

CONNECT WITH US

Kelsie Ryan, Administrator: TIC
Kelsie.Ryan@Tabitha.org

April Heyen, Administrator &
Director of Resident Care: TG
April.Heyen@Tabitha.org

Michelle Hunter, DON: TIC
Michelle.Hunter@Tabitha.org

Cheryl Moore, Chef Manager
Cheryl.Moore@Tabitha.org

Robin Allgood, Social Services: TIC
Robin.Allgood@Tabitha.org

Richard Sahulka, Maintenance
Richard.Sahulka@Tabitha.org

Kris Crawford, Life Enrichment: TIC
Kristine.Crawford@Tabitha.org

Kim Sasek, Life Enrichment: TG
Kimberly.Sasek@Tabitha.org

COVID-19 Vaccine Info

Looking for additional
information to help your
family or friends register
to receive the COVID-19
vaccine or booster?

Check out the statewide
registration site at
[Vaccinate.NE.gov](https://vaccinate.ne.gov).

Staying up-to-date on your
vaccine impacts our world
and Residents' physical,
emotional well-being, and
ultimately, our ability to
keep Residents and
TEAMembers safe and
healthy.

Volunteer with Tabitha Hospice

Do you want to make a
difference in someone's life?

Volunteer to help hospice Clients
and their families today!

Tabitha Hospice provides *Care*
to 23 Nebraska counties.
Volunteers are an integral part
of the program.

Hospice volunteering is a
rewarding opportunity that
provides companionship,
pet therapy, bereavement
support, respite care, and office
and clerical support. Length of
commitment varies; complete
training provided.

Give us a call or email to learn
more: 402.362.7739 or
Hospice.Volunteer@Tabitha.org.

May 2024

NATIONAL PET DAY

Robin Allgood, Social Services

National Pet Day was April 11th, and as a pet lover, I
felt inclined to write an article this month about pets.
Interacting with pets has been found to reduce
stress, anxiety, and depression for Seniors!

Petting a dog or cat releases endorphins—natural
mood boosters. Pets can be especially beneficial for
Seniors who have chronic pain, arthritis or other age
-related ailments. Here at Tabitha in Crete, we have
therapy dogs that visit often and bring Residents so
much joy!

Did you know that we allow family to bring their pet
in for a visit when visiting their loved one, as long as
current vaccination records are provided?

I have had dogs my entire life and currently
have two—Dexter & Teddy—who are spoiled
rotten. They love car rides, going camping,
snuggling, and especially love treats and pup
cups from the coffee shop! They bring me so
much love and happiness.

Some fun random facts about pets:

- A dog's ears can change direction to hear better, which uses approx. 18 muscles
- A cat's whiskers are as long as their body is wide. Their whiskers let them know if they can pass through narrow spaces
- Kittens learn to meow solely to communicate with humans. Cats never meow to each other, but they do "chirp" at one another
- Yawns aren't contagious to puppies but are for older dogs
- One way a dog perceives time is by the changing smells throughout the day
- Cats share 95.6% of their DNA with tigers
- Cats perceive humans as big, hairless cats
- The nose print of dogs, cats and other animals is unique – much like a human fingerprint
- Dogs can interpret human facial expressions
- Cats and dogs dream just like people do



TG served
chocolate
fondue
during
Valen-
tine's! We
hit the Friend
Qwik 6 with
family members
for breakfast
that day too!



TIC/TG Photos

TIC enjoyed the Irish jigs of Chris Sayre on St. Pat's Day! Stained glass windows were made during craft time and Lori Kapke was awarded Employee of the Month. TG enjoyed Thirsty Thursday!

During Lent, TG's took ten residents on a trip to Milford and enjoyed their seafood buffet. TG Residents completed an Easter tomb craft! Marilyn, a new Volunteer, came in to play Bunco with the Residents.

A big shout out to Dutch's family for allowing us to watch the Crete Boys basketball games on TV! After the game, fruit pizza was made and served with supper!

HAPPY BIRTHDAY!

- 5/2 Pam Zajicek
- 5/8 Katelyn Jindra
- 5/10 Meagan Asher
- 5/17 Cindy Youssef

HAPPY ANNIVERSARY!

- 2 yrs. Sara Hochstetler
- 2 yrs. Jennifer Harrod
- 3 yrs. Ashlyn Adam
- 4 yrs. Ashley Kalkwarf
- 6 yrs. Pam Zajicek