

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



# Liberty Express

Grand Island Veterans' Home, 2300 West Capital Ave, Grand Island, Nebraska 68803 (308) 385 6252

## Seek Ways To Live In The Moment

- By Nancy Klimek, Activity Manager

Get INVOLVED

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As you reflect on last year, and look ahead to **2017**, we hope that one of your New Year's Resolutions will include finding ways to truly "**live in the moment**" in order to focus on the **simple joys** in life. There are many opportunities each day to achieve this, especially at the Grand Island Veterans' Home.

Take time to give your **full attention** listening to another member, as they reminisce or share an interesting experience about their lives. There is so much **wisdom, knowledge, and laughter** to share through our life's stories!

Seek **moments of solitude**, by checking out an MP3 player with headphones from our library that is loaded with your **favorite tunes** and listen (or jam, sing, and dance!). **Music** is integrally linked to certain times and events in our lives, and listening to our songs reminds us of many good times we've had over the years. We also schedule many musical concerts for everyone to enjoy, and have a vast musical collection of videos, DVDs and CDs in our library collection.

**Create something** this year!!! Work on a project in O.T. Crafts, check out a craft kit, or ask us about the many adult coloring books we've received in donations. Humans have pursued the arts throughout the ages, to achieve **creative expression**, and it also results in a great feeling of accomplishment and self-worth.

Resolve to get more actively involved in the **recreational programming** offered at GIVH. This will give extra opportunities for socialization, cognitive stimulation, physical activity, and life enrichment. Starting in January, there is a variety of activities to attend, a few of which are highlighted below:

**\*Journey to Wellness Program**—We will kick off the year 2017 with a special party on Tuesday, January 24th at 2 p.m. in the Liberty Café. We've "travelled" down Route 66 and the Lincoln Highway in previous years, and this year we are heading out to our nation's **National Parks!** The American Legion Auxiliary will also be sponsoring a **Bison burger** meal that evening!

**\*Pershing Recreation Room Fun**—There will be shuffleboard, pool, Wii games, card games, and lots of fun scheduled for all who attend on Monday, January 9th and again on the 23rd at 2:30 p.m.

**\*Rock & Roll Bingo** - Join us for some fun times and prizes on Thursday, January 19th at 1:30 p.m., followed by a "**Shake, Rattle, & Roll Celebration Tea** in honor of Jo Robertson, Activity Specialist.

Check your calendars for many other fun events this month, and contact Activity staff with further ideas you may have to accomplish your goal to live your life fully every day!

**GIVH Mission: The Grand Island Veterans' Home, an entity of the Nebraska Department of Health & Human Services, is dedicated to making a positive difference in the lives of those served.**

**The mission of the Grand Island Veterans' Home is to serve the unique needs of each member by providing high quality services and holistic long-term care in a homelike veterans' community.**

# Administration Notes

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*Alex Willford, Administrator*

*alex.willford@nebraska.gov*

## **SECRET SANTAS, ELVES AND MORE!**

The holiday season that just concluded was made special by many “Secret Santas” and elves doing special things. Whether it was donating or wrapping gifts, sharing vocal talents while singing carols, playing holiday themed games, dressing up in festive attire, serving holiday treats and more, your efforts and generosity are truly appreciated.

Even though the weather was brisk, you brought warmth and smiles for our members, families, and staff. Thank you for making the holidays at Grand Island Veterans’ Home extra bright!

## **CENTRAL NEBRASKA VETERANS HOME - Construction Update**

Construction continues on the Central Nebraska Veterans’ Home in Kearney. As you can see in the picture below, two of the six neighborhoods have a roof, windows and rock trim going on the exterior base. The maintenance building is totally enclosed and in the process of being occupied by the contractors.



A link to view the construction activity is available at the Nebraska Department of Veterans’ Affairs website <https://veterans.nebraska.gov/> or directly at the following link: <https://oxblue.com/open/Hausmann/CentralNebraska>

## **GRAND ISLAND VETERANS’ HOME EMPLOYEE OF THE MONTH**



### **ED SAEGER** *Building Services*

He cares about the facility and how it looks and wants the facility floors to be clean for the members and staff. He does a great job in his role of serving on the Safety Committee, the GOAL team, also as union steward for the facility...and even helped out Santa when he was double-booked.

*- Nominated by GIVH Employee*



# In Memory



**FRED PSOTA**

**DELBERT WULF**

**ARMY**  
*Veteran of Korean Conflict*  
Member Since: 7/1/2015



**ARMY**  
*Veteran of Vietnam Era*  
Member Since: 7/21/2010



*To Care for Him Who Shall Have Borne the Battle—Abraham Lincoln 1865*



Many thanks to Jessie Kiser, American Legion Auxiliary Department of Nebraska for purchasing the complete Lillian Jackson Braun “The Cat Who” mystery e-books for our Kindles. This electronic purchase will allow us to download these books to the Kindle readers basically creating a virtual library. As members become more comfortable using the Kindle readers, we will be adding more reading selections.



Fortunately we are able to download many “free” books and also able to borrow from the city Library. We are working towards being able to offer members choices if they wish to actually hold a book and turn pages, or if they want to try the new light weight readers where they have control of the print size on the reader.

## STUDENTS PUT OTHERS BEFORE THEMSELVES!



Recently we were contacted by Adams Central Public/Senior Schools in the Hasting area and were notified that their student body wished to hold a donation drive for items on our GIVH wish list. In addition to many items from the wish list, they also donated funds to purchase some additional Kindle readers.

Many thanks to these fine young students for taking on this special project to help provide support to our Recreation Department’s Activities Program. Their combined gifts of the many items from our wish list will reach many members during upcoming activities.

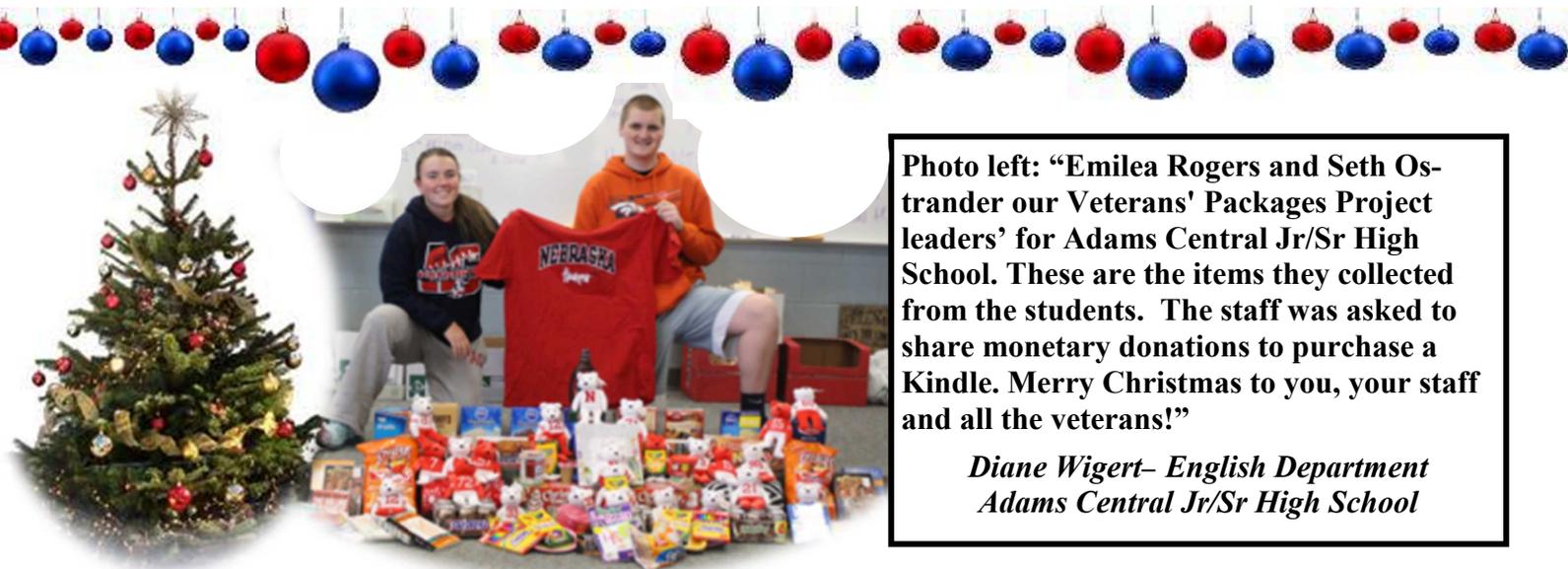


Photo left: “Emilea Rogers and Seth Ostrander our Veterans' Packages Project leaders’ for Adams Central Jr/Sr High School. These are the items they collected from the students. The staff was asked to share monetary donations to purchase a Kindle. Merry Christmas to you, your staff and all the veterans!”

*Diane Wigert– English Department  
Adams Central Jr/Sr High School*

# WREATHS ACROSS AMERICA

The mission, Remember, Honor, Teach, is carried out in part by coordinating wreath laying ceremonies on a specified Saturday in December at Arlington, as well as veterans cemeteries and other locations in all 50 states and beyond. The Wreath Across America message is to teach the importance of remembering our fallen heroes, honoring those who serve, and teaching our children about the sacrifices made by veterans and their families to preserve our freedoms.



Alex Willford, GIVH Administrated began the program with words of welcome and thanks to those in attendance. The local and surrounding area Patriot Guard Riders showed their support by co-sponsoring the event with the Grand Island Veterans Home, which they do each year. The Grand Island Senior High School Jr. ROTC Cadets posted and retired colors. Richard Catron, Post 1347 Commander and GIVH volunteer was keynote speaker for the program. Active and retired Military personnel from branches of service proudly presented honor wreaths when called upon.



The branch of service wreaths made their way out to the Grand Island Veterans' Cemetery where they will lay throughout the holiday season.



Mandee Lade from Grand Island Express and the DAR– Daughters of the American Revolution, coordinated obtaining enough wreaths for every grave at the GIVH Cemetery. Volunteers and participants headed to the cemetery in below zero degree weather to lay a wreath on all 1,400 plus grave markers. What a wonderful community project. Grand Island Express transported the wreaths across the nation.



The Military Order of the *Purple Heart*



Selected GIVH members received a Walmart Gift Card for Christmas from the Military Order of the Purple Heart. The group was able to honor 10 members this year who were either purple heart or bronze star recipients, or who saw combat in a war zone. Many thanks for the extra kindness show this holiday Season!



# CLASS OF 2016



GIVH presented Albert Grotzky and Jerome Meier with their honorary High School Diplomas through the "Operation Recognition Program" sponsored by the Department of Veterans' Affairs and the Nebraska Board of Education.



# Congratulations!



100



Beverly "Bev" Hopkins

*Family and GIVH staff and members wished Bev a very happy birthday at two special events celebrating her 100th Birthday. Bev enjoyed celebrating with her family who made a special weekend visit with birthday cake. She also enjoyed a fun gathering with members and staff on her birthday with 100th birthday decorations, balloons and a birthday tiara!*

*Bev also enjoyed a wonderful rendition of Happy Birthday sang to her by all of her guest sand staff.*

## GRAND ISLAND VETERANS' HOME SKILLED MEMBER COUNCIL ELECTS



Photo left to right:  
Sharon Bowers– Sergeant of Arms  
Wayne Sawyer– Treasurer  
Bob Labart– Vice President  
Pat Abbott– President



Happy New Year  
Wishing you...  
LOVE, Peace,  
Happiness, Joy,  
Success, Health,  
Abundance,  
Creativity,  
and anything else  
that your heart  
desires!

### Attention Members, Families & Visitors



We want to remind everyone that when new clothing is brought in to members, it needs to be taken to the Nurses' station for marking. GIVH needs to do the marking of all clothing items as we have a process that guarantees the member number remains on the clothes.

In addition, bringing new clothing to the Nurses' station also assures that the clothing will be added to the inventory of member belongings.

We also encourage families to routinely go through their member's closet and remove items that are the wrong size, stained, worn out or in disrepair.

It is also important that new items be added to your loved one's inventory list by nursing.

*We thank you!*

# Holiday Visitors



*VFW Auxiliary Post #7102 Geneva representative Louise Gipson presents Sam Nolte, GIVH member with a \$50.00 check for the "Activities Fund."*

*Many thanks to this post for their support of recreation programing.*



*Many thanks to everyone who delivered Christmas greeting cards to the members at the Grand Island Veterans' Home.*

*You made the holidays very special!*



**I could not resist taking photos of this Emma during a visit at GIVH. Trey Husak brought "Emmalee" to see her mom, Desiree, GIVH nursing temp pool, to visit over lunch hour. Emmalee's grandmother, Cherly Husak also works at GIVH in the Medical Clinic!**

**Photo above: Emmalee. Emmalee also visits members often, you may recall her fun penguin photo at Halloween!**



**Many thanks to the wonderful donors during this holiday season!**



**Cards, gifts, monetary donations, clothing, recreation items, food items for bingos, miscellaneous Christmas gifts, visits, carolers, to name only a few!**

# JANUARY 2017

**Computer Lab**  
Available 24/7  
*ON VARIOUS*



**FOXHOLE OPEN**

Monday—Sunday



## LIBRARY HOURS

MEMBER BROWSING MONDAY-FRIDAY  
9:00AM-4:00PM

**CHECK OUT TIMES**  
MONDAY—THURSDAY  
1:00PM-4:00PM

FRIDAY  
9:00AM-11:00AM

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



**OT Craft**  
Ceramics Shop Open  
*Monday Wednesday Friday*  
&  
*Open Every 3rd Saturday*  
*of the Month*  
Woodshop Open  
*Monday-Friday*



### FACILITY RECREATION CALENDAR

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY							
1 <b>New Year's Day</b>	2 <b>New Years Holiday</b>	3 10:00 Woman of the Bible— Bill Noer—WWII 2nd Floor  2:00 "Dollar Bingo— spon- sored by Dennis Beren— GIVH Barber	4 1:30 Movie Matinee—Library JB	5 9:30 Welcome Bingo & Tea- Liberty Café JOE 2:30 Member Council-Liberty Café NK  <i>Dale Texley</i> <i>James Dean</i> <i>James Murphy</i>	6 10:30 Mass –Chapel – AD  2:30 Lutheran Church Services Chapel—AD  <i>Floyd Rogers</i>	7 10:00 Bingo—Sons of the American Legion - Grand Island- JR							
8 9:30 All Faiths Church Chapel  <i>Rene Rozanek</i>	9 10:00 Bible Study WWII 2nd  2:30 Pershing Rec Room Fun	10 10:00 Woman of the Bible— Bill Noer—WWII 2nd Floor  2:00 Ice Cream Social & Movie- "Masters of the Arctic Ice"- Taylor VFW Aux	11 1:30 Movie Matinee—Library JB	12 9:00 Shopping Outing AD SO  2:00 Dulcimer Players- Liberty Café  <i>Larry Davis</i>	13 10:30 Mass –Chapel –BT  2:30 Lutheran Church Services Chapel -BT	14 10:00 Bingo—Sons of the American Legion - Grand Island- NK							
15 9:30 All Faiths Church Chapel	16 <b>Martin Luther King Jr Holiday</b>	17 10:00 Woman of the Bible– Bill Noer—WWII 2nd Floor 2:00 Bingo—VFW Dept of Ne & GI VFW Aux 7:30 Bingo MOPH LAMOPH DAV DAVA—KS	18 1:30 Movie Matinee—Library JB  <i>Richard Manriquez</i>	19 1:30 Rock N' Roll Bingo  2:30 Shake Rattle & Roll Celebration Tea  <i>Martha Mills</i>	20 10:30 Mass –Chapel –SO  2:30 Lutheran Church Services Chapel - SO	21 8:00-noon & 1:00-4:00 O.T. Craft Dept. Open							
22 <b>National Activity Professionals Week</b>	23 <b>National Activity Professionals Week</b>	24 <b>National Activity Professionals Week</b>	25 <b>National Activity Professionals Week</b>	26 <b>National Activity Professionals Week</b>	27 <b>National Activity Professionals Week</b>	28 <b>National Activity Professionals Week</b>							
9:30 All Faiths Church Chapel  2:00 Bingo –Christian Motorcycle Group—SO	10:00 Bible Study WWII 2nd  2:30 Pershing Rec Room Fun	10:00 Woman of the Bible Bill Noer—WWII 2nd Floor 2:00 Journey to Wellness "National Parks Park" party. Supper-Bison Burger ALA Dept of Ne- ALL	1:30 Movie Matinee—Library JB	2:00 Activity Week Party— Liberty Café	10:30 Mass –Chapel –JOE  2:30 Lutheran Church Services Chapel –JOE <i>Bill Tucker</i> <i>Larry Spier</i>	<b>Chinese New Year</b> "Year of the Rooster"  10:00 Chinese New Year Bingo—Sons of the American Legion Grand Island– DL							
29 9:30 All Faiths Church Chapel	30 10:00 Bible Study WWII 2nd  2:15 Merrymakers Concert "Tim Jivorsky" - AL & ALA Dept of NE	31 10:00 Woman of the Bible— Bill Noer—WWII 2nd Floor TBA—Storm Hockey Game— Kearney JOE  <i>Joanne Vodehnal</i>	<p><b>JOURNEY TO WELLNESS</b> <b>NATIONAL PARKS ADVENTURES</b></p>		<p><b>National Activity Professionals Week</b> Jan 22th-28th. <i>Celebrating Life, Touching Hearts!</i></p>		<p><b>RELIGIOUS SERVICES</b></p> <table border="1"> <tr> <td>LUTHERAN SERVICES</td> <td>CATHOLIC MASS FRIDAY</td> <td>ALL FAITH SERVICES</td> </tr> <tr> <td>FRIDAY CHAPEL 2:30PM</td> <td></td> <td>SUNDAY CHAPEL 9:30AM</td> </tr> </table>	LUTHERAN SERVICES	CATHOLIC MASS FRIDAY	ALL FAITH SERVICES	FRIDAY CHAPEL 2:30PM		SUNDAY CHAPEL 9:30AM
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# MEMBER CENSUS

DIVISION OF VETERANS' HOMES MEMBER CENSUS As of December 19, 2016		GRAND ISLAND VETERANS' HOME	WESTERN NEBRASKA VETERANS' HOME	EASTERN NEBRASKA VETERANS' HOME	NORFOLK VETERANS' HOME	TOTAL
		Grand Island	Scottsbluff	Bellevue	Norfolk	
WORLD WAR II	VETERAN	18	25	27	36	106
	SPOUSE	1	5	3	10	19
	WIDOW	15	5	6	9	35
KOREA	VETERAN	34	19	31	34	118
	SPOUSE	2	2	1	7	12
	WIDOW	9	4	5	2	20
VIETNAM	VETERAN	46	9	25	24	104
	SPOUSE	0	0	0	0	0
	WIDOW	2	0	1	0	3
WW II & KOREA	VETERAN	1	1	1	0	3
	SPOUSE	0	0	0	0	0
	WIDOW	1	0	0	0	1
KOREA & VIETNAM	VETERAN	2	1	1	0	4
	SPOUSE	0	0	0	0	0
	WIDOW	1	0	1	0	2
WW II, KOREA & VIETNAM	VETERAN	1	0	0	0	1
	SPOUSE	0	0	0	0	0
	WIDOW	0	0	0	0	0
LEBANON	VETERAN	0	0	1	0	1
	SPOUSE	0	0	0	0	0
	WIDOW	0	0	0	0	0
VIETNAM & LEBANON	VETERAN	1	0	1	0	2
	SPOUSE	0	0	0	0	0
	WIDOW	0	0	0	0	0
VIETNAM, LEBANON & GRENADA	VETERAN	0	0	1	0	1
	SPOUSE	0	0	0	0	0
	WIDOW	0	0	0	0	0
LEBANON & GRENADA	VETERAN	1	0	0	1	2
	SPOUSE	0	0	0	0	0
	WIDOW	0	0	0	0	0
VIETNAM, LEBANON, GRENADA, PANAMA & PERSIAN GULF	VETERAN	0	0	0	1	1
	SPOUSE	0	0	0	0	0
	WIDOW	0	0	0	0	0
LEBANON, GRENADA, PANAMA, PERSIAN GULF & GLOBAL WAR	VETERAN	0	0	1	0	1
	SPOUSE	0	0	0	0	0
	WIDOW	0	0	0	0	0
PANAMA	VETERAN	0	0	0	1	1
	SPOUSE	0	0	0	0	0
	WIDOW	0	0	0	0	0
PEACE TIME	VETERAN	12	8	11	13	44
	SPOUSE	2	2	0	1	5
	WIDOW	1	0	0	0	1
GOLD STAR PARENT						0
<b>TOTAL CENSUS</b>		<b>150</b>	<b>81</b>	<b>117</b>	<b>139</b>	<b>487</b>
<b>LADY VETS (incl. above)</b>		<b>4</b>	<b>2</b>	<b>5</b>	<b>2</b>	<b>13</b>

*GIVH Member Council Honors  
GIVH Member of the Month*

**LAVON MASON**

*Congratulations Lavon!*



*GIVH Member Council Honors  
GIVH Employee of the Month*

**TAMERRA PAULEY**

*Congratulations Tamerra!*

*Winter Got  
You Down?*

**Tips to Beat the  
Winter Blues!**

*Exercise!  
Read a book!  
Get Involved!  
Begin a Journal!  
Enjoy some fresh air!  
Take up a new hobby!  
Enjoy your own movie marathon!  
Write down some memories for your family!  
Enjoy some quiet time and a warm beverage!  
Take a nap while listening to your favorite music!*



*Do you have spare time?  
Do you like to play cards?  
Pinochle? Pitch? Rummy?  
Are you a puzzle person?  
Are you a table game player?  
Do you like to visit?*

*We invite you to share your time.*

GIVH Volunteer Office  
308-385-6252 Ext 452



**Linda Marisch, Social Work Tech,** is known to run around campus making many tracks during a regular day. She and her co-worker Dellphine Briseno work closely with all Departments to ensure members needs are being met, their personal property inventory is recorded, special requests they may have for shopping are noted, and clothing items are properly marked with their reference number. This day she made her rounds around campus in her colorful elf costumes leaving a path of many smiles.



[http://dhhs.ne.gov/veterans/Pages/vets\\_gi.aspx](http://dhhs.ne.gov/veterans/Pages/vets_gi.aspx)

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