

WESTERN NEBRASKA VETERANS' HOME



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IN The Navy

Milton Russell Michael was born on September 13, 1943, in Lewellen, NE. Milton had six sisters and three brothers who are now deceased. His mother, Irene Elizabeth Bruce-Michael, was born in Hayes Center, Nebraska, and his father, Damon Daryl Michael, was born in Inaville, Nebraska. Both his parents graduated from Arthur High School and lived in the Sandhills. Milton went to Oshkosh, Nebraska, for his first two years then second and third year in the Sandhills at District 16-J, and finally fourth through graduation in Bridgeport. Milton never had pets until he lived in the Sandhills, when his family got a mutt that guarded the place. His wife also had dogs. Milton married once for a total of twenty-six years, which resulted in two children. Sean Michael resides in Scottsbluff and daughter Andrea Bisener resides in Lewellen. Milton indicated he has seven grandchildren (six girls and one boy) and five great-grandchildren (four boys and one girl).

Milton served in the Navy for four years, three months, and twenty-five days. He was stationed in San Diego and Millington, Tennessee, for Air Electronic Tech School. Milton went on VS37 Squadron attached to the USS Hornet to Philippines, Hong Kong, and Japan and then flew up and down the coast in Vietnam for Coastal Surveillance. Prior to Vietnam, he was Air antisubmarine electronic tech. Even after all that time in the Navy, he has no tattoos.

Milton was awarded Good Conduct, two Vietnam, and National Defense medals that are viewable in his shadow box outside his room. He has airtime from being in the Navy. It would be nice to someday see him awarded a medal for this service, but he is not too concerned about it and is satisfied knowing he was helping.

Milton's other experiences included working with IBM testing, working with electronics, and troubleshooting for ten and a half years. During his time at IBM, Milton helped design an electronics chip that was programmable to do all sixteen electronic functions to be utilized in technology. Milton also has nine years' experience working with electronics troubleshooting and modification with Burlington Northern. Milton went to Western Nebraska Community College, successfully obtaining his Associates of Computer Science. After his college experience, he started employment programming, first with the college WNCC for three years, then Oregon for four years, and Salt Lake City for ten months. Milton finished his employment years retiring from Cabela's after seven and a half years.

Milton indicated jokingly that he would like to be remembered as a troublemaker, but it really doesn't matter how others remember him. He just wants his two children and all his grandchildren to have a decent life after his departure. Milton tries and wants to help others as best as he can, which shows in the impact he makes with others and throughout the Western Nebraska Veterans' Home.



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.

August

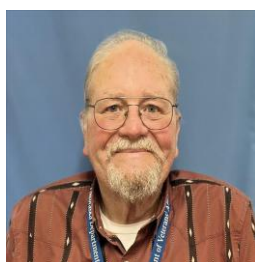
Danny B- August 3rd

Paul V- August 22nd

Welcome our new members!



"Lucky" K.



Dennis P.



Karen P.



James A.



National Wellness Month is observed every August. It encourages you to prioritize self-care, manage stress, and build healthy habits. Created in 2018, the nationwide movement reminds us that taking care of your mind, body, and emotions is a daily necessity, not a luxury.

Here are some quick, actionable ways to celebrate:

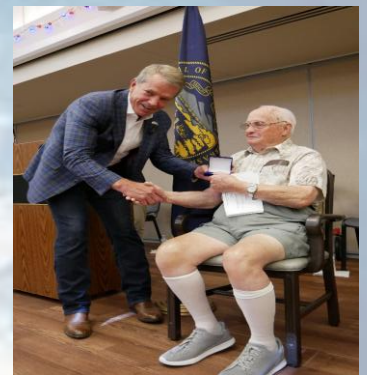
- **Move your body:** Take a short walk or stretch during the day. Regular movement lowers stress and boosts energy.
- **Stay hydrated:** Drink water throughout the day. Proper hydration helps you focus and regulates your mood.
- **Take screen breaks:** Step away from your phone and computer. Try tech-free zones to help you rest and reset.
- **Prioritize sleep:** Aim for 7 to 8 hours of sleep per night. Good rest helps your mind and body recover.

KOREA WAR VETERAN

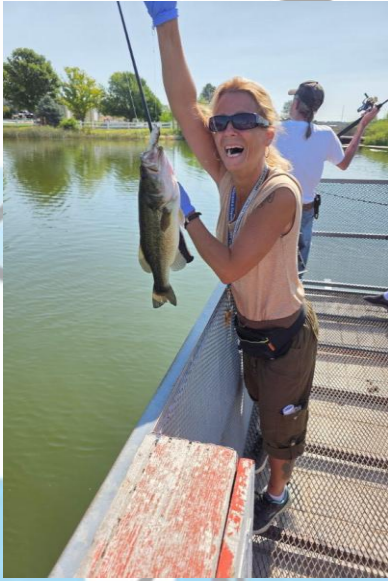
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Governor Jim Pillen came and presented Koren War Medallions to our Veterans who served in the Korean War.

**Evelyn B.- United States Air Force
Robert B.- United States Air Force
Donald S.- United State Navy
Harold S.- United States Army
Bernard S.- United States Army
Wilbur W.- United States Army**



The 2026 fishing tournament looked a little different this year. We had 3 days of fishing with 3 members per day. Then on Friday the winner was announced at our yearly picnic in memory of George Eich, a past member of WNVH.





**Members enjoyed
an afternoon of
painting with
watercolor.**



Let's meet the team!

New employees from July 2026.



Mason Bethea RN



Angelle Todd CNA

Member voted
teammate of
the month.



Kelly Mason
Activities

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 ~

Cheri Lampert - Navy

