



assisted living ■ memory support ■ adult day services

16811 Burdette Street  
Omaha, Nebraska 68116



assisted living ■ memory support ■ adult day services

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- Executive Director . . . . . Randy May
- Office Director . . . . . Lyn Fahrenbruch
- Life Enrichment Director . . . . . Lindsay Myers
- Director of Healthcare . . . . . Michelle Connot
- Director of Memory Support . . . . . Lori Buttry
- Senior Living Counselor . . . . . Abby Franson
- Environmental Services Director . . . . . Ryan Salisbury
- Maintenance Director . . . . . Mike Zabel
- Dietary Director . . . . . Dan McCuen

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**Assisted Living • Memory Support Care • Adult Day Services**

**16811 Burdette Street • Omaha, NE 68116**

**402-614-5222**

**[www.HeritagePointeOmaha.com](http://www.HeritagePointeOmaha.com)**



#### 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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FALL 2010

## Letter from the Director

Dear Residents, Families and Friends of Heritage Pointe,

November is Alzheimer's awareness month. Throughout the months of autumn in communities throughout the nation thousands of people will be participating in the Alzheimer's Association Memory Walk. The Memory Walk donations benefit the Alzheimer's Association, the leading voluntary health organization in Alzheimer care and support.

Some of the staff, families and friends of Heritage Pointe Memory Care Community will be participating in this special event. As caregivers of persons with this disease, we understand that for every person with Alzheimer's there is often at least one other person who has directly cared for them. That person often becomes a part of the "Heritage" family of residents and staff at our memory care.

We have been told by families that they find the environment of our memory care community to be upbeat, calm and inviting. This is accomplished by our design. We develop routines for each resident that help reduce stress to assist in maintaining a calm environment. We encourage independence but set the pace for each individual resident to have a successful experience in daily grooming, constructive leisure activities and dining. Our staff education includes training to help residents cope with the frustrating progression of their disease.

We hope if you have not had the opportunity to visit the friendly residents and staff at Heritage Memory Care, you will take the time to do so. There is usually something "fun" taking place that you may enjoy joining in on.

*Remember: Living life fully every moment makes life more rewarding and meaningful. I look forward to the endless opportunities that lie ahead as we engage in life together*

**Randy May, Executive Director**

## RESIDENT SPOTLIGHT: Helen Evans



Heritage Pointe resident Helen Evans was born on a farm just outside of Poole, Ne. Her dad was a farmer, and before having children, her mother was a dressmaker at a Grand Island Shop. Helen has two brothers and two sisters. She attended school for grades 1-8 (completing in 7 years) at a country school just 1/2 mile from her home. Most days she walked to school, but during rain or bad weather, her dad took her with the horse and buggy. Her high school years were spent in Kearney. Her older brother drove them there in a Ford Coupe. She still has a scar across her neck from an accident they had on the way to school when she was a freshman. The car had a malfunction and they hit a culvert. After high school she attended Kearney State Teachers College. She taught for one year and hated it. She was then employed at Kearney Good Samaritan Hospital where she worked her way up from being an aide into assisting on the OB ward. She then was trained and schooled to be an X-Ray Technician. She worked at this until she had her 4 children. Time off was taken to raise her two boys and two girls. Joan, is a Cabella's retiree; John, an Attorney; Jane, an Allergen Representative; and Jerry, a Gastric Enterologist. Once they were grown, she went back to work, and had kept her license until just 2 years ago. Helen met her husband Charles at a ballpark and again at the Vets club. At first she said no to his request to take her out, as she was caring for her ailing father. Charles waited for her though, and after her dad passed away he asked again. They were married and moved into a house that he built for them. A carpenter, he built both of the houses they lived in. Helen's hobbies included sewing and reading. You will still find her reading, and also crocheting blankets for grandbabies. She stayed in Kearney until after her husband's death, and she suffered a broken hip. Her daughter from Colorado brought her to Heritage Pointe, where she remains. She also has a daughter in the Bennington area. Helen is very active here and attends most of our activities. She loves bingo and crafts, and goes on many of our outings. Helen is very friendly, always has a smile for us, and is a pleasure to have at Heritage Pointe.

## CHEF'S CORNER

With fall quickly approaching and wondering where the summer has gone means the start of many good things heading our way. We will kick off the start of football season and cooler weather. With that we will try to have more seasonal foods coming our way. I have been working with our food vendor on getting a new menu version for the fall season to change our variety in foods available. We should see some new exciting items that go with the season in the very near future.



The entire dietary staff is committed to the best possible dining experience with in our control and do listen to every recommendation and request to try and fulfill as many as possible. If you feel that there is anything we can improve on or ideas on anything in the dining room, please feel free to bring any suggestions to our attention and we will work hard to implement as many as possible. WE ARE HERE TO SERVE YOU!!!

I hope that each of you has a great fall season and we have some great new foods to celebrate the starting of a cooler season.

**Dan McCuen, Dietary Services Director**

## Heritage Pointe Memory Support

Hello Family and Friends,

I am very proud to introduce Lori Davidson as our Memory Support Activity Assistant. She has been working hard to engage residents in her daily planned activities. Residents have been enjoying watching the BIG RED football team on T.V. (I think they enjoy the half time treats more then the game itself) Lori has been working hard to plan activities that can enhance the resident's sense of dignity and self-esteem by giving more purpose and meaning to their life. Activities can make the best of our resident's abilities. Activities can reduce behaviors like wandering or agitation. Some activities that our resident's seen to enjoy are bowling, playing golf,bonkers for bingo,fitness and fun,weekly baking club,spa day,or any musical games. Music is a big high light for the resident's! Friday's are always very popular with the resident's and the staff. We celebrate TGIF!! Everyone enjoys ending the week on a happy and positive note. Always lots of food and fun. Please feel free to come join the fun with your loved one. Our door is always open. Our quote for September was "Autumn is a second spring when every leaf is a flower" by Albert Camus.

**Lori Buttry R.N, Director of Memory Support**

## RESIDENT SPOTLIGHT:

### Mildred Peterson



Mildred Peterson was born in Sioux City, Ia. and was the 6th child in a family of seven. She had 4 brothers, and 2 sisters. As a child, she loved cats and dogs, and made them a part of her family also. She attended school in Sioux City and graduated from Central High. Her first job was in a doctor's office, and although she can't remember what she made for wages, she laughs and says it wasn't much.

She met her husband, Loren, at the church they both attended, and they married in 1947. After Loren finished his time as a pilot in the Air Force, they moved to Ames Iowa, where he went to college to become a woodshop teacher. She found a job at the Extension Service as a secretary. They returned to Sioux City when he finished

college, where he taught shop at Central High. Mildred stayed home to raise their two daughters, Sandy and Laurie. After raising the children, Mildred worked as the secretary at the First Covenant Church. She and her husband were members of the Rock and Gem Club, and traveled with others in trailers to collect rocks. The result of those trips can be seen in the many beautiful rocks and jewelry pieces that adorn her apartment. His wood working skills can also be seen in the headboard he made for her bed, and the Cyprus clock on her wall. Mildred says they made so many dear friends on those trips. After her husband's death in 2004, Mildred moved to an independent living facility in Sioux City. In 2010, she moved to Omaha to Heritage Pointe to be closer to her daughters and their families. Mildred is blessed with 5 grandsons, one great grandson, and two great grand daughters.

She is very strong in her faith and enjoys attending First Covenant Church here in Omaha. Quoting from notes she made for us, she says "I enjoy attending all the activities here and try not miss the daily morning exercise class, or the Thursday Bible study. People here are so friendly and interesting. I enjoy sitting at different tables at meal time to get acquainted with new friends. I can't say enough about my life here at Heritage Pointe". Mildred can be found at almost every activity including our musical entertainment, bingo, and special events. We enjoy Mildred and her always positive attitude and gratefulness for anything we do for her. For her birthday, she received over 30 cards, which isn't surprising given the fact she is constantly getting cards to send to others. In the words she uses often about others, "She's a keeper!!"

## Welcome to Heritage Pointe:

DODIE SINCLAIR  
IRA & CATHY STEVENS  
AVIS STRANGHANER  
MAY BROWN  
EVELYN HARMON  
FRED WACKERHAGEN  
RUTH POVONDRA



Heritage Pointe and UNO Athletics have joined together in a terrific program called "UNO Athletes and Elders". This is the first program of its kind in the United States. The program is designed to help students become more aware of intergenerational relationships, develop a positive view of aging and help elders connect with the next generation. The students at UNO are "matched" with elder facilities and the teams and coaches will visit the communities throughout the school year. The participating elders are also encouraged to follow their UNO athletic teams throughout the season.

On August 20, 2010, a group of Heritage Pointe residents went down to UNO to meet the teams and coaches. They were welcomed by UNO Athletic Director Trev Alberts! This program has generated much anticipation and excitement for the residents of Heritage Pointe and we are all looking forward to being a part of this special event.



## Nurses Corner FLU SEASON

Flu season is upon us again, beginning in October, usually peaking in January, February and March and winding down in May. According to the CDC (Centers for Disease Control), the flu struck early this year. The vaccine is already available and the sooner you get your flu shot the better as it can take up to two weeks to become effective. The CDC says that by getting vaccinated one lowers their chances of contracting the flu by 70-90%.

As in the past, those allergic to chicken eggs should avoid the vaccine, as they are used in producing the vaccine. Do not get vaccinated if you are ill and have a fever.

We were very proud of our diligence with regard to the flu last season since we were able to avoid a community-wide outbreak. A very big part of this success is infection control which involves the help of our staff and also our residents. Residents should notify a nurse when they are not feeling well so they may be assessed. The nurse will then decide if in fact there are flu-like symptoms present and ask that the resident remain in their apartment until they have been symptom free for 24 hours. This includes taking meals in your apartment on paper products in order to isolate any flu virus that may be present.

Heritage Pointe will again be offering flu shots to our staff and residents through Community Pharmacy. I will keep you posted on the details of this event as I work with the pharmacy to coordinate it.

**Michelle Connot, RN, Director of Healthcare**

Residents enjoy "Baking Club with a Resident Mystery Chef"



## Resident's Birthdays

### October

- 2- Katherine Dickson
- 5- Pat Kazakoff
- 6- Evonna Monrad
- 11-Norma Frain
- 13- Virena Graham
- 22- Murle Nichols
- 22- Margaret Ferrin
- 26- John Tuttle
- 26-Nancy Fogarty
- 28-Ray Sorys

### November

- 1-Jackie Benner
- 2- Helen Evans
- 11- Dorothy Stuckey
- 17-Wally Bortol
- 24- Marie Eller
- 28-Darlene Mahowald

### December

- 2- John Wagner
- 5- Mary Davis
- 6-Harold Sizemore
- 8- Alberta Fox
- 10-Lois Houk
- 12- Pearl Garnaas
- 12- Helen Christensen
- 14-Bill Smythe
- 14- Marjorie Blaida
- 22- Elaine Egnoski
- 22-Dick Mahowald
- 24- Paul Norton
- 31-Shirley Sizemore