



## ACTIVITIES

The 10th annual Tractor Relay Across Nebraska took place earlier this June. One of



their stops on their route was the Western Nebraska Veterans' Home. Members gathered outside to watch the fleet of tractors pass by the home.

Left: A member along with family enjoyed the event and had the opportunity to stand beside one of the tractors.

Cinco De Mayo was a huge hit with members at WNVH. The Activity Department spiced up the members' afternoon with authentic Mexican cuisine, ranging from salsa and duros to homemade bread and pastries. The activities staff had a wonderful time making new foods with the help of a great friend from the accounting department. Members sat back and sipped their margaritas while chatting with friends and listening to some festive music. It was a much needed get-together to celebrate how far we've come after the last year or so.



## DIETARY

The WNVH dietary department has experienced many trials and tribulations throughout the past year due to the pandemic. During some of the most difficult times, when staffing was strained by illness and quarantine, we were able to meet the needs of our veterans with the help and support from our dedicated staff. Every single department and discipline had one or more staff that stepped up to help serve meals to members, help wash and stock PPE, or come in to help on weekends. During this time, we experienced a normal amount of staff turnover, but the pandemic continues to have a significant impact on our recruiting efforts. As staffing levels declined, the dietary department had a meeting in March to discuss and strategize ways to mitigate our staffing challenges. It was during this meeting that two food service cooks, Tonia Jenkins and Dan Fowler, volunteered to give up their rotating weekend time off in exchange for weekdays off to help increase our weekend staffing. They join the company of food service cook Marcia Moore, who has voluntarily worked every weekend over the past year. By volunteering to adjust their personal schedules, they have helped to prevent significant weekend shortages that would have led to ongoing mandatory overtime. Additionally, five dietary staff have put in considerable extra hours to help cover shifts: Tonia Jenkins, Jennifer Presley, Carla Van Winkle, Vanessa Sterkel, and their supervisor Tammie Brackett. Together they have put in 375 hours of overtime since last April to help meet member needs. We are grateful that we have such a dedicated team here at WNVH that is committed to our mission of serving those who have served.



Tonia Dan Marcia



Jennifer Carla



Tonia Tammie Vanessa



VOLUME 5 ISSUE 2  
APRIL MAY JUNE  
2021

WESTERN NEBRASKA VETERANS HOME

*The Vets Gazette*



WELCOME!  
to the Western  
Nebraska  
Veterans Home

WELCOME  
New Members

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



Linden and Cherrie S.



Don G.



Clint B.

*Home  
OF THE  
Brave*

QUARTERLY  
MEMBER  
BIRTHDAYS

MAY

JUNE JULY

AUGUST

2021

HAPPY BIRTHDAY

Chuck J Pat B Bill C George E Terry K Paul G  
Jerry C Vern T Bob M Bud L Martin W Virginia L  
Oren G Cherrie S Bill L Ron S Leo T



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.



BE THE  
SUNSHINE



A popular topic lately among articles related to work in nursing homes has focused on the lingering impact of the social isolation and stress related to the COVID-19 pandemic. They discuss how decreased visitation, increased isolation in rooms, and the constant stress of worrying over the pandemic or the many changes that happened can be harmful to a person's mental health. Even though things are beginning to return to normal and we are opening up more all the time, for some the last year may have made a deeper, more long-term impact. If you are struggling with feelings of anxiety, nervousness, or depression, please see a Social Worker for help. We can offer a listening ear or connect you

## SOCIAL SERVICES



to any needed resources. More and more activities are available all the time and visitation has been opening up. You can strike up an old hobby or connect with a new friend. It is more important now than ever, to take every opportunity you can to spend time with others and enjoy the company of family and friends here at WNVH.

## ADMINISTRATION / MAINTENANCE

The fishing dock at the pond is open!

A successful collaboration with the Scottsbluff Fire Department allowed for major repairs to the fishing dock at the pond. Severe winds caused a major shift of the fishing dock and broke cables that are meant to keep the dock in place. This major shift made dock accessibility unsafe as it was pulled away from the sidewalk.

Elizabeth Stricker, Interim Administrator, contacted the dive team division of the Scottsbluff Fire Department and they agreed to provide their assistance in locating the broken cable and attaching a new cable to secure the dock in place.



Once the cable was secure Maintenance staff constructed a mobile ramp to close any gap between the pond and walking path.

Members and staff alike, can now enjoy the pond from the vantage point of the dock and the dock will get good use during the annual fishing tournament scheduled in July!



## Fisherman's Poem

Wind from the West, fish bite the best. Wind from the East, fish bite the least.

Wind from the North, do not go forth. Wind from the South, blows bait in their mouth.

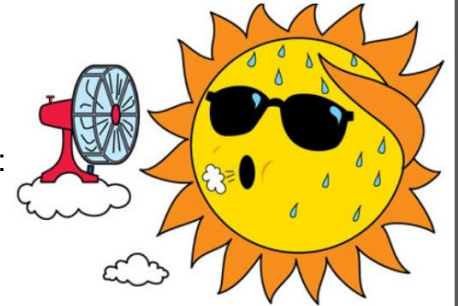


## HEALTH INFORMATION

## QA / INFECTION CONTROL

## NURSING

As we enter the hottest month of the year, please keep in mind how important hydration is for your health and safety. Dehydration can lead to confusion, falls, fatigue, headaches, as well as many other medical problems. Did you know that by the time you feel thirsty, you are often already dehydrated? Here are some tips to help yourself stay hydrated:



- Not all fluids come in a glass. Vegetables, fruits, and soups can all help contribute to your daily fluid intake.
- Keep drinks within arm's reach. If you always have a glass of water available, you are more likely to remember to drink!
- Create a routine, here are a couple of examples. Any time you take medication, drink a full glass of water. Each time you use the restroom, wash your hands and then take a few sips of your favorite beverage.



The WNVH Business Office has been busy lately! The Agency has a "virtual" system that allows all Veterans' Homes to share work with other facilities and the Central Office in Lincoln, so that has helped balance the workload while we recruit permanent staff. We are pleased to announce that Sandi Brannan will be joining us in the Business Office as an Accountant. Sandi has worked in the kitchen and canteen for 9 years. We are excited for Sandi to have this opportunity to learn a new role at WNVH. We look forward to transitioning her to the Business Office.

Congratulations to Sandi!

## BUSINESS OFFICE

On May 14, Governor Ricketts held a ceremony honoring the State of Nebraska's 2020 Excellence in Leadership Award recipients. Teammates across NDVA were honored

for stepping up during the COVID-19 pandemic and going above and beyond their required job duties. Excellence in Leadership Award recipients from NDVA included WNVH's housekeeping team. They went above and beyond doing additional sanitization and laundry wash cycles, as well as doing duties outside the scope of their normal work.

We said "good-bye" to Patrick Munoz our leader for the last several years who recently retired.



We will miss him but wish him the best on his new adventure.

Congratulations to Kristi as the new Building Services Manager.

## HOUSEKEEPING & LAUNDRY



Front row: Sulema Paula Maria Hope Janet  
Back row: Carmen Barb Patrick Kristi



Front row: Katie Sulema Hope Maria Christina  
Back row: Kay Kristi Barb Tracy Ray