



# The Eagle



June, 2023

Eastern Nebraska Veterans' Home, 12505 Harrison Tull Drive, Bellevue, NE 68123

402-595-2180



**WE ARE SO EXCITED  
TO CARE FOR MORE OF  
AMERICA'S HEROES!**



# Welcome to the Eastern Nebraska Veterans' Home



Dale H 6/15

United States Army

Paula C 6/29

United States Air Force



ROBERT M    FRANK H    MICHAEL R  
PHYLLIS W    JOHN W    JIM H  
JEANIE T    GEN H    GERALD L  
GEORGE P    RICHARD H

*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.*

## THE GARDEN CORNER



There is a lot of activity in the gardens as Spring turns to Summer! Winged and legged visitors have been spotted. When you take a stroll, be on the lookout for lots of wildlife! The milkweed plants will draw pollinators like this pair of Greater Fritillaries and of course the popular and endangered Monarchs. What are your favorite things to enjoy this season? Stop and share with one of the Extension Master Gardeners on Tuesday mornings.

# Home Happenings



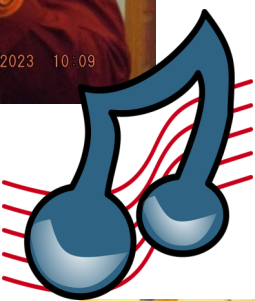
Cobalt Credit Union Community engagement director Alecia Zauha dropped off a lot of yummy snacks for the members and staff on behalf of the credit union/ SAC Foundation. We are so thankful for there continued support .



The Ladies of ENVH have been getting spoiled with tea parties.



Vocal Impressionist Dan Reynolds "The King of Diamonds" put on a great performance for the members.



We could not make it to the lake so the members enjoyed fishing inside. We were able to hook quite a few more fish than when we hit the lake.



# **Exercise can boost your memory and thinking skills**

Many studies have suggested that the parts of the brain that control thinking and memory are larger in volume in people who exercise than in people who don't. Exercise can also boost memory and thinking indirectly by improving mood and sleep, and reducing stress and anxiety. Problems in those areas frequently cause or contribute to cognitive impairment.

Is one exercise better than the other in terms of brain health? We don't know the answer to that. A study published in the Journal of the American Geriatrics Society found that Tai Chi showed the potential to enhance cognitive function in older adults, especially in the realm of executive function, which manages cognitive processes such as planning, working memory, attention, problem solving and verbal reasoning. This may be because Tai Chi, a martial art that involves slow, focused movements, requires learning and memorizing new skills and movement patterns.

Doctors recommend establishing exercise as a habit, almost like taking a prescription medication. Aim for a goal of 3-5 times a week. Come exercise in the restorative gym with your PT/OT or restorative tech Monday-Friday!



**Hi, my name is Hannah. I went to UNO with a degree in Social Work and minor in Psychology. I am in the Social Work Department here. I look forward to working with you all.**

**Hannah Kimsey**

# In Memoriam



Dale Pinneo 6/7/2023

United States Navy

John Zaliauskas 6/20/2023

United States Army

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

## Chaplain's Corner

Chaplain Dale Powell

### Weekly Services

#### Sundays:

9:45 am All Faith Service.....Chapel  
10:30 am All Faith Service.....Allegiance  
10:45 am Catholic Communion.....Chapel

#### Mondays:

9:30 am Devotional Reading.....Chapel  
1:00 pm Catholic Mass.....Chapel

#### Thursdays:

10:00 am Bible Study.....Chapel  
10:30 am Bible Study.....Allegiance

August 17th at 10am we will have our quarterly memorial service for the member we lost in May, June, and July.

About three weeks ago, my wife lost her footing at home and fell and broke her left wrist; then, last week she had to have metal "plate" inserted to hold it more stable in the healing process. Certainly, this is something quite common, especially the broken bone. Actually, neither my wife nor I had ever had a broken bone before so this is a new venture to adjust to. As we deal personally with the limitations that eventually come as we live life and as we grow older, it has been helpful to me in empathize with many of the people that I work around, people who are adjusting to more and more limitations in their day to day life. May God use the "unwelcome" experiences that we go through to help us be more caring people.

Chaplain Dale Powell



# Veteran's Memorial Garden Brick Form Eastern Nebraska Veterans' Home

Now is the time to purchase your brick to be installed in the Veteran's Memorial Garden at the Eastern Nebraska Veterans' Home.

Bricks may be purchased in honor or memory of a loved one, the name of your organization or business, or you may simply want to thank a veteran!

You may purchase your brick donation using the form below for \$100. There are 14 characters on each line and there are 3 lines on each brick.



Name of person donating brick: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Make checks payable to: **American Legion Benson Post 112/Memorial Brick Fund**

*Please provide the exact wording you would like on the brick:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Bricks may be purchased by mailing a \$100 check or money order per engraved brick to:

**Benson Post 112, American Legion, P.O. Box 4084, Omaha, NE 68104.**

*Contact Bruce Husted at 402-981-6820 with any questions.*

# Omaha Veterans Affairs Local **VETERAN CREATIVE ARTS COMPETITION**

Top 3 finalists in each category will have the opportunity to compete in the  
**2023 National Veterans Competition & Festival**

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## The Local Competition

All forms and works must be submitted electronically (.jpg, .doc, .pdf or similar).

A panel of judges from the local creative arts and veteran community will determine the top three finalists.

Entry forms and all submissions are due:  
**August 4, 2023.**

For rule packets and entry forms, contact Cati DeMasi at [catherine.demasi@va.gov](mailto:catherine.demasi@va.gov) or scan the QR code below.

### **Creative Arts Competition Contact:**

Cati DeMasi  
402-995-6600  
[catherine.demasi@va.gov](mailto:catherine.demasi@va.gov)

## The National Competition

Top 3 finalists in each category at the Local Competition will be submitted to the National Creative Arts Competition in October. National winners are invited to attend the National Festival, a weeklong celebration of learning, friendship, and the healing power of the creative arts, which culminates in an art exhibit, creative writers' meet-and-greet, and live stage show, held in the Spring of 2024.

Art workshops, writing seminars, and opportunities to explore the host city are also offered to participants during their week at the Festival.

More information about the National competition can be found on the National Veterans Creative Arts Festival Facebook page: <https://www.facebook.com/NVCAF/>



**VA**



U.S. Department of Veterans Affairs  
Veterans Health Administration:  
Nebraska-Western Iowa Health Care System

