



VET★COM

TAKE A PEEK AT WHAT'S HAPPENING HERE AT THE
BLUE GOOSE

GEORGIA WAR VETERANS NURSING HOME

November 2024



FEATURING

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GEORGIA WAR
WOULD LIKE TO WISH
YOU A MONTH FILLED
WITH LOVE, PEACE, AND
JOY.

WELCOME

Harvey Stokes
Isidro Diaz-Rivera

Pinnacle Honorable Mentions October 2024

5th Floor Nursing Staff

Amy Green
Dr. Richard Sams
Shaunte Trimble

3rd Floor Nursing Staff

Occupational Therapy
Connie McGuire
Mary Holmes

Birthstones: Topaz and Citrine

Birth Flowers: Chrysanthemum and the Peony

Dates to Remember:

November 1st Cinnamon Day
November 10th Marine Corps Birthday
November 11th Veterans Day
November 18th Mickey Mouse Birthday
November 28th Thanksgiving Day
November 29th Black Friday



October's Moon Phases

New Moon: November 1st

First Quarter: November 9th

Full Moon: November 15th

Last Quarter: November 23rd

INFECTION PREVENTION UPDATE

Virus Season is Here

As the holiday season approaches, we must also welcome back those awful respiratory illnesses: The Flu, COVID-19, and RSV. The confluence of influenza, COVID-19, and respiratory syncytial virus (RSV), has many of us once again wary of what the upcoming respiratory virus season may bring. The spread of these respiratory viruses across the country means that long-term care communities must get prepared if they enter and spread through their facility. Georgia War Veterans Nursing Home believes that if we get prepared now for what this respiratory season may bring, we may avoid large outbreaks or widespread transmission within our facility. Our goal is to protect our residents, families, staff, and community. We are committed to following the guidance of the CDC to meet this goal. The guidelines describe implementation steps to help limit the spread of infection when a staff member or resident develops COVID-19 or any respiratory illness in our facility. Its guidance also offers the necessary steps to protect our families and other visitors from getting sick. Please note the following:

1. Masks are strongly recommended for **all staff and visitors.**
2. Practice social distancing when appropriate.
3. Please wash/sanitize your hands frequently.
4. If you are sick, please re-plan your visit when you are feeling better.
5. If you are an employee, and you are sick, please stay home and contact your supervisor.

Typical flu season usually starts in September or October with a peak between December and February; however, please be aware that we are already seeing an uptick of COVID-19 cases in the community. Once an individual has been infected with the virus, viral shedding begins within 24 to 48 hours, and it usually takes about 24 hours before symptoms begin. These can include fever or feeling feverish; a stuffy or runny nose; cough; muscle and body aches; headache; fatigue; and vomiting and diarrhea, which are more typical in children than in adults. Influenza can range from asymptomatic to severe illness. Symptoms of COVID-19 and RSV can be similar but take longer after exposure to manifest, usually between 2 and 14 days, but typically by day 5. People infected with RSV are usually contagious for 3 to 8 days and may become contagious a day or two before they start showing signs of illness.

To protect yourself and your family, stay up to date with your immunizations (Flu, COVID, RSV, and Pneumococcal Pneumonia). For more information, visit www.CDC.com or visit your local health department.

DONATIONS AND CONTRIBUTIONS

The following individuals/organizations contributed their time and or services to GWVNH:

American Legion Department of Georgia	Pumpkins
American Legion Riders	BINGO Prizes
American Legion Post 192 Auxiliary	Pizza Party
American Legion Post 205 Auxiliary	Ice Cream Social
Chaplain Larry Jesion	Church Service
Combat Vets Motorcycle Club	Candy
Elks Lodge 205	Banana Pudding
Evans VFW	Birthday Party, Blankets, Cupcakes
Mackey House Music	Live Music
Project Lifting Spirits	Scary Movie Event and Gifts

The following individuals/organizations made contributions to our Resident Benefit Fund:

Kangsun Stone

Gerald Rudd

AUGUSTA UNIVERSITY
YEARS OF SERVICE RECOGNITION

5 YEARS

Heather Nichols
Miranda Crocker
Mark Boatwright
Angela Jones
Javonne Williams
Tonya Banks

10 YEARS

Ilinda Carter

20 YEARS

Lisa Hadden

25 YEARS

Mary Walker

35 YEARS

Juliet Abrams

AU'S YEARS OF SERVICE RECOGNITION



AU'S YEARS OF SERVICE RECOGNITION



PICTURE DAY



PICTURE DAY



PICTURE DAY



GA WAR ACTIVITIES



Olandia Lambert

HAPPY RETIREMENT BRENDA



FUN AT THE BLUE GOOSE



FUN AT THE BLUE GOOSE



FUN AT THE BLUE GOOSE



RIDDLE ME THIS

SOLUTIONS ON PG. 27

1. What is the key to a good dinner?
2. I am served at Thanksgiving dinner. I have ears, but I cannot hear. My outside is good enough to eat, but my inside gets thrown away. What am I?
3. Why did the turkey cross the road?
4. Why did the gravy get a ticket?

WORD SCRAMBLE

SOLUTIONS ON PG. 27

Autumn Scramble

Word Bank

Harvest

Bonfire

Cozy

Pumpkin

Hayride

Autumn

Apples

Colorful

Leaves

1. veaesl

2. lofuolcr

3. yrhaeid

4. zyco

5. plespa

6. unmaut

7. rfbnoie

8. evrasth

9. pkpmuin

WORDSEARCH

SOLUTIONS ON PG. 28



AUTUMN



Q L W E J M E D I R Y A H K Z B N U T C V P
 H N P G I B T S C U E T S O R F D R O S A M
 R B S A Z D E P Q N J W I V G X T L E K F H
 Y Q U I L T K J F U B H O A E C O L Q D B S
 A K X L C V N R E D I P S L M R B H U Z I F
 V W D O E J A P B G Z R Q H F A S M I T Y C
 M O G F T W L E V S N B R U T N I A N P H Q
 X R V R A K B Z J C H I L E P B U F O G W N
 T C E J R H S A U Q S Y G W L K O S X H D M
 D E H A G L I U M T F E B N O S R N E J P U
 S R J C I Q P N O H V L U C A D M E F O K T
 G A F K M J D L T U C S E O N H L P B I X U
 U C R E T A E W S P D F M Z I B C O H N R A
 J S M T P N F C Z R O I W Y A Q H D I L U E
 I D Y U N S E V A E L Z C R H P O K M Q S B
 B Z R A K E Q H D M X N R E S J P I C E T O
 E I L S H Y C B G U K O P T D M F L A R L Z
 P F R Q Y R O T X Z W J N B U L A S E M I D
 W X B D O J H A R V E S T P C I O Q Y S N L
 L H Z M S I J F W O R C A Q Y N K B P U G X

apples
 autumn
 birds
 blanket
 bonfire
 changing
 cider

colorful
 cozy
 crow
 deciduous
 equinox
 flannel
 foliage

frost
 harvest
 hayride
 jacket
 leaves
 migrate
 orchards

pumpkin
 quilt
 rake
 rustling
 scarecrow
 season
 spider

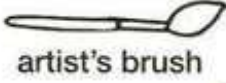
squash
 squirrel
 sunflower
 sweater
 trees
 vegetables
 wheelbarrow



Brain Teaser

SOLUTIONS ON PG. 30

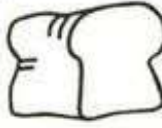
Can you find these things in the big picture?



ice-cream cone



mushroom



loaf of bread



mitten



bell



2 fish

teddy bear



pennant



toothbrush



golf club



teacup



sailing boat

SPOT THE DIFFERENCE PUZZLE

SOLUTIONS ON PG. 31



Find SEVEN (7) Differences



COLORING PAGE



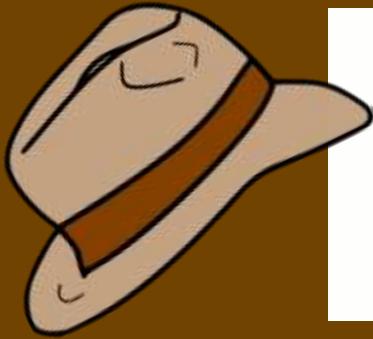
COLORING PAGE



COLORING PAGE



Hidden Name Contest



Congratulations!

October 2024 Hidden Name
Contest Winners



Danny Jones



**Oops! Our staff winner did not
find their name!**

Somewhere in this issue, we have hidden the names of one Georgia War Resident and one Staff Member.

If you find your name, please call the Activities Office to claim your prize.

Each month, we will randomly pick the name of one resident and one staff member. Be sure to carefully review each issue to see if your name is hidden somewhere within.

Good Luck!



THE CHAPLAIN'S CORNER

WITH CHAPLAIN TIMOTHY LARK

Thank God!

Thank God! We made it through last month's detrimental and disastrous storms.

The carnage and destruction that occurred in various parts throughout the United States saddens me. My prayers and thoughts are with the families affected by this awful occurrence, who lost loved ones and their homes.

One thing that I have discovered about humans when facing disappointment, disaster, or even death is that they bring out the best and worst in each individual. What did you allow to surface in your own personal life? Did others perceive you as being patient and kind, or were you otherwise? It was very impressive to see how the community came together to support each other. I saw people of every race, color and creed helping one another to make sure everyone was safe and secure.

It was quite disheartening to witness how certain individuals simply considered their own interests and exploited others throughout this regrettable incident. Romans 14:12 states that they will answer and give an account to God, as we all will for our actions and attitudes.

As we contemplate the events not only of last month, but this entire year so far, please discover your reasons to be thankful. Thanksgiving month is another name for this month of November. For us to be grateful at all, we need to go back and recollect our reasons. Some individuals would say that we are incredibly fortunate, but I will say "We are blessed", and may we never lose sight of how kind God has been to us as a people and as a nation.

Tecumseh authored a poem that goes, "When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in yourself."

1Thessalonians 5:18: "In everything give thanks: for this is the will of God in Christ Jesus concerning you."

I want to thank all the veterans for their service, sacrifice, and support to our nation and community. Happy Veterans Day!

Blessings to all of you.

Timothy E. Lark
Chaplain

Why Author Unknown

Far above the storm clouds gathering
Far above that midnight sky
Looking out just past the rainbow
Where eagles dare not fly.

Out among the ashes
Of heroes long since past
I will take my place among them
When that final die is cast.

Let not your heart be troubled
That's what I've always heard
But I stood for what I believed in
With these my final words.

For in this life but few things matter
In this short time that we have here
Leaving nothing behind but our honor
The thing we hold most dear.

In Memory of

Hughey Williamson

Robert Kimble

Nathel Moon

Robert Clemens

RIDDLE ME THIS

SOLUTIONS

1. What is the key to a good dinner? **A tur-key.**
2. I am served at Thanksgiving dinner. I have ears, but I cannot hear. My outside is good enough to eat, but my inside gets thrown away. What am I? **Corn**
3. Why did the turkey cross the road? **To prove he wasn't chicken.**
4. Why did the gravy get a ticket? **Because it was too saucy!**

WORD SCRAMBLE

SOLUTIONS

Labor Day Word Scramble

Word Bank

Harvest

Bonfire

Cozy

Pumpkin

Hayride

Autumn

Apples

Colorful

Leaves

1. veaesl

Leaves

2. lofuolcr

Colorful

3. yrhaeid

Hayride

4. zyco

Cozy

5. plespa

Apples

6. unmaut

Autumn

7. rfbnoie

Bonfire

8. evrasth

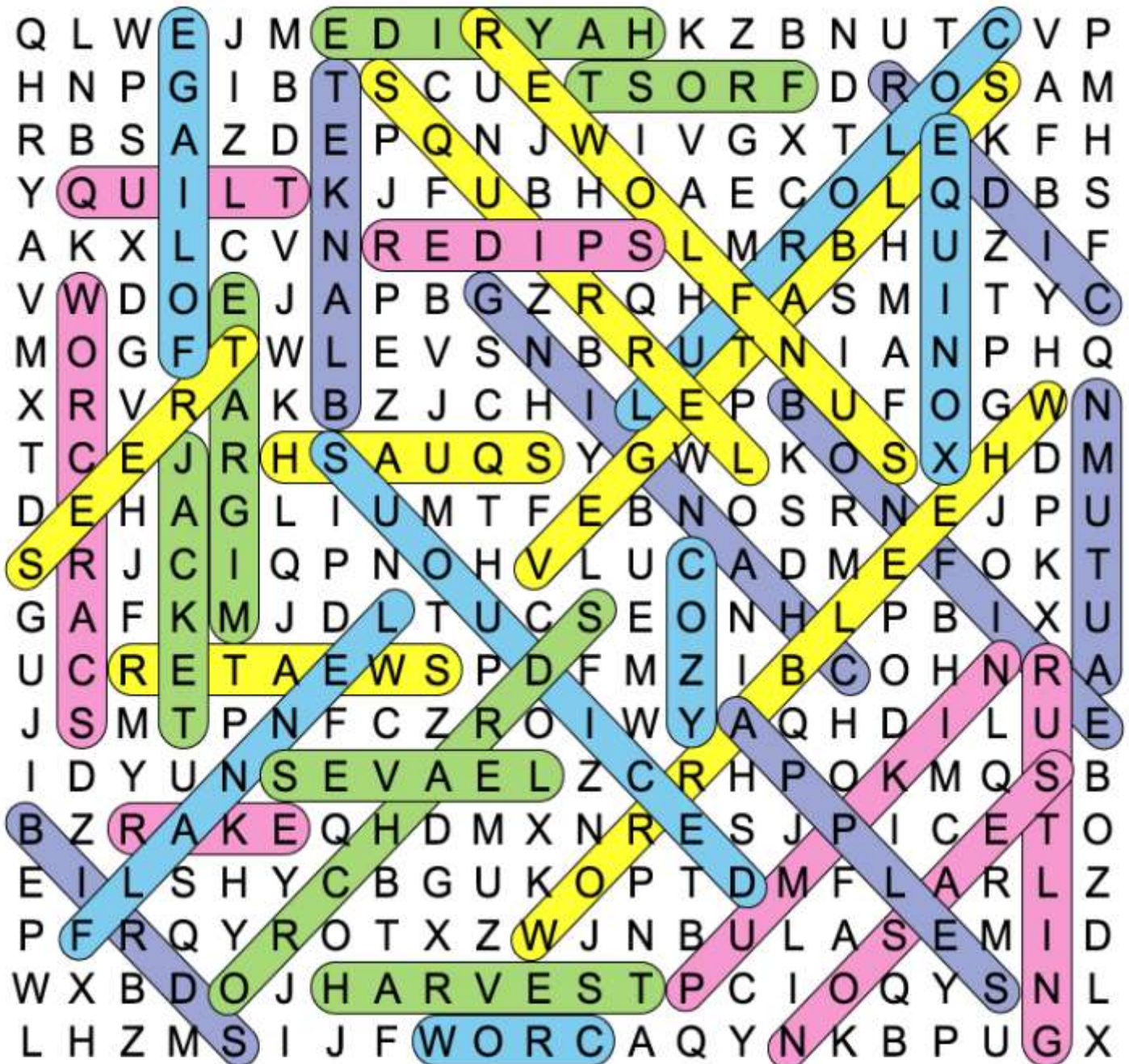
Harvest

9. pkpmuin

Pumpkin

WORDSEARCH

SOLUTIONS



APPLES
AUTUMN
BIRDS
BLANKET
BONFIRE
CHANGING
CIDER

COLORFUL
COZY
CROW
DECIDUOUS
EQUINOX
FLANNEL
FOLIAGE

FROST
HARVEST
HAYRIDE
JACKET
LEAVES
MIGRATE
ORCHARDS

PUMPKIN
QUILT
RAKE
RUSTLING
SCARECROW
SEASON
SPIDER

SQUASH
SQUIRREL
SUNFLOWER
SWEATER
TREES
VEGETABLES
WHEELBARROW

SCAVENGER HUNT

SOLUTIONS



These (5) items below are hidden throughout the September's issue of the VetCom



PG. 1



PG. 2



PG. 13



PG. 17



PG. 20

SUDOKU PUZZLE

SOLUTIONS

Sudoku #1184 (Medium)

7	6	4	3	9	1	8	5	2
5	8	2	4	7	6	1	9	3
3	1	9	8	5	2	7	4	6
2	9	3	5	4	8	6	7	1
4	5	6	1	3	7	9	2	8
1	7	8	6	2	9	4	3	5
9	4	1	2	8	3	5	6	7
6	3	7	9	1	5	2	8	4
8	2	5	7	6	4	3	1	9

Sudoku #1178 (Hard)

3	8	7	6	9	4	5	2	1
9	1	4	2	7	5	3	8	6
2	5	6	1	8	3	9	4	7
1	7	9	4	5	6	2	3	8
5	6	8	7	3	2	1	9	4
4	3	2	9	1	8	7	6	5
8	9	1	3	4	7	6	5	2
6	4	3	5	2	1	8	7	9
7	2	5	8	6	9	4	1	3

SPOT THE DIFFERENCE PUZZLE

SOLUTIONS

Autumn Find Differences Solution



Happy Birthday



**WISHING THESE WONDERFUL RESIDENTS AND STAFF
A HAPPY BIRTHDAY THIS MONTH!**

Residents

Staff

Thomas Hubbard	Nov. 02
Luther Moore	Nov. 03
Harvey Stokes Jr.	Nov. 05
Stuart Word	Nov. 08
Carlton Dilliard Jr.	Nov. 12
Thomas Haakinson	Nov. 14
Claude Dailey	Nov. 17
Richard Miller	Nov. 19
Roy Brown	Nov. 20
James Lomax	Nov. 22
Samuel Woodard	Nov. 29

Linda Key	Nov. 03
Elizabeth Majchrzak	Nov. 03
Takeua Hudson	Nov. 04
Tanisha Gross	Nov. 05
Javonne Williams	Nov. 05
Connie McGuire	Nov. 10
Nucosia Hagins	Nov. 13
Jessica Humphrey	Nov. 13
Shirley McNair	Nov. 13
Tonya Banks	Nov. 16
Latasha Davis	Nov. 18
Jessica Castro-Almazon	Nov. 24
Patricia Johnson	Nov. 25
Quentarious Robinson	Nov. 27
Kay Roland	Nov. 29




Resident Menu – November 2024

Sunday 11/3	Monday 11/4	Tuesday 11/5	Wednesday 11/6	Thursday 11/7	Friday 11/8	Saturday 11/9
BREAKFAST						
Tropical Fruit Oatmeal Scrambled Eggs Turkey Sausage Patty	Pineapple Grits Sausage & Cheese Breakfast Casserole	Tropical Fruit Cream of Wheat Scrambled Eggs Grilled Ham Toast	Peaches Grits Scrambled Eggs Turkey Bacon	Fresh Blueberries French Toast Scrambled Eggs Grilled Ham	Pears Scrambled Eggs Biscuit with Sausage Gravy	Grapes Oatmeal Scrambled Eggs Bacon Toast
LUNCH						
Roasted Pork Loin Dijon Roasted Potatoes Mixed Vegetables Ice Cream Cornbread	Salisbury Steak Mashed Potatoes Broccoli Cookie Dinner Roll	Fried Fish Baked Yams Green Beans Pie Dinner Roll	Meat Loaf Mashed Potatoes Roasted Vegetables Angel Food Cake with Strawberries Dinner Roll	Teriyaki Chicken Fried Rice Oriental Vegetables Peaches Dinner Roll	BBQ Pork Rib Macaroni & Cheese Collard Greens Watermelon Dinner Roll	Balsamic Glazed Chicken White Rice Squash Medley Chocolate Cake Dinner Roll
DINNER						
Baked Ham Turnip Greens Macaroni & Cheese Peach Cobbler Cornbread	BBQ Pork Sandwich Coleslaw Baked Beans Tropical Fruit	Tuna Salad Sandwich Southwest Tortilla Soup Pasta Salad Chocolate Pudding	Greek Chicken Zucchini Rice Pilaf Chocolate Chip Cookie	Philly Cheesesteak Steamed Carrots Baked Fries Vanilla Pudding	Lasagna Green Beans Garlic Bread Cobbler	Sloppy Joe Sandwich Roasted Zucchini Baked Chips Jell-O
Sunday 11/10						
BREAKFAST						
Tropical Fruit Scrambled Eggs Corned Beef Hash Grits	Pears Scrambled Eggs Sausage Crispy Hash Browns	Tropical Fruit Scrambled Eggs Sliced Ham Pancakes	Pineapple Scrambled Eggs Biscuit with Sausage Gravy	Peaches Scrambled Eggs Pork Bacon French Toast	Strawberries Sausage & Cheese Breakfast Casserole Toast	Tropical Fruit Scrambled Eggs Turkey Sausage Patty Banana Muffin
LUNCH						
Baked Ham Cornbread Stuffing Green Beans Chocolate Cake Dinner Roll	Fried Pork Chop Roasted Yams Green Peas Fruit Cobbler Dinner Roll	Baked Ziti Garlic Bread Spinach Jell-O	Fried Shrimp Hushpuppies Coleslaw Cookie	Country Fried Steak Baked Sweet Potato Steamed Cabbage Snickerdoodle Cookie Dinner Roll	Fried Chicken Roasted Potatoes Collard Greens Pudding Cornbread	Sausage, Peppers & Onions Vegetable Medley Jell-O Dinner Roll
DINNER						
Grilled Chicken Lima Beans Glazed Carrots Vanilla Pudding	Beef Bean Chili White Rice Broccoli & Cauliflower Peaches Cornbread	Italian Pork Loin Pinto Beans Squash & Red Peppers Pudding	Lemon Pepper Chicken Roasted Potatoes Spinach Tropical Fruit	Meatloaf with Gravy Mashed Potatoes Brussel Sprouts Peaches	Spaghetti with Meat Sauce Mixed Vegetables Grapes Garlic Bread	Chicken Tenders Potato Wedges Steamed Carrots Ice Cream





Menu items are subject to change based on supply and availability.

Resident Menu – November 2024

Sunday 11/17	Monday 11/18	Tuesday 11/19	Wednesday 11/20	Thursday 11/21	Friday 11/22	Saturday 11/23
BREAKFAST						
Fresh Blueberries Oatmeal Scrambled Eggs Turkey Bacon Toast	Peaches Pancakes Scrambled Eggs Pork Sausage Patty	Biscuit Grits Scrambled Eggs Grilled Ham	Pineapple French Toast Scrambled Eggs Turkey Sausage Patty	Tropical Fruit Grits Scrambled Eggs Bacon Toast	Strawberries Sausage & Cheese Breakfast Casserole Toast	Pears Oatmeal Scrambled Eggs Turkey Bacon Toast
LUNCH						
Baked Swiss Steak Garlic Mashed Potatoes Green Beans Berry Cobbler Dinner Roll	Baked Chicken Baked Potatoes Turnip Greens Pound Cake Dinner Roll	Roasted Ginger Pork Rice Pilaf Asian Vegetables Banana Pudding Dinner Roll	Spaghetti with Meatballs Green Beans Yellow Cake Garlic Bread	Roasted Turkey with Gravy Steamed Rice Mixed Vegetables Brownie Dinner Roll	Fried Fish Rice Pilaf Collard Greens Apple Pie Dinner Roll	BBQ Chicken Roasted Sweet Potatoes Zucchini Jell-O Dinner Roll
DINNER						
Smothered Pork Chop Mexican Rice Mixed Vegetables Jell-O Dinner Roll	Philly Cheesesteak Sweet Potato Fries Coleslaw Chocolate Cake	Grilled Chicken Sandwich Vegetable Soup Fruit Salad Crackers	Tuna Salad Crackers Chicken Noodle Soup Chocolate Pudding	Beef Pot Roast Mashed Potatoes Green Beans Sugar Cookie	Cheeseburger Sweet Potato Fries Mixed Vegetables Jell-O	Baked Ham Macaroni & Cheese Green Beans Pineapple Dinner Roll
Sunday 11/24						
BREAKFAST						
Fresh Blueberries Scrambled Eggs Pork Bacon Pancakes	Pineapple Scrambled Eggs Corned Beef Hash Grits	Strawberries Scrambled Eggs Sliced Ham Breakfast Potatoes	Tropical Fruit Scrambled Eggs Pork Sausage Patty French Toast	Cantaloupe Scrambled Eggs Turkey Bacon Hash Browns	Pears Scrambled Eggs Biscuit with Sausage Gravy	Grapes Scrambled Eggs Turkey Sausage Patty Pancakes
LUNCH						
Country Fried Steak Steamed Potatoes Green Beans Key Lime Pie Dinner Roll	Chicken Pot Pot Pie Brussel Sprouts Cobbler Dinner Roll	BBQ Pork Loin Butter Beans Cabbage Watermelon Cornbread	Lasagna Cooked Spinach Peaches Garlic Bread	Thanksgiving Lunch 	Crispy Baked Tilapia Hushpuppies Collard Greens Banana Pudding Cornbread	Chicken & Dumplings Steamed Broccoli Apple Pie
DINNER						
Fried Chicken Sweet Potato Squash Ice Cream Cornbread	Hot Dog on a Bun Baked Beans Asian Slaw Chocolate Pudding	Tuna Salad Potato Soup Crackers/Bread Chocolate Chip Cookie	Chili Steamed Rice Carrots Lemon Pudding	Brunswick Stew Rice Spinach Ice Cream Dinner Roll	Chicken Tenders French Fries Mixed Vegetables Peanut Butter Cookie	Cheeseburger Potato Salad Green Beans Watermelon

Menu items are subject to change based on supply and availability.

November 2024

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1 9:00 Coffee & News 10:00 The Word with Chaplain Lark 2:30 Water Gun Art	2 Project Lifting Spirits Fall Festival
3 Family Visits Faith Baptist Church @ 2:30	4 9:00 Coffee & News 10:00 Letters to Home 2:30 BINGO	5 9:00 Coffee & News 10:00 News with Friends 2:30 Music in Motion 7:00 BINGO with CMVA Riders	6 8:30 Barber – 5 th Floor 10:00 Balloon Boxing 2:30 Food for thought 7:00 BINGO with DAV	7 9:00 Movie & Popcorn on each unit 2:30 DAV Ice Cream Social	8 9:00 Coffee & News 10:00 The Word with Chaplain Lark 2:30 Frozen Friday	9 Family Visits
10 Family Visits	11 9:00 Coffee & News 10:00 Parachute Pop 2:30 Veterans Day Remembrance 	12 9:00 Coffee & News 10:00 News with Friends 2:30 Sunshine Therapy	13 8:30 Barber – 4 th Floor 10:00 Chaplain Larry 2:30 Elks Lodge Social	14 9:00 Movie & Popcorn on each unit 2:30 Crafting	15 9:15 Holiday Ornaments with WJBF 2:30 Hot Chocolate	16 Family Visits
17 Family Visits Mackey House Music @ 2:30	18 9:00 Coffee & News 10:00 Theraband Stretching 7:00 BINGO	19 9:00 Coffee & News 10:00 News with Friends 2:30 Smallwood Church Bible Study	20 8:30 Barber – 3 rd Floor 10:00 News with Friends 2:30 Fall Crafts	21 9:00 Holiday Cards 2:30 AL Post 192 Social 7:00 Movie & Popcorn	22 10:00 The Word with Chaplain Lark 2:30 Frozen Friday	23 Family Visits
24 Family Visits Church of Christ @ 2:30	25 9:00 Coffee & News 10:00 News with Friends 2:30 BINGO	26 9:00 Coffee & News 10:00 News with Friends 2:30 AL Post 205 Social	27 8:30 Barber – 2 nd Floor 9:00 Movie & Popcorn on each unit 2:30 Monthly Birthday Party with Evans VFW	28  THANKSGIVING 29  HOLIDAY BREAK	30 Family Visits	

Activities are subject to change based on Resident interest and safety; One-on-one activities occur on each floor



TO ALL OF OUR VETERANS, FAMILIES,
FRIENDS, STAFF, FACULTY, AND
CONTRIBUTORS.



GEORGIA WAR VETERANS NURSING HOME