

# What we've been up to.



Members and staff at WNVH spent the afternoon cooling off with some nice refreshing snow cones.

The members at WNVH enjoyed a Flag Day Program with local veteran speakers. The American Legion Post #36 conducted the 13 Folds ceremony.



## In Remembrance of Those Members Who Have Passed.

*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 ~



Dorothy Cain— Spouse of a Navy Veteran  
Chevron Sherman— Navy  
Bonnie Failing— Spouse of a Army Veteran



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WESTERN NEBRASKA VETERANS HOME

## The Vets Gazette



## Your Life's Journey

Women Veterans Day is celebrated on June 12th, as this day commemorates the signing of the Women's Armed Services Integration Act on June 12th, 1948, which allowed women to permanently serve in the U.S. Military. This year 2025 was the 77th anniversary of that groundbreaking legislation for American's Military Women. We would like to recognize our women veterans here at WNVH and offer a special "Thank you for your service" to these incredible women.

**Crystal E.** served in the Army during the Vietnam War from 1974 to 1977. She served in medical records which focused on maintaining accurate and up-to-date medical records. After leaving the Army she became the Director of Medical Records at the hospital in Scottsbluff, Nebraska, then went on to work for Centura Health in Denver, Colorado.



**Pat F.** served in the Navy during the Vietnam war from 1959 to 1960. She served as a Radioman which is an enlisted rating specializing in communications technology. After leaving the Navy she went home to raise her daughter and held several jobs in the fast food industry.

**Cheri L.** served in the Navy during the Vietnam War from 1958 to 1960. She served as a Navy Corpsman which is a enlisted medical professional. After she left the Navy she went on to LPN school and worked in the Alliance Hospital and Good Samaritan Nursing Home for over 23 years.



**Deb N.** served in the Army during the Vietnam War from 1974-1977. She served as a Military Police which involved maintaining order on military installations, supporting combat operations, and providing security. After leaving the Army Deb went on to Chadron State College where she studied several different subjects. She went on to work for a government agency which helped young adults get jobs and worked with the housing program.

**Lynn P.** served in the Navy during the Vietnam War from 1974-1977. She served as a communications yeoman which is a specialist in administrative and clerical duties, focusing on communication within a naval command. After leaving the Navy she went on to be a English Teacher, teaching journalism, speech and theatre. She started a program working with several different types of fowl.



Crystal, Pat, and Cheri.



Deb and Lynn.

A Women Veterans Recognition Day Celebration was held at WNVH. To celebrate all women who have served or are currently serving our great nation. We thank each and every one of you for your dedication, sacrifice and service.

Article written by Sarrah Felz, and Terry Allgayer, and Your Life's Journey Committee



QUARTERLY  
MEMBER  
BIRTHDAYS

APRIL  
MAY  
JUNE

# HAPPY BIRTHDAY

Bonnie F. Ronald F. Arden I.  
Charles J. Terry K. Robert M.  
Lloyd S. John W. Kenneth W.



Birthdays are a new start, a fresh beginning and a time to pursue new endeavors with new goals.

## Fueling your brain

Many of the same foods that energize your body can also boost your brainpower. Harvard Health says the best brain foods are the same ones that help protect your heart and circulatory system. They include:

- **Green, leafy vegetables** like broccoli, kale, spinach and collard greens – Studies show these nutrient-rich veggies may keep your brain sharp. Spinach is especially good for you, with folic acid for brain function and B6 for short-term memory.
- **Fatty fish** like salmon, canned light tuna and cod – The omega-3 fatty acids and healthy fats have been shown to improve brain function and protect against Alzheimer's disease.
- **Berries** – Research shows the flavonoids in berries can improve your memory.
- **Eggs** – Choline in the yolk may enhance memory and cognitive skills.
- **Brown Rice** – This whole grain is rich in magnesium, which has been shown to improve brain function.
- **Dark Chocolate** – Treat yourself with something yummy that has caffeine and antioxidants to boost your productivity, enhance focus and make you feel happy.
- **Salmon** – The Omega-3 fatty acids, iron, vitamins and protein can improve memory, focus and critical thinking.
- **Nuts** – Almonds have a mood-boosting amino acid, walnuts have brain-boosting Omega-3 fatty acids and vitamins, and cashews have a high magnesium count for improved focus.
- **Avocado** – You've heard of "good fats," right? That's the great thing about avocados. Those nourishing fats assist blood flow, which is key to a healthy brain. They also have potassium, which helps with high blood pressure.



Healthy  
Corner



<https://www.trs.texas.gov/Pages/healthcare-news-202402-food-fuel>



Please welcome the following Members to  
Western Nebraska Veterans Home!



Paul  
V.



Lloyd  
S.



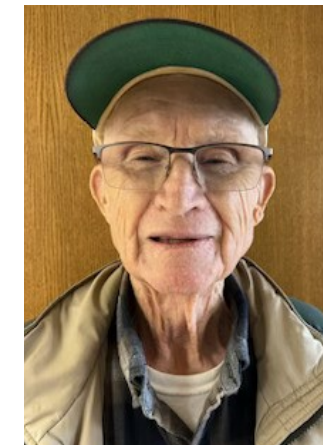
Sahra  
S.



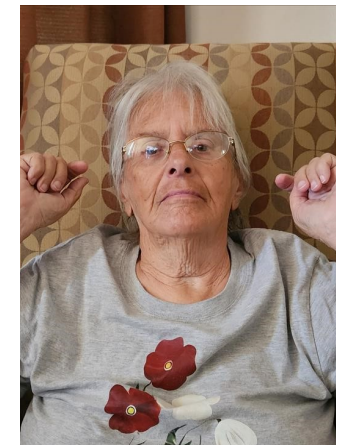
Rayburn  
D.



Nancy  
K.



Robert  
K.



Vicki  
M.

# A warm welcome to our home!