



Members at the Western Nebraska Veterans Home celebrated St. Patrick's Day in true fashion this year, by eating an array of green foods and raising a toast with their green beers. Everyone gathered around to chow down on some pinwheels, deviled eggs, and corn dip. They sipped green limeade and mixed drinks and listened to classical Celtic music while chatting with friends and staff. We had a great turnout this year and managed to only have to pinch a few unlucky participants.

LOTS OF
LAUGHS



Healthy
corner

Spilling the Beans on Coffee and Caffeine

Ah, coffee, it's hard to imagine a day without it. The caffeine perks you up, it's soothing and it smells great; but is drinking coffee good for you? Coffee is not recommended during pregnancy. Some people can become jittery or anxious after drinking coffee and it may raise blood pressure. Consuming coffee late in the day can interfere with a good night's sleep. Too much coffee can cause dehydration, so experts recommend no more than four cups a day. The good news is - coffee is full of good things like antioxidants, vitamins, and minerals. Coffee consumption has been linked with reduced cardiovascular disease, cancer, metabolic disease, Parkinson's and Alzheimer's disease. Caffeine may be the first thing that comes to mind when you think about coffee, but it's antioxidant, anti-inflammatory, and anti-cancer properties come from a mixture of more than 1,000 bioactive compounds that are still not fully understood. When enjoying a cup of Joe, beware of added sugar, syrups, and creams that increase your calorie and fat consumption. Overall, if you already enjoy having some coffee there are not many reasons for you to stop now!



Sources: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-reasons-why-the-right-amount-of-coffee-is-good-for-you>
<https://www.todaysdietitian.com/newarchives/0318p20.shtml> <https://health.clevelandclinic.org/the-health-benefits-of-coffee/>



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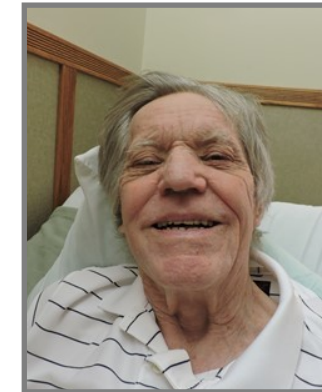
WESTERN NEBRASKA VETERANS HOME

The Vets Gazette



Welcome Home

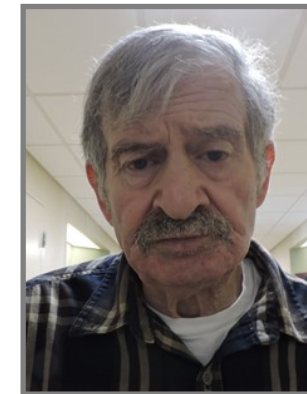
Please join us in welcoming our new members. If you see these individuals feel free to introduce yourself and welcome them to WNVH.



Ron C.



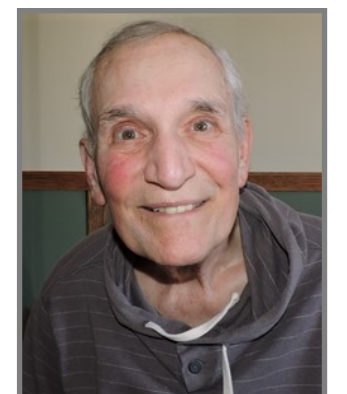
David S.



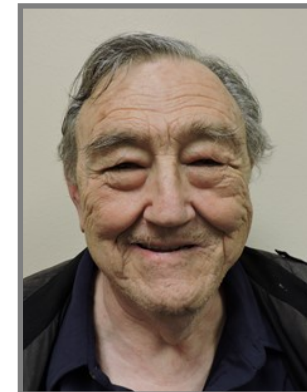
Glenn K



Ken Z.



Harry J.



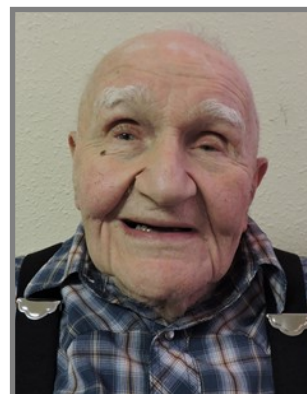
Joseph Y.



Roy M.



Wayne O.



John "Jack" W.



QUARTERLY MEMBER
BIRTHDAYS 2022

HAPPY BIRTHDAY



MARCH
APRIL
MAY

Harold S. Dorothy C. Franklin K. Caleb P.
Thomas M. Roy M. Lee P. Bill W. Fran A.
Harley C. Floyd M. Helen H.

Melvin S. Jack W. Ron D.
Jan C. Don L. Wanda P.

Chuck J. Bill C. George E. Terry K.



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.



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 ~

Billy "Doc" Myers
U.S. Navy

Oren Gleason
U.S. Army

Tommy Joder
U.S. Air Force

MEMBER'S SPOTLIGHT



Game shows are dwindling down and were a thing of the past, but at WNVH they are making a comeback. Member, Anton Koncaba, hosts his very own "Anton's Game Show 2". As a result there has been an increase in member participation, a greater quality of comradery and it has certainly sparked the demand for more game shows, plus it makes members just want to WIN! Anton starts off his game show with a bang. He provides the contestants with two words. Contestants are asked if they want a letter below the top word or above the bottom word. For example, START and SMILE. The object of the game is to find the five missing words between START and SMILE that have the same meaning. Each contestant is given a chance to fill in the blanks and the winner who guesses the correct words WINS A PRIZE! There have been as few as six contestants and as many as 18. This does not include the audience. It's fun and exciting to enjoy something with other members.

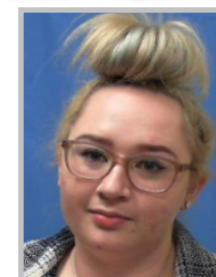


Please welcome the following new teammates to WNVH.

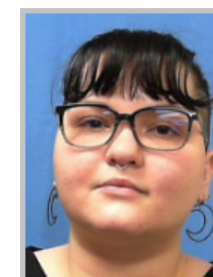
January ~ February ~ March



Aiden Bridges
Food Service



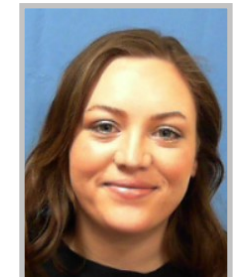
Amber Stichka
Food Service



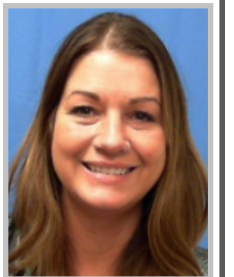
Kathyne Courtade
Nursing



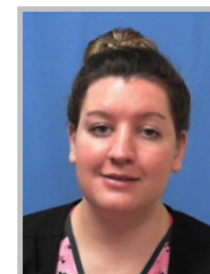
Marisol Myers
Nursing



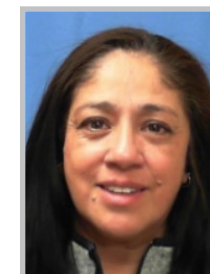
Brooke Black
Nursing



Angela Gollas
Nursing



Kenzie Harimon
Nursing



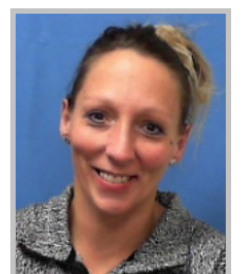
Maria Olivia
Nursing



Jalyn Wagner
Nursing



Candace Fisher
Food Service



April Schilreff
Nursing