

## Moving into fall activities

**By Nate Behrends**

**Evening Activity Coordinator**

Suddenly September is over. It was full of activities—pitch, Bingo, ladderball, crosswords, bus rides, a birthday party, Coffee with Kitty, and entertainment help fill the days and evenings.

As of this printing the Huskers are 3 and 1, losing a heartbreaker to Michigan. We need to yell louder at our next tailgate. Please feel free to join us for our next tailgate, Friday, Oct. 3, at 2 p.m. The Huskers will face the Spartans of Michigan State on Saturday, Oct. 4.

Mike McCracken came to play in the dining room and brought his “A game” as he played and had everyone tapping their feet.

We celebrated birthdays in September with Mary Adkins and Jack Westerhoff. Cake and ice cream were served as we celebrated and sang “Happy Birthday.”

Movie nights have been a big hit with the old Disney movies putting smiles on the faces of our residents.

We will be taking some bus rides for those who want to check on harvest. We will make a few trips out to the Kumpf Pumpkin Patch and possibly Whispering Acres. And of course we will check on the horses and the longhorns. We will also have warm apple cider and pumpkin spice lattes for one of our welcome fall events.

We thank the pastors who come and serve our residents, and our volunteers who come and play over lunch.

Next month we will have entertainment by Tim Javorsky on Wednesday, Oct. 15, at 3:30 p.m. as part of the Merry Makers Foundation. I will be doing my rescheduled performance on Monday, Oct. 27. A big thank you to kitchen staff for their help allowing us to have entertainment in the dining room.

Until next time. Thanks for your continued support.



*Puppets were the theme for Coffee with Kitty. From left, Virgil Wasserman, Dona Glenn, Beverly Leseberg and Dorothy Reid watch a puppet in a puppet theater.*

Friday, Oct. 31—trick or treaters (accompanied by adult) welcome from 6 p.m. to 8 p.m. Watch for more information to come on the Haunted Garden.

## Enjoying card games



***Residents Bruce Grummert and Norris Gold enjoy a game of pitch with family and friends, as Nate Behrends watches the action.***

## Admissions

- Mary Sasse, Sept. 2
- Mildred Butler, Sept. 4
- Rise Hansmire, Sept. 12
- Richard Lautenschlager, Sept. 15

## Birthdays

- Gerry Siemsen, Oct. 13
- Mary Schmidt, Oct. 15

## Deaths

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

- Lestie Whitehouse, Sept. 7
- Ina Hill Carricker, Sept. 13
- Rise Hansmire, Sept. 20

## Our Team to Serve You

### Chief Executive Officer & Administrator

Holly Wolff, MHA

### Director of Nursing—Laura DeBoer RN

### Assistant DON—Anne Itzen RN

### MDS Coordinator & Infection Preventionist—

Tara Sasse RN

### Social Services Coordinators—

Amanda Lewis, 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,

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

**Website: [JCHHealthandLife.org](http://JCHHealthandLife.org)**

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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).

## Retirement party

***A retirement party for Penny Carbaugh will be held Oct. 10 from 2 p.m. to 3 p.m. in the Gardenside Dining Room. Please join us!***

## Thank you!

Thank you to Five Star Bible Camp for the gift of pillows! We truly appreciate your thoughtfulness!

Thank you to the Fairbury Museum Car Show for driving by Gardenside on Friday, Sept. 12, as part of your cruise night!

## Staff news

You may see that we are advertising for an assistant director of nursing. Assistant Director of Nursing Anne Itzen RN is transitioning to the position of MDS Coordinator, as MDS Coordinator Tara Sasse RN leaves us for another position.

## More facility work to come

After the first of the year we will finish a refresh of our facility, with paint and flooring for the remaining areas. Thanks for your patience!

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.

# October 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 10:00 Balloon Tennis 2:00 Bus Ride 2:15 Fancy Nails 6:45 Crossword	2 10:00 Coffee with Kitty 2:00 Current Events	3 10:00 Cover the Dice 2:00 Tailgate <b>NE Volleyball</b>	4 <b>Nebraska vs. Michigan State 3PM</b>
5 <b>Church Radio/ T.V.</b>	6 10:00 Pitch 2:00 Bus Ride (Pumpkin Patch) 6:30 Movie Night	7 10:00 Ladder Ball 2:00 Bingo 6:45 Pitch	8 10:00 Balloon Tennis 2:15 Fancy Nails 2:00 Pumpkin Patch 6:30 Bus Ride	9 10:00 Bible Trivia 10:45 Pastor Emery 2:00 Current Events	10 10:00 Frog Pong 2:00 Penny's Refinement Party! <b>NE Volleyball</b>	11 <b>Nebraska vs. Maryland TBA</b>
12 <b>Church Radio/ T.V.</b>	13 10:00 Pitch 2:00 Bingo 6:30 Movie Night	14 10:00 Wheel of Fortune 2:00 Birthday Party 6:45 Jingo	15 10:00 Balloon Tennis 2:15 Fancy Nails 3:30 Tim Javorsky 6:45 Crossword	16 10:00 Bible Trivia 2:00 Check on Harvest	17 10:00 Have You Ever? 2:00 Tailgate <b>NE Volleyball</b> <b>18 Nebraska vs. Minnesota 7PM</b>	18 <b>Watch a Spooky Movie!</b>
19 <b>Church Radio/ T.V.</b>	20 10:00 Memorial Service 1:30 Resident Council 2:00 Ladder Ball 6:30 Movie Night	21 10:00 Craft Making 2:00 St. Michael's Ladies Bingo 6:45 Pitch	22 10:00 Balloon Tennis 2:15 Fancy Nails 2:00 Bus Ride 6:00 Watch Harvest	23 10:00 Bible Trivia 2:00 Pumpkin Spice Lattes 3:00 Current Events	24 10:00 Wheel of Fortune 2:00 Tailgate <b>NE Volleyball</b>	25 <b>Nebraska vs. Northwestern TBA</b>
26 <b>Church Radio/ T.V.</b>	27 10:00 Pitch 2:00 Nate Sings 6:30 Movie Night	28 10:45 Pastor Hart 2:00 Cooking Class 6:45 Bus Ride	29 10:00 Balloon Tennis 2:15 Fancy Nails 2:00 Bingo 6:45 Crossword	30 10:00 Bible Trivia 2:00 Current Events	31 <b>HAPPY HALLOWEEN</b> 10:00 Frog Pond 2:00 Halloween Party! 6:45 Trick or Treat!	1 <b>Nebraska vs. USC TBA</b>



**Happy Birthday!!**  
**Gerry 13th Mark 15th**



# October 2025

## Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> L: Green pepper casserole S: BLT sandwich	<b>2</b> L: Brown sugar glazed ham S: Pancake and sausage links	<b>3</b> L: Lasanga S: Chicken Caesar salad	<b>4</b> L: Turkey tetrazzini S: Hamburger or pepperoni pizza
<b>5</b> L: Glazed meatloaf S: Chicken tenders	<b>6</b> L: Spagetti, garlic bread S: Fairbury hotdog, baked beans	<b>7</b> L: Beef and broccoli stir-fry over rice S: Boneless wing dings	<b>8</b> L: Cook's choice S: Salmon loaf	<b>9</b> L: Cook's Choice S: BBQ Ribette	<b>10</b> L: Shepherd's Pie S: Pork roast	<b>11</b> L: Breaded ranch chicken S: Sloppy Joe
<b>12</b> L: Pot roast, mashed potatoes and gravy S: Chicken tenders	<b>13</b> L: Smothered Steak with onions S: Chicken Parmesan	<b>14</b> L: Cook's Choice S: Smoked Sausage	<b>15</b> L: Beef stroganoff with noodles S: Chili, cinnamon roll	<b>16</b> L: Baked ham S: Cook's choice	<b>17</b> L: Baked fish S: Turkey tetrazzini	<b>18</b> L: Meatloaf S: Reuben
<b>19</b> L: Chicken Fried Steak S: Chicken Tenders	<b>20</b> L: Ham loaf S: Egg bake, sausage link and french toast sticks	<b>21</b> L: Pork roast and kraut S: Hamburger pizza	<b>22</b> L: Tator Tot Casserole S: Pork fritter	<b>23</b> L: Chicken cordon bleu S: Lasagna	<b>24</b> L: Hot turkey sandwich S: Steak fingers	<b>25</b> L: Oven fried chicken S: Bratwurst on bun
<b>26</b> L: Mock filet minon S: Fish sticks	<b>27</b> L: Hot roast beef sandwich S: Swedish meat balls	<b>28</b> L: Chicken enchilada S: Chili, cinnamon roll	<b>29</b> L: Sirloin tips with peppers and onions S: Chicken broccoli bake	<b>30</b> L: Shrimp alfredo over noodles S: Chicken tenders	<b>31</b> L: Baked fish S: Hot roast beef and Swiss sandwich	

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.

# Kitchen Project Means Menu Changes

During the week of Oct. 6, our kitchen's walk-in cooler/freezer unit will be removed and replaced. While this upgrade is much needed, it will temporarily affect storage space, workspace and kitchen operations. Because we will have limited cooking options and storage space, it means Gardenside menu offerings will also be affected during this time.

Gardenside residents will still have choices at meals, but they may have more limited options. The printed menu will be more general for a few weeks to allow for necessary changes. If family members would like to know about a particular meal please call. If you wish to join your loved one for a meal, please call a few days ahead of time so we can be prepared.

Residents' families are still welcome to purchase food in the cafeteria. Cafeteria hours will not change, but menu options will be limited during this time. During this time the salad bar in cafeteria will not include our homemade pasta, vegetable or fluff/dessert salads. Please expect to see some menu changes and "cooks choice" meals as we work to clear out our freezer inventory for the project.

If the project remains on schedule, we plan to resume normal kitchen operation on Oct. 20.

## Karen Spilker Retirement Party

Karen Spilker retired on Sept. 12 after 42 years with JCH&L Gardenside.



Top left, Karen greets friends and family. Top right, Karen poses with her sisters. Bottom left, Dorothy Reid signs a banner. Bottom right, there were lots of hugs—Savannah takes her turn.

# Bingo!



*Top left, St. Michael's Church ladies play Bingo with, from left, Don Mahlman, Mark Schmidt, Jack Westerhoff, and Janis Westerhoff. Top right Keith Snyder and his wife Rita check the Bingo cards. Above, Faye Francis and Idonna Gaston wait to see if their numbers are called. Middle right, volunteers help Mary Adkins, Helen Keen, Bev Leseberg, Faye Francis and Idonna Gaston.*

*Above, a volunteer plays Bingo with, from left, Mark Schmidt, Jack and Janis Westerhoff, and Don Mahlman.*

## Coffee With Kitty Features Puppets



*Jane Campbell and Kitty DeBoer brought puppets galore. Top, Keith Snyder, Virgil Wasserman, Jack Westerhoff, Susan and Darrell Witt, Dorothy Reid, and Faye Francis watch Jane Campbell introduce puppets. Left, Mark Schmidt, Jane Campbell, and Don Mahlman enjoy a puppet. Above, Dona Glenn.*

## Fairbury Homecoming Parade



Gardenside residents and staff enjoy the Fairbury Homecoming parade on Friday, Sept. 19, in downtown Fairbury.

### Influenza Vaccinations Available at JCH&L

JCH&L Gardenside residents have had their influenza vaccinations, and we encourage family members to be vaccinated to protect your loved ones and our residents.

Influenza vaccinations will be available to the public at special clinics Oct. 1 and 2 at Jefferson Community Health & Life Fairbury Clinic. October is the optimal time to receive your vaccination. The CDC recommends influenza vaccinations for everyone 6 months and older.

Special influenza vaccination clinics for the community will be offered at JCH&L Fairbury Clinic on Wednesday, Oct. 1, and Thursday, Oct. 2, from 7:30 a.m. to 3:30 p.m.

Appointments are required and can be made by calling 402-587-5188. Please be prepared to leave your name, a phone number where you can be reached, and which day you would like to have an influenza vaccine appointment.

When you arrive for your appointment, please use JCH&L's main entrance, accessible from H Street. Influenza vaccines will be given in the Clinic Conference room.

Influenza vaccines will also be available at JCH&L Fairbury Clinic at regular clinic appointments or at a vaccine appointment. Call 402-729-3361, option 1, for an appointment.

When you come to your appointment, please wear clothing which allows easy access to your arm. Bring your health insurance card and a photo ID. Most major insurances and Medicare cover the influenza vaccine. There will be a fee the day of your vaccination if you are a private pay patient.

Children 18 and under covered by Medicaid can't get their influenza vaccines at these clinics. Please contact Blue Valley Community Action's vaccination program at 402-826-2141, extension 3, for information on flu shots at BVCA shot clinics.

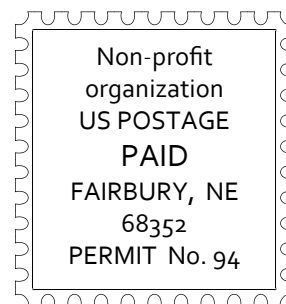
If you have questions or need more information, please call JCH&L's vaccine line at 402-587-5188.

## Making Snack Mix



*Top, Amy Wolfe watches as Wayne Franzen assists residents in making a sweet and salty snack mix. From left, Joan McKenzie, Janis Westerhoff, and Bruce Grummert help make the mix. At left, Nate Behrends watches and Wayne Franzen stirs, as Carol Hart, Joan McKenzie, Janis Westerhoff, Bruce Grummert, Bev Leserberg, Keith Snyder and Dona Glenn wait to taste the mix.*

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



CHANGE SERVICE REQUESTED

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*Photos Inside!*

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Happy Birthday!



*Happy September birthdays to Jack Westerhoff and Mary Atkins.*