

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

January 2022

Open the Door to Many Opportunities in 2022!

-Nancy Klimek, Activity Manager

"The book is called opportunity, and it's first chapter is New Year's Day." - Edith Lovejoy Pierce

When a new year arrives, it brings us a myriad of possibilities and opportunities, which can lead to the further enrichment of a person's life. Of course, this may require some time spent **reflecting on the priorities and goals** that we set for ourselves, in order to set one's self up to pursue those possibilities!

 People often spend lots of time making "resolutions" for the new year, but fail to follow it up with actual **"goal-setting"**. To be the most successful at setting goals, **"SMART"** goals should be established (an mnemonic acronym that stands for Specific, Measureable, Attainable, Relevant, Time-based). Entering a new year provides a little extra incentive to try to find ways to live life even more fully, and this can take some planning!

At the Central Nebraska Veterans' Home, the Recreation and Volunteer Services Department strives to provide members with the opportunity to engage in **personally meaningful activities** that meet their individualized **needs, abilities and interests**.

"National Activity Professionals Week" is January 23rd—29th, and one of our goals this year is to **survey Members on what they find "personally meaningful"**, so that we can design additional programming in 2022, based on that information. If you have a **"bucket list"** of ideas and suggestions so that you can live life more fully this year, contact your Activity staff for more details!

Members have had **great opportunities** to engage in a variety of meaningful activities throughout the year, in spite of the ongoing Pandemic, and can continue to pursue many leisure activities in 2022.



From the scheduled **group activities** (bingos, concerts, socials, parties), to the **therapeutic craft activities** available (woodshop, ceramics, leatherwork, etc.), to the huge collection of items in the facility **library and dens** (books, DVD's, CD's, puzzles, magazines, cards, games, MP3 players, etc.); to **spending time outdoors** in the nice weather months (fishing, gardening, wellness walks, etc.), there are so many possibilities to help you live life fully.

A few of the fun events planned in January include:

- Candy Bomber Bingo
- The Chungs in Concert
- Roaring 20's Speakeasy Party
- Variety of Bingo games



Ready or not, it's time to leap into the new year with enthusiasm and excitement!

*"Write it on your heart, that every day, is the **best** day in the year." - Ralph Waldo Emerson*



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GOVERNOR
PETE RICKETTS

DEPARTMENT OF VETERANS' AFFAIRS DIRECTOR
JOHN HILGERT

CENTRAL NE VETERANS' HOME INTERIM ADMINISTRATOR
MATT BAUMAN

Administration Notes



Welcome 2022!

As the dawn of 2022 arrives, we give thanks to all who have made a positive difference during this past year - members, staff, volunteers, families and community! We look forward to this year with you!

Job Shadow Experience

Kearney High School students doing some career exploration for their class recently came to CNVH to job shadow some of our teammates.

This partnership between CNVH and Kearney High School provides an opportunity for our youth to see they can have a rewarding career in the field of geriatrics, and provides a great platform for our teammates to share their expertise and passion for the work they do at the Veterans' Home! There was a lot of excitement and smiles behind those masks!



Member of the Month: Lynn Mason

Lynn Mason was selected “Member of the Month” by the C.N.V.H. Member Council.

Lynn was born and raised in Red Oak, Iowa. He also lived in Melvern, Iowa, Minden, Iowa and Grand Island, Nebraska. He graduated from high school and went to college for two years, working towards a degree in Business Administration. He also played football for two years at Tarkio College in Missouri.

Lynn went with six friends to enlist in the Armed Forces. They were turned down by the Army, so they went across the hall and joined the U.S. Marines. Lynn served as a Sargent during the Korean War era, and was stationed at 29 Palms in California.

Lynn was raised in the Methodist church where his mother served as a teacher. He still has the bible that she signed and gave to all of her students.

At the age of about 21 he came home on leave, and had a date with a girl to go to a basketball game. While waiting for it to start, a group of girls came by, and one caught his eye as they looked at each other. He actually asked his date to help set him up for a date with that other gal! When he finished boot camp and was on his way to Camp Lejeune, North Carolina, he stopped in Glenwood, Iowa and got married to her! They had a son and daughter who both now live in Arizona. They were married for just over 50 years until she passed away. He worked a variety of jobs, including in a clothing store and helping put up hay on a farm.

Lynn enjoys spending time in his room, reading books on sports, reading magazines, or doing crossword puzzles and word finds. He enjoys being around the people that live at the Veterans’ Home since they all have something in common. Congrats, Lynn, on being selected “Member of the Month”!



In Memoriam

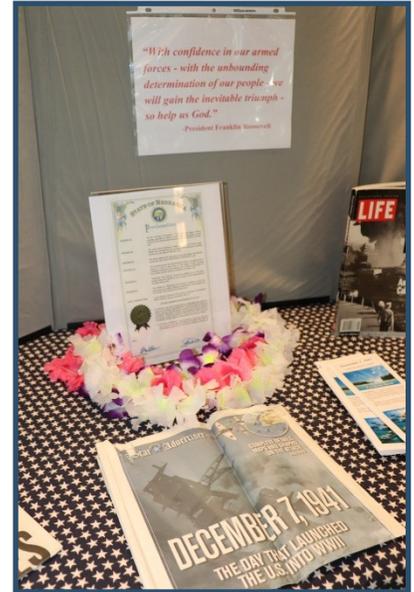
Helmuth Maul

Phyllis Finkner

Carl Hagan



Pearl Harbor Day Remembered



Pearl Harbor Day was observed at the Central Nebraska Veterans' Home with a special commemorative display, as well as a program in Freedom Hall.



Also on display in Freedom Hall was the "Gold Star" Christmas tree, which volunteers created in memory of those U.S. Armed Forces personnel who were killed in action since 2001.

During the holidays, it is always important to honor those who gave the ultimate sacrifice for our country, and to remember those families who have an empty spot at their table.



Generosity of Many Made Holidays Cheerful!

Every Neighborhood was decorated with trees loaned by various organizations!



Staff for Santa gifts included a beautiful commemorative military coin.

The D.A.V. & Auxiliary presented a generous cash donation.



Sharing a Coke (provided by donors) and a smile!



Students obtained a grant from Thrivent and purchased items on our Wish List.



So many people and organizations generously provided gifts, cards, gift baskets, flowers, snacks, decorations, and monetary donations to show their support of our members over the holidays, that it would be impossible to list or show them all!

A blanket drive was coordinated by Tedd Lechner & Dale Fillegner from Grand Island.



A local bowling organization collected donations and presented a check for the Recreation Department to utilize.



We appreciate that these caring individuals and groups communicated their love and support of those who reside at C.N.V.H. during the holiday season. We are blessed beyond measure!



Gifts For Yanks Parties & Gifts Sponsored By American Legion & Auxiliary



Members enjoyed a fun afternoon with volunteers from the American Legion and Auxiliary who provided parties on each Neighborhood. A Christmas bingo and door prize drawing included prizes donated by the Grand Island Post 53 American Legion, Sons of American Legion, and Legion Riders. Delicious cookies donated by the ALA units were enjoyed while everyone socialized. Afterwards, monetary gifts were distributed to every Member.



Holiday Traditions Make Spirits Bright!



Many prizes and gifts were distributed at the Secret Santa Bingo, where the famous jolly elf himself arrived to play, and to take photos with those on the "Nice List" afterwards!

Thanks, Dwayne, for spreading good cheer at this event, as well as handing out bakery made cookies to everyone earlier in the week!



Members enjoyed the tradition of decorating Christmas cookies on various Neighborhoods during December, and more importantly, eating them afterwards!



CNVH Member Council Honors:

Lynn Mason

Member of the Month



CNVH Member Council Honors:

Jane Helmuth

Employee of the Month



Mail To:



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