

## Ice cream tasted wonderful in the heat of summer

**By Nate Behrends**  
Evening Activity Coordinator

In June, Mike McCracken and Mary Link brought their talents to the residents through their songs. Bus rides were a hit as weather permitted. Bingo remains popular, as well as many other games. Jake the dog made an appearance and put smiles on faces.

We celebrated donut day with fresh donuts from Daylight Donuts. And we had fun making fruit kabobs that were very tasty! On day that it wasn't too hot we went out for wheelchair walks with staff members assisting. It's good to get outside!

For Father's Day, we made homemade ice cream. Thanks to Laura for bringing in her electric ice cream freezer for us to make raspberry ice cream and also Deb Sutton for making and sharing her delicious vanilla ice cream with us. Thanks, ladies!

We celebrated the birthdays of Ervin Hennerberg and Virgil Wasserman with cake and ice cream. Deb Umland has been making our birthday cakes, and they are amazing.

Thanks,  
Deb!  
Until  
next  
month—  
stay  
cool!



*Top right, Mark Schmidt enjoys homemade ice cream. Above, from left, Norris Gold, Bruce Grummert, and Beverly Leseberg enjoy homemade ice cream.*

## Coloring



Enjoying some creativity are Beverly Leseberg, Joan McKenzie and Faye Francis.

## Admissions

- Faye Francis, June 5
- Dwain Compton, June 6

## Return Home/Transfer

- Shirley Black, May 31
- Kathy Smith, June 11
- Ivan Zimmerman, June 13
- Ted Thomas, June 21

## Birthdays

- ReNee Henry, July 21

## Deaths

Gardenside was saddened by the death of 1 resident in the past month. Our sympathy is with the family of:

- Wayne Stewart, June 15

### Our Team to Serve You

#### Chief Executive Officer & Administrator

Burke Kline, DHA

#### Director of Nursing—Laura DeBoer RN

Assistant DON—Anne Itzen RN

MDS Coordinator — Tara Sasse RN

#### Social Services Coordinators—Kelli Pohlmann,

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

#### 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.

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Website: [JCHhealthandLife.org](http://JCHhealthandLife.org)

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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).

## Car show successful

We are very pleased at the results of the 2nd annual Nostalgia of Cars show held by JCH&L Gardenside and Heritage Care Center on May 19 at Gardenside. We had 32 vehicles on display, and despite some showers had good attendance.

We raised more than \$7,300, which has been split between the two facilities. Each facility will use the funds to help their residents in a variety of ways.

One of the things JCH&L uses funding for is to purchase Christmas gifts for Gardenside residents. Funds may also be used for other things which benefit residents, such as activities or entertainment.

Thanks to all of our sponsors, donors and participants who helped to make our 2nd annual Nostalgia of Cars show successful!

## Facetime and Skype

Facebook and Skype are available. Please schedule calls ahead of time to ensure staff availability to assist.

To schedule a time, call (402) 729- 5220 (press 1)

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.

Pretty activity calendar goes here

# July 2024 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> L: Beef tacos S: chicken lasagna	<b>2</b> L: Creamy Swiss chicken S: Sloppy joe	<b>3</b> L: Meatloaf S: Turkey club on croissant	<b>4</b> L: Chicken teriyaki S: Pork roast	<b>5</b> L: Oven fried fish S: Chili	<b>6</b> L: Roast beef S: Chicken tender salad
<b>7</b> L: Bacon wrapped chopped steak S: Tuna melt	<b>8</b> L: Beef stir fry S: Cream chicken and biscuits	<b>9</b> L: Pork tenderloin S: Spagetti and meat sauce	<b>10</b> L: Chicken Fried Steak S: Pizza	<b>11</b> L: Beef tips with peppers and onions S: Fairbury hot dog	<b>12</b> L: Shrimp alfredo S: Boneless barbecue wings	<b>13</b> L: Glazed ham S: Patty melt
<b>14</b> L: Turkey roast S: Philly Cheese Steak	<b>15</b> L: Chicken enchilada S: Kielbasa	<b>16</b> L: Chicken cordon bleu S: Baked Ziti	<b>17</b> L: Chef salad S: Sloppy joe	<b>18</b> L: Runza casserole S: BBQ Rib sandwich	<b>19</b> L: Beer battered fish S: Hot roast beef and Swiss sandwich	<b>20</b> L: Salisbury steak S: Fried shrimp
<b>21</b> L: Roast beef S: Pork fritter	<b>22</b> L: BBQ meatballs S: Cranberry children salad sandwich	<b>23</b> L: Virginia turkey roast S: Reuben	<b>24</b> L: Stuffed green pepper casserole S: BLT sandwich	<b>25</b> L: Brown sugar glazed ham S: Pancakes, sausage links	<b>26</b> L: Lasagna S: Chicken caesar salad	<b>27</b> L: Turkey tetrazzini S: Pan pizza
<b>28</b> L: Glazed meatloaf S: Chicken tenders	<b>29</b> L: Chicken fried chicken S: Smoked pork sandwich	<b>30</b> L: Swiss steak S: Fried Shrimp	<b>31</b> L: Liver and onions S: Philly cheese steak 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.) You will pick up meals and pay for them in the JCH&L cafeteria.



# Celebrating Donut Day; Taking Wheel Chair Rides



Clockwise from top left: Tara Sasse and Wayne Franzen show the selection of donuts to \_\_\_\_\_ and \_\_\_\_\_. Mike Slater and Mark Schmidt choose donuts from Wayne; Carol Hart and Dorothy Reid are served donuts by Tara. Chance Klasek walks with Mike Slater; Becky Bellin walks with Bev Leseberg; Tara walks with \_\_\_\_\_; Dr. Burke Kline walks with Joan McKenzie; \_\_\_\_\_ walks with \_\_\_\_\_. Wayne walks with Dorothy Stewart.

# Food Safety Tips for Families

When families and friends bring meals and snacks from home or favorite restaurants, it can add joy and enhance a resident's quality of life. If you choose to bring in items for your loved ones, take the time to review the following safety tips.



1. **Wash Hands and Surfaces Often.** One of the easiest ways to prevent most types of illnesses is to wash your hands properly. Use plenty of soap and wash hands for 20 seconds before and after handling food.
2. **Don't Cross Contaminate.** Separate cooked food from raw foods during preparation and storage. Plates, utensils and cutting boards used to prepare raw foods should not be used to handle cooked foods.
3. **Cook Foods to Proper Temperatures.** Use a food thermometer to check the internal temperature of foods you cook.
  - a. Cook steaks to at least 145°F for 15 seconds
  - b. Cook roasts to at least 145°F and hold for 4 minutes
  - c. Cook ground meat to 155°F for 15 seconds
  - d. Cook poultry to 165°F for 15 seconds
  - e. Cook seafood to at least 145°F for 15 seconds
4. **Refrigerate Foods Promptly.** Keep cold foods and leftovers in the refrigerator. Set your home refrigerator to 40°F or below and the freezer unit to 0°F or below.
5. **Follow the 2 Hour Rule:** Prepared food should not be left out on tables or counters for more than 2 hours. Holding food for more than 2 hours in the temperature "danger zone" (41°F to 135°F) will allow harmful microorganisms to grow. This means no thawing of meat on the counter!
6. **Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.** It won't hurt your refrigerator to put hot foods in the refrigerator in shallow containers for quick cooling, and it will keep you, your loved one, and your food safe!

*(Continued on page 7)*



# Food Safety Tips for Families

*(Continued from page 6)*

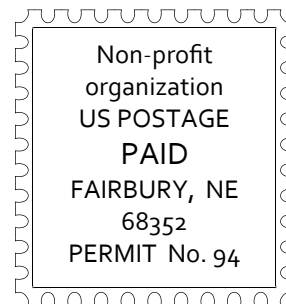
7. Label and date all food with the resident's name and the date it was made, brought in, or opened (which ever occurred first).
8. Refrigeration and freezer storage for your loved one's perishable foods are provided in the kitchenette. A staff member will help store these food items.
9. Leftovers will be refrigerated for up to 72 hours, then discarded.
10. Utilize disposable containers when bringing in food for your loved one, unless they are unopened and in original container, such as condiments.
11. Non-perishable items (i.e. crackers, candy, cookies) must be brought in a plastic storage container for bedside storage. This helps maintain freshness and assists with pest control.
12. Foods reheated should be done by nursing staff to ensure safe reheating to at least 165°F.
13. No raw meat will be stored for a resident.

## Fruit kabobs are both activity and snack



*Far left: a variety fruits were available for residents and their families to make fruit kabobs. Top left, Rolla Heller; top right, Arlene Zimmerman with Ivan; Bottom left, Alan Henry with ReNee.*

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 June birthdays to Ervin Hennerberg and Virgil Wasserman.*