

# October Activities

Here's what's happening!

**Pool Tournament**  
 (happening every Thursday)  
**10/12- - -Picnic**  
**10/15- - -Pumpkin Painting**  
**10/18- - -Coffee Social**



Members enjoyed the Patriot Day program with Master of ceremonies Chuck Evelo conducting the program, Brandon Brock (WNHV Supply Supervisor) reading a poem, Liden Sanders reciting the pledge of allegiance, guest speaker Pete Wysocki and the Nebraska National Guard—Honor Guard folding our nations flag.

## 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 ~*

- Joseph Yenter— U.S. Navy
- Howard Schledewitz— U.S. Navy
- Leonard Loxterkamp— U.S. Army
- William Connelly— U.S. Navy
- Merlin Marquart— U.S. Navy
- Willard Johnson— U.S. Army
- Robert Lore— U.S. Airforce
- Gerald Gordon— U.S. Airforce



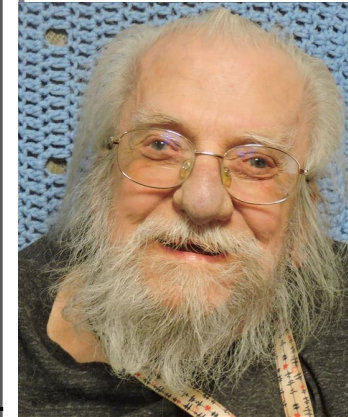
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WESTERN NEBRASKA VETERANS HOME

# The Vets Gazette



## Your Life's Journey



John Lucius Estes (Lou) was born October 30th 1948 in Montgomery, Alabama. He is the youngest of two. Lou's dad retired from the Air force and his mom stayed home to raise the children.

Lou is very musical! He played the trombone, trumpet, clarinet and drums. Lou played the trombone in the Surgeon generals band at Fort Sam in San Antonio, Texas. Shortly after that he joined the Army in Phoenix, Arizona and became a medic and was transferred to Mannheim, Germany, where he served in the 8th infantry division, company B, medical battalion for 6 years. Lou received his Vietnam era ribbon and his sharp shooter medal.

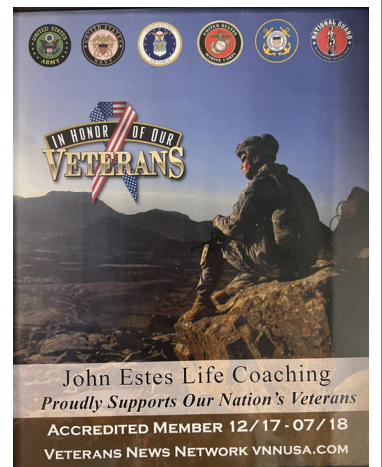
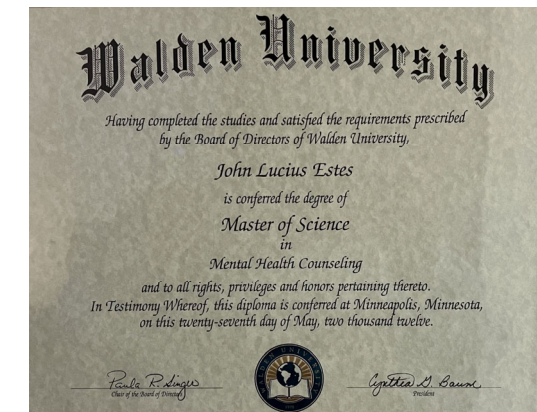


Lou returned back to the states and drove truck for 20 years from coast to coast and hauled everything from canned soup to government explosives.



Lou has saved many lives as a medic as well as a trained counselor and life coach. Lou would like to be remembered as a man who worked diligently trying to help others struggling with alcohol and mental health issues. He always thinks the best of people as well as he can.

Thank you for your service Lou!



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



Please welcome the following new members to WNVH



Don L.



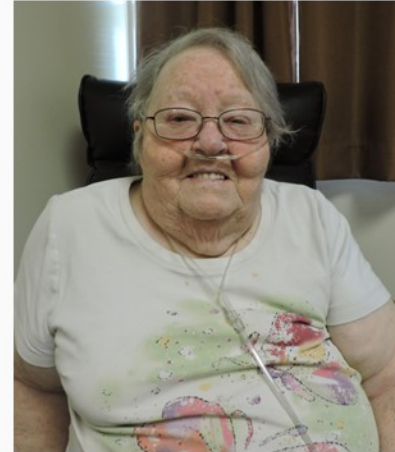
Ed F.



Ken W.



Tom A.



Pat F.



Robert B.



Tom M.



Barbara C.



Charles C.

QUARTERLY MEMBER BIRTHDAYS

JULY  
AUGUST  
SEPTEMBER

HAPPY BIRTHDAY



Robert B. Ray B. Donna E. Crystal E.

Bill H. George K. Harold K. Mark L.

Jerry L. Betty M. Jon M. Mahlon P.

Harold S. Shirley S. Leo T. 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.



Coming down with the flu can lead to symptoms like fever, tiredness or even chills. The flu is a virus, while there is no cure for the flu there are several things that you can do at home to help soothe the symptoms. Here are the top 10 natural at home remedies to try!

- 1) **Drink water and lots of fluids**— Drinking water and other fluids is even more important when you have the flu, whether you have respiratory or stomach flu. Water, coconut water, sports drinks, teas, soups,
- 2) **Get plenty of rest**- Sleeping can boost your immune system, helping

your body fight off the flu virus.

3) **Drinking warm broth**- Bone broth is also naturally high in protein and minerals like sodium and potassium. Drinking broth is a good way to replenish these nutrients while you have the flu. Plus, protein is important for rebuilding immune cells.

4) **Up your zinc intake**- You can normally get plenty of zinc from a balanced daily diet. Foods that are high in zinc include: red meat, shellfish, lentils, chickpeas, beans, nuts, seeds, dairy and eggs.

5) **Rinse with salt water**- Warm water and salt rinse (sometimes called a saltwater gargle) can soothe a sore throat. It can also help to clear mucous.

6) **Drink Herbal Tea**-Several herbs have natural antiviral and antibacterial properties. Star anise is a star-shaped spice from which oseltamivir was traditionally extracted. Oseltamivir phosphate (better known as Tamiflu) is a prescription drug used to speed recovery from or to prevent getting the flu. Its antiviral properties are effective against some kinds of flu viruses. Other herbs and green leafy teas also have germ-fighting and antioxidant benefits.

7) **Apply essential oils**- Some types of essential oils may help protect you against certain viruses and bacteria. One study found that tea tree oil helps fight the flu virus by slowing or stopping the rate at which the virus multiplies.

8) **Use a humidifier**-Indoor air can get dry from heating and air conditioning use. Using a humidifier to add humidity in your home and workplace might help reduce flu viruses in the air.

9) **Inhale steam**-The warm moist air may also relieve swelling in the nose and lungs. Steam inhalation might help to soothe a dry cough, irritated nose, and chest tightness.

10) **Eat a balanced Diet**- BRAT diet (bananas, rice, applesauce, toast), crackers, cooked cereals (oatmeal and cream of wheat), gelatin (Jell-O), boiled potatoes, grilled or boiled chicken, soup and broth, electrolyte-rich drinks. Bland foods are easier to digest and may help ease your symptoms.

Source: (2022). 10 Natural Remedies for Flu Symptoms Written By Noreen Ifikhar,MD . Retrieved July 11th, 2023 <https://www.healthline.com/health/natural-flu-remedies#takeaway>