

## Why be a Volunteer?

It's not the money, it's not the fame.  
It's not for any personal gain.  
It's just for the love of fellowman.  
It's just to send a helping hand.  
It's just to give a tithe of self.  
That's something you can't buy with wealth.  
It's not medals won with pride.  
It's that reward down in your heart.  
It's that feeling that you've been a part.  
Of helping others far and near,  
**That makes you be a Volunteer!**

If you are thinking you would like to volunteer at Nye Legacy and share your time and talents with our residents please contact the Life Enrichment Department 402-753-4828. It's a very rewarding experience!



## Benefits of Social Drumming

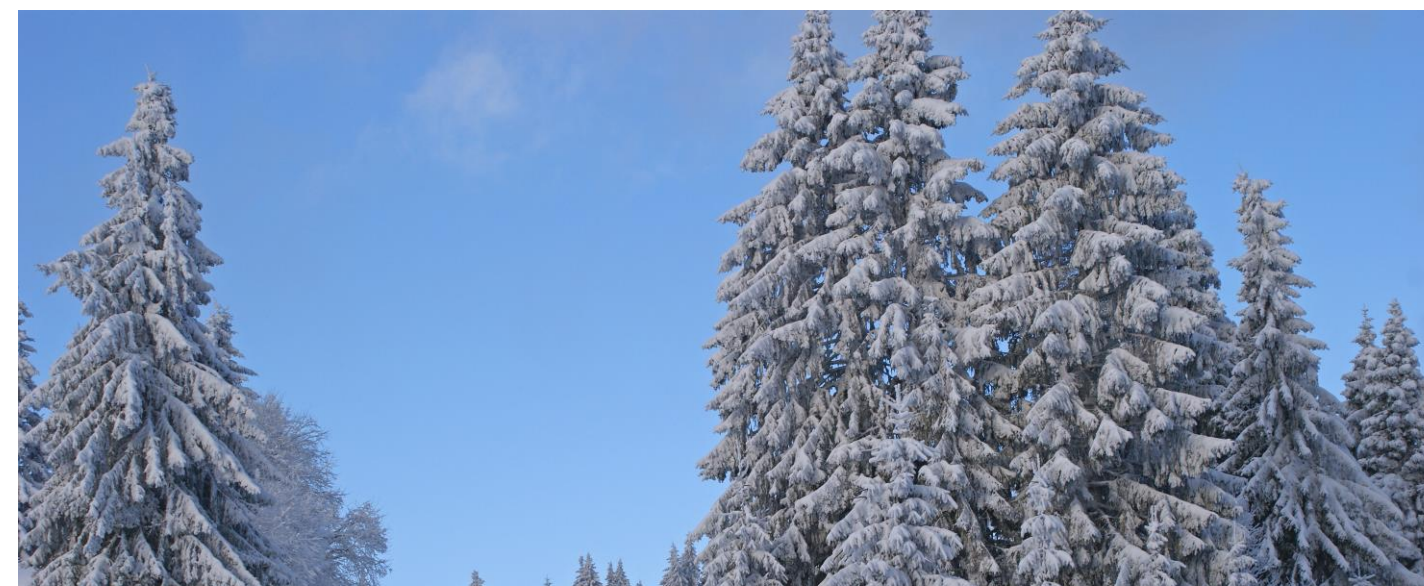
Through drumming, residents can express emotions. In addition, it stimulates cognition and provides opportunities for self-expression. People may not always be able to communicate verbally but can actively participate in a drumming program. Individuals who are not able to do simple exercises will most likely be able to use their hands or mallets, and beating a drum can make them feel a part of something which will positively impact their mood. The vibration of the drum can also be very healing. Why incorporate drumming?

Social interaction, increasing motor skills, and enhancing memory are just a few benefits for our residents. Health benefits include reducing anxiety and agitation, decreasing depression, strengthen the immune system, induce relaxation, and even lower blood pressure. Drumming also promotes the production of endorphins (the body's pain killer) thus reducing and controlling pain. The following are types of drums used in social drumming groups: paddle drum, conga, bongo, djembe, frame drum, ocean drum, buffalo drum, and aluminum doumbek. If you are curious and would like to join us January 24<sup>th</sup> at 2pm for the drumming experience please come!



# Happy Times

January 2019



## Activities Professionals Week

January 20<sup>th</sup>-26<sup>th</sup>

This week recognizes those that continuously share their talents, creativity, spirit, enthusiasm, energy, love, and compassion with residents living in facilities on a daily basis. They truly are the heartbeat of each and every facility.

Residents being engaged in therapeutic activities every day has numerous benefits.

There is a theory that when depressed, we stop doing what we enjoy. In order to become less depressed, we need to become engaged in activities to find pleasurable, even if we don't feel like it. Once we do something fun it does energize us to take the next pleasant action, thus leading to an upward spiral out of depression.

Activities are more vital when all time is leisure time. Residents in facilities don't have to work, cook, clean, pay bills, or take care of other chores. When life tasks are taken out of the bulk of the day, it's essential to fill their time with something else constructive.

Daily therapeutic activities provide residents the opportunity to new experiences.



*Nye Legacy*  
a Nye Health Services campus

3210 North Clarkson  
Fremont, Nebraska 68025  
402.721.9300  
nyelegacy.com

Kirk Sweeney  
Khristy Sweeney, RN  
Josh Patrick  
Rochelle Hansen  
Jill Stober  
Debra Helgenberger  
John Belak  
Josh Hesman  
John Brackle, DPTA  
Debi Filter, RN  
Grant Prenzlów  
Kris Hardy  
Thomas Wolf, MD

Executive Director  
Director of Nursing  
Director of Social Services  
Director of Residents Accounts  
Director of Life Enrichment  
Director of Culinary Services  
Director of Environmental Services  
Director of Maintenance  
Director of Therapy  
Director of Clinical Transitions  
Human Resource Coordinator  
Administrative Services Coordinator  
Medical Director

*Nye Legacy*  
a Nye Health Services campus



# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Nye Legacy</b> 3210 N. Clarkson Fremont, Nebraska 68025</p>		<p>1 9am Senior Wellness 100 10am Baking Cookies A</p> <p><b>Holiday</b> New Year's Day ****</p>	<p>2 9:30am Rosary TLR 10am Church Tape A 2:30pm History of M &amp; M's 4pm Sensory 6:45pm Bible Choir TLR</p>	<p>3 9am Senior Wellness 100 10am Salem Little Saints TDR 2pm Cristine Colson TLR 4pm Sensory A 4:30pm Domesti Pups</p>	<p>4 10am Special Bingo TDR 2pm Resident Council TDR 4pm Sensory Group A</p>	<p>5 9am Senior Wellness 100 10am The Year of 1964 A 2pm Chicken Soup for the Soul Story A</p>
<p>6 10am Coffee Talk A 1:15pm Worship Service C 2:00pm Coloring Artwork A</p>	<p>7 9:30am Manicures A 2pm Cards R 2pm Penguin Trivia A 4pm Sensory Group A</p>	<p>8 9am Senior Wellness 100 10am Memorial Service C 10am Fun with Bev 1:30pm Pet Therapy 1:1 2pm Bingo TDR 4pm Sensory Group A</p>	<p>9 9:30am Rosary TLR 10am Coffee Talk 2pm Wayne Miller TDR 6:30pm Bible Choir TLR</p>	<p>10 9am Senior Wellness 100 10am Spiritual Enrichment A 2pm Winter Craft A 5:30pm Domesti-Pups Pet Therapy</p>	<p>11 10am Special Bingo TDR 2pm Happy Hour TDR 4pm Sensory Group A</p>	<p>12 9am Senior Wellness 100 10am Creative Musings A 2pm Board Games A</p>
<p>13 10am Coffee Talk 1:15pm Worship Service C 2pm Banana Boats A</p>	<p>14 9:30am Manicures A 2pm Cards R 2pm Devotions with Pastor Denny C 4pm Sensory Group A</p>	<p>15 9am Senior Wellness 100 10am Fun with Bev A 2pm Bingo TDR 4pm Sensory Group A</p>	<p>16 9:30 Rosary TLR 10am Church Tape A 10am Trinity Daycare TDR 3pm Arthrighteous Brothers TLR 6:30 Bible Choir TLR</p>	<p>17 9am Senior Wellness 100 10am Spiritual Enrichment A 2pm Music with Tim Jarovsky TLR 4pm Sensory Group A</p>	<p>18 10am Special Bingo TDR 2pm Horseracing TDR 4pm Sensory Groups</p>	<p>19 9am Senior Wellness 100 10am Pokeno A 2pm Current Events</p>
<p>20 10am Coffee Talk A 1:15pm Worship Service C 2pm January Trivia A</p>	<p>21 9:30am Manicures A 2pm Martin Luther King Jr. Discussion A 2pm Cards R 4pm Sensory Group A</p>	<p>22 9am Senior Wellness 100 10am Fun with Bev A 1:30pm Pet Therapy 1:1 2pm Bingo TDR 4pm Sensory Group A</p>	<p>23 9:30am Rosary TLR 10am Church Tape A 2pm Trinity Communion C 6:45pm Bible Choir TLR</p>	<p>24 9am Senior Wellness 100 10am Spiritual Enrichment A 2pm Spiritual Drumming TLR</p>	<p>25 10am Special Bingo TDR 2pm Board Games A 4pm Sensory Group A</p>	<p>26 9am Senior Wellness 100 10am Reminiscence Discussion A 2pm Left Right Center Game A</p>
<p>27 10am Rolls and Coffee A 1:15pm Worship Service 2pm Movie 100</p>	<p>28 10am Manicures A 2pm Cards 2:30pm Educational Edge - How to Energize for the New Year! A</p>	<p>29 9am Senior Wellness 100 10am Fun with Bev A 2pm Bingo TDR 4pm Sensory Group A</p>	<p>30 9:30am Rosary TLR 10am Church Tape A 3pm Youth Group A 6:30pm Bible Choir TLR</p>	<p>31 9am Senior Wellness 100 10am SUN Program TDR 2pm Hand Massages/Soothing music A</p>	<p>Activity Locations- C-Chapel A- Activity Room TR-Terrace Room 100-100 Living Room TDR- Traditional Dining Room</p>	<p>TLR- Trad. Living Room R-Rehab CH-Clubhouse P-Patio Area <b>Activities are subject to change</b></p>

**Staff Birthdays**

- Sarah Wiese 1/1
- Abigail Bicking 1/ 4
- Cynthia Robinson 1/ 4
- Tina Volker 1/ 4
- Beth Vrana 1/ 4
- Kristina Hardy 1/6
- Taylor Lucero 1/8
- Barbara Sukstorf 1/9
- Rachel Kraemer 1/11
- Lashay Aguilar 1/15
- Grant Prenzlów 1/16
- Makayla Gunderson 1/17
- Brenda Storms 1/19
- Sarah Miller 1/26
- Erin Scheidt 1/29

**Resident Birthdays**

- Fern Gifford 1/08
- Erma Trisler 1/10
- Margaret Tacner 1/15
- Betty McCabe 1/16
- Ellen Wesemann 1/23
- Mary Nielsen 1/23
- Margie Poole 1/23
- Geraldine Lund 1/28

**Special Dates to Remember in December**

- New Year's Day 1/1
- Martin Luther King Jr. Day 1/21

**Nye Health Services Mission Statement:**

To celebrate life in environments we create by delivering exceptional service and superior value through innovative leadership and personalized care.

**Do what you can, with what you have, where you are.” Theodore Roosevelt**