

The Heart of the Matter...

...Our Residents



Esther Brockmeier
Resident of the
Month

As our April Resident of the Month we honor Esther Brockmeier. Esther was born October 31, 1914 to Christian J. and Carrie Gutenkunst Koch at Eustis, NE. She had three sisters: Elsie Travis, Wilma White, Rose Schurr and three brothers: Lawrence Koch, Ernest Koch, and Rudi Koch. She attended grade school and high school at Eustis. She spent some time in Lincoln working as a housekeeper.

On May 14, 1939 she married Albert Brockmeier at Eustis and moved to the farm six miles south of Eustis. To their marriage three sons were born; Don, Kent, and Bruce all of Eustis. Esther spent most of her life working on the farm with Albert, helping her boys with 4H projects and attending their athletic activities. Esther always had a big vegetable garden and lots of flowers on the farm. In 1976 they moved to Eustis. In 2005 she moved to Lexington's Park Avenue Assisted Living.

Esther was baptized and confirmed at the St. John's Lutheran Church in Eustis. She was faithful in her attendance, a member of the ladies circles, (cont. on next page)

...Quality of Life

What's important to you? Mentally think about the top five things you enjoy doing most in life. Got it? Good. Now think about life without those things. What if you couldn't choose to do the things you enjoy? Would someone speak for you? Would the people around you honor your choices? Would they know what was really important to you? Couple points here, for our families, please let us know how your loved one liked to spend their time, tell us what really made them happy so we can honor their choices. Secondly, make sure you have identified someone to speak on your behalf, and make sure they know what is most important to you in the event you can't speak for yourself.



Elwood Care Center Board of Directors
Chairman, Betty Koenig
Nina Anderson
Dick Bennett
Bill Monter
Jared Wetovick

Resident of the Month,
Esther Brockmeier
cont.

(cont. from pg. 1) sang in the choir, taught Sunday school. She enjoyed working on the mission quilts with cutting and preparation work at home. Esther was also a member of the West Cayonetts Elk Club where she helped with many volunteer projects. One of which was tending the flower boxes around town. Esther enjoyed gardening especially raising flowers, baking and cooking. Since her birthday occurred on Halloween she enjoyed dressing up in a pumpkin costume and passing out fresh baked pretzels to both children and adults who came to “trick or treat”. In later years she spent time at the Eustis Senior Citizens Center helping to quilt and make noodles. She has 8 grandkids and 15 great grandkids.

Esther became part of the Elwood Care Center family in October of 2011. We are happy to honor Esther’s journey and are privileged to be a part of it.



*We'd like to thank our
Elwood community and our
surrounding neighbors for your
support over the last 40 years.
Many of you have volunteered
your time, served as an employee,
have resided here or have had a
loved one reside here. We thank
each of you & we feel honored
to have been a small part
of your lives.*

DONATIONS

On behalf of the Elwood Care Center residents & staff, thank you to Muriel Kotschwar for the generous monetary donation in memory of her husband, Leon. This donation has been earmarked for the Therapy Department and will benefit many. Thank you Kotschwar Family.

April 16th is NATIONAL HEALTHCARE DECISIONS DAY

What is an advance directive?

All adults can benefit from thinking about what their healthcare choices would be if they are unable to speak for themselves. These decisions can be written down in an advance directive so that others know what they are.

More resources are available at

www.nationalhealthcaredecisionsday.org

Resident Choice in Nursing Homes

Last fall Registered Nurse Susie Ocken attended the Nebraska Health Care Association's Annual Conference in Lincoln, NE.

The quality of nursing care,- for example, safely transferring a resident from a chair to a bed, assisting a resident with eating, skin care, and physical needs,- used to be the big focus. "If nursing homes don't have that down yet, they probably won't ever. The focus now is quality of life, how one chooses to spend their time. All of the care & services the facility delivers should be based on resident's individual choice."

Susie Ocken has served the Elwood Care Center as our MDS Coordinator for the past 5 years & has been an RN for 39 years. She leads the Care Plan team in directing how each resident's personal goals & desires will be carried out, as well as how we'll meet the physical, mental, & psychosocial needs of everyone we care for. "I'm so excited to have this focus of care being implemented by our professional nursing staff."

Having this type of perspective when caring for residents is much more holistic and *resident-centered* versus staff being *task-centered*.

Thanks Susie for keeping the residents at "The Heart of the Matter".



Stop in and see the new fish tank and beautiful fish! Make sure to leave your fishing pole at home though. ☺ Thank You to our generous donors that made contributions to our "Memorial Fund" for our new addition.

National Volunteer Week, April 15 -21, 2012

In the month of April ECC will celebrate its' volunteers. We are fortunate to have so many dedicated people that give of their time to brighten the days of our residents.

"I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve."
-Albert Schweitzer

Thank you for serving and we hope you find as much happiness as we all receive from you!

Birthdays

Storm Remmenga April 4th, Dietary
Marilyn Frost April 21st, Resident
Jessica West April 27th, Nursing

Year of Service Anniversaries

Marilyn Burkhalter, Dietary- 20 Years
Irene Kenning, Office- 19 Years
Coleen Weismann, Dietary- 4 Years
Heidi Dilsaver, Nursing- 1 Year

We're Much More Than a Nursing Home

Assisted Living, Adult Day Health, Rehabilitation

If you have health care questions, call us, we may be able to help you. Our Social Worker, Ashley Mitchell, CSW, can help you find the resources you need. Some of the services we offer include: long-term care, short-term rehab after a surgery, home-made healthy meals, & daily care for a loved one on an hourly basis –ask about our Adult Day Health Care Services. Please don't forget about our Therapy Department. They treat all ages, for all types of therapy: physical, occupational, & speech. Why drive out of town, let us meet YOUR schedule, just tell your doctor to write your order for therapy in Elwood, our number is 785-3302. We'd appreciate the opportunity to serve you. Don't forget you can stop in anytime for free blood pressure checks.

Compassion (noun) having empathy or concern for others, including a desire to help

1972-2012

Elwood Care Center & Assisted Living
607 Smith Ave., PO Box 315
Elwood, NE 68937



If you'd like to be taken off our mailing list, please email eccpamw@atcjet.net or call 785-3302.



The residents and Staff of Elwood Care Center would like to express our sympathy to the family of Marie Hoselton. A memorial was held in her honor.

The Vow

By Malcolm O. Varner

No matter how deep the sadness or wide the pain,
I vow to live for a brighter day will come again.

No matter how many mistakes I've made in the past,
I vow to live and in the future avoid them, surefooted and
fast.

No matter how many tragedies beyond my control take
place,
I vow to live and stay my course within this race.

No matter how poor or rich I may ever be,
I vow to live and aspire to search for the dignity in simplicity.

No matter how much a lover may pierce the inner core of my
heart,
I vow to live for like spring I'll get a new start.

No matter how isolated and alone I may feel,
I vow to live and do something for someone else to heal.

No matter how hopeless my situation may appear,
I vow to live and reflect until my viewpoint is clear.

No matter what happens in this life – good or bad
I vow to live, do my best, and just for living – be glad.



Elwood Care Center &

April 2012 Event Calendar

Volunteer Month "Exceptional People—Extraordinary Hearts"

Thursday's Are Beauty Shop Day

Activity Calendar
Approved by the
Resident Council

Friends & Family Welcome

Special Events

8th Easter

Men's Corner
every Monday

Sign Up Sheets for
Monthly Shopping
Trips, Senior Center
Outings, and Van

-Caring Hands 1:1
Visits Provided

Activity Director:
Carolyn Houser
Activity Assistant:
Rita Darnall

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 9:15 Church 9:30 Communion Family Visits Palm Sunday April Fool's Day	2 9:15 Devotions Songs of Easter 10:15 Refreshments 11:00 Exercise with Connie 4:00 Men's Corner 6:30 Wheel of Fortune 7:00 Touched by an	3 9:15 Devotions Tater Peeling Small Groups 10:15 Refreshments 1:30 Bingo (Win A Prize) 2:30 Refreshments	4 9:15 Devotions Find A Word 10:15 Refreshments 2:00 Our Redeemer Lutheran Church 3:00 Coffee Time Storm R-B	5 Allen at the Organ 9:30 Pre-schoolers 10:15 Refreshments 11:00 Exercise with Connie 1:30 Nursing Meeting 1:30 Penny Ante 2:30 Refreshments	6 9:15 Devotions The Legends of Easter 10:15 Refreshments Good Friday 1:30 Movie & Popcorn "Five People You Meet In Heaven"	7 World Health Day	
8 9:15 Church 9:30 Communion Family Visits Easter Sunday	9 9:15 Devotions The Story 10:15 Refreshments 11:00 Exercise with Connie 4:00 Men's Corner 6:30 Wheel of Fortune 7:00 Lawrence Welk	10 9:15 Devotions Bingo 5 c day Small Groups 10:15 Refreshments 1:30 Beauty Hour 2:30 Refreshments	11 9:15 Devotions Bible Study 10:15 Refreshments 2:00 First Christian Church 3:00 Coffee Time	12 Allen at the Organ 9:15 Devotions Baking 10:15 Refreshments 11:00 Exercise with Connie 1:30 Car Racing 2:30 Refreshments	13 9:15 Devotions Good Old Days in the Kitchen 10:15 Refreshments 1:30 Movie & Popcorn "The Miracle of the Cards"	14 9:15 Devotions Music Bingo 10:15 Refreshments	
15 National Volunteer Week 9:15 Church 9:30 Communion Family Visits National Coin Week	16 9:15 Devotions Eleanor & Franklin 10:15 Refreshments 11:00 Exercises with Connie 1:30 Eleanor & Franklin 2:30 Refreshments	17 9:15 Devotions Bingo Win A Prize 10:15 Refreshments 1:30 Patio Visits 2:30 Refreshments	18 9:15 Devotions Crossword Puzzles 10:15 Refreshments 2:00 Eustis United Methodist Church 3:00 Coffee Time	19 Allen at the Organ 9:15 Devotions Clinches 10:15 Refreshments 11:00 Exercise with Connie 1:00 AL Meeting 1:30 All Staff Meeting	20 9:15 Devotions Jelly Beans 10:15 Refreshments 1:30 Movie & Popcorn "Firehouse Dog"	21 National Chocolate Covered Cashew Day Marilyn F--B	
22 9:15 Church 9:30 Communion Family Visits Earth Day	23 9:15 Devotions Card Recycling 10:15 Refreshments 11:00 Exercise with Connie 4:00 Men's Corner 6:30 Wheel of Fortune 7:00 Touched By an	24 9:15 Devotions Word Puzzle 10:15 Refreshments 1:30 Allen & Sharon Sing 2:30 Refreshments	25 9:15 Devotions Pre-schoolers 10:15 Refreshments 2:00 Elwood United Methodist Church 3:00 Coffee Time	26 Allen at the Organ 9:15 Devotions Bird Trivia 11:00 Exercise with Connie 1:30 Past. Our Place 2:30 Refreshments	27 Arbor Day 9:15 Devotions Over the Fence Visits 10:15 Refreshments 1:30 Movie & Popcorn "True Women" Jessica W-B	28 9:15 Devotions Cards and Games 10:15 Refreshments National Go Birding Day	
29 9:15 Church 9:30 Communion Family Visits National Dance Day	30 9:15 Devotions Card Recycling 11:15 Exercise with Connie 4:00 Men's Corner 6:30 Wheel of Fortune 7:00 Animal World	Birthstone: Diamond Flower: Sweet Pea Colors: Yellow and Red					