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Meridian Gardens

Assisted Living Community

Rejuvenating Lives

Volume 3

Spring 2007

“We cannot choose how many years we will live, but we can choose how much life those years will have. We cannot control the beauty of our face, but we can control the expression on it. We cannot control life's difficult moments, but we can choose to make life less difficult. We cannot control the negative atmosphere of the world, but we can control the atmosphere of our minds. Too often we try to choose to control what we cannot. Too seldom we choose to control what we can...our attitude.”

John Maxwell



A friendly game of Pinochle.

NATIONAL VOLUNTEER WEEK

April 15-21, 2007

by Cindy Gasper, Life Enrichment Coordinator

National Volunteer Week is the official time to recognize and celebrate the efforts of volunteers at the local, state and national levels. This week was first celebrated in the United States in 1972. The national observation began in 1974 when President Richard Nixon signed an executive order establishing the week as an annual celebration of volunteering. In the United States, it is now sponsored by the Points of Light Foundation and Volunteer Center National Network, a non-profit organization founded in 1990.

Since our doors opened on July 18, 2006, we have grown in many ways. One important area of growth is in volunteerism. We are very blessed to have community members who are willing to share their time and talents to enrich the lives of our residents. Our volunteers provide games, dance, music, worship, Bible study, reading, manicures, social visits, pet visits, seminars and much more. We have volunteers who help with special events and those who work behind the scenes in preparation for upcoming projects. Some of our volunteers come even from within Meridian Gardens providing music for worship and assistance with a variety of facility projects.

National Volunteer week is an opportunity for our staff, residents and their families to not only say “Thank You”, but also to remind each volunteer how much their contributions mean to the lives and well-being of our residents. To these special individuals who give of their time and talents, we give our sincere thanks.

In Mark's Words

by Mark Zebr, Executive Director

Meridian Gardens is growing once again! It has been a wonderful experience to welcome all the new residents and their families. We welcome David Nansel, our new Maintenance Supervisor, to our management team. We also have seen new caring faces in our nursing and dietary departments ready to serve our resident's needs due to growth.

Proverbs 3:5,6 says, "Trust in the Lord with all your heart, And do not lean on your own understanding. In all your ways acknowledge Him, And He will make your paths straight." As we celebrate life this time of the year, let us acknowledge the One who directs our paths; thanking Him for what He has done, is doing, and will do for us in the future.

If you or someone you know has a need we can help with, please let us know. We would like to assist you in embracing the future with hope.

Introducing Our Maintenance Supervisor

I'm Dave Nansel, Sr. and have recently been hired as Maintenance Supervisor at Meridian Gardens. Prior to coming to the Assisted Living Community, I was self employed with D&N Builders working as a construction contractor for 30 years until retiring this past year. In my new position, I will be responsible for the upkeep and repair at the facility, transporting residents, and ensuring the safety of staff and residents by conducting fire and weather safety drills. I am a graduate of St. Bonaventure High School in Columbus and Radio Engineering Institute of Omaha. I'm a Navy Veteran and served from 1966 -1970 in the Electronics Division. My wife Karla and I live in Columbus. We have five children and nine grandchildren. I enjoy fishing and carpentry work in my spare time. I'm enjoying the time I spend with the residents at Meridian Gardens and look forward to getting to know their families at our family nights.



Don clears a spot to get his painting done.



Fun entertainment with the "Variations".

A very active exercise class.



Making St. Patrick's Day centerpieces.



Family members enjoy picture display at Family Night.

In Loving Memory

Jesus said, "If I go and prepare a place for you, I will come again and receive you unto Myself; that where I am, there ye may also be." John 14:3

We wish to express our sympathy to the family and friends of Wilma Sparkman who was called home on January 5, 2007 and Betty Zuerlein who was called home on January 27, 2007. We were honored to have the opportunity to care for both of these very special ladies.

NURSING NEWS

by Jose Kodad RN, Director of Healthcare

Good news—we survived another flu season. Unfortunately, the flu and many other diseases can attack at any time. The best way to combat these are—Hand washing - A simple chore that you cannot do enough. It is important that you use soap and lots of water. You should suds up for at least 20 seconds. Some will sing the ABC song, or the Happy Birthday song to give them an idea of 20 seconds. There are many hand sanitizers available now. These are great to have, but should be used only when soap and water are not available. I keep a bottle on my desk and try to use it every time I cough in my hand or blow my nose. Stay healthy and enjoy the Spring weather.



Pastor Ritter leads us in worship.



Getting the ingredients together to make apple crisp.

WHERE ARE YOUR FOOTSTEPS LEADING?

By Gwen Sander, Marketing Director

Have you been one of the many people that have stepped through the doors of Meridian Gardens? We have had numerous people from various organizations that have graced us with their presence. People have come from church groups, Red Hat Societies, support groups, business alumni groups, card clubs, extension clubs, civic and society groups. Yet each and every day, we hear that there is someone that has never been inside Meridian Gardens or heard about the wonderful community we have.

What can you do? Tell others of the opportunity to come and see Meridian Gardens. We will gladly offer tours to anyone that hasn't seen our facility or would like to come back again a second or third time. Spread the word that individuals or groups can coordinate a tour, meal or activity with us. Relay names of interested folks that may desire a call and personal invitation to be our guest here. Your referrals could lead to others touring or even moving in! If your referral results in a move in, let us reward you with a bonus for the referral.

Would you be willing to provide as a testimony about our facility? If so, contact me in the CITY HALL office area. Your footsteps to come see us are always welcome.



Assisted Living Community

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MANAGEMENT TEAM

Got a question?

These people can help - call (402) 564-6300

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- Director of Health Care..... Betty Jo “Jose” Kodad*
- Office Manager Royce Lewis*
- Life Enrichment Coordinator..... Cindy Gasper*
- Marketing Director..... Gwen Sander*
- Executive Chef..... Jenny Sloup*
- Housekeeping Supervisor..... Roxanne Sheets*
- Maintenance Supervisor Dave Nansel*

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