

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



Liberty Express

March 2020

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

Spring Into Action & Join The Fun!!!

-Nancy Klimek, Activity Manager

Spring is officially arriving in Nebraska on March 19th, and we all look forward to leaving the wintry weather behind and enjoying the sights and sounds of spring!!!

In central Nebraska, we experience the change of seasons when we start to hear and see the great **migration of birds**, as they fly overhead or land in the fields or waterways. One of the most impressive migrations in the world, includes the migration of almost a **million Sandhill Cranes**, as they fly from their southern wintering grounds in Texas, Arizona and Mexico and begin their journey to their nesting grounds in Canada, the Arctic, and as far as Siberia! They stop in Nebraska to rest and fatten up for the rest of their journey, primarily in the Platte River valley in central Nebraska.



Members will be able to experience this great migration through a variety of programs. **Bus tours** are scheduled for March 16th and 23rd, with additional trips scheduled as needed. In addition, the American Legion Auxiliary will be sponsoring a **"Crane Crazy Party and Scavenger Hunt"** on Thursday, March 19th at 2 p.m. in Freedom Hall. We'll also be searching for the endangered and elusive "Whooping Cranes" as they also migrate through Nebraska later in the month.

BINGO The VFW Auxiliary will also be sponsoring a **"Spring Bingo"** to celebrate the first day of spring on Thursday, March 19th at 2 p.m. in Freedom Hall.

You can check your Activity calendars for a complete listing of activities, but listed below are some of the highlights this month:



***Shrine Circus**—Tuesday, March 10th—This is always a popular event, so contact Activity staff to get signed up to attend this outing.

***St. Patrick's Day Party** — Tuesday, March 17th at 2 p.m. in Freedom Hall—The American Legion Auxiliary is sponsoring this fun event to celebrate "Wearing of the Green"!



***Horse Races at Fonner Park**—Friday, March 20th—Spring means horseracing in Grand Island! Contact Activity staff to get signed up for this outing!

***Bar J Wranglers Concert**—Wednesday, March 20th at 10:30 a.m.—Freedom Hall—These talented musicians perform in Jackson Hole, Wyoming throughout the year but will be right here due to generous sponsors!



***Merrymakers Concert** featuring "Woody" - Thursday, March 26th at 10 a.m. in Freedom Hall sponsored by the American Legion & Auxiliary.

***Monday Malts Mania**—Monday, March 30th from 1:30—3:30 p.m. in the Foxhole sponsored by the Knights of Columbus—Members enjoy a free malt from our popular malt machine!!!

Spring into action, and join the fun!!!

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Administration Notes

Alex Willford, Administrator

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Spring and forward are two words that go great together, conveying positive movement towards exciting things ahead. Spring officially starts this month and we are looking forward to warmer weather.



Activities has a calendar full of opportunities to explore this month, as we offer a mixture of indoor and outdoor events, keeping the fluctuat-

New at CNVH

We are pleased to now have available to our members, three Touch2Play units. These easy to use units have large screens, featuring interactive activities and games for our members to enjoy in a colorful way.



The Touch2Play units are being used by Activity staff, and they are now also beginning to make them available for Restorative and Physical Therapy, for a fun method of working on hand-eye coordination, cognition and more, using chess, card games, Sudoku and a variety of other puzzles and brain teasers.



The change to Daylight Savings Time is this month.

Don't forget to set your clocks and watches forward one hour before you go to bed on Saturday, March 7th so when you wake up on Sunday, March 8th, you'll start the day seeing the right time!





Member of the Month: Donald Day



Donald Day was selected “Member of the Month” by the Member Council. He was born in Cleveland, Ohio and graduated from Case Western University and the University of Akron in Ohio. Don served in the U.S. Army during peacetime.

Don worked in Iron Foundries throughout the United States, Canada, and Mexico amongst other locations. His first wife and son were killed in an auto accident in 1963. He is a widow and has four children living across the U.S. as well as one in Kearney.

Don enjoys reading, doing Sudoku and crossword puzzles, and taking photographs of local scenery. He is also active in a variety of organizations including the Ft. Kearney Shrine Club, the Rub Morris Lodge, the Tehama Shrine, and is a member of the St. James Catholic church and attends services at the New Life Assembly.

Don likes to socialize and reminisce about his military service and fun family times. He states that the care at the Central Nebraska Veterans’ Home is excellent, with an outstanding Physical Therapy program and an excellent woodshop. He also likes the food that is served.

Congratulations, Don, for being selected “Member of the Month”!



In Memoriam

**VIRGIL WAGNER
BERT WILHELM
MARY SCAMEHORN**



Valentine Parties & Cards!



The V.F.W. & Military Order of Cooties and their Auxiliaries sponsored a Valentine Party & Gift Distribution.

Members played an Elvis Love Song Bingo and partook of delicious sweet breads. Afterwards, the volunteers distributed valentines with a monetary gift to each member.



Thank you to all of the organizations that created "Valentine for Veterans" that were delivered to the members at the Veterans' Home to remind them that they are never forgotten, and are greatly loved! Valentines decorated windows, hallways, and were placed in valentine mail bags outside each member's room.



Valentine Concert Sponsored By ALA District #10



Members enjoyed the live band at the Valentine's Concert. In addition, the "Royalty Court" was announced (pictured above).



Candlelight Dinner Delighted Members!

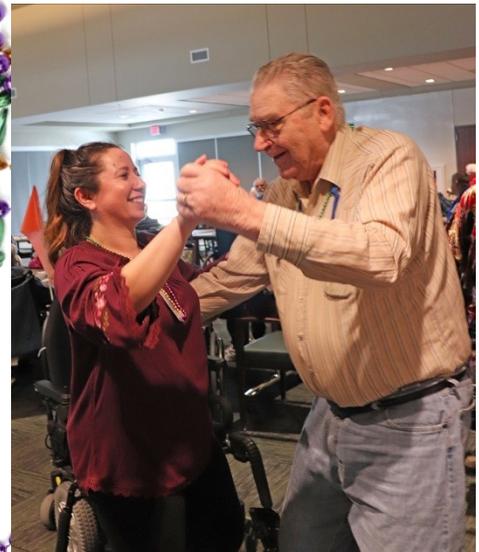


The Food Services & Recreation departments partnered to create a "Candlelight Dinner" for the members' enjoyment featuring shrimp cocktail, prime rib, bubbly and all the delicious side dishes and desserts.

Special thanks to the additional staff and volunteers that helped us make this event a success!



The Kearney Elks Help Us Celebrate Mardi Gras— “New Orleans Style!”



Our Mardi Gras Mascot was a popular fellow, as were the beads, masks, and pastries!

MARCH 2020

FACILITY RECREATION CALENDAR

Computer Lab Available 24/7 In Dens & Library



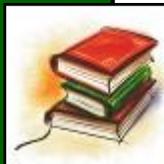
FOXHOLE OPEN

Monday—Sunday

Foxhole Fun on Weekends: Chance to win a free candy bar!

LIBRARY HOURS

Now Open 24/7!!!!!!



Staff Available On:
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 Work Days
Monday Wednesday Friday & Open Every 3rd Saturday of the Month
Woodshop Open
Monday-Friday



Additional activities available on each neighborhood. Please view posted neighborhood calendars.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>Nebraska's Birthday</i> 9:00—1:00 Foxhole Fun 9:30 Chapel Service	2 7:00 Bingo—Freedom Hall—UNK Family Studies Club BP	3 10:00 Intergenerational Bingo—Freedom Hall—Adams Central 6th Graders 2:00 Cards, Games & More—All Neighborhoods	4 TBA Wacky Wednesday	5 10:00 Welcome Bingo & Tea—Freedom Hall 2:30 Member Council—Golf Activity Room	6 10:30 Catholic Service—Chapel—JB 2:30 Lutheran Church Services Chapel—JB TBA Merryman Theatre Concert Outing—KR	7 9:00—1:00—Fox Hole Fun 10:00 Bingo—Freedom Hall—Knights of Columbus—HD
8 <i>Daylight Savings Time (Spring Forward!)</i> 9:00—1:00—Fox Hole Fun 9:30 Chapel Service	9 7:00—Bingo—Kearney Elks—Freedom Hall—NK	10 TBA Shrine Circus Outing—JB, SC, KR	11 TBA Wacky Wednesday	12 2:00 Crane Crazy Party & Scavenger Hunt—ALA—Freedom Hall	13 10:30 Catholic Services—Chapel—BP 2:30 Lutheran Church Services Chapel—BP	14 9:00—1:00—Fox Hole Fun 2:00 Bingo—Freedom Hall BP, JM
15 9:00—1:00—Fox Hole Fun 9:30 Chapel Service	16 10:30 Rosary—Chapel—HD TBA Sandhill Crane Bus Tours	17 2:00 St. Patrick's Day Party—Freedom Hall—ALA	18 TBA Sunrise Middle School Band Concert	19 9—11:30—Quilting—Therapeutic Crafts Area 2:00 Spring Bingo—Kearney VFW Auxiliary—Freedom Hall <i>First Day of Spring!</i>	20 10:30 Catholic Services—Chapel—JM TBA—Horse Race Outing to GI—BP 2:30 Lutheran Church Services Chapel—JM	21 8:00-noon & 1:00-4:00 Craft Dept. Open 9:00—1:00—Fox Hole Fun 10:00—Bingo—Freedom Hall—Geneva VFW Aux. KR
22 9:00—1:00—Fox Hole Fun 9:30 Chapel Service	23 TBA Sandhill Crane Bus Tours 7:00 Bingo—Kearney DAV—HD	24 TBA Merryman Theatre Concert Outing—NK SC 7:00 Bingo Kearney VFW	25 10:30—Bar J Wranglers Concert—Freedom Hall—	26 10:00—Merrymakers Concert featuring "Woody" - Freedom Hall—ALA 7:00 Bingo - Heartwell VFW—Freedom Hall—SC	27 10:30 Catholic Services -Chapel—JM 11:00 Food Committee Meeting—Freedom Hall 2:30 Lutheran Church Service Chapel—JM	28 9:00—1:00—Fox Hole Fun 10:00 Bingo—Battle Grind Group—Freedom Hall—SC
29 9:00—1:00—Fox Hole Fun 9:30 Chapel Service	30 1:30—3:30 Monday Malts Mania—Foxhole—Knights of Columbus	31 2:00 Casino Fun—Freedom Hall—ALA	<p><i>Do you have a special activity request? Or would like some 1:1 visitation time with Activity staff? Or a fun destination in mind for an outing? Contact Activity staff to get it scheduled on one of our "Wacky Wednesday" dates!!</i></p>			

CNVH Member Council Honors:

Donald Day

Member of the Month

CNVH Member Council Honors:

Michael Brown

Employee of the Month



***Leather craft classes
now being offered in
Crafts Department!***

***Contact staff if inter-
ested in participating!***



Mail To:



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