

## Upcoming Military Holidays:

### April:

Month of Military Children  
Gold Star Spouses Day  
Air Force Reserve Birthday

### May:

National Military Appreciation Month  
Month of the Military Caregiver  
Silver Star Banner Day  
Military Spouses Appreciation Day  
Children of Fallen Patriots Day  
Armed Forces Day  
Memorial Day

### June:

D-Day Anniversary  
Flag Day  
Army Birthday  
Coast Guard Auxiliary Birthday  
National PTSD Awareness 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 ~



John Widner-Army  
Siegfried Gitschel-Army  
Raymond Buescher-Army

WESTERN NEBRASKA VETERANS' HOME



# The Vets Gazette

VOLUME 10 ISSUE 1  
JANUARY, FEBRUARY, MARCH 2026



## Your Life's Journey

**T**imothy James Hinze was born on October 31<sup>st</sup>, 1946, in Omaha, Nebraska. Tim was drafted six months after graduating from West Side High School. He joined the Army on December 8<sup>th</sup>, 1966. His first year was basic training, infantry training and APC training. He qualified on seven different weapons, and he fought six and a half days nonstop in 1968 in the Tet Offensive where he was a medic. He got out of the Army December 8<sup>th</sup>, 1972.

Tim has three tattoos. First is his family tree, second is Tet Offensive survivor and the third of his dog tags. Timothy has three children (two boys and one girl) who he is extremely proud of. Between the three of them they have blessed him with nine grandchildren and ten great-grandchildren.

Tim talks about how confusing the world has become but in Vietnam the rules were simple. If you didn't get them first, they would get you.

When asked how he would like to be remembered he said, "I just did my job"

Thank you for your service, Timothy!





# HAPPY BIRTHDAY



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.

## January

Ellen J.  
Dean F.  
Cheri L.

## February

Neal B.  
David B.  
Barb C.  
Denise S.  
Pat R.  
Sahra S.  
Mary C.  
Frank S.  
Shirley L.

## March

David A.  
Norma L.  
Tom M.

## Spring into Wellness

Spring is the perfect time to reboot and rejuvenate your health and wellness habits. The change of season is not only a symbol of rebirth in nature, but it can also be a renewal of healthy lifestyle practices. It may come as no surprise but staying hydrated offers significant health benefits for all ages and lifestyles. Water intake, whether through drinking or eating foods with water components (watermelon, cucumber, berries, etc.), can be key to reducing the risk of future health complications. Adequate hydration is associated with a lower risk of developing chronic conditions such as heart failure, diabetes, chronic lung disease, and dementia.

Staying hydrated may also help with:

- Slowing biological aging
- Urinary and digestive health
- Improved joint and muscle function

The saying "spring cleaning" can mean more than just tidying up your space. As the days get longer and warmer temperatures appear, switching up your winter routine into something new and relevant to your current health goals or treatment might aid with seasonal change.



Healthy  
Corner

## Member voted employee of the month.



January  
Francine Ranalli

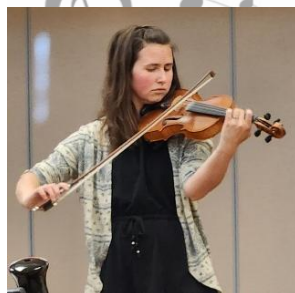


February  
Marissa Pleick



March  
Christina Lopez

Members enjoyed the musical talents of Kevin and Heidi. Kevin has been playing piano for 25 years, and Heidi has been playing violin for 20 years.



In honor of the 80th year of the Midwest Theater, the 2026 Midwest Classic Movie Series takes movies from 1946- the year the theater opened- and puts them where they belong, back on the big screen.



Let the races begin!



It's always a fun afternoon when it involves horse racing.



BINGO



March was packed full of afternoon Bingo games.



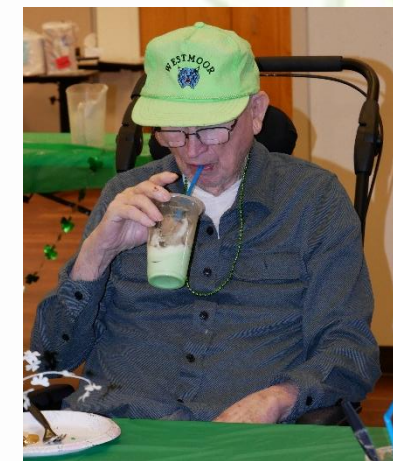
Today IS A GREAT DAY for BINGO

# Happy Valentines Day

Members enjoyed a Valentines Party sponsored by the VFWA #1681 and the Legion AUX.



# Happy St. Patrick's Day



The luck of the Irish was with our members who participated in a St. Patrick's Day Trivia Game.



# National Vietnam War Veterans Day

A special "Thank you for your service" to our Western Nebraska Veterans' Home Vietnam Veterans.

Thomas A.  
David A.  
David B.  
Robert B.  
John B.  
Neal B.  
Terry B.  
Israel C.

Ed C.  
Crystal E.  
Lue E.  
Ronald F.  
Pat F.  
Bill H.  
Timothy H.  
Garold H.  
Robert K.



Anton K.  
Don L.  
Thomas M.  
Robert M.  
Milton M.  
Bob M.  
Jon M.  
Debra N.  
Wayne O.

Pat R.  
Linden S.  
Frank S.  
Denise S.  
Claude S.  
Doc S.  
Arthur S.  
Richard V.

National Vietnam War Veterans Day is observed annually on March 29 to honor the service and sacrifice of the millions of Americans who served in the U.S. Armed Forces in Vietnam between November 1<sup>st</sup>, 1955, and April 30<sup>th</sup>, 1975. It serves as a belated "Welcome Home" for veterans who often faced hostility upon their return.



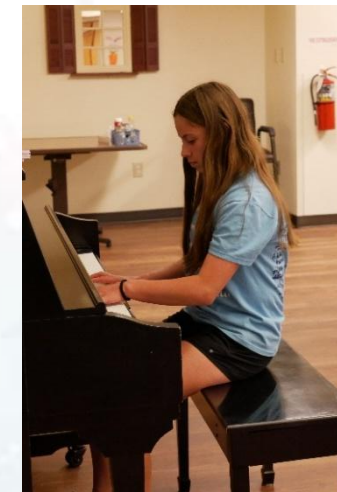
Vietnam Veterans were presented with a lapel pin by State Veterans Service Officer Chris Baer and County Veterans Service Officer Matt Meyers. A special guest speaker Nebraska Veterans Home Board Member Greg Holloway came and spoke about what it meant to him to be a Vietnam Veteran.



Members enjoyed a Thursday morning getaway to the Derby Club in Torrington, Wyoming.



The CLOWNS group from Gering Jr. High came and spent some quality time with the members. They played games, listened to the piano, and shared stories.



The CLOWNS group is an active student organization involved in community service and charitable activities.



# Let's meet the team!

New employees from January, February and March.



Kaitlyn Fees  
Staff Care Tech II



Lesley Garrison  
Staff Care Tech II



Jenna Griffie  
Staff Care Tech II



Luisa Ozuna  
Staff Care Tech II



Cheryl Gonzales  
Staff Care Tech II



Jessica Hrasky  
Staff Care Tech II



Kirsten Bonham  
Staff Care Tech II



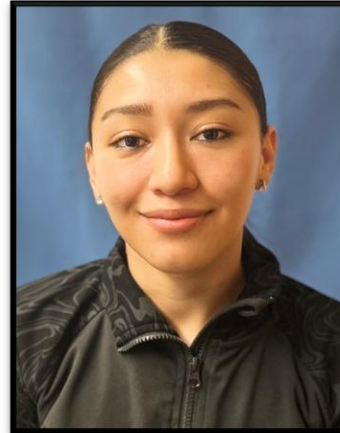
Stephanie Ramos  
Staff Care Tech II



Kaylee Rodgers  
Staff Care Tech II



Sophia Rose  
Staff Care Tech II



Maria Garcia Martinez  
Staff Care Tech II



Jennifer Smith  
Accountant I



Ana Chavez  
Staff Care Tech II



Tammy Setter  
Unit Manager



Jessica Terrill  
Staff Care Tech II



Leah Foster  
Staff Care Tech II



Felicia Hillhouse  
Staff Care Tech II



Elena Sanchez  
Staff Care Tech II

A warm welcome to our home!