

# October Activities



- Pool Tournaments**  
**10/12—Food Fun**  
**10/13—Coffee & Rolls**  
**10/23—Pumpkins**  
**10/31—Halloween Party**

## WNVH Celebrates the End of Summer

Members and teammates at the Western Nebraska Veterans' Home celebrated the end of summer with an outdoor BBQ meal.



## 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 ~*



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WESTERN NEBRASKA VETERANS HOME

*The Vets Gazette*



## Your Life's Journey

On 10/28/1933 James Dale Lodes was born in the small village of Howells Nebraska. Jim only lived here until he was 9 years old, when he moved to Morrill Nebraska. It was in this little town that Jim grew up helping his grandparents run The Rustic Tavern. However, it wasn't long until he was drafted into the army in 1955 during the Korean "conflict". He was trained as a high speed radio operator but mostly served as a driver for his commanding officer. During his time spent in the army, Jim received the medal for expert rifle. Once Jim's service ended, he and his wife Charlotte moved to Sidney Nebraska. Today, he and Charlotte can proudly say they've been married for 71 years, and counting! Together they raised 4 children, 1 boy and 3 girls—and today he can proudly say he has 4 grandchildren. While living in Sidney with his wife, he worked for a marathon oil company for 4 years alongside Charlotte who studied and soon became an RN. Jim then decided to work for Don Overman at Lincoln National Life which lasted for 71 1/2 years. During this time, Jim coached girls' softball as well as the boys American Legion for 47 years. Additionally, being the busy man that Jim is, he ran a daycare that was owned by he and his wife for 27 years.



Jim says he has lived his life exactly as he wanted with few mistakes; He would like to be remembered as a man who loves other people and raised a good family!

*Article written by: Terry Allgayer, Amber Stichka and Your Life's Journey Committee*





Please welcome the following new members to WNVH



John O.



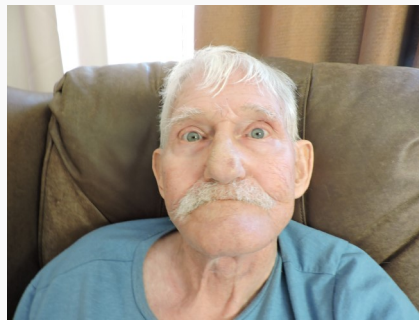
Crystal E.



Pat R.



Otto M.



Seigfried G.



Kenneth R.



William H.



Mark L.



Chevron S.



William Downey

QUARTERLY  
MEMBER  
BIRTHDAYS  
JULY  
AUGUST  
SEPTEMBER

HAPPY BIRTHDAY



Don S. Mark L. Harold K. Leo T.  
Johnny D. William H. Donna E. Jerry L.  
Betty M. Crystal E. Harold S. Jon M.  
Barb P. Wilbur W. William D.  
George K. Shirley S.

*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.*



While there are a few different ways to fight against the common cold and flu, your diet is one of your greatest assets. The best thing you can do to avoid the common cold and flu is to get a flu shot, get plenty of sleep every night, pay attention to your symptoms, wash your hands, and eat a healthy diet. Doing all these things can keep your immune system strong and may keep you from getting sick. Below are 6 foods that can boost your immunity and help you stay

healthy though the cold and flu season.

**Peppers and Citrus;** Peppers and citrus fruits contain vitamin C. At an ounce for an ounce, you can find more vitamin C in bell peppers than an orange, though both are great sources.

**Blueberries;** Blueberries alone can boost your immune system and you can add them to a smoothie with other healthy ingredients. Blueberries have flavonoids which is a type of antioxidant that can help reduce damage to cells and boost your immune system.

**Green Tea;** Green tea can be consumed through multiple options, however the importance of it is believed to be so helpful for us is because it contains catechin, a powerful antioxidant that maintains your immune system.

**Mushrooms;** Mushrooms aide us through their ability to combat diseases through many types of vitamins that keep us strong during the cold and flu season.

**Almonds;** Although all types of nuts are healthy for us, a half-cup of almonds a day takes its importance because they are rich in vitamins less commonly found in other dietary sources.

**Cruciferous Vegetables;** Full of fiber and many types of vitamins, cruciferous vegetables can keep us healthy throughout the season. Examples of these veggies include bok choy, brussel sprouts, kale, cabbage and broccoli.

Source: (2022). *6 foods to boost your immune system this cold and flu season.* Balance By Geisinger. Retrieved Oct 10, 2023, <https://www.geisinger.org/health-and-wellness/wellness-articles/2018/01/19/14/09/6-foods-to-boost-your-immune-system-through-cold-and-flu-season>