

## Group Activities on the Rise Again

**By Nate Behrends**  
**Evening Activities Coordinator**

Hello April! Oh, how fast you arrived. March was full of music and activities again as Wayne is growing familiar with his new duties. Johny Ray Gomez started off the March madness. The return of Janet Jeffries followed by Tom Schuttes, their different styles kept the residents and staff hopping. Paul Ramp joined us for Gardenside's St. Patrick's Day party where green punch and various goodies were served up with jig. Then the really BIG SHOE Bill Chrastil rock and rolled the Garden with his renditions of Elvis, Roy, Buddy, Conway, Willie and yes, even Elmer Fudd. Mike McCracken finished out the month for entertainment.

Returning to a full day of activities this month has helped to raise a few more smiles. We are anxiously waiting the return of warmer weather for trips outside. Bus rides and van rides will be a big hit this spring and summer. Franzen's Fancy Nails has been a big success, as is our Bible study on Genesis. Bingo, always number 1, brought several out to win that big game. Crossword, Old Glory, Finish the Lines Everybody Knows all who play have fun. Craig Bontraeger comes two times a month for Aerobics with Craig. Thanks a MILLION, Craig.

March Birthdays were celebrated with Paul Ramp. Mary Endorf and Joan Mckenzie were the Birthday girls.

April is a big Birthday month with 7 celebrating. Cooking with Wayne and that other guy is greatly anticipated new activity for April. Exercise with Wayne to begin every other Wednesday morning. Fancy Franzen Nails will continue, with spa day possibilities on the horizon.



*(Continued on page 6)*



## **Admissions**

- None

## **Birthdays**

- Roger Junker, April 6
- Dorothy Reid, April 7
- Bertha Friesen, April 10
- Harold Endorf, April 17
- LaVon Mason, April 23
- Paul Prellwitz, April 27

## **Deaths**

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

- Darlene Culp, March 5

## **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 Coordinators

Wayne Franzen, Nate Behrends

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**

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## **Thank you!**

Thank you for the great care Mom received at Gardenside, and the wonderful plaque.

The family of Darlene Culp

To the JCH&L family,

Thank you to the staff at Gardenside for the wonderful loving care that you gave our mother for the last 10 months of her life, and to the Cedarwood staff for her care for the 7 months prior to that. God bless you all!

The family of Mary Harper

Sue Prochaska and family, Jean Kuzon and family, the family of Lynn Williamson

## **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.

# April 2021 Menu

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|--|--|---|--|---|--|--|
|  |  |   |  | <i>1</i><br>L: Chicken Parmesan Sandwich OR crispy pork steak<br><br>S: Steak fingers OR turkey club on croissant               | <i>2</i><br>L: Baked beef brisket OR breaded fish au gratin<br><br>S: Salmon patty OR creamed chipped beef | <i>3</i><br>L: Spagetti OR chef salad<br><br>S: Egg salad sandwich OR meatballs with gravy                 |
| <i>4</i><br>Easter Meals   | <i>5</i><br>L: Beef taco OR roast turkey<br><br>S: Tuna salad plate OR chicken lasagna   | <i>6</i><br>L: Baked pork chop OR grilled chicken<br><br>S: Grilled cheese sandwich OR scalloped potatoes with ham    | <i>7</i><br>L: Meatloaf OR peppered pork loin<br><br>S: Deli sandwich OR corned beef and Swiss on rye                              | <i>8</i><br>L: Barbecued chicken OR Salisbury steak<br><br>S: Breaded chicken on bun OR cinnamon French toast and sausage links | <i>9</i><br>L: Oven Fried chicken OR cheeseburger<br><br>S: Turkey club OR Polish Sausage on a bun         | <i>10</i><br>L: Roast Beef OR turkey noodle casserole<br><br>S: Chicken Tender Salad OR hot ham and cheese |
| <i>11</i><br>L: Pork roast OR Bacon wrapped chopped steak<br><br>S: Ham and bean soup OR Sloppy joe on a bun           | <i>12</i><br>L: Chicken breast with mushrooms or Oriental beef stir fry<br><br>S: Creamed chipped beef over toast OR Cranberry chicken salad | <i>13</i><br>L: Spagetti with meat sauce OR Pork steak supreme<br><br>S: Turkey sandwich OR Macaroni and cheese       | <i>14</i><br>L: BBQ Pork on bun OR Chicken Fried Steak<br><br>S: Chicken tenders OR Pan pizza                                      | <i>15</i><br>L: Beef tips with gravy OR turkey dressing casserole<br><br>S: Roast beef sandwich OR Fairbury hot dog with bun    | <i>16</i><br>L: Oven fried chicken OR tuna noodle casserole<br><br>S: Ham sandwich OR tater tot casserole  | <i>17</i><br>L: Green pepper steak OR baked glazed ham<br><br>S: Fisherman's sandwich OR Patty melt        |
| <i>18</i><br>L: Virginia turkey roast or glazed meatloaf<br><br>S: Philly cheesesteak sandwich OR chicken Caesar salad | <i>19</i><br>L: Cheeseburger deluxe OR breaded pork steak<br><br>S: Egg salad sandwich OR Kielbasa   | <i>20</i><br>L: Chicken cordon bleu OR braised beef tips<br><br>S: Scalloped potatoes with ham OR Roast beef sandwich | <i>21</i><br>L: Salisbury steak OR chef salad<br><br>S: Tuna salad sandwich OR sloppy joe  | <i>22</i><br>L: BBQ ribette OR Chicken burrito pie<br><br>S: Creamed turkey OR grilled cheese sandwich                          | <i>23</i><br>L: Beer batter fish OR baked ham<br><br>S: Hot roast beef and swiss OR chicken cobb salad     | <i>24</i><br>L: herb baked chicken OR bbq beef on bun<br><br>S: Tater tot casserole OR fried shrimp        |
| <i>25</i><br>L: Roast beef OR roast turkey<br><br>S: Egg sausage bake OR Pork fritter                                  | <i>26</i><br>L: Peppered pork loin OR honey glazed meatballs<br><br>S: Goulash OR ham and cheese sandwich                                    | <i>27</i><br>L: Roast turkey OR chuckwagon steak<br><br>S: Chicken salad croissant OR egg and cheese sandwich         | <i>28</i><br>L: Mushroom chopped steak OR chicken and dumplings<br><br>S: Macaroni and cheese bake or Corned beef and Swiss on rye | <i>29</i><br>L: Brown sugar glazed ham OR cheeseburger deluxe<br><br>S: Pancakes and sausage links OR hot pork sandwich         | <i>30</i><br>L: Lasagna or Polish sausage<br><br>S: Seasoned tilapia OR BLT 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.) Guest meals are not billed to resident rooms. Thank you!

# APRIL 2021



|  | Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday                |
|--|---|---|--|---|--|---|-------------------------|
| 28   |   |   |  | 31  | 1  | 2   | 3                       |
| Church<br>8:30 Grace Radio<br>1310<br>10:00 Channel 31.1 | 10:00 Fancy<br>Franzen's Nails<br>2:00 Cooking with<br>Wayne and Nate<br>6:45 Crossword | 10:00 Finish the Lines<br>2:00 Bible Study<br>6:45 Bible Jingo<br><b>Roger Junker BD</b>    | 10:30 Craig<br>Aerobics<br>2:00 Sing Along<br>6:45 Bus Rides<br><b>Dorothy Reid BD</b> | 2:00 Current Events<br>6:45 Everybody<br>Knows                            | 10:00 Old Glory<br>3pm Cheng's   | Watch TV<br>Write a Letter  |                         |
| 4  | 5   | 6   | 7  | 8   | 9  | 10  |                         |
| Church<br>8:30 Grace Radio<br>1310<br>10:00 Channel 31.1 | 10:00 Fancy<br>Franzen's Nails<br>2:00 Cooking with<br>Wayne and Nate<br>6:45 Crossword | 10:00 Old Glory<br>2:00 Bible Study<br>6:45 T.V. Games                                      | 10:00 Exercise with<br>Wayne<br>2:00 Virtual Tour<br>6:45 I Love<br>America Jingo      | 2:00 Current Events<br>6:45 Finish the Lyrics<br>social<br>6:45 bus rides | 10:00 Exercise with<br>Wayne<br>2:00 ice cream<br>social<br>6:45 bus rides                   | Go Outside<br>Call a Friend!<br><b>Bertha Freisen BD,</b><br><b>Willard Endorf BD</b> |                         |
| 11   | 12  | 13  | 14   | 15  | 16   | 17  |                         |
| Church<br>8:30 Grace Radio<br>1310<br>10:00 Channel 31.1 | 10:00 Fancy<br>Franzen's Nails<br>2:00 Cooking with<br>Wayne and Nate<br>6:45 Crossword | 10:00 Old Glory<br>2:00 Bible Study<br>6:45 T.V. Games                                      | 10:00 Exercise with<br>Wayne<br>2:00 Virtual Tour<br>6:45 I Love<br>America Jingo      | 2:00 Current Events<br>6:45 Finish the Lines                              | 10:00 Van Rides<br>2:00 BINGO<br>6:45 Bus or Van<br>Rides                                    | Work on a puzzle<br>Enjoy the Outside<br>Weather!                                     | <b>Harold Endorf BD</b> |
| 18   | 19  | 20  | 21   | 22  | 23   | 24  |                         |
| Church<br>8:30 Grace Radio<br>1310<br>10:00 Channel 31.1 | 10:00 Fancy<br>Franzen's Nails<br>2:00 Cooking with<br>Wayne and Nate<br>6:45 Van Rides | 10:00 Exercise with<br>Wayne<br>2:00 Bible Study<br>6:45 Crossword                          | 10:30 Aerobics<br>with Craig<br>2:00 Birthday Party!<br>6:45 Van Rides                 | 2:00 Current Events<br>6:45 Nature Jingo                                  | <b>Lavon Mason BD</b><br>10:00 Finish the<br>Lines<br>2:00 BINGO<br>6:45 Bus or Van<br>Rides | Write a Letter<br>Phone a Friend!   |                         |
| 25   | 26  | 27  | 28   | 29  | 30   | 31  |                         |
| Church<br>8:30 Grace Radio<br>1310<br>10:00 Channel 31.1 | 10:00 Van Rides<br>2:00 Cooking with<br>Wayne and Nate<br>6:45 Five Senses              | <b>Paul Preilwitz BD</b><br>10:00 Finish the<br>Lines<br>2:00 Bible Study<br>6:45 Crossword | 10:00 Exercise with<br>Wayne<br>2:00 BINGO<br>6:45 T.V. Games                          | 2:00 Current Events<br>6:45 Everybody<br>Knows                            | 10:00 Jingo<br>3:00 Rick Clarence<br>6:45 Bus or Van Ride                                    |   | 1                       |

# 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!

## Amber Brunow, Infection Preventionist



I grew up in Hebron, Nebraska and graduated from the Medical Laboratory Technician Program at Mid Plains Community College in 2015. After graduation, my husband and I decided to move back home and settle down closer to family. My husband grew up in Fairbury, and his grandfather insisted I apply at JCH&L. I chose to transition from lab to Infection Prevention in 2018, and have been working as the campus Infection Preventionist ever since (6 years total). I do have a background as a CNA in long term care facilities, so I was happy to get back in touch with those roots. I am very family oriented and spend any free time I can get with my husband and 2-year-old daughter. My family enjoys being outdoors and taking long walks on the Little Blue sand bars looking for Native American artifacts.

## Stephanie DeFrain, Nutrition Services Assistant



Stephanie has worked for JCHL Dietary Department for 6+ years. She has been married to her husband Gregg for almost 25 years. Gregg works for the City Water Works taking care of the community drinking water. The couple has 2 daughters: Nichole who works as a CNA and Mackenzie who is currently a senior in high school. When not at work, Stephanie enjoys camping, fishing, and just being outdoors.

## "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.**

# Group Activities

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*(Continued from page 1)*

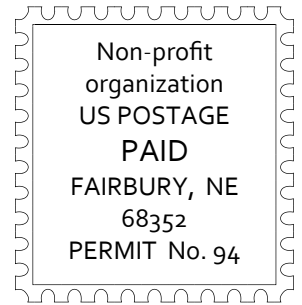
The Chungs will return for an Easter program on Good Friday, then Shawn Cole the 1 man band will entertain. The Garden will end the month with Rick Clarence. The new additions to our never 2 late machine adding to individual players will be a great big boost to the activities department on a one on one and group activity basis. Thanks to their staff for working diligently with us.

The rules for visits are changing so please call and ask to see your loved ones. Gardenside wishes you all Peace and as always Good Journey, and wave if you see us driving by.

## Happy Rock 4-H Club Donates Bunny Tray Favors







CHANGE SERVICE REQUESTED

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*Photos Inside!*

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## Happy Birthdays!



*Happy birthday to — left,*