



# LANCASTER REHABILITATION CENTER

SEPTEMBER 2021

Restaurant industry buddies  
stay lifelong

# FRIENDS

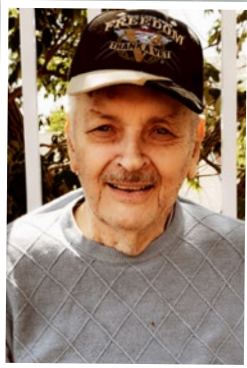
In the 1950s, King's Food Host was founded in Lincoln, Nebraska, and became one of the first successful chain restaurants in town.

King's restaurants featured a drive-in, bright orange booths and telephones at tables for customers to call in their orders. Beloved by locals, the restaurant was known for homemade

burgers, onion rings, soups, salad dressings, and the Cheese Frenchee — a deep-fried grilled cheese sandwich invented by King's founders.

It was at King's on 19th and O streets that Lancaster Rehabilitation Center resident, Carl Jones, and his lifelong friend, Howard Howser, met in 1963. Carl was a King's manager and Howard was a college student working there.

"Carl always will tell you that he and I have fried more hamburgers than anyone in the world," Howard said. "Maybe it was a million or two. King's was so busy that we'd go through 800-900 patties a day — even up to 1,000 some



Carl Jones, Serenity Memory Care resident at Lancaster Rehabilitation Center

days. And we were both in the restaurant industry more than 30 years."

In the mid '60s, Carl moved to Denver to manage King's franchise for his brother, Bob Jones. From about 1975, Carl was back in Nebraska running his own restaurants in Crete and Hickman. In

Continued on page 2



King's Food Host at 19th and O streets, where Carl Jones and Howard Howser met.



King's Food Host photos from Edholm & Blomgren Collection courtesy of Mary Jane Nielsen Ringsmuth

# FROM THE DESK OF ADMINISTRATOR JEN GRAFF



## COVID-19 UPDATE

During the past 18 months, the COVID-19 pandemic has been a journey like no other. Lancaster Rehabilitation Center team members, residents and family members have faced huge highs, lows and uncertainties each and every day.

Just when we thought we were heading back toward a new normal, we found ourselves once again fighting the battle. While we do everything in our power to mitigate the spread of this virus, it shows up when least expected.

Our local community has seen drastic increases in positive COVID-19 cases, which determines our visitation processes, testing guidance and reporting expectations. As we respond daily to regulations and guidance, we know the hardships placed on everyone in our care. We make every effort to communicate with our residents, family members and team to ensure everyone is receiving the most current information available.

Lancaster Rehab is proud to share that more than 80% of our team members are vaccinated and 98% of all residents have been vaccinated as well. We continue to encourage those who are not vaccinated to do so as soon as possible, whether through the vaccine clinics we host at the facility or local pharmacies we work with that provide the vaccine free of charge.

All of us at Lancaster Rehab will continue to do our part to ensure the safety of all of those under our care.

— Jen Graff, Administrator

Restaurant industry buddies  
stay lifelong

FRIENDS

Continued from page 1

the meantime, Howard stayed in the restaurant industry and most notably operated Howard's Pantry for 37 years until retirement. This restaurant became The Eatery in 2012.

Carl retired to Branson, Missouri, in the 1990s, but recently returned to Lincoln — without any surviving family and with a deteriorating memory. Carl and Howard reconnected and got Carl moved into Lancaster Rehab's Serenity

Memory Care unit on New Year's Eve 2020.

"I take care of him now," said Howard, who is Carl's power of attorney. "We're restaurant men. We hired a lot of good people, gave lots of kids jobs and helped other folks. Hopefully we gave more than we get back. That's the way business people should be, and

that's the way restaurant people are."

Pre-pandemic, Howard regularly visited Carl to take him on car rides or to grab a good burger. They'd talk about how no one anymore makes them like King's did, or about cars — both are car enthusiasts. Seeing Carl happy makes Howard happy too, and he's thankful for Lancaster Rehab's care for his friend.

"I've always had good interactions with everyone in there, especially the person who helps set up our visits," Howard said. "We wanted a place where they'd take good care of Carl and keep him safe, and that's what Lancaster Rehab does."

"We wanted a place where they'd take good care of Carl and keep him safe, and that's what Lancaster Rehab does."

— Howard Howser, longtime friend of resident Carl Jones

# EXCEPTIONAL PEOPLE, EXTRAORDINARY CARE



Shooting Stars demonstrate unique and exceptional acts of customer service. The winner of this award exemplifies our mission to provide the best possible compassionate care.

## Kayla Stegemann

Registered Nurse, Station 3

### How long have you worked at Lancaster Rehab?

"I started in 2011, took a two-year break and just returned in December 2020 because I enjoyed my co-workers, management, and the patients and residents I worked with."

### Where are you from?

"Beatrice, Nebraska."

### What's a fun fact about you?

"I like to listen to rap music very loudly in my car when I'm by myself, just because I enjoy it."

### What is the best part about your job?

"I work on the short-term rehab unit, so I love seeing the transition from when people come in to when they are ready to go home. I like helping in the process of getting people stronger to go back home. I really enjoy my team too, because I've worked with them for a long time so we're friends and good teammates."

### What others are saying about Kayla:

"Kayla is an amazing nurse who works tirelessly to improve the lives of all our residents and has made a huge impact at Lancaster Rehabilitation Center. She is dependable and goes above and beyond whether it's her responsibility or not. Kayla is knowledgeable and gives the best of herself to every patient."



## Nikki Duncan

Dietary Aide

### How long have you worked at Lancaster Rehab?

"I started in Housekeeping in 2009 as contractor. I moved into the Dietary Department in 2012."

### Where are you from?

"Eglin Air Force Base, Florida."

### What's a fun fact about you?

"My hair color changes every month and has been every color of the rainbow. Right now, it's a neon yellow-green, but many people don't see it because I always wear a hat at work. I don't have a favorite color; I just keep rotating through different ones."

### What is the best part about your job?

"My co-workers. I'm part of an awesome team. It's a team effort among aides, cooks and bakers to keep the kitchen running smoothly and deliver tasty food to our residents and patients."

### What others are saying about Nikki:

"Throughout her years of service, Nikki's work ethic has never wavered. She has been a dependable, dedicated and a positive leader who jumps in to do what needs to be done. Nikki has made an impact not only in the kitchen, but in the way she supports and encourages other team members. We are extremely lucky to have Nikki on our team."



Our Shining Star awards recognize team members who stand out and inspire us every day. Their hard work, dedication and positive qualities are beacons for us to emulate.

## Kenny Mitchell

Cook



"Kenny is one of those people everyone wants to work with. He spreads his enthusiasm for his job throughout his shifts, which always include the best ingredient: lots of laughter! Kenny ensures the kitchen is set up for success and ready to deliver the best possible dining experience. Thank you for your hard work and setting a great example."

## Kreonna Reed

Certified Nursing Assistant, Station 4



"Kreonna has proven herself to be an energetic star on the Lancaster Rehabilitation Center team. She is friendly, engaging and gets to know her residents on a personal level. She has the ability to anticipate their needs and always is ready for the next challenge. Thank you for contributing to the extraordinary care at Lancaster Rehab."

# LEADER OF THE QUARTER: ANGIE NUTTER

Congratulations to our third quarter Leader of the Quarter, Human Resources Director Angie Nutter!

### What others are saying about Angie:

“Angie works tirelessly to recruit and retain our amazing staff. She is a team player and an endlessly creative, fun committee participant. Angie always is identifying areas where Lancaster Rehabilitation Center can offer staff and residents a little bit of fun in their day. The journey through the pandemic has been challenging, including maintaining a positive work environment and finding new team members to care for those we serve. Angie shows up daily with her positive, resilient attitude, ready to face any new challenges. Lancaster Rehab is honored to have Angie as one of our leadership team members, and we appreciate all of her support and commitment to our facility.”



Lancaster Rehabilitation Center thanks its Environmental Services team.

## Thank you, Environmental Services!

National Environmental Services Week was Sept. 12-18, and Lancaster Rehabilitation Center is proud to recognize and show appreciation to our outstanding Environmental Services team. These dedicated individuals keep our facility clean and safe year-round. Thank you for all you do!

## Go Big Red!

Lancaster Rehabilitation Center gave a Big Red Welcome to University of Nebraska-Lincoln students for the Fall 2021 semester. Many heard about our great job opportunities as we handed out lots of fun and fabulous T-shirts. Go Big Red!

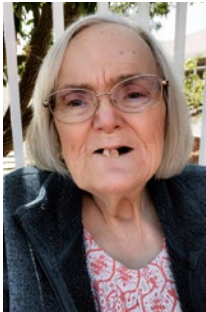


# LANCASTER REHAB

## A place to remember, a place to call home

When Lancaster Rehabilitation Center's short-term rehab area opened in 2012, Avis Siebert was the first patient there. Since then, she's returned once for rehab in 2020, and then became a resident in the Serenity Memory Care unit as of June 1.

"The whole staff is really nice, and they go out of their way to accommodate you," said Avis' husband, Al, who happens to be a retired 12-year nursing home administrator. "I couldn't be happier than where she's at because the staff do their best and take good care of her."



Avis Siebert, Serenity Memory Care resident at Lancaster Rehabilitation Center

Al recalled how Lancaster Rehab nursing staff loved Avis and provided good care during her first stay. That's why the Sieberts returned in late 2020 for therapy.

Al was glad Avis finally came home New Year's Day 2021, especially since just a month before they hadn't been able to celebrate their 60th wedding anniversary together due to pandemic visitation restrictions.

However, throughout the following months, Al noticed Avis' dementia

becoming more pronounced. He did his best to care for her, whom he had vowed to love "in sickness and in health" when they got married. With input from their son, Rory, and daughter, Leah, Al and Avis decided that Avis would do better in skilled care and with others to socialize. They then called Lancaster Rehab.

"I noticed the friendliness of the place the moment I walked in the front door," Al said. "The front desk person greets me with a smile and knows me by name. If I call to talk to someone and they know my voice, they say, 'Good morning, Al.' It feels like home."

To the family's delight, Lancaster Rehab was able to welcome Avis back June 1. Described as a people person who can strike up a conversation with

“The whole staff is really nice, and they go out of their way to accommodate you.”

— Al Siebert, husband of  
Serenity Memory Care resident  
Avis Siebert



Avis and Al Siebert enjoy a June 11, 2009, visit to Pioneers Park in Lincoln, Neb.

anybody, Avis settled in quickly. She loves the nurse aide who stops by to give her a hug, the kind social worker, and the fun afternoon activities.

Al visits Avis almost daily, or as often as pandemic policies allow. When he can't see her in person, he calls to tell her how their four grandchildren and seven great-grandchildren are doing. Sometimes they reminisce about the places they've visited across the United States, or cruises they have taken to the Bahamas, Virgin Islands and Cayman Islands.

"It's not the way I wanted to end my retirement; I'd love to have Avis home by my side," Al said, "but I'm thankful we get to walk this new chapter of life together. We'll be married 61 years the day after Thanksgiving this year."

## Memory care support can provide peace of mind

At Lancaster Rehabilitation Center, we understand the complex emotions memory caregivers face, especially as their loved one's needs increase.

**You may need memory care help if you're:**

- Afraid to leave your loved one with anyone else.
- Physically exhausted or getting sick more frequently.
- Feeling depressed, angry, hopeless or helpless.

Our Serenity Memory Care program can give you peace of mind. We named our program Serenity because we are committed to providing our residents facing



memory loss with a calm and peaceful setting. A Serene Life.

**Our residents enjoy:**

- A secure and calming living space.
- A person-centered philosophy that honors and celebrates individuality.
- Dedicated staff with extensive memory care training.
- Memory loss life enrichment programs.
- Specialized therapies, sensory rooms and life stations.
- Brain healthy dining options to energize and relax the mind.

Let us be your memory care resource and support you and your loved one on this journey. Call Admissions Director Kallin Niemeyer at 402-441-7101 ext. 277 or email [KNiemeyer@LancasterHCC.com](mailto:KNiemeyer@LancasterHCC.com) for more information.



# LANCASTER

## REHABILITATION CENTER

1001 SOUTH ST  
LINCOLN, NE 68502-2251

PRSR STD  
U.S. POSTAGE  
PAID  
MAIL USA



## We're hiring!

Lancaster Rehabilitation Center has openings in various roles, including in Admissions, Dietary, Housekeeping, Maintenance, Nursing and Transportation. Check out our job openings by scanning this QR code with your phone.



[www.facebook.com/  
LancasterRehabilitation](http://www.facebook.com/LancasterRehabilitation)



[@LancasterRehabilitation](https://www.instagram.com/LancasterRehabilitation)



[www.LancasterRC.com](http://www.LancasterRC.com)

## Lancaster Rehabilitation Center contacts

### Administrator Jen Graff

402-441-7101 ext. 208  
[JGraff@LancasterHCC.com](mailto:JGraff@LancasterHCC.com)

### Director of Nursing Jessica Wilcox

402-441-7101 ext. 225  
[JWilcox@LancasterHCC.com](mailto:JWilcox@LancasterHCC.com)

### Admissions Director Kallin Niemeyer

402-441-7101 ext. 277  
[KNiemeyer@LancasterHCC.com](mailto:KNiemeyer@LancasterHCC.com)

### Regional Business Development Director Darcee Fricke

402-441-7101 ext. 201  
[DFricke@LancasterHCC.com](mailto:DFricke@LancasterHCC.com)

### Operations Director Crystal Schell

402-441-7101 ext. 207  
[CSchell@LancasterHCC.com](mailto:CSchell@LancasterHCC.com)

### Medical Records Director Kim Nesja

402-441-7101 ext. 270  
[KNesja@LancasterHCC.com](mailto:KNesja@LancasterHCC.com)

### Food Service Director Nick Kavan

402-441-7101 ext. 212  
[NKavan@LancasterHCC.com](mailto:NKavan@LancasterHCC.com)

### Human Resources Director Angie Nutter

402-441-7101 ext. 203  
[ANutter@LancasterHCC.com](mailto:ANutter@LancasterHCC.com)

### Maintenance Director Andrew Lindquist

402-441-7101 ext. 264  
[ALindquist@LancasterHCC.com](mailto:ALindquist@LancasterHCC.com)

### Therapy Services Program Director Chad Schlueter

402-441-7101 ext. 210  
[LancasterRehab@Reliant-Rehab.com](mailto:LancasterRehab@Reliant-Rehab.com)

### Social Services Director Keri Nadolski

402-441-7101 ext. 243  
[KNadolski@LancasterHCC.com](mailto:KNadolski@LancasterHCC.com)

### Life Enrichment Director Molly Hardin

402-441-7101 ext. 231  
[MHardin@LancasterHCC.com](mailto:MHardin@LancasterHCC.com)

### Staff Development Coordinator Wendy Miller

402-441-7101 ext. 266  
[WMiller@LancasterHCC.com](mailto:WMiller@LancasterHCC.com)

### Environmental Services Director Marc Casteneda

402-441-7101 ext. 238  
[MCastaneda@LancasterHCC.com](mailto:MCastaneda@LancasterHCC.com)