
◆ Gardenside News ◆

Volume 15 Issue 8

September 2008

Fall is in the air!

By Barb Schwisow
Activities Director

The children are back to school. Fall is in the air. Soon we will be seeing combines out in the fields ready for fall harvest. At Gardenside, we are still enjoying the end of summer. We've had some wonderful watermelons and muskmelons for our melon feeds. We have been enjoying the fresh summer flowers that employees' and residents' families brought in to enjoy. We also have flower pots in the courtyard. Thanks to Willis Niederklein for keeping them watered.

Some of you may have noticed the hall naming posters. A while ago we started talking about naming the halls — something besides Hall 1 and Hall 2. Gardenside is where we live and we want to make this our home. Everyone, including residents, employees and residents' families were invited to submit name suggestions. We got many, many wonderful suggestions. Through the efforts of many employees headed by Colleen McMaster the list was pared down to about 15 possibilities. Then thanks to everyone — all residents got a chance to vote, as well as most employees involved in Gardenside. The results are: West Hall, Sunshine Boulevard; North Hall, Laughter Lane; and East Hall, Happy Avenue. Thank you to all who nominated, voted and helped this become a reality. Did you notice that all the names are reflections of joy — something we all try to achieve in our lives? Be looking for the street signs. We are in the process of finding just the right kind of signs.



Touring the farm — Larry Horsky shows his mother-in-law Amanda Krebs around the farm which had previously been her home.

The August birthday was held with the Happy Czech's entertaining. Residents really enjoy the accordion music along with the big tuba. Celebrating birthdays were Dorothy Hohensee, Barbara Scherbarth, and Elaine Holly.

Many residents enjoyed an afternoon of inspirational music from Clarence and Marilyn Black.

We appreciated the help from The Better Neighbors Extension Club for providing an afternoon of Bingo with our residents. Helping watch cards, providing prizes, cookies and visiting with our residents.

On a cool summer morning our bus loaded to capacity headed out to Larry and Ruth Horsky's farm, where resident Amanda Krebs used to live. We were

(Continued on page 3)

Important note on JCHC construction

Construction continues on the new addition at JCHC, and with the progress come more changes in the entry to JCHC.

All outpatient and individual emergency patients are using the main entrance to JCHC until further notice. Ambulances are currently an entrance on the south side of the facility.

All parking for outpatient and emergency services will be on the west side of the facility, accessed from H Street.

We apologize for any inconvenience this may cause. If you have questions or concerns, please contact Lana Likens at 729-3351, extension 479. Thank you for your patience!

Admissions

- ◆ Lawrence Gill, Aug. 13
- ◆ Ella Ehrett, Aug. 21

Dismissals

- ◆ Hilda McAtee, July 28



Birthdays

- ◆ Amanda Krebs, Sept. 15

Anniversaries

- ◆ Mr. and Mrs. Everett Bartels, Sept. 12, 1948

Deaths

We were saddened by one death in the past month. Our sympathy is with the family of Edward Pavlicek, who passed away on Aug. 8.

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 Koeppen

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.

Subscriptions are free. To subscribe

or unsubscribe, write: Gardenside News,

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

Likens at (402)-729-3351.

Medicare at the Movies

Informational meetings to update the public on the upcoming changes to Medicare and Medicare D are being planned across the state. The meetings are called "Medicare at the Movies." Entertainment and refreshments are included as well as a presentation from the SHIP (State Health Insurance Program) Office.

Fairbury will host a morning meeting on Oct. 15 at the Bonham Theater. An exact time has not yet been finalized, but save the date and plan to attend if you have questions about Medicare and Medicare D coverage. This meeting will be advertised in the Fairbury Journal News, so watch for a time!

Donations

- Thanks to Jerry Zabokrtsky, who donated a lug of peaches for the residents to enjoy.
- Thanks to the 3D Club of Diller which donated cloth apples for the residents to enjoy as decorations.
- Thanks to Amanda Krebs' daughter, Ruth Horsky, who gave each staff member a jelly jar of apricot preserves.

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

Fall is in the air

(Continued from page 1)

mazed by the beauty of the flower and vegetable beds. Larry and Ruth guide our bus to the back of the yard to see the blooming daylilies to take home. We were all treated to fresh apricots off the tree. Boy! Were they tasty and did that bring back memories and stories about apricot picking. Once we were done looking at everything, we were served brownies and iced tea. Next stop was Richard and Jean Weers, another daughter of Amanda's. We got to view more flowers and meet some of Amanda's grandchildren and great-grandchildren from Texas. Amanda says her daughters got their green thumbs from her.

With the summer time fun, funnel cakes were a hit one afternoon.

Until next time. Enjoy our last summer holiday!

Hall names & Happy Czechs



Names and entertainment — Top left, staff member Colleen McMaster shows one of the hall names selected for Gardenside. Right and bottom, the Happy Czechs entertain with polka music.

Visit to the Farm



Beautiful flowers — A visit to the farm of Ruth and Larry Horsky brought residents much joy. Top left, Minnie Meyerhoff enjoys the beautiful flowers. Top right, Ethel Kelly also enjoys the flowers. Bottom right, Ruth and Larry Horsky greet their mother and mother-in-law Amanda Krebs as she is assisted out of the bus by staff member Helen Hohbein. Bottom left, a view of a garden area.

Braggin' Rights

News and milestones from our residents

Proud Grandparent

Willis Niederklein is proud to hold great-granddaughter Emma Strand from Valley, Neb.

Don't forget Grandparents Day is Monday, Sept. 7!



Memorial Gifts

Many thanks to the families of ***Ed Pavlicek*** and ***Hilda Eisenhower*** for memorial gifts which have been given for Gardenside long-term care.

These types of gifts help us to continue to provide quality care for our residents, and to do special activities which might not otherwise be possible.

Family time

Barbara Scherbarth, right, was pleased to spend time with daughter, Ilene Kaplan, and granddaughter, Geneva Kaplan, from Las Cruces, NM.



Meals of the month

For July, the "Resident of the Month Meal" was created by Mary Hunter and consisted of the following...

Fried Butterfly Shrimp
Onion Rings
Garden Salads
Rice Pudding

The residents enjoyed this meal on Aug. 20.



Food Safety Reason for Changes

There has recently been some debate regarding the revisions that FDA made to the Food Code. The Food Code is regulations that are put into place by the Federal Government to protect consumers from food borne illnesses. We have all heard news stories about breakouts of food borne illness at conventions or from fast food restaurants, etc., which have resulted in numerous people hospitalized with gastrointestinal symptoms such as nausea, vomiting, diarrhea and abdominal pain and in worse case scenarios, even death. That is why the Federal Drug Administration has established guidelines that all kitchens, which serve the public (which includes our kitchen) must follow, to lessen the likelihood of such events.

One of the areas that have recently been heavily discussed is the ability of dietary staff to accept and serve fresh produce and prepared foods which are not purchased from an approved vendor. Foods obtained from non-approved vendors would include any foods which are donated by staff, families, friends or which are purchased from a farmer's market or non-licensed vendor. Recently there was a meeting held between our state surveying agency and the regional food inspector to discuss this issue and the following is the outcome of that discussion.



It was decided that fresh produce *can* be accepted by dietary staff **if** it is fully intact. That means that the protective skin layer must not have any open areas and the produce can not be cut. Our dietary staff can accept the produce and then must follow The Food Code guidelines for storing, washing, preparing and serving the produce. We are delighted that the decision was made that we could accept these items and provide fresh fruit and vegetables for our residents and guests.

Prepared food is another area that was discussed, with very different guidelines. Home-baked or home-made foods can only be served under very different, stricter guidelines. The FDA is concerned that foods prepared by non-licensed vendors (family, friends etc) has greater likelihood to cause food-borne illnesses because there is no control over the conditions in which the food was prepared or stored. An example would be if a well-meaning guest made potato salad to bring and share but had to run some errands and it sat in a hot car for too long before being brought to serve. That could result in significant illness. The same is true for baked goods if the ingredients used are not all of good quality and if proper temperatures are not used in preparing the food. The guidelines for these types of foods are therefore stricter.

- **If you are preparing food to bring to your family member only, you are free to do so at any time, without any restriction. We encourage you to bring their favorite foods that they can enjoy.**
- **If you are bringing food to share with the other residents (such as for a birthday treat) that is purchased from an approved vendor such as Schroeder's Family Foods, Ray's IGA, Smitty's Bakery, Pizza Hut, Subway, etc., you can do so at any time without any restriction. These vendors are surveyed by the Food Inspectors and must operate under the same Food Code as our dietary staff.**
- **If you are making home-made food to share with the other residents, please let our staff know in advance. The guidelines are that you must be present to serve what ever you have made and we must track who eats it. We have to keep a record of what was served from a non-approved vendor in case we have an outbreak of illness. This is so we can track back to see if it could be related to the food served or if it is from another source.**

If you want to bring in homemade treats to share with all of our residents for a special occasion, please know that we appreciate that you would do this and we will gladly provide this for our residents, we just need to track it so we stay within our regulations.



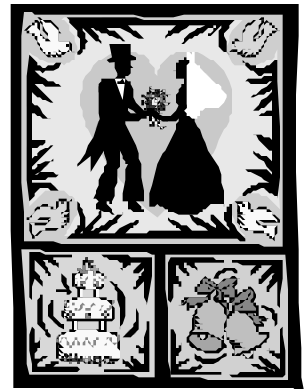
Potlucks are prohibited under the Food Code because it is too difficult to track which foods were prepared by which person and which of the foods brought in were consumed by which residents. We regret not holding potluck meals because we know that the residents enjoy them, however our first priority has to be their safety and wellbeing. The regulations regarding Food Code were passed to protect the consumer and includes restaurants, bakeries, grocery stores, health care and residential facilities. If you have any questions regarding the Food Code please feel free to ask myself, Tonya or Jesse in Dietary or the Activity Coordinator.



Spotlight on Gardenside Resident: *Roy Charles Schmidt*

Roy Charles Schmidt was born on a farm near Elgin, Neb., on Oct. 10, 1925. His parents were Charles and Louise Schmidt. He had an older sister, June. Roy, who likes to be called Bud, remembers those early years as hard scrabble farming. He was still a child when the dust bowl years wiped many farmers out of the area. But his dad hung on and thanks to the insurance company who extended loan payments, they made it. Bud remembers his mother's many talents as a farm wife. She had a big garden, canned, made clothes, baked bread and cultured cheese from cow's milk. In 1943 Bud graduated from Neligh high school. He was drafted for the military three times but twice he was rejected because of heart problems. They said he had a "leaky" heart. The third time he was accepted. He was sent to Omaha to begin training and ended up traveling up on a train with the cream cans. However, the war was about over. After reexamining Bud the military sent him home.

One Saturday evening Bud went to the grocery store in Elgin. A beautiful grocery clerk was just coming up from the basement with a load of sugar to replenish the sugar bin on the main floor. The first thing he remembers is how beautiful she was. Then he remembers the first thing he heard her say was, "The cat was laying on the sugar, and I wouldn't want to eat it!" That's how Bud met Doris Bergmann. Bud asked her out that night.....and every Saturday and Wednesday night after that. They'd go to a movie or have a hamburger. One evening he said, "Would you think about marrying a guy like me?" It didn't take her long to say yes, even her mother approved. On June 6, 1947, six months after they met, they got married. Thus was the beginning of a wonderful 58 years of marriage. Bud said that evening they held a wedding dance and it rained hard and hailed. In fact, the hail broke out the skylight of the building where the dance was held and a flood of water halted any festivities for that night. They took their honeymoon in Yankton, South Dakota. It was a short honeymoon because the next day Bud had to be back to help his dad shell corn.



Bud and Doris started out as farmers briefly renting a farm in the Antelope Creek valley northwest of Elgin. They soon had the chance to buy it. That farm cost him \$10,000 for 120 acres. 40 acres were pasture and the rest was crop land. He raised corn and a combination of rye and vetch. The vetch matured later and used the rye for support. He would bring the rye/vetch harvest in where the miller separated the grains with sifting. The rye was used to feed hogs and sold for flour and the vetch was used as a basis for paint and also feed filler for cattle. He also raised feeder pigs and sold them to finish out when they were around 35#. Bud also raised cattle for butchering. For 4 or 5 years they milked cows. Ranching was more profitable, and they continued to raise cattle. The crop land

was used to feed the cattle.

Bud and Doris never lived more than 6 miles from the place they were born. That is where they raised their one son, Charles. When Doris became ill, Bud cared for her until she passed away in February 2007. Bud then moved to an assisted living in Neligh, Nebraska. When his physical health deteriorated his son, who lives in Fairbury, brought him here to live at Gardenside. Bud has been very happy to have his son visit him frequently. He also enjoys those visits from his daughter-in-law, Brenda, 3 grandchildren and 3 great grandchildren with 2 on the way.

Gardenside News

Jefferson Community Health Center
2200 H St.
P.O. Box 277
Fairbury, NE 68352



*Photos
inside!*

Happy Birthday!



Happy Birthday —
Celebrating August birthdays were Dorothy Hohensee, Barbara Scherbarth and Elaine Holly.