

April brings Easter, spring activities—and snow!

By Nate Behrends
Evening Activities Coordinator

April showers did not mean just rain this year as we received a snowstorm on top of some rain. Great for the crops our farmers said puts nitrogen in the soil good for May flowers. April was full of activities as we had the Chengs here on Good Friday performing some Easter music. Shawn Cole performed for the April Birthday Party as we celebrated seven April Birthdays. Rick Clarence ended up the month for entertainment. Bingo remained the big draw for the month! Franzen Fancy Nails is a big hit with the ladies featuring the talents of Wayne and his nail polish cart. Bible study, Exercise, crosswords, Everybody Knows and other word games. Van and Bus rides were taken when weather was good and will be a great morning and evening activity as the weather grows warmer.



LaVon Mason shows the Easter egg she colored.

As we move into May we will be celebrating Nursing home week May 9 –14, with many different activities following the theme “Together through the Seasons.” We will be featuring favorite activities from each season of the year. Mother's Day we will have flowers for all our ladies. On Monday we will start off with winter festivities such as an indoor snowball fight, a hot chocolate bar, and a soup supper meal in the evening. Tuesday is spring and Linda Collins

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Hugs



Melody York and Wayne Franzen share a hug.

Admissions

- Viola Johnson, April 26
- Sheryl Grobe, April 27
- Martha Drake, April 29

Birthdays

- Beverly Leseberg — May 15
- Carol Hart — May 23

Deaths

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

- Carol Thompson, April 18

COVID UPDATE

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

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—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: wayne.franzen@JCHealthandLife.org

Website: JCHealthandLife.org

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or unsubscribe, write: Gardenside News, P.O. Box 277, Fairbury, NE 68352, call Lana Likens at 402-729-6855, or email lane.likens@jchealthandlife.org.

Time to think about closets again

As the season changes to spring, it would be a great time to consider what clothing items are in your loved one's closet.

Due to the pandemic, we ask that families call our social services office to discuss some options for changing out clothing items to spring items from the winter wardrobe. You may reach Raven or Amy directly at 402-729-6849.

Please leave a message if we are not available, and we will call you back. Thank you for your help!



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.

May 2021 Activities

S	M	T	W	T	F	S
						<p><i>1</i></p> <p>May Day</p>
<p><i>2</i></p> <p>Church - radio and TV</p>	<p><i>3</i></p> <p>10:00 AM Fancy Nails</p> <p>2:00 PM Working on Derby Hats</p> <p>6:45 PM Rides</p>	<p><i>4</i></p> <p>10:00 AM Van rides</p> <p>2:00 PM Bible study</p> <p>6:45 PM Crossword</p>	<p><i>5</i></p> <p>10:30 AM Aerobics with Craig</p> <p>2:00 PM work on Derby hats</p> <p>6:45 PM Everybody Knows</p>	<p><i>6</i></p> <p>2:00 PM Current events</p> <p>6:45 PM Rides</p>	<p><i>7</i></p> <p>2:00 PM Bingo</p> <p>6:45 PM Finish the Lines</p>	<p><i>8</i></p> <p>Work on a puzzle</p>
<p><i>9</i></p> <p>Church - radio and TV</p>	<p><i>10</i></p> <p>10:00 AM Fancy Nails</p> <p>Winter activity</p>	<p><i>11</i></p> <p>Horse racing</p> <p>Planting with Linda</p>	<p><i>12</i></p> <p>10:30 AM Aerobics with Craig</p> <p>Shawn Cole entertains</p>	<p><i>13</i></p> <p>Bread making</p> <p>Pep rally</p>	<p><i>14</i></p> <p>Grilled lunch</p> <p>Yesterday's Lady</p>	<p><i>15</i></p> <p>Phone a friend</p>
Nursing Home Week						
<p><i>16</i></p> <p>Church - radio and TV</p>	<p><i>17</i></p> <p>10:00 AM Fancy Nails</p> <p>10:00 AM Resident Council</p> <p>2:00 PM Cooking with Wayne and Nate</p> <p>6:45 PM Crossword</p>	<p><i>18</i></p> <p>10:00 AM Van rides</p> <p>2:00 PM Bible study</p> <p>6:45 PM Rides</p>	<p><i>19</i></p> <p>10:30 AM Aerobics with Craig</p> <p>2:00 PM Birthday party</p> <p>6:45 PM Jingo</p>	<p><i>20</i></p> <p>2:00 PM Current events</p> <p>6:45 PM Rides</p>	<p><i>21</i></p> <p>2:00 PM Bingo</p> <p>6:45 PM Everybody knows</p>	<p><i>22</i></p> <p>Work on a puzzle</p>
<p><i>23</i></p> <p>Church - radio and TV</p>	<p><i>24</i></p> <p>10:00 AM Fancy Nails</p> <p>2:00 PM Cooking</p> <p>6:45 PM Rides</p>	<p><i>25</i></p> <p>10:00 AM Van rides</p> <p>2:00 PM Bible Study</p> <p>6:45 PM Jingo</p>	<p><i>26</i></p> <p>10:30 AM Exercise with Wayne</p> <p>2:00 PM Dave Hunt</p> <p>6:45 PM Old Glory</p>	<p><i>27</i></p> <p>2:00 PM Current events</p> <p>6:45 PM Rides</p>	<p><i>28</i></p> <p>Bingo</p> <p>Crossword</p>	<p><i>29</i></p> <p>Go outside</p>
<p><i>30</i></p> <p>Church - radio and TV</p>	<p><i>31</i></p> <p>Memorial Day</p>					

May 2021

Menu

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

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!



Kristynn Brant, Night Shift-CNA

Kristynn has worked at Gardenside for 7+ years and loves the Gardenside and caring and loving all the residents. She grew up in Western, NE and attended Tri-County Public schools graduating in 2016. She currently resides in Fairbury with her boyfriend and her 2 spoiled rotten dogs (Zeus & Freya). When not at work, she enjoys spending time with friends/family, cooking, attending concerts, camping, fishing and late night drives.

Guidelines for Visitation at Gardenside at this time:

- Visits by family, friends and clergy are allowed for any resident not currently in quarantine.
- All visits must be scheduled at least **24 hours** in advance using SignUp Genius (see instructions on attached page)
- All visitors will be screened for temperature, symptoms of COVID or potential exposures prior to being allowed entry into Gardenside. Individuals not passing the screening will **NOT** be allowed entry.
- Hand hygiene will be performed upon entry, as needed, and upon leaving
- Outdoor visits are always preferred over indoor visits if weather allows and if tolerated by our residents.
- Visitors must remain masked for ENTIRE visit.** Since young children typically have difficulty properly wearing a mask for extended periods of time, children under the age of 6 cannot schedule a visit without prior approval from the Administrator or Director of Nursing Services.
- Visits will be limited to 1 hour each, with no more than 2 visitors per resident per visit.
- There is no eating or drinking during visits. If you bring treats for a resident, the nursing staff will assist by taking them and provide them to the resident after the visit.
- 6 foot distancing should be maintained throughout the visit.

Guidelines for family requests to take a resident out of the facility will be considered upon a case-by-case basis with the following guidelines:

- Outings with family will only be considered for fully vaccinated residents.
- Request must be made at least 48 hours in advance Monday-Thursday and determination will be made by the leadership team for additional monitoring upon return, based upon risk level of exposure.
- Family must provide details of event to staff
- Gardenside team will consider level of risk involved with the request for family outing and will provide determination for additional precautions to resident and family prior to anticipated outing:
 - Low-risk outing – resident will be allowed to return to room without quarantine or testing (i.e. physician visit, car ride without stops, etc.)
 - Moderate-risk outing – resident will be allowed to return to room without quarantine but will be tested for COVID-19 twice weekly for 2 weeks following outing (small gathering with controlled attendance and full mask use)
 - High-risk outing – resident will be re-admitted into a private room for quarantine for 14 days, at private room rates, and resident will be tested prior to discontinuation of isolation (public event, dining, shopping, etc.)

If you have questions regarding scheduling a visit or an outing please contact the staff listed:

Deb Sutton RN- Administrator @402-729-6843 -or-

Laura DeBoer RN- Director of Nursing Services @402-587-5228 -or-

Raven Gerths- Social Services Coordinator @402-729-6849

April brings activities

(Continued from page 1)

will give a planting expo in the courtyards to kick off our flower gardens. Then its off to the track for Derby Day we will be rocking the races with derby hats decorated by staff and residents and stick horse races for all the staff, I am sure a few laughs will be had by our residents as they watch them. We will be serving slushy margarita punch and finger foods fitting the derby. Wednesday we will celebrate Summer with summer games such as cornhole, horseshoes ect., residents will make baggie ice cream and we will be serving homemade ice cream, all the favorite toppings as Shawn Cole returns to entertain us. Thursday, we see the return of Fall with a discussion led by Lisa Edeal about canning complete with samples for the residents to taste. Homemade bread will be made by Sandy Bauer, and served up with home canned toppings . Friday Fall will continue with Dr Kline barbecuing lunch for our residents and staff with Deb. Staff will finish off the meal by bringing in the residents' favorite picnic foods for them to enjoy. Yesterday's Lady will bring her unique talents to entertain in the afternoon.

Directions for SignUp Genius

SignUp Genius must be used for all visits. Here's how to access it:

1. Go to jchealthandlife.org website
2. Top bar on right side, hover over locations and click on Gardenside
3. Once on the Gardenside page, on the right hand side of the page click on "click here to use SignUp Genius"
4. Gardenside SignUp Genius site will open (save this site on your computer so you do not have to go to the JCH&L website for future visits)
5. Look for the date/time you would like to visit and click white "Sign Up" box then click green "Submit and Sign Up" box at the bottom of the page (remember the dates/times lock 24 hours prior to the date/time selected so if there is a Lock symbol in the white Sign Up box that time is already locked out).
6. A new window will open and ask for the name of the resident you are visiting, your first and last name, your email and phone number. You must respond to each of the questions asked then click the green "Sign Up Now" box at the bottom of the page.
7. After you have signed up for your visit, an email will be sent to the email address you listed to confirm your appointment and to give you the instructions for your visit.

Coloring Easter Eggs



Showing their colored eggs are, left, Beverly Leseberg; and right, Lela Bauer.

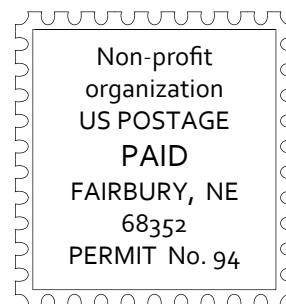
IN2L adds new tools!

Thanks to grants from the Nebraska Community Foundation, Diller Community Foundation, Fairbury Community Foundation and Jefferson Health Care Fund, we have upgraded our IN2L system and added more tools! We now have two tablets available for our residents to use. The tablets even allow video calls!

A family member will need a Smart Phone in order to video chat with residents, and they must be set up in the system ahead of time. Please contact the Activities Department at 402-729-6848 if you are interested in more details on the video chat!

Watch for more information on enhanced capabilities of the IN2L system in the future!





CHANGE SERVICE REQUESTED

Photos Inside!

Happy Birthdays!



Happy birthday to, from left: Willard Endorf, Bertha Friesen, Paul Prellwitz, Dorothy Reid, LaVon Mason, and Roger Junker. Not pictured, Harold Endorf.