
◆ Gardenside News ◆

Volume 16 Issue 11

November 2009

Gardenside Residents are Thankful for Many Things

With November the month of Thanksgiving, Gardenside residents were asked what they are thankful for. Here is what our residents are thankful for:

- ◆ **Ruth Allan** — to have such a loving and supportive family, to be alive, and for all the wonderful people who care for me every day.
- ◆ **Hilda Barber** — my family who love me and for heat that keeps me warm.
- ◆ **Everett Bartels** — for my family, friends, my religion, to live in Nebraska and all the wonderful care I receive every day.
- ◆ **Winifred Deditius** — for my family that remembers me year round and the wonderful gifts they send, for all the hugs, kind words and special people that work here at Gardenside. For the 91 years that God has given me.
- ◆ **Louis Diekgraeff** — to be alive and happy here at Gardenside surrounded by friendly people. To be able to swallow much better.
- ◆ **Charles Ensz** — loving family and friends, to have moved closer to my wife.
- ◆ **Lora Haake** — for my health and such a wonderful family. Everything is worth being thankful for.
- ◆ **Norma Hansen** — staying healthy, my family that visits often and great desserts like pumpkin pie.
- ◆ **June Hatfield** — for my loving family, good health, great memories of the years gone by, wonderful and caring staff that help me.
- ◆ **Valera Henke** — great family and staff that love me and take care of me, good food and friends to visit with during the day or night.
- ◆ **Dorothy Hohensee** — that I'm here.
- ◆ **Amanda Krebs** — family, friends, food and a nice warm place to sleep.
- ◆ **Ardan Leonard** — wonderful, loving and devoted family.
- ◆ **Delores Lindsley** — wonderful family, good health, walk with my walker, nice place to live, wonderful people surrounding me and a great roommate.
- ◆ **Meredith Milne** — roof over my head, something to eat, good family and friends and everyone that loves me.
- ◆ **Roland Meyer** — to have a nice warm place to live surrounded by people who love and care for me.
- ◆ **Dorothy McIntyre** — wonderful family and receiving good care every day by wonderful people.
- ◆ **Patricia Michener** — wonderful friends Helen Vculek, Valera Henke, staff and Gardenside and flu shots.



A visit to the pumpkin patch — Cody Engelman shows a gourd to resident Roy Schmidt.

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Staff member welcomes new baby



Staff member Cindy Corbin welcomed her baby, Brazen Russell, born Oct. 21, 2009. He was 5 pounds, 14.5 ounces. Congratulations!

Birthdays

- ◆ Dolores Rodwell, Nov. 8
- ◆ Charles Ensz, Nov. 19

Anniversaries

- ◆ Mr. and Mrs. Ardan Leonard, Nov. 29, 1985

Deaths

We were saddened by one death in the past month. Our sympathy is with the family of Rosa Jones, who passed away Oct. 24, 2009.

Physician Rounds

Dr. Tucker, Nov. 16
Dr. Blatny Jr., Nov. 17
Dr. Shumard, Nov. 18
Dr. Blatny Sr., Nov. 19

Who's Who?

Chief Executive Officer

Bill Welch

Director of Nursing

Deb Sutton RN

Assistant DON/MDS Coord.

Linda Collins RN

Social Services Designee

Mary Hasselbring

Activities Director

Barb Schwisow

Rehabilitation Aide

Karen Spilker

Dietitian

Lisa Edeal

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.

Health Today Features Medicare Skilled Services

The topic for the next Health Today session at Jefferson Community Health Center will be “**What Does It Mean to Have Medicare Skilled Services Available in a Nursing Home**” by Deb Sutton RN, director of nursing for Gardenside long-term care.

Gardenside was approved to provide Medicare Skilled Services in October. Join us to learn what this means.

The meeting will be held on Thursday, Nov. 19, with the program beginning at 12:15 p.m. The program is held in the southwing education room. Enter through the door marked “Education Room.”

Health Today is a free noon-hour program offering health and wellness information to area residents. “Health Today” programs are typically scheduled for the third Thursday of each month.

A light lunch is available at noon for a free will donation. Guests are also welcome to bring a lunch to eat during the program.

Pre-registration is required. To register, call Lana Likens at Jefferson Community Health Center at (402)-729-6855.

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

Fishing is Fun with the New Wii Game



Thank you to our donors!

Gardenside would like to give a big thank you to Darrell and Marlene for their recent memorial gift on behalf of their father Jesse James. Gardenside used the gift to purchase a Wii entertainment system for the residents to enjoy. We purchased numerous games and attachments to make the system a more enjoyable experience for all. Recently our residents took an afternoon to do a little Wii fishing. The biggest catch of the day was a 6-pound small-mouth bass caught by Ed Free. For our next Wii afternoon, we'll be having an open season challenge. We'll have to see who has the best aim with the shotgun! Again, thank you to the family of Jesse James for the recent memorial donation. It was greatly appreciated!



Wii fishing — To left, Ed Free is reeling one in. Top right, Raven Gerths helps June Hatfield fish for a big one. Bottom left, Willis Niederklein is ready to catch the big one.

Bake Sale Planned for Tuesday, Nov. 24

Date: Tuesday, Nov. 24

Time: Starting at 6:30 a.m. until the goodies are gone

Where: JCHC Front Lobby

Proceeds benefit: Eden fund

Winter is Coming!

By Raven Gerths

Social Services and Activities Assistant

The leaves are falling and winter is just around the corner. We've seen our first snow and with it was the last — but we all know better than that.

This past month Gardenside residents have stayed very busy. In the October newsletter we mentioned the senior Olympics held at Gardenside, Cedarwood, JCHC, Heritage Care Center and the Fairbury Senior Center. We had 26 residents participate and take part in the Olympics throughout that week. They participated in many various events such as bassetball, shoe kick-off, putt-putt golf, baseball, wheelchair races, dunk booth, bingo, croquet and many more. It was truly a wonderful experience to see all the participants enjoying themselves.

Van rides are always a wonderful way to get out and see the countryside and this past month we had a few. Our first trip was to Engelman's Pumpkin Patch. The Engelman family showed off their large gourds, pumpkins, and some of the recent items they had shown in the fair. All the residents received a small gourd to take back home with them. Our latest trip was a tour around town to see the fall decorations and the many trees changing colors. We even got a sneak peek at some of the some of the upcoming Halloween decorations set up. The residents are awaiting their time to celebrate Halloween here at Gardenside with a costume contest and then trick-or-treating.

We picked our final harvest from our courtyard garden. Residents enjoyed watching Barb pull the sweet potatoes. We pulled nearly 15 good-sized potatoes, and are planning on frying them for all to taste. With outdoor activities coming to a close, it was time to challenge the residents to a new activity. Gardenside purchased a Wii Entertainment System. Our first challenge was a fishing tournament. Our system is equipped with a fishing rod and reel as well as a shotgun for the hunting challenge we'll have later in the month.

This month we celebrated birthdays for Betty Tedrow, Winn Deditius and Roy Schmidt with our monthly birthday party. Our entertainment was unable to attend, but the next day we were treated to a wonderful concert put on by the Evangel University Concert Choir. The residents were all pleased and thankful for the opportunity to see such talented young adults. In November, we'll celebrate with Charles Ensz and Dolores Rodwell on Nov. 17.

November brings the anticipation for the holidays and with that we'll be preparing for our bake sale to be held Nov. 24, just in time for Thanksgiving. The residents will be assisting us with preparing and baking pies that will be sold on the bake sale.

We all hope that this issue of the newsletter finds you happy and well this cold and flu season. Please note that if you are having any signs or symptoms of illness that we remind you to be respectful of our residents and take a few extra days before visiting.

Happy Thanksgiving!



Sweet potatoes — Resident Louie Dieckgraeff checks out the sweet potatoes.



Happy Halloween! — Residents Vernieda Weishahn and Pat Michener enjoyed making Halloween decorations. Pat shows one of the decorations.

Gardenside residents are thankful

(Continued from page 1)

I'm thankful for everything.

- ◆ **Minnie Meyerhoff** — for my children, grandchildren and great-grandchildren. Also for living at Gardenside.
- ◆ **Willis Niederklein** — to be the way that I am, in this good place, family, friends and good food.
- ◆ **Rose Portwood** — to be 107 and to keep going. I'm thankful for all the wonderful things I've seen and done over the years.
- ◆ **Dorothy Reid** — for family, staff and good food.
- ◆ **Dale and Eileen Robinson** — for children, people to take care of us, heat, our health.
- ◆ **Charles and Delores Rodwell** — our loving and supportive family, and for the wonderful care that we receive.
- ◆ **Barbara Scherbarth** — good food and warm place to live.
- ◆ **Roy Schmidt** — having 58 years with my wife, wonderful children and grandchildren, great care and company here at Gardenside.
- ◆ **Margaret Schwartz** — many blessings I've received, friends and family, wonderful daughter and son-in-law, for all their love, great neighbors from home.
- ◆ **Nellie Seger** — roof over my head, good food, great friends and a good doctor.
- ◆ **Charles Shellhase** — good food and warm and loving place to live.
- ◆ **Ruth Shew** — so many good-good-good caring friends, to be alive, believing in the Lord.
- ◆ **Irene Spinden** — wonderful family, kids, grandkids, people that care for me, wonderful food, lovely home, everyone that treats us like we are family.
- ◆ **Betty Tedrow** — wonderful, loving and devoted husband, great care and warm place to sleep.
- ◆ **Verneda Weishahn** — great kids that always keep me laughing, good food and good company here at Gardenside, and to get around by myself now.
- ◆ **Edith Witt** — that I'm here, happy and receive wonderful care.

What are you thankful for?

Meet the Staff

Reanna Hurlbert RN

Reanna Hurlbert RN has been working at Gardenside for about 2 weeks. She works various shifts as needed. She has a bachelor of science degree in nursing from UNMC.

Reanna grew up in Lincoln and now lives in Daykin. Her significant other is Damon. She has a younger sister who lives in Lincoln and her parents live in Florida.

Outside of work, Reanna enjoys shopping, baking cooking, gardening, bike riding and watching movies.

She said that what she enjoys most about her job is caring for residents and interacting with them.

"I enjoy helping residents and making them feel important and special," she said.

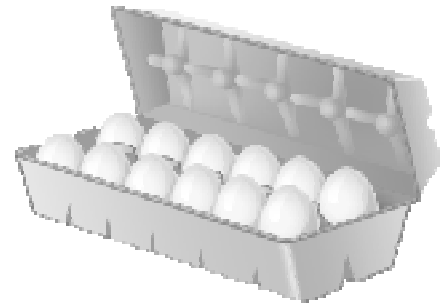


Spotlight on Gardenside

Resident of the Month: Louis Dieckgraeff

Louie Dieckgraeff was born Aug. 12, 1923, to Louis and Helen Dieckgraeff. Of his four sisters and one brother, he was the second to youngest. During his childhood years he often would gather eggs and do a variety of other things on the Otoe County farm. He enjoyed setting night lines at the "Big Creek." One time he thought he caught a big catfish and lo and behold it was a 13-pound turtle instead. The family ate it.

After the passing of Louis' father, his mother was unable to manage the farm, reluctantly she had to sell it. She then moved her family to the town of Cook, Neb., where Louie attended school until the 10th grade. Louie wanted to help support the family so he started working picking corn in the fall and pumping gas at the Sinclair gas station. When he was 17 years old, he began working on the pipeline and later went to work for the railroad.



Years later the family moved to Fairbury, where he was employed at the Ford garage.



In November 1976, Louie married his beloved Elsie at the United Church of Christ in Gladstone. They enjoyed visiting their family and friends and attending church together.

Although they didn't have children of their own, they have several nieces and nephews.

Shortly after their wedding, Louie became employed at the Fairbury Planing Mill. Here he learned welding and building semi trailers for hauling chickens to market.

Louie is quite the inventor. He made his cane holder and attached it to his walker.

His favorite activities are watching TV, playing Bingo, reading the newspaper and listening to music.

Special program to provide information on Alzheimer's

A program on "Living While Coping with Alzheimer's Disease" will be held Thursday, Nov. 19, at 7 p.m. in the Southwing Education Room. The program will be presented by Teresa Sticher Fritz of the Alzheimer's Association-Greater Nebraska Chapter. This free program will cover what Alzheimer's is, the warning signs, and strategies for coping while living with Alzheimer's Disease.

We will also be discussing whether there is interest in a support group in Jefferson County for caregivers of those with Alzheimer's Disease.

For more information, contact Lana Likens at 792-6855.

Residents Enjoyed Special Concert



Filling the day room with beautiful music — The Evangel College Choir from Missouri performed for residents while in town for a concert. What beautiful music!

On Tuesday, Oct. 20, the residents, staff and visitors were treated to a special concert hosted by the Evangel University Concert Choir. The college is located in Springfield, Mo. The choir included 44 students, who come from all parts of the country. Their choir is energetic and unique in many ways. They were kind enough to stop by Gardenside after a concert at a local church and school before leaving town for the next stop on the tour. After the performance, the students went around to meet and greet residents in attendance that day. It was remarkable to see such talented young adults with such powerful voices. We were honored to have them sing for us!



Senior Olympics — top left, Dorothy McIntyre tries out one of the carnival games, assisted by an FCCLA student; top right, Margaret Schwartz poses with Miss Jefferson County.



Piglet — Bottom left, Roland Meyer tries on a "Piglet" hat.

Spa day — Bottom right, Margaret Schwartz enjoys soaking her feet on "Spa Day."

Gardenside News

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



CHANGE SERVICE REQUESTED

*Photos
inside!*

Happy October Birthdays!



Happy October birthdays! - From left to right, Winn Deditius, Betty Tedrow and Roy Schmidt celebrated their October birthdays with cake and ice cream.