
◆ Gardenside News ◆

Volume 15 Issue 9

October 2008

Cheerleaders and football mean fall is here!

By Barb Schwisow
Activities Director

With the cooler temperatures, leaves starting to fall and farmers starting to harvest crops, we know that fall is here. I don't think any of us can complain about the past summer. More rain than usual and mild temperatures.

The Fairbury Cheerleaders came out before one of the Fairbury games and gave the residents a few cheers for their team. Wow! Some could really cheer and jump!

Residents were very surprised before the first tailgate of the season. Entertainment was the Nebraska Cheerleaders (well, imitators from Gardenside!) They played the part very well and had some very good cheers to get the residents in the

spirit of football. We had requests for the cheerleaders to return. We hope they will come back and see us!

Bus rides were taken out in the country to see the changing of the seasons.

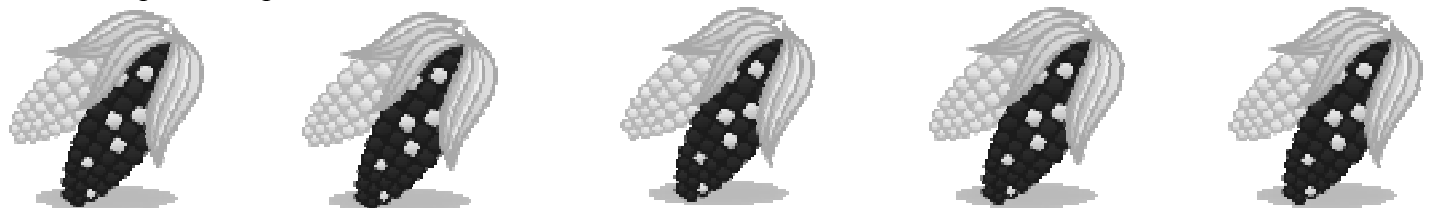
We honored Amanda Krebs on her birthday in September. Royce and Shirley Holtgroe from Lincoln did the entertainment for the afternoon. Cake and ice cream were served.

Some of the residents were in HOG heaven one morning when Linda Bundy shared her pig cake she received for her birthday. Many, many years ago Linda was a PORK QUEEN, so the cake was very appropriate for her.

Don't forget that on Halloween, Oct. 31, the residents are welcoming Trick or Treaters to come visit and get a treat. We ask that children be accompanied by a parent or other adult. We'll welcome trick or treaters from 5:30 p.m. to 7 p.m.



***Cheerleaders** — Terese Itzen, Mary Hasselbring, Val Weishahn and Lisa Wood give a cheer for the Huskers.*



Go, Jeffs, Go!



Cheering for the team — Fairbury High School cheerleaders give a cheer for residents.

Admissions

- ◆ Donald Dean Terrill, Sept. 5
- ◆ Norma Hansen, Sept. 15

Dismissals

- ◆ Carol Hughes, Sept. 12



Birthdays

- ◆ Betty Tedrow, Oct. 2
- ◆ Roy Schmidt, Oct. 10
- ◆ Winifred Deditius, Oct. 13
- ◆ Donald Dean Terrill, Oct. 28

Trick or Treat!

5:30 p.m. to 7 p.m.

Friday, Oct. 31

At Gardenside!

Who's Who?

Chief Executive Officer

Bill Welch

Director of Nursing

Deb Sutton RN

Social Services Designee

Mary Hasselbring

Activities Director

Barb Schwisow

Rehabilitation Aide

Karen Spilker

Dietitian

Tonya Koepfen

Nutritional Services Director

Jesse Vater

Pharmacy Director

Gary Mitchell

Director of Plant Operations

Gerry Lee

Director of Envir. Services/Purchasing

Stephanie Pfingsten

Housekeeping Supervisor

Billie Mohr

Director of Public Relations

Lana Likens

Most recent state survey:

Found in a folder just west of the nurses station.

E-mail: barb.Schwisow@jchc.us

Nursing Home News is a monthly publication of Jefferson Community Health Center.

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P.O. Box 277, Fairbury, NE 68352, or call Lana

Likens at (402)-729-3351.

It's almost time to get your flu vaccine!

By Deb Sutton RN

Gardenside Director of Nursing

It's that time of year again to get our flu shots and talk about how we can best protect those that we love. Influenza is a respiratory condition that can cause substantial illness and death among long-term care facility residents and illness in staff. Influenza is not what is typically called "stomach flu", with vomiting and diarrhea. Symptoms of influenza include fever, cough, congestion and body aches.

Between 5-20 percent of the population in the United States is afflicted with the flu each year; over 200,000 of those afflicted are hospitalized and about 36,000 people die on average per year from complications of the flu. Influenza is considered a contributing factor to the spike in heart attacks and strokes in LTC residents during the flu season.

Because staff members can spread the influenza virus to those we care for, all are encouraged to get vaccinated. Even children age 6 months to 18 years are encouraged to receive the vaccine.

One of the most effective means of prevention is to provide the influenza vaccine to both LTC residents and staff. It is important to vaccinate as many persons as possible before influenza activity in the community begins. For most adults, antibody protection against influenza virus infection occurs within two weeks after vaccination. As we age our immune systems become less effective and therefore the elderly may not develop as good of immunity, even with the flu shot, as we would like. This is why it is important that those who care for the elderly also receive the flu vaccine to decrease their exposure to the virus. Vaccination for influenza typically begins the end of October or first of November to provide the best coverage. Please talk to your physician if you have questions about getting the flu shot this year.

The other measures that can be taken to protect our residents are simple. Wash your hands, or use hand sanitizer before entering the nursing home and before leaving. There is a hand sanitizer dispenser at each of the doors entering into Gardenside and in each resident room. Please feel free to use it as you need. Do not visit if you are ill or have a fever. If you are developing any symptoms of a cold or stomach upset, please know that you can call and visit with your loved one at any time and reassure them that you care.

Results of the most recent state survey and daily nurse staffing hours are posted on the wall west of the nurses' station.

Variety of fall activities at Gardenside



Fun fall activities — Top left, residents have fun at balloon tennis. Top right, Dick Schlichtman and Gail Ward sing. Bottom left, Sharon and Royce Holtgroe perform at the birthday party. Bottom right, Linda Bundy shows off her pig cake.

Meals of the month

For August, the "Resident of the Month Meal" was created by Dorothy Reid and consisted of the following..

Fried Chicken
Mashed Potatoes and Gravy
Corn
Apple Pie

The residents enjoyed this meal on Sept. 2.



Braggin' Rights

News and milestones from our residents (and staff!)

There's been a baby boom among Gardenside staff!!

New babies —

- Lacey Lichty had a baby boy born Sept. 11 — Drayden Owen
- Ron Lantz and his wife Andrea had a baby boy born Sept. 12 — Brody Arman Lee (pictured at right with resident Win Deditius)
- Kayla Fox had a baby boy born Sept. 20 — Liam James
- Breanna Bonar had a baby boy born Sept. 24 — Caleb Lee

Congratulations to all of our staff members with new babies!



Barb Schwisow named JCHC Caring Kind

Barb Schwisow, activities director at Gardenside long-term care since 1995, was named JCHC's Caring Kind recipient for 2008.

Schwisow will be recognized by the Nebraska Hospital Association at its annual convention Lincoln on Oct. 31 at the Caring Kind lunch.

She was surprised by her co-workers on Sept. 10 during a zucchini baking activity with residents.

Schwisow was nominated by her peers because she is "on fire for going above and beyond the call of duty" and "her heart is in the right place." She spends many hours planning and carrying out fun activities for the Gardenside nursing home residents. She really cares about the residents and give them her time, a hug or a smile — and only wants their happiness in return. Barb Schwisow is truly the Caring Kind.

Congratulations, Barb!





Spotlight on Gardenside Resident: *June Hatfield*

“That’s our mom”

By Dennis Hatfield

June was born in 1925 in Fairbury, the youngest of three daughters of Fred and Maude (Wherli) Rogge. At age 2, following the loss of her two sisters to disease, the family moved to Narka, Kan., where Fred worked on the railroad and Maude ran a restaurant. Later the family moved back to Fairbury and Fred once again worked at the Fairbury Windmill Co.

On the day Japan attacked Pearl Harbor, Dec. 7, 1941, June married Paul Hatfield. The family joke was that they started World War II. They resided in Beatrice for a short time until Paul was drafted. June was able to join him later in Texas, where Sgt. Hatfield was training troops to go overseas. When Paul’s turn came, June returned to Fairbury to reside with her parents and await the birth of their first child. Dennis was born in 1943, and was nearly three years old before he met his father. On his release from the Army, Paul and June bought their home at 1000 I St. in Fairbury, where June resided until she moved into her apartment at Cedarwood in 2005. After 57 years of marriage, June lost Paul in 1999.

June was loving, caring daughter to her parents which is evidenced by the way her own children and grandchildren love and revere her. June and Paul had three children: Dennis, Trudy (Mrs. Dick Leonard), and Jay. June has nine grandchildren and five great-grandchildren.

When her own children were small, June worked at the local Gamble’s store and later at Summer’s Dairy. After the children were grown, she worked at the County Assessor’s office in the Jefferson County Courthouse until she retired in 1987.

The family recalls “Grampa” Paul always bragging on June’s wonderful coffee and from a popular coffee ad adopted the name “Blossom” for June. Often those meeting her during that time were unaware her name was really JUNE. The “cream on top” came when a granddaughter recently became “Mrs. Olson.” June said Paul would have enjoyed a good laugh over that.

June and Paul enjoyed many trips around the states including Hawaii. June was very lucky at Bingo and enjoyed local play for many years. She also enjoyed bus trips to nearby casinos and loves to play slots.

June’s close friend, Jesse James, encouraged her enjoyment of card parties, casino trips and eating out which continued while she resided at Cedarwood. She greatly enjoyed her apartment there and visits from friends and family. While in residence at Cedarwood, June was crowned “Queen of Valentine’s Day, 2007.”

Since her stroke a year ago she is unable to continue with some of her favorite pastimes. She has to occasionally remind us that she is only **physically** impaired, as she still maintains her quick wit, sense of humor and love of life. She recently received her own personal slot machine and June always encourages visitors to give it a spin and YES it does “pay out” with loud bells.

June’s family has wonderful memories of holiday dinners at her home, enjoying her baking and home-canned white-cherries, sweetcorn, relish and pickles. She instilled within her children the joy of family get-togethers, where everyone seems to bring “Gramma” June’s favorite foods and uses her favorite recipes. June is able to enjoy everyone at Christmas festivities, bridal showers, and occasional drives around Fairbury.

Son Jay visits often and reads the newspapers to his mom. Trudy and husband, Dick, help out with daily visits and assist with any personal affairs. Dick is well known as June’s “favorite son-in-law.” Dennis and wife Loretta visit often at lunch time and bring in some of June’s favorites, taco salad or chicken sandwich with onion rings, but most often Chinese food. Everyone follows the aromas from the usual Cashew Chicken lunch. Recently, June’s fortune cookie read: “You display the wonderful traits of charm and courtesy,” and we thought: “Hey — That’s our mom!”

Gardenside News

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*Photos
inside!*

Happy Birthday!



Happy Birthday —
*Celebrating a September birthday was
Amanda Krebs.*