

Holidays looked different, still celebrated

By Barb Schwisow
Day Activities Director

Hoping everyone was able to celebrate Christmas in some way with loved ones. COVID-19 did change many things this past year. Our residents missed being surrounded by family and friends this holiday season, as we are sure many of you did as well. We were fortunate that in early December, residents were able to join in small group activities outside their rooms. In late December we've been creative about adapting activities so that residents could do them in their rooms.

Here at Gardenside we tried to bring some joy this holiday season in familiar ways as well as new and different ways. We focused on more decorations outdoors that could be viewed from our residents' rooms. Our patios were decorated with beautiful light displays, some of which were donated by community members. Gardenside staff and the JCH&L Auxiliary purchased Christmas gifts for our residents, as they do each year. In addition, the fitness center staff hosted an angel tree for Gardenside residents. Members and staff from the fitness center selected names and purchased gifts for each of our residents so they would have additional gifts to open and would know others were thinking of them.

Gardenside activity staff also hosted cookie decorating, delivered many cards, decorated resident room doors and hosted outdoor entertainment and carolers by placing speakers in our hallways so residents could hear them.

Celebrating December birthdays were Orville Weichel, Dorothy Stewart and John Folkner. Birthday cake was served in rooms.

Activity director Barb baked each resident Christmas cookies to frost. Some residents were able to decorate their cookies in the dayroom. After tightened so that residents had to do activities in their rooms, cookies, a plastic knife, and 2 colors of frosting and two colors of sprinkles were placed on individual plates and taken to resident rooms to give each resident a chance to frost cookies. Each resident enjoyed the afternoon treat they created. Residents were also treated to homemade fudge from Barb, an annual treat.

Thank you to Heritage for uplifting the spirits of our residents with a mini Christmas parade that passed by residents' windows. Residents and parade participants exchanged waves and blew a few kisses.

Thanks to Paul Seibert for his outdoor Christmas music that was enjoyed down each hall thanks to speakers. Hands were clapping and toes were tapping. Thank goodness for warmer temps that day for our entertainer!

On Christmas morning, each resident received their Christmas gifts and Sara Huss (CNA) shared her piano talents with Christmas music down each hall, making Christmas even more special. Thank you, Sara!

We are encouraged as the COVID-19 vaccine is now available to nursing home residents and staff and we encourage community members to take the COVID vaccine when it is available to you so we can hopefully once again open our nursing home doors to visitors.



Jane Bakewell works on a gingerbread house.

Caroling



Zion Countryside Church and Cornerstone Church sang Christmas carols in the courtyard.

Admissions

- Willard Endorf, Dec. 1
- June Wendlandt, Dec. 11

Birthdays

- Roma Heitzenrader, Jan. 25
- Joyce Brantley, Jan. 30

Deaths

Our sympathy is with the family of one residents who passed away:

- Albina "Abby" Vacek, Nov. 30

COVID UPDATE

Check out our website for current information regarding visitation status and COVID!

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
JCHhealthandLife.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 would like to thank everyone who helped make the holiday season special. Residents want to thank everyone for your generosity!

🔔 Carolers from Zion Countryside Church and Cornerstone Church

🔔 Parade organized by Heritage Care Center

🔔 Door decorations from Hudsyn Rohr, Little Monchkins, Sabrina Wanamaker's class, and Presbyterian Church

🔔 Cards from Connie Schoube's art class

🔔 Bill Cummins and Jane Pretzer for outdoor decorations

🔔 Everyone who selected names from the Fitness Center angel tree

🔔 Treats from so many—many delivered without names of the giver.

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.

January 2021 Menu

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

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!

Decorating Christmas Cookies



Decorating cookies, clockwise from top left: Marcella Harper, Joyce Ude, Joan McKenzie, Lavon Mason, Beverly Leseberg, and June Wendlandt.

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!

Tara Hatfield, CNA/MA



Tara has worked at Gardenside for 7 years as a CNA/MA. She has a combined 21 years of experience working in healthcare with her most recent achievement of obtaining her Nursing Home Administrators license.

Tara is a mother of 2 captivating but completely different boys who are 16 & 14 years of age. Together they enjoy a wide range of hobbies such as fishing, archery, video games, watching basketball and reading/watching conspiracy theories.

Prior to COVID, Tara also enjoyed attending music concerts.

Kyle Warneke, PTA

JCH&L Sports Medicine and Rehab Services Physical Therapy Assistant



Kyle has worked in the JCH&L Sports Medicine and Rehab Services (Therapy Department) for 4 years as a Physical Therapy Assistant. He is married to his wife of 7 years and together they have a 6 and 3yr old sons. Kyle enjoys spending time with his family, gardening, hiking, disc golfing, wrestling and watching football. He's a big HUSKER fan!

Vaccine now available in for nursing home residents, staff

CMS partnered with national pharmacies to receive, store and administer the approved COVID-19 vaccine. Nebraska partnered with CVS and Walgreens pharmacies to provide the ultra-cold storage and administration of the vaccine to nursing homes across the state. Gardenside was fortunate to schedule one of the first clinics on Dec. 29, where staff and residents were able to receive the first of two vaccines.

The Pfizer vaccine requires 2 vaccines be administered approximately 21 days apart. CVS staff will return in January to complete the vaccination series for residents and staff who received the first round in December. Nursing Home residents and staff one of the state's priorities to be among the first to receive the vaccine. The vaccines are not yet available to the public. The CDC has not yet announced a date but it is expected that in the spring the vaccine will be made available to the public. We encourage everyone to take the vaccine when it becomes available to you. If you have questions about the safety of the vaccine we encourage you to visit with your physician

While CMS & CDC have not provided any guidance yet at this time, we anticipate that after completion of the second round of vaccine administration they will review the data and make changes to the current guidance for isolation of nursing home residents. It is anticipated that residents who have received the vaccine may have isolation precautions relaxed, allowing them to come out of their rooms for activities and meals. We are in hopes that guidance may ease restrictions on visitation, to allow for more relaxed visitation for family and friends if the resident **and** their visitor(s) have both received the vaccine. We will keep you posted as any of our guidance changes.



Quick Answers for Healthcare Professionals to Common Questions People May Ask About COVID-19 Vaccines

Please feel free to reach out if you have further questions or concerns that are not addressed on this form. We have infection preventionists, pharmacists and nurses on staff to assist families in making the best decisions for themselves and their loved ones. Feel free to call Deb Sutton RN or Laura DeBoer RN with your questions. Initial vaccination will only be offered during clinics scheduled by our Pharmacy Partner, individuals declining the vaccine initially will likely not have vaccine available until released for public use in spring. CMS has discussed possible changes in isolation/visitation requirements for individuals receiving the vaccine in the future, but no changes are being made at this time.

1) Should I get vaccinated for COVID-19?

I strongly recommend you get vaccinated. The vaccine will help protect you from getting COVID-19. If you still get infected after you get vaccinated, the vaccine may prevent serious illness. By getting vaccinated, you can also help protect people around you.

2) Can the vaccine give me COVID-19?

No. None of the COVID-19 vaccines currently authorized for use or in development in the United States use the live virus that causes COVID-19. However, it typically takes a few weeks for the body to build immunity after vaccination. That means it's possible you could be infected with the virus that causes COVID-19 just before or just after vaccination and get sick.

3) If I already had COVID-19 and recovered, do I still need to get vaccinated?

Yes. CDC recommends that you get vaccinated even if you have already had COVID-19, because you can catch it more than once. While you may have some short-term antibody protection after recovering from COVID-19, we don't know how long this protection will last.

4) Is it safe to get a COVID-19 vaccine if I have an underlying medical condition?

Yes. COVID-19 vaccination is especially important for people with underlying health problems like heart disease, lung disease, diabetes, and obesity. People with these conditions are more likely to get very sick from COVID-19.

5) Is it better to get natural immunity to COVID-19 rather than immunity from a vaccine?

No. While you may have some short-term antibody protection after recovering from COVID-19, we don't know how long this protection lasts. Vaccination is the best protection, and it is safe. People who get COVID-19 can have serious illnesses, and some have debilitating symptoms that persist for months

6) Will the shot hurt or make me sick?

There may be side effects, but they should go away within a few days. Possible side effects include a sore arm, headache, fever, or body aches. This does not mean you have COVID-19. Side effects are signs that the vaccine is working to build immunity.

If they don't go away in a week, or you have more serious symptoms, call your doctor. In rare cases, the Pfizer-BioNTech COVID-19 could cause a severe allergic reaction. This reaction would usually occur within a few minutes to one hour after getting the vaccine. Staff and residents

will be closely monitored for a full hour after receiving the vaccine. Trained medical professionals and additional supplies will be on site to aid in cares if necessary.



7) Are there long-term side effects from COVID-19 vaccine?

Because all COVID-19 vaccines are new, it will take more time and more people getting vaccinated to learn about very rare or possible long-term side effects. The good news is, at least 8 weeks' worth of safety data were gathered in the clinical trials for all the authorized vaccines, and it's unusual for vaccine side effects to appear more than 8 weeks after vaccination.

8) How do I know if COVID-19 vaccine is safe?

All COVID-19 vaccines were tested in clinical trials involving tens of thousands of people to make sure they meet safety standards and protect adults of different ages, races, and ethnicities. There were no serious safety concerns. CDC and the FDA will keep monitoring the vaccines to look for safety issues.

Getting 'Back to Normal' Is Going to Take **All of Our Tools**

If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces "back to normal" sooner:

Get vaccinated.



Wear a mask.



Stay 6 feet from others,
and avoid crowds.



Wash
hands often.



www.cdc.gov/coronavirus/vaccines

Christmas Gifts and Gingerbread Houses



Clockwise from top left:

*Gaylord Smith,
LaVon Mason,
Dorothy Reid,
Alice Stanton,
Bertha Friesen,
and Harold Endorf.*



A Christmas parade right by our windows

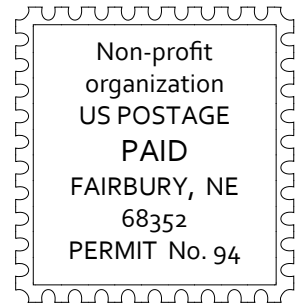


Heritage Care Center brought a holiday parade to Gardenside and came right to the windows of our residents. Thank you for the Christmas cheer!

Decorations



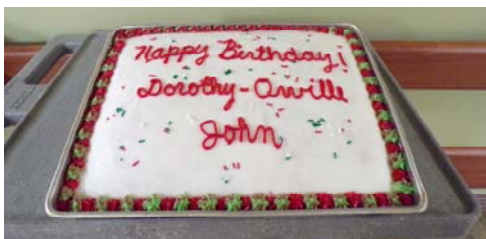
Many thanks to Don Barber who donated stained glass window decorations for us to share with residents, and Bill Cummins who donated an outdoor nativity we could display in our courtyard.



CHANGE SERVICE REQUESTED

Photos Inside!

Happy Birthdays!



December birthdays were celebrated by Dorothy Stewart, above; John Folkner, left; and Orville Weichel, not pictured.