

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



# Liberty Express

September 2023

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

## September-The Fall Season

-Jessica Modlin, Activity Manager

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Member Council  
Salute

The September calendar is full of exciting things for the members to participate in and enjoy! As we move into September we hope to see some cooler temperatures outside and will still have opportunities for members to get outside and enjoy the beautiful campus we have at Central Nebraska Veterans' Home. The members have enjoyed the abundant opportunities this Summer to get outside and enjoy some sun filled outings.

Our September Facility Programming will kick off with:

-Wednesday, September 6th at 10:00 Merrymakers Concert-Merry Link-Freedom Hall-sponsored by the ALA



-Thursday, September 7th at 10:30 Welcome Tea and Bingo-Freedom Hall

-Thursday, September 7th at 2:30 p.m. Member Council meeting-Freedom Hall-all members are invited to come to the meeting.

-Tuesday, September 12th at 2:30 p.m. Stan Pollmann-Gospel Concert-CNVH Chapel-sponsored by the ALA

-Friday, September 15th at 10:30a.m. Patriot Tour-Flag Transfer Ceremony-Freedom Hall

-Thursday, September 21st at 3:00 p.m. Board Games and Treats-Freedom Hall-Sponsored VETS ARG Team

-Saturday, September 23rd at 2:00 p.m. Ice Cream Social-Freedom Hall-sponsored by the District 6 ALA

-Thursday, September 28th at 2:00 p.m. Gold Star Service-CNVH Chapel-all members and staff are invited to attend this service.

These are just a few of the facility activities happening this month. Please refer to the neighborhood calendars in your area for more activities. *Locations may change if there is a Covid outbreak status in the building. Posters will communicate any changes.*



GOVERNOR  
JIM PILLEN

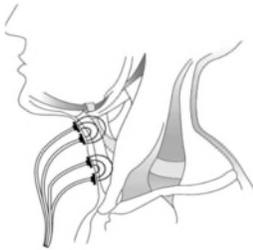
DEPARTMENT OF VETERANS' AFFAIRS DIRECTOR  
JOHN HILGERT

CENTRAL NEBRASKA VETERANS' HOME ADMINISTRATOR  
DORIN C. VAIPAN



## Message from the Administrator

**NMES/VitalStim Therapy** - I had prior experience with VitalStim Therapy and I wanted to introduce it as a service for our veterans. VitalStim Therapy is an FDA approved form of Neuromuscular Electrical Stimulation. This method of treatment is a modality used in addition to traditional exercise, when addressing dysphagia management.



This therapy uses small electrical currents to stimulate the muscles responsible for swallowing. Combining the power of electrical stimulation with the benefits of traditional swallowing interventions accelerates the strengthening, restores function, and helps to re-educate the muscles involved in swallowing (deglutition).

During the Demo session (shown right), the Administrator was the "demo patient".

### A Success Story

On admission of a new CNVH member, the Speech Therapist assessment showed immediate signs of aspiration with thin liquids and difficulty with soft textured foods. "I always seem to cough with water, it's been that way for a long time" the member stated. Speech Therapy utilized the neuromuscular electrical stimulation (VitalStim) treatment for stimulus of and improvement of swallow function and strength. The member has regained the ability to safely swallow a regular diet and thin liquids and is even able to drink out of a straw again!

If at any time you have any questions for me, feel free to contact me by email or by phone. Thank you!

Dorin C. Vaipan



## Member Council Employee of the Month Katie Boston of Social Work



Katie Boston is a Social Worker and has been with the Veterans' Home system beginning in Grand Island and made the transitions with our move to Kearney. She did leave the home for several months in 2021, but quickly returned reporting working with our members is what she is called to do and CNVH is where she needs to be. Katie is married and has two children, a daughter Jade and son Brooks. Katie says the best thing about work at the Central Nebraska Veterans' Home is all the members.

## ***Member of the Month: Cora Linn Foglesong***



Cora Linn Foglesong was selected as the “Member of the Month” by the CNVH Member Council and has lived at the home for 16 years. She was born in Burlington, Kansas but moved all over Kansas as her dad was a pastor of the Christian Church. She graduated High School from Lebanon, Kansas. After high school she attended Phillips University and studied religious education. Cora Linn grew up in the church that her dad was a minister at and always taught Sunday School and lead a junior choir.

Cora Linn’s husband was an Army Veteran and he was in the service before she met him, eventually becoming a house wife and raising their three sons and one daughter. Some hobbies Cora Linn enjoys are sewing, ceramics, word searches and watching westerns.

Some of Cora Linn’s favorite things are chocolate cake, mashed potatoes and corn. Her favorite movie is The Story of Christ’s Life and favorite color is purple.

Cora Linn said the best thing about living at CNVH is “the friendships that I have developed and it truly feels like home”. Congratulations, Cora Linn on being selected “Member of the Month”!

## ***In Memoriam***

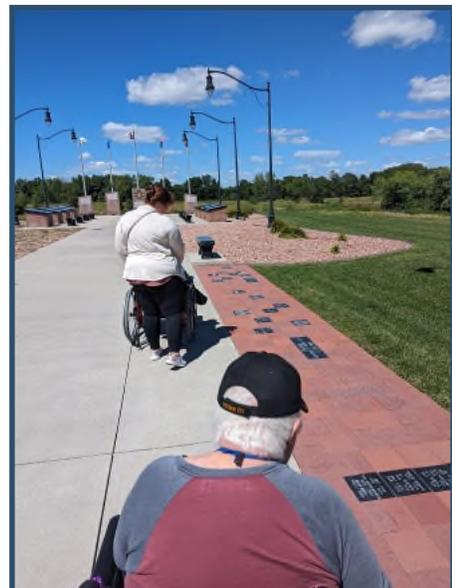
**James Murphy  
Donald O’Connell**



# Happenings Across Campus



*Members have been enjoying a wide variety of activities in the month of August across campus from axe throwing, fishing, bus outings to quilting just to name a few!*



## ***Happenings Across Campus***

### ***Ice Cream Sundae Social***

***Ice cream sundaes were a nice cool treat on a hot August afternoon. This activity was sponsored by the ALA.***



### ***Merrymakers Concert***

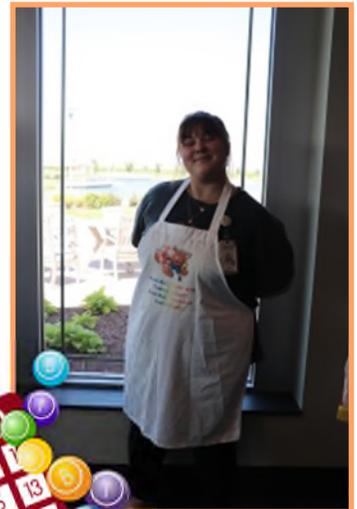
***Members enjoyed an afternoon filled with music provided by Merrymakers. The performer for August was Dave Eames.***



# Kool-Aid Bingo and Kool-Aid Stand



Members played bingo and enjoyed some Kool-Aid and cookies. There were nine different flavors of Kool-Aid to pick from and members could try different flavors if they wanted to.



This activity was sponsored by the American Legion Auxiliary.



# Nebraska State Fair



This year for the Nebraska State Fair members enjoyed fair food, animals, bands, 4-H displays and many more things. The members had their county fair pieces from Ceramics and the Woodshop go to the State Fair. Members also had pieces entered in the Creative Arts Competition. They enjoyed being able to go and see how things have changed over the years at the Nebraska State Fair.



**CNVH Member Council Honors:**

**Cora Linn Foglesong**

**Member of the Month**



**CNVH Member Council Honors:**

**Katie Boston**

**Employee of the Month**



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