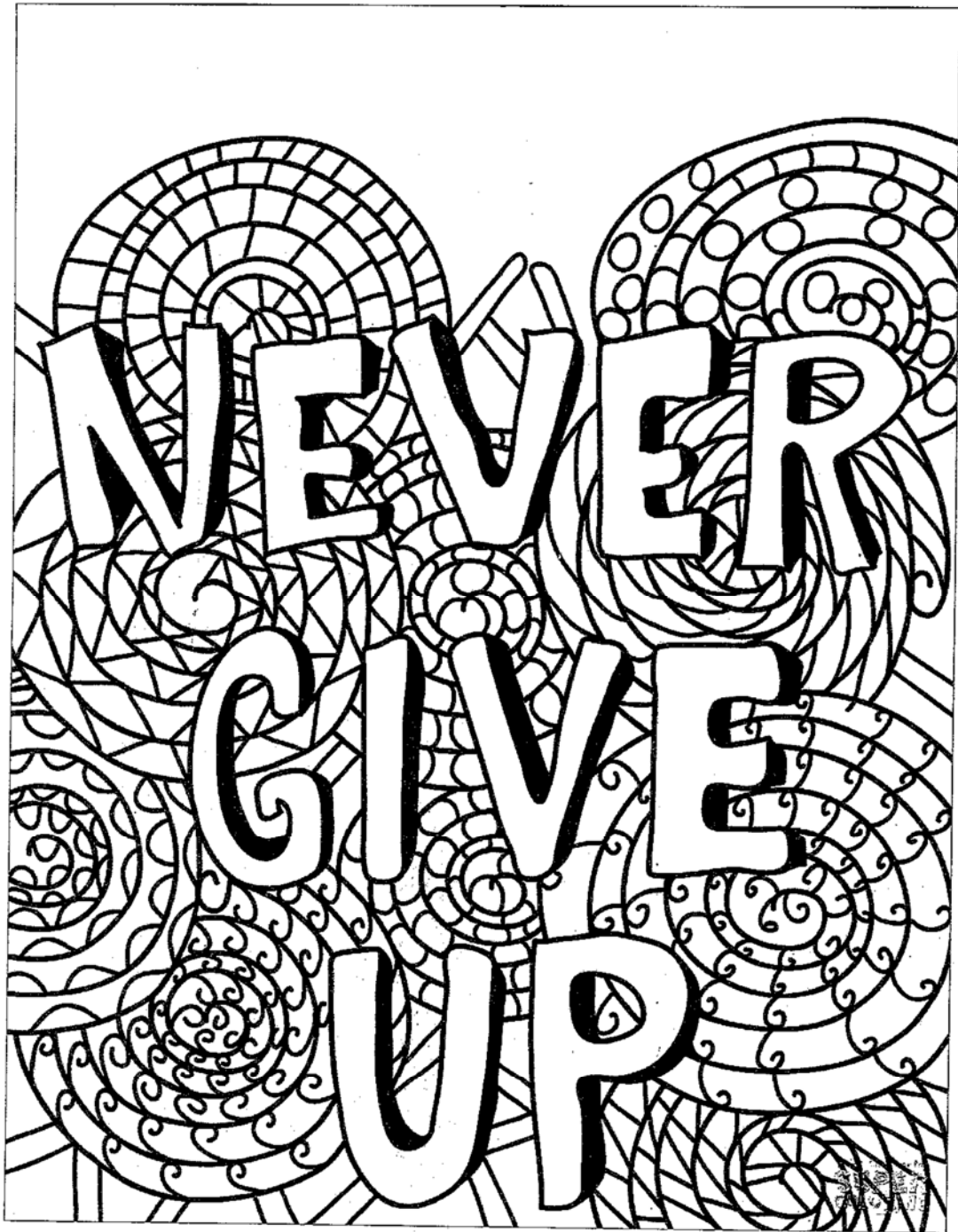
Cassie has worked at Gardenside for 2yrs. She currently lives in Lincoln with her husband, Bryan and son, Hudson along with their 2 Husky/Golden Retriever dogs. Cassie loves to bake/cook and describes it as “tasty but not pretty”. She is originally from Tecumseh (Jessica Borrenpohl, PA were in the same class from 1<sup>st</sup>-12<sup>th</sup> grades). Cassie completed her undergrad at K-State and her diabetic internship in Lincoln. She resided/worked in Kansas City before happily returning to NE in 2012.

## Go Big Red!

*Eileen Holiday, left, and Orville Weichel, right, get into the Go Big Red Spirit.*







## Social Services Corner:

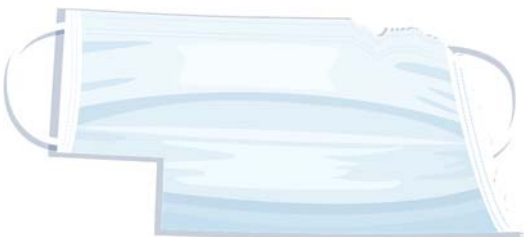
Every year the LTC Ombudsman honors residents living in all long-term care facilities. This year's theme emphasized connections to family, to friends, and to the community as an essential component of good health and quality of life for residents. The months of restrictions on visitation in long term care facilities and the inability of residents, families and friends to be together during the coronavirus pandemic has emphasized the importance of connection, of relationships and the impact they have on our well-being. It is important to stay engaged and active while visitation is limited and activities are changed to accommodate safe physical distancing. Please enjoy these individual activities located in your newsletter on behalf of your NE-LTC Ombudsman Program.

Sincerely,  
Penny Clark-State LTC Ombudsman



R E E R S L W A Z T P I S C C A  
E E F L P T U D N U N P D O O X  
C T S Q B T H E I D J Y N M U I  
B A V I O A T G E U P O E P R D  
P Y L N D S T P I A U C I A T L  
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**Stringing Cranberries**—Darlene Culp  
enjoys stringing cranberries for decorations.



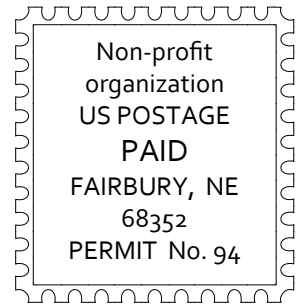
WE'RE IN THIS TOGETHER,  
**NEBRASKA**

Acceptable  
Autonomy  
Charity  
Clean  
Compassionate  
Consistent  
Courteous

Dignity  
Education  
Empowerment  
Freedom  
Independence  
New Friends  
Nursing

Privacy  
Relatives  
Religion  
Resident Council  
Respect  
Rights  
Therapy





CHANGE SERVICE REQUESTED

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*Photos Inside!*

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## Happy Birthdays!



Happy November-  
birthdays to Mick  
Melander and  
Lucille Roland.