

Bus rides, Husker games popular in October

By Nate Behrends
Evening Activity Coordinator

October is over—wow! Football and volleyball in full swing has kept the place jumping as the games are very intently watched here by all Husker fans. We took a few bus rides while the weather remained calm—leading us to pumpkin patches, watching harvest, the Steele City Canyons, and of course Crystal Springs to try to catch the migratory birds.

Entertainment brought Tim Javorsky back from a long hiatus, with his singing and horn-playing he kept everyone tapping toes.

Miss Jefferson County Cambria Myers came and handed out candy at an early costume-wearing game playing get together. The residents really enjoyed the kids being here. Thank you Cambria!

Monday Movie Night has become a staple. We have watched a lot of Disney movies on the new TV. Right now Born Free and Living Free—stories of Elsa the Lion, are big hits.

Bingo, tailgates and cooking class fill the days, and also the monthly birthday party was held with 2 celebrating this month. Rhonda McDaniel has been a big help with Fancy Nails and also was the brains behind Pumpkin Latte Day. It was a very good recipe! Thanks, Rhonda. Thanks, too, to the St. Michael's ladies for your work with Bingo and treats!

As of press time, we are looking forward to Halloween. We know it will be a blast as all the little ghouls and boys will come through to show off their costumes and get a treat. The residents really enjoy watching and handing out treats. Thank you to all who attended and helped!

November brings the finish of harvest and Thanksgiving. We are getting to the favorite time of year for families to get together and be thankful. We encourage you to visit during the holidays!

November brings the return of Billy Troy and Paul Seifert to entertain, as well as a Veteran's Day program. Thank you to our veterans for your service and dedication to our country.

Thank you for your continuing support!



Connie Mahlman looks on as Don Mahlman works on a craft project.

Horsing Around



Dennis Kenning and his granddaughter Ibry Mitchell brought Ibry's mare and foal for a visit, and told their story.

Admissions

- June Weichel, Sept. 26

Birthdays

- Margaret "Ann" Jones, Nov. 23

Deaths

Gardenside was saddened by the death of 3 residents in the past month. Our sympathy is with the families of:

- Richard Lautenschlager, Sept. 30
- Joan McKenzie, Oct. 24
- Fern Sell, Oct. 27

Facetime 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

Holly Wolff, MHA

Director of Nursing—

Laura DeBoer RN

Assistant DON—

Heather Kracht, RN

Infection Preventionist —

Savannah Boomgaarn RN

Social Services Coordinators—

Amanda Lewis, Krystal Ward

Activities Coordinators

Wayne Franzen, Nate Behrends

Rehabilitation Aide

Mary Feldkamp

Dietitian

Lisa Edeal, Cassie Whitmore

Pharmacy Director

Brandon Bleich, PharmD

Facilities Director—

Patrick Hoins

Facilities Supervisor—

Mick Bruce

Director of Envir. Services—

Steph McDaniel,

Housekeeping/laundry supervisor —

Melissa McBride

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.

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.

Followup to Survey

Thank you to our residents and their families for participating in our survey. We got a good response—including many kind words, and some things we can improve.

We are working to implement some suggestions for activities. You asked for more hands-on cooking classes—so we are working on giving the residents opportunities to take part in cooking and creating some yummy things to eat. We are also striving to keep our activity schedule posted ahead of time, allowing residents to look forward to specific activities they enjoy. We are also prioritizing more evening activities. Last, but not least, we continue to keep watching for some new and fun activities that our residents will enjoy.

Holiday Meals

Family members are welcome to join our residents for holiday meals. Holiday meals are \$10 if purchased from the kitchen, or priced as marked when purchasing from the cafeteria. Please make reservations with Gardenside staff a few days in advance to help make sure we have appropriate seating and food.

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.

Fall NOVEMBER

2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Nebraska vs. USC TBA
2 Church Radio/ T.V.	3 10:00 Pitch 1:00 Billie Tray 6:30 Movie Night	4 10:00 Ring Toss 2:00 Bingo	5 10:00 Balloon Tennis 2:00 Bus Ride 2:15 Fancy Nails 6:45 Old Glory	6 10:00 Coffee with Kitty 2:00 Current Events 7:30 Community Concert	7 10:00 Crafting 3:00 Paul Selbert	8 Nebraska vs. UCLA TBA
9 Church Radio/ T.V.	10 10:00 Pitch 2:00 Birthday Party! 6:30 Movie Night	11  10:00 Bucket Toss 2:00 Honor Vets 6:45 Pitch	12 10:00 Balloon Tennis 2:00 Dulcimers 2:15 Fancy Nails 6:45 Jingo	13 10:45 Pastor Emery 2:00 Current Events	14 10:00 Ladder Ball 2:00 Tailgate 6:45 Word Games	15 Say What You Are Thankful For!
16 Church Radio/ T.V.	17 10:00 Memorial Service 1:30 Resident Council 2:00 Cooking Class (Cornucopia Snacks) 6:30 Movie Night	18 10:00 Big Ring Bowling 2:00 St Michael's Bingo	19 10:00 Balloon Tennis 2:00 Ladder Ball 2:15 Fancy Nails	20 10:00 GardenSide Chapel with Kitty 2:00 Current Events	21 10:00 Never Have I 2:00 Tailgate 6:45 Word Games	22 Nebraska vs. Penn State TBA
23 Church Radio/ T.V.	24 10:00 Pitch 2:00 Bingo 6:30 Movie Night	25 10:45 Pastor Hart 2:00 Cooking Class (Puppy Chow) 6:30 Pitch	26 10:00 Balloon Tennis 2:00 Ladder Ball 2:15 Fancy Nails	27  <i>Happy Thanksgiving</i>	28 2:00 Tailgate Nebraska vs. Iowa @ 11A.M.	29 Visit with a Friend!
30 Church Radio/ T.V.						



November 2025

Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 L: Chuckwagon Steak S: Hot turkey sandwich
2 L: Oven Fried Chicken S: Patty Melt	3 L: Beef stew S: Beer Batter Fish	4 L: Roast turkey S: Lasagna, garlic bread	5 L: Tacos S: Creamy chicken biscuit	6 L: Pork tenderloin, parmesan fried potatoes S: Chili, cinnamon roll	7 L: Fried shrimp, onion rings S: Goulash	8 L: Roast beef, baked potato S: Egg bake
9 L: BBQ Meatballs, au gratin hashbrowns S: Chef salad	10 L: Spagetti with meat sauce S: Fairbury Hot Dog	11 L: Roast turkey S: Homemade pizza	12 L: Beef broccoli stir fry S: Salmon loaf	13 L: Oven fried chicken S: BBQ Ribette	14 L: Shepherd's Pie S: Pork roast	15 L: Breaded ranch chicken S: Sloppy Joe
16 L: Pot roast, mashed potatoes and gravy S: Chicken tenders	17 L: Smothered Steak with onions S: Chicken Parmesan	18 L: Liver and onions S: Smoked Sausage	19 L: Beef stroganoff with noodles S: Chili, cinnamon roll	20 L: Baked ham S: Chicken fried chicken	21 L: Baked fish S: Turkey tetrazzini	22 L: Meatloaf S: Reuben
23 L: Chicken Fried Steak S: Chicken Tenders	24 L: Ham loaf S: Egg bake, sausage link and french toast sticks	25 L: Pork roast and kraut S: Hamburger pizza	26 L: Tator Tot Casserole S: Pork fritter	27 L: Chicken cordon bleu S: Lasagna	28 L: Hot turkey sandwich S: Steak fingers	29 L: Oven fried chicken S: Bratwurst on bun
30 L: Mock Filet Mignon S: Fish sticks						

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) and holiday meals are \$10 (tax included.) You will pick up meals and pay for them in the JCH&L cafeteria.

Food Safety Tips for Families

Food Safety Tips for Families

- Bringing in a favorite meal or snack from home or a restaurant can brighten a resident's day and make them feel cared for. To keep everyone safe, please review these food safety reminders before bringing food for your loved one:
- Wash hands and surfaces often. Clean hands are one of the best ways to prevent illness. Wash with soap and water for at least 20 seconds before and after handling food.
- Avoid cross-contamination. Keep raw and cooked foods separate. Don't re-use plates, utensils, or cutting boards from raw meat for ready-to-eat foods.
- Cook foods to safe temperatures. Use a food thermometer when cooking at home.
- Steaks: 145°F for 15 seconds
- Roasts: 145°F and hold for 4 minutes
- Ground meats: 155°F for 15 seconds
- Poultry: 165°F for 15 seconds
- Seafood: 145°F for 15 seconds
- Refrigerate promptly. Keep cold foods and leftovers in the refrigerator (40°F or lower) or freezer (0°F or lower).
- Remember the 2-hour rule. Don't leave food sitting out for more than 2 hours. The "danger zone" for bacteria growth is between 41°F–135°F. This also means no thawing meat on the counter.
- Cool leftovers safely. Divide large portions into shallow containers so they cool quickly in the refrigerator. It's safe to put hot foods directly in the fridge if stored this way.
- Label and date everything. Write the resident's name and the date food was made, brought in, or opened (whichever is first).
- Use the kitchenette. Refrigeration and freezer space are available for perishable items. Staff will assist with storage.
- 72-hour limit. Leftovers will be stored up to 72 hours, then discarded.
- Use disposable containers. Unless items are unopened and in their original packaging (like condiments), please bring food in disposable containers.
- Non-perishables. Items such as crackers, candy, or cookies must be stored in a sealed plastic container at bedside to stay fresh and prevent pests.
- Reheating is staff-only. Nursing staff will reheat food to at least 165°F to ensure it is safe.
- No raw meat. For safety reasons, raw meat cannot be stored for residents.



Fresh popcorn is a tasty treat



Wayne Franzen, day activity coordinator, delivers fresh popcorn to Ervin Hennerberg and Mildred Butler.

Making Snack Mix is a Cooperative Project



Wayne Franzen works with a group of residents to make a sweet and salty snack mix. Sharing in the project are:

At left, Janis Westerhoff and Bruce Grummert; at right, Joan McKenzie, Janis Westerhoff, Bruce Grummert, Dona Glenn and Keith Snyder.

Reminder about Holiday Decorations

Reminder: all decorations must be approved, and no extension cords are allowed. Please ask the activities department if you have questions.

Coffee with Kitty Features Costumes



Residents took a look at a wide variety of costumes during Coffee with Kitty. At left, Nate Behrends, evening activity coordinator, tries a pig hat on Bruce Grummert, with June Weichel and Virgil Wasserman checking it out.



Above, Dona Glenn, June Weichel, Bruce Grummert and Don Mahlman watch as Kitty DeBoer helps Jane Campbell put on a Christmas tree costume. Bottom, Beverly Leseberg, Keith Snyder, Mark Schmidt, Vivian Belding, Jack Westerhoff and Mildred Butler.

Frog Pond Brings Some Friendly Competition



Competing at frog pond, from left, Beverly Leseberg, Faye Francis, Dona Glenn, Dorothy Reid, Vivian Belding, and Don Mahlman.



Residents get creative with arts and crafts



Joining in some crafting activities were—from top, left: Beverly Leseberg, Bruce Grummert, Dona Glenn.

Bottom, from left: Joan McKenzie, Janis Westerhoff.



Penny Koss Honored for Retirement



Penny Koss was honored on Oct. 10 for her retirement, after nearly 32 years with JCH&L At left, she visits with staff member Deb Sutton, RN; at right she poses with Gardenside Director of Nursing Laura DeBoer.

Residents and students enjoy Bingo

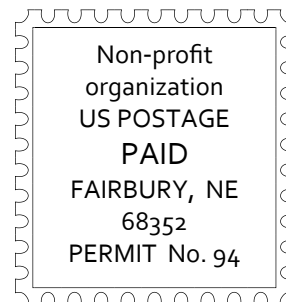


Enjoying Bingo with students are, top left, Joan McKenzie; top right, Idonna Gaston, Jack Westerhoff, Bruce Grummert. Bottom, Mike Slater.

We appreciate volunteer groups who come in to help with Bingo!



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



CHANGE SERVICE REQUESTED

Photos Inside!

Happy Birthday!



Happy October birthday to Mark Schmidt and Gerry Siemsen (not pictured.)