

Season of thanks moves into holiday season

By Nate Behrends
Evening Activity Coordinator

October came and snuck out spookily as we ended the month with the first community concert and of course Halloween, with Haunted Garden being a hit. It's turkey time for some. Show me the ham, please! We welcomed November, the beginning of the family holiday season. Here at Gardenside we are preparing for festivities with the help of Norris and Jan Gold and their son Bo Dowling for their work and donation of wooden circles used in the making of turkeys which will be used as centerpieces for the Thanksgiving meal. Thank you, Norris, Jan and Bo! Mark Irvin came to play for the first time here at Gardenside and knocked it out of park. He will be back. Bill Chrastil made his return after a short hiatus, doing amazing, as always.

Veteran's Day was observed here at Gardenside with the pleasure of having Scott DeLong come talk about the Dream Flights organization. Thank you, Scott! Jan Slater brought in ham salad sandwiches for a Husker tailgate party and they were fantastically yummy! Thank you, Jan!

Community Concerts are back for another season and the two we've seen so far have been wonderful! Residents enjoyed Jared Freiburg and the Vagabonds and the Letters from Home Veteran's program with Erinn and Dan. Thank you to the Concert Association for bring such wonderful programs to our community!

Cooking class and a plethora of games filled the days as we weaved our way through November. The monthly birthday party honored Mick Melander.

As November closes and December chills in, Gardenside looks forward to the return of Paul Ramp coming to perform, and Bobby Gadoury returning to bring in Christmas with us. **Please mark your calendars for Dec. 19 and watch for details to come about our Christmas event!**

We expect lot of carolers this month, as many groups have already asked if they can come and sing for everyone. It is always welcome and brings smiles to everyone's faces. Thank you to all who will bring their hearts in song, and to those who take time to send a card. They are greatly appreciated.

Goodbye for now. We hope you've had a happy Thanksgiving surrounded by loved ones. Remember you are always welcome to attend any of our entertainers. Check the calendar for days and times.



Janis Westerhoff was one of several residents who crafted turkeys for Thanksgiving centerpieces.

Families invited to holiday meals

Families are always welcome to join us at meals. We do appreciate a little advance notice, and encourage you to reserve a meal. Lunch meals can be picked up and paid for in the cafeteria. Evening meals will be ordered from and paid for in the kitchen.

For holiday meals, we appreciate a few days advance notice to help us make sure to have space and meals reserved for all family members who are coming. For Christmas, we would appreciate reservations by Dec. 20. Please note that holiday meals are \$10, rather than the usual \$5. (There's always extra goodies and choices for holiday meals!)

If you need assistance with plans or wish to make reservations please contact Social Services at 402-729-6849 or DON Laura DeBoer at 402-587-5228.

Admissions

- Eldean Banahan, Nov. 11
- Joan Vorderstrasse, Nov. 18
- Sharon Pribyl, Nov. 22
- Ruben Pribyl, Nov. 25

Return home/transfer

- Thomas Murphy, Nov. 6

Birthdays

- Maurice Cumro, Dec. 25

Deaths

Gardenside was saddened by the death of 2 residents in the past month. Our sympathy is with the families of:

- Don Barber, Nov. 8
- Betty Smith, Nov. 17

Our Team to Serve You

Chief Executive Officer

Bill Welch, Interim

Administrator

Temporary Interim, Deb Sutton, RN

Director of Nursing—Laura DeBoer RN

Assistant DON—Anne Itzen RN

MDS Coordinator & Infection Preventionist—

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.

E-mail: wayne.franzen@JCHhealthandLife.org

Website: JCHhealthandLife.org

Gardenside News is a monthly publication of Jefferson Community Health & Life. **Subscriptions are free.** To subscribe

or unsubscribe, write: Gardenside News, P.O. Box 277, Fairbury, NE 68352, call Lana Likens at 402-729-6855, or email lana.likens@jchealthandlife.org.

Congratulations!

Congratulations to Tara Sasse for completing her AAPACN RAC Certification for MDS. The certification helps Tara help us provide quality care to our residents, and have accurate assessments and care management. Congratulations, Tara!

State Survey

Gardenside is pleased to announce we passed our annual state survey with only a few minor deficiencies. Thank you to families and residents who were interviewed and gave us praise and overall positive feedback. We are always willing to listen if you have concerns. We are proud of our excellent staff for the quality care they give, and are happy that surveyors recognized it.

Insurance cards

It's the time of year where there are often insurance changes. If your loved one has any insurance changes, please make sure you bring us copies of their new cards to help things flow smoothly!

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.

December 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Church Radio/ T.V.	2 10:00 Pitch 2:00 BINGO 6:45 Christmas Cards	3 10:00 Frog Pond 2:00 Christmas Trivia 6:45 Pitch	WACKY HAIR DAY! 4 10:00 Balloon Tennis/ W/C Aerobics 3:00 Paul Pump 6:45 Oiler Church Group BINGO	5 10:00 Coffee with Kitty 2:00 Current Events	6 10:00 Wheel of Fortune 2:00 Happy Hour! 6:45 Word Games	7 Listen To Christmas Music!
8 Church Radio/ T.V.	9 10:00 Pitch 2:00 BINGO 5:15 Pam Gallin Singles 6:45 Christmas Cards	10 10:00 Snowball Throw 2:00 Cooking Class (Easy Chocolate Fudge) 6:45 Crossword	CHRISTMAS ATTIRE/ PALMAM DATI 10:00 Decorate Stockings 2:00 Plymouth Carolers 6:00 Christmas Movie with Popcorn	12 10:00 Bible Trivia 2:00 Decorate Stockings	13 10:00 Fancy Nails 2:00 Happy Hour! 6:45 Finish Christmas Cards	14 Find a Christmas Movie to Watch!
15 4:30-4:45 Happy Harbiners Carolers	16 10:00 Pitch 1:30 Resident Council 2:00 Christmas BINGO 6:45 Word Games	17 10:00 One on Ones 2:00 Cooking Class (Sugar Cookies)	18 10:00 Balloon Tennis/ W/C Aerobics 2:00 Birthday Party!	UGLY SWEATER DAY! 19 10:00 Prayer and Prisms with Kitty 10:45 Pastor Emily 2:00-3:30 Family Christmas Party with Bobby Goddour	20 10:00 Snowball Throw 2:00 Happy Hour! 6:45 Christmas JINGO	21 First Day of Winter!
22 Church Radio/ T.V.	23 10:00 Pitch 2:00 Residents Open Gifts 6:45 Word Games	24 10:45 Pastor Hart 2:00 Christmas Movie with Popcorn 6:45 'Was The Night Before Christmas	MERRY CHRISTMAS 25 	26 10:00 Bible Trivia 2:00 Current Events	27 10:00 Fancy Nails 2:00 Happy Hour! 6:45 Revisit Christmas	28 Cozy Up with a Hot Chocolate!
29 Church Radio/ T.V.	30 10:00 Pitch 2:00 Big Ring Bowling 6:45 Word Games	31 10:00 Frog Pond 2:00 New Years Eve Party!	1 	2	3	4



Happy Birthday!
Pete Cumro 25th



December 2024

Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 L: BBQ Meatballs, au gratin hashbrowns S: Chef salad	2 L: Spagetti S: Fairbury hotdog	3 L: Roast turkey, mashed potatoes and gravy S: Hamburger pizza	4 L: Beef and broccoli stir fry S: Tuna melt	5 L: Oven fried chicken S: BBQ Ribette	6 L: Shepherd's Pie S: Pork roast	7 L: Breaded Ranch Chicken S: Sloppy Joe
8 L: Pot roast, mashed potatoes and gravy S: Chicken tenders	9 L: Smothered steak with onions S: Chicken parmesan	10 L: Liver and onions S: Smoked Sausage	11 L: Beef stroganoff with noodles S: Chili, cinnamon roll	12 L: Baked ham S: Chicken fried chicken	13 L: Baked fish S: Turkey tetrazzini	14 L: Meatloaf S: Reuben
15 L: Chicken Fried Steak S: Chicken Tenders	16 L: Ham loaf S: Egg bake, sausage link and french toast	17 L: Pork roast and kraut S: Hamburger pizza	18 L: Tator Tot Casserole S: Pork fritter	19 L: Chicken cordon bleu S: Lasagna	20 L: Hot turkey sandwich S: Steak fingers	21 L: Oven fried chicken S: Bratwurst on a bun
22 L: Mock Filet Mignon S: Fish sticks	23 L: Hot roast beef sandwich S: Swedish meat balls	24 L: Chicken enchilada S: Christmas eve meal	25 L: Christmas meal S: Chicken broccoli bake	26 L: Shrimp/Alfredo S: Chicken tenders	27 L: Breaded baked fish S: Hot roast beef and Swiss sandwich	28 L: Chuck wagon steak S: Hot turkey sandwich
29 L: Oven fried chicken S: Patty melt	30 L: Beef stew S: Beer battered fish	31 L: Roast turkey S: New Year's Eve meal				

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) and holiday meals are \$10 (tax included.) You will pick up meals and pay for them in the JCH&L cafeteria.

Veterans Honored



Veterans were honored with a special program by Scott DeLong of Dream Flights and some small gifts. Each received a box of chocolates from JCH&L Gardenside and a gift bag from the Daughters of the American Revolution.

Mark Schmidt, Mick Melander, Mike Slater and Norris Gold are pictured. Not pictured were Bob Weers and Roger Junker.



Pilot and volunteer Scott DeLong gives more information about Dream Flights. In the summer, several veterans and other residents received plane rides from this volunteer group.

Enjoying hand-crafted woodworking



Roger Hevelone showed residents many of his different woodworking projects. Top left, Jack and Janis Westerhoff and Bev Leseberg view an item. Top right Bruce Grummert and a guest take a look. Middle right, Pete Cumro views an item. Bottom right, Faye Francis looks at a hand-crafted object. Above Don Mahlmann residents enjoyed the presentation.



Fairbury Community Concerts



A number of residents attended the Fairbury Community Concerts in November for a USO-style show. Top left, Mike Slater meets one of the performers. Top right, Gardenside and Cedarwood residents got front row seats. Bottom Bruce Grummert was taken to the stage by Erinn—and then was surprised to find Dan behind him during the performance.

Enjoying cake and ice cream



Enjoying cake and ice cream—Top, Dorothy Reid and a guest, Joann McKenzie and Faye Francis enjoy cake and ice cream. Middle left, Mark Schmidt, Pete Cumro, Norris Gold and Bruce Grummert. Middle right, Jack and Janis Westerhoff, Mick Melander and Mike Slater. Bottom, Norris Gold and Bruce Grummert.

Gardenside project part of annual Christmas appeal

Each year Jefferson Community Health & Life asks the community's help in completing special projects. This year, we're asking the community's help once again for four special projects which will benefit our community: an acute care Hospice room, a new EKG machine for JCH&L Fairbury Clinic, refinishing the JCH&L Burkley Fitness Center basketball court floor, and a new bladder scanner for JCH&L Gardenside. We hope to raise at least \$33,700 to accomplish these four worthwhile projects.

When a patient nears the end of life, patients and their families often appreciate Hospice/Respite care. Hospice works closely with JCH&L staff to provide quality comfort care for those who need it. Our vision is to have a comfortable acute care Hospice room for those who are in their journey, to help provide the patient and their family additional comfort and dignity. Renovation of a hospital room to be a short-term Hospice/Respite room is estimated at about \$10,000. (We already have a Hospice room at Gardenside which is typically used for longer-term Hospice patients.. We are pleased to see our facility's offerings grow.)

JCH&L Fairbury Clinic provides ongoing clinical care for many patients who have heart conditions. The EKG machine (which measures the electrical activity of the heart to help diagnose and evaluate heart problems) is used frequently and is in need of replacement. A new unit will cost \$10,700..

The JCH&L Burkley Fitness Center provides fitness opportunities for area residents, and one space that is especially appreciated by youth is the basketball court. The fitness center has more than 400 youth members. Used for basketball, volleyball and even some boxing, the floor is in need of refinishing. The estimated cost is \$6,500.

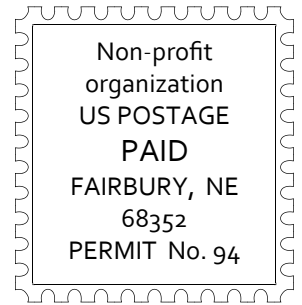
JCH&L Gardenside uses a bladder scanner to help care for residents who have urinary problems. A scanner can help alleviate unnecessary catheterization, and can help those with incontinence issues to be more comfortable. A new bladder scanner will cost about \$6,500.

Donations of all amounts will help make our project successful. Contributions may be made in honor of someone living or in memory of someone who has passed away. Memorial gifts are recognized each year in a newspaper ad prior to Memorial Day. All donations of any amount are counted toward cumulative recognition on the Wall of Honor. When donations total \$1,000, a plaque is added to the wall.

Won't you please help us as we help our community? In this season of giving and sharing, we have an opportunity to be a part of something that will continue to benefit our community throughout the years. We appreciate your support of the Jefferson Community Health & Life and excellent health care! Donations may be mailed or dropped off to: Jefferson Health Care Fund, PO Box 277, Fairbury, NE 68352. If you have questions, please call Lana Likens at 402-729-6855.

Last year one of our projects was remodeling and updating the day room. We expect this project to be starting soon. Our goal is to both update the dayroom and make it more versatile and usable by our residents and their families and friends. The other two projects were updating the helipad, which is in progress; and a new cross trainer in the fitness center, which is in use. Thanks to all who donated to last year's projects!

2200 H St. P.O. Box 277
Fairbury, NE 68352



CHANGE SERVICE REQUESTED

Photos Inside!

Happy Birthday



Celebrating his November birthday was Mick Melander.