

News to keep you up-to-date.

January/February 2026

# HAPPENINGS

## At The Villa

A publication of



### Welcoming...

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From EPV's Kitchen

It was late Christmas afternoon when Gary and I were bringing my mom back to East Park Villa. Our cart was full of luggage and gifts as the elevator door opened on third floor. We were met with a family still in the midst of celebrating. Kids playing, adults visiting and exhausted dogs snoozing. As we walked to mom's apartment, we passed the billiards room which was full with yet another family celebration. Laughter traveled down the hall. After getting mom settled back in her apartment, Gary and I left, again passing the group celebrating in the billiards room and then stopped to visit with the group celebrating in the third floor lobby. As the elevator doors closed, I commented to Gary, "*This* is why East Park Villa is special. *This* is why East Park Villa exists, to celebrate and enjoy others." Gary absolutely agreed.

Honestly, our services are similar to other facilities in the area. What makes East Park Villa special? I believe it comes down to one word: *Welcoming*. East Park Villa is welcoming.

Earlier this holiday season, I received a letter from a resident. I would like to share a part of it. "The staff is so thoughtful and caring in the many roles they fill on a daily basis. We must always make it a **Welcoming Place**, for I sincerely feel that is why it was built. I remember the many talks I had with Norm Luthy. It personifies the real meaning of *You all are welcome*."

You all are welcome! I cannot agree more. I hope each of you feel this every day.

Because together—**WE** are East Park Villa.

Laurie



#### East Park Villa

1704 L Street  
Aurora, NE 68818  
402-694-2300

East Park Villa is a  
division of Memorial  
Community Health, Inc.

## January Activities

The following activities are **in addition to our regularly scheduled activities**. If you plan to attend, please sign up for activities marked with an asterisk (\*) at least 24 hours in advance. Thanks!

### January:

- 5– EPV Council**
- 5– Shop Aurora Mall\***
- 7–Bingo with the Gomez boys!**
- 8– Bus Ride to Dairy Queen & Shopping\***
- 9– Pitch**
- 12– Shop Aurora Mall\***
- 13– Pinnacle Bank**
- 13– Out To Lunch @ Pueblo Viejo\***
- 13– Chapel**
- 14– Merrymaker Modern Kowboy**
- 14– Bingo with Vicki & Billie**
- 15– Shop Dollar Tree\***
- 15– Ladies Tea**
- 19– Shop Aurora Mall\***
- 20– Chapel**
- 20– Shop Walmart In GI\***
- 21– Horse Races**
- 22– Shop Dollar General\***
- 22– Crafts**
- 23– Trip to Gi Casino\***
- 26– Shop Aurora Mall\***
- 27– Pinnacle Bank**
- 27– January Birthday Party**
- 29– Shop MCHI Thrift Shop\***
- 30– EPV Garage Sale**
- 30– Happy Hour**



## January Birthdays

### Residents

- 2– Jan J.
- 3– Nancy N.
- 27– Larry H.
- 29– Norma W.

### Staff

- 5– Shane N.
- 7– Katelyn D.
- 19– Patti W.
- 31– Rose M.



## February Birthdays

### Residents

- 2– Ruth H.
- 2– Jo B.
- 2– Marilyn L.



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Follow us on Instagram and like and share our Facebook page with family and friends.

Updated periodically with  
East Park Villa photos.



# Valentine's Day

## February 13, 2025

*3:15 PM Program by  
Bill Charstil*

*5:00 PM  
Prime Rib*

*Spinach Strawberry Salad  
with Poppy Seed Dressing  
Baked Potatoes  
Dinner Roll with  
Cinnamon Honey Butter  
Mixed Berries  
Cheese Cake*

**Please, no outside guests for this meal.**

# Merrymakers



**Modern Kowboy**  
**Jan. 14, 2026**



**Bill Charstil**  
**Feb. 13, 2026**

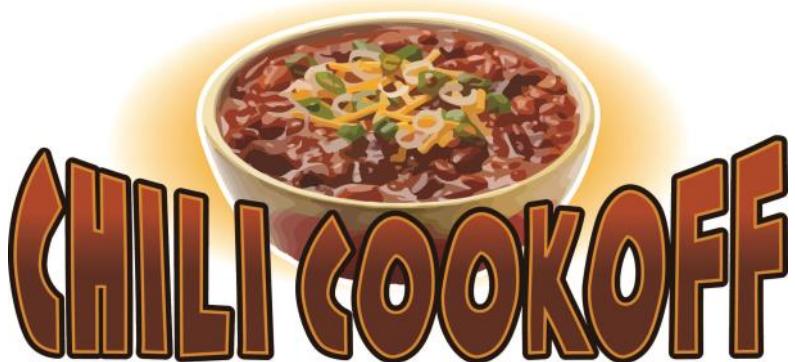
Merrymakers improves the quality of life for seniors by encouraging active participation, increasing social interaction, and sparking memories through professional musical entertainment.

## **Trip to See Bald Eagles & Lunch in Lexington\***

Date & time to be determined for optimal eagle viewing.



**Staff Chili Contest**  
**January 15th**  
**12:00 PM**  
**West Dining Room**



**Residents Vote For The Winner**

## *A Note from Nursing...*

### **Medication Safety**

Medicines are used to treat infectious disease, manage symptoms of chronic diseases, and help relieve pain and suffering. Medications are generally safe when taken as prescribed, but when taken incorrectly, can cause great harm. It is very important for you to know what you are taking and how it should be taken. Here are some safety tips from the UNC School of Medicine Program on Aging.

- \* Always tell your doctor what over the counter products or dietary supplements you are taking, including vitamins and herbs. Reviewing your medications with the doctor minimizes the risk of drug interactions.
- \* If you see several doctors, make sure they all know what the others are prescribing. Have one doctor delegated to coordinate all of your medications.
- \* Fewer pharmacies mean fewer problems. Try to fill as many prescriptions as possible at the same pharmacy to better monitor any potential interactions and contraindications.
- \* Use Memory Tips. Reminder systems including a daily pill box, calendar, or chart will help ensure you take medication as directed.
- \* Make sure you can read and understand the drug name and the directions on the container. If your labels are hard to read, ask your pharmacist to use large type. Take them exactly as prescribed. Do not take more or less. Read and follow all precautions on the medication labels.
- \* Store your drugs properly in airtight containers. Check the expiration dates on your medicine bottles. Dispose of the medicine if it has passed this date.
- \* Do call the doctor right away if you have any problems with your medicines. Always tell your doctor about past problems you have had with drugs, such as rashes, indigestion, dizziness, drowsiness or not feeling hungry.
- \* Ask your doctor about the right way to take any medication before you start to use it.
- \* Do not stop taking a prescription drug unless your doctor says it's okay, even if you are feeling better.
- \* Do not take drugs prescribed for another person or give yours to someone else.

**If our nursing staff at EPV is giving you your medication, it is extremely important that we know if you have any over the counter medications in your room.** It is possible that it could be something that we are already giving you, and doubling up on or mixing certain medications could be very harmful. If you want to try something over the counter, just let me know. I will be glad to contact your doctor for you and make sure your doctor thinks it is appropriate for you to take it along with your other medication.

If you do your own medications, it is important to keep your medication list up to date. It's a good idea to keep a copy in your purse/wallet and a copy in your emergency packet behind the door to your apartment.

If you have any questions about the medication you are taking, please feel free to ask me. I can print off patient education information for the medication you are taking.

Jennifer, RN, BSN

# February Activities

The following activities are **in addition to our regularly scheduled activities**. If you plan to attend, please sign up for activities marked with an asterisk (\*) at least 24 hours in advance. Thanks!

## February:

- 2– Shop Aurora Mall\*
- 2– February Birthday Party
- 5– Chapel
- 5– Shop Dollar Tree\*
- 9– Shop Aurora Mall\*
- 9– EPV Council
- 10– Pinnacle Bank
- 10– Chapel
- 12– Shop Dollar General\*
- 13– Merrymaker Bill Charstil
- 13– Valentine's Dinner
- 16– Shop Aurora Mall\*
- 17– Chapel
- 17– Shop Walmart York\*
- 18– Horse Race
- 19– Shop MCHI Thrift shop\*
- 19– Ladies Tea
- 20– Men's Night
- 23– Shop Aurora Mall\*
- 24– Pinnacle Bank
- 26– Shop Dollar Tree\*
- 26– Creative Cocktails

## **Hello from Housekeeping!**

Have you ever wondered what the **W** and the **D** mean next to the name of the person who cleaned your apartment? Well, the **W** means that housekeeper was using wet cleaning materials and they cleaned all the kitchen and bathroom. The **D** means that housekeeper was using dry cleaning methods and did the dusting, disinfecting, and vacuuming. We put the letter next to our names because we take pride in our work and want you to know who you can come to with any questions or comments. Thank you and have a Happy New Year!

*Have a great day!*

*Becky, Lacey, Kenzie, Hannah  
& sometimes Kathy*





## 2025 A Year to Remember



Laurie Andrews  
Administrator

Jennifer Hunter, RN  
Assistant Administrator

Nicole Nelson  
Activities Coordinator

Becky Guptill  
Housekeeping Supervisor

Crystal Homolka  
Dietary Supervisor

Jason Fry  
Maintenance Supervisor



Because every moment matters.

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## Strawberry Pizza

- 2 (16 oz) tubes sugar cookie dough
- 2 lbs. sliced strawberries
- 3/4 cup granulated sugar
- 2 tbsp cornstarch
- 1 cup cold water
- 1 (3 oz) packet strawberry Jello mix
- 2 (8 oz) blocks softened cream cheese
- 1 cup granulated sugar
- 1 tsp vanilla extract
- 1 tbsp lemon juice

Preheat oven to 350°. Cut the logs of store-bought cookie dough into one-inch rounds. Place the sliced cookie dough rounds onto an 8"×15" baking sheet and press down to form a crust. If the dough is too sticky, use a rubber spatula to spread it out evenly. Bake for 20-25 minutes or until the edges are lightly golden. Set aside to cool completely.

While the cookie crust is cooling, make the strawberry glaze by adding granulated sugar and cornstarch to a saucepan. Whisk to combine, then pour in cold water. Whisk over medium heat until thickened (about 5 minutes). Pour the dry strawberry Jello mix into the thickened mixture, then whisk to form a smooth glaze. Set aside to cool. It will continue to thicken more as it cools.

In a medium mixing bowl, combine softened cream cheese, granulated sugar, vanilla extract, and lemon juice. Use an electric mixer to whip out any lumps.

Once the cookie crust and strawberry glaze is fully cooled, it's time to assemble. Spread the whipped cream cheese mixture on top of the cookie base, then the strawberry glaze on top of that (be sure to reserve 1/4 cup of the glaze for later). Top the layer of strawberry glaze with sliced strawberries, then use a pastry brush to brush the remaining glaze on top of the strawberries. Chill in the fridge. Slice into squares before serving!

[EastParkVilla.org](http://EastParkVilla.org)

Visit us online at:

1704 L Street  
Aurora, NE 68818

Senior Living  
East Park Villa