



# LCC INFORMER

## *LCC Celebrates National Assisted Living Week*

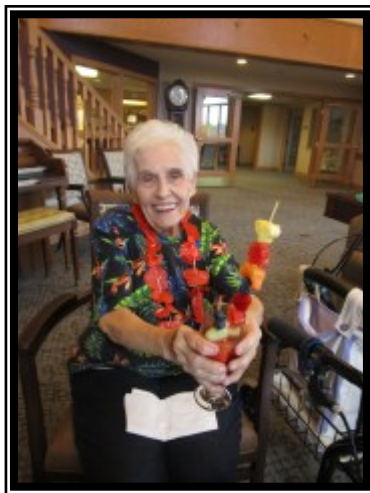
We celebrated National Assisted Living week in September with several theme days: Disney, PJ, Hawaiian, Super Hero, Favorite Sports, and Husker Day! The residents and staff enjoyed a few entertainment acts, we had a luau with special treats and drinks and a Husker game day party with pizza! We look forward to having this annual celebration and seeing the excitement that the residents experience.



Linda Andersen, Kris Baxter, Barb Stohlmann and Carson Knott sporting their PJ's.



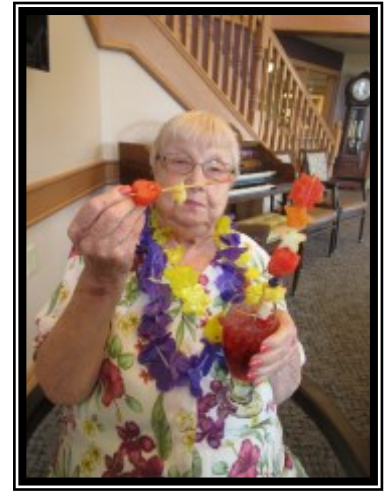
Walt Ebeler, Cyril Vervaecke, Bob Albrecht and Mabel Hightshue at the Husker Party.



Virgean Shields is all smiles at the luau!



Isabelle Bennett smiling pretty at the luau!



Donna Nicklen showing off her Hawaiian drink!

## *From the Administrator - Kari Wockenfuss*

I would like to take a moment to remind residents and their families that our facility must develop and implement written policies and procedures that prohibit mistreatment, neglect and abuse of residents and misappropriation of resident property per our State and Federal Regulations. Please know that you can report such cases to me, Social Services, or to a Charge Nurse. There are also phone numbers and addresses for State Advocacy Organizations located in each resident room on their bulletin boards.

# LCC Happenings

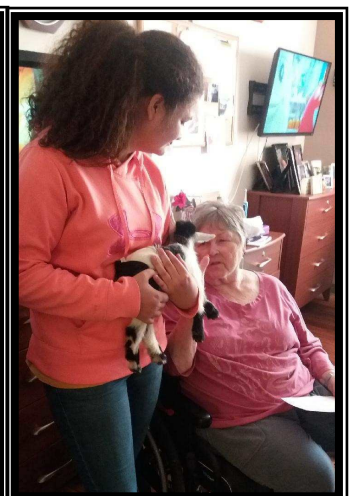
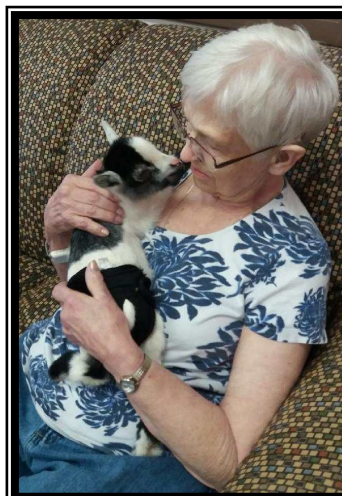


Senator Clements made another well received appearance at LCC. He sat down to visit and answer any questions they may have about his representation of our district.

The Louisville Elementary School's 3rd grade class has graced us with their presence and reading abilities this fall. The residents have really enjoyed the time spent with them and listening to the stories they read to them.



Residents enjoyed a trip to Omaha Henry Doorly Zoo in September!



The residents got to meet baby Eleanor this month. Pictured are Nancy Kropp (left) and Regina Fox (right) who both loved getting to know her.



1. Americans typically refer to this time of year as "fall," while the British use the word "autumn." Both terms date back to the 16th century but before that it was called "harvest. Fall was called "harvest" because of the "harvest moon" that occurs when the full moon is closest to the autumn equinox. Before man-made lighting, this moonlight was essential to a prosperous harvest.

2. Weight gain around this time of year may not only be due to comforting fall foods like pumpkin pie and cider.. Researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage.

3. The yellow and orange colors you see actually always exist in leaves but they are overpowered by the abundance of green from chlorophyll. The amount of chlorophyll starts to decrease as the sun weakens and the days grow shorter. Red and purple leaves are only that color because of the presence of sugars and sap that are trapped within the leaves. These sugars provide plants with the energy they need to survive. Evergreen trees such as pines, cedars, and spruces stay green because their leaves (needles) are covered with thick wax and they contain materials that prevent freezing when it gets cold.

4. We can't forget Halloween! Halloween takes place in the fall and comes from ancient Celtic tradition. They believed that ghosts roamed on Halloween and people would wear disguises in order to hide from these spirits.

Please call or email with questions/suggestions:  
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