



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.



Shalimar Gardens

Assisted Living Community

Rejuvenating Lives

Volume 49

Fall 2006

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 dry days of summer. Some of our residents stay busy sitting outside supervising from a distance the construction that is going on around us. It is so nice to just be outside again.

We have had a good time at Shalimar with our summer parties and we have also welcomed some new residents. 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 the new resident featured article in our fall newsletter.

Take Care of You, *Ina*

Shalimar Gardens served over 400 hot dog lunches for the 3rd year of John C Fremont days.

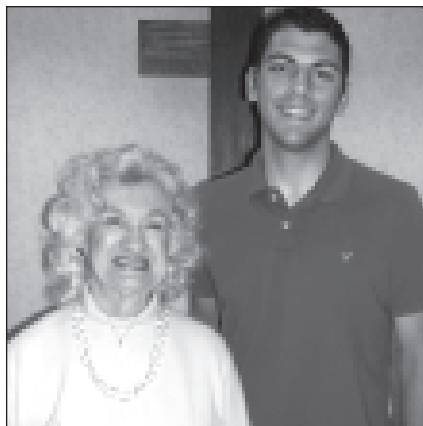
Left to right
*Ina Carroll
and David
Schmidt and
Ms John C
Fremont.*



Our Office Manager Sharon Jenkins with her Daughter Ali during one of her School to Career Days. Ali Volunteers many hours!!!



Millie Havel and JoRene Miller.



Ena Snyder and KC Burnett. Sbalimar Garden residents and staff have special friendships

Joan Egger and Jordan Harwood. Jordan is part of Sbalimar Gardens new Chapel team that comes every Sunday at 3:15.



RESIDENT SPOTLIGHT

Know Your Neighbor



We always have a great turn out for Know Your neighbor



Fred Murphy was one of our neighbors in July. These are just some of his service metals.



Carol Johnson was born Carol Gordon on Jan 5th 1903 in Essex, Iowa on her parents farm. Carol graduated from Shenandoah Iowa and went to work for a new little seed company, which is now know as Earl May Seed Company.



Carol met her husband, Merle in Shenandoah. They married and moved to Omaha Nebraska. Where Merle took a job with Brodkey Jewelry.

After their two boys, Dean and David were grown; Carol also went to work for the "Brodkey Boys."

Brodkey Jewelers expanded and Merle and Carol moved to Fremont to open up a Brodkeys at 5th and Main. They operated that store until retirement. Carol came to Shalimar Gardens in December 2005 and celebrated her 103rd Birthday with us in January.



Toni Lichtenberg was our neighbor on August 31st.

New Residents



NEW RESIDENTS help us welcome our new Residents Left to right: Dorothy Kinney came with her husband Edwin (not shown). Mary Johnson is from Fremont and came to Shalimar Gardens in August. Marion Belifore is from North Platte Nebraska she also came to Shalimar Gardens in August. Shalimar Garden residents and staff are delighted with the return of Stan Carlson. Paul and Ono Lee Steffen from the Fremont area.

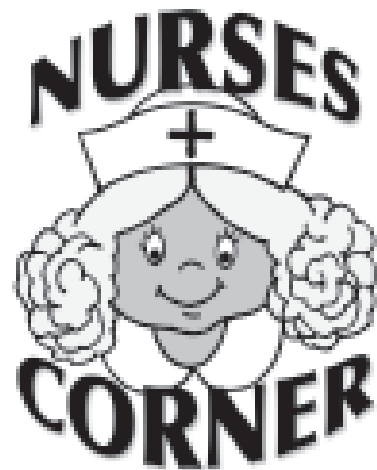
Up & Coming

- October 19th --- Family Party
- October Fest
- October 31st--- Halloween
- November 16th Heritage Party
- Dec 21 Family Christmas Party

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.



What's Happening....



Hazel Bettinger, June Bellis and Ted Wallingford spend time together playing Aggravation.



Russel Hughes Shows the dimes he has collected playing Piggy Bank BINGO.



Russel Hughes, Orval Hoffman, and Monica Moser play pitch during our Thursday night card club.



Ellen Howe, Ruth Lytle and Ono Lee Steffen share some laughs playing our new Pokeno game.



Darleen Fellows, Alma Weander

Dr. Harold Hirsch, June Bellis and Stan Carlson



Bessie Turner and Dorothy Salveson admire the beautiful flowers at Shalimar Gardens



Dorothy Salveson and Hazel Bittinger, Ruth Lytle and Bessie Turner relax with coffee on the patio before dinner.

Shalimar Gardens
Assisted Living Community

749 E. 29th Street
Fremont, Nebraska 68025

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

Assisted Living
The Shalimar Gardens Way



749 E. 29th Street • Fremont, Nebraska 68025 • (402) 721-1616
www.shalimargardensonline.com



Professionally managed by Heritage Management Services, Inc.

www.hmscare.com