

QUARTERLY
MEMBER
BIRTHDAYS

HAPPY BIRTHDAY



MARCH
APRIL
MAY

David B. Melvin S. Mary C. Shirley L.
Jack W. Ron D. Wanda P. Charles J.
Bill C. George E. Terry K.

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.



April Activities

Carrot Hunt—Activities will be hiding “carrots” throughout the building. Look for the rules at the big calendars. **BINGO**—every Saturday

04/21—Member Birthday Celebration and Team of the Month recognizing Administration Department **04/27**—Zoo Critters **04/28**—Arbor Day



What is the Gut Microbiome?

The microbiome consists of trillions of microorganisms (also called microbiota or microbes) of thousands of different species, including bacteria, fungi, parasites, and viruses. Each person has a



unique network of microbiota. A person is first exposed to microorganisms as an infant, during delivery in the birth canal and through the mother's breast milk. Later on, environmental exposures and diet can change one's microbiome to be either beneficial to health or place one at greater risk for disease. The microbiome consists of microbes that are both helpful and potentially harmful. Microbiota can stimulate the immune system, break down potentially toxic food compounds, and synthesize certain vitamins and amino acids. In a healthy body, harmful and helpful microbiota coexist without problems, but the body may become more susceptible to disease if there is a disturbance in that balance—brought on by infectious illnesses, certain diets, or the prolonged use of antibiotics or other bacteria-destroying medications.

Diet can play a large role in determining what kinds of microbiota live in the colon. A high-fiber diet in particular affects the type and amount of microbiota in the intestines; this ultimately lowers gut pH and limits the growth of some harmful bacteria like *Clostridium difficile*. Growing research explores their wide-ranging effects on health, including stimulating immune cell activity and maintaining normal blood levels of glucose and cholesterol.

Source: The Nutrition Source, The Microbiome, Harvard School of Public Health <https://www.hsph.harvard.edu/nutritionsource/>



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MARCH 2023

WESTERN NEBRASKA VETERANS HOME

The Vets Gazette



Your Life's Journey



Robert Otis Moore was born in Fort Collins, Colorado on June 12th “where life was simple.” Bob’s dad was a sergeant and recruiter in the Army, therefore, they moved around a little bit. Bob started grade school in Pueblo, CO. and was also the youngest of two. His older sister used to beat him in wrestling for fun.

Bob graduated from high school at Fountain Fort Carson, Fountain, CO. He then moved back to Fort Collins and was drafted into the Army where he was trained as a mortarman but became a machine gunner with little or no training. He was one of only fourteen in his platoon.

Bob received a purple heart and has grenade shrapnel in his right shoulder from that incident. He also received a bronze star for his service. After Bob left the army, he enjoyed truck driving for 40 years and was married for 50 years. He has lived the last 20 years in Scottsbluff and says he would like to be remembered as a good guy.



You are a good guy Bob!

*EVERYBODY HAS A
STORY AND REMEMBER
YOU CAN BE NEXT.*



“I hope I shall possess firmness and virtue enough to maintain what I consider the most enviable of all titles, the character of an honest man.”

~ George Washington ~

“The best thing about the future is that it comes one day at a time.”

~ Abraham Lincoln ~

The Western Nebraska Veterans Home members had a great time celebrating Valentine's Day with a party sponsored by Gering ALA & VFWA. The sponsors brought the members all sorts of candy, goodie bags, and yummy cookies that all member enjoyed.



If the nursing members were unable to attend, the activities department took a cart down so they could still enjoy the Valentine's celebration.



WNVH Celebrates St. Patrick's Day

Members at the Western Nebraska Veterans' Home had a great time celebrating St. Patrick's Day with a St. Patrick's Day party sponsored by Gering ALA & VFWA 1681. At the party, members enjoyed some toasted bagels with a variety of cream cheeses along with a fruit bowl.



In the afternoon, members had the opportunity to enjoy a refreshing cold green beer. To wrap up the St. Patrick's Day fun, American Family Insurance sponsored Bingo for the members. The members enjoyed cookies, green punch, and some necklaces.



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 ~



Harold Sorensen
U.S. Army

Donald Lee
U.S. Army

Elmer Wolfe
U.S. Army



Please welcome the following new teammates to WNVH.

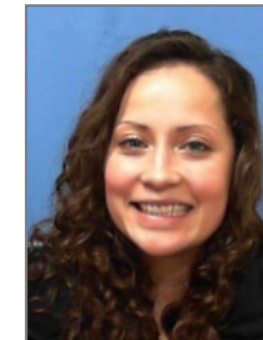
January February March 2023



Courtney Foster
Nursing



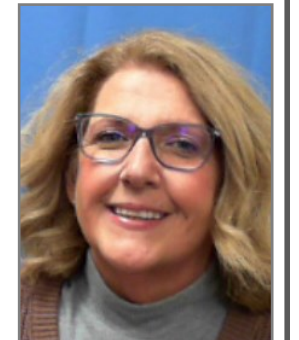
Krysstal Ferguson
Nursing



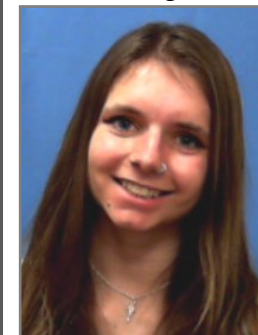
Melissa Lewandowski
Nursing



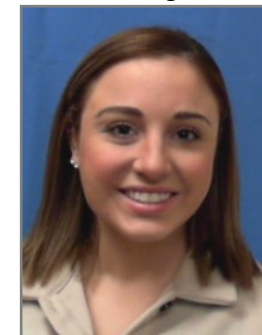
David Santos
Nursing



Andrea Kilthau
Nursing



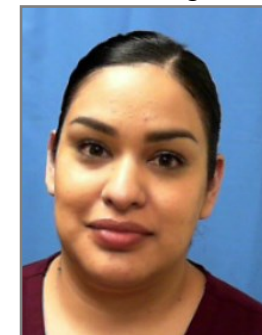
Whitney Riesen-Callaham
HIM



Brianna Little
Nursing



Jason Temple
Maintenance



Amelia Maldonado
Activities



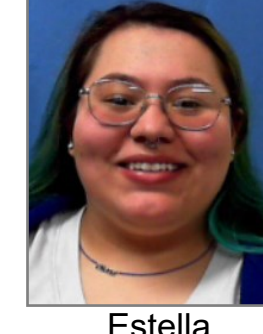
Avery Wurdeman
Nursing



Sandra Castellaw
Nursing



Kaelee Weiss
Nursing



Estella Espinoza
Nursing



Owen Elder
Nursing

