



## Smile! It's Older Americans Month!

Every May, the Administration for Community Living (ACL) observes Older Americans Month, a "time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults."

Their 2026 theme, Champion Your Health, focuses on "prevention, wellness, and personal responsibility as cornerstones of healthy aging."

At Off Broadway, we proudly encourage those attributes in our residents all year long. We also incorporate this key to healthful living for all our residents: **plenty of opportunities to smile!**

### Prevention and Wellness

The physical wellness of our residents is uppermost in our goals. We provide three nutritionally balanced meals every day of the week, administer medications as needed, and offer monthly wellness checks and transportation to medical facilities in Broken Bow; we also welcome outside providers, such as home health, physical and occupational therapies, and hospice into



the facility. Residents' families receive peace of mind knowing that we look after their family member's wellbeing.

We also encourage group exercise and physical activity, and our grounds are perfect for when residents want to spend some time outdoors.

### Personal Responsibility

Each one of our residents receives personalized support. In Independent Living, they enjoy the privacy of their own apartment while being part of our community social life. Support is available when they need it. Our Assisted Living residents receive daily help tailored to their needs and preferences.

### Opportunities to Smile

According to a 2025 article in *Psychology Today* by Sam Goldstein, Ph.D., smiles have extraordinary power. Smiling is a natural stress reliever. It aids heart health, reduces blood pressure, and boosts the immune system by lowering cortisol levels. Even if a smile is forced, it causes the brain to release endorphins, relieving pain and stress.

Because they're part of a larger community, Off Broadway residents have plenty of opportunities to give and receive smiles every day. Our friendly, caring staff also give and receive smiles. Craft projects, bingo games, and outings are sources of creativity, delight, friendly competition, and fellowship.

If you'd like more opportunities to smile, phone us at 308-872-2522, arrange a personalized tour, and count all the grins!

### UPCOMING FREE PUBLIC EVENTS

**Monday, May 18, 2 p.m.**  
**Bingo with Mocktails**



**Tuesday, May 19, 2 p.m.**  
**Craft - Pressed Flower  
Floating Picture Frame**  
**RSVP by May 15 - 308-872-2522**

**Friday, May 22, 11:30 a.m.**  
**Memorial Day Celebration**  
**RSVP by May 18 - 308-872-2522**

*Welcome*

*To Our New  
Residents!*

**Delores Treffer ♥ Shirley Blakeman**

*Is it time for a little more support?  
Explore affordable options—call Felishia at 308-872-2522.*

## **HELP WANTED**

- **Parttime Cook**
- **Housekeeper**
- **Marketing Director**

*Know someone?*

*Receive a referral bonus once qualified.*

**Phone (308) 872-2522, stop by our office, or  
apply at [offbroadwayapartments.com/  
employment](http://offbroadwayapartments.com/employment)**



**Independent Living at  
Off Broadway**  
now comes with lower  
prices.

**It includes an emergency pendant system  
and housekeeping!**

**Call for details and availability.**

**Know someone who would benefit from  
living at Off Broadway?**

**We offer a \$1,000 referral bonus.\***

**Phone (308) 872-2522 or email [administrator@  
offbroadwayapartments.com](mailto:administrator@offbroadwayapartments.com)**

*\*Qualifying Payout*

**We appreciate you!**

### **Resident of the Month**



**Don Wolford**

**Don** came to us in May 2024 in need of our Respite room. Four months after he had been cleared to go home, he contacted us and said he was ready to make Off Broadway his home! His apartment has a great view and plenty of sunshine for all of his beautiful plants! Don works each day at his antique shop, often bringing back beautiful antiques to show us. He also enjoys collecting coins. What does he love most about living here? "I love it here because we are all one big family!"

### **Employee of the Month**



**Deanna Delfin**

**Deanna**, a kind, loving and generous woman, has been a Medication Aide for four years, with about a year at our facility. She has three children and four grandchildren. Her nurturing heart shines through her smile, and her laughter is contagious. What is it like to work at Off Broadway? "I enjoy hanging out with the residents and helping them with activities when I have spare time. I love them like they are my family. They all bring joy into my life! I am grateful for our team members, who all look out for one another and are willing to help each other out when in need. They all have become a part of my family, and I wouldn't want to be anywhere else!"



**Happy  
Birthday!**



### **Residents:**

**21 Beverly Huhman**

### **Staff:**

**15 Jessica Evans**

**18 Brandi Pinkerton**

**22 Felishia Brock**

**Send birthday cards to  
403 S 1st Ave. ,  
Broken Bow, NE 68822**