

QUARTERLY
MEMBER
BIRTHDAYS

AUGUST

SEPTEMBER

OCTOBER

HAPPY BIRTHDAY

Kenneth M. Glenn K. Leo Trittle
Ralph M. Donna E. Jerry L. Betty M.
Harold S. Jon M. Barbara P. Wilber W.
Shirley S. Charles B. Terry B. Garold H.
Gerald G. Phyllis W. Jimmy M. Vaughn R.



Harry J. George J. Kenneth Z. Michelene B. James L. Arley E. Leonard L.



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.



Influenza season has arrived...

With the COVID-19 guidelines relaxing and Influenza season arriving we must all remain diligent in the protection of our personal health, especially our vulnerable elderly population who are at higher risk of contracting both COVID-19 and Influenza infections. Individuals with other underlying health conditions are also at higher risk of having severe complications from

these illnesses. A few preventative measures you can do to reduce your risk include: Wash your hands frequently with either hand sanitizer or soap and water especially after touching doors/hand rails and after wiping your nose. Social distance from others who are sick, and when you aren't feeling well, have a cough or a fever. Wear a mask when out in public or in large groups of people. If you are interested in learning more about vaccinations available that

might reduce your risk of serious illness, or you desire to receive vaccinations, please discuss with our Infection Control Nurse, Stephanie Rodriguez or our Clinic Nurse, Rachel Krul.



VOLUME 6 ISSUE 3

JULY AUGUST

SEPTEMBER 2022

WESTERN NEBRASKA VETERANS HOME

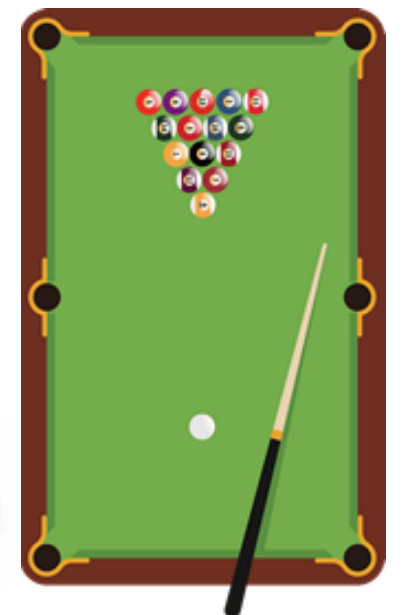
The Vets Gazette



MEMBER'S SPOTLIGHT



Pool is a popular game that is played all over the world by millions of people. However, members and teammates at WNVH like the challenge of a pool tournament. There is a lot of fun to be had whether you are sitting around the pool table as a spectator or participating in the pool tournament with friends. Everyone is ready to laugh, give advice and tease each other. The game is played casually and socially, and it is enjoyed by people who are just learning and those who have played for a long time. Everyone likes a challenge every time they set up the table. Members wanted to have a pool tournament that was member vs. teammate so members have been competing in the double elimination pool tournament over the last month and a half. Members want teammates to challenge them and will give tips between matches or invite teammates to practice for a quick lesson. Members and teammates have a great time watching and cheering each other.





Most people think about vitamin D when they think about milk. You may already know that vitamin D and calcium help keep your bones strong, however vitamin D does much more! The full impact that Vitamin D has on our overall health is still unknown, but evidence suggests it also improves skeletomuscular health, immune function and reduces chronic and infectious diseases. It regulates serotonin affecting your mood and melatonin affecting your sleep. It helps prevent tumor development and spread of breast, colon, skin, stomach, and prostate cancers. Too little vitamin D has been associated with inflammatory bowel disease, MS, inflammation, chronic kidney disease, various cancers, obesity, diabetes, and high blood pressure.

Vitamin D is unique because you can get it from both your diet and your skin. Vitamin D is not naturally found in many foods, but you can get it from fortified milk, fortified cereal, and fatty fish like salmon, sardines, egg yolks, and beef liver. Your body makes vitamin D when direct sunlight converts a chemical in your skin into an active form called calciferol. In the Midwest, you are only likely to get enough sunlight between late April and early September. While important for preventing skin cancer, sunscreen can decrease Vitamin D production. Vitamin D production might decrease or be completely absent during the winter months and many older adults do not get enough regular exposure to sunlight and have trouble absorbing vitamin D.

Recognizing vitamin D deficiency can be difficult because the symptoms are vague and they are easily overlooked or mistaken for something else. Some symptoms may include fatigue, not sleeping well, muscle pain or aches, depression or feelings of sadness, hair loss, muscle weakness, loss of appetite, getting sick more easily, and pale skin. Most multivitamins also contain vitamin D to support bone health, however if you are concerned about getting enough vitamin D talk with your doctor or dietitian.

Sources: *Vitamin D*. (2021, February 9) Mayo Clinic *A Narrative Role of Vitamin D and Its Receptor: With Current Evidence on the Gastric Tissues*. (2019, August) International Journal of Molecular Sciences

Vitamin D and aging. (2013, April 9) Endocrinology and metabolism clinics of North America/NIH

9 Vitamin D Deficiency Symptoms (and 11 High Vitamin D Foods). (2022, October 07) Nebraska Medicine

We held our annual Harvest party at the end of September which was a success. Members enjoyed finger foods, visited with each other, listened to music and even danced a little. Members are ready for next year's party.



HARVEST PARTY



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 ~

Jeanette Criner
Spouse of member

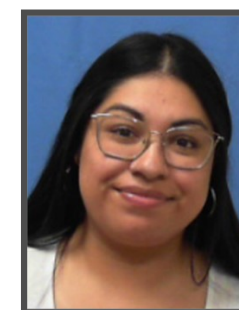
Melvin Surratt
U.S. Army



Penelope Thomas
Nursing



Michael Grant
Nursing



Mercedes Gonzales
Business Office

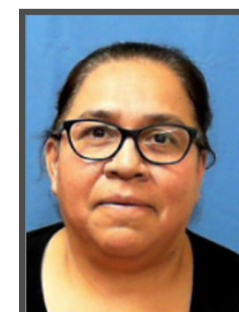


Please welcome the following new teammates to WNVH.

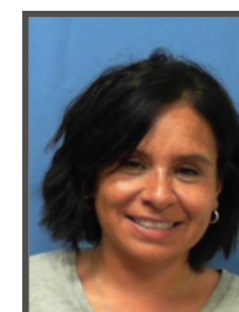
August ~ September 2022



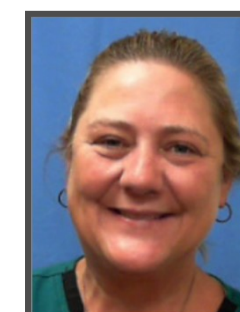
Tylii Conner
Nursing



Andrea Longoria
Laundry



Mary Sanchez
Nursing



Robin Lake
Nursing

Here's
What's
Happening!

October Activities

10/21/2022—Movie Presentation featuring:
Hocus Pocus (ALU) Beetle Juice (Nursing)

10/26/2022—Cider Social

10/28/2022—Member Birthday Celebration
and Dietary Recognition

10/31/2022— Halloween Party

