

July 2024 Activities



- 07/04 — Firework Show
- 07/12 — Ride/Picnic following after
- 07/19 — Fishing Tournament
- 07/24 — Member Council
- 07/25 — Horseshoes

The Candlelight Dinner event brought in a relaxing and lively atmosphere to Western Nebraska Veterans Home. This annual dinner was created to encourage members to have a nice evening, socializing amongst each other and it also provides a perfect opportunity for family members to be involved with their loved ones here at the home.



In Remembrance of Those Members Who Have Passed.

- | | | |
|-----------------------------------|--|--|
| Larry Arnold
U.S. Army | Helen Huerta
Spouse of a Veteran | Barbara Pyle
Spouse of a Veteran |
| Martin Walter
U.S. Army | Morris Jacobus
Navy | |

As we express our gratitude, we must never forget that the highest appreciation is not to utter the words but to live by them. ~
John F. Kennedy ~



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WESTERN NEBRASKA VETERANS HOME

The Vets Gazette



Your Life's Journey

John Patrick Ryan Jr. was born on February 7th, 1949, the year of the great blizzard. His father was an electrician and handyman while his mother worked as a photo artist. Pat was the oldest of 5 children/siblings. He graduated from Southwest Highschool in K.C. (which no longer exists). Pat joined the army on July 5th, 1967 where he was trained as a helicopter crew chief, but was soon deployed to Vietnam on January 10th, 1968. Here, he entered into the TET offensive (the attack on South Vietnam from North Vietnam). Pat served in the army for 3 years in total. His rank at the time was specialist 5 (SPC). Pat acquired several medals while serving our county which include the purple heart, army specialist 5, republic of Vietnam gallantry cross with palm citation, Vietnam service medal with 2 bronze stars, good conduct medal, national defense service medal, republic of Vietnam campaign medal with device, army sharp shooter M14 and M16. When Pat returned home he held various jobs. His most recent job was at Cement Paint CO. in K.C. where he quickly moved up from the production line to Quality Control. Pat enjoys cooking and playing his guitar. He would like to be remembered as a clever and kind human being. Thank you for your service, Pat!



Article written by: Terry Allgayer, Amber Stichka and Your Life's Journey Committee

QUARTERLY
MEMBER
BIRTHDAYS

APRIL
MAY
JUNE

HAPPY BIRTHDAY

Ronald D. John W. Larry A. Charles J.
Arden I. William C. George E. Terry K.
Bonnie F. Vernon T. Robert M. Ronald F.
Martin W. Joseph Y.



Your birthday is a special time to celebrate the gift of 'you' to the world. May your days be filled with all the good things life has to offer . . . health and happiness, dreams fulfilled and a lifetime of adventure. May God bless you.

Healthy corner

We all know how important it is to drink water, however, staying hydrated can also be balanced in many other ways!



Signs of dehydration include headaches, fatigue,

dizziness, heat exhaustion and more. Although these symptoms are uncomfortable to experience, we can prevent them through monitoring our food and drink habits.

Certain types of foods/drinks can cause dehydration, like caffeinated beverages, chocolate or processed foods that are high in sodium; while other consumables will rehydrate us! Examples of these foods are vegetables and fruits with higher water concentrations such as cucumbers, iceberg lettuce, watermelon and strawberries.

Some tips to remember are to choose your drink of choice carefully. Many people enjoy sugary drinks, but if you're having trouble staying hydrated, there are more options! Some ideas to think about are putting fruits into your water to give it a little bit more flavor; seltzers or sparkling waters can also be a good alternative.

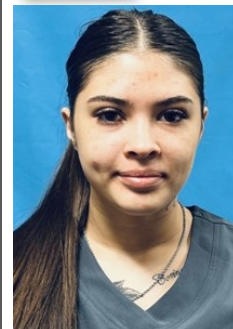
Some advice on staying hydrated are to carry a water bottle, hydrate first thing in the morning and drink regularly throughout the day. Try to be mindful of the foods and drinks we consume that could possibly dehydrate us, because summer is upon us now, so it's important to understand the benefits of staying hydrated!



Source: <https://www.mdvip.com/about-mdvip/blog/6-hydration-facts-and-tips>

Welcome

Please welcome the following Teammates to Western Nebraska Veterans Home!



Bella Castellaw
STC II



Connie Lucius
House RN



Meg Imhof
STC II



Kellie Wilhelm
Food Service Worker



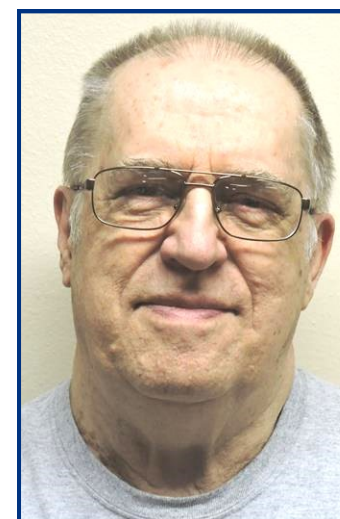
Amber Jacoby
Staff Development



Kynsie Adams
STC II

Welcome

Please welcome the following Members to Western Nebraska Veterans Home!



Howard S.



Mahlon P.