



Nebraska Army National Guard Units came & helped clean up the courtyards and putting green. They also helped put together our new bed side tables. Some of them even played bingo with the members.



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 ~

Kenneth Woolery– Army

VOLUME 9 ISSUE 3
JULY AUG SEPT
2025

WESTERN NEBRASKA VETERANS HOME

The Vets Gazette

Your Life's Journey

Frank Richard Schlangen was born February 24th, 1946 in the original St. Mary's Hospital in Scottsbluff, Nebraska (Frank has one 1/2 brother.) Frank's dad served in the Navy for 20 years as a fire control technician and finished his career at the sugar factory. His mom was a beautician and later a florist.

Frank followed in his father's footsteps and joined the Navy in 1965 and retired in June 1982 as a nuclear machinist on nuclear submarines. He did two tours of instructor duty and taught others how to operate nuclear power plants and steam plants safely. Frank received three medals throughout his service. They include The Good Conduct Medal, Vietnam Service Medal and The National Defense Medal.

After the service Frank went to school to become a graphic designer and writer. He opened his own shop in Bayard, Nebraska called "Mood Swing" where he played music, sold artwork, household items and photography. He also published a biweekly news letter called "Totally Frank". Frank was also a marketing and sales rep for a construction company. He was also a mental health advocate. Later on he worked for The Home Depot and McDonalds.

Frank has two sons, one daughter, one grandson, one granddaughter, and three great grandsons.

Frank acquired three tattoos later in life starting with his first one at 74 years old, a pinup girl, his second one of chimney rock and his third that simply says "Honesty, open mindness and willingness."

And we have to mention the 20 years Frank has spent playing Santa Claus!

Frank would like to be remembered as an honest man with a wild sense of humor.

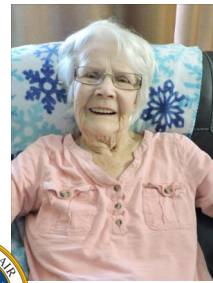
Article written by: Terry Allgayer, Sarrah Felz, and Your Life's Journey Committee.



Denise S.



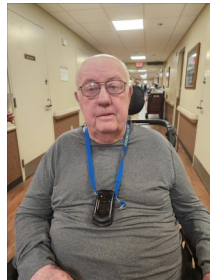
Please welcome the following
new members to WNVH.



Evelyn B.



Darren W.



Sheldon S.



David A.



QUARTERLY MEMBER BIRTHDAYS

JULY

AUGUST

SEPTEMBER



Robert B.
Mark L.

Don S.
Ray B.
Paul V.

Donna E.
Crystal E.

Bill H.
Jerry L.
Betty M.
Darren W.

Milton M.
Jon M.

Harold S.
Shirley S.
Wilbur W.



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.

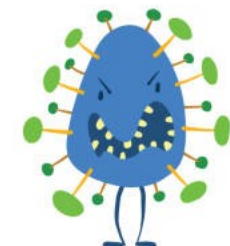
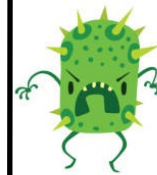
HEALTHY CORNER

With flu season right around the corner here are some things to keep in mind. Prioritize good nutrition and hydration. Eat nutrient-dense foods like whole



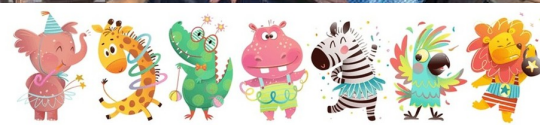
grains and colorful whole fruits and vegetables especially citrus fruits, leafy greens, and bell peppers, which are rich in vitamin C (a natural immune booster).

Incorporate lean proteins like chicken, fish, eggs, and beans. Protein plays an important role in the building of antibodies, which help us ward off viruses and prevent infection. Limit your intake of ultra-processed foods (e.g., potato chips, frozen dinners, pre-packaged snacks, fried foods), which have been found to negatively impact the immune system. Focus on whole, natural foods instead with no or limited processing and additives. Stay hydrated by drinking plenty of water throughout the day to keep your body functioning optimally. Herbal teas and broths can also help keep you warm and hydrated during colder months. Get plenty of sleep. Sleep is crucial for a healthy immune system, but many older adults struggle with getting enough rest. To power up your slumber, aim for 7 to 9 hours of quality sleep each night. Create a consistent sleep schedule by going to bed and waking up at the same time every day. A set routine helps to support your body's natural sleep rhythms. Regular exercise not only keeps your body fit; it also enhances your immune system. A recent study found that exercising at moderate intensity for 15 minutes may help boost immunity by increasing levels of natural killer (NK) cells.



<https://www.ncoa.org/article/flu-prevention-101-7-tips-for-older-adults/>

Members enjoyed the annual
zoo trip to the Riverside
Discovery Center.





Fresh Foods in Gering, Nebraska reached out to the community to collect money to purchase roses for local nursing homes in the area. The roses were a \$1 apiece and they raised just under \$1000 dollars. Western Nebraska Veterans' Home was their 3rd stop in passing out roses. When asked what the roses were for they said, "We just wanted to brighten peoples days."



Members went and enjoyed the Scotts Bluff County fair in Mitchell Nebraska. They saw many different animals and lots of exhibits.



Riverside Discovery Center brought Snowball the rabbit and Mrs. Noodle the sand boa in for the members to spend the morning with.





Members, families, and staff enjoyed an ice cream social in celebration of Assisted Living Week.



Husker Football season is upon us! Members celebrated the first game with a pep rally! They sang “There is no place like Nebraska” and enjoyed some food and punch.



Member voted employee of the month.



July
Sulema DeLeon



August
Marisol Myers



September
Becky Escamilla

Serving those who served us.

Members and staff joined with the local Veterans Service Office and local VFW for a fun filled morning of fishing.

HERE
FISHY
FISHY
FISHY



Members went and watched the Old West Balloon Fest Night Glow at Western Nebraska Community College.



The Nebraska Army National Guard came and visited with members at Western Nebraska Veterans' Home as part of the Community Partnership Program that is a Nebraska Military Department (NMD) initiative designed to strengthen the NMD's ability to support local citizens and communities by recognizing and developing relationships.





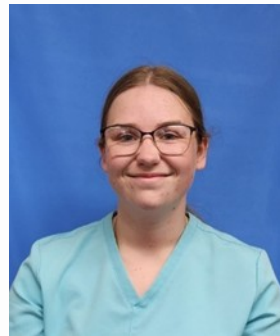
Please welcome the following Teammates
to Western Nebraska Veterans' Home!



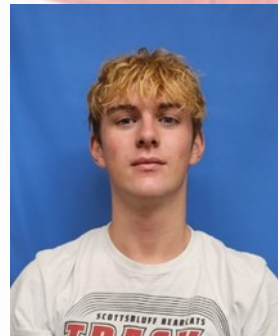
Catrina Baker
Dietary



Lydia Travis
Staff Care Tech II



Katlin Van Winkle
Staff Care Tech II



James Shaske
Staff Care Tech II



Lydia Najera
Staff Care Tech II



Ramona Lucius
Accountant I



Miguel Chavez Ramirez
Staff Care Tech II



Jamie Morgan
Nursing Office Specialist



Jordyn Neiger
Staff Care Tech II



Carlos Maldonado
Housekeeping Supervisor



Jessie Kimball
Staff Care Tech II



Marissa Pleick
Activity Assistant



Joseph Weis
Information Technology

A warm welcome to our home!



Sienna Connolly
Staff Care Tech II

Military Holidays celebrated this quarter:

July

Independence Day
Korean War Veterans Armistice Day

August

Coast Guard Birthday
Purple Heart Day
Marine Forces Reserve Birthday

September

Patriot Day
Air Force Birthday
POW/MIA Recognition Day
Gold Star Mother's and Family's Day

Upcoming Military Holidays:

October

Navy Birthday
National Day of the Deployed

November

National Military Appreciation Month and Month of the Military Caregiver
Marine Corps Birthday
Veterans Day

December

Pearl Harbor Remembrance Day
National Guard Birthday
Space Force Birthday
National Wreaths Across America Day
Nebraska National Guard Birthday