

ACTIVITIES

Residents and staff at Western Nebraska Veterans Home held their annual Christmas party on Thursday, December 23rd. They had a wide variety of food, from meat & cheese platters and little smokies to salty, sweet treats and egg nog, of course. Members had their gifts delivered to them at their tables while they snacked and some even dove right in to opening them. While we missed having outside entertainment come in this year, they still had a great time celebrating, listening to holiday music and chatting with friends. Presents and food were passed out by an array of helpers from all different departments, who helped the party come together as a wonderful success.



FOOD SERVICE

❄️❄️❄️❄️ WINTER NUTRITION TIPS FOR THE NEW YEAR ❄️❄️❄️❄️

Cold temperatures and shorter days often means a lack of energy and motivation for many people during winter. Sugary treats and comfort foods always seem to be around, and the cold weather can make being active the last thing you want to do. Here are a few tips to keep you going this winter.

The longer nights can lead to drops in serotonin levels, which may cause the sad feelings known as the winter blues. Eating nuts, whole grains, beets, sweet potatoes, yams, and squash can boost serotonin levels and may improve mood. Foods rich in vitamin C, found naturally in fruits and vegetables, can help boost your immune system to fight off a cold or the flu. Add more water into your diet to avoid dehydration. Many people feel tired during the day and in the late afternoon because they are not drinking enough water.

Your caffeine fix may seem even more attractive because it helps keep you warm. Adding tea to your diet may help boost immunity and stimulate your metabolism.

Whether it's drinking more water, eating more vegetables, getting more rest, or being more active; any small step is a step in the right direction to start the new year off right! For more nutrition tips, see your friendly dietitian. Sources: <https://share.upmc.com/2015/03/maintain->



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WESTERN NEBRASKA VETERANS HOME

The Vets Gazette



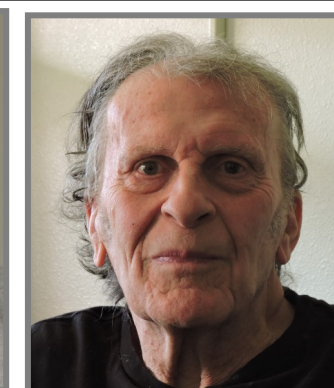
WELCOME!
to the Western
Nebraska
Veterans Home



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



Arthur S.



Timothy S.



Floyd M.



Cheri L.

HAPPY BIRTHDAY

QUARTERLY MEMBER BIRTHDAYS

Joe H. Marian R. Richard S.
Clint B. Sal H.

DECEMBER—2021
JANUARY FEBRUARY
2022

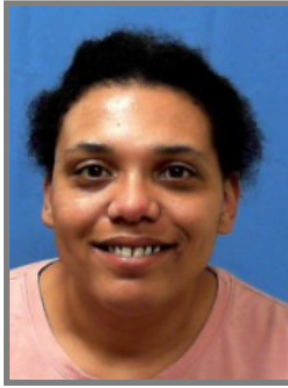
Deloris S. Barb VH. Ellen J. Cheri L.
David B. Mary C. Melvin S. Shirley L.



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.

HOUSEKEEPING AND LAUNDRY

Happy New Year from housekeeping and laundry department. Congratulations to Christina for 10 years and Sulema for 5 years of service in the housekeeping department. We welcome Aunna to our housekeeping department. She will be working the evening shift.



The Laundry and Housekeeping department hosted our annual eggnog and cookie celebration with the members. The members enjoyed the refreshments and fellowship.

We are all looking forward to a happy, healthy and successful 2022.



BUSINESS OFFICE

The Business Office has been busy gathering information, reviewing financial documents, and updating each member's maintenance calculations for 2022. This is an annual process and we appreciate all the assistance from our members and their families to provide us the information we need. Please be sure to stop in the Business Office if you have questions about your maintenance amount. We will be happy to review your account with you. Additionally, remember that you receive credit against your maintenance charge for any supplemental health insurance premiums you pay. Make sure you advise the Business Office if your premiums change so that we can adjust your maintenance charges accordingly.



The Business Office also monitors member owned vehicles. If you have a vehicle at WNVH, please be sure that we have an updated copy of your driver's license and insurance card on file in our office.

“ We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day. — Edith Lovejoy Pierce ”

Let the troubles of the past year be left behind as we look forward to a new year filled with love and fresh opportunities.

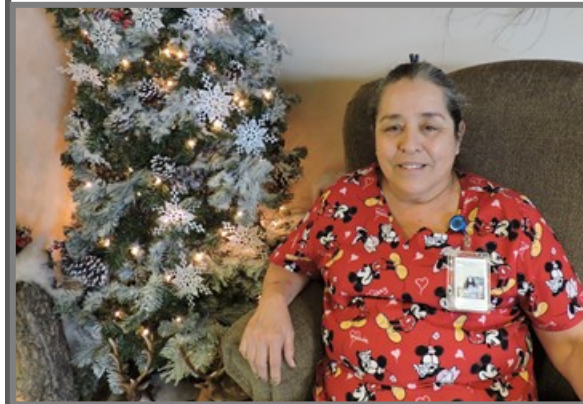
NURSING

Our mission is to honor Nebraska's veterans and their families by providing excellent services, assistance and care. We asked our teammates how they contribute to our mission and what part of their workday do they enjoy the most and why. Here are their responses.



I think of our members as a part of my family. I love doing whatever I can for our members; especially those things that they no longer can do for themselves. I enjoy how they tell and/or show their appreciation for what I do for them. This is my home away from home and I am honored to have them as a family member.

Becky Escamilla



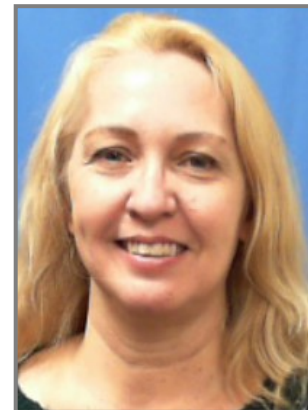
I enjoy coming to work to see the members and assist them as well as teammates. I also assist other departments when needed. I enjoy educating members on how to exercise, build strength and mobility. I go out of my way to show members the latest devices available to them that will bring enjoyment and make their life better. I am blessed to have a job where I enjoy working with members and teammates. I am thankful for the education that WNVH has provided me in my profession.

Corina Hernandez



Please welcome the following new teammates to Western Nebraska Veterans Home.

October ~ November ~ December



Lisa Fowler
Food Service



Audryaunna Taylor
Housekeeping



Samantha Pinney
Nursing



Chris Kahclamat
Staff Development