

## March Brings Variety of Activities

**By Nate Behrends**  
**Evening Activity Coordinator**

April brought its challenges for Gardenside due to the COVID outbreak and the needed precautions required to keep our elders safe. Large group activities were put on hold and the activities staff did one-on-one activities in resident rooms. We did puzzles, word searches, crossword puzzles, reading through daily devotions and a lot of visiting and companionship.

We were able to take a few bus rides using all precautions, to allow residents to get out and enjoy the spring flowers, colors and sunshine. Willard Endorf, Roger Junker, Dorothy Reid and Mike Slater celebrated birthdays with cake and ice cream.

May should be full of fun as everyone will be able to return to activities. Nursing Home week brings lots fun-filled activities. Our theme this year is Cultivating Kindness. We will have entertainment from Bobby Gadoury, and a car show and bake sale. Watch for the full schedule on the calendar. Thanks to Wayne for all of his work in getting the car show organized. It is a joint effort with Heritage Care Center, and we are excited to welcome the community to see it. (See more information on Page 7.) We also celebrate nurses and hospital week in May.

We will also be attending another concert put on by the Community Concert Association. "Brothers" will be the final concert of the season.

Thank you to all of the Gardenside staff for your awesome job through all of this - and thank you to all of you out there for your continued support. We love our elders and can't wait to get them back out in the sun and the community. 'til next month!



*Marge Veatch enjoys some coloring.*

## Coloring fun



*Bev Leseberg enjoys coloring*

## **Admissions**

- No admissions

## **Birthdays**

- Beverly Leseberg, May 15
- Carol Hart, May 23
- Norris Gold, May 25

## **Deaths**

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

- LaRae Vawser, who passed away April 17.

## **Facetime and Skype**

Facebook and Skype are available. Please schedule calls ahead of time to ensure staff availability to assist.

To schedule a time, call (402) 729-5220 (press 1)

### **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@JHealthandLife.org](mailto:wayne.franzen@JHealthandLife.org)**

**Website: [JHealthandLife.org](http://JHealthandLife.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](mailto:lane.likens@jchealthandlife.org).*

## **Time to check closets and drawers**

As we look toward more spring-like weather, it's a great time to check your loved one's closet for seasonal clothing. It's a great time of year to change out the heavier sweaters and coats of winter for lighter jackets and sweaters. It's also a great time to take out clothing that no longer fits properly. Thanks for your assistance!

## **Van gets Gardenside/Cedarwood logos**



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 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 10:00 Fancy Nails 2:00 Bus Ride 6:45 Crossword	2 10:00 Video Church 2:00 BINGO 6:45 Word Games	3 10:00 Balloon Tennis Big Ring Bowling	4 10:00 Coffee with Kilty 2:00 Current Events	5 10:00 Kickball 2:00 BIRTHDAY PARTY! 6:45 Bus Ride	6 <b>Enjoy the Sunshine!</b>
7 <b>Church Radio/ T.V.</b>	8 10:00 Massage Therapy 2:00 Bus Ride 6:45 Old Glory	9 10:00 Video Church 2:00 Flickin Chicken 6:45 Word Games	10 10:00 Balloon Tennis 10:30 W/C Aerobics 2:00 BINGO 6:45 Crossword	11 No Activities	12 10:00 Kickball 2:00 Frog Pond	13 <b>Read a Good Book!</b>
14 <b>Church Radio/ T.V.</b>	15 10:00 Build a Bird House Jake the Dog 2:00 Paint Rocks and Pops	16 10:00 Bird Houses 2:00 Plant Flowers	17 10:00 Picnic/ Picture/ T-Shirt/ Parachute Fun	18 10:00 Building Games 1:30 Bobby Goddoury	19 10:00 Baking 2:00 Cookie Decorating	20 <b>Phone a Friend!</b>
21 <b>Church Radio/ T.V.</b>	22 10:00 Fancy Nails 3:30 Houston Solution 6:45 Bus Ride	23 10:00 Video Church 2:00 BINGO 6:45 Crossword	24 10:00 Balloon Tennis 10:30 W/C Aerobics 2:00 Big Ring Bowling 6:45 Head Bands	25 10:00 Chicken Flickin 2:00 Current Events 6:45 Bus Ride	26 10:00 Kickball 2:00 Cocktail Hour 6:45 Word Games	27 <b>Admire the Flowers!</b>
28 <b>Church Radio/ T.V.</b>	29 No Activities	30 10:00 Video Church 2:00 BINGO 6:45 Crossword	31 10:00 Balloon Tennis 2:00 Bus Ride 6:45 Old Glory	1	2	3



**Happy Birthday!!**  
**Beverley Lesberg 15th Carol Hart 23rd**  
**Norris Gold 25th**



# May 2023 Menu

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

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!

## Beautician Day Celebrated April 25

We are so fortunate to have our own beautician, Billie Eisenhauer. Thanks, Billie, for all you do to help our residents look and feel their best!



### Current COVID and Masking Guidelines

While Jefferson County's COVID transmission status (red as of April 21) requires people to mask when they enter the facility, restrictions at Gardenside have actually been able to be loosened in the past week.

Visiting is once again encouraged, and residents are out of isolation. You no longer need to check in at the nurses station when you visit. As long as Jefferson County is in the red zone, we will require visitors to mask.

*As always, please do not visit if you have symptoms of illness.*

We had a month of outbreak testing and we thank our residents' families for their patience and understanding as we did the best we could to protect our residents' health and follow all guidelines.

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 continue watch our webpage at [JHealthandLife.org/Locations/Gardenside](https://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.**



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



# April birthdays celebrated



*Birthday honorees in April were, top row, from left, Dorothy Reid, Mike Slater, LaRae Vawser; second row, Roger Junker, Willard Endorf.*

*Although we weren't able to have a group party, we did have cake and ice cream for all!*

## Gardenside Remains 5 Star Facility

Gardenside is proud to have been a 5-Star facility since the rating system began in 2008. We just received our newest plaque. Thanks to our staff who work hard to keep us at this level!



## National Nursing Home Week is May 14-20

We are excited to celebrate Nursing Home Week with a variety of activities.

On May 15 residents will be painting rocks, clay pots and bird houses.

On May 16 residents will be planting flowers with Laura.

On May 17 we will have outside games in the morning and a barbecue picnic lunch. At 2 p.m. we will have a group photo with all residents and staff wearing Nursing Home Week tshirts.

On May 18 we will have outdoor games, and in the afternoon we will be entertained by Bobby Gadoury, pianist and vocalist.

On May 19 we will be making items for the bakesale in conjunction with Sunday's car show.

We will finish the week on May 21 with a car show, bake sale, face painting, popcorn stand and food truck. The community is invited to join us for this event (see details below.) There is no admission fee.



## 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.

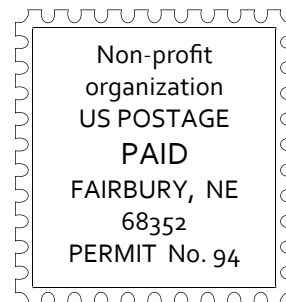
The car show will be open to the public from noon to 4 p.m. with no admission charge. There will be concessions, a bakesale, and door prizes.

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](mailto:wayne.franzen@jchealthandlife.org) or call 402-729-6848.

All proceeds will benefit residents of Gardenside and Heritage.



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



CHANGE SERVICE REQUESTED

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***Photos Inside!***

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## ***Subscriptions***

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***\*\*If you have a family member, friend or volunteer who would like to receive the newsletter, please have them call Lana Likens at (402) 729-6855 and ask to be added to the Gardenside mailing list. Please give name, address, and city state and ZIP.***

The newsletter can also be found on our website at [JCHealthandLife.org/locations/Gardenside](http://JCHealthandLife.org/locations/Gardenside), "download Gardenside News."

***Please see photos of April's birthday honorees on Page 6!  
Car show information is on Page 7!***