

July Brings Hot Temps and Great Entertainment

By Nate Behrends

Evening Activities Coordinator

Hot, hot, hot! July brought the heat, along with some great entertainment! Bill Chrastil showed off his talents before our big fireworks extravaganza held with Cedarwood and Gardenside. The Cheng's finished off the month playing for our monthly birthday party. Donna Starr was our birthday honoree for July.

We had bus rides to the Daylily Farm, Crystal Springs, and other places of interest were visited this month when weather permitted. The bus was used a lot this month. We used the bus a lot this month waiting on the arrival of the new van, which arrived this month. The new van arrived this month.

Many games and other activities filled the mornings, afternoons and evenings. Giant crossword, chicken flickin', Bingo, giant ring bowling, and ring toss, Jingo, Headbands, trivia, and other games to name a few.

Fancy nails, cooking class, ice cream socials, watermelon feeds, Tuesday church, are just a few of the non-game activities here at Gardenside.

Jake the Therapy dog made his debut Monday, July 25, receiving a great review and kudos from the residents and staff. Jake will return monthly to bring his joy to Gardenside. Thanks, Jake.

Next month, Rick Clarence will be here to entertain the Senior Songsters will be here for the uplifting churn on life and the return of the infamous, fabulous Bobby Gaduary comes to serenade the August birthday bunch (a must-see for those crooner lovers!)

We bid you farewell 'til our next newsletter. I'm stopping early—it's so hot that my fingers are sweating. We here at Gardenside wish you all the best!



Beverly Leseberg enjoys a visit with Jake the Therapy Dog.

Celebrating July 4th



Entertainer Bill Chrastil helps us celebrate the Fourth of July.

Admissions

- Milo Shestak, July 15

Birthdays

- Adelia Maatsch, Aug. 3
- Jane Bakewell, Aug. 7
- Richard Bugbee, Aug. 27
- Eugene Musil, Aug. 29

Deaths

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

- Ron Bear, who passed away July 12

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—Kelli Pohlmann

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

Jennifer Jung

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@JCHHealthandLife.org

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.

New Van Arrives



Gardenside and Cedarwood jointly purchased a new used handicapped accessible van, which can be used for appointments and trips with small numbers of tenants or residents.

We were excited to find a 2018 fully equipped van. A new feature is that the van "kneels" — at the press of a button the whole body of the van drops close to the ground to make entry and exit much easier for residents and tenants.

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.

August 2022

Activities

S	M	T	W	T	F	S
	1 10:00 AM Kickball 2:00 PM Bus rides 6:45 PM Crossword	2 10:00 AM Video Church 2:00 PM Giant ring toss 6:45 PM Word games	3 10:00 AM Balloon tennis 10:30 AM Wheelchair aerobics 2:00 PM Bingo 6:45 PM Headbands	4 2:00 PM Current Events 6:45 PM Flickin' Chicken	5 10:00 AM Fancy Nails 2:00 PM Cooking Class 6:45 PM Bus rides	6 Phone a friend
7 Church TV/Radio	8 10:00 AM Bus Rides 2:00 PM Bingo 6:45 PM Word games	9 10:00 AM Video Church 2:37 PM Senior Songsters 6:45 PM Crossword	10 10:00 AM Balloon tennis 2:00 PM Cooking Class 6:45 PM Bus rides	11 2:00 PM Current Events 6:45 PM Headbands	12 10:00 AM One on ones 1:30 PM Rick Clearance 6:45 PM Bus rides	13 Read your Bible
14 Church TV/Radio	15 10:00 AM Fancy Nails 2:00 PM Birthday Party, Bobby Gadury 6:45 PM Crossword	16 10:00 AM Video Church 2:00 PM Cooking Class 6:45 PM Word games	17 10:00 AM Balloon tennis 10:30 AM Wheelchair aerobics 6:45 PM Jingo	18 2:00 PM Current Events 6:45 PM Bus rides	19 10:00 AM Bus Rides 2:00 PM Pep Rally 6:45 PM Headbands	20 Listen to Music
21 Church TV/Radio	22 10:00 AM Jake the Dog 2:00 PM Bus rides 6:45 PM Crossword	23 10:00 AM Video Church 2:00 PM Cooking Class 6:45 PM Bus Rides	24 10:00 AM Balloon tennis 2:00 PM Bingo 6:45 PM Crossword	25 2:00 PM Current Events 6:45 PM Jingo	26 10:00 AM Kickball 2:00 PM Tail gate party 6:45 PM Word games	27 11:30 AM Nebr. vs. Northwestern
28 Church TV/Radio	29 10:00 AM Fancy Nails 2:00 PM Bus rides 6:45 PM Crossword	30 10:00 AM Video Church 2:00 PM Bingo	31 10:00 AM Balloon tennis 10:30 AM Wheelchair aerobics 2:00 PM Flickin' Chicken	Happy Birthday to: Adelia maatsch, Aug. 3 Jane Bakewell, Aug. 7 Richard Bugbee, Aug. 27 Eugene Musil, Aug. 29		

August 2022

Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 L: Chicken fried chicken S: Smoked pork sandwich	2 L: Swiss steak S: Battered fried shrimp	3 L: Liver and onions S: Philly cheesesteak sandwich	4 L: Salmon patty S: Steak fingers	5 L: breaded fish au gratin S: Chicken Parm	6 L: chef salad S: meatballs with gravy
7 L: Oven fried chicken S: Polish sausage on bun	8 L: Beef tacos S: chicken lasagna	9 L: Creamy Swiss chicken S: Sloppy joe on a bun	10 L: Meatloaf S: Turkey club on croissant	11 L: Salisbury steak S: Breaded chicken on bun	12 L: Oven Fried fish S: Chili and cinnamon roll	13 L: Roast Beef S: Chicken Tender Salad
14 L: Bacon wrapped chopped steak S: Ham and bean soup	15 L: Oriental beef stir fry S: Creamed chipped beef over toast	16 L: Spagetti with meat sauce S: Boneless barbecue wings	17 L: Chicken Fried Steak S: Pan pizza	18 L: Beef tips with gravy S: Fairbury hot dog with bun	19 L: Tuna noodle casserole S: Fish sandwich	20 L: Glazed ham S: Tator tot casserole
21 L: Virginia Turkey Roast S: Philly cheesesteak sandwich	22 L: breaded pork steak S: Kielbasa	23 L: Chicken cordon bleu S: Baked ham	24 L: chef salad S: sloppy joe	25 L: BBQ ribette S: Creamed turkey over biscuit	26 L: Beer batter fish S: Hot roast beef and swiss	27 L: Salisbury steak S: fried shrimp
28 L: Roast beef S: Pork fritter	29 L: BBQ meatballs S: Cranberry Chicken Salad on Croissant	30 L: Roast turkey S: Rueben	31 L: chicken and dumplings S: BLT			

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!

Congratulations on Certifications!

Activity director training—Wayne Franzen

Wayne Franzen successfully completed a 42-hour course of instruction in recreational services. This was an online course that required a lot of self-discipline and time management to complete. Wayne had a lot of home study to complete, and he passed the final written exam, awarding him a certificate of completion on July 1, 2022. This class was offered by Nebraska Health Care Association. As day activity coordinator he is a member of the interdisciplinary team and participates in the development of the individualized care plans for the residents. The activity coordinator is responsible for providing daily activities for residents to stimulate and promote the physical, spiritual, social, emotional, and intellectual well-being. Wayne is our day shift coordinator. Nate Behrends, evening activity coordinator, plans to take this course as well.



Social Worker Designee—Laura DeBoer, RN

Laura DeBoer successfully completed a 42-hour in person course to become a Social Worker Designee. This course was offered by Nebraska Health Care Association. The Social Worker Designee must act as part of the interdisciplinary team in assessing the individual needs of the residents and participate in the development and implementation of the individualized care plan. The SSD must have interventions in place to meet resident's goals, address resident needs, and provide SS support and guidance as needed. SSD must establish and maintain relationships with the resident and their families. Laura obtained this extra training to ensure that the residents' social needs are met until the position of social services coordinator could be filled. Our new coordinator, Kelli Pohlmann, has started her position. See a story on Page 6 about Kelli.



COVID Precautions

Because of our county's COVID numbers, Gardenside unvaccinated and unboosted staff are testing routinely. Because no cases have been reported among Gardenside residents, residents are able to share meals in the dining room, and participate in activities together. 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.

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 by calling (402)-729-5220.

Visitors continue to use Door 31. Door 31 is now unlocked from 8 a.m. to 8 p.m. Once inside the breezeway, visitors must screen at the kiosk, and then use the doorbell on the west wall to let staff know you are ready to visit. Staff will then allow you entrance to the Gardenside door.

Residents are allowed to go out of the facility for outings with family. We encourage them to avoid large gatherings. Staff appreciates a 24-hour notice to ensure proper paperwork is completed. Please call 402-729-5220 Monday through Friday to schedule outings.

Please welcome Kelli Pohlmann

Kelli Pohlmann joined the Gardenside staff as social services coordinator on July 11.

I graduated with my Masters in Social Work in May of 2021. My husband, Micah, and I welcomed our first child, Matthias, in July 2021. We are now expecting our first daughter in September. Yes, we will be very busy and have our hands full! In my free time I enjoy spending time with family and friends. I enjoy spending time outside, gardening, and helping with the cows. I grew up in the Henderson, NE, area. After graduating from Heartland Community Schools I went to college at the University of Nebraska, Lincoln. I received my Masters from the University of Nebraska Omaha. I moved to the Diller area in 2019 when my husband and I got married. We settled here so my husband could farm with his uncles. Everyone at Gardenside has been so welcoming and kind!

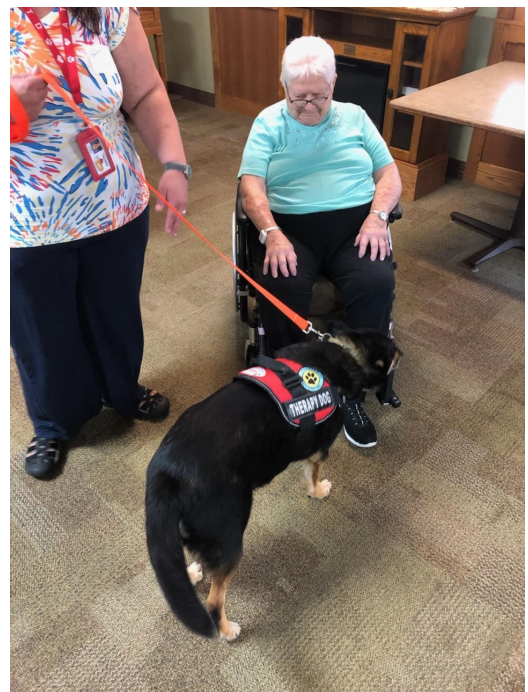


Playing Frog Pond



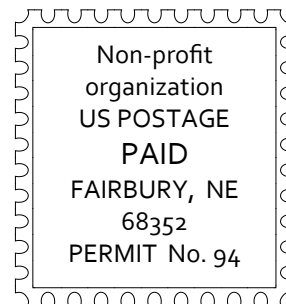
Frog Pong — From left, Lela Bauer, Jane Bakewell, Beverly Leseberg, Helen Riddle, and Donna Starr play Frog Pond.

Therapy dog visits, residents enjoy July 4 celebration



Top left, Carol Hart pets Jake. Top right, Carol looks on as Jane Bakewell pets Jake. Bottom left, residents Lillian Adams, Jody Brantley, Beverly Leseberg and Vivian Belding watch 4th of July entertainment and wait for fireworks. Bottom left, Helen Riddle enjoys petting Jake.

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CHANGE SERVICE REQUESTED

Photos Inside!

Happy Birthday!



Happy July birthday to Donna Starr.