



LIBERTY EXPRESS



April 2025

Intergenerational Activities

Read Across America with the Family Suite Learning Center

The start of March was Read Across America week. The members went on an outing to the Family Suite Learning Center here in Kearney to read books to the kids. The members enjoyed going on this outing and having the opportunity to read to the children. This activity brought smiles to the members faces and to the kids' faces that participated that day.

Intergenerational activities are a great interactive activity for our members and for the children they work with. Whenever we have an intergenerational activity, the members talk about it for weeks afterwards, about how much fun they had and how much they enjoyed seeing the kiddos and the opportunity to interact with them. Intergenerational activities bring a different kind of joy to the members than some of the other activities that normally occur.

Board Games with Glenwood Elementary

The members had an opportunity for another intergenerational activity in March with some kids from the Glenwood Elementary School.

The 3rd class joined us here at the facility for an afternoon to play games and interact with the members. There were a lot of conversations happening during the activity and one discovery was that the grandfather of one of the



Above: The power of a great story at Read Across America with the Family Suite Learning Center.



Right: An afternoon of games with Glenwood Elementary...is it a winning hand?

teachers was a teacher to one of our members. That was a great conversation to listen to and what a great unexpected connection. The kids that were playing games with that member thought coincidence was pretty cool too.

Some of the other kids talked to the members that they were playing games with about if they had someone in their family that was in the military. One of the kids shared that her family was getting ready to move overseas for the military and that she was working on learning a new language for this journey. The members enjoyed the afternoon with kids and enjoyed the opportunity to play games and interact with them.

Message From the Administrator



By Dorin C. Vaipan,
CNVH Administrator

The month of February was an attestation that Punxsutawney Phil predicted six more months of winter but who thought that on March 19th we would have the worst blizzard that I had ever seen in my 22 years

of living in Nebraska! Once again, Mother Nature proved to us that in Nebraska, and especially in March, from a sunny warm day of over 80 Fahrenheit, the winter can return in force, with freezing temperatures and lots of blown snow by winds of 45 miles per hour with gusts of 60 miles per hour!

In the early hours of that day, the interstate I-80 and highway 30 were shut down, as well as many streets in Kearney, especially in the area where our facility is located. The night Nursing shift stayed over to help with cares. A few hours later, and regardless how hard it was to travel, some of our teammates made it to work. Therefore, our members continued to receive the care that they needed, hot meals were served, medica-

tions were administered, all while the entire facility was on the generator power for 16+ hours. Thank you to all those who were able to provide care to our members and to keep them safe!

And to add more to the general picture, the winter storm took place in the middle of the week when the U.S. Department of Veterans Affairs' (USVA) surveyors were in the process of conducting their annual survey but, at least for

that particular day, the storm forced them to work remotely from their hotel rooms!

The USVA surveyors arrived at CNVH on March 17th and inspected both the nursing home as well as the domiciliary side of our facility. They exited on Friday March 21st, very pleased of what they had seen. As a reminder, the purpose of the annual survey is to make sure that at CNVH our members receive a good



quality care, in a safe environment. Also, the surveyors are checking on our overall compliance with the USVA policies and procedures, Life Safety Code compliance as well as other regulations.

If you have questions, feel free to contact me at your earliest convenience. Thank you!

Member Council: Member of the Month - William Pittner

William, who likes to go by “Willy,” was selected as the “Member of the Month” by the CNVH Member Council. Willy has been a member at CNVH since April of 2024. Willy was born in Texas, and he lived in Texas and Nebraska throughout his life, but mostly in Nebraska. He did move around a lot throughout his life and grew up with four sisters. Willy attended school at a Catholic country school in Texas which he didn’t like.



William Pittner, CNVH Member

Willy and his wife had six children; he has been a widow for six years now. Willy is a United States Army Veteran and served during the Korean War. Willy received the Good Conduct Medal and the Marksman Medal for rifle. Following his service time he did some well drilling, farming, construction, and mowing. Willy also owned and ran a lounge/bar/steakhouse.

Some of Willy’s hobbies include fishing and hunting. His love of being outdoors extended into

gardening. Willy likes to watch TV during his leisure time. Willy was also involved with the American Legion. Some of Willy’s favorite things include: his favorite color is red, favorite food is steak, his favorite tv show is the Andy Griffith show. His favorite car is a Cadillac and he owns two!

When Willy was asked what his favorite or greatest accomplishments in his life were, he stated, “I’m very proud of my son

Michael’s military experience, my grandchildren, and how I’ve established a cottonfield in Nebraska which was even put in the newspaper.”

When Willy was asked what he likes best about living at CNVH he stated, “They take care of me when I am sick.”

Congratulations to Willy, on being selected “Member of the Month”!

Member Council: Employee of the Month MICHAEL WORTMAN in FOOD SERVICES



Michael Wortman is a proud Veteran having served in the Army. He enjoys working here because of his fellow veterans. Michael began at CNVH as a supervisor in Food Services and has since transferred to serve as one of our Cooks. One of the things we all joke about is if we don't see Mike's car in the parking lot we are in big trouble, because he is always the first person to work. He is very dedicated, even in a blizzard he not only brought himself, but he picked up a nurse that had left work, became stranded in the snow and brought her back to CNVH with him to be safe. He is knowledgeable, funny and very dependable. Thank you for all you do Mike!

Meet CNVH Leadership: Administrator

By Ralph Healey

Starting this month, I will be introducing our leadership team to everyone so members and staff both can better understand who helms our Central Nebraska Veterans' Home (CNVH), and its various departments. Today we will be learning more about Administrator, Dorin C. Vaipan.

Dorin grew up in Transylvania, Romania where he met his wife, Simona who was a veterinarian at the time. Simona now works for USDA as a CIS Food Inspector.

In his early years Dorin served in the Romanian Army Medical Services Reserves reaching the Rank of 1st Lieutenant. While serving, Dorin went to the University of Cluj-Napoca in Romania graduating in 1986 starting his first career as a primary care medical doctor, before moving into the ER, and eventually a leadership role as Director of Management & Strategy Department for Alba County Directorate of Public Health.

In 1996 he earned a master's in health management from The Institute of Public Health in Bucharest, Romania. He then earned a second master's in public health in 2001 from Maastricht University in the Netherlands.

In 2003 Dorin immigrated to the United States of America with his family and started a second career working for Good Samaritan, the largest non-profit long-term care company in the USA. He spent 18 years working for "Good Sam" at the Good Samaritan Village managing



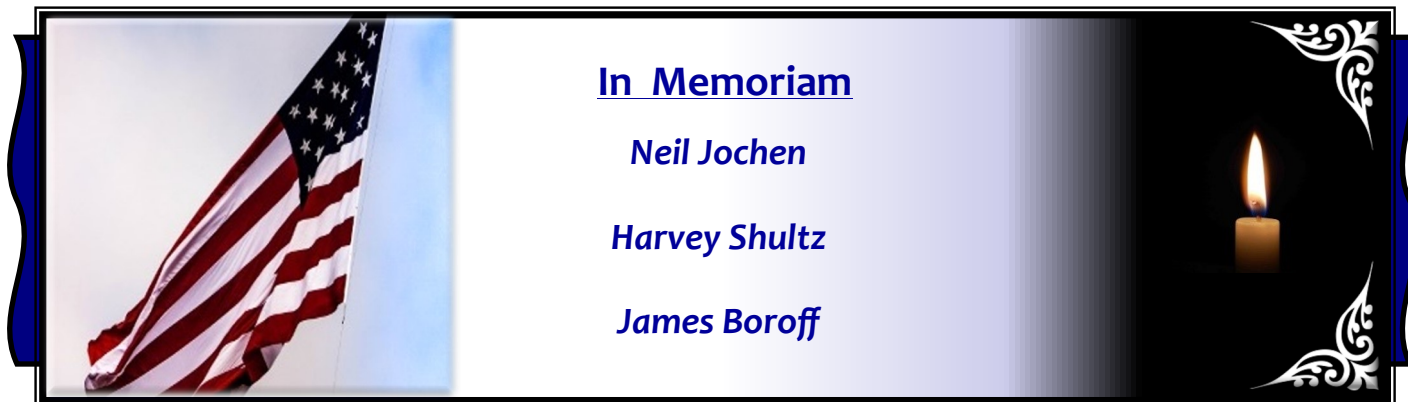
*Dorin C. Vaipan,
CNVH Administrator*

the largest retirement community in Nebraska with 700 residents and 200 employees. During this time in 2013 Dorin completed the process to earn his US Citizenship as he continued to pursue his American Dream, which he is extremely proud of.

Dorin's third career has been working for the Nebraska Department of Veterans' Affairs. Dorin is very proud of having only worked three careers in his life showing his commitment to seeing a job through.

During Dorin and Simona's life they raised two boys who both went on to become Mechanical Engineers, one here in Hastings, NE and the other down in Florida. When he is not at work, he enjoys being a member of the Knights of Columbus and spending time with his family. Dorin has also spent time with the Hastings Lion's Club, the Rotary Club, and as a lector at St. Cecilia's Catholic Church.

When he is home with family he enjoys traveling, watching war movies (which he enjoys all of but particularly of the World War II era), cars, and guns. Dorin has learned he really enjoys working for large organizations with lots of staff and residents. He enjoys working with our Veterans here at CNVH. He also loves the culture here in the home and in the local communities which is so supportive.



Protecting Your Information: Be Alert to Prying Phone Calls

By Seth Lueck, Accountant

There was recently an instance where a CNVH office received a scam call from an individual claiming to be from the Center for Medicare and Medicaid. It was evident they believed the phone number belonged to one of our members.

The caller presented that the reason for his phone call was to inform that our Medicare card was about to expire. The caller then read off a phony address they were planning to mail the replacement card to. By invoking the fear of a one's Medicare benefits "expiring," and the solution, the new card, being mailed to an incorrect address, their next step was likely to coax the call recipient to divulge all kinds of personal information, including but not limited to their real address, date of birth, social security numbers, or more.

Please be aware of phone calls like this as scammers look for vulnerable individuals who are more than eager to divulge information



over the phone to someone who is claiming to have a legitimate cause.

As many of us know, but it helps to be reminded on occasion, a legitimate representative working with Medicare, Social Security, the VA, or any Federal government agency will not call our members to ask them for sensitive information.

If you or someone you know receives such a call and are asked for birth dates, social security numbers, Medicaid numbers, or any other sensitive health or financial information, this is a sign that you may be at risk for falling prey to this style of fraud which is a form of elder abuse.

If you ever have concerns about a call or inquiry you've received please let your Social Worker know. We want to keep you and your information safe!

The Wood Shop Process

By Ralph Healey

Today we will be discussing what the Wood Shop process looks like when you come down to Crafts.

When you first arrive our wood shop expert Josh will be working with you. He will help you go through our various books to help you pick out the item you would like to make.

Once you have decided on the item then it is time to pick out the wood. We have several to pick from including Maple, Select Pine, Aspen, Oak, Black Walnut, and Cedar.

At this point if you feel confident in running the tools you could chose to take the safety test and work your way through those so you can help shape your own wood. The vast majority of members don't do this because they choose to allow Josh to cut out the pieces they need to make their project. He does an excellent job!

Once you have your pieces you will begin sanding them until they are smooth. Then you will help or receive assistance glueing or nailing your project together. Once it is put together it may need another round of sanding to get the joints between the pieces smooth and looking good.

Once the piece is sanded to a fine finish you will start selecting the paint or stain you want on your project. You will then put two or three coats of paint or stain on your project until it looks great.

Once your product is completed you have the choice to take it back to your room and display it. Another option would be to take the item and give it away to family or friends as a gift. A



Photos Above: CNVH Woodshop

home-made item makes a great gift for kids, grandchildren, spouses, siblings, or family friends. These make good birthday gifts, Christmas Gifts, or just an, "I am thinking about you" gift.

The last option you have is to sell the item. The big display case in front of crafts displays the items for sale. When you sell something, we charge twice what you paid for it, so you earn a little something extra for all the effort you put into it. When someone buys the item, it goes right into your account here.

Please stop on by and give the Wood Shop a try. We look forward to working with you!

Merrymakers Performer Mary Link

By Jessica Modlin

In March, the members enjoyed an afternoon music concert with the performer, Mary Link, from the Merrymakers. This activity was sponsored by the American Legion Auxiliary.

Mary is a familiar face to the members here at CNVH, as she has performed here in the past. Previously when visiting the home, she was part of a duo and they were called, "The Links." Just recently Mary's singing partner retired. This has left Mary on the road doing performances as a single act. The members enjoy the concert that she provides.

Mary plays the guitar for all the songs that she performs which offers a unique and special blend to her vocal talents. When Mary performs, she likes to get the audience involved

with the show. Throughout her performance she will ask the members questions about a song or have them guess what song she is playing. This is great interaction for the members, you can see the members light up when they shout out the answer. Throughout the show you could see the audience bouncing their toes or tapping on the tables in time to the music that she was performing.



Merrymaker Performer, Mary Link

Some of the songs that Mary performed were Hwy 42, Trailers for Rent by Roger Miller, The Tennessee Waltz, Rock Around the Clock just to name a few. During the

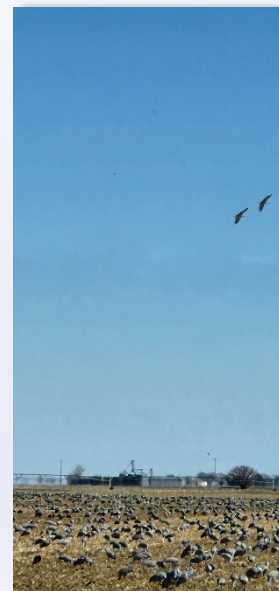
performance she also sang Happy Birthday to the March birthdays in the room. The members all enjoyed the afternoon with Mary and look forward to the next time she comes to perform for us.

Road Trip! Viewing Sandhill Cranes

In March, the Activities department held bus tours to see the annual migration of the Sandhill Cranes. The Kearney area has been a destination for these large birds for generations.

The birds who enjoy nesting along moving bodies of water enjoy the Platte River due to its shallow sandy river bottom. These birds can weigh between 7 and 11 pounds each when fully grown.

For the avid or amateur bird watcher these bus trips have become a popular annual trip!





Special Points of Interest Next Month:

- *National Volunteer Week*
- *Easter Bingo with VFW Auxiliary*
- *Spring Pie & Ice Cream Social with Custer County Auxiliary*

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