



Shalimar Gardens

Assisted Living Community

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Fox Run

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Shalimar Gardens

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Letter from the Director

Hello Everyone,

It's the best part of the summer, the long beautiful passage into fall. The trees are beginning to unfold all the glorious colors of fall and the nights are getting cooler. I'm sure you're enjoying the cooler weather after those hot humid days of summer. It is so nice to be outside again isn't it?

We've had a great time at Shalimar with our summer parties and outings. Some of the most memorable were our trip to Camp Ashland for a Grand Tour, and visiting the Chvatal farm to bucket feed a calf on "Cow Appreciation day". We also visited the miniature Donkeys' at the Ruzicka Farm in Schuyler. The Tekamah NE Court House & County Tour was a big success as was the ROMEO Club grill out. The finale of the summer was Cheri & Mary's Picnic at the lake. We wanted to share the fun with those of you who were unable to be here and to relive the moments again for those who were able to make it. So enjoy all the pictures and we hope to see you soon.

Take Care, Ina



Ester Otte stands by a 1928 Model T.



Valetta Leftwich and Gene Whiteaker stand by one of the Model T's that came to the 2nd Annual Shalimar Antique Car Show. Thanks to the Fremont Car Club for making this event possible for the Residents of Shalimar.



Several Residents, Family and Friends enjoyed the afternoon of listening to Polkas and Waltzes. Plus the Chocolate Sundaes helped cool the hot July afternoon.



A look at all of the Shalimar Residents who enjoyed the 2nd Annual Antique Car Show.

embrace the future.

Shalimar Gardens



Valetta Leftwich, Darlene Meduna, Marian Belfiore, and Billie Beckner enjoy a summer afternoon picnic at Lake Fremont.

Twenty Four Shalimar Residents enjoyed the picnic at Cheri Cruthoff's (Life Enrichment Assistant) home. The Lunch was provided by Cheri and Mary Gillespie-Shalimar's Beautician. A fun day was had by all.



Our R.O.M.E.O Club kicks off a new year by enjoying a free meal from Life Enrichment Coordinator-Jenny Chvatal and Carolyn Rasmuson on August 25th. Pictured here are: Gerhardt Langhorst, Max Christensen, Russ Battiato, Irv Throener, Gilbert Cave, Ken Sears and Dale Filkins. Brats, Potato Salad, 7 Layer Salad, Brownies and some special drinks for everyone.



The Mark Vyhlidal Band played in the Court Yard this year for our John C. Fremont Days. This is our resident Irv Throener playing his accordion with the Band.

Father's Day Dinner-Paul & Onalee Steffen and Gerhardt & Lavina Langhorst enjoying the steak dinner.



NURSES CORNER

Tips to Prevent Colds and the Flu

Cold and flu season is upon us again. With more of us spending time indoors, it's easier for germs to spread. So, to avoid becoming another statistic, keep in mind the following tips to preventing the spread of illness.

1. **Wash your hands frequently.** This is often your best defense. Wash the entire hand using warm water and soap. Don't forget to clean under fingernails. Wash for about 10 seconds. A hand sanitizer is equally effective. Purchase a small bottle and keep it with you for easy access
2. **Avoid putting your hands near your eyes, nose or mouth.** Most bacteria and germs are spread from a surface to your hands to your face. Few germs are transmitted through the air.
3. **Get a flu shot.** Flu shots are especially beneficial for those with weakened immune systems, the elderly or those who come in contact with a lot of people. Information about scheduled flu shots will be posted soon.
4. **Drink more water.** In the fall and winter, it is easy to overlook your thirst and get dehydrated. Make sure you consume 8 glasses a day.
5. **Continue a moderate exercise program.** Try to maintain a 3-4 day a week exercise routine. Consistency is key.



"The Links" from the Merry Maker Association played for our Father's Day Dinner. Pictured here: Irv Throener and Ken Sears

Resident Ron Schmidt is pictured here with our Summer ELL Readers. The children stopped by to practice reading their English books to our residents. There were 35 students going from Spanish to English and our Residents had a wonderful time helping them learn English.





Pictured left to right, Russ Battiato, Max Christensen, Marion Row, Jane Johnson, Ethel Borgmeyer, Mary Johnson, S.Sgt. Ryan Carlson and Marian Belfiore.

We toured Camp Ashland on June 16th. Camp Ashland is a National Guard Camp which is used for training of or developing officers and NCO's in the National Guard of the United States and the US Army. Camp Ashland serves Arkansas, Missouri, Louisiana, Nebraska, Kansas, Oklahoma, Texas and New Mexico. S.Sgt. Ryan Carlson spoke about the History of the Guard Camp and gave us a great tour of Camp Ashland.



On July 21st we visited a Miniature Donkey Farm by Schuyler NE. Resident Marie Ruzicka's Family toured us around the farm. Cheri Cruthoff's grandson Max Thomson from Wentzville, MO is pictured here feeding the donkey chocolate chip cookies- the donkeys favorite. Max told the residents that the donkeys "had really big lips".

Resident's Birthdays

October

- 1 Virginia Maas
- 5 Marcella Hildenbrand
- 6 Donald Churchill
- 12 Robert Hilgenkamp
- 13 Alice Koertner
- 15 Eva Wright
- 16 Corrine Cave
- 18 Joan Watchorn
- 18 Eugene Whiteaker
- 22 Marion Row
- 29 Nancy Wennstedt

November

- 2 Eugene Koertner
- 23 Marguerite Croshaw
- 27 Jane Johnson
- 29 Lavina Langhorst
- 30 Rita Throener

December

- 1 Lola Ayers
- 3 Viola Taylor
- 6 Amiel Beranek
- 14 Max Christensen
- 15 Geraldine McCulloch
- 24 Elois Pittman
- 27 Dale Filkins
- 31 Lorraine Ingersoll

Our Prom Show was held on June 10th, 2011. Thanks to Cheri Cruthoff who works Part-Time at "Black Tie White Satin" in Fremont we were able to borrow these dresses and show our Residents the latest in Prom Formal Wear. The 1st and 3rd ladies are Felicia and Tasha two of our Dietary Aids at Shalimar and the other two girls are their friends. Each girl modeled three dresses.



Know Your Neighbor has been a big hit at Shalimar. June neighbors were Darlene Meduna and Lil' Frey seen here with Cheri Cruthoff, Activity Assistant.



Felicia modeling one of the shorter style Prom dresses.



Our Busy Bakers Group enjoyed making individual Apple Pies for our National Assisted Living Week. They were "Forever Proud" of their Apple Pies. Pictured are Mary Gillespie Shalimar Beautician and Cheri Cruthoff, Activity Assistant teamed up to let the ladies roll out their own dough and decorate their own Apple Pies on Monday Sept. 12th, 2011.

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