



The Vets Gazette

**VOLUME 10 ISSUE 6
AUGUST 2026**



CONGRATULATIONS!

Congratulations, Anton K. on receiving the 2026 Nebraska ALU Resident of The Year Award! Anton, you do so much to enrich our home and the lives of our members! We especially love the blankets that you have personally crocheted for our members – all thirty-eight of them – and we all love the arts, crafts, and games that you have shared with all of us. We also want to thank you for taking care of our flags. For thirteen years you have been hanging them out each morning and putting them away each evening, keeping them clean and mending them when needed. You are appreciated, and we know how lucky we are to have you!

From all of us at Western Nebraska Veterans' Home, we salute you, Anton!



Anton K.

United States Marines 1972-1978



HAPPY BIRTHDAY

August

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.



Coming down with the flu can lead to like fever, tiredness or even chills. The flu is a virus, while there is no cure for the flu there are several things that you can do at home to help soothe the symptoms. Here are the top 10 natural at home remedies to try!

- 1) Drink water and lots of fluids-** Drinking water and other fluids is even more important when you have the flu, whether you have respiratory or stomach flu. Water, coconut water, sports drinks, teas, soups,
- 2) Get plenty of rest-** Sleeping can boost your immune system, helping your body fight off the flu virus.
- 3) Drinking warm broth-** Bone broth is also naturally high in protein and minerals like sodium and potassium. Drinking broth is a good way to replenish these nutrients while you have the flu. Plus, protein is important for rebuilding immune cells.
- 4) Up your zinc intake-** You can normally get plenty of zinc from a balanced daily diet. Foods that are high in zinc include: red meat, shellfish, lentils, chickpeas, beans, nuts, seeds, dairy and eggs.
- 5) Rinse with salt water-** Warm water and salt rinse (sometimes called a saltwater gargle) can soothe a sore throat. It can also help to clear mucous.
- 6) Drink Herbal Tea-** Several herbs have natural antiviral and antibacterial properties. Star anise is a star-shaped spice from which oseltamivir was traditionally extracted. Oseltamivir phosphate (better known as Tamiflu) is a prescription drug used to speed recovery from or to prevent getting the flu. Its antiviral properties are effective against some kinds of flu viruses. Other herbs and green leafy teas also have germ-fighting and antioxidant benefits.
- 7) Apply essential oils-** Some types of essential oils may help protect you against certain viruses and bacteria. One study found that tea tree oil helps fight the flu virus by slowing or stopping the rate at which the virus multiplies.
- 8) Use a humidifier-** Indoor air can get dry from heating and air conditioning use. Using a humidifier to add humidity in your home and workplace might help reduce flu viruses in the air.
- 9) Inhale steam-** The warm moist air may also relieve swelling in the nose and lungs. Steam inhalation might help to soothe a dry cough, irritated nose, and chest tightness.
- 10) Eat a balanced Diet-** BRAT diet (bananas, rice, applesauce, toast), crackers, cooked cereals (oatmeal and cream of wheat), gelatin (Jell-O), boiled potatoes, grilled or boiled chicken, soup and broth, electrolyte-rich drinks. Bland foods are easier to digest and may help ease your symptoms.

Source: (2022). *10 Natural Remedies for Flu Symptoms* Written By Noreen Ifikhar, MD . Retrieved July 11th, 2023

<https://www.healthline.com/health/natural-flu-remedies#takeaway>



Members enjoy two of their favorite things, Bingo and Pet Day. Plenty of fun was had by all.

Let's meet the team!

New employees from August 2026.



Jamie No Leaf
Staff Care Tech II



Lydia Najere
LPN



Marisa Weimer
Staff Care Tech II



Michele Hesse
Unit MGRN I



Freda Davis
Office Specialist



Cherly Conzales
Staff Care Tech II



Leann Lehr
Staff Care Tech II

Member voted
teammate of
the month.



Kristel
Loutzenhiser
Nursing

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 ~



Alvin Gable - Army 1958-1960



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