

QUARTERLY
MEMBER
BIRTHDAYS

HAPPY BIRTHDAY



NOVEMBER
DECEMBER
JANUARY AND
FEBRUARY 2023

William O. Van VH. Willard J. Debra N.
Smitty S. Linden S. James H. Marian R.
Richard S. Deloris S. Ellen J. Cheri L.
David B. Melvin S. Mary C. 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.



February Activities

02/08 Zoo Critters 02/09 Humane Society
02/14 Candlelight Dinner 02/20 President's Day

Best of the Rest: How Sleep Affects Your Nutrition & Health

Along with food, water and oxygen, people cannot live without sleep. Yet one in three Americans doesn't get enough sleep. Not enough or low-quality sleep has been linked to poorer dietary choices, increased risk of chronic diseases, decreased lifespan and reduced psychological well-being, suggesting that sleep should be higher up on everyone's to-do list. A lack of sleep may result in making poor food choices, eating too many calories and a higher risk of being overweight or obese. Leptin and ghrelin are hormones that are key in regulating appetite and food intake. Not getting enough sleep can lead to an increase in ghrelin (or hunger), as well as a decrease in leptin (or fullness), or both. Deficient sleep may make the brain more sensitive to food stimuli, such as sights and smells, and may find food more rewarding. Lack of sleep may also increase the brain's endocannabinoids, increasing hunger and appetite. Less sleep may also alter metabolism when we are at rest. Less sleep can also mean more time awake, which means more time to eat.

Chronic diseases such as obesity, Type 2 diabetes, cardiovascular disease, depression and other conditions including impaired immunity, social isolation, overall well-being, mortality and even suicide have been linked to lack of sleep or low-quality sleep.

The CDC recommends these habits that can help improve your sleep health: be consistent-going to bed at the same time each night and get up at the same time each morning, keep your bedroom quiet, dark, relaxing, and at a comfortable temperature, remove electronic devices, such as TVs, computers, and smart phones, from the bedroom; avoid large meals, caffeine, and alcohol before bedtime, and get some exercise-physical activity during the day can help you fall asleep more easily at night.

Although sleep patterns change as we age, a full night of sleep consists of cycling through four sleep stages including the rapid eye movement, or REM, stage of sleep. Researchers recommend adults get seven or more hours of quality sleep each night. Talk to your doctor if you feel your sleep is affecting your health or well-being.

Sources: Ellis, MS, RD, LDN, "The Role of Sleep in Health." *Food & Nutrition*, Mar. 2020, Accessed 27 Jan. 2023. CDC. "CDC-Sleep Hygiene Tips - Sleep and Sleep Disorders." *Centers for Disease Control and Prevention*, 2016, www.cdc.gov/sleep/about_sleep/sleep_hygiene.html.



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WESTERN NEBRASKA VETERANS HOME

The Vets Gazette

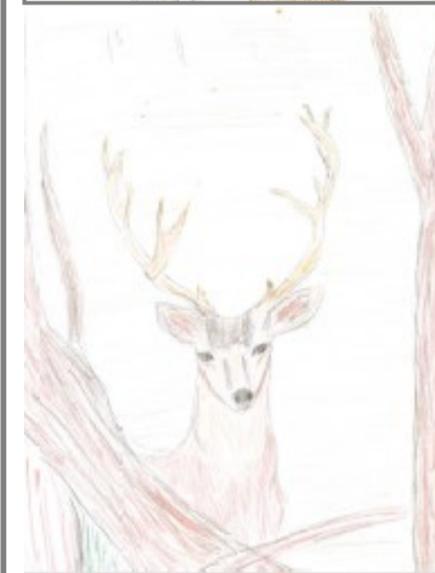
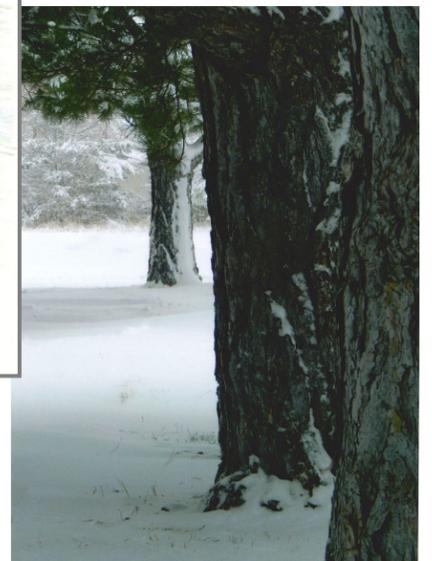


MEMBER'S SPOTLIGHT



As a teen, Barb VanHoosear loved to draw, but put her talent aside and devoted her time and energy into being a devoted wife and mother as well as working outside the home. Residing at WNVH gives Barb the opportunity to use her creative talents in many different ways. She enjoys utilizing her craft room, her garden area, and just being outdoors. Barb also enjoys photography.

The pictures (right) captured WNVH's untouched landscape during a recent snow storm and provides a display of the different shades of gray, black, green and white.



On October 9th, High Plains Auto Club came to WNVH for a car parade for members to enjoy looking at the cars. High Plains Auto Club is made up of a group of energetic car enthusiasts located mainly in the Panhandle of Nebraska. The members loved being able to walk around outside, look at the cars and reminisce.



November was a busy month with Veterans Day and Dollar Days. For Veterans Day, members enjoyed a coffee and donut social in the morning, then rode the bus in the parade and finished the day with a Veterans Day program.



Various veteran organizations helped pass out money and calendars to our veterans for Dollar Days. Two sharing trees, E & H and John Deere delivered Christmas presents to the members in their room. The American Legion Auxiliary also gave Christmas presents at the member Christmas party. The VFWA also assisted with the party and brought members stockings full of goodies. The members had a great time listening to music played by George Eich on the harmonica, Gabbi Rodriguez, and Elizabeth Stricker on the piano.

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 ~

Kenneth Zier
U.S. Army

Salvador Huerta
U.S. Army

Leonard Leis
U.S. Army

Pastor Charles Bonds
U.S. Army

Michael Cooke
U.S. Army

Gerald Harden
U.S. Navy



Nicole Shores
Nursing



Michelle Kearsey
Housekeeping



Crystal Parra
Nursing



Please welcome the following new teammates to WNVH.

October November and December 2022



Sarah Felz
Nursing



Kayla Roberts
Nursing



Elizabeth Irthum
Activities



Jessica DeLuca
Nursing



Evelyn Conn
Nursing



Chelsea Lara
Nursing



Hailey Snyder
Nursing



Ember Coomes
Nursing



Felicity Espinoza
Nursing

