



ACTIVITIES



Members at Western Nebraska Veterans Home enjoyed being outside on a warm Sunday afternoon for a car parade. Classic cars, sports cars, motorcycles, and other volunteers made a loop through the Veterans Home parking lot, waving hands and flags to our members. It was a great way for the public to show off their vehicles and interact with our veterans while still keeping a good distance. All of the members that attended were very grateful for everyone that showed up!

BUSINESS OFFICE

Annually, the Business Office reviews all member financial information to ensure maintenance charges are billed accurately based on resources. With your October monthly statements, you (or your designated representative), received a Release of Information form. We utilize this release to request updated financial documents, so it is important that we have a current release on file for each of our members. If you haven't yet signed and returned the form to the Business Office, please do so at your earliest convenience.

This is also the time of the year that you will begin receiving annual notices from your retirement benefit and insurance plans. Please remember to share that information with the Business Office so that we can accurately reflect any changes to your Maintenance charges.



As the seasons change, the Housekeeping and Laundry department knows how it is important to give the member's room a refresh once summer comes to a close.

The housekeepers are doing the annual fall cleaning of member rooms in addition to the outbreak cleaning and disinfecting in other areas of the facility.

The laundry department is cleaning the member's closets and drawers.

HOUSEKEEPING AND LAUNDRY



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WESTERN NEBRASKA VETERANS HOME

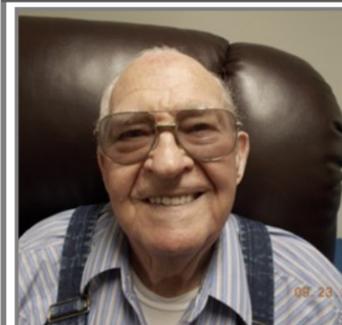
The Vets Gazette



WELCOME!
to the Western
Nebraska
Veterans Home



Please join us in welcoming our new members. If you see these individuals feel free to introduce yourself and welcome them to our facility.



Leonard L.



Melvin S.

HAPPY BIRTHDAY

- QUARTERLY MEMBER BIRTHDAYS**
- | | |
|----------------------|--|
| SEPTEMBER | Anton K. Donna E. Jerry L. Milton M. Harold S. Jonathan M. Barbara P. Wilbur W. Shirley S. |
| OCTOBER | Charles B. Terry B. Gary H. Gerald G. Ron E. Phyllis W. Jimmy M. Vaughn R. George J. Michelene B. James L. Arley E. Leonard L. |
| NOVEMBER 2021 | Gerald H. Van V. Williard J. Claude S. Linden 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.

Being told you're appreciated is one of the simplest and most uplifting things you can hear.

OCTOBER gave a party; the LEAVES by hundreds came~ The CHESTNUTS OAKS, and MAPLES, leaves of every name. And The SUNSHINE spread a carpet, grand, the Miss WEATHER led dancing, Professor WIND the band.

George Cooper

MAINTENANCE



The HVAC replacement project in Nursing is far ahead of schedule. Replacement of ceiling tiles and lighting is included in this project. The new ceiling tile has a cleaner and brighter pattern and color which enhances the new LED lighting fixtures. Researchers have found that lighting has biological and psychological effects that impact the health and wellbeing of an individual. WNVH has experienced this firsthand as the brightened hallways and rooms have positively affected the members' and staffs' disposition and mood.



Another feature that has positively affected

the aesthetics of the Nursing unit is the dimmable feature included on the lighting installed in the member rooms. The ability to dim the lighting can assist members in stabilizing their circadian rhythms and increase their overall comfort.

With COVID cases on the rise in the community and changing COVID protocols, we know this can be a difficult time and may bring about feelings of nervousness, anxiety, stress, or depression. As we head into winter and the holiday season, this can also be a tough time for some. If you're struggling and would like someone to talk to, please reach out to the Social Work staff. We are here for you! We can also help get you set up with other resources that may be helpful for you. There are also some self-care things you can try on your own to help feel better in difficult or uncertain times.

SOCIAL SERVICES



Connect with Others. Call a friend or loved one, schedule a window visit, or go to an activity with a friend.

Give Thanks. Each day, think of one or several things you have to be grateful for. Focusing on the positive in your life can really help things seem brighter.

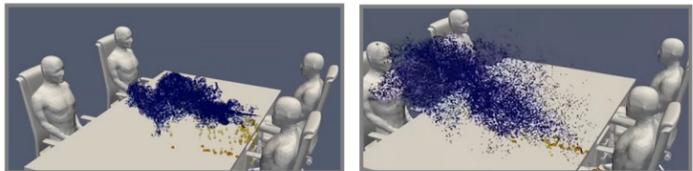


Stay Busy! Do the things you enjoy or try something new. Read a new book, join the Walking Club, or get to know another member. Engaging in various activities is good for both the mind and body and will help you feel better overall.

There is currently no evidence you can catch coronavirus through food or food packaging. After more than a year since COVID-19 became a global health emergency

DIETARY

the World Health Organization, United States Dairy Association, Federal Drug Administration, and Center for Disease Control have found "no credible evidence of food or food packaging associated with or a likely source of COVID-19 transmission." COVID-19 is a respiratory disease spreading from person to person. It is not a foodborne disease. There is no evidence to suggest people will be infected by swallowing the virus in, or on, food or drink. COVID-19 is spread when people are physically near (within 6 feet) or have direct contact with an infected person. When people with COVID-19 cough, sneeze, sing, talk, or breathe, they produce **respiratory droplets**. Infections occur mainly through exposure to respiratory droplets when a person is in close contact with someone who has COVID-19. The risk of COVID-19 spread increases in a dining setting as interactions within 6 feet of others increase and it is impossible to wear a mask while eating. Dining indoors without reduced seating capacity, and not spaced 6 feet apart is one of the highest COVID-19 risk activities. This is why it is so important to temporarily limit communal dining after high-risk outings.



Simulation of droplet spread during meal

Sources:
 FDA. "COVID-19 Update: USDA, FDA Underscore Current Epidemiologic and Scientific Information Indicating No Transmission of COVID-19 Through Food or Food Packaging." CDC. "Food and Coronavirus Disease 2019 (COVID-19)." ICMF. "ICMSF Opinion on SARS-CoV-2 and its relationship to food safety." Images obtained from computer simulation video: www.youtube.com/watch?

NURSING

Our mission is to honor Nebraska's veterans and their families by providing excellent services, assistance and care. We asked our teammates how they contribute to our mission and what part of their workday do they enjoy the most and why. Here are their responses.



Anna Mendoza Nora Moreno

Nora Moreno: I like the morning, to see them (members) all again, and say good morning to each of them by name. Sometimes I remind them and sometimes they remind me that we have been given another day from God to try and get it right. I listen to all their stories (and there are many over the years). I love all the life they have lived and the lessons learned. Once one of them told me that they no longer had anything to give or do, so they felt they no longer wanted to be. I went home and prayed about that knowing that wasn't true. I came back and told that person yes even though you might not know it. You teach me patience, kindness and endurance, and sometimes even how to get old with honor.

Anna Mendoza: I enjoy working at WNVH, caring for and respecting the members. When I get here, I just want to get into doing my job and that is tending to the members, listening to their concerns or just wanting to talk. Me being here is important to them because they (members) put their trust and cares in us nurses. I contribute to our mission by being there for the members during the COVID time because they could not be with their loved ones; being their support system during this trying time and giving the attention they needed. It's a great honor and privilege to serve them and I will continue to do the best that I can to be a good and caring nurse towards them. Veterans thank you for your service.



Please welcome the following new teammates to Western Nebraska Veterans Home.

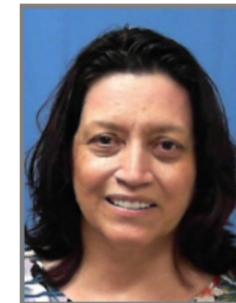
July ~ August ~ September



Peggy Ratzlaff
Administrator



Amy Johannson, Interim
Director of Nursing



Renae Jimenez
Human Resources



Taylor Gollas
Nursing



Terri Phillips
Food Service



Bryce Griffiths
Food Service



Avery Wurdeman
Nursing



Sandy Dobson
Food Service



Jessica Smith
Nursing



Jessie Ojeda
Activities



Kelli Stadwick
Nursing