
◆ Gardenside News ◆

Volume 16 Issue 5

May 2009

Nursing Home Week Activities Planned for May

By Barb Schwisow
Activity Director

National Nursing Home Week will be celebrated May 10-16 at Gardenside long-term care. Everyone is welcome to celebrate with us. This year's theme is "Making a Difference in the Lives of Others."

Events of the week include:

Sunday, May 10, 2 p.m. to 4 p.m. — Open house for Minnie Meyerhoff's 90th birthday. Family, friends and staff are invited to share this special day with Minnie.

Monday, May 11 — Facility wide picnic, 11 a.m. to 1 p.m.

2 p.m. Angels, by Mary Cassell

Tuesday, May 12 — 2 p.m. Bingo, with the Methodist Circle Group

Wednesday, May 13 — Wear purple day 2 p.m. to 4 p.m. — Rock Away Cancer.

Donate to the Relay for Life as residents and staff rock. Ice cream Sundae for a free will donation.

7 p.m. — Polka band and Rock Away Cancer. Donate to the Relay for Life as residents and staff rock. Ice cream sundae for a free will donation.

Thursday, May 14 — 2 p.m. Program by Zion school children from Tobias

Friday, May 15 — 2 p.m. Staff and resident games



Coloring eggs — Minnie Meyerhoff and Anna Lahodny enjoy coloring Easter eggs.

We are sad to say goodbye to Helen Hohbein who is retiring from social services and activities at Gardenside. She will be enjoying her time off in the garden, vacationing, and spending time with her grandchildren. We welcome Raven Gerths from Fairbury, who has been working at JCHC as a part-time ward clerk. Her husband is a teacher in Fairbury and they have three small boys. She will add a new spark to Gardenside.

Once again the residents had the apple peelers out, peeling enough apples for the 10 pies the ladies put together for the bake sale to raise money for Relay for Life.

The children from Kid's Connection came and sang a few songs for the residents and then had an Easter Egg Hunt at Gardenside. Candy and plastic eggs were hid among the residents and dayroom, with residents giving hints of where to find the treats.

Residents helped out the Tobias Legion in dying 8 dozen eggs for the annual Easter Egg Hunt. Taylor Muell and Steele Summers drew on the boiled eggs for the residents to dye. We have some very creative residents in their dying technique.

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Rhythm Band



Rhythm band — Raven Gerths, new activities/social services assistant, helps resident Minnie Meyerhoff play in the rhythm band.

Admissions

- ◆ Ruth Allan, March 27
- ◆ Robert Walters, April 3
- ◆ Dorothy McIntyre, April 8
- ◆ Delores Lindsley, April 17
- ◆ Helen Larkins, April 20

Birthdays

- ◆ Lawrence Gill, May 6
- ◆ Meredith Milne, May 9
- ◆ Minnie Meyerhoff, May 13

Anniversaries

- ◆ Mr. and Mrs. Norman Tedrow, May 2, 1942

Deaths

We were saddened by two deaths in the past month. Our sympathy is with the families Merle Beetley, who passed away April 3, and Robert Walters, who passed away April 21.

Dismissals

- ◆ Letha Achtemeier, March 27

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.

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or unsubscribe, write: Gardenside News,

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

Likens at (402)-729-3351.

Be Alert, Not Alarmed, About Swine Flu

Jefferson Community Health Center encourages area residents to be aware of the swine flu, and alert to symptoms – but not to be alarmed.

What are the signs and symptoms in people? The symptoms are similar to the regular influenza virus: fever, cough, sore throat, body aches, headache, chills, fatigue, and possibly vomiting and diarrhea.

What can people do to protect themselves from the flu?

“First and most important: wash your hands,” said Mary Heidemann, infection preventionist at JCHC. She said it’s also important to get plenty of sleep, be physically active, manage stress, drink plenty of fluids, and eat a balanced diet.

Anyone with symptoms of any flu or flu-like illness is encouraged to:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often, especially after you cough or sneeze. Alcohol-based cleaners are also effective.
- Avoid touching your eyes, nose or mouth.
- Stay home from work or school, and limit contact with others to keep from infecting them.
- Postpone elective medical procedures (i.e. clinic visits or surgeries.)
- Please don’t visit nursing homes or hospitals.
- If you have contact with people who have traveled in areas where swine flu cases have been identified, call your health care provider.

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

April Activities



April activities — Clockwise from top left: Rose Portwood dyes Easter eggs; Amanda Krebs and Roy Schmidt dye Easter eggs; Dorothy Reid shoots Helen Hohbein with a water gun; Ed Free receives an Easter egg from a student; Kid's Connection poses for a picture; Helen Hohbein and Linda Bundy pose during Helen's retirement party.

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Dorothy Reid was the only April birthday honoree. Royce and Sharon Holt growe from Lincoln shared their talent for the afternoon, reminiscing with some of the residents.

Bus rides were once again enjoyed by many of residents. Gardenside resident Ed Free was the tour guide for this bus ride. Speaking on the loud speaker telling the other residents where they are and little about places they are viewing.

Until next time, enjoy the nice warm weather!

Hohbein Enjoys Special Day

By Helen Hohbein

Activities and Social Services

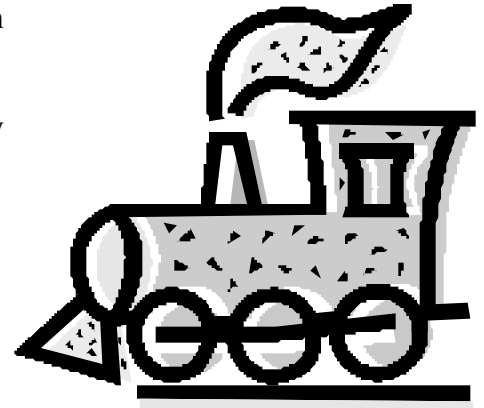
Sunday, April 12, was a special day for me. For the very first time all my children and grandchildren were together—all 20 of us! My husband, Dave, and I have children and 10 grandchildren ages 11 months to 15 years. Since one of our children lives in Texas, it is hard for us to be altogether at the same time. To make it even more special, they all participated in a worship service that my daughter, Kristin Tobiason, organized. Then to top it all off they all came to Gardenside and joined the residents by presenting this program on Easter morning. Even my brother and his wife, Roger and Bev Claassen, helped with the service. They provided music at the piano and bass violin. Some of the grandchildren had solos of the voice, piano and recorder. The oldest 6 gave a play that my daughter organization and then they all sang and did the action to “LORD, We Praise Your Name On High.” Nearly all the residents came to help us worship, thanks to the kind caring staff at Gardenside. Our family is special to us. I want to thank them and the whole staff at Gardenside for all the love and caring they give. My retirement took place on April 17, but you probably haven’t seen the last of me! I’ll be filling in off and on here and there.





Spotlight on Gardenside Resident: *Dolores Rodwell*

Dolores Lorraine Hendricks was born on Nov. 8, 1926, the only child of Arthur and Cathryne Hendricks. Art was a railroad engineer, and Cathryne worked as a “Harvey Girl.” She made sandwiches and soup for Rock Island Railroad passengers who stopped by on layovers through Fairbury.



Dolores lived in Fairbury most of her life, except for 1975-1980 when she and Rudy lived in Lincoln, while he worked for the railroad there.

She married Charles “Rudy” Rodwell on June 10, 1945. He was stationed at the Bruning Air Force Base as an airplane mechanic. They lived with her parents for a few years until they purchased their own home.



During the war years, she worked at the Bonham Theatre, and was a clerk at the telephone office.

Later, she worked for dentists, Drs. Phil and Raleigh Gibson in a “one girl office.” She was the secretary, bookkeeper, and dental assistant for 22 years.

Following that, she worked for the FmHA office in Fairbury. In Lincoln, she worked for Ovaltine Products, and the Norris Public Power Office. She always enjoyed working, and would have worked many years longer if ill health had not caught up with her.

The Rodwells have 2 girls, Janice (Mrs. Bruce) Henning of Dorchester, and Kathy (Mrs. Glen) Blobaum of Fairbury. They have 8 grandchil-

dren and 3 great-grandchildren.

When you ask Dolores what her hobby is, she always grins and says “shopping!” She has always loved to travel and take short or long trips with Rudy, her love of 64 years.

Dolores, or “Dee Dee,” has always had a great sense of humor. She was always on the move, and open to visiting new places. While Rudy was out on the road (he was a fireman, then a train engineer), she always “held down the fort” with her girls. She was always strong, always independent.

One time when Rudy was out on the road, she brought home a large Collie dog, “Rusty.” The family hid him down in the basement, told him it was flooded, and he couldn’t go down there. The family says: “He knew we were up to something, and soon found our surprise! Luckily, he grew attached to him (Rusty), too.”

Over the years, Dolores had many cats, kittens, dogs and parakeets. She delights in the two dogs at Gardenside, Flash and Tia, and the many birds.



Gardenside News

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CHANGE SERVICE REQUESTED

*Photos
inside!*

Happy April Birthdays!



April Birthday — Our April birthday celebrant was Dorothy Reid.