



LIBERTY EXPRESS

March 2025



District 10 ALA Valentine's Party

The month of February was filled with activities to show our members love for Valentine's Day. In February we had the District 10 American Legion Auxiliary Valentine's Day Party in Freedom Hall.

The room was decorated to the holiday theme. There was even a place that members could take photos for themselves or family. When members arrived at the event, they were welcomed and asked if they would like to have a long-stemmed rose or a corsage.

We had entertainment provided to us by "Simmons and May". "Simmons and May" put together a great set for the

members with love songs from the 1950s that the members enjoyed listening to. The music brought back memories for them.



At the party we also crowned royalty in honor of the event. We had a king, a queen, two princes, and two princesses. The members were excited if their names were called for the royalty honor. The members that were

royalty received a gift bag from the District 10 American Legion Auxiliary (ALA) with goodies in them for the members to enjoy.

While listening to the music members had Valentine's Day treats, including cupcakes and punch

provided by the ALA for this love-filled occasion.

Valentines Received

Throughout the month of February many schools and organizations sent members at Central Nebraska Veterans' Home valentines for them to enjoy.

The facility received hundreds of valentines to be given to our members, displaying a lot of love for our veterans and an immense amount of talent in their crafting skills!



Message From the Administrator



By Dorin C. Vaipan,
CNVH Administrator

Time seems to be flying again but sometimes this is not bad, especially when winter and the cold weather lingers. This year, Punxsutawney Phil predicted six more weeks of winter, which was consistent

with the bitter cold days in February, reaching temperatures of negative 37 degrees Fahrenheit! More than that, Mother Nature wanted to prove to us that winter is still in power by bringing winds and snow showers. Despite how hard it was to travel, our teammates made it to work so our members continued to receive the care that they needed. Thank you to all of you that were scheduled to work during those harsh weather days!

During the month of February and despite the busyness of our work days, our teammates and their supervisors connected together to review 2024 employee performance evaluations. This is an important annual activity that allows teammates to self-review their 2024 work performance as well as to be reviewed by their supervisor. Unlike other years, this particular review took place on the new work platform (WorkDay) which was introduced at

the beginning of 2024 and still constitutes for some a learning curve.

We do have admission related news! The admission team has a new **Admission Coordinator –**

Megan Gomez, RN, MDS

Coordinator, replacing

Chris Broadwell, RN,

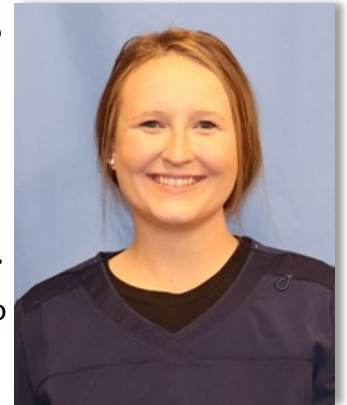
ADON, who retired

on January 2nd this year.

Megan is a great asset to our team and she conducts detailed clinical

assessments. Welcome to the team, Megan!

Since her starting, over 15 new applicants have been assessed and more than half were admitted.



I would like to continue with more good news! We have a new **Building Services Manager - Tregg Reiss**, replacing Ed Saeger who retired. Tregg started

on February 24th in his new role, after he served as Building Services Lead for more than a year.

If you have questions, feel free to contact me at your earliest convenience. Thank you!

Dorin C. Vaipan, CNVH Administrator

Member Council: Member of the Month - Bob Roy

Bob Roy was selected as the “Member of the Month” by the CNVH Member Council. He moved to Central Nebraska Veterans’ Home within the last year.

Bob was born and raised in Loup City, Nebraska. Later on in life, while in the service, Bob lived in Hawaii and Washington and then returned to the great State of Nebraska following his service.

Bob has held several interesting jobs over the years. He worked as an Engineer and then he changed to a Librarian. He was also an EMT and Fireman. He served on the USS Hornet CVA 12 during the Korean War. For a career he owned and operated “Feed and Farm Salesman”.

An avid lover of golfing, Bob’s favorite sport is golf. But he has a special place in his heart for his favorite sports team—the Nebraska Cornhuskers football. Go Huskers!



Bob Roy,
CNVH Member

When he wasn’t busy working, he still found many ways to stay busy, by participating in different activities and being supportive of his community. He is a member of the American Legion, Good Samaritan Society, and was also a Boy Scouts Leader most of his adult years. He is also a 50-year member of the Knights of Columbus.

John Wayne is Bob’s favorite actor and he enjoys watching westerns. For reading, Bob enjoys books about military machines and vehicles. When it comes to music, he enjoys listening to the sounds of classical country and polkas.

When asked what the best thing is about living at CNVH, Bob replied “I enjoy the staff and all the activities”. Our staff and Activities department appreciate the compliment!

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



Member Council: Employee of the Month Weston Maxwell in Food Services

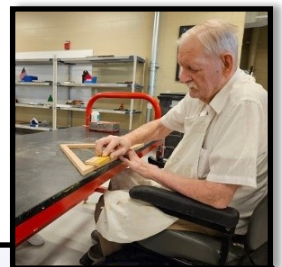
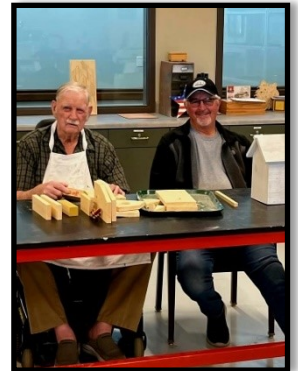
Weston started in Dietary in July of 2023 as a Food Service Associate (FSA). During his time as a FSA he took his job seriously and was able to win the hearts of the members by getting to know what certain people liked or didn't like to anticipate their needs. Weston would fill in for other shifts which resulted in an interest in the cooking side of Dietary. He helped out his coworker on the cooking side on the evening shift which eventually resulted in him applying and being hired as a Food Service Cook. Weston is very respectful to all staff and members and helps our team wherever needed and is a very respected team member. He is pretty serious, however, when he has a prank up his sleeve you certainly don't see it coming! Thank you for all you do Weston!

Words of Appreciation

We feel extremely fortunate that our dad, Darrell Gregg, was at Central Nebraska Veterans Home in Kearney, Nebraska, and had access to the Crafts and Woods department. This recreation and use of his time had a profoundly positive impact on his well-being. The family, who has many of his projects, wants CNVH to recognize the importance of this program to the residents. It is our honor to present CNVH with the memorial gifts that were given to support the Ceramics and Woods departments. We would like to express our heartfelt gratitude to Josh Geiselman, Jana Fusselman, Maggie Ewoldt, and Ralph Healey from those departments, and to dad's activity director Carlie Skiles, who devoted their time to our dad.

Sincerely,

Roger & Angie McDermott
Mike & Billie Jo Gregg
Monte & Roxann Gregg
Matt & Penny Gregg



In Memoriam

Elberta Jares

Robert Kling

Charles "Chuck" Brashears

Diann Sandberg

Merle Lessig

Memorial Gifts Received

The Central Nebraska Veterans' Home was blessed to receive memorial donations from the family of Darrell Gregg in support of our Crafts and Woodshop department. We appreciate them taking the time to visit with us personally (photo right) and share how much their father's time being creative meant to him. We were honored to be a part of his life!



Merrymakers Performer Mark Irvin

In February, the members enjoyed an afternoon music concert with the performer Mark Irvin from the Merrymakers. This activity was sponsored by the American Legion Auxiliary.

Mark Irvin is a music educator, singer/songwriter, recording artist, and freelance musician from Omaha, Nebraska. During Mark's performance he talked about how he was a self-taught musician out of high school and spent most of the 1980s working as a musician. Mark grew up in a house of music and music was a very vital part of his family. His mom loved music, and his dad also loved music, and this is where Mark got his love for music.

Mark's performance for the members included songs that he wrote such as, "I'm coming Home," and "Just Another Day". Some of the other songs that were in Mark's playlist for the afternoon for the members were some Buddy Holly songs, "It's Easy to Fall in Love," and "Everyday". The members enjoyed tapping their toes to the music that he played.

He remembers listening to some of his mom's favorite

songs growing up which included songs from Elvis Presley. Mark performed for us two of his mom's favorite songs from Elvis, "My Happiness," and "Don't Be Cruel".

Mark shared a story with the members about when he was growing up. The Wizard of Oz came on TV once a year and this was a favorite in his house growing up. He said every year when this rolled around that his mom would make a special meal for dinner, and everyone got to eat in the living room in front of the TV so that they didn't miss the movie.

The best part of the movie in his house was when the song, "Somewhere Over The Rainbow," came on during the movie. The members enjoyed the concert with Mark and enjoyed the upbeat afternoon of music. Mark closed the show and the afternoon with, "You Are My Sunshine," which had the members and staff singing along.



Mark Irvin (shown in these photos) was the featured Merrymakers Performer at the Central Nebraska Veterans' Home in the month of February.



Coming Next Month

The featured Merrymakers Performer in March is Mary Link. Mary's guitar playing offers a unique and special blend to her vocal talents. Check your Activity Calendar for more details.

The National Veterans Creative Arts Festival

Each year the National Veterans Creative Arts Festival is held across the country. In the CNVH Craft Department, veterans can make something to submit into this competition. The Craft Department will help you get all set up to make and submit your contest entry.

Getting Started

When a veteran decides they want to participate in this art contest you just come down to the Craft Department and speak to one of our staff. They will help you decide what you want to submit. This can be a Ceramic, Wood, Leather, or Hand Stitched item.

Once you have decided on your category of entry you can start working on making the item that you have envisioned. The craft staff team will help you pick out your item and show you step by step what you need to complete to get your piece ready.

The Submission

Once you have completed your art piece it is turned into the Craft Staff. We then take the art piece and submit an entry ticket and all the paperwork for you.

At the right time we then get your contest piece taken to the U.S. Veterans Affairs Medical Center in Grand Island (GIVAMC) to submit them for judging. We make this process exceptionally easy for you, as you don't have to do anything but turn it in when you are done making it.

Judging

Once the items are submitted it is judged in its own category of submission - Ceramic Items, Wood Worked Items, Leather Products, or Hand Stitched Items are. This will earn you ribbons if you happen to have a top three win. Once they have a winner in each individual category, they will decide which pieces are the best overall.

If you happen to win top three best submission in the Central Nebraska region your piece is then sent to the National Competition (held this year in Indianapolis, Indiana).

Showing it Off

The pieces after judging at the regional level or national level are then displayed (continued on next page)



Pictured here are the Creative Arts submissions from 2024 and the ribbons they won.



Continued...The National Veterans Creative Arts Festival

at the GIVAMC for about half a year in one of their display cases. Once the Craft Department gets the items back we display them in the center of our display case outside the craft department for approximately half a year until it is time to submit the next years entries.

At the end of the year the items are returned to you along with the ribbons you have won.

Give it a Try

The Craft Department is starting to have veteran members work on making their submissions right now. It takes time to make a masterpiece, and we need them already to go by around April.

So, stop on by the Craft Department and enquire about this contest if you would like to give it a try. Even if you are a complete amateur artist the Craft Team can help you make something worthy to submit that you can be proud of.

If you are not a veteran and would like to enter an art contest, you can ask the Craft Team about entering the County Fair art contests which then leads to the State Fair art contests (but will talk more about that contest next month in another article).

We look forward to seeing you and your creativity!

Infection Control Update

My name is **Melissa Calderon** and I am the **Infection Control Nurse** at Central Nebraska Veterans' Home. I have been in this role since 2021.

During an outbreak, we are required to use Personal Protective Equipment (PPE) that includes a combination of masks, goggles, gloves, and gowns, depending on the type of infection.

Most recently this year Influenza A, also known as the flu, has been the predominate virus that has been causing respiratory illness. Influenza viruses can be detected in most infected persons beginning one day before symptoms develop and up to five to



Melissa Calderon. CNVH
Infection Control Nurse

seven days after becoming sick. People with flu are most contagious during the first three days of their illness.

To help keep members safe, all those convalescent of an infectious disease will be allowed to work by wearing a mask for a few days as described in our Infection Control policy.

To help minimize the spread of illness, don't forget to practice good hand hygiene. Handwashing with soap, vigorous rubbing of the lathered hands for a minimum of 20 seconds and rinsing under a stream of water will help prevent the transmission of infections.

Check us out on the web!

<https://veterans.nebraska.gov/cnvh>

Special Points of Interest Next Month:

- Merrymakers Concert
- Mardi Gras Bingo Party
- St. Patrick's Day Bingo Party

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