

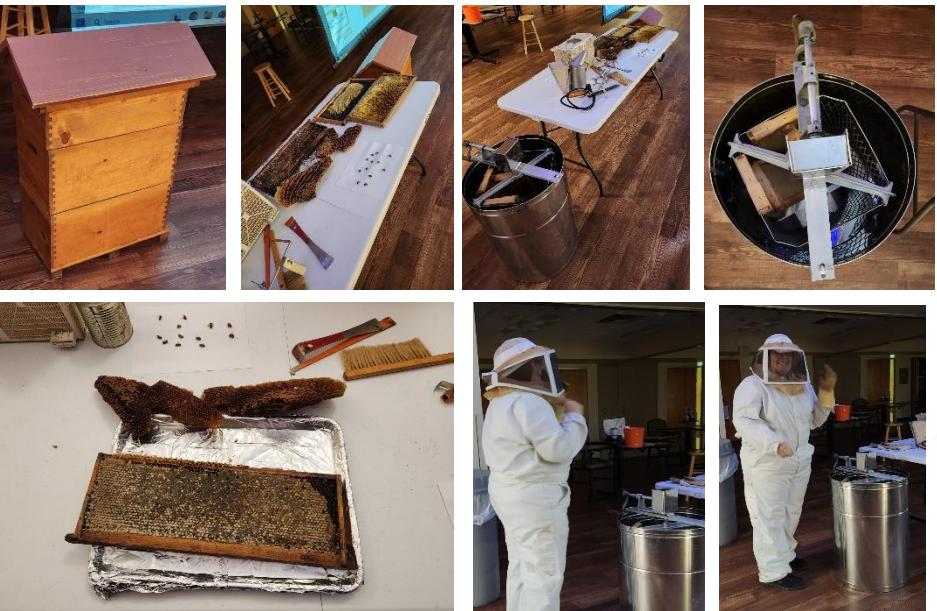


Members and staff enjoyed the last tailgate of the year with the Huskers playing the Utah Utes in the Las Vegas Bowl.





Members enjoyed a Halloween Party with costumes, troll punch and cupcakes!



Members got to get out and drive around Scottsbluff and Gering looking at the Christmas Lights.



Members enjoyed a presentation by Crystal Edmunds on bees.

QUARTERLY
MEMBER
BIRTHDAYS

OCTOBER
NOVEMBER
DECEMBER



HAPPY BIRTHDAY

Phyllis W. Garold H. Claude S.
John B. Robert M. Marian R.
Richard V. Debra N. Wayne O.
Roselyn S. Linden S. Michelene B.
Margaret K. Isreal C. Seigfried G.
Terry B. Vaughn R.



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



These past weeks, do you find yourself with a lack of energy and ambition? Do you long for something that you can't quite put your finger on? Do the days feel far too short? You might be experiencing seasonal depression, also known as Seasonal Affective Disorder (SAD). This is quite typical for someone going through the long winters of the Midwest. Fortunately, there are actions that you can take to try to combat the worst symptoms of seasonal depression.

REMAIN ACTIVE: As the cold weather blows in, it is tempting to stay indoors and warm all of the time. However, remaining active during this time of year is particularly important for someone who is experiencing Seasonal Affective Disorder. Regular exercise helps blood circulate through your body and helps you fight off the symptoms of depression. There are several ways to be active during winter, both outside and in the comfort of your home.

MAINTAIN A HEALTHY DIET: The winter months feature several holidays. This often means eating foods that are less than healthy for you. However, you should try to do everything that you can to eat a healthy diet to stave off the effects of the winter blues. A healthy diet will provide your body with the nutrients it requires to battle symptoms of depression and keep you from falling deeper into this state of sadness. Find a healthy balance of eating nutritiously, but still enjoying treats in moderation.

TRY A NEW HOBBY: The winter months feature several holidays. This often means eating foods that are less than healthy for you. However, you should try to do everything that you can to eat a healthy diet to stave off the effects of the winter blues. A healthy diet will provide your body with the nutrients it requires to battle symptoms of depression and keep you from falling deeper into this state of sadness.

Member voted employee of the month.



October
Anna Mendoza



November
Melissa Johnson



December
Letecia Kanno



On Friday, October 17th, 2025, Western Nebraska Veterans' Home was presented with a \$500 check from the Nebraska Admirals Association for the Activity fund.



Military Holidays celebrated this quarter:

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

Upcoming Military Holidays:

January

None

February

- Four Chaplains Day
- United Service Organizations (USO) Birthday
- National Salute to Veteran Patients
- Coast Guard Reserve Birthday

March

- Navy Reserve Birthday
- Hug a GI Day
- Seabee Birthday
- K-9 Veterans Day
- Medal of Honor Day
- Vietnam Veterans Day
- American Legion Birthday
- Medal of Honor Day
- National Vietnam War Veterans Day

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~

Mickey Becker—Wife of Army Veteran

Roy Medberry—Air Force Veteran



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WESTERN NEBRASKA VETERANS HOME

The Vets Gazette



Your Life's Journey

Arden Dean Isom was born May 12th, 1929, 7 miles north of Lebanon Kansas. He was born and raised on a farm where his family grew what they could and raised cattle, pigs, chickens, and had 2 dogs and many cats. Arden was the middle child of 3 (1 brother and 1 sister) He went to a country school until the 8th grade then went to Lebanon High School. The family endured the dust bowl, didn't have electricity until he was a junior in high school and had an outhouse and no indoor plumbing until Arden was a senior.

Arden joined the Air Force in June 1947 (U.S. Army Air Corp.) he was stationed in San Antonio, Texas. He is one of many pictured in the Air Force Hall of fame in Dayton, Ohio. Arden served for a total of 4 years in the Air Force and fought in the Korean War, he earned the Sharpshooter and Good Conduct Medals while in the service.

After serving, Arden went to college and studied soil conservation then went on to work in the construction industry when he met and married his wife of 69 1/2 years. After working construction for a few years Arden went to work for Shell Oil Company and several other oil and gas companies and lived in several different states. Arden and his family finally settled in Banner County, Nebraska and lived there for 22 years where they raised 7 children, 5 boys and 2 girls.

Arden retired at 72 years of age and moved to Ogallala where he lived for 16 years then moved to Cheyenne, Wyoming for 2 years until he finally moved into Western Nebraska Veterans Home in March of 2024. Arden has 17 grandchildren, 33 great grandchildren and 9 great great grandchildren.

Arden would like to be remembered as a good friend and a good neighbor.

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

