

# January 2024 Activities



01/12 — Trivia (Sponsored by Gerald Gordon)

01/18 — Red Hats

01/19 — Piano and Violin Performance

01/25 — Kilee's Treats

01/26 — Lunch Bunch

Western Nebraska Veterans' Home ended the year with a New Year's Bash! It's been a fun year for everyone at WNVH. The new year, 2024, holds a bright and colorful future filled with plenty of games, social gatherings and good people all enjoying their time at the home.



## 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 ~

**Johnny Dillman** U.S. Army    **James Lodes** U.S. Army    **Kenneth Rhoubush** U.S. Army

**William Downey** Air Force    **George Jerred** U.S. Army    **Wanda Payne** Spouse of Veteran

**Arley Engelsgaard** U.S. Army    **Harley Carter** U.S. Army    **James Hargreaves** U.S. Army



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WESTERN NEBRASKA VETERANS HOME

*The Vets Gazette*



## Your Life's Journey

Cheri (Dee) Mills—Lampert was born January 30th, 1940 in Clay Center Nebraska. She is from a family of 4 siblings (3 brothers and 1 sister). Born to her mother Edna (Toots) and her father Emmitt Vincent (E.V.). Cheri had many animals throughout her childhood, but her most beloved pet was a dog named George



who was a Chesapeake bay retriever whom she continues to miss to this day. Cheri graduated school in Alliance, NE then enlisted in the Navy where she traveled to Maryland for bootcamp and then to the Great Lakes for her hospital training. She then went to San Diego and worked in the hospital there. During this time in the Navy, Cheri met and married her husband. The 2 of them went on to have 3 children but unfortunately her husband was in a fatal car accident when the children were very young. After her young husbands passing, Cheri received her LPN license in Alliance where she worked in the hospital and Good Samaritan Nursing Home for over 23 years combined.



Samaritan Nursing Home for over 23 years combined.

Cheri is known to us all as a strong, beautiful and independent woman who would like to be remembered as a loving mother who went through life successfully!

Article written by: Terry Allgayer, Amber Stichka and Robin Lake and Your Life's Journey Committee



QUARTERLY  
MEMBER  
BIRTHDAYS

OCTOBER  
NOVEMBER  
DECEMBER

# HAPPY BIRTHDAY

Leornard L. Phyllis W. James M. Garold H.

Gerald G. Seigfried G. Terry B. Vaughn R.

Michelene B. Harry J. Margaret K. Israel C.

Richard V. Debra N. Wayne O. John O. Roselyn S. W. Johnson Linden S.

Claude S. Richard S. John B. Merlin M. Robert M. Marian R.



*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.*

## Healthy corner

Throughout our life and the adventure that comes along with it, causing harm to our bodies is inevitable, which can damage our muscle. Healing our-

selves after we've been through trauma can seem rather difficult, and re-building our muscle requires hard work and determination. Throughout the journey of exercising, whether you want to rebuild a torn muscle or if you want to remain healthy and have adequate muscle strength, we have to remember that we need to continue to nourish our bodies. Here are some examples of vitamins that promote muscle recovery.

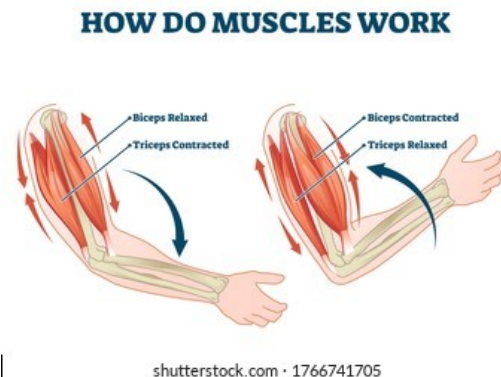
**Vitamin C:** This collagen producing vitamin can neutralize free radicals and helps clear out lactic acid. These two things can cause our muscles to feel weak and eating foods to help combat them can do wonders for our muscle repair. Examples of foods that contain vitamin C are citrus fruits, bell peppers, strawberries and tomatoes.

**B Complex:** Vitamin B complex is another fundamental vitamin which promotes muscle growth. This vitamin will give your body the nutrients it needs to repair rips in your muscles. Good sources that contain this nutritious vitamin are meats, fish, eggs and dairy products.

**Glutamine:** Glutamine is necessary for muscle gain and is additionally used to support gut health. Foods that are rich in glutamine are red cabbage, legumes, nuts and beans.

**Omega-3:** Omega-3s are excellent muscle recovery supplements because they assist our body with muscle growth and provides anti-inflammatory properties. Omega-3s can be found in fatty fish, walnuts, brussels sprouts and avocados.

Source: Mobile IV Nurses, Top 8 Vitamins and Supplements for Muscle Recovery, Phillip Hinkel <https://mobileivnurses.com/blog/top-8-vitamins-and-supplements-for-muscle-recovery/>



## Western Nebraska Veterans Home



Western Nebraska Veterans Home has had some memorable events this year! In October 2023, RJ Stavely cooked a meal of cream cheese and asparagus stuffed chicken, bacon wrapped asparagus and wild rice for the members to enjoy! In November WNVH took the members to the local restaurant, Prime Cut. Members always have an incredible time during these outings and cannot wait to go out for Lunch Bunch again! In December, members and staff celebrated their annual Christmas Party with entertainment and refreshments. VFW, ALA, SONS, DAV and E & H CPA organizations do an amazing job supporting WNVH with anything needed for this event, including helping to pass Christmas gifts to all the members!



## WNVH's 2023 Pool Tournament

Members at WNVH love a fun, competitive game! They enjoy many of these activities such as trivia, bingo and a well known favorite: pool. This years players brought a tough game to the table! The 1st place winner was Anton Koncaba, 2nd place George Eich, and 3rd place Terry Brown.

