

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



Liberty Express

October 2020

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

Changing Leaves, Autumn is in the Air

-Nancy Klimek, Activity Manager

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Salute

"The falling leaves, drift by my window;
the autumn leaves, of red and gold..."



I'll bet some of you remember this beautiful song, titled "**Autumn Leaves**", which was

performed by the talented Nat "King" Cole, who took it to number one on the Hit Parade in 1955! We leave the hot, summer days behind us, and enjoy the cooler weather, along with the beauty of the leaves as they turn color. It reminds us of another song often heard at this time of year:

"Shine on, shine on harvest moon, up in the sky..."



In addition to the changing leaves, it is also the time for **harvest in Nebraska**. Farmers are busy harvesting their crops, which we've observed on some of our recent countryside bus tours. Members are busy harvesting their own crops (*refer to page 4*).



Tomatoes, green peppers, jalapeno peppers, radishes and other favorites have created a bountiful harvest. **Making salsa** out of these delicious vegetables has also been a hit! And of course, we've also enjoyed the donation of deliciously harvested local watermelons (*see page 7*).



Members have the opportunity to enjoy creating some fun autumn themed crafts, which are available in the new "**Creative Corner**" in Crafts (*see page 5*). These are "make and take" craft activities, and can be made to then be used to decorate their rooms or areas in their homes.

With cooler weather, a hot breakfast always hits the spot. We received **donated funds** from the Kearney V.F.W., American Legion, and D.A.V. to utilize to provide some **special meals** for the members this fall. Waffle irons were purchased with some of this money, so that Activity staff can prepare **steaming hot waffles**, along with sausage patties, to serve during specified breakfast meals on each Neighborhood during October.



Members might need to bundle up and head outside right before supper on **Wednesday, October 14th**, as **Kearney Cruise Nite** will feature a stream of classic cars driving through our circular drive for everyone's enjoyment. This event had been postponed from July, due to the Pandemic, and was rescheduled for October. At the time of this publication, the event was still a "go", so we'll communicate more information closer to the date.

Of course October is best known for the holiday at the end of the month, **Halloween**. In spite of the pandemic, we hope to incorporate a variety of fun activities, as well as a potential fundraising event for the members to participate in for a community service project. More details will be shared as they become available.



Although October it is a beautiful time of year, it is somewhat bittersweet, because it also reminds us of the next lyrics in the song "**Autumn Leaves**":

"And soon I'll hear, old winter's song..."



GOVERNOR
PETE RICKETTS

DEPARTMENT OF VETERANS' AFFAIRS DIRECTOR
JOHN HILGERT

CENTRAL NEBRASKA VETERANS' HOME ADMINISTRATOR
ALEX WILLFORD

Administration Notes

Alex Willford, Administrator

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What's up at CNVH? Artwork!

Although we continue to have a closed campus due to COVID-19 precautions, there are some new views to enjoy as members and staff move about campus. Artwork provided as part of our facility construction project, is now gracing our hallways and common areas.

A group of members participated in selecting these new pieces from a collection of options presented by the Nebraska Arts Council. In addition, members also chose the items that were brought with us when we moved.

The skill and artistry that went into the creation of these pieces is truly amazing. Great care has been taken in mounting them on the walls and members are pleased to see their choices placed on display for all to see.



New discoveries are around every corner, promoting some impromptu “art walks” to find the latest installation!



The art has led to some great conversations. Whether a piece brings back personal memories or experiences, or someone interprets a piece differently than someone else, the discussions have been very thought provoking and meaningful, a wonderful distraction from these challenging times.



Member of the Month: Terry Markus



Terry Markus was selected as the Member of the Month by the CNVH Member Council. Terry was born and raised in the Kearney area, living on a farm and attending the District 29 one room school house K-8th grade, where he was the only one in his class for the majority of the time there. He states he had great parents and his Mom even stayed with him his first day of school, just to make sure he was alright. Terry’s mother is currently 97 years old and lives in Lexington. His sister Susan also lives in Lexington and his other sister, Robyn, resides in Ohio.

Terry was in the U.S. Air Force and had his basic training in San Antonio, Texas. He went to the Air Police school for a while and then applied for the weather technical school in Illinois. At the Plattsford base in New York, he was in the weather security police, where they gathered weather information for the airplane pilots and helicopter reports.

Terry has lots of hobbies and interests. He likes to collect hats, coins and stamps. He enjoys music, and used to sing in the choir and play the clarinet in band. He likes to listen to the radio, read and watch television. Terry is Catholic and has always been active in church groups and bible studies. He loves to share the teachings of Jesus Christ, the bible and heaven with anyone who would like to know.

Some of Terry’s favorite things include the movies, “The Wizard of Oz” and “Gone with the Wind”, the song, “Battle Hymn of the Republic”. His favorite cars are Buicks, Cadillacs and GMC. His favorite meal is spaghetti.

When asked what he likes about living at CNVH, Terry replied he likes the food, the activities, going to appointments, and the friendly staff, residents, (and visitors when they could come in before the Pandemic). He considers this his home and plans to stay as long as he can. Congrats, Terry, on being selected “Member of the Month”!



In Memoriam

Leona Leonard

Eileen Paine

Verna Brunkhorst



Gardens Provide Bountiful Harvest



Members have enjoyed working in their gardens throughout the summer, which has resulted in some delicious harvest this fall! From making fresh salsa, to having ripe sliced tomatoes with meals, their hard work has had great results!



“Creative Corner” Provides New Craft Activity Opportunities for Members

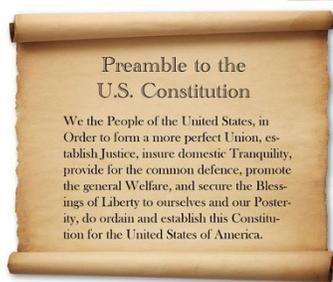
Members are enjoying the new “Creative Corner” set up in the Therapeutic Craft area, where they can work on a “make and take” craft, or on other projects staff have set up for them. While waiting for a coat of paint to dry on their ceramic or woodworking project, they can head over to this space to select from a variety of craft kits available to them. Great job, everyone!



Constitution Day Celebrated with Bell Ringing, Bingo, and Apple Pie!



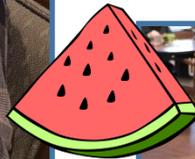
Bells were rung 233 times across the CNVH campus in the various Neighborhoods as we celebrated the 233rd anniversary the U.S. Constitution on September 17th. The D.A.R. provided Constitution booklets and bookmarks, and the Kearney American Legion Auxiliary provided bingo coupons and individual apple pie treats, for this historic occasion!



A Menagerie of Watermelon, Speed Boats, & Music—Variety is the Spice of Life!



Members were all smiles when they saw Activity staff arrive with trays of delicious watermelons donated by the American Legion Auxiliary Department of Nebraska!



Merrymaker concerts are popular here, but since the performers haven't been able to come inside to entertain, they've sent DVD's of their concerts. Special thanks to the American Legion & Auxiliary for their monetary support of Merrymakers concerts at CNVH!



Members take turns learning how to use the remotes and then set off at 20 mph!



Remote control speedboats have been zooming across our lake, creating lots of laughs and thrills (although this toad didn't stay on the boat long enough to take a ride)! Thanks to the Kearney D.A.V. for donating money used to purchase these fun boats!

CNVH Member Council Honors:

Terry Markus

Member of the Month

CNVH Member Council Honors:

Zahide Hoff

Employee of the Month



Mail To:



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