

Residents Have Many January Activities

By Nate Behrends
Evening Activity Coordinator

As we entered 2022 a quote from Ralph Abernathy rings true: "I don't know what my future holds, but I know who holds my future." January brought a new hope, a rekindling of the soul so to speak here at Gardenside, where we strove diligently to bring more different activities to our residents.

The ladies worked on Valentines cards. They made the cards, adding a coloring page a piece of candy and of course love to each card. The ladies sent 170 handmade loved filled cards to 4 nursing homes throughout the state of Nebraska.

Several games throughout the month were played, including: Bingo, Flickin Chicken (a huge laugh), Everybody Knows, Trivia, Ring Toss Bowling, Frog Pond, Giant Ring Toss, Jingo (which has many different versions) and Old Glory.

A few bus rides to see Christmas lights were given in December and a few van rides in January. On one such van ride with a couple of men from Gardenside, 9 Bald Eagles were spotted throughout the trip mainly north of western. The men enjoyed watching them.

A Birthday Party was held for Jody Brantley and Roma Heitzenrader, Roma turned 100 years young on this milestone birthday. The Chengs performed their always amazing piano and violin duet. How they can weave a story without words. Cake and ice cream were served.

As we move ahead into February, we anxiously await Phil's answer to that burning question. When he springs forth from his underground home in Punxsutawney he will either declare 6 more weeks of winter or an early spring. On Valentine's day we will be once again crowning a Gardenside King and Queen. Stay tuned next month for results on both.

Many changes as the months speed by. Our staff help the residents roll through them like Rock Stars. From all at Gardenside, thank you from the bottom of our hearts for your continuous support and understanding through these changes. We also hope that the new year finds you well and know you are all loved and appreciated. Until next time.



Making cards — Beverly Leseberg, Lela Bauer, Jane Bakewell and Joan McKenzie work on Valentine cards which will be shared with other

Eagles Spotted



Residents were excited to count 9 bald Eagles on a bus trip north of Fairbury.

Admissions

- Eldon Wasserman, Dec. 30
- Ella Schafer, Jan. 6
- James Williams, Jan. 11

Birthdays

- James Williams, Feb. 5
- Gaylord Smith, Feb. 10
- Lela Bauer, Feb. 17

Deaths

Gardenside was saddened by the death of one resident in the past month. Our sympathy is with the family of:

- Orville Weichel, Jan. 23

Facetime and Skype

Please schedule calls ahead of time to ensure staff availability to assist. To schedule a time, call (402) 729- 5220 (press 1 at the prompt).

Our Team to Serve You

Chief Executive Officer & Administrator

Burke Kline, DHA

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.

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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, call Lana Likens at 402-729-6855, or email lane.likens@jchhealthandlife.org.

COVID Precautions

An uptick in positive tests among Gardenside's staff and residents in January meant we went into the Modified Yellow Zone. Residents have been eating in their rooms, residents and staff are being tested twice a week, and residents could be out of their rooms if masked and participating in distanced activities. Residents with positive COVID tests have been placed in red zone for closer monitoring and remained in their room/zone for 10 days until symptoms resolved. Those with positive results are experiencing mild cold symptoms.

Readers might notice that in some photos residents are masked and in others they are not. Prior to the need to go into Modified Yellow Zone, residents were able to be out of their room without masks.

Thank you from family of John Folkner

Thank you for the lovely plaque and holder given to us in memory of John Howard Folkner. We appreciated the 10 years of love and care given to him. We ask the Lord to bless each of you in a very special way!

Lori Phelps and Jan Troxel

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.

February 2022

Activities

S	M	T	W	T	F	S
Happy Birthday to: James Williams, Feb. 5 Gaylord Smith, Feb. 10 Lela Bauer, Feb. 17		1 10:00 AM Church service 2:00 PM Frog pond 6:45 PM Jingo	2 10:30 AM Aerobics with Jen 2:00 PM Hit the Ground Hog 6:45 PM Trivia	3 2:00 PM Current events 6:45 PM Flickin' Chicken	4 10:00 AM Fancy Nails 2:00 PM Cooking with Wayne and Nate 6:45 PM Word games	5 Call a family member
6 Church - TV, radio	7 10:00 AM Bowling 2:00 PM Horse Racing 6:45 PM Go Fish	8 10:00 AM Church service 2:00 PM Bingo 6:45 PM Crossword	9 10:00 AM Balloon tennis 2:00 PM Van/Bus ride 6:45 PM Word games	10 2:00 PM Current events 6:45 PM Jingo	11 10:00 AM Fancy Nails 2:00 PM Cooking with Wayne and Nate 6:45 PM Tic Tac Toe	12 Share a story with a friend
13 Church - TV, radio	14 10:00 AM Kickball 2:00 PM Valentine's Day party 6:45 PM Trivia	15 10:00 AM Church service 2:00 PM Go Fish 6:45 PM Jingo	16 10:30 AM Aerobics with Jen 2:00 PM Bingo 6:45 PM Crossword	17 2:00 PM Current events 6:45 PM Frog Pond	18 10:00 AM Fancy Nails 6:45 PM Word games 6:45 PM Word games	19 Read the Bible with a group
20 Church - TV, radio	21 10:00 AM Kickball 2:00 PM Ring Bowling 6:45 PM Word games	22 10:00 AM Church service 2:00 PM Bingo 6:45 PM Giant Ring Toss	23 10:00 AM Balloon tennis 2:00 PM Birthday party 6:45 PM Trivia	24 2:00 PM Current events 6:45 PM Crossword	25 10:00 AM Fancy Nails 2:00 PM Van/bus ride	26 Listen to music
27 Church - TV, radio	28 10:00 AM Bus ride 6:45 PM Crossword 6:45 PM Flickin' Chicken					

February 2022

Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>1</i> L: Chili S: Breaded chicken patty	<i>2</i> L: Sirloin tips with peppers and onions S: Chicken Broccoli Bake	<i>3</i> L: Chicken tenders S: Ham and bean soup	<i>4</i> L: Breaded baked cod S: Hot roast beef and swiss sandwich	<i>5</i> L: Chuckwagon steak S: Hot turkey sandwich
<i>6</i> L: Oven fried chicken S: Ham sandwich	<i>7</i> L: Beef stew S: Beer batter fish	<i>8</i> L: Roast turkey S: Chicken and dumplings	<i>9</i> L: Crispy or soft beef taco S: Lasagna	<i>10</i> L: Chili S: Turkey tetrazzini	<i>11</i> L: Fried shrimp S: Egg bake, sausage and waffle	<i>12</i> L: Roast Beef S: Meatballs
<i>13</i> L: Chicken fritters S: Hamburger or turkey sandwich	<i>14</i> L: Spaghetti with meat sauce S: Sausage pizza	<i>15</i> L: Roast turkey S: Fairbury Brand hotdog	<i>16</i> L: Crispy ranch chicken S: Tuna melt	<i>17</i> L: Oven fried chicken S: Chicken tenders	<i>18</i> L: Swedish meatballs S: Creamed turkey and biscuit	<i>19</i> L: Sloppy joe S: BBQ ribettes
<i>20</i> L: Pot roast S: Ham and bean soup	<i>21</i> L: Smothered steak with onions S: Chicken Parmesan	<i>22</i> L: Liver and onions S: Smoked Sausage	<i>23</i> L: Beef stroganoff with noodles S: Chili	<i>24</i> L: Baked ham S: Chicken fried chicken	<i>25</i> L: Breaded fish au gratin S: Turkey tetrazzini	<i>26</i> Lunch: Meatloaf S: Fish Sticks
<i>27</i> L: Chicken fried steak S: Chicken tenders	<i>28</i> L: Ham loaf S: Egg bake, sausage link and french toast					

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!

Social Services Corner:

January is Mental Wellness Month. This month highlights the importance of having effective coping

strategies while being proactive of our mental well-being before issues arise. Mental well-being helps each of us focus on improving our resiliency while taking small steps to gain control over our feelings and behavior. Some helpful tips to enhance our mental wellness is to get plenty of sleep, eat well, learn a new skill, exercise, and ask for help when you need it.



Making Valentine Cards to Share

Residents Joan McKenzie, Lela Bauer, and Beverly Leseberg make Valentine cards. These will be shared with other nursing homes in the state of Nebraska.



Residents enjoy balloon tennis

At right, Bertha Friesen, Dorothy Stewart and Joan McKenzie enjoy a game of balloon tennis.

Below, left, Marvin Saathoff prepares to send off a balloon, and right Donna Starr is ready for the balloon coming in.

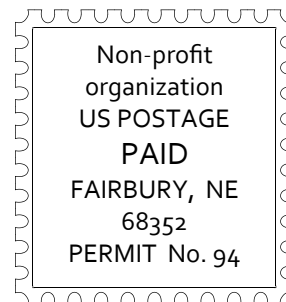


Enjoying some pampering



Day activity coordinator Wayne Franzen pampered Lillian Adams, above, and Dorothy Reid, at left, with "Fancy Nails."

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CHANGE SERVICE REQUESTED

Photos Inside!

Happy Birthdays!



Happy January birthdays—

Roma Heitzenrader (who turned 100 years young) and Jody Brantley celebrated in January.