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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.

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 made 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!

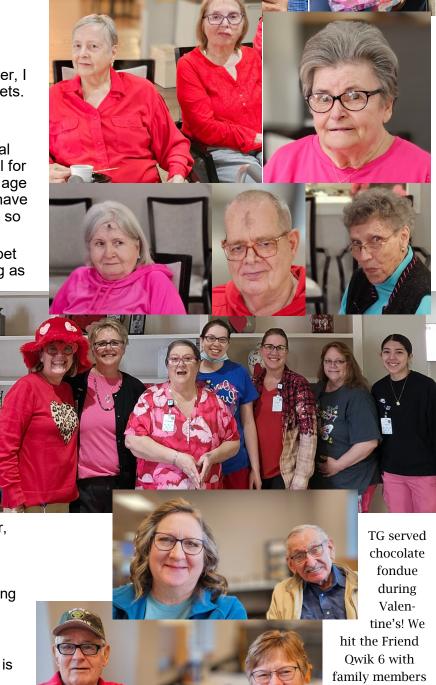
Petting a dog or cat releases endorphins—natural mood boosters. Pets can be especially beneficial for Seniors who have chronic pain, arthritis or other age -related ailments. Here at Tabitha in Crete, we have therapy dogs that visit often and bring Residents so much joy!

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



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

yrs. Pam Zajicek