

# Happy Times

March 2021



## Merrymakers

Merrymakers association is a non-profit organization dedicated to brightening the lives of seniors and elderly through music and laughter, born out a belief in the positive impact of music.

Sandy Lemke, Executive Director of Merrymakers, said the founder saw the transformative effect of his music on his audience and wanted to reach more people on a regular basis.

"Lights were going on inside these people that hadn't been turned on in years," Lemke said. "Something big was happening and we knew we had to grow this further."

The Merrymakers Association began serving the seniors in nursing homes in 1986 when a local entertainer met with a group of Omaha businessmen to form an organization dedicated to bringing quality music and laughter to seniors on a regular basis.

That year, eight nursing homes were given ten performances for the year.

Today Merrymakers serves more than 50,000 elderly and seniors with free, musical entertainment annually.

Hands clap, toes tap, and sleepy eyes twinkle, at a Merrymakers performance. Residents enjoy an opportunity to move to music that sparks a happy memory.

Music is often used with elders to increase levels of physical, emotional, and mental functioning. The sensory and intellectual stimulation of music can help maintain or improve a persons' quality of life. Merrymakers provides a variety of quality performances to address the musical preferences of all seniors.



*Nye Legacy*  
a Nye Health Services campus

## March 2021

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|--|---|---|--|--|--|--|
| <b>Nye Legacy</b><br>3210 N. Clarkson<br>Fremont, Nebraska<br>68025  | 1<br>9am Indep. Activities<br>9:30am Manicures<br>10am One to One's<br>2pm Snacks<br>2:30pm Being Irish       | 2<br>9am Indep. Activities<br>10am One to One's<br>10:15am All About Peanuts<br>2pm Irish Trivia<br>2pm Snack                   | 3<br>9am Indep. Activities<br>9:30am Rosary<br>10am One to One's<br>10am Hand Massages<br>2pm Snack<br>2:30pm Catholic Communion | 4<br>9am Indep. Activities<br>10am One to One's<br>10:15 am Reminiscence<br>2pm Snack<br>4:30pm Domesti-Pups Pet Therapy             | 5<br>9am Indep. Activities<br>10am One to One's<br>10am Small Group Bingo<br>2pm Snacks<br>2pm Bowling                       | 6<br>9am Indep. Activities<br>10am One to One's<br>10am Humor Therapy<br><br>2pm Snack                                     |
| 7<br>9am Indep. Activities<br>10am One to One's<br>10am Hymn Sing & devotions<br>10:30am Mass on Ch. 6<br>2pm Snack                                | 8<br>9am Indep. Activities<br>9:30am Manicures<br>10am One to One's<br>2pm Snacks<br>2pm Movie                | 9<br>9am Indep. Activities<br>10am One to One's<br>10:15am Word Puzzle of Ireland<br>2pm Music Video<br><br>2pm Snack           | 10<br>9am Indep. Activities<br>9:30am Rosary<br>10am One to One's<br><br>2pm Snack<br>2:30pm Catholic Communion                  | 11<br>9am Indep. Activities<br>10am One to One's<br>10:15am Spiritual Enrichment<br>2pm Snack<br><br>4:30pm Domesti-Pups Pet Therapy | 12<br>9am Indep. Activities<br>10am One to One's<br><br>10am Small Group Bingo<br>2pm Snacks<br>2pm Balloon Volleyball       | 13<br>9am Indep. Activities<br>10am One to One's<br>10:15am Painting<br>2pm Snacks   |
| 14<br>9am Indep. Activities<br>10:00am Hymn Sing & Devotions<br>10am One to One's<br>10:30 Mass on Ch. 6<br>2pm Snack<br><br>Daylight Savings Time | 15<br>9am Indep. Activities<br>9:30am Manicures<br>10am One to One's<br>2pm Coloring artwork<br>2:00pm Snacks | 16<br>9am Indep. Activities<br>10am One to One's<br>10:15am Discussion of Flowers for Patio<br><br>2pm Snack<br>2:30pm Collages | 17<br>9am Indep. Activities<br>9:30am Rosary<br>10am One to One's<br><br>2pm Snack<br>2:30pm Catholic Communion                  | 18<br>9am Indep. Activities<br>10am One to One's<br><br>10:30am Spring Trivia<br>2pm Snacks<br>2pm Music video                       | 19<br>9am Indep. Activities<br>10am One to One's<br><br>10am Small Group Bingo<br>2pm Spring Flower discussion<br>2pm Snacks | 20<br>9am Indep. Activities<br>10am One to One's<br>10:15am Favorite Spring Flowers<br>2pm Snacks<br>First Day of Spring!! |
| 21<br>9am Indep. Activities<br>10am Hymn sing & Devotions<br>10am One to One's<br>10:30 Mass on Ch. 6<br>2pm Snack                                 | 22<br>9am Indep. Activities<br>9:30am Manicures<br>10am One to One's<br>2pm Lotto Game<br>2:00pm Snacks       | 23<br>9am Indep. Activities<br>10am One to One's<br>10:15am Church tape<br>2:00pm Bowling<br>2pm Snack                          | 24<br>9am Indep. Activities<br>9:30am Rosary<br>10am One to One's<br><br>2pm Snack<br>2:30pm Catholic Communion                  | 25<br>9am Indep. Activities<br>10am One to One's<br>10:30am Lotto Game<br>2pm Snacks<br><br>2:00pm Movie                             | 26<br>9am Indep. Activities<br>10am One to One's<br><br>10am Small Group Bingo<br>2pm Snacks<br>2pm Coloring artwork         | 27<br>9am Indep. Activities<br>10am One to One's<br>10:15am Remembering Dr. Suess<br>2pm Snacks                            |
| 28<br>9am Indep. Activities<br>10am One to One's<br>10am Hymn Sing & Devotions<br>10:30 Mass on Ch. 6<br>2pm Snack                                 | 29<br>9am Indep. Activities<br>9:30am Manicures<br>10am One to One's<br>2pm Storytime<br>2pm Snacks           | 30<br>9am Indep. Activities<br>10am One to One's<br>10:15am Poetry<br>2pm Snack<br>2:00 Horserace Game                          | 31<br>9am Indep. Activities<br>9:30am Rosary<br>10am One to One's<br>2pm Snack<br>2:30pm Catholic Communion                      | Activity Locations-<br>C-Chapel<br>A- Activity Room<br>TR-Terrace Room<br>100-100 Living Room<br>TDR- Traditional Dining Room        |  | TLR- Trad. Living Room<br>R-Rehab<br>CH-Clubhouse<br>P-Patio Area<br><b>Activities are subject to change</b>               |

**Staff Birthdays-Wishing all our Staff Happy Birthdays in March**

**Resident Birthday**

Ann Wilhite 3/9  
Gilbert Eggers 3/20  
Nanette Missel 3/22  
Lorraine Wzorek 3/19  
Gil Eggers 3/20  
Nanette Missel 3/22  
Sandra Connerly 3/30

**Special Dates to Remember in March**

- St. Patrick's Day 3/17
- First Day of Spring 3/20

**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.



**“No Winter Lasts Forever; No Spring Skips Its Turn.” – Hal Borland**

## Staying Well and Improving Your Mental Health

These days, our physical health garners so much attention that we can easily forget to take care of our mental health. Our moods can impact how we deal with stress, mood, and ultimately, our behaviors. Here are some tips to help you improve and maintain positive mental health and well-being:

Eat a balanced diet. Increasing evidence suggests that the gut and the brain are connected, and that what you eat can affect your mood, emotions, and even depression. Eat a balanced diet of fruits, vegetables, and proteins and limit sugars.

Exercise regularly. Exercises releases endorphins that help promote a positive mood and increased focus, and it helps reduce stress. Appreciate the moment. Research shows that mindfulness practices, such as meditation and yoga, can help with increased resilience, stress reduction, and improved mood and anxiety symptoms.

Connect with others. Social connection is vital to good mental health and has been linked to longer life.

Get enough sleep. Sleep is important to recharge your energy level, and allow you to be more focused and productive, and to function at your best.

Strive for balance in your life. Planning your meals, exercises, and mindfulness practice, and time with family and friends in advance allows you to be more intentional with how you spend your time and can promote a positive sense of health and well-being.

## Celebrating St. Patrick's Day

St. Patrick's Day is always a must-do for communities. We are all honorary "Irish for the Day", whether Irish or not. Activities around this holiday awaken smiles and chuckles and give off positive vibes. Activities that can make residents feel good promote endorphins without stirring up personal struggles such as disappointments and losses in life. On this day enjoy a little Irish soda bread, green beer, or shamrock cookies. Sing some Irish songs or play Irish trivia. Everyone can enjoy being Irish for the day!



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|                     |                                     |
|---------------------|-------------------------------------|
| Kirk Sweeney        | Executive Director                  |
| Yasmine Kaiser R.N. | Director of Nursing                 |
| Dawn Styskal        | Director of Social Services         |
| Kris Hardy          | Administrative Services Coordinator |
| Rochelle Hansen     | Director of Residents Accounts      |
| Jill Stober         | Director of Life Enrichment         |
| Debra Helgenberger  | Director of Culinary Services       |
| John Belak          | Director of Environmental Services  |
| Chris Swenson       | Director of Maintenance             |
| John Brackle, DPTA  | Director of Therapy                 |
| Debi Filter, RN     | Director of Clinical Transitions    |
| Korby Wacker R.N.   | Director of Clinical Education      |
| Thomas Wolf, MD     | Medical Director                    |