

January 2024



Norfolk Veterans Home

LaREE KUBES, ALA Chair
Norfolk Veterans Home
402 – 841 – 6813
lareekubes@yahoo.com

Address: 600 East Benjamin Avenue
Norfolk, NE 68701
Phone: (402) 370-3330

Opportunities for Donations or Dedications

Amusement Fund: This account is used to support and improve quality of life for the members of NVH. Examples of programs that the amusement fund supports are: off ground outings, bowling, movies, suppers, bait for fishing trips, bingo parties on the weekends and on smaller units for those members who are too ill to come to the main recreation room, socials and holiday parties for members and their families, musical entertainment here at the Home, museum trips, special meals, craft/art classes, golf activities, gardening items, large print books, current magazine and newspaper subscriptions.

Flag Plaza: If you would like to purchase a tile to be placed in the Flag Plaza in memory of or in honor of a loved one that has served in the military, you can contact NVH Foundation, P.O. Box 528, Norfolk, NE 68702. Visit <http://supportheroespark.org/veterans-memory-plaza/>

Attention Volunteers: We are in need of individuals to help with bingo parties, card players, shopping trips, letter writing, one on one visiting, manicures, bus trips, and a library volunteer.

Member Activities:

Games:

Simple indoor games: Battle Ship, Indoor curling, Large Sized Puzzles (300 pieces or less)
Outdoor games: Corn hole, Squirt Guns (for painting)

Food/Snacks:

- **Coffee**
- Little Debbie Snacks
- **Popcorn to pop in our popcorn machine**
- Frozen cookie dough (pre-packaged)
- **Note: Please do not bring expired or nearly expired food items. Infection Control Policies prohibit the use of expired food items.**
- **Buckets of Ice Cream for Ice Cream socials or sundaes**
- 2 Liter Sodas (variety)

Miscellaneous:

- Postage Stamps
- Clear Hard Plastic 8-12 oz cups (to use for our alcohol)
- Holiday Themed Plates & Napkins
- Small Containers of Acrylic Paint
- Fingernail Polish, Fingernail Stickers

January 2024

Norfolk Veterans' Home, Norfolk, Nebraska

PATTERNS FOR VARIOUS SEWING PROJECTS

The pattern for the clothing protectors:

- 5-6" from the end of the towel, depends on the size of the towel, if it is longer you can go down the 6" if it is a little smaller towel do the 5"
- Opening for the head should be the size of an 8" pie plate (trace the outer edge of the plate)

Pattern for the catheter bags:

- 12" wide and 10" deep
- Using 2 ties on the edges to tie it on the cross bar of the wheel chair under the seat, that way they can adjust the length for the chair.

Pattern for the wheel chair bags:

- 12" x 12" using 2 ties on the edges to tie it on the wheel chair/walker or can make it a little larger and make a flap to go over the arm of the wheel chair and use Velcro as the closing (this doesn't last as long with washing it)
- Can make pockets by sewing down the middle to make 2 pockets or leave it open.

Pattern for cell phone bags:

- Like a wheel chair bag but smaller to hold one cell phone
- Using 2 ties on the edges to tie it on a walker or a wheelchair

Lap Fidgets/Activity Pillows:

- Measures 20" Wide and 16" Length. Can make these out of different types of colorful materials, can add large buttons with a button flap, Velcro fastener, zipper, small animals attached, etc. use your imaginations.
- DO NOT PUT ANYTHING ON THEM THEY CAN TAKE OFF AND PUT IN THEIR MOUTH.



Recliner Chair Storage Bags: *★ Special Need*

- There is no pattern on this yet. We need bags that members can hang over the arms of their recliner chairs but put their items in (like remote, phone, books, snacks, etc.) We are finding that members are falling out of their chairs because they try to reach down from their recliner to pick something up off the floor, and if there was a bag to put their items in that might help with some of the falls that we have. If someone is willing to take this project on, any patterns will be helpful! Thank you!

January 2024

Personal Care Items

No toothbrushes or toothpaste

Pre Shave/After Shave	Axe or Tag body spray & body wash for men
Shampoo and Conditioner	Scented body spray & body wash for men/women
Lotions (scented and unscented)	Unscented body spray & body wash for men/women
Hair Gel	Perfume & Cologne
Hair Spray	Tissues (boxes)
Deodorant for men and women	Denture tablets & Denture Cream

Note: Please make sure that all personal care items are full sized as no travel sizes are needed. Due to Infection Control Policies, all personal care items must be new as well.

Clothing:

- Men's Gym Shorts, dark colors, L, XL, XXL
- Men's & Women's sweatpants, dark colors, L, XL, XXL
- Men's & Women's Pajama pants/sets L, XL, XXL
- Men's & Women's cardigan sweaters, XL, XXL
- Men's undershirts, L, XL, XXL
- Gripper Socks for Adults

Clothing Protectors: towel length terry cloth, masculine colors, must be able to fit over an adults head (the hole should be 6" from the top and the opening should be the size of a 9" pie plate) Depends on the size of the towel, larger towels that measure 27" wide & 52" long you can measure 8" from the end of the towel, shorter towels it would be the 6" from the end of the towel **If you do not have sewers in your group, you can donate the bath towels and we will find someone who will make them**

Activities that a group can sponsor (not limited to):

- Pizza parties (purchase pizza for larger group of people, need volunteers to serve this)
- Husker Parties (snacks for 25-30 people)
- Pancake Feed (bring in supplies for the meal, need volunteers to cook and serve for 60-80 people)
- Liver & Onion Feed (need group to come in and prepare the food for this)
- Bingo Parties (bring \$25-\$35.00 in quarters and snacks) Need 5-6 volunteers to assist with this.
- Ice Cream Socials
- Pie Socials
- Happy Hours (snacks)
- Unit Activities

If interested, please call Stephanie Eckert (402) 370-3110 or Mary Swensen (402) 370-3102.