

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



May 2020

Liberty Express

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

Members & Staff Show Resilience In The Face Of A Nationwide Pandemic

-Nancy Klimek, Activity Manager

Members and staff at the Central Nebraska Veterans' Home are showing their resilience as they face the COVID-19 Pandemic that has struck the nation.

- The Foxhole is teaming up with Recreation and Social Work staff to provide delivery of items directly to members several times a week.



- Coordination and compilation of departmental and administrative reports and interactions with the Health Department/CDC.
- Staff from various departments are helping with tasks in Food Services.
- Everyone is wearing masks (thanks to all of our donors of the fabric masks!).
- We maintain a 6 foot distance from each other as much as possible.



Resilience is defined as the ability to recover from, or adjust to, misfortune or change.



It is a normal human reaction to resist change. However, when given the facts of the reality of a situation, it becomes vitally important that we shift from "resistance" to "resilience". Members and staff are **exhibiting our resilience** every day, as we work together in the realities of this pandemic.

Consider all of the **many changes** that we have implemented in the past 6—8 weeks to implement precautions against the COVID-19 virus:

- All volunteers and visitors continue to be restricted from campus.
- All staff are checked for illness (temps and survey questions) as they enter the facility before their shift and again as they leave the facility at the end of their shift. 
- All members are restricted to their homes/rooms, including eating their meals in their rooms.
- Staff from a variety of departments are assisting with serving meal trays to each room, 3 times a day, 7 days a week.
- All activities are implemented room to room. Craft sessions are also delivered to each room. 
- Members are connecting with loved ones "virtually" instead of in person.
- Finance is providing "banking" in each home

These are just a few examples of the many ways we've had to adjust to this world of change we are experiencing every day!

Being resilient isn't a new skill for most of our members, as **during their lifetimes they have experienced many hardships**. From those who endured the **Great Depression**, to those who encountered the **rationing** of essential items during WWII to help with the war effort, to those who dealt with the uncertainties of the **Cold War** era, to those who lived through the **divisive unrest** during the Vietnam War, to those who dealt with the anxiety and War on Terror **after 9-11**: Being resilient in the face of a changing world is what has helped us overcome adversity and **keep our nation free and strong**.

With the reality that a peak in cases of the virus is predicted in our area during the month of May, our lives will continue to be impacted. **Our resilience** will see us through to the other side of this pandemic!

Page 2—
Administrator's
Notes

Page 3
Generous Dona-
tions & Memorial
Page

Page 4
Craft Sessions Con-
tinue In New
Format

Page 5
Foxhole Delivers
Orders To Members

Page 6 & 7
Activity Staff Pro-
vide Room Bound
Programming

Page 8
Member &
Employee of the
Month



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

CONTINUED FOCUS ON MEMBER CARE

Our staff (right) are well practiced and know the drill as they arrive on shift each day hand sanitizing, donning a mask, having their temperature taken, answering health screening questions, and then as they leave their shift, being screened for their temperature again, before doffing their mask on the way out of the building.

Our “Virtual Visitation” program has been very successful in helping our members connect with their loved ones in the absence of in-person visits. Seeing all the reactions from members and families and their surprised smiles have been absolutely priceless!



Kearney Fire Department pauses for a thumbs up photo with the Administrator before driving a victory lap around our campus to celebrate our members and staff!

We are pleased to share a member diagnosed with COVID-19 has recovered!

This was celebrated in late April with Kearney Fire Department (left) driving a victory lap around the campus with sirens and horns blowing to show appreciation for everything our members and staff are doing to help prevent the spread of the virus!

We are grateful for everyone refraining from coming on campus and continued cooperation with our infection control protocols. Thank you!

Generous Donations During Pandemic!

Many generous individuals, organizations and businesses have been donating essential items during this past month to assist us during this pandemic.

From hand sanitizer, to fabric masks, to face shields and ear protectors, to portable DVD players, to cards and letters, to monetary donations for equipment and supplies

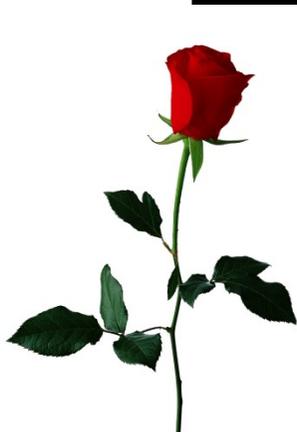
for recreational programming—we are so grateful to all of our caring advocates!



This is just a small portion of the hundreds of fabric masks we've received!



Rick Sorensen (right), of KAAPA Ethanol Ravenna, LLC delivered 45 gallons of hand sanitizer to CNVH. staff Mike Ewoldt assisted with unloading this generous donation.



In Memoriam

**DOROTHY GETTY
ISIDORE GRUDZINSKI
LELAND SCHNEIDER
ED BRIGHT**



Craft Activities Always Popular!



Staff from the Crafts department are providing craft sessions in individual rooms in each Neighborhood.

Members continue to enjoy working on a variety of projects!



Craft kits that members can work on independently are also popular.

Watching Bob Ross' show while painting his own project!



Members aren't allowing a Pandemic to slow them down!



Members are already working on pieces to enter in the upcoming county fair, as well as fun projects to grow plants in their rooms.



Foxhole Continues Providing Service To Members!

Members continue to have the opportunity to “shop” for items from the Foxhole (canteen), in spite of the Pandemic. They turn in order forms available at their Nursing Control Point on Mondays & Thursdays by 1 p.m. & deliveries are on Tuesdays & Fridays.



A team of staff from the Foxhole, Recreation, Social Work, and Finance assure that each order is processed and prepared for delivery to individual members.

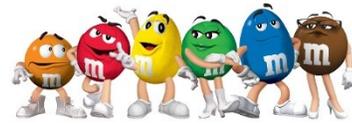


Candy & soda are popular items!

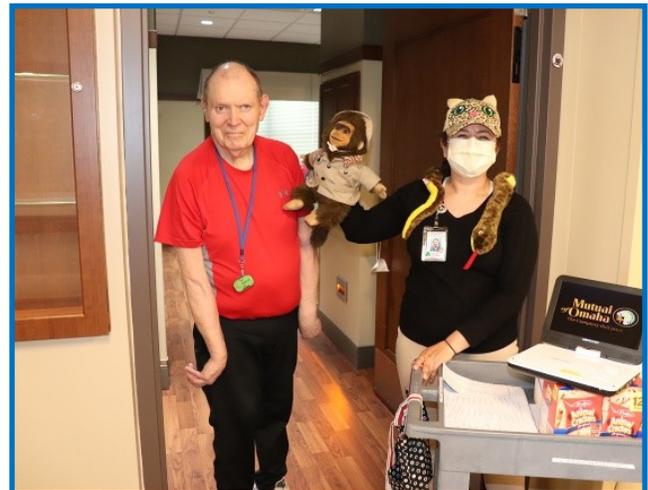
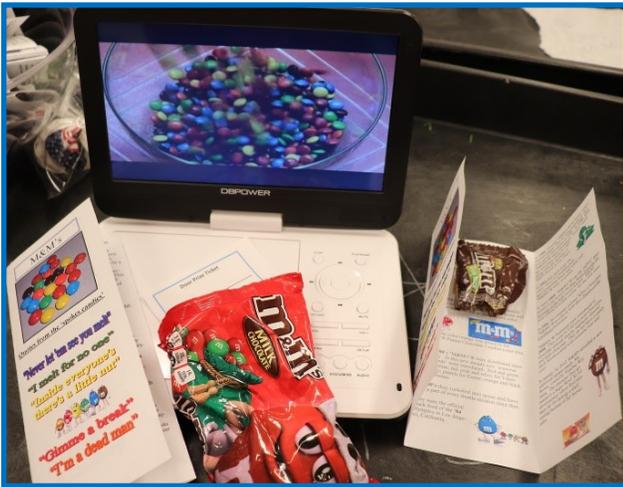


GO TEAM!

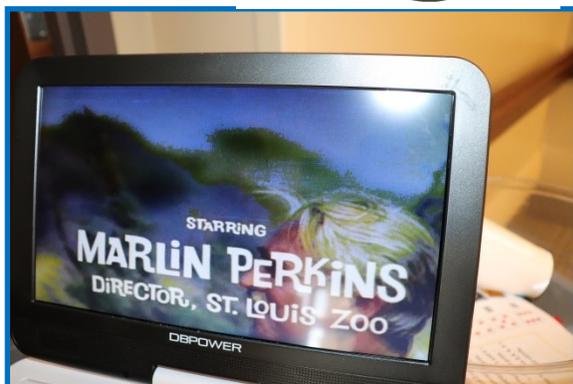
Room-Bound Programming Provides Fun Times For Members!



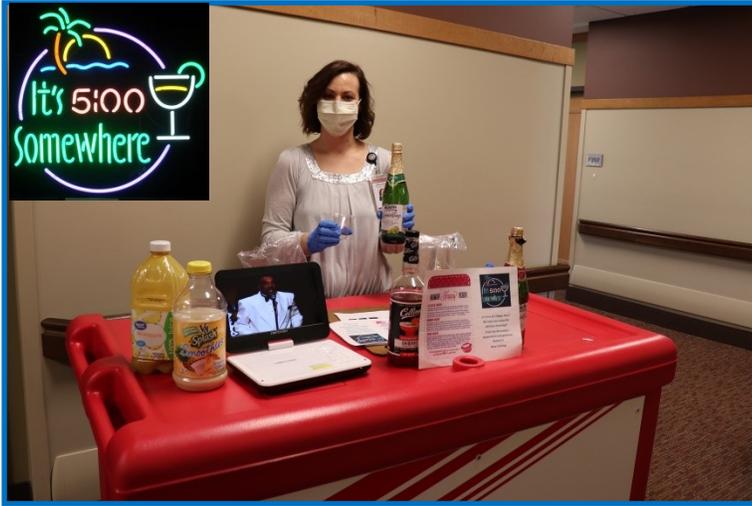
Members learned about the history of M&M's, watching a documentary clip on the portable DVD player, receiving a brochure (with M&M's attached, of course!), and a chance to win the big bag of candy!



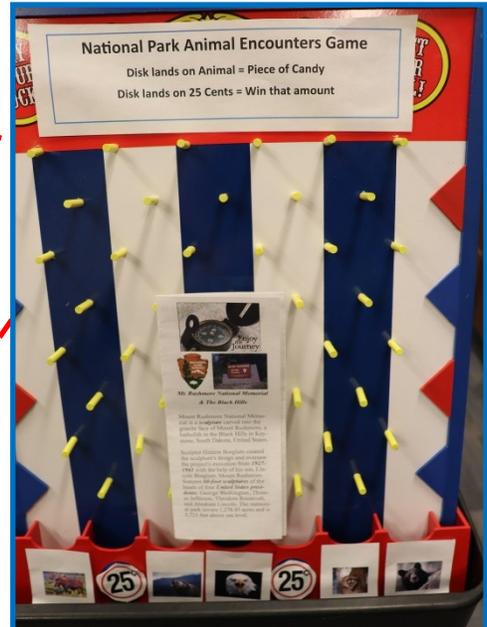
Everyone remembers the "Mutual of Omaha's Wild Kingdom" show, so we had fun sharing clips of this series and reminiscing, along with playing a Wildlife Bingo game, and drawings for some fun prizes!



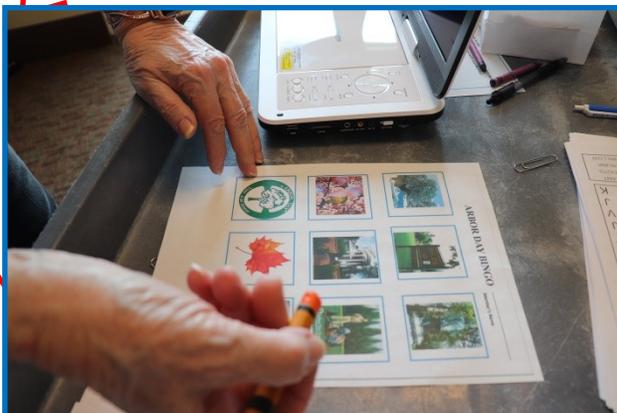
Have Carts—Will Travel—Room to Room!



It's 5 O-Clock Somewhere! Time for "Happy Hour Mocktails" and a little Doo Wop concert on the portable DVD player!



Visiting National Parks and playing "Animal Encounters Plinko"!



Members are all smiles when the Ice Cream "truck" comes around! The delicious aroma of popcorn being popped in each home brings members to their doorways as well.

The AL Auxiliary provided prize coupons for the Arbor Day Bingo.





Memorial
Day
Never Forget
Ever Honor

Mail To:



The Liberty Express is published monthly by Central Nebraska Veterans' Home,
4510 E. 56th Street, Kearney, NE 68847 (308) 865-6000
Administrator: Alex Willford
Editor: Nancy Klimek, Public Information Officer
Printing: Reception
Newsletter on line: <https://veterans.nebraska.gov/cnvh>