

July Activities



- BINGO—every Saturday**
- 7/20—Lemonade Social**
- 7/21—Ride/picnic to follow**
- 7/26—Watermelon Social**
- 7/28—Member Birthday Party**

Local Schools Perform at our Veterans' Homes

One event our members always love is when schools and groups visit the facility and perform for them. This month, (May) Scottsbluff High School Orchestra visited the Western Nebraska Veterans' Home to give their final performance of the year.



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 ~

Clinton Brunz

U.S. Army

Ralph Mefferd

U.S. Army

Donald Evens

US Army

William West

US Marines

Caleb Payne

U.S. Army

Fran Abel

Spouse of veteran

Deloris Schillereff

Spouse of Veteran



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2023

WESTERN NEBRASKA VETERANS HOME

The Vets Gazette



Your Life's Journey

Arley Kermit Engelsgaard was born in Arlington, S.D. near Highway 81 on October 28, 1928. Arley was the oldest of six (6) children. His father and his parents came over to the United States from Norway in 1895 when Arley's father was only 3 -1/2 years old. Unfortunately his father passed away when Arley was only 11 years old.



Arley was drafted into the Army in 1950 and was stationed at Fort Campbell, Kentucky where he drove everything from a jeep to a two-ton truck. He volunteered twice to go to Korea and Germany but his 1st Sergeant stated "No, if I have to stay here so do you".

Arley received his bachelors degree at Chadron State College, masters degree at Black Hills State College and the equivalent of his doctoral degree at the University of South Dakota. Arley started his teaching career at a small country school near Valentine, Nebraska and then another in Merriman, Nebraska. Arley then moved to Gillette, Wyoming where he taught for 3 years.

Arley met and married the love of his life, Arlene, in 1972. The couple had a very loving marriage that lasted for 38 years. Then it was off to Astoria, South Dakota for two (2) years where Arley was principal and Arlene was the librarian. They then moved again to Woolsey, South Dakota for two (2) years where Arley became principal. Then another move took them to Kimball, South Dakota for three (3) years where Arley was superintendent and yet another move found them on a small Indian Reservation east of Yankton, SD where Arley was principal for another three years. He then decided it was time to leave education. They finally settled in Colorado where Arley managed several gas station stores from Lafayette to Fort Collins. Arley finally retired in 1985 and moved to the Western Nebraska Veterans Home in 2018. Arley would like to be remembered as a loving husband and a good friend.

Thank You for your service!

Article written by: Terry Allgayer and Your Life's Journey Committee



Please welcome the following new members to WNVH



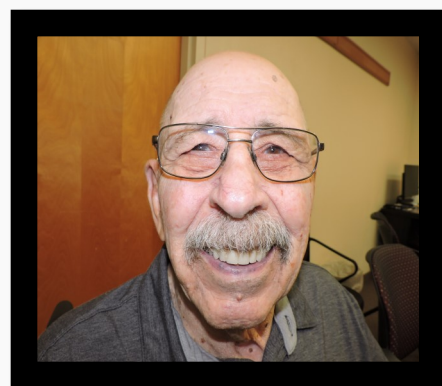
John B.



Frank S.



Johnny D.



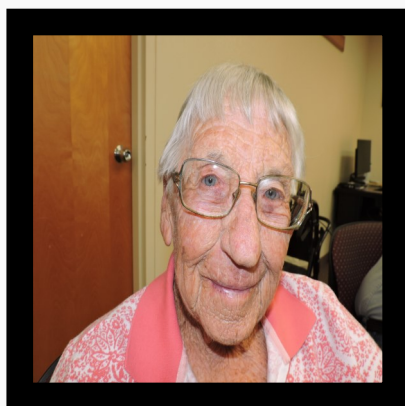
George K.



Margaret K.



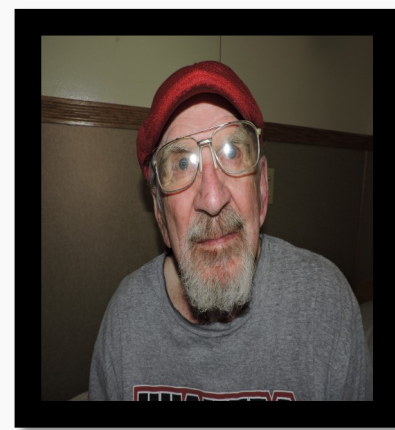
Don S.



Roselyn S.



Israel C.



Harold K.

QUARTERLY MEMBER BIRTHDAYS

JUNE
JULY
AUGUST

HAPPY BIRTHDAY



Vernon T. Robert M. Martin W.
Joseph Y. Cherrie S. Don S
Harold K. Leo T. Johnny D.



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.



Summertime is a great time to talk about hydration. Staying hydrated helps us to regulate body temperature, flush waste from the body, it supports our immune system, lubricates joints, promotes digestion; and improves memory, alertness, mood, and sleep quality.

Most people need eight 8 oz. glasses of water per day, some need even more. Dehydration occurs when you lose more fluid than you take in and most people, particularly older adults, don't even feel thirsty until they are already dehydrated. That is why it's so important to increase your water intake if you are more active, in a hot environment, and when you are sick.

Tips to Stay Hydrated

- Drink a glass of water when you wake up and before you go to bed.
- Drink throughout the day, don't wait until you are thirsty.
- Enjoy a coffee, tea, or soda because caffeinated beverages count! They still hydrate despite caffeine's diuretic effect.
- Try adding fruits, vegetables (like cucumber) and herbs (like mint) for a different flavor.
- Enjoy a refreshing summer slushie or popsicle
- Enjoy more summer fruits, 20% of our daily fluid intakes comes from water content in foods.

Common symptoms of dehydration include thirst, dry mouth, headache, less frequent urination, dark-colored urine, fatigue, weakness, dizziness, constipation, and confusion. If you are feeling dehydrated get some water right away. You may even want to try a beverage that will provide water and electrolytes, like Gatorade, Powerade, or Propel.

Source:

(2023). *How to stay hydrated over the summer*. Mayo Clinic. Retrieved July 12, 2023, from <https://diet.mayoclinic.org/us/blog/2022/how-to-stay-hydrated-over-the-summer/>

(2023). *Dehydration*. Mayo Clinic. Retrieved July 12, 2023, from <https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086#Overview>