

To honor all  
who stand up  
and speak out  
for freedom &  
liberty!



# Liberty Express

August 2020

Central Nebraska Veterans Home, 4510 E. 56th St., Kearney, NE 68847 (308) 865-6000

## Pandemic is a “Marathon”, Not a Sprint! -Nancy Klimek, Activity Manager

When the **COVID-19 Pandemic** first arrived in Nebraska early this spring, we certainly had no idea, nor first hand experience, on how it would affect our lives. Many hoped if we could just “**sprint**” to the summer months, the heat of the summer would help the virus dissipate and we’d have a reprieve until winter (like we have experienced in the past with Influenza).



We have since learned, that this is going to **be a “marathon”, not a “sprint”**, since COVID-19 unfortunately shows no sign of disappearing.



At the Central Nebraska Veterans’ Home we continue to work together on **precautionary measures** to keep everyone as safe as possible. In addition, we strive to bring lots of programming to add to the members’ quality of life. Although we can’t have groups come in to do activities, many organizations are **donating funds** for us to provide bingo prizes, treats, ice cream and other programming.



In addition, we have **staff that are sharing their time, talent and resources** to assist with programming. In this issue, you’ll see photos of staff who are performing **musically** so we can enjoy live entertainment, wild animal displays brought by staff for **educational programming**, special craft/**plants** activities provided by staff, and photos of items that **both members and staff loaned** to add to the fun of our “County Fair Week” Exhibit Hall displays. We appreciate everyone’s efforts to add to the variety of our activities and anyone with **additional ideas** can contact Activity staff to discuss further!



Since this is going to be a “marathon” until we have an effective vaccination for COVID-19, perhaps we can **take advice from marathon runners** on how to get through this pandemic:

- **Put one foot in front of the other**—Just take one day at a time, finding ways to stay active and involved, which will make the days fly by faster! 
- Realize that although it can be “**painful**” to deal with all of these pandemic restrictions, it **won’t be permanent**—at some point we’ll come out the other side!
- It’s important to **fuel your body and mind**—good nutrition and hydration are great tools to boost your immune system!
- When you “**hit the wall**” (as runners often reference), stay determined, and just **keep on going**—we all have our good and bad days, but those who are the most “**mentally tough**” are those who make it through that wall!
- Rely on your **support system** to provide you with the ability to power on through the current difficulties—**Stay in touch** with your loved ones with virtual/window visits or phone calls, **draw strength** from the other members and staff, and turn to your **spirituality** for additional comfort. 

August may be predictably hot, but we can still enjoy outdoor activities (sun and fresh air are great health boosters), as well as enjoy relaxing in the cool air conditioning. We will **cheer each other on**, as we complete this marathon together!!!



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## MEMBERS WIN FIRST PLACE IN LOCAL COMPETITION

Members of the Central Nebraska Veterans' Home completed craft projects and submitted them for entry in the local National Veterans Creative Arts Festival (NVCAF) competition. As a way to help veterans recover from and cope with physical and emotional disabilities, U.S. Department of Veterans Affairs (VA) medical facilities across the country are turning to a different form of rehabilitative treatment — creative arts.

Each year, veterans enrolled at VA health care facilities showcase their talents in local creative arts competitions. The American Legion Auxiliary has co-presented NVCAF, alongside the Department of Veterans Affairs. Carrying out the Auxiliary's mission of Service Not Self, members, units, and departments make generous monetary donations to help carry out this event.



*Congratulations!*

Four items (created by three veterans) received first place at the local competition at the U.S. Department of Veterans Affairs Community Based Outpatient Clinic in Grand Island, and moved on to the regional competition. These first place winners at the local competition were:

- Pat Abbott – Ceramic Cookie Jar
- Don Mostek – Wooden Rifle Pen
- Anthony Garrelts – Original Latchwork creation and Latchwork Rug

Congratulations to these veterans who did such a great job representing the Central Nebraska Veterans' Home in this year's Creative Arts Festival! Members (veterans only) interested in creating a project for next year's competition should contact staff in the Craft Department!

## ANNUAL CAR & BIKE SHOW TAKES A BRAKE FOR 2020 (spelled for the pun!)

It may be hot and sunny out now, but we are always planning ahead! As with many plans this year, things are being rescheduled or reinvented to suit required infection control precautions. The Central Nebraska Veterans' Home's Annual Car & Bike Show will be taking a break this year amidst the pandemic.

"Staff 4 Santa" will continue with making this year's holiday season merry and bright, ensuring Santa has a present for each and every member this year! He's making a list and checking it twice. All of our members are twice as nice!





## *Member of the Month: Duane Bauer*



Duane Bauer resides in the Alpha Neighborhood and is a WWII veteran and a Corporal in the U.S. Army. He drove and worked on trucks during the military and was stationed stateside in New York and Georgia.

Duane is the oldest of four siblings, and never married or had children. He was a farmer and operated a machine shop in Litchfield, Nebraska, as well as did welding in his spare time. One time he made a mold for a Winchester gun, and someone offered him \$1,500 to buy it from him!

Duane's favorite hobbies were racing greyhounds and trapshooting. He once won a watch and a large sum of money when he got 97/100 at a trapshooting contest. Duane also liked to work with his hands, and enjoyed restoring a tractor. He states he is a terrible singer, but loves all types of music. He was a member of the American Legion organization.

Congratulations, Duane, for being selected "Member of the Month" by the Central Nebraska Veterans' Home Member Council!

## *In Memoriam*



**Loretta Decker**



Angel voices,  
ever singing  
round thy  
throne of light,  
angel harps  
forever ringing,  
rest not day  
nor night,  
thousands only live  
to bless thee,  
and confess thee,  
Lord of might.

# On The Road Again!



The Central Nebraska Veterans' Home recently purchased two new mini-buses with wheelchair lifts to replace our older models. The timing was perfect, since our Pandemic restrictions had eased and we were able to resume taking folks on bus tours around town and the countryside. Members were so excited to go on a "road trip" and enjoyed the "maiden voyages" on our new buses!



We took multiple trips so that we could maintain social distance between each participant and then cleaned down the bus prior to the next trip. We do not disembark the bus at any time, nor interact with the public, but everyone gives a "thumbs up" for the opportunity to simply go for a ride!



# Sharing Time & Talent!



Jesse Hake, who served in the U.S. Marines and is an employee at CNVH has provided some much appreciated live musical entertainment for members during this Pandemic. Due to precautionary measures, we aren't able to invite any outside performers into the facility, so we are so grateful that we have great "in-house" talent to draw upon now that we are able to have small group activities!



Members worked on creating beautiful coffee style mugs when they were doing room-bound activities, so that they'd be ready when they could return to Crafts.



Bonnie Larsen, Activity Supervisor of the Craft department, brought in some aloe vera plants so they could pot them in their mugs and take them home!



What a fun project!



# North American Wildlife Encounter!



After reading fun facts, their “quiz” was turned in for a chance to win a prize. (Prizes sponsored by the AL Auxiliary).



Members enjoyed learning facts about some North American wildlife that were displayed on the patio/ lake area, for an outdoor adventure!



Heidi Darby, Volunteer Coordinator at CNVH, is a 4-H Leader and provided the display animals from her archery gear. Thanks, Heidi, for loaning them for this fun event!



Members shared fun stories about encounters they’d had in the past with some of these critters!



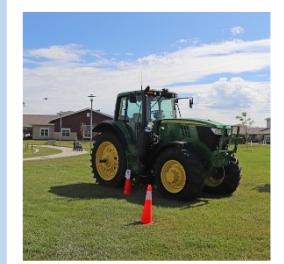
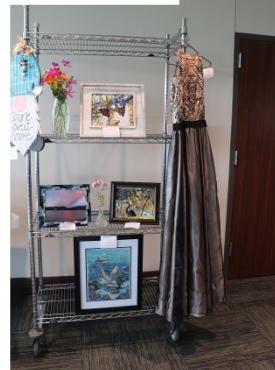
Animals featured in this display included white-tail deer, wild turkey, brown bear, wild boar, prairie dogs, pronghorn antelope, and a coyote.



# COUNTY FAIR WEEK



Too many to picture here, but there was a great variety of items to feast eyes on! Members and staff loaned items to create an Exhibit Hall for our very own "County Fair Week". Even a few tractors were generously displayed outside Freedom Hall to explore in the fresh air.



**CNVH Member Council Honors:**

**Duane Bauer**

**Member of the Month**

**CNVH Member Council Honors:**

**Ashley Baldwin**

**Employee of the Month**



Mail To:

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