

Nursing Home Week

JCH&L Gardenside is excited to celebrate National Nursing Home Week May 12-18. Families are welcome to join us for activities. The theme of the week is "Radiant Memories: A Tribute to the Golden Age of Radio."

- ◆ Monday, May 13 — 10 a.m. painting rock activity; 2 p.m. Listen to old radio/music trivia; Staff and residents encouraged to wear blue.
- ◆ Tuesday, May 14 — 10 a.m. Planting flowers with Laura; 2 p.m. Trevor Steinmeyer, radio history presentation; Staff and residents encouraged to wear red.
- ◆ Wednesday, May 15 — 10 a.m. wheelchair walk outside; 2 p.m. Group picture with staff/residents with t-shirts and game of Name that Tune; Staff and residents encouraged to wear a special t-shirt designed for the week
- ◆ Thursday, May 16 — Steak meal for residents with all the trimmings; 10 a.m. Worship service; 2 p.m. Live Entertainment; Staff and residents encouraged to wear green or gray
- ◆ Friday, May 17 — 10 a.m. Name that Tune (teams); 2 p.m. Happy Hour/Social hour listening to old radio music; Staff and residents are encouraged to wear any bright color
- ◆ Sunday, May 19—2nd annual JCH&L Gardenside and Heritage Car Show



Renee Henry and her husband help color Easter eggs.



Mark your calendar for Gardenside Derby Day! On Friday, May 3, at 1:30 p.m. we will have a Kentucky Derby celebration. We'll have residents participating in a decorated hat contest, and staff racing stick horses. Family members are invited to come and join in the fun!

Visiting horses at Cedarwood



Cedarwood had horses on site for a service in memory of Amy McKillip. Amy was a Cedarwood staff member who was killed in an auto accident. Amy had also previously worked at Gardenside.

Admissions

- ReNee Henry, March 25
- Ted Thomas, March 26
- Alice Fairley, March 29
- Darlene Kueten, April 1

Birthdays

- Darlene Kueten, April 28
- Beverly Leseberg, May 15
- Carol Hart, May 23
- Norris Gold, May 25
- Lois Wrigley, May 28

Happy Anniversary

- Mike and Jan Slater, May 17, 1963

Deaths

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

- Helen Fegter, April 13
- Marvin Schultis, April 22

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—Tara Sasse RN

Social Services Coordinators—Kelli Pohlmann,

Mary Feldkamp

Activities Coordinators

Wayne Franzen, Nate Behrends

Rehabilitation Aide

Karen Spilker

Dietitian

Lisa Edeal, Cassie Whitmore

Pharmacy Director

Brandon Bleich, PharmD

Facilities Director—Patrick Hoins

Facilities Supervisor—Mick Bruce

Director of Envir. Services—Steph McDaniel

Director of 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.

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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.



5 Star Rating again!

JCH&L Gardenside has once again received a 5 Star rating from the Centers for Medicare and Medicaid. Five stars indicate much above average quality.

We were rated at 4 stars for a few months in late 2023-early 2024. We recently got word that we regained 5 Star status. Rating are publicly available on the agency's Nursing Home Compare website at www.medicare.gov/nursinghomecompare.

"Gardenside staff and administration strive to ensure that our residents receive the best care possible. We believe the well-being of our residents and their quality of life is crucial," said Laura DeBoer, RN, director of nursing at JCH&L Gardenside.

JCH&L Gardenside has been rated 5 Star for most of the history of the rating system, which began in 2008.

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.

MEMO May 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	May Day! 10:00 Balloon Tennis 1:00 Aerobic 2:00 Big Engineering 6:45 - NCO	2 10:00 Video Church 2:00 Current Events	3 10:00 Horseshoes 2:00 Kentucky Derby	4 Go Outside!
5 Church Radio/ T.V.	6 10:00 Frog Pond 2:00 Motion Food 6:45 Old Glory	7 10:00 One on One 2:00 The Onings 6:45 Chorusward	8 10:00 Balloon Tennis 2:00 Birthday Party 6:45 Bus Ride	9 10:00 Video Church 2:00 Current Events	10 10:00 Kickball 2:00 Happy Hour!	11 Read a Good Book!
12 Happy Mother Day	13 10:00 Paint Rocks 2:00 Listen Back	14 10:00 Plant Flower 2:00 Trevor Stemeyer	15 10:00 Wheelchair Walks 2:00 Name That Tune	16 10:45 Pastor Emily 1:30 Tom Reynolds	17 10:00 Team Name The Tune/ Encore 2:00 Happy Hour/ Scale Tunes	18 Visit With A Friend!
19 Old Glory	20 10:00 Use the Dog 2:00 BINGO 6:45 Bus Ride	21 10:00 Horseshoes 2:00 Wheel G Fortuna 6:45 Crossword	22 10:00 Balloon Tennis 2:00 Tickler Children 6:45 JINGO	23 10:00 Coffee with Kathy 2:00 Current events	24 10:00 Kickapoo 2:00 Happy Hour 6:45 Bus Ride	25 Walk Through The Gardens!
26 Church Radio/ T.V.	27 Happy BIRTHDAY ***DAY***	28 10:45 Pastor Hart 2:00 BINGO 6:45 Word Games	29 10:00 Balloon Tennis/ Aerobics 2:00 Big Engineering 6:45 Chorusward	30 10:00 Video Church 2:00 Current Events	31 10:00 Horseshoes 2:00 Happy Hour! 6:45 Bus Ride	1



May 2024 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 L: Chicken Fried Steak S: Pan pizza	2 L: Beef tips with peppers and onions S: Fairbury hot dog	3 L: Shrimp Alfredo S: Boneless barbecue wings	4 L: Glazed ham S: Patty melt
5 L: Turkey roast S: Philly Cheese Steak	6 L: Chicken enchilada S: Kiebasa	7 L: Chicken Cordon Bleu S: Baked Ziti	8 L: Chef salad S: Sloppy joe	9 L: Runza casserole S: BBQ Rib sandwich	10 L: Beer battered fish S: Hot roast beef and Swiss sandwich	11 L: Salisbury steak S: Fried shrimp
12 L: Oven fried chicken S: Polish sausage on a bun	13 L: BBQ meatballs S: Cranberry chicken salad sandwich	14 L: Virginia turkey roast S: Reuben	15 L: Stuffed green pepper casserole S: BLT sandwich	16 L: Brown sugar glazed ham S: Pancakes, sausage links	17 L: Lasagna S: Chicken caesar salad	18 L: Turkey tetrazzini S: Pan pizza
19 L: Oven fried chicken S: Polish sausage on a bun	20 L: Chicken fried chicken S: Smoked pork sandwich	21 L: Swiss steak S: Fried Shrimp	22 L: Liver and onions S: Philly cheese steak sandwich	23 L: Salmon patty S: Steak fingers	24 L: Breaded fish au gratin S: Chicken Parm	25 L: Chef salad S: BBQ Meatballs
26 L: Oven fried chicken S: Polish sausage on a bun	27 L: Beef tacos S: chicken lasagna	28 L: Creamy Swiss chicken S: Sloppy joe	29 L: Meatloaf S: Turkey club on croissant	30 L: Chicken teriyaki S: Pork roast	31 L: Oven fried fish S: Chili	

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!

If you would like to join us for a meal, please let us know a few days in advance by calling 402-729-6849 so we can plan for food and space. Regular meals are \$5 (tax included.) You will pick up meals and pay for them in the JCH&L cafeteria.

Car Show Planned for Sunday, May 19

JCH&L Gardenside and Heritage Care Center in Fairbury are planning their second annual fund-raising car show for Sunday, May 19, to conclude Nursing Home Week festivities for both facilities. Proceeds from the show will benefit residents at the two facilities.

Pre-registration for vehicles to be entered is \$15 if entered by May 6, or \$20 if entered after May 6. All types of vehicles are welcome. Awards will be given for Top 10, Best of Show and Residents' Choice. For more information on entries email wayne.franzen@jchealthandlife.org or call 402-729-6848.

Raffle tickets are now available for purchase, and tshirts will be available the week before the car show.

The show will be held on Sunday, May 19, at JCH&L Gardenside's parking lot (just west of Gardenside.) Cars need to check in from 10:45 a.m. to 11:45 a.m. that day. The show will be open to the public from 12 p.m. to 3 p.m. Judging will begin at noon and prizes will be awarded at 3 p.m. There is no admission fee for the public. In addition to the car show there will be baked items for sale, a raffle, tshirts for sale, and concessions available to purchase.

For more information or to enter call 402-729-6848, or email wayne.franzen@jchealthandlife.org.

Cooking time—making fruit pizza



Fruit pizza cookies— Above, Lois Wrigley and Ruth Hull work on fruit pizza cookies. Top right, Shelby James helps Mary Adkins show her cookie as Dale Maatsch and Wayne Franzen look on. Right, Ruth Hull and Dorothy Reid show their cookies.

Variety of Activities in April

By Nate Behrends

Evening Activity Coordinator

April brought fun to Gardenside with the return of Jake the Dog. Entertainer Paul Siebert also came in April and knocked it out of the park once again. Unfortunately, inclement weather kept Billy Troy from making his return, but we are planning to have him again in August.

Bus rides out through Crystal Springs to see the abundant wildlife is always a fun trip. We also adventured to Alexandria State Lakes, Rock Creek Station and local points of interest. The April Community Concert was attended by several and once again did not disappoint.



Mary Adkins and Tina Smith play Bingo.

A birthday party was held for April birthdays with 7 birthdays celebrated.

May will be full of activity. We are making May Baskets for May Day distribution. We will have the Gardenside Derby on "Gardenside Downs" (also known as our parking lot) on Friday, May 3, to gear up for the Kentucky Derby Run for the Roses on Saturday. Our horses are secure in the stables and are gearing up for the big day. Residents will be donning their hats they have been working on this month.

We will celebrate nurses week and nursing home week consecutively with many fun events. See the information on Nursing Home Week on Page 1 of this newsletter.

The Chengs return to Gardenside this month to bring their amazing talents to the dayroom. We also will have Dan Reynolds returning to help celebrate Nursing Home Week. The car show on Sunday, May 19, will conclude our Nursing Home Week activities (and is a fund raiser which benefits our residents.) Salute to all of our staff and volunteers who help to make this a great event for our residents and a huge thank you to Heritage Care Center for being a great partner in this event.

As the weather stays nicer we will taken more bus rides, and also plan to spend some time fishing at Crystal Springs and Alexandria State Lakes. If you happen to see us—wave or better yet, stop and say hello!

Thanks for your continued support! Until next time.

Eclipse in April Brought Residents and Staff Outside

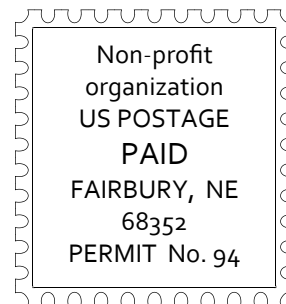


Above, Allen and Renee Henry watch the eclipse as Mary Feldkamp helps Alice Fairley. At right, Morgan helps Dorothy Reid with eclipse glasses.



Above, Ella Schafer and Lois Wrigley check out the partial solar eclipse. At left, residents got an eclipse kit of snacks.

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CHANGE SERVICE REQUESTED

Photos Inside!

Happy Birthday!



Celebrating April birthdays were, from left, Roger Junker, Helen Fegter, Bruce Grummert, Dorothy Reid, Darlene Keuten, and Mike Slater.