

To honor all  
who stand up  
and speak out  
for freedom &  
liberty!



# Liberty Express

Central Nebraska Veterans Home, 4510 E. 56th St., Kearney, NE 68847 (308) 865-6000

January 2020

## Adventure Awaits In 2020!!

-Nancy Klimek, Activity Manager

Happy New Year!!! It is time to reflect on all that we experienced in 2019, and to determine what we want to achieve in 2020!

Many of us embarked on *a new adventure* that began on January 16, 2019, when we moved into the newly constructed Central Nebraska Veterans' Home!! *Teamwork* was the key to this successful transition, and was our constant theme throughout 2019. Members, staff and volunteers all worked together, with quality care and services being the result!

We shared many "*firsts*" in 2019, as we celebrated each of our first holidays in the new facility. We *welcomed* many new admissions, as well as staff and volunteers, to our extended family at the Veterans' Home. We have been *truly blessed* to become acquainted and form relationships with one another!

Members have had *great opportunities* to engage in a variety of meaningful activities throughout the year, and can continue to pursue many leisure activities in 2020. From the scheduled group activities (bingos, concerts, socials, parties, outings), to the therapeutic craft activities available (woodshop, ceramics, leatherwork, etc.), to the myriad of items in the facility library and dens (books, DVD's, CD's, magazines, cards, games, MP3 players, etc.); there is so much to do! If you have *suggestions* for additional activities, contact the Activity staff and we'll work on pursuing them.



2020 will be another year of adventure, and we look forward to sharing them with you!

Although the month of January can bring challenges due to our wintry weather, we have scheduled many fun events that can be pursued indoors, so please plan to join us for some of these activities listed below:

**\*Pop With A Cop**—Tuesday, January 7th at 10 a.m. in the Foxhole—Come and meet some of our local law enforcement and enjoy some great conversation and soda pop!

**\*Cards, Games & More**—Tuesday, January 7th at 2 p.m. and Thursday, January 30th at 2 p.m.—Members have indicated they'd like to meet others who like to play games and cards, so we will set up tables in each Neighborhood on these dates and have volunteers available to assist as well.



**\*Roaring 20's Party**—Tuesday, January 14th at 2 p.m. in Freedom Hall—Since we have entered this new decade, we thought it would be fun to create our own "*Speakeasy*" where we will do some "*gambling*", indulge in some *bubbly*, and maybe even learn the *Charleston!* This event is sponsored by the American Legion Auxiliary.

**\*Monday Malts Mania**—Monday, January 13th from 1:30—3:30 p.m. in the Foxhole—Come try out our new machine and flavors!

**\*Chinese New Year Party** — Tuesday, January 28th at 2 p.m. in Freedom Hall sponsored by the AL Auxiliary—It is the "Year of the Rat" !



Check your Activity calendar for a complete listing of events! *Let the adventures begin!!!!*

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GOVERNOR  
PETE RICKETTS

DEPARTMENT OF VETERANS' AFFAIRS DIRECTOR  
JOHN HILGERT

CENTRAL NEBRASKA VETERANS' HOME ADMINISTRATOR  
ALEX WILLFORD

# Administration Notes

*Alex Willford, Administrator*

*alex.willford@nebraska.gov*

## 2020 HAS ARRIVED!

Thank you to our members, staff, volunteers, individuals and groups helping make the first year in our new home wonderful! We look forward to enjoying 2020 for all of its opportunities and special moments!



## Frosty Weather a Reminder For the Penguin Walk



With the frosty weather it's helpful to be careful when going outside. Be sure to dress warm and wear appropriate shoes. It's your opportunity to do you best impression of a penguin, while doing the penguin walk!

- ⇒ Bend your knees
- ⇒ Take shorter steps
- ⇒ Keep toes pointed slightly outward
- ⇒ Keep your hands out of your pockets and by your side to help keep balance



## Nebraska Department of Veterans' Affairs TEAMMATE OF THE MONTH - NOVEMBER



### HELEN BOCKERMAN Food Services

Helen was nominated by Bravo staff and selected because she:

- Checks and double checks her supplies for each meal and get anything she needs in a timely fashion
- Checks the meals before they are served to ensure they are correct
- When Helen is working on Bravo, it's like a well-oiled machine.





## *Member of the Month: Roger Welch*



Roger Welch was selected by the CNVH Member Council as the “Member of the Month” for December.

Roger is a United States Air Force Vietnam Veteran. Roger served overseas in Thailand and the Philippines during his military service.

Roger is from Ogallala, Nebraska. During his working years, he owned a bar, worked as a janitor, and served as a proofreader for the newspaper. His favorite hobbies are attending and watching football, basketball, volleyball and baseball and he is a Husker fan. Roger enjoys playing bingo.

Roger’s best friend was a Chaplain in Ogallala, who helped him get into the Central Nebraska Veterans’ Home, for which he is most appreciative. Roger states that he really enjoys living at the Veterans’ Home.



## *In Memoriam*

**ROBERT POTTER  
RENE ROZANEK  
JIM CHAPMAN**



# Volunteers “Decked the Halls” At CNVH!!!!

*Over 100 volunteers from a variety of organizations and businesses assisted with decorating every home by bringing in Christmas trees and other décor to make the facility festive!*



*The American Legion Auxiliary Department of Nebraska purchased and donated a beautiful 10 foot Christmas tree and decorations for the Juliet Building’s Hearth Room. Everyone commented on how stunning it was!*



# Making Spirits Bright!



*Even "Stormy" from the Tri-City Storm Hockey Team got in on the action decorating and greeting everyone!*





# ***Holiday Songs & Festivities***



***Gifts for Yanks sponsored by the American Legion & Auxiliary, and S.A.L. featured "The Country Jammers" concert and the distribution of monetary Christmas gifts.***



***The gift of music was shared through a variety of musical activities that included the Sunrise Middle School Show Choir, Rascal Martinez, the Kearney High School Band & Choir, and many caroling groups!***



## ***Our First Christmas at CNVH Was So Special Due To The Generosity of Donors & Volunteers !!!***



***Volunteers assisted with wrapping the “Staff for Santa” gifts so that every member had an individualized gift for Christmas.***



***“Jet” the miniature horse came to visit—everyone wants a pony for Christmas, right?! He was very popular and will come back for more visits in the future!***



***From intergenerational holiday visits to the re-enactment of the “Christmas Nativity” at the Christmas Eve service, the holidays were very special at the Veterans’ Home!***

**JANUARY 2020**

**FACILITY RECREATION CALENDAR**

**Computer Lab Available 24/7 In Library & Dens**



**FOXHOLE OPEN**  
Monday—Sunday



**LIBRARY HOURS**  
24/7 for Member Access!



**CHECK OUT TIMES**  
MONDAY—THURSDAY  
1:00PM-3:00PM

**FRIDAY**  
8:00AM-10:00AM

We invite you to come enjoy what your Library has to offer!

**Craft Ceramics Shop Open**  
Monday Wednesday Friday & Open 3rd Saturday  
**Woodshop Open**  
Monday-Friday



Additional Activities available on each unit: Please view posted unit calendars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Holiday	2 9:30 Welcome Bingo/Tea—Freedom Hall	3 10:30 Catholic Services –Chapel – BP 2:30 Lutheran Church Services Chapel—BP	4 9:00—1:00 p.m.—Fox Hole Fun 10:00 Bingo—Golf Activity Room BP
5 9:00—1:00 p.m.—Fox Hole Fun 9:30 All Faiths Church Chapel	6 2:30 Monday Movie Matinee—Freedom Hall <i>(Designated Volunteer Groups Will Take Down Christmas Décor By This Date)</i>	7 10:00 Pop With A Cop—Foxhole 2:00 Cards, Games & More—All Neighborhoods	8 TBA Wacky Wednesday! 2:30 Member Council—Golf Activity Hub	9 2:00 Concert—The Chengs—Freedom Hall—ALA	10 10:30 Catholic Services—Chapel – JB 2:30 Lutheran Church Services Chapel - JB	11 9:00—1:00 p.m.—Fox Hole Fun 2:00—? - Church of God Group KR
12 9:00—1:00 p.m.—Fox Hole Fun 9:30 All Faiths Church Chapel	13 1:30—Monday Malts Mania—Foxhole 7:00—Bingo—Kearney Elks—Freedom Hall—KR	14 2:00—”Roaring 20’s” Party—Freedom Hall—ALA	15 TBA Wacky Wednesday!	16 2:00 Bingo—Kearney VFW Aux. TBA UNK BB Game Outing JB &	17 10:30 Catholic Services—Chapel – SC 2:30 Lutheran Church Services Chapel—SC	18 9:00—1:00 p.m.—Fox Hole Fun 10:00 Bingo—Golf Activity Room JB 8:00-noon & 1:00-4:00 Craft Dept. Open
19 9:00—1:00 p.m.—Fox Hole Fun 9:30 All Faiths Church Chapel	20 <i>Martin Luther King Jr Holiday</i> 9:00—1:00 p.m.—Fox Hole Fun	21 10:30 Rosary—Catholic Daughters—Chapel 7:00 Bingo—Kearney VFW Freedom Hall—HD	22 10:30—Merrymakers Concert—Paul Siebert—Freedom Hall—ALA	23 9:00—11:30—Quilting—O.T. Crafts 2:00—Bingo—Blue Hill VFW Aux. - Freedom Hall	24 10:30 Catholic Services—Chapel KR 2:30 Lutheran Church Services Chapel— KR 3:00 Storyteller Program—Freedom Hall	25 9:00—1:00 p.m.—Fox Hole Fun 10:00 Bingo— Golf Activity Room - Battlegrind KR
26 9:00—1:00 p.m.—Fox Hole Fun 9:30 All Faiths Church Chapel	27 7:00 Bingo—UNK Psych Club—Freedom Hall—JM & SC?	28 2:00—Chinese New Year Party—Freedom Hall—ALL	29 2:30—Merrymakers Concert—Tim Jivorsky—Freedom Hall—ALA	30 2:00 Cards, Games & More! - All Neighborhoods	31 10:30 Catholic Services—Chapel - HD 2:30 Lutheran Church Services Chapel— HD	



**CNVH Member Council Honors:**

**Roger Welch**  
**Member of the Month**

**CNVH Member Council Honors:**

**Michael Koenig**  
**Employee of the Month**



***Governor Pete Ricketts stopped by CNVH to wish everyone a happy holiday!***

Mail To:

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