

To honor all  
who stand up  
and speak out  
for freedom &  
liberty!



# Liberty Express

Central Nebraska Veterans' Home, 4510 E. 56th St., Kearney, NE 68847 (308) 865-6000

July 2021

## Life, Liberty & the Pursuit of Happiness

-Nancy Klimek, Activity Manager

Page 2—  
Administrator's Notes

Page 3—  
Memorial Page &  
Member of the Month

Page 4—Flag Day  
Display & U.S.S.  
Nebraska Submarine  
Crew

Page 5—  
Hawaiian Luau &  
Merrymakers Concert

Page 6—  
Member Council  
Fundraiser

Page 7—  
Outdoor Fun

Page 8—  
Member Council  
Salute

*"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness." - The United States Declaration of Independence, adopted by the Committee of the Whole of the Second Continental Congress on July 4, 1776.*

As we celebrate our Nation's freedom throughout the week leading up to the 4th of July, it is an important time to also reflect on what liberty means to each of us individually, and what our individual responsibilities are in relation to our liberty. Interestingly enough, neither the Declaration of Independence, nor the Constitution of the United States, use the word "freedom".

**Freedom** is defined by Webster's Dictionary primarily and simply in terms of the **lack of restraint or barriers to action**. On the other hand, "**Liberty**" is a form of freedom, but also carries **the implication of responsibility and duty, under the rule of law, without depriving anyone else of their freedom**. It implies an attachment to a greater whole, whether that be as part of a society or a philosophical belief system. It seems clear that the founders of our Nation purposely put some restraints on people's freedom to create an orderly and law-abiding society. **The Bill of Rights** eventually spelled out our freedom within these constraints.

As individuals, we have the right to form our own opinion on what "freedom" or "liberty" means to each of us, and what choices we make accordingly. The ideals set forth in 1776 still ring true today.

Our Nation has faced many **challenges** throughout history, the most recent being the **COVID-19 Global Pandemic**. Balancing everyone's rights during this turbulent time has been a difficult process, and we have all experienced the changes first hand. From being in a "State of Emergency" in our state starting on March 13, 2020 to having it finally expire on June 30, 2021, we have faced unique circumstances that will be **part of our life experience** that can be shared with generations to come.

**Long-term care facilities** follow federal **CMS guidelines**, so even though our state is no longer in a "State of Emergency", our facility will continue to have **certain precautionary measures** in place, as directed by these federal agencies. We will continue to move slowly but surely towards our more "normal" routines, as these restrictions gradually lessen.

One of those steps being taken is a process to allow a limited number of volunteers back into the facility, which is being implemented this month. We look forward to welcoming both our **organizational and independent volunteers**, as they assist us with recreational programming and a variety of other tasks! This may look like a small step, but in reality will be a huge leap forward!

To quote Nebraska's Governor, Pete Ricketts, "**Together we powered through this difficult chapter with strength, grit, and resilience.**"



GOVERNOR  
PETE RICKETTS

DEPARTMENT OF VETERANS' AFFAIRS DIRECTOR  
JOHN HILGERT

CENTRAL NEBRASKA VETERANS' HOME ADMINISTRATOR  
VAIL OLESON

# Administration Notes

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## Central Nebraska Veterans' Home Welcomes U.S.S. Nebraska!

Crew from the U.S.S. Nebraska stopped by the Central Nebraska Veterans' Home to spend some time with our members. We thank them for sharing their time and the Nebraska Admirals Association for sponsoring their visit. Be sure to look at page four for more about what they did while they were here!



**CELEBRATING** *Generosity*



## TRACTOR PARADE FUN



Heartfelt thanks to the "All Nebraska Tractor Drive" who recently presented a \$4,000 donation to the Central Nebraska Veterans' Home. Nancy Klimek, Director of Recreation & Volunteer Services posed with the group for a great photo! Thank you!

## *Member of the Month: Rudy Henke*

Rudy Henke was selected as the “Member of the Month” by the CNVH Member Council. He was born in Manda, North Dakota, and later moved to Sundance, Wyoming when in 3rd grade. Over the years, he has also lived in Texas and Broken Bow, Nebraska.



Rudy served in the U.S. Navy as a medic for the Marines during the Vietnam War and received the National Defense Service Medal, Vietnam Service Medal (2 stars), Purple Heart with Gold Star, Vietnam Campaign Medal, Vietnamese Cross of Gallantry, Presidential Unit Citation, Bronze Star, and Vietnam Combat Medal.

After the service, Rudy attended college in Dallas where he received his associate degree in nursing and also a diploma in computerization. Rudy taught medical assisting for 20 years in Dallas, and then taught and worked in a medical office when he moved to Broken Bow. He also owned a bookkeeping business and did secretarial work.

Rudy’s religious preference is Lutheran Wisconsin Synod, and he has also started to teach a non-denominational Bible Study in his Bravo Neighborhood called “A harmony of the Four Gospels”. Rudy served as the president of the Lions Club, sang in choir, and performed for the Community Play House in the theatre productions, “Pink Panther Returns” and “Sleeping Beauty”. He was in the Boy Scouts as a youngster.

Rudy’s favorite hobbies include reading the Bible and books (J.A. Jance is a favorite author), teaching, working in crafts and he used to enjoy taking nature walks. He also enjoys playing bingo, attending Sunday worship services, music activities, social activities and special events.

When asked what he likes best about living at CNVH, Rudy states it is the dedication of the staff, the Physical Therapy Department services, and the Arts & Crafts program.

Congratulations, Rudy, on being selected “Member of the Month”!



## *In Memoriam*

**Joseph Zimmer**

**Alan Kreutzer**



## *Historic Flags Displayed In Honor of Flag Day*



*The Kearney Elks provided their display of U.S. Flags that depict its design throughout history in honor of Flag Day.*



## *U.S.S. Nebraska Submarine Sailors Visit Vets Home*



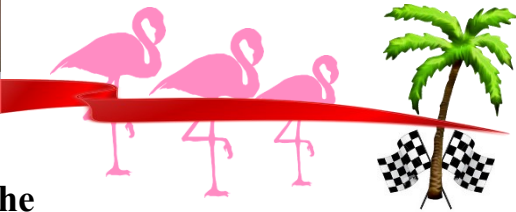
*Six sailors of the U.S.S. Nebraska Submarine received a warm Nebraska welcome from the members of the Central Nebraska Veterans' Home. The Nebraska Admirals Association sponsored their visit.*

*Members asked them lots of great questions, and also cheered them on during the "Husker Football Toss Challenge" (several sailors won coupons for their team of members!).*

*Nebraska grown popcorn was served and everyone enjoyed this unique visit!*



# Kicking Off Summer: Hawaiian Luau Beach Party!



Members attended a Hawaiian Luau Beach Party sponsored by the District 6 AL Auxiliary. Festivities included sipping cold beverages while watching Hawaiian dancers on the big screen, playing bingo for special prizes, and cheering their flamingo to victory in the flamingo races!



# Merrymakers Concerts Are Member Favorites!



Merrymakers concerts are always a popular activity, even if it is over 100 degrees outside!! Members moved inside to the cool comfort of Freedom Hall for this month's concert, while musician John Worsham, (due to our extra COVID precautionary measures), demonstrated his resolve and stamina by performing under a canopy in the heat! We appreciate his commitment, as well as the AL & Auxiliary's sponsorship of these live concerts!



# Members Enjoy Implementing Fundraisers for Special Projects



*The Member Council implemented a fundraiser this month featuring items made and donated by members and/or other donors for a special prize drawing.*

THANK YOU



*The majority of the funds raised are going towards the Nebraska Veterans Memorial Cemetery project in Grand Island, to transition this sacred ground into a State Veterans Cemetery that will be the final resting place for all veterans/spouses.*



## S'Mores & More!

*The All Nebraska Tractor Drive organizers invited a small group to come and view tractors in Minden, in conjunction with the presentation of a generous donation to the Activities Department.*



*Members viewed a documentary about Yosemite National Park while sipping a cool beverage and eating a delicious S'More.*



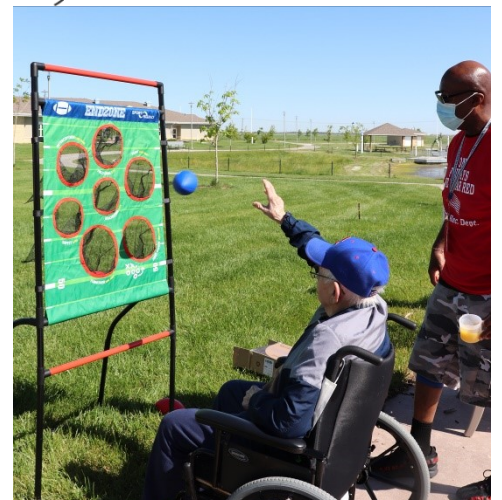
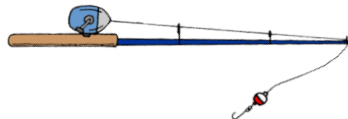
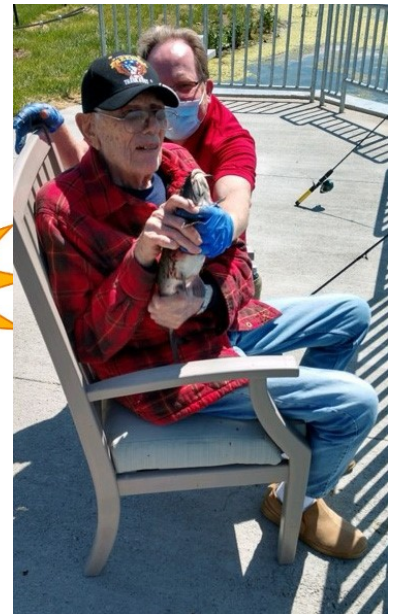
*Father's Day Bingo featured special prizes for the Dads in attendance, as well as a "Famous TV Dads" bonus round of prizes, sponsored by the American Legion Auxiliary.*



# Outdoor Fun Activities Abound at CNVH!



- *Kite Flying!*
- *Axe Throwing!*
- *Football Toss!*
- *Fishing!*
- *Cornhole!*
- *Golf Cart Rides!*
- *Fresh Air & Sunshine!*



**CNVH Member Council Honors:**

**Rudy Henke**

**Member of the Month**



**CNVH Member Council Honors:**

**Heather Edwards**

**Employee of the Month**



Mail To:

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