

February Birthdays



Doris Brosius 02-06
Robert Peterson 02-06
Alice Boyd 02-18

Gothenburg Memorial Hospital Foundation

Hospital Gala



*A Flapper Murder at the
1920's Speakeasy!*

*Saturday, February 11
6:00 PM*

Teepa Snow

Sunday, February 19th at 3:30

Teepa Snow is an expert dementia speaker who offers numerous suggestions to help with direct dementia care. This is a video not commonly available and worth your time to attend.

If you are a family member please join us and your loved one afterward for supper.

The Public is Invited

Seize every day!



STONE HEARTH ESTATES

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What better time to visit France than in the sweetheart month of February.

France in February

Our Vintage Valentine Show kicks off the month Sunday, February 12th. Following a fabulous lunch on Valentines Day we will indulge ourselves with milk chocolate and a variety of tidbits to dip then chase all that sweet with some bubbly Champagne.

We will get goofier than normal when we have fun with our "Sweet *Hearth* Game". Roy Rogers & Dale Evens are just the beginning of our all-star cast. From what I

understand Marilyn Monroe & "Say-it-An't-So Joe" plan to attend. Rod's special French Cuisine on Monday the 20th will included... of course, French toast for breakfast and French fries at Supper. But then hold onto your beret, for lunch fresh spinach salad, braised tender loin with boulaise sauce, asparagus in tarragon cream and pears bela helne for dessert... oo la la! While in France, we can't be sweet without flowers.

So why not flowers in February. Look for our "The Flowers of February" a Sunday afternoon show on the 26th.

Then join us as we travel to Kearney to enjoy Concerto/ Aria Concert performing at the Kearney Fine Arts Recital Hall February 28th. We will be leaving Stone Hearth at 6:00 PM.

Finally to celebrate a extra day in February we are turning ourselves upside down and inside out. Sorry, you are going to have to wait; we are keeping those details a sweet secret!

The Fenners in February

What can you tell me about being married? Rex replied, "Oh, it is the greatest thing," he added, just like anything good "the days just go by too fast." Rex and Dorothy Fenner will be married 64 years this month. Rex remembers meeting Dorothy for the first time while traveling to a baseball game at Halsey. The couple were 2 out of 8 that were traveling in one Model A! What a great memory for a first meeting.

Rex and Dorothy have three children, Eric, Audrey, and Carol. If you have not had the chance to see two love-birds; anytime Dorothy and Rex are together they are just that. Happy Anniversary Fenners!



Clara Grabenstein



Clara Grabenstein was a resident of Stone Hearth for almost five years.

One of Clara's favorite programs was painting class with Sylvia. She also loved it when her daughter-in-law, Lonna Grabenstein, came to sing... as we all do.

Clara was known for being a great cook; especially her home-made pretzels. The time you spent with us will be dearly remembered.

Respite Services

Respite means temporary care or relief for individuals needing assistance. This care can include extra assistance before going home after a hospital illness; or time recovering from surgery.

It can also be used when individuals need time away when they are the main care givers of loved-ones. As can be the situation with dementia diseases.

To assist with this type of need Stone Hearth Estates offers respite including a furnished apartment, medication administration, dressing, and other services. Although this service is not paid for by Medicare, many Long Term Care Insurance Policies include benefits available to cover cost.

Respite offers an ideal alternative for varying needs. We would be glad to help you

Alzheimer's—puzzling

Alzheimer's is just one of dozens' of forms of Dementia. The word Alzheimer's just happens to be the most used and common verbiage of today.

For this type of disease there is no cure. Occasionally, drug therapy will slow progression but that progression, in as much as is known, eventually catches up with the disease.

Statistically, by 2020 the largest segment of our population will be baby boomers and of those 85 and older, half will have dementia.

Survey's currently suggest that self care reduces risk. In other words, nutrition, exercise, brain games, and social wellness lowers your chances of inflection.

One of our Stone Hearth programs, Dean's List, is an example of a brain game that, theoretically exercises our brains. Surprisingly, cross word

Estella takes us to Australia

Toot Ness said that of all places she has traveled, the one place she would have liked to have visited was Australia. With Estella Tillotson's help we decided to take her! "Down Under" day at Stone Hearth included dangling boomerangs' and hanging Koala's. Sylvia's good morning greeting turned into "Good Day Mate" and Rod's Nebraskan meat and potato lunch was instead a Down Under shearer's meat pie, mango date salad, buttered carrots & parsnips, with Truffle for dessert and Pavlova for snack— delicious!



One of the best parts of the day was Estell's Austrian slide show. Her pictures were wonderful memories of a trip taken years ago with her husband Tilly. She fondly remembers holding a baby kangaroo and eating delicious lamb. Still she chuckles at the thought of other trip members having "beef for dinner" and then complaining about the quality and taste. She comments, "why would you have beef in Australia,

Frank Boyd

went home to his Lord 01-24-2012. Since December 2008 Stone Hearth is honored to be a place called home for Frank & Alice.



For those that knew Frank, saying that he gave us so much would not be surprising.

Sure we knew Frank was great at donning a crazy outfit, silly hat, or letting us use his bald head to break Halloween eggs. He was fun and helped us with the best medicine of all, laughter.

Despite that, what Frank really was, every day, was kind. He had kind words, a kind touch, a kind heart. Daily, we saw Frank's kindness, especially towards Alice. Even though we cannot image your loss, Alice, and how much you will miss this kind man; please know, although hardly the same, we will miss him right along with you. Our heartfelt condolences.