

April 2024 Activities



- 04/14 — Air Force Reserve Birthday
- 04/18 — Wii Bowling
- 04/19 — Monthly Birthday Party
- 04/24 — Cappuccino and Company
- 04/29 — Karaoke with Mireya



Members were given pins/buttons at the Vietnam Veteran's Program held on March 29th, 2024. This ceremony was presented by the American Legion Auxiliary.



In Remembrance of Those Members Who Have Passed.

Melvin Smith
U.S. Army

Cherrie Sanders
Spouse of a Veteran

James Macken
Air Force

Franklin Keim
U.S. Army

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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MARCH 2024

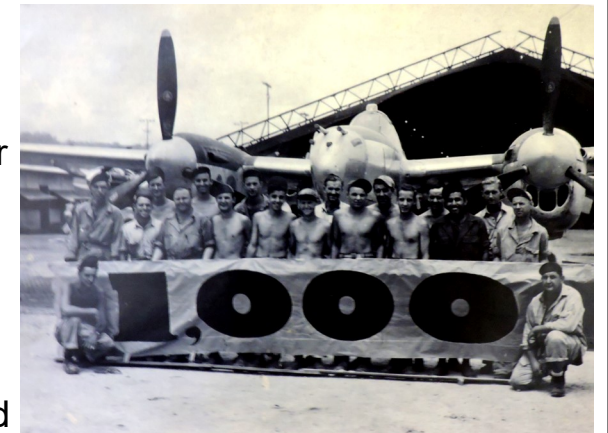
WESTERN NEBRASKA VETERANS HOME

The Vets Gazette

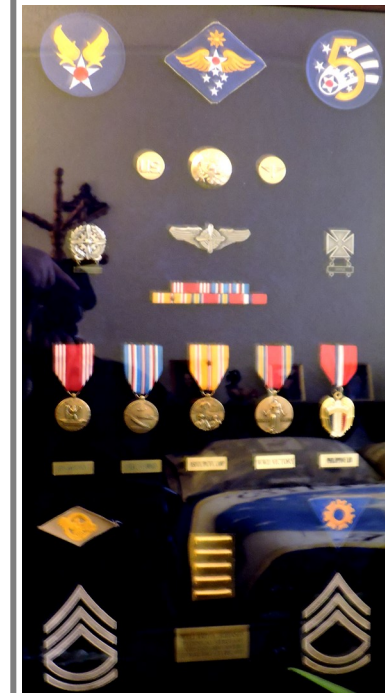


Your Life's Journey

Willard Arvin Johnson was born on Nov. 10th, 1919 in Lockridge Iowa. He was the oldest of 3 children (1 brother and 1 sister). Growing up, Willard's family grew corn, small grains and had many fruit and nut trees. He loved to hunt the rabbits and squirrels on their farm. Willard and his family lived off the land and went to town only twice a year by train. As a family they enjoyed camping, being active in their church and community, being involved with boy scouts/girl scouts, and enjoyed a good home life. Willard met his wife, Doris, at the county fair and were soon married (for 71 years!). Willard got drafted into the armed forces and served from March 1942—Dec. 1945. He was a 1st class mechanic and also worked on the P.38 lightning where he and his crew readied 1,000 planes for combat. Willard was crew chief and co pilot of a C-46 commando. Willard received 5 medals and many commendations from his time in the service. Doris



taught school in a one room school house while Willard was deployed. When he returned home they settled down and had 3 children. He started his profession as an irrigation mechanic and worked his way up into sales as well as regional service manager. Willard accepted a transfer to Omaha in 1962 as regional mechanic manager and instructor and was in charge of customer complaints. Several times he represented the company in court! He retired from that job after 25 years then moved to Greeley, CO and worked for another 15 years then returned home to Nebraska. Willard would like to be remembered as a good family man!



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

QUARTERLY
MEMBER
BIRTHDAYS

JANUARY
FEBRUARY
MARCH

HAPPY BIRTHDAY



Robert L. Cheri L. Barbara V. Ellen J.

David B. Melvin S. John R. Mary C.

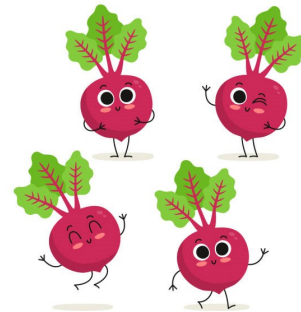
Chevron S. Frank S. Shirley L. Helen H.

Lee P. Dorothy C. Norma L. Franklin K. Roy M.

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

Beets are a popular root vegetable that is well known for its earthy flavor, which is commonly communicated through strong like or dislike. However, there are many health properties that this vegetable can offer us!



Beets contain a variety of vitamins and minerals that are essential to a person's overall health. The different types of nutrients that a beet can offer us cover a wide range of the necessary needs our bodies require in order to function; such as Vitamin C. In addition to keeping our bones nice and strong, Vitamin C is healthy for the tissues in all areas of our bodies and plays a key role to our bodies when healing itself.

Vitamin A is also another benefit that beets bring to the table. Vitamin A can do a lot for our immune system, promote growth and development, and also help the functioning of many vital organs.

Beets also contain Vitamin K which assists in the building of bones as well as providing the proteins needed for blood clotting.

Additionally, beets contain several B vitamins that fuel a variety of functions for our bodies. One benefit from the B-group is that they improve blood flow to the brain, giving us more energy and making our every day lives easier. Folate is a significant B vitamin inside of beets, which also aide in red blood cell formation.

"Beets also contain antioxidants in foods that help repair DNA and maintain good cell health, and they have anti-inflammatory properties, reducing the risk for numerous chronic diseases."

You can eat beets in many different ways such as boiled, dried, baked, pickled or raw. Take your pick and enjoy these amazing health benefits!

Source: Mobile IV Nurses, Top 8 Vitamins and Supplements for Muscle Recovery, Phillip Hinkel <https://mobileivnurses.com/blog/top-8-vitamins-and-supplements-for-muscle-recovery/>

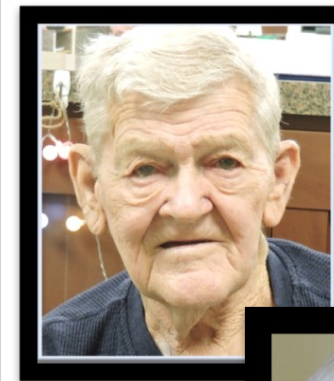
Although the members at Western Nebraska Veterans' Home had plenty of fun to participate in, there was one particularly respected function that took place on February 1st, 2024. This ceremony honored 2 of the members with quilts presented by the Quilts Of Valor association. This organization was created to "cover service members and veterans touched by war with comforting and healing quilts."

-diaryofaquilter.com



Welcome

Please welcome the following Members to Western Nebraska Veterans Home!



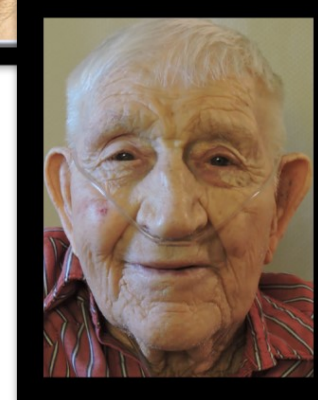
Morris J.



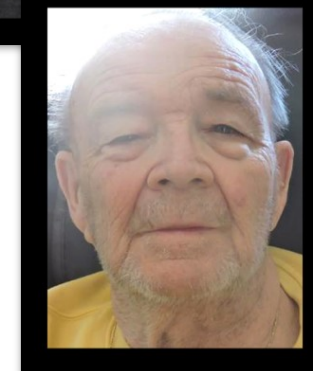
Arden I.



John E.



Raymond B.



Dean F.