

Colonial Manor of Elma News

August 2021

Quilt of Valor presentation held



Pictured above: resident Don Miller (left) and his brother Dave Miller received the Quilt of Valor.

Veteran Tony Roethler of Elma organized a Quilt of Valor presentation to twin brothers Don Miller and Dave Miller. The Quilt of Valor is an award presented to veterans for their service to our country.

The ceremony was held July 20, 2021 in the courtyard of Colonial Manor of Elma, and the awards were presented to Colonial Manor of Elma resident Don, and to his brother Dave, by Sandy Thorson, head of Howard County Ladies.

A group of the Miller's relatives were in attendance, and so were a few well-wishers to witness the award presentation.

We thank both of them for their service and congratulate them on this honor!

National Immunization Awareness Month

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases like whooping cough and pneumonia through on-time vaccination.

During NIAM, Colonial Manor of Elma encourages you talk to your doctor, nurse, or other healthcare professional to ensure you and your family are up to date on recommended vaccines.

Vaccines aren't just for kids. Adults may need vaccines to protect against whooping cough, flu, pneumonia, and shingles. Ask your doctor about vaccines you may need for your age, health conditions, job, or lifestyle.

Vaccines work with your body's natural defenses to help safely develop protection from diseases.

Every year thousands of adults in the U.S. become seriously

ill and are hospitalized because of diseases that vaccines can help prevent. Many adults even die from these diseases. By getting vaccinated, you can help protect yourself and your family from serious, sometimes deadly, diseases.

It is especially important for patients with chronic health conditions to be up to date on recommended vaccinations, since they are at increased risk for complications from certain vaccine-preventable diseases. Talk to your doctor or nurse to make sure you haven't missed any recommended vaccines.

We also encourage you to visit CDC's [Interactive Vaccine Guide](https://www.cdc.gov/vaccines/imz/resources/interactive-vaccine-guide/), which provides information on the vaccines recommended throughout your life.



Source Credit: <https://www.cdc.gov/vaccines/events/niam/index.html>

Let's Celebrate!

August Birthdays

Residents:

George Banwell
Jim Marik
Hank Rosauer
Rosemary Schwickerath
Meri Willis



Employees:

Monica Carlson RN	Paige Johnson LPN
Rayna Freebury CNA	Barb Richter Transportation
Larina Heying DON	Alyvia Ries CNA
Kim Hubka CNA	Hannah Sunnes PCA
Jennifer Johnson LPN	

We extend a hearty welcome to our new residents, and thank those who have chosen Colonial Manor of Elma and Afton Oaks for their needs!

Employee New Hires:

Barb Richter Transportation

Employee Anniversary:

10 years: Sandy Worple
ABCM Healthy Living Home Care PCA

Activities being offered to Residents

While we continue to follow guidelines to keep our residents safe during the pandemic, we are opening up to more activities and not only offer but encourage residents to take part in them which include but not limited to:

- **Live Music**
- **Adult coloring, word finds and crossword puzzles**
- **FaceTime, Facebook, Zoom, etc. video chat with loved ones**
- **Religious Services, Masses, and Spiritual Time both virtual and live**
- **Manicures and nail care**
- **Audio books and internet access**
- **Exercising**
- **Movies / TV shows**
- **Games including Bingo, Price is Right, Lawn "Darts", Races, Target "shooting", Black Jack, Card Bingo, Paddle Wheel, Roulette, and Balloon Volleyball**
- **Crafts both individual and group**
- **Scenic drives**

Thank You and Good Luck Peggy Nibaur



A long-time staff member and supporter of Colonial Manor of Elma has retired.

Peggy Nibaur has worked in our home for 29 years. She did many things, primarily as a Social Worker designee and in recent years as an

Activities Assistant.

Peggy was always ready with a smile and pleasant conversation with both residents and staff. She never failed to pitch in and help with whatever was needed. And she regularly brought in homemade treats for the staff, including delicious chocolate bars whose recipe remained secret only to her!

We thank Peggy for her years of service, and wish her a very happy retirement. She will be missed by all!

Anyone can send greetings anytime

You can send an ecard to any of our residents, tenants or employees for any occasion including birthdays, holidays, or just a "thinking of you" greeting. This is a free service and is one way to keep in touch.

This can be done by going to our home page at the **abcmcorp.com** website and following the instructions under the "greeting card" icon.

Once submitted, your greeting ecard will be printed off and hand delivered for your loved one to enjoy. And there is no limit to the number of cards one can send!

Colonial Manor of Elma was represented in the annual Elma Trail Days parade with our van driven by Mary Ptacek' (pictured below left); Human Resources Coordinator Jennifer Smith and daughter Tatum (pictured top); and Afton Oaks Manager Jason Lechtenberg and wife Abby (pictured bottom) also took part with golf carts decorated with balloons and streamers in ABCM's colors of red and grey.

Elma's Trail Days Parade



Photo Gallery

Fun times continue



Pictured above: Marlys Falck plays Price Is Right with Activities Director Mary Jo Ries and several residents. Marlys' guess on the price of items is pretty close most of the time!



Pictured above: Norma Butler is also a "good guesser" when playing Price Is Right. Activities Director Mary Jo Ries sometimes finds outrageous items like imported shelled nuts, and the residents find the cost of items interesting at times.

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