

HARVARD REST HAVEN THE HARVARD HOUSE

Quarterly Newsletter

January 2025

From the Administrator's Desk

A warm hello to all our friends and families of Harvard Rest Haven/Harvard House and wishing everyone a Happy New Year! Our facility has been filled with numerous activities, programs, and events. The facility has also accomplished some significant things you may not know about-

- Organized the creation of a facility website that provides information about the quality of our facility and the care our residents receive.
- Successfully obtained grants, resulting in the acquisition of a new Hoyer Lift and 12 HEPA Filters, which have improved our facility's air quality.
- Updated a large area into a resident and family gathering space, now equipped with comfortable seating, a game/card table, a large-screen TV, music, and an adjustable jigsaw puzzle table.
- Implemented a cost-saving approach for an underground pipe project, using a state-of-the-art method for old plumbing and deteriorating pipes, significantly enhancing our facility's infrastructure.
- Recently, we installed electrical outlets in front of our two large trees, which will allow the city to graciously put up our holiday lights each year. This addition will enhance the community decorations and provide a warm welcome to our facility. The residents certainly enjoy all the holiday decorations!

As always, we are passionate about providing the best care possible for our residents. Their high-quality care and comfort are our top priorities. Please feel free to come and spend time with your loved one anytime and check out the new updates!

Gretchen Hueftle

Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear?" Mabel answered, "I have a suppository?" She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."

Thank you to all of our Volunteers

We would like to thank Luana VanCampen for doing Nail Care, and Reminisce and Trivia; Tami Lipker for donating lights for our trees outside; Tiffany Dowse for decorating our front entrance; Gina Bowden for doing Bible Study; Kathy Hansen for spending one on one time with our residents; Tammy Wilhelms for donating poinsettias; The Shelby-Rising City Public School for sending Christmas cards to our residents; The Juniata Community Church for sending Christmas cards to our residents; Fairfield Public Library for donating cookies; Mirinda Boyd and the Preschoolers for Caroling; Patty Joy and the High School Choir for Caroling; The Methodist church ladies and UCC church for Caroling; Dan Krel for playing saxophone and Christmas music for our residents; Ministers-Dave Johnson and Dan Albers for doing Sunday worship.

Social Services Department

As we journey through the seasons of life together, I find myself reflecting on the profound connections we share within our community at Harvard Rest Haven. Each day I am reminded of the strength, resilience, and love that bonds us all.

Cherishing Moments

One of the most beautiful aspects is witnessing the small, yet significant moments that bring joy to our residents. Whether it's a shared laugh during a game of bingo, the warmth of a family visit, or the simple pleasure of going outside on a sunny day. These moments are the heartbeats of our community. They remind us that even in the midst of challenges, there is always something to celebrate.

The Power of Connection

In our fast-paced world, it's easy to overlook the importance of connections. Yet, it is these connections that sustain us. I encourage you to take time to connect with your loved ones, whether through a phone call, a handwritten letter, or a visit. Your presence and words mean more than you may realize. They provide comfort, joy, and a sense of belonging.

Embracing Change

Change is inevitable part of life, and it can be particularly challenging when it involves the health and well-being of our loved ones. As a Social Worker, I am here to support you through these transitions. Together, we can navigate the complexities and find ways to adapt and thrive. Remember, it's okay to seek help and to lean on each other for support.

Looking Ahead

As we look to the future, I am filled with hope and optimism. Here at Harvard Rest Haven we will continue to take initiatives to enhance the lives of our residents. We continue to explore new activities and programs, continue improvements in our care, with our commitment to excellence remains unwavering. I am grateful for the trust you place in us and for the opportunity to be a part of your loved one's lives.

A Heartfelt Thank You

To our families and residents, thank you for your unwavering support and understanding. Your involvement and advocacy are invaluable. Together, we create a nurturing and vibrant community, where everyone can flourish. Let's make 2025 a year to remember.

Tiffany Dowse, SSD

Business Office

Where has the year gone? It's hard to believe this is 2025 already. I have been keeping very busy with the annual cost reports and getting ready for our audit along with all the usual projects.

We recently raised our rates, along with many other facilities. Nursing home costs are rising primarily due to an aging population demanding more long-term care, a growing shortage of healthcare workers, increased inflation impacting operational costs, and the need for higher wages to attract and retain staff. All of which are putting pressure on facilities to raise prices to cover their expenses.

Don't hesitate to call or email me at sharon.ryan@harvardresthaven.com with any questions.

Sharon Ryan, Office Manager

Dietary Department

Happy New Year from the Dietary Department! As a new year approaches, we set goals for ourselves, things we find we all want to change or do better. The next years focus will be making changes for better nutrition and better health, setting up with realistic, yet simple goals. In the end keeping things simple will help you keep your goals, and get the results you're seeking for a healthier lifestyle in the long run.

- **Make time for breakfast** "Skipping breakfast gives you the munchies later on and slows your metabolism down," says registered dietitian Heidi Reichenberger. She advises starting the day with yogurt and fruit or whole-grain cereal with low-fat milk.
- **Don't skip any meals or snacks.** "Try not to let more than five hours go by without eating. Waiting too long can zap energy, and can lead to overeating later," Sass says. "Eat a (healthy) snack between lunch and dinner, maybe right before leaving work, so you will be less likely to grab snack foods once you get home."
- **Include a total of 30 minutes of activity every day.** "It doesn't have to be all at once," Reichenberger says. If it takes 10 minutes to walk from the bus stop, get off at the next furthest stop so you get a few more minutes walking. And walk it briskly -- you can lose some weight, improve your cardiovascular system, and sleep better.
- **Drink fewer sodas and other sweetened drinks, like iced tea.** A big bottle of a juice-based drink can contain 300 calories -- and those calories add up. Drink water instead. Or mix juice and water, so you're not drinking something so heavily loaded with sugar.
- **Meet your goal.** Aim to eat at least five servings of fruits and vegetables every day.
- **Buy pre-cut fruits and vegetables.** Convenience makes you more likely to choose them when you're hungry.
- **Keep frozen veggies in the fridge.** They are easy, quick, and rich in nutrients. Take them to work for a quick lunch you can heat in the microwave. Season with black pepper, herbs, lemon juice, or a red wine-and-balsamic vinegar dressing.
- **Pack healthy snacks.** Think of things like hummus, yogurt, cut-up veggies, and string cheese. Bring them to work, school, or other activities. That way, you're prepared and will save money.
- **Upgrade your salad.** Add whole grains to boost the fiber, so you'll feel full.
- **Fix pasta dishes with veggies and lean protein** (like canned tiny shrimp, tuna canned in water, precooked chicken breast, or soy crumbles). Adding protein and veggies to pasta allows you to cut back on the amount of pasta (which is high in carbohydrates) while still feeling full.
- **Go for variety.** You don't want to eat the same fruits and veggies all the time. You want a wide array of colors and types. For instance, choose a variety of fruits instead of buying one large bag of the same fruit. "After the third or fourth day of apples, you'll likely be sick of them," Sass says "Mixing up a few different types of apples, one pear, one banana will keep you from getting bored."

Robee Karash

Dietary Manager

Nursing Department

January is National Blood Donor Month

Did you know that every two seconds someone in the United States needs blood? Or that winter months make it extremely difficult to collect the necessary amount of blood and platelets needed to supply hospitals? This January, the American Red Cross celebrates National Blood Donor Month and recognizes the lifesaving contribution of blood and platelet donors.

National Blood Donor Month has been celebrated each January for nearly 50 years and coincides with one of the most difficult times to maintain a sufficient blood supply for patients.

When it comes to blood and platelet donations, the winter season is often filled with hurdles as blood drives compete with things such as seasonal illnesses and inclement weather. A donation shortfall over the winter holidays has prompted the American Red Cross to issue an emergency call for blood and for platelet donors to give now to prevent a blood shortage from continuing throughout winter and affecting patient care.

During this critical time of year, the Red Cross depends on donors to continue to supply these resources in order to make sure that blood products are available at about 2,500 hospitals nationwide.

Blood transfusions are given to patients in all kinds of circumstances, including serious injuries, surgeries, child-birth, anemia, blood disorders, cancer treatments and many others. This consistent demand makes National Blood Donor Month an integral piece of the puzzle. Each day the Red Cross must collect 13,000 pints of blood from across the country to meet the needs of patients. This makes a blood and platelet shortage during the colder months a crucial matter for the Red Cross and the hospitals they serve.

Blood is a perishable product that can only come from generous volunteers. A blood donation takes about an hour from start to finish, but the actual donation itself only takes between 8 to 10 minutes. By spending an hour giving blood, donors can aid their community and help save lives! Each blood and platelet donation can save the lives of as many as three people, so this January be a hero in your community and find the closest blood drive or blood donation center in your area.

Simply download the American Red Cross Blood Donor App, visit [RedCrossBlood.org](https://www.redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Here is a list of upcoming blood drives in Hastings if considering donating blood:

- Thursday, January 2, 2025: First Congregational Church from 12:00pm – 6:00pm
- Wednesday, January 8, 2025: St. Michaels Catholic Church from 12:00pm – 6:00pm
- Thursday, January 9, 2025: First Congregational Church from 12:00pm – 6:00pm
- Monday, January 13, 2025: Evangelical Free Church from 12:00pm – 6:00 pm
- More dates and times can be found on [redcrossblood.org](https://www.redcrossblood.org)

Happy Holidays and Happy New Years from the nursing team at Harvard Rest Haven

Activities Department

The benefits of the Activity Program are to encourage social interaction, creativity, exercise the mind, and improve quality of life, health and well-being. This article will give a few suggestions/types of activities that are great ways to engage older adults.

Listening to music has powerful effects on the memory. As you all know, music is the heart of the soul.

Electronics can change the activity programming for independent residents. Some older adults might hesitate to adapt to new technology but they can still benefit from it. For example, setting up a video or text chat to help them stay connected to family or loved ones, or explore safe information and fun ways to use the internet.

Reading can help relieve stress, anxiety, loneliness and boredom and may even distract from pain.

Storytelling can help connect people and keep the minds active. Letting them tell their life long stories will help learn each resident's needs, abilities and preference.

Art projects for older adults can enhance their quality of life and learn new skills. Sketching, photography, ceramics, knitting, crocheting, adult coloring and many others residents can enjoy even when they are older.

Science and Current Events you can engage residents in what happens in the world everyday by bringing science to them in way of tracking the weather, measuring rainfalls, as these can be daily tasks that residents can do for months and years.

Sight smell, and touch can invoke memories while incorporating memory care that engages all senses into an activities program and will be beneficial to residents with memory conditions.

Cooking can be a way to engage the senses of a favorite food a resident's parent cooked when they were a child is likely to induce a pleasant feeling.

Physical activity is important for life long health. It's Important to find exercises that are safe, beneficial and enjoyable for the residents. The physical activities that our residents love the most is Balloon Volleyball, Ring Toss, Lawn Darts, Basketball, and many others.

Seasonal activities such as gardening and planting flowers bring enjoyment of life as they grown and produce.

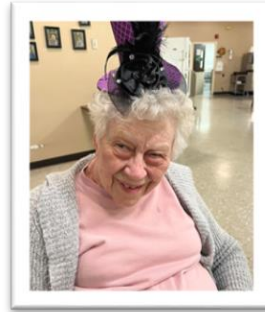
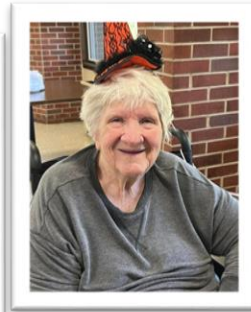
Some residents might not be able to participate in group activities, so finding ways to engage a resident individually is just as important as creating group activities. Some examples are sitting quietly and reading or doing hobbies of one's interest can provide companionship, and talking to them about loved ones might bring back good memories.

Nursing home activities can help adults living in long term care facilities maintain mobility, improve cognition, provide social interaction, and an element of health and well-being.

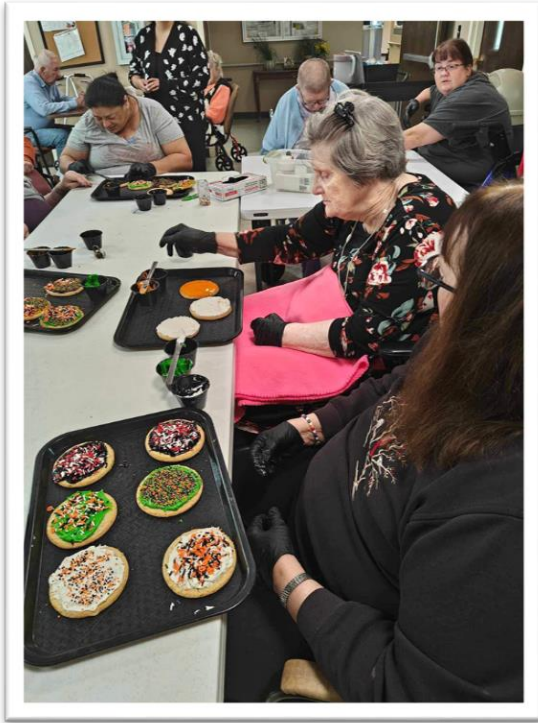
I want to send out a special thank you to all of the businesses that donated to the Family/Resident Christmas Party Raffle. We raised \$624.00 to go into the activity fund for supplies, outings, and other things we will have for the activity department.

Melissa Schumm,
Activity Director

Pumpkin Patch



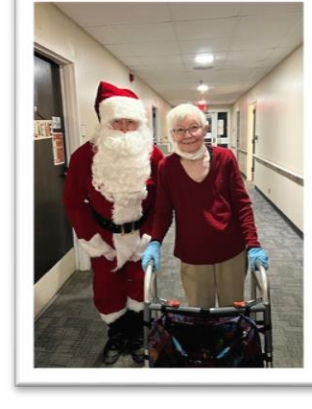
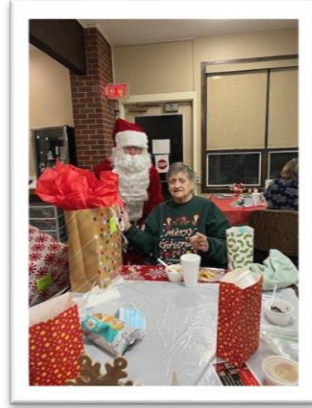
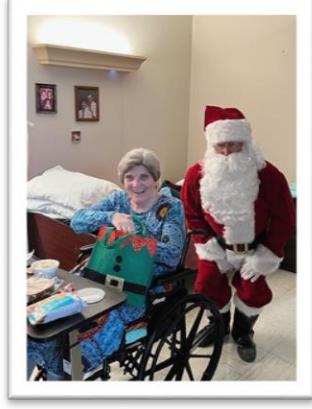
Cooking Class



Clay County Museum



Christmas with Santa






January 2025

Occasionally we find it necessary to postpone, cancel or change an activity due to unforeseen circumstances. We want to apologize for any inconveniences this may cause.

HAPPY NEW YEAR-2025!!!!!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>HAPPY BIRTHDAY RESIDENTS SHARLET HAM-6TH BECKY O'FLANNAGAN-8TH DOROTHY ROEDER-10TH DIANE STEFFEN-11TH</p>	<p>HAPPY BIRTHDAY EMPLOYEES JOHN LAMBORN-5TH</p> 	<p>1 </p>	<p>2 9:30 CARDS 2:30 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>3 9:30 BALLOON VOLLEYBALL 10:30 YAHTZEE 1:00 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>4 COLORING MOVIE & POCORN</p>	
<p>10:00 CHRISTIAN WORSHIP CHANNEL 4 11:30-11:50 CAROLING 1:00 LAST SUPPER PASTOR BEV HAYS</p>	<p>5 9:30 FOOT SOAKS 10:30 MUSICAL BINGO 2:30 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>6 9:30 NAIL-CARE 2:30 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>7 9:30 BALLOON VOLLEYBALL-JULIE 10:30 HYMNAL SINGING 2:30 UNO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>8 9:30 REMINISCENCE & TRIVIA-LUANA 2:30 CARDS 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>9 9:30 BALLOON VOLLEYBALL 10:30 YAHTZEE 1:00 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4 LEGACY ORDERIN FOR SUPPER</p>	<p>10 COLORING MOVIE & POCORN</p>
<p>10:00 CHRISTIAN WORSHIP CHANNEL 4 1:00 SUNDAY WORSHIP DAN ALBERS</p>	<p>11 9:30 FOOT SOAKS 10:30 MUSICAL BINGO 2:30 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>12 9:30 NAIL-CARE 2:30 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>13 9:30 BALLOON VOLLEYBALL-JULIE 10:30 HYMNAL SINGING 2:30 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>14 9:30 CARDS 2:30 MUSIC PROGRAM DOLORES KIMMINAU 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>15 9:30 BALLOON VOLLEYBALL 10:30 YAHTZEE 2:00 MUSIC PROGRAM TIM JAVORSKY 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>16 COLORING MOVIE & POCORN</p>
<p>10:00 CHRISTIAN WORSHIP CHANNEL 4 4:00 BIBLE STUDY-GINA</p>	<p>17 9:30 FOOT SOAKS 10:30 CHINESE CHECKERS 2:30 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>18 9:30 NAIL-CARE 2:30 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>19 9:30 BALLOON VOLLEYBALL-JULIE 10:30 HYMNAL SINGING 2:30 UNO 6:30 WHEEL OF FORTUNE CHANNEL 4 WALMART SHOPPING</p>	<p>20 9:30 REMINISCENCE & TRIVIA-LUANA 2:30 CARDS 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>21 9:30 BALLOON VOLLEYBALL 10:30 YAHTZEE 1:00 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>22 COLORING MOVIE & POCORN</p>
<p>10:00 CHRISTIAN WORSHIP CHANNEL 4 4:00 BIBLE STUDY-GINA</p>	<p>23 9:30 FOOT SOAKS 10:30 CHINESE CHECKERS 2:30 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>24 9:30 NAIL-CARE 2:30 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>25 9:30 BALLOON VOLLEYBALL-JULIE 10:30 RESIDENT COUNCIL 2:30 HYMNAL SINGING 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>26 9:30 CARDS 2:30 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>27 9:30 BALLOON VOLLEYBALL 10:30 YAHTZEE 1:00 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>28 COLORING MOVIE & POCORN</p>
<p>10:00 CHRISTIAN WORSHIP CHANNEL 4 4:00 BIBLE STUDY-GINA</p>	<p>29 9:30 FOOT SOAKS 10:30 CHINESE CHECKERS 2:30 MONTHLY BIRTHDAY PARTY 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>30 9:30 NAIL-CARE 2:30 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>31 9:30 BALLOON VOLLEYBALL-JULIE 10:30 RESIDENT COUNCIL 2:30 HYMNAL SINGING 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>32 9:30 CARDS 2:30 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>33 9:30 BALLOON VOLLEYBALL 10:30 YAHTZEE 1:00 BINGO 6:30 WHEEL OF FORTUNE CHANNEL 4</p>	<p>34 COLORING MOVIE & POCORN</p>



More Christmas with Santa



Employee of the Quarter

Julie Johnson

Julie lives in Hastings and is married to Orin. They have 2 sons and a daughter, with 13 grandchildren. She loves spending time with family, going on vacation, going side by side, shopping, and baking. Her favorite holiday is Christmas.

Julie has worked at Harvard Rest Haven for over 23 years, working as a CNA, Bath Aide and is currently our Restorative Aide. Julie loves spending time with the residents.



Resident of the Quarter Nursing Home

Arnold Lambert

Arnold loves his Diet Coke, peanuts and chocolate, and loves spending time with family and friends. He enjoys listening and singing along to music, especially the 50's and 60's. Elvira is one of his favorite songs to sing. Arnold enjoys watching western movies, and sitting outside when the weather permits. He loved reading detective and civil war novels.

Arnold was married to Mary Ann; who was the lady of his heart. They had 4 children; Gary, Claudia, Gwen, and Christina. He enjoys when his family come to visit, bringing him homemade food.

Arnold served in the Navy from 1961-1963.



Resident of the Quarter Assisted Living

Marlene Dixon

Marlene was born in Kearney, NE in 1950. As a young girl Marlene attended school in Scottsbluff and Lexington and even rode her horse to school. She graduated from Kearney High and then worked at the hospital in Kearney. Marlene married Dale in 1973 and moved to Hastings where they had 3 girls; Cindy, Theresa and Sarah. Marlene stayed at home with the girls when they were young and provided day care for other children. Eventually, she re-entered the work force in the kitchen at Mary Lanning and also cleaned houses. Marlene liked to bowl, play pool, ride bikes with her girls. She also enjoyed walking her dogs and playing frisbee with them. Marlene moved to Harvard House on December 12, 2021. She enjoys playing BINGO, having her nails done, working on crafts, watching her favorite TV programs with friends, and playing with cats.



HAPPY BIRTHDAY!

January

Cari Hankins – 1/2
John Lamborn – 1/5
Sharlet Ham – 1/6
Becky O’Flannagan – 1/8
Dorothy Roeder – 1/10
Diane Steffen – 1/11

February

Lyle Leichleiter – 2/1
Harlinee Galaviz – 2/4
Freeman Ott – 2/9
Sarah Dockum – 2/11
Coleena Warnock – 2/13
Haley Raney – 2/22

March

Sheila Alvarez – 3/24
Tina Buerer – 3/11
TJ Gaughen – 3/17
Diana Ortega Diaz – 3/27



Mom’s Cherry Dessert

- 2 ½ cups Nilla wafers, crushed
- 1 ½ cups milk
- 3 (1.3 ounce) envelopes dry whipped topping mix (such as Dream Whip)
- 1 (8 ounce) package cream cheese, softened
- 3 cups powdered sugar
- 2 (21 ounce) can cherry pie filling



Directions

1. Line crushed Nilla wafers in a 9x11-inch dish.
2. Beat milk and whipped topping mix in a bowl until fluffy.
3. Slowly add cream cheese and powdered sugar into whipped topping mixture until smooth. Spread mixture onto the Nilla wafers. Top with cherry pie filling.

Gretchen Hueftle, Administrator

Tina Buerer, LPN, ADON

Sharon Ryan, Office Manager

Elia Ledezma, RN, Staff Development / Infection Preventionist

Tim Kral, Maintenance Supervisor

Melissa Schumm, Activities Director

Betty Ledezma, RN DON

Coleena Warnock, LPN, RCC, AL

Tiffany Dowse, Social Services Director

Robee Karash, Dietary Manager

John Lamborn, Environmental Supervisor

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