

News to keep you up-to-date.

# HAPPENINGS

## At The Villa

A publication of  
 East Park Villa  
 Senior Living

### Working at East Park Villa

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From EPV's Kitchen

I often comment that East Park Villa is a special place to live, but I want to add to that comment. It is also a fabulous place to work. The support employees receive is remarkable. Support not only from residents, but also from each other, our supervisors, the administrative team and Board members. When employees are valued and supported, it is easy to pass along that feeling to residents.

This week, Memorial Community Health held their annual service awards banquet. Four employees from East Park Villa were honored. Not surprisingly, all employees showed up to be honored. We know what it feels like to be a part of a team and we are so pleased to be on the East Park Villa Team.

Most importantly, East Park Villa isn't just some place where we work. You do not live where we work. We work where you live.



**5 Years of Service:**

Jeremy Bixenmann — Cook  
 Carla Land—Dietary Assistant

**10 Years of Service:**

Kathy Dimmitt— Medication Aide  
 Crystal Homolka—Dietary Supervisor

*All employees pictured with Justin Wolf, CEO*



**East Park Villa**  
 1704 L Street  
 Aurora, NE 68818  
 402-694-2300

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

## MAY 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!

### MAY:

- 1– Bus Rides
- 4– Shop Aurora Mall\*
- 4– EPV Council
- 6– BINGO
- 7– Shop Dollar General\*
- 7– Ladies Spring Tea
- 8– Back yard Planting
- 11– Shop Aurora Mall\*
- 12– Lunch at Chances R & shop GoodyPop\*
- 12– Pinnacle Bank
- 13– BINGO with Vicki & Billie
- 14– Shop MCHI Thrift Shop\*
- 14– Resident and Family Spring Picnic
- 15– At Home Hearing
- 15– Crafts
- 18– Hamilton Band
- 19– Shop Walmart In GI\*
- 20– Merrymaker Josh Hoyer
- 21– Shop Dollar Tree\*
- 21– Horse Races
- 25– Happy Memorial Day
- 26– Shop Aurora Mall\*
- 26– Pinnacle Bank
- 26– May Birthday Party
- 27– BINGO
- 28– Shop Dollar General\*
- 28– Coffee at Susans Books\*
- 29– Happy Hour\* Backyard BBQ



## MAY Birthdays

### Residents

- 6– Lori H.
- 14– Buzz O.
- 19– Shirley G.
- 24– Kathy B.
- 30– Lona W.

### Staff

- 8– Jason F.
- 14– Jennifer H.



## JUNE Birthdays

### Residents

- 12– Roma Dee L.
- 18– Kay C.
- 21– June K.
- 21– Gale C.

### Staff

- 1– Brenda B.
- 8– Kaitlyn H.
- 17– Jenny S.
- 17– Beth F.



### **Hamilton Band**

May 18th @ 6:30 PM  
3rd floor lobby



# Dreamweaver FOUNDATION

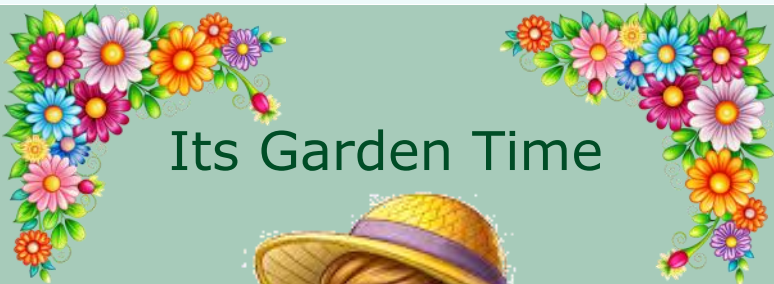


**Josh Hoyer**  
**May 20, 2026**  
**2:30 P.M.**



**Billy Troy**  
**June 11, 2026**  
**2:00 P.M.**

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



## Its Garden Time



Anyone interested in planning, planting, watering, or just enjoying fresh flowers—please let Nicole know. We will start planting in May.

## MEN'S BARBEQUE

JUNE 18, 2026

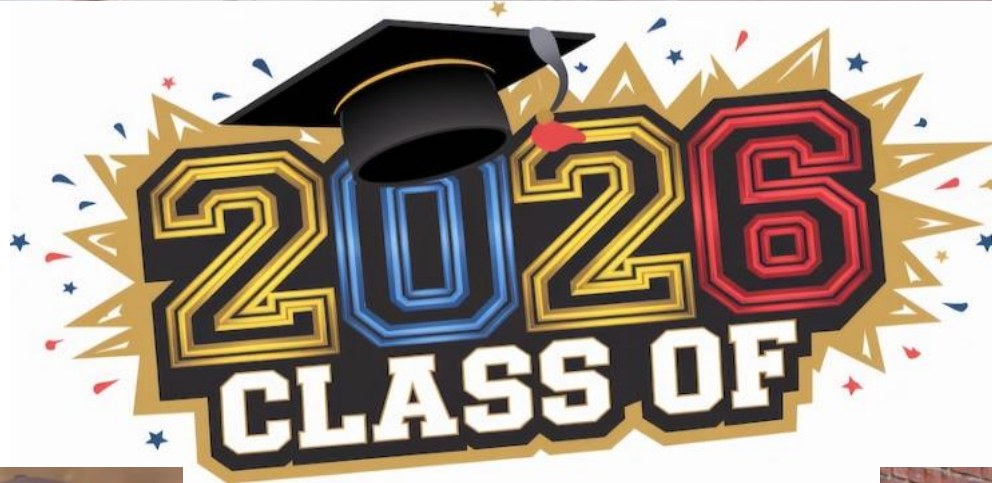
5:00 PM

BACK PATIO





*Come To The Table  
Ladies Spring Tea  
May 7th 2026  
6:00 pm  
3rd Floor Lobby  
Music By  
Maddy*



**Peyton G.**

# **Graduation Card Shower**



**Isaac G.**

## *A Note from Nursing...*

Spring is finally here! Although most of us are rejoicing to see the trees budding, the grass turning green and flowers peeking out of the ground, I have begun to hear the grumbling of allergy sufferers.

Allergies are your body's response to inhaling airborne particles you may be allergic to. These particles are called allergens. Seasonal environmental allergies occur during specific flowering periods when plants are shedding their pollen. In general, trees flower in the spring, grasses in the summer and weeds in the fall. Perennial allergies occur year-round and are due to pet dander, chemicals, dust, or mold.

Allergies can cause the following symptoms: sneezing, sinus pressure, headache, dark circles under your eyes, itching in the nose, eyes, throat and ears, post nasal drip, and red watery eyes.

The best way to prevent environmental allergies is to avoid the things that cause them.

- Stay inside during the morning hours when pollen counts are the highest.
- Avoid outside activities during the time of year when the trees, grasses, and weeds are blooming.
- Keep the windows of your apartments and car closed to keep pollen out.
- Use your air conditioner to reduce indoor humidity and to prevent mold and mildew growth.
- Decrease or avoid outdoor activities on hot summer days, when ozone levels may make your symptoms worse.
- Cover pillows and mattresses with vinyl covers to reduce your exposure to dust mites.
- Wash bedding weekly in very hot water.
- Use fewer dust-collecting items, such as curtains, bed skirts, carpeting and stuffed animals.

If you can't eliminate or avoid the cause of your reaction, you may be able to control the allergy. Antihistamine medications can help. Antihistamines are medications that reduce or eliminate the effects of histamine, a chemical released during an allergic reaction. If you're suffering from allergy symptoms, talk to your doctor. Your doctor can evaluate your symptoms and recommend an antihistamine or refer you to an allergist for further evaluation.

Whether the treatment is non-prescription antihistamines, a doctor's prescription, or allergy shots, the treatment works best if you combine it with avoidance of the things that cause your allergic reaction.

Blossom by blossom, let spring begin!

Jennifer, RN

Resources:

*American Academy of Allergy, Asthma, and Immunology*

<http://www.pollen.com>

## JUNE 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!

### JUNE :

- 1– Shop Aurora Mall\*
- 1– EPV Council
- 3– BINGO
- 4– Shop MCHI Thrift Shop\*
- 8– Shop Aurora Mall\*
- 9– Pinnacle Bank
- 10– BINGO with Vicki & Billie
- 11– Shop Dollar Tree\*
- 11– Ladies Tea
- 12– Jeopardy
- 15– Shop Aurora Mall\*
- 16– Out to Lunch Kerry's\*
- 17– Horse Races
- 18– Shop Dollar General\*
- 18– Men's Barbeque
- 19– Singalong With Judy
- 22– Shop Aurora Mall\*
- 23– Pinnacle Bank
- 23– Shop Walmart York\*
- 24– BINGO
- 25– Shop Aurora Mall\*
- 25– Creative Cocktails
- 26– American Speen Museum trip\*
- 29– Shop Aurora Mall\*
- 30– June Birthday Party



## Hello from Housekeeping!

*As it starts to warm up, please remember if your AC is on, make sure your windows are closed. Sometimes when we open our windows at night and then turn on our air conditioner without shutting the window, the AC freezes up. It will leave you with a hot apartment until it thaws.*

*Have a great day!*



Thank you to our special guests Taryn & Jon Vanderford for speaking at our Grille Open House. East Park Villa also wants to thank all the generous donors for the beautiful new dining experience at The Grille.

# Flip Flops & Flamingos Picnic

**May 14th**  
**5:00-7:00 PM**

**Back Patio**

**RSVP by May 7th**

**Meal served from 5-6 PM**

**Pulled Pork**  
**Pasta Salad**  
**Tropical Salsa & Chips**  
**Fruit Kabobs**  
**Luau Cupcakes**

**Karaoke and Music by**  
***Salmon Says Media***

**RSVP by May 7**  
**402-694-2300**



Laurie Andrews  
Administrator

Jennifer Hunter, RN  
Assistant Administrator

Nicole Nelson  
Activities Coordinator

Crystal Homolka  
Dietary Supervisor

Jason Fry  
Maintenance Supervisor



Because every moment matters.

## Lemon Blueberry Yogurt Quick Bread

- 1 1/2 cups flour
- 3/4 cup sugar
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup plain yogurt
- 2 large eggs
- 1/4 cup vegetable oil
- 1 tablespoon lemon zest
- 1 cup blueberries

### Directions

1. Preheat oven to 350°F. Grease a loaf pan.
2. Mix flour, sugar, baking powder, and salt.
3. In another bowl, whisk yogurt, eggs, oil, and lemon zest.
4. Stir wet ingredients into dry until just combined.
5. Fold in blueberries.
6. Bake 50–55 minutes. Cool before slicing.

Eastparkvilla.org

Visit us online at:

1704 L Street  
Aurora, NE 68818

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Senior Living