



**Fox Run**

Council Bluffs, IA  
712-256-2741

**Shalimar Gardens**

Fremont, NE  
402-721-1616

**College View**

Hastings, NE  
402-462-6264

**Northern Hills**

Sioux City, IA  
712-239-9400

**Meridian Gardens**

Columbus, NE  
402-564-6300

**Heritage Point**

Omaha, NE  
402-614-5222

Heritage Management Services, Inc. follows a non-discrimination policy on age, race, sex, national origin and disability.

This applies to employment practices, residents and the provisions of services.

Heritage Management Services, Inc. is an Equal Opportunity Employer.



# Meridian Gardens

Assisted Living Community

## *Rejuvenating Lives*

Volume 2

Winter 2007

# *Our Gardens are Growing*

For many of us, we think of winter as a time of dormancy in growth. The temperatures become cool, weather becomes less desirable, and people tend to want to hibernate. But this is not the case at Meridian Gardens. Inside the walls of our Assisted Living Community, we continue to see substantial warm smiles, lots of social activity, new referrals, and an increase in room rentals.

The winter months can pose a time of concern for those alone in their homes. Here at Meridian Gardens we can meet the short and long term concerns. We can provide respite care on a short-term immediate basis. Winter lodging is also available so concerns of getting out for food, medical attention, or winter snow scooping is eliminated.

As of this printing, with current residents and deposits from individuals pending moving, Meridian Gardens is nearing half-full occupancy. It is wonderful to see our resident's so happy and thriving in this special time of their life.

Take a minute to think about your loved ones, neighbors and acquaintances. Do you know someone that could benefit by the supportive services of our facility? Give us a call and come for tour or lunch. Our staff would love to share their warmth and keep us growing!



*Annie & Adeline visit YMCA Tumbler.*



*Meridian's first Christmas tree.*



*Annie, Steve, Anna Marie and Agnes baking Christmas Cookies.*

# In Mark's Words

by Mark Zebr, Executive Director

I would like to wish each and everyone a Blessed and Prosperous 2007. God has richly blessed us in 2006 with many special residents, families, staff, and many visitors along life's way! I am so grateful for all of our residents who have come to live with us. It has been a pleasure to get to know each one and their families.

It also is rewarding to work with many fine staff. As our resident garden grows, so does our staff garden. Betty Jo (Jose) Kodad, R.N. has joined our team as our new Director of Healthcare. She comes to us with many fine years of nursing experience. The nursing department and the dietary department have gained new faces since our last newsletter.

We look forward to growing closer together, meeting the needs of our most precious resource - our residents! If you have a need for yourself or a loved one, please call or stop by for a visit!



*Evelyn enjoys friends visit.*

## Volunteers Needed

"Volunteers are America's silent strength. Those who give of themselves in a spirit of unselfish devotion to the needs of others are truly this nation's most generous unsung heroes." Quote by William Arthur Ward

Currently, Meridian Gardens is working toward having a group of volunteers to assist with a variety of activities throughout each week. I would love to hear from you if you or someone you know might be interested in learning more about the volunteer opportunities at Meridian Gardens.

Please call Cindy Gasper, Life Enrichment Coordinator at 564-6300.

Thank you for your consideration in this matter.

# Activity Highlights

by Cindy Gasper Life Enrichment Coordinator

In the spirit of giving, throughout the holiday season, visits, cards, phone calls, gifts, holiday goodies and wonderful entertainment from members of our Columbus community as well as some of our neighboring communities were among the many blessings our residents received. It was wonderful to see the community, staff, families and friends pull together to make the holidays such a special time.

Equally wonderful was being involved with our residents as they too were in the spirit of giving and caring for others. They were busy baking cookies to provide for December's family night, making ornaments for our beautiful Christmas trees and making table decorations. Some were writing Christmas cards and letters to their friends and families while others did some Christmas shopping for loved ones.

Our Meridian family became involved with the Holiday Coop and adopted a family who was in need during this special time of year. With the help of our staff, residents and their wonderful families we were able to bring joy to a family who's Christmas would otherwise have been very sparse.

Corinthians 9:7 says "Cheerful givers are the ones God prizes" How blessed we are to have such cheerful givers among us! A very big thank you to all who helped to make our very first Christmas at Meridian Gardens so very special



*Top the Polk County Senior Band and below the Viking Voices performing at Meridian Gardens.*

## Dietary Delights

by Jenny Sloup, Executive Chef

It is the goal of the dietary department to help make our residents feel at home at Meridian Gardens. One of the ways we can accomplish this is to incorporate some favorite or traditional family dishes into our menu.

If you have a special recipe your loved one would enjoy please feel free to share it with the dietary staff. I would also like to encourage families to join their loved ones during a meal.

My staff and I wish everyone a healthy and happy New Year.

## 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 Arnold Kudron who passed away on October 25, 2006. We were honored to have the opportunity to know and care for Arnold during his time with us.

## NURSING NEWS

by Jose Kodad RN, Director of Healthcare



Hi, my name is Jose Kodad and I am the new Director of Healthcare Services at Meridian Gardens. I started on December 1st and it has been a busy but delightful month! A little about myself – I was raised in Schuyler, NE. I earned my L.P.N. degree from Kearney School of Nursing. From there I lived and worked in Colorado Springs, Lincoln and Omaha. I returned to college to earn my R.N. degree from the College of St. Mary in Omaha. I have been working in the Acute Care at Alegent Health Memorial Hospital in Schuyler for the past 25 years.

I have three children. Jim is in college at Methodist College in Omaha, earning his R.N. degree. Jeff is at UNL in his freshmen year, and Katie is a sophomore in high school. I was married for 21 years and lost my husband to diabetes last year.

I am looking forward to the challenge of my new job and hope to get to know many of you in the next year. May 2007 be full of happiness, good health and joy for you and yours. Please feel free to stop in or call anytime!



Don and Maxine busy crafting.

Jim and Agnes enjoy a trick or treat.

Steve's family enjoy pumpkin carving at October's Family Night.



Peterson Quartet performs for November Family Night.



Rose, Roxie and Sue goofing around.



Assisted Living Community

4515 38th Street  
Columbus, Nebraska 68601

PR SRT STANDARD  
U.S. POSTAGE  
PAID  
OMAHA, NE  
PERMIT NO. 1375

# Assisted Living The Meridian Gardens Way



## MANAGEMENT TEAM

*Got a question?*

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

- Executive Director.....***Mark Zehr**
- Director of Health Care.....***Betty Jo Kodad**
- Office Manager .....***Royce Lewis**
- Life Enrichment Coordinator .....***Cindy Gasper**
- Marketing Director .....***Gwen Sander**
- Executive Chef.....***Jenny Sloup**
- Housekeeping Supervisor .....***Roxanne Sheets**

4515 38th Street • Columbus, Nebraska 68601 • 402-564-6300  
[www.meridiangardens.com](http://www.meridiangardens.com)



*Professionally managed by Heritage Management Services, Inc.*

[www.hmscare.com](http://www.hmscare.com)