

Residents Looking Forward to Spring

By Nate Behrends
Evening Activity Coordinator

As February ends, we say goodbye to the Groundhog Punxutawney Phil for another year. Anxiously we await spring, which according to the groundhog's prediction of 6 more weeks of winter is still at least 3 weeks away as of this newsletter printing. Groundhog Day was fun here at Gardenside as we played groundhog trivia, and a rousing game of hit the groundhog.

Valentine's day was up next. We sent out almost 200 Valentine's cards handmade by Gardenside residents, going to 4 different nursing homes throughout the state. The ladies were happy to receive a Thank You card back with the names of those hearts that they had touched.



King Virgil Wasserman and Queen Melody York celebrated their crowning as Valentine's Day royalty with cupcakes and punch. There was much fun and laughter. "Oh, this was so much fun," exclaimed one of the members of the royal court. Thanks to all who helped. We thank Cedarwood for the Royal Crowns, Kayla Garst for the fabulous cupcakes, Raven and Amy for all their help, and of course, all our wonderful staff. Kudos to for all you do.

Valentine King and Queen—Virgil Wasserman and Melody York were crowned King and Queen on Valentine's Day 2022.

Many games filled the days and evenings here at Gardenside. Bingo, many different Jingo games, Finish the lines, Finish the lyric, crossword, frog pond, and of course chicken flickin', filled the dayroom with laughter. We even enjoyed popcorn while watching Clifford the Big Red Dog. The unseasonable warm days allowed for a few van rides through Crystal Springs, where many Geese from Canada were visiting. We also saw a couple of Pelicans which have taken up residence here, possibly due to injury. We journeyed to the Kumpf pumpkin patch and petting zoo and, of course, the talking donkey was also on our visit itinerary.

Lela Bauer and Gaylord Smith celebrated birthdays this month. Cake and ice cream were served and games were played.

As March approaches like a lion, we look forward to warmer weather for more trips. We are working on a fantastic party for St. Patrick's Day including kraut, brats and green beer, and some kolaches.

We bid you all a fair adieu and till next time, may peace be with you.

Sharing Kindness



Joan McKenzie enjoys reading the photos and kindness quotes shared by students of Preschool Learning Center for Random Acts of Kindness Week.

Admissions

- No new admissions as of 2/21

Birthdays

- Mary Endorf, March 9
- Joan McKenzie, March 10

Return Home/Transfer

- ♦ Ella Schafer, Feb. 11

Deaths

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

- James Williams, Jan. 31
- Marvin Saathoff, Feb. 5

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

Thank yous

Thank you to Preschool Learning Center for the Random Acts of Kindness poster. Our staff and residents loved it! (See above, left.)

Thank you for the beautiful plaque. It means so much to me. Thank you also for all the loving care for Jim. You made me feel comfortable leaving him there in such good hands.

Betty Williams

Gardenside long-term care-

Thank you very much for the Valentines you sent for our residents. We appreciate your kindness. Cherry Hills Estates, Valentine, NE (This was signed by the activity director and many residents)

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.

MARCH 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2	3	4	5
Church Radio/T.V.	10:00 Fancy Nails 2:00 Cooking Class 6:45 Old Glory	10:00 Fancy Nails 2:00 Mardi Gras Party! 6:45 JINGO	10:30 Wheelchair Aerobics 2:00 Van/Bus Ride 6:45 Word Games	2:00 Current Events 6:45 Giant Ring Toss	10:00 Bowling 2:00 Cooking with Wayne 6:45 Crossword	Call a Family Member!
6	7	8	9	10	11	12
Church Radio/T.V.	10:00 Fancy Nails 2:00 Cooking Class 6:45 Old Glory	10:00 Church Service 2:00 Van/Bus Ride 6:45 Work on St. Patrick's Day Cards	10:00 Balloon Tennis 2:00 BINGO 6:45 Crossword	2:00 Current Events 6:45 JINGO	10:00 One on Ones 2:00 Cooking with Wayne 6:45 Word Games	Share a Story with a Friend!
13	14	15	16	17	18	19
Church Radio/T.V.	10:00 Kickball 2:00 Chorus 6:45 Ring Toss	10:00 Church Service 2:00 Cooking Class 6:45 JINGO	10:30 Wheelchair Aerobics 2:00 BINGO 6:45 Word Games	2:00 St. Patrick's Day Party! 6:45 Frog Pong	10:00 Bus Ride 2:00 Current Events 6:45 Crossword	Read a Bible Verse!
20	21	22	23	24	25	26
Church Radio/T.V.	10:00 Fancy Nails 2:00 Cooking with Wayne 6:45 Crossword	10:00 Church Service 2:00 BIRTHDAY PARTY! 6:45 JINGO	10:00 Balloon Tennis 2:00 BINGO 6:45 Word Games	2:00 Current Events 6:45 Ring Toss	10:00 One on Ones 2:00 Van/Bus Ride 6:45 Old Glory	Listen to Music!
27	28	29	30	31	1	2
Church Radio/T.V.	10:00 Kickball 2:00 Cooking with Wayne 6:45 Make Easter Cards	10:00 Church Service 2:00 Easter Cards 6:45 Crossword	10:30 Wheelchair Aerobics 2:00 Movie 6:45 Word Games	2:00 Current Events 6:45 Easter Cards		



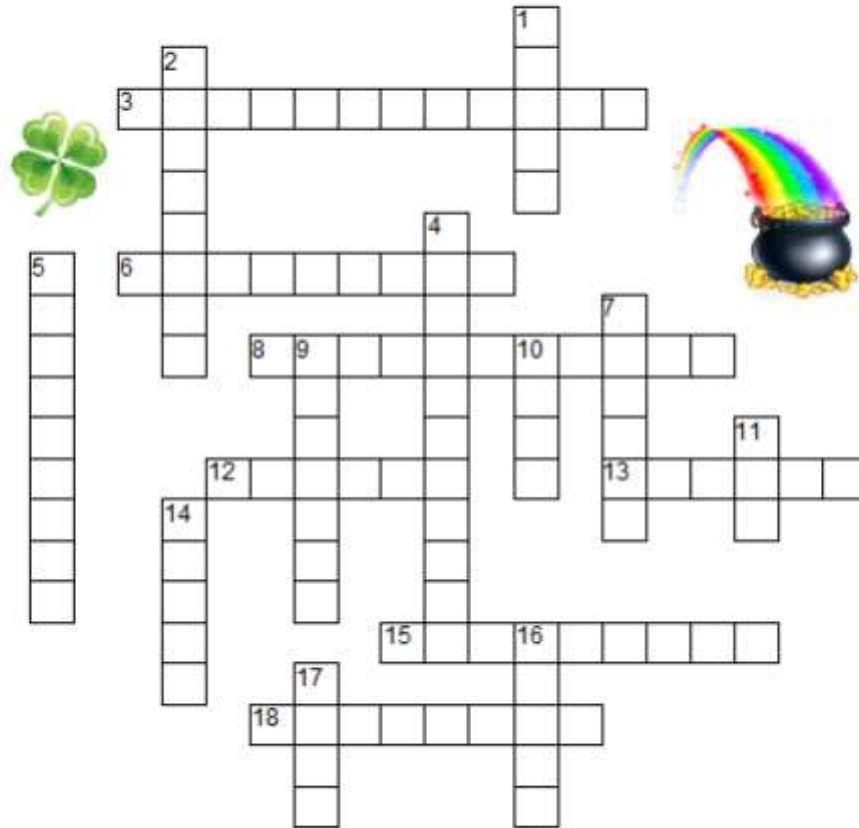
March 2022

Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 L: Pork roast and kraut S: Hamburger pizza	2 L: Tator Tot Casserole S: Pork fritter	3 L: Chicken oordon bleu S: Lasagna	4 L: Hot turkey sandwich S: Steak fingers	5 : Oven fried chicken S: bratwurst on bun
6 L: Mook filet mignon S: Fish sticks	7 L: Hot roast beef sandwich S: Swedish meatballs	8 L: Chili S: Breaded chicken patty	9 L: Sirloin tips with peppers and onions S: Chicken Broccoli Bake	10 L: Chicken tenders S: Ham and bean soup	11 L: Breaded baked cod S: Hot roast beef and swiss sandwich	12 L: Chuckwagon steak S: Hot turkey sandwich
13 L: Oven fried chicken S: Ham sandwich	14 L: Beef stew S: Beer batter fish	15 L: Roast turkey S: Chicken and dumplings	16 L: Crispy or soft beef taco S: Lasagna	17 L: Chili S: Turkey tetrazzini	18 L: Fried shrimp S: Egg bake, sausage and waffle	19 L: Roast Beef S: Meatballs
20 L: Chicken fritters S: Hamburger or turkey sandwich	21 L: Spaghetti with meat sauce S: Sausage pizza	22 L: Roast turkey S: Fairbury Brand hotdog	23 L: Crispy ranch chicken S: Tuna melt	24 L: Oven fried chicken S: Chicken tenders	25 L: Swedish meatballs S: Creamed turkey and biscuit	26 L: Sloppy joe S: BBQ ribettes
27 L: Pot roast S: Ham and bean soup	28 L: Smothered steak with onions S: Chicken Parmesan	29 L: Liver and onions S: Smoked Sausage	30 L: Beef stroganoff with noodles S: Chili	31 L: Baked ham S: Chicken fried chicken		

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!

St Patrick's Day



Across

- 3. Ireland's Patron Saint
- 6. Hearty hot pot
- 8. A small mischievous spirit
- 12. Celebration procession
- 13. Ireland's People
- 15. A clover like plant with 3 leaves
- 18. Famous beverage of Ireland

Down

- 1. A small imaginary being that has magical powers
- 2. To be taken into one's possession
- 4. The date of Saint Patrick's Day
- 5. A word that means customs or beliefs
- 7. The Capital of the Republic of Ireland
- 9. Shade of green
- 10. Stringed instrument
- 11. A small dance
- 14. A color of leaves
- 16. Something you dance to
- 17. Something a four-leafed clover gives you



Down

1. Fairy
2. Captured
4. Seventeenth
5. Tradition
7. Dublin

Across

3. St Patrick
6. Irish Stew
8. Leprechaun
12. Parade
13. Irish
15. Leprechaun
18. Guinness

Down

9. Emerald
10. Harp
11. Jig
14. Green
16. Jig
17. Luck

St Patrick's Day Puzzle-answer key

Exercise is Fun!



Residents move and stretch in exercises lead by Jen Johnson, JCH&L Burkley Fitness Center Manager. Top left, Lela Bauer; bottom left, Mick Melander. Top right, Jane Bakewell, Virgil Wasserman, Donna Starr and day activity coordinator Wayne Franzen. Bottom right, Jen Johnson and Eugene Musil.



Armchair Aerobics



Enjoying armchair aerobics are: top left, Adelia "Dale" Maatsch; top right, Jen Johnson, Beverly Leseberg and Bertha Friesen; and bottom right, Virgil Wasserman.

COVID Precautions

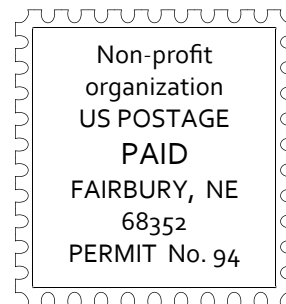
We are happy to report that as of this writing, Gardenside is in the Green Zone. Residents are sharing meals in the dining room, and participating in activities once again. Residents can be out of their rooms (unless they have symptoms and are waiting for a test result.) Although residents are not required to mask when they are out of their rooms, masking is encouraged. Residents are not required to be tested unless they have symptoms.

Staff continue to mask. Vaccinated staff will not be routinely tested. Unvaccinated staff will continue to test twice a week.

Visitors continue to be screened before entering and **MUST** continue to abide by the strict core principals of infection control: masking, social distancing and good hand hygiene. If they are not able to comply they will be asked to leave. Visitors must also understand there is a risk that they could be exposed to COVID while visiting. Appointments are encouraged through SignUp Genius, but not required.



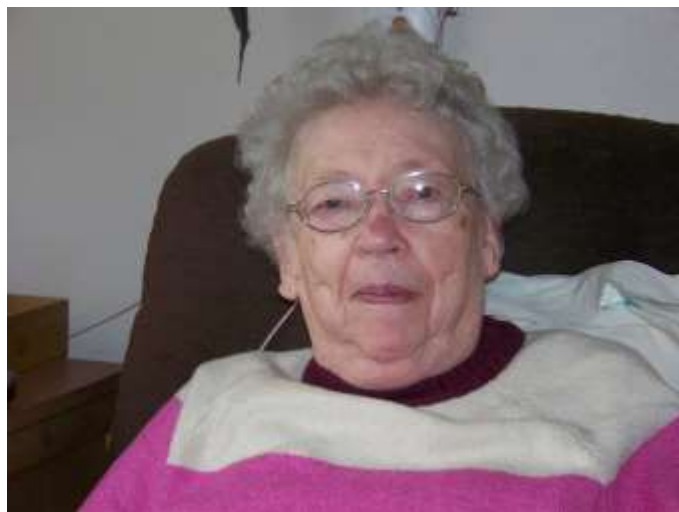
2200 H St. P.O. Box 277
Fairbury, NE 68352



CHANGE SERVICE REQUESTED

Photos Inside!

Happy Birthdays!



Celebrating February birthdays were, from left, Lela Bauer and Gaylord Smith.