

March Brings Variety of Activities

By Nate Behrends

Evening Activity Coordinator

The old adage is if March comes in like a lion it goes out like a lamb and that's pretty close to how it played out at Gardenside. We had a couple of days with weather nice enough to take the bus out for a couple of rides—putting sunshine and smiles on people's faces. We visited Crystal Springs and saw the snow or blue geese and the pelicans that were passing through. We also traveled to Steele City and saw the Steele City Canyons.

Jake the therapy dog visited and spread joy as only Jake can. Big Ring Bowling was a big hit this month along with Balloon Tennis, and of course Bingo remains one of the favorites.

Chris Sayre brought Irish folk music to Gardenside just before St. Patrick's Day, using all of his instruments and his voice to entertain a very captivated audience. St. Patrick's day brought fun games such as Pass the Blarney Stone, Roll a Rainbow and St. Patrick's Day Bingo. Many foods and drinks helped residents celebrate.

Social Services month was observed in March. We had a day set aside to celebrate what Social Services does here at Gardenside.

If you get a chance to see the Hall Sisters, do it! What a great night of entertainment at the Fairbury Community Concert Association. Gardenside and Cedarwood took a busload to join the fun and enjoy the entertainment.

As April shyly arrives, we await the return of Mike McCracken to entertain. We also can't wait to be able to get out in the sunshine a little more as the weather warms. We will be taking more bus rides—and want to do a lot of fishing and other outdoor activities when the weather permits. In May, we are planning a car show in conjunction with Heritage Care Center. We want to keep filling the hours and days with fun and laughter—and of course, love.

Thank you to our families, friends and volunteers for all of your support!



Cheers to St. Patrick's Day— Judy Dugan shares a toast on St. Patrick's Day!

A Visit from Jake the Therapy Dog



Carol Hart enjoys a visit by Jake the Therapy Dog.

Admissions

- Robert Weers, March 10
- Ella Schafer, March 15
- Norris Gold, March 21

Birthdays

- Roger Junker, April 6
- Dorothy Reid, April 7
- Willard Endorf, April 17
- Keith "Mike" Slater, April 18
- LaRae Vawser, April 21

Return Home/Transfer

- ♦ Patricia Freauf, Feb. 22

Deaths

There were no deaths of Gardenside residents in March.

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

Infection Preventionist

Kelli Doty, RN

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@JCHealthandLife.org

Website: JCHealthandLife.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.

Social Services Month celebrated in March

The theme for Social Services Month was Breaking Barriers. We celebrated with a pizza party and social services staff received gifts of thank you for all the hard work they do to for our residents and families. Coming in May and June of this year the Social Services department will be attending the Social Service Designee training that is a required 42 hour education to meet the requirements by DHHS. Currently Laura DeBoer RN holds the title of Social Services Designee. Kelli Pohlmann is a full-time social services staff member, and Mary Feldcamp assists as needed. Thank you social services staff for all you do!

Facetime and Skype

We are glad to help you keep in touch with your loved ones using 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)

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.

<div> <div>hello</div> <div>APRIL</div> </div> <div>2023</div> <div>HELLO SPRING</div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 Church T.V. Radio	3 10:00 Fancy Nails 3:00 Mike McCracken 6:45 Crossword	4 10:00 Video Church 2:00 BINGO 6:45 Corner Bar Odell	5 10:00 Balloon Tennis 2:00 Cooking with Barb 6:45 Word Games	6 10:00 Big Ring Bowling 2:00 Dye Easter Eggs 6:45 JINGO	7 10:00 Kickball 2:00 BIRTHDAY PARTY! 6:30 Bus Ride	8 Read a Bible Verse!
9 	10 10:00 Fancy Nails 2:00 Chicken Flickin 6:45 Word Games	11 10:00 Video Church 2:00 Frog Pond 6:45 Bus Ride	12 10:00 Balloon Tennis 10:30 W/C Aerobics 2:00 BINGO 6:45 Crossword	13 10:00 Fishing 2:00 Van Ride/ Current Events 6:45 JINGO	14 10:00 Kickball 2:00 JFTHOI Party! 6:45 Old Glory	15 Enjoy the Sunshine!
16 Church T.V. Radio	17 10:00 Jake the Dog 2:00 BINGO 6:45 Bus Ride	18 10:00 Video Church 2:00 Cooking Class 6:45 JINGO	19 10:00 Balloon Tennis 2:00 Virtual Tour 6:45 Word Games	20 10:00 Coffee with Killy 2:00 Current Events 6:45 Crossword	21 10:00 Big Ring Bowling 2:00 Root Beer Floats	22 Listen to Music!
23 Church T.V. Radio	24 10:00 Kickball 2:00 Big Ring Bowling 6:45 Crossword	25 10:00 Video Church 2:00 Bus Ride 6:45 JINGO	26 10:00 Balloon Tennis 10:30 W/C Aerobics 2:00 National Pretzel Day 6:45 Old Glory	27 10:00 Fishing 2:00 Current Events 6:45 Word Games	28 10:00 Fancy Nails 2:00 BINGO 6:45 Bus Ride	29 Read a Good Book!
30 Church T.V. Radio	<div> <div> <div>Roger Junker 6th</div> <div>Willard Endorf 17th</div> <div>Larae Vawser 21st</div> </div> <div> <div>Dorothy Reid 7th</div> <div>Mike Slater 18th</div> </div> </div> <div> </div>					

April 2023

Menu

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

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!

Gardenside Recognized by ICAP for Vaccination Status

The Infection Control Assessment and Promotion Program (ICAP) has recognized JCH&L Gardenside with Gold Status for having more than 90 percent of residents fully vaccinated. A certificate was presented showing Gardenside as one of the six long-term care facilities in the state with more than 90 percent of residents fully vaccinated.

Director of Nursing Laura DeBoer said: All of our elders were more than willing to take their COVID series and boosters. Most felt it was their “duty” to get these vaccines to protect themselves, and others. One gentleman said “Why wouldn’t I get it?” We discussed the COVID vaccine in our resident council and our elders wanted to live around others who were fully vaccinated as well. Moving forward, we made it an admission criteria that all new admits needed to be fully vaccinated with boosters.”

The long-term care wall of honor can be found here:

<https://icap.nebraskamed.com/facilities/long-term-care/ltc-vaccine-wall-of-honor/>

Current COVID and Masking Guidelines

While Jefferson County’s COVID transmission status (blue as of March 24) allows people to enter our facilities without masking, at this writing, Gardenside has had an outbreak of COVID. We are doing routine

outbreak testing as required, and continuing to monitor for symptoms among residents and staff. Families have been notified by our One Call System.

We do recommend visiting at this time. If you must visit, you will be required to mask and follow social distancing and handwashing guidelines. Visitors should understand they are at risk for exposure to COVID. Residents are currently remaining in their rooms to make sure we aren't spreading COVID.

To ensure the safety and well-being of our residents and staff we take COVID precautions very seriously and if families do not abide by the core principles of infection control, they will be asked to leave and not allowed to visit until further notice.

Visitors may use Door 31 or the JCH&L main entrance and the hallway door to Gardenside. Door 31 is now unlocked from 8 a.m. to 8 p.m. The JCH&L main entrance is open the hours that the fitness center is open.

Please watch our webpage at JHealthandLife.org/Locations/Gardenside for updates. We will also communicate changes with our resident’s families. If you have questions, please contact Laura DeBoer, nursing director.

Please note that photos in this newsletter were taken prior to the positive COVID tests on March 24.



**Check out our website — JHealthandLife.org
Like us on Facebook— [@jchealthandlife](https://www.facebook.com/jchealthandlife)
Follow us on Twitter— [@jchealthandlife](https://twitter.com/jchealthandlife)**



Give the Gift of a May Day Basket

\$6.00

Your order will include a handmade decorated basket filled with crafted flowers, individually wrapped premium candy and a label with your personalized message.

FREE DELIVERY within City Limits.

Delivery Date: Monday, May 1. Delivery Hours: 9:00 a.m. to 5:00 p.m.

Please specify special delivery times & room number, if applicable.

CONVENIENT WAYS TO ORDER:

- 1) Mail your order and payment to: Tiffany Pfaff; c/o Fairbury Rotary, 2811 E Street, Fairbury, Ne 68352.
- 2) Email your order to: tiffanykp21@yahoo.com; mail payment to address above.
- 3) Drop off your order and payment to: Heartland Bank, Main Branch at 423 5th Street, Fairbury
- 4) Drop off your order and payment to: Fairbury Chamber of Commerce, 518 E St., Fairbury

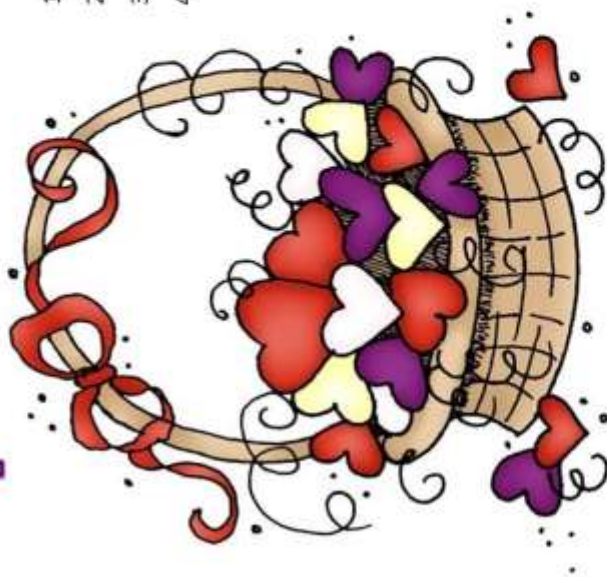
YOUR NAME: _____

YOUR CONTACT PHONE NUMBER: _____

NAME OF RECIPIENT: _____

DELIVERY ADDRESS: _____

SPECIAL MESSAGE: _____



Proudly brought to you by **The Fairbury Rotary Club #1520**

All proceeds benefit local and area youth



Doty , DeBoer Complete Water Management Training

Laura DeBoer, RN, Director of Nursing, and Kelli Doty, RN, Infection Preventionist, completed a Water Management Training course for the safety of JCH&L Gardenside residents.

Healthcare facilities need to develop an effective water management plan to prepare for, respond to and recover from a total or partial interruption of a facility's normal water supply. The course provided long-term care facilities with information on what a water management plan is, how to identify the elements of an effective water management program and how to develop and maintain a comprehensive water management program. Residents could become critically ill if steps are not taken to reduce the risk of waterborne illnesses.



Doty



DeBoer

Itzen Renews Wound Care Certification

The first week of March, Anne Itzen, RN, WCC, spent a week in Dallas renewing her wound care certification, and is once again Wound Care Certified by the National Alliance of Wound Care and Ostomy.

This advanced certification allows Itzen to assist the nurses and residents at Gardenside with the most recent knowledge and standards for wound care, which dressing to use, prevention, and why we do what we do. This knowledge will aide not only the healing of



Itzen

Fund-raising Car Show Planned for May 21

A fund-raising car show is being planned by JCH&L Gardenside and Heritage Care Center for Sunday, May 21, at Gardenside. The car show is one of the many events being planned by the facilities for Nursing Home Week, May 14-20. We invite the public to come and help our residents celebrate the nostalgia of cars.

The car show will be open to the public from noon to 4 p.m. with no admission charge. There will be concessions, a bakesale, and door prizes.

The entry fee for vehicles is \$15 by May 7, and \$20 after May 7. Prizes will be awarded for Top 10, Best of Show and Residents' Choice. Anyone interested in registering a vehicle can contact wayne.franzen@jchealthandlife.org or call 402-729-6848.

All proceeds will benefit residents of Gardenside and Heritage.



Activities Galore



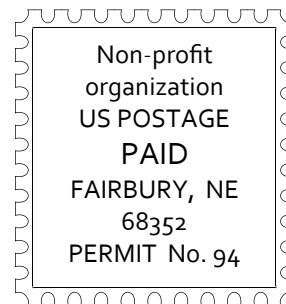
Top left, Donna Starr has her nails done by Wayne, and Dorothy Reid waits her turn. Top right, Joyce Brantley and Margaret Veatch, front row, and Beverly Leseberg back row, enjoy a bus ride through Crystal Springs. Bottom left, residents of Gardenside and tenants of Cedarwood enjoyed a Community Concert at Fairbury High School. Middle right, Mike Slater, Lela Bauer, and Virgil Wasserman play balloon tennis. Bottom right, Jane Bakewell colors and Easter picture which will shared with residents in other facilities in Nebraska.

St. Patrick's Day Fun and Games



Top left, Kelsey helps Vivian Belding with a dice game. Top right, Joyce Brantley, Kelli Doty, and Dorothy Reid play a dice game. Bottom left, Lela Bauer plays a game. Middle right, Virgil Wasserman with the dice. Bottom right, Dale Maatsch rolls the dice.

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



CHANGE SERVICE REQUESTED

Photos Inside!

Happy Birthday!



*Happy birthday to Joan McKenzie
and Vivian Belding.*