



Fox Run

Assisted Living Community
Council Bluffs, IA
712-256-2741

Shalimar Gardens

Assisted Living & Memory
Support Community
Fremont, NE
402-721-1616

College View

Assisted Living & Memory
Support Community
Hastings, NE
402-462-6264

Northern Hills

Independent & Assisted
Living Community
Sioux City, IA
712-239-9400

Meridian Gardens

Assisted Living Community
Columbus, NE
402-564-6300

Heritage Pointe

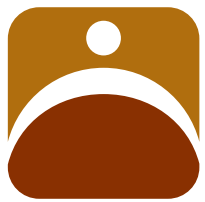
Assisted Living & Memory
Support Community
Omaha, NE
402-614-5222

Heritage Ridge

Independent Living
Assisted Living & Memory
Support Community
Bellevue, NE
402-932-1881

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Meridian Gardens

Assisted Living Community

VOLUME 15

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Have you had 'THE TALK'?

By Gwen Sander, Senior Living Counselor

As a parent of young children, it's critical to have 'the talks'. But those important talks should not stop as we age! As a child of an aging parent, you need to talk about the future. Waiting to express one's senior care wishes and plan for retirement care is a big gamble.

Below is list of topics to discuss with parents about their care:

Advanced Decision Planning – Have you developed formal documents for Power of Attorney of Healthcare and Finances? Is the Will up-to-date? Have you developed a Living Will or signed Advance Directives? Have you discussed wishes should they not be able to make their own healthcare decisions?

Financial Planning – Has there been advisement from an estate planner or other professional on financial planning for future care needs? Have you looked into long term care insurance? Do you understand the coverage?

Program knowledge - Medicare, Medicaid, Medicaid Waiver, Veteran's Aide and Attendance Pension – what does this all mean when it comes to eligible resources?

Living options – Have you explored the options for senior care? Are you familiar with the differences of independent living, assisted living, memory support, skilled nursing care, hospice, and home healthcare? How do you assess needs and identify the best option for meeting them?

Quality of Life Planning – How can you get help with the basics of senior care? What are the defined activities of daily living? What steps can be taken to maintain hobbies & socialization, physical activity and mobility, nutrition, medication safety, transportation, and 24-hour care? What roles will be taken by family or others for care giving? How do you get knowledge and support in dementia care?

These are important answers to have as a child of an aging parent. Do you need help in getting the process started? Contact us for a free consultation and ongoing support. Simply put, the needs of our residents and seniors in the community are our utmost priority. We're here to help you navigate through the senior care issues.



Working with Columbus Master Garden Club.

Our residents enjoy men's social time in the lounge.



Staff enjoys Wacky Winter Wardrobe day.



CHANGE IS GOOD!

by Mark Zehr, Executive Director

We strive to improve our services each and every day to meet the needs of our residents. Over the past few months we have experienced a few changes which have resulted in positive support from our residents.

First, a new ice cream machine was purchased with the help of a gracious anonymous donor. This quality machine is able to serve our residents more efficiently and is available after lunch to late evening.

Second, a quality used car was purchased from a special senior couple. This car is being used to transport residents to and from their appointments in comfort. The bus is still available to those who need additional assistance with transportation.

Third, two new front load washing machines and a new dryer were purchased to help in the laundering of our residents larger items such as bedspreads and blankets.

We strive to improve the quality of our residents' lives one day at a time, one step at a time, one life at a time. For each member of our community plays a special part of who we are.

Employee of the Month

Congratulations

Melinda Connelly

February

Employee of the Month

Welcome New Residents

We would like to welcome the following new residents to our Meridian family.

Don Kiser

Rachael Kuta

Ilene Theilen

Jacky Doughty



2009 Employee of the Year

Candy Labenz, a Certified Medication Aide, was recently selected by residents and staff as the 2009 Employee of the Year at Meridian Gardens Assisted Living. She began employment with Meridian Gardens in June 2006 prior to the first resident's arrival. She was very instrumental in preparing the building for it's first resident and continues to be a very valuable employee for the Assisted Living Community. Labenz was nominated by her peers and residents for her outstanding work ethic and willingness to go above and beyond. She regularly fills in for staff vacancies, stays overnight in anticipation of storms, is a noted hard worker and when able, helps other staff with their projects. Labenz states "I love what I do and when I get somewhere I enjoy, I don't like to leave." She began working in healthcare in 1986 as a Certified Nurse's Aide and became a Certified Medication Aide in 1990. Candy Labenz lives in Schuyler and has two grown sons.



Our couples enjoying the Valentine's dinner.



Celebrating with bubbles at the couple's dinner.



Ilene Theilen, Harry Weber, Sally Paprocki and Larry Rosenthal partake in a game of sheephead.



Volunteer Jackie Muhle leads residents Rachael Kuta & Stephen Wegener and others in Mexican train dominoes.

Proper Medication Important to Success

by Holly Schnelle, RN, Director of Health Care

Medication administration is one of the most important nursing services we offer here at Meridian Gardens. It is always very satisfying to be able to see a person's health improve by simply getting the right medications on a regular schedule. Another benefit of letting the nursing staff manage your medicine is the monitoring of drug compatibility. Even something like Tylenol or Mylanta may interact with your prescription medicine, or may not be indicated for someone with a certain medical history. For example, many herbal remedies would not be appropriate for a person with a heart condition because these may increase the thinning of the blood and increase the risk for bleeding. It is very important therefore, that we be aware of everything you are taking, including over the counter and herbal remedies.

The Blessings of Older Love

Cindy Gasper, Life Enrichment Director

I'd like to share the first few lines of the book titled "Older Love". This book was written by Warren Hanson and is a wonderful read.

Young love is magic! Bright! Electric! Lightning! Sparks! and Fire!

Burning with new passion and the hot flame of desire.

But when that fire grows quiet, there remains the radiance of a romance that goes on growing in the glow of older love.

Older love has magic too, and myth, and mystery, as two souls become one spirit, with one heart, one history.

It's the miracle that turns a common promise into gold. The lyrical duet of two new lovers growing old...

When I think of the words Hanson wrote regarding older love, I can't help but think of our resident couples. At this time we have eight wonderful couples living at Meridian Gardens. Their years of marriage range from twenty-four years to seventy years, with most couples being married over sixty years. Each day we have the opportunity to witness the beauty of older love in our building. We see a wink of an eye, hands held together, a soft kiss, warm hug, a joking nudge and a wonderful twinkle of fondness in the eye.

In celebration of the love, devotion, and years of commitment of our married couples, we hosted a special couple's dinner. It was an honor to celebrate the lives they have shared and the blessings they have been to each other as well as the blessings they have been to others over the years.

Older love is hands and hearts and souls as they unite

*Every morning, every evening,
every day and every night.*

Like the sun and moon and stars that light the heavens up above,

These two lives will shine together, with the glow of older love.



Dolores Byrnes and staff member Lori Merrill cut out some sugar cookies

Wanda Zuroski proudly shows off her Nebraska football craft.



Dorothy Spies is busy making table favors

Marcel Mueller and Don Kiser enjoy ice cream and a chat in the coffee shop.



In Loving Memory:

*"For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life."
~John 3:16*

We wish to express our sympathy to the family and friends of Agnes Prucha and Charles "Spike" Bond. We were blessed to have the opportunity to know and care for each of them; they will truly be missed.



Meridian Gardens

Assisted Living Community

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Columbus, Nebraska 68601

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Meridian Gardens

Assisted Living Community

Management Team

Got a question?

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

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Director of Health Care Holly Schnelle, RN
Office Director Royce Lewis
Life Enrichment Director Cindy Gasper
Senior Living Counselor Gwen Sander
Dining Services Director Jenny Sloup
Environmental Services Director Judy Timm
Maintenance Director Dean Woita



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