

Liberty Express

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

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



COVID-19 Pandemic Arrives in Nebraska -Nancy Klimek, Activity Manager

Coronaviruses are an extremely common cause of colds and other respiratory infections according to the Harvard Medical School. However, the **World Health Organization** (W.H.O.) has officially named the coronavirus disease 2019 as "**COVID—19**" since it is a newly identified coronavirus. It has spread so rapidly in the past few months that W.H.O. has declared it a **pandemic**, which means it has affected a large population, region, country or continent. It arrived in Nebraska in March.

The Central Nebraska Veterans' Home, under the leadership and direction of the Nebraska Department of Veterans' Affairs, has implemented a variety of **precautionary measures** to reduce the potential of members being infected by COVID-19. Some of these measures **in the past few weeks** have included:

- **Restricting volunteers, families and any public** from entering the facility or on the facility grounds to reduce interactions with those who might unknowingly have been exposed or are already infected.
- Requesting that members **do not leave campus** unless it is for a medical emergency or essential medical appointment.
- **Cancelling all facility group activities** and outings, and transitioning to providing programming and 1:1 visits in each Home within each Neighborhood.
- Scheduling **specific dates and times** members from individual homes can work on their craft/woodshop projects.



There will be **ongoing changes** and updates, as we continue to deal with the many challenges that affect our "normal routine". In fact, just as we start getting used to our "**new normal**", undoubtedly there will be yet another change! Everyone is working hard to plan and implement as many protocols as possible, to best deal with this pandemic.

Anxiety is a natural physiological response to stress, but there are ways to help **reduce your stress and anxiety**:

- Stay connected with your loved ones. "**Virtual Visitation**" has been set up in the Veterans' Home so members can connect with family and friends via Skype or other technology methods. Members can contact their Activity staff or Social Work staff to set up times for this service.



- **Turn off the news** and turn on favorite television programs. Listen to your favorite music (*Activity staff*

can obtain CD's for you from the library or download music to an



MP3 player). Read a book or listen to an audio book (all available in your dens or our Library collection).



- As long as we aren't restricting individuals to their room or home due to illness, **take walks**. As the weather improves, go outside and get fresh air and exercise. **Maintain the 6 foot rule** from others to minimize contact.
- **Meditate, deep breathe, pray.**
- **Be kind!** We are all in this together!

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FOCUS ON EXCELLENCE IN MEMBER CARE

The last few weeks have presented everyone with some new challenges surrounding COVID-19. Central Nebraska Veterans' Home remains committed to its focus on excellence in the care we deliver to our members. This has also presented us with new opportunities.

You will see pictures in this issue taken at the last of our group activities before the roll-out of heightened infection control guidelines. The facility is maintaining compliance with changing guidelines as they are issued in our effort to help protect our members and staff. Our fantastic recreation department is doing a great job in helping members with fun things to do.

Members and families have been using our "Virtual Visitation" program so they still have opportunities to catch up with one another, in the absence of in-person visits. Staff have embraced this technology and conference calls as a way to handle the business and minimize contact while maintaining excellent communication.

I want to thank our families for refraining from coming on campus. This allows our members to enjoy our lake scenery and walkways, giving them some outdoors freedom. We appreciate the tremendous patience, caring, and cooperation of all members, families, staff, and vendors with our infection control protocols. Our heartfelt thanks go out to you and our community as we focus on keeping our members' best interests at heart.



Nebraska Department of Veterans' Affairs TEAMMATE OF THE MONTH - FEBRUARY



VIRGINIA BURGESS **Business Office**

Virginia was nominated and selected because she:

- Has the ability to sit down with a potential new member and their family and explain in detail the financial aspects that are involved when admitting to a home
- Advocates for members and guides them
- Listens and puts members at ease





Member of the Month: Ken Lovejoy



Ken Lovejoy was selected Member of the Month by the CNVH Member Council. Ken was born in Inavale, Nebraska and is 99 years young! He was in the Navy during WWII where he served as a Seaman 1st Class. He was responsible for loading ammunition on ships and was stationed in Seattle.

Ken has been married to Bonnie for 63 years and they have four children—one daughter and three sons. Ken was a farmer/rancher, and was involved in the American Legion. Ken's leisure interests include jigsaw puzzles, crossword puzzles, watching football and volleyball games, and 40's era music. Ken states he enjoys the many activities offered at the Central Nebraska Veterans' Home including bingo, musical concerts, ceramics, and documentary programs.

Congratulations, Ken, for being selected Member of the Month!



In Memoriam

BILL SANDERS

*Gone from our sight,
But never from our memories,
Gone from our touch,
But never from our heart.*

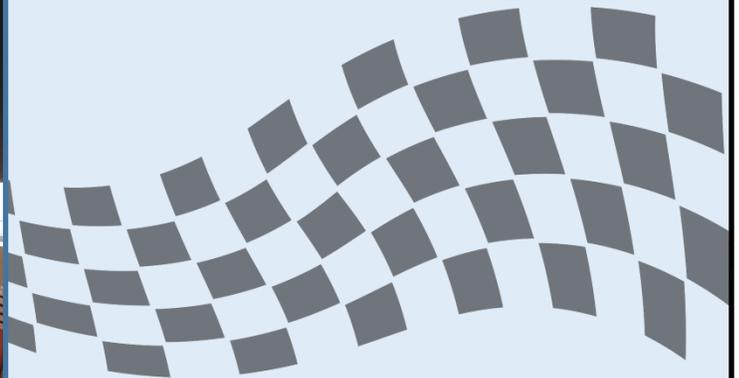


Leap Year Bingo Party Sponsored By The ALA!



The American Legion Auxiliary sponsored a Leap Year Bingo Party. Members would draw out a colored frog when they had a bingo, and win the corresponding amount of prize money.

During the course of the bingo, a frog race game was also incorporated. Members that had the corresponding number on their frog, won a prize if they got win, place or show.



Intergenerational Programming Always Popular!



The Solid Rock Methodist Youth Group from Ogallala visited CNVH as part of their “Mystery Field Trip” their leaders had coordinated in February. They had raised funds for community outreach projects and shopped for items on our Wish List, which they presented on their visit.



The youth then implemented a Bingo with the members, having fun doing the calling, assisting members, and playing along too.



Roger Welch, is from Ogallala, and was so pleased to meet the youth and was also acquainted with some of the adults, so it was an extra special morning of fun interaction for him!

Members Stayed Active As They Adjusted To Their “New Normal”



In response to the COVID-19 Pandemic reaching the U.S., precautionary measures were implemented to reduce interactions between members from various neighborhoods and homes. Starting in the middle of March, the members adjusted to having scheduled days and times that they could come down to Therapeutic Crafts to work on their projects.



Members were able to utilize computers in the dens in each Home, as well as the computer lab in the Library.

Large group activities were cancelled, and we shifted to activity programming and 1:1 visits provided in each home by designated Activity staff to keep members engaged. St. Patrick's Day parties, Bingo, National Parks Fun, Ice Cream Socials, Casino Fun, Worship Services and other events were implemented.

Virtual Visitation & Worship Services



In response to the COVID-19 Pandemic, our facility worship service that is provided by our Chaplain Michael each week is now video recorded and played by Activity staff on a laptop placed on an audio visual cart, for members to view and participate. Members can also schedule time to have 1:1 Skype visits with our Chaplain, so contact Activity staff if interested.

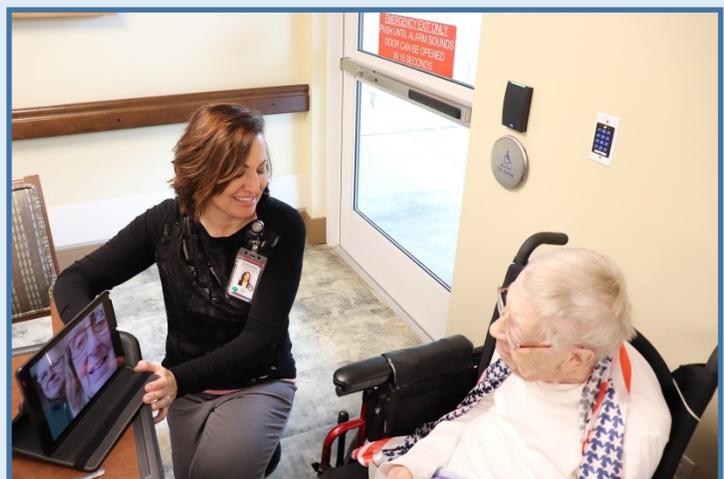


Stay Connected!!!!



To keep families connected with their loved ones, we offer "Virtual Visitation" through Skype and other formats. Contact Activity staff on how to schedule this.

Pictured above and to the right is a Skype visit coordinated with Wilma Kellogg and her family for her 99th birthday!



CNVH Member Council Honors:

Ken Lovejoy
Member of the Month



CNVH Member Council Honors:

John Frerichs
Employee of the Month



Mail To:



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