



VET★COM

TAKE A PEEK AT WHAT'S HAPPENING HERE AT THE
BLUE GOOSE

GEORGIA WAR VETERANS NURSING HOME

August 2025



FEATURING

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Georgia War

would like to wish you a
month filled with love,
peace, and joy.

WELCOME

Carl Anderson

Paul Smith

Lewis Romero

Pinnacle Honorable Mentions July 2025

Amy Green (x3)

Timothy Lark

Dr. Richard Sams

Shirley Hill

Mary Holmes

Heather Nichols

Birthstone: Peridot, Spinel, and Sardonyx

Birth Flowers: Gladiolus & Poppy Symbolism

Dates to Remember:

August 1: World Lung Cancer Day

August 9: International Coworking Day

August 11: National Son and Daughter Day

August 14: Military Marriage Day

August 15: National Relaxation Day

August 18: National Couple's Day

August 25: National Banana Split Day



DONATIONS AND CONTRIBUTIONS

The following individuals/organizations contributed their time and or services to GWVNH:

American Legion Department of Georgia	Body Wash, Snack Cakes, Razors, Toiletries, and Puzzle Books
American Legion Post 192 Auxiliary	Pizza, Snack Cakes, Razors, Body Wash, Additional Toiletries, and BINGO & Lunch Outing
American Legion Post 205 Auxiliary	Ice Cream Social
American Legion Post 178 Auxiliary	BINGO & Lunch Outing
Chaplain Larry Jesion	Church Service
Combat Vets Motorcycle Club	BINGO Prizes and Candy
Elks Lodge 205	Hot Dog Social
Evans VFW	Birthday Gifts and Cupcakes
Mackey House Music	Live Music
Project Lifting Spirits	Late Night Movie, Nailed It Outing, Wheelchair Bags, and Walker Bags
Faith Outreach Youth	Snacks and Social
First Baptist Church	Sunday Church Service

WARRIOR OF THE MONTH



This month the *Warrior of the Month* is a deeply spiritual man whose unshakeable relationship with faith was built through overcoming a youth fraught with hardship.

Mr. Duane Seaborn is, in some ways, a beacon of hope for the lost or misguided. Mr. Seaborn left his youthful ideologies behind and joined the Navy soon after high school. It was his time in the Navy where he cut his teeth, but it was his return to service as an ARMY Chaplain that he experienced true growth.

Mr. Seaborn dedicated his life to helping others battle their own personal demons while also conquering his own. In the time I have known Mr. Seaborn, he never attempted to portray himself as a perfect person, but rather a man whose life could be a testament to the power of perseverance. Strengthened by his own personal relationship with his faith and the support of his family, he is able to find the beauty in each day. When given every reasonable opportunity to give up, he chose to push forward.

Personally, I admire his dedication to his faith, his strong love for his family, and his continued efforts to raise up everyone around him. My hat is off to you Mr. Seaborn, the August 2025 *Warrior of the Month*.

Heather Nichols,
Activities Director



BINGO WITH DAV



JACKPOT GAME



BINGO WITH ZETA PHI BETA



ICE CREAM, CAKE & FRUIT WITH DAV



MUSIC FROM SHARON LYNN



NAILED IT OUTING



CRAFTING



COMMUNION WITH CHAPLAIN LARRY



PET THERAPY



85TH BIRTHDAY CELEBRATION



BIRTHDAY CELEBRATION



WORD SEARCH

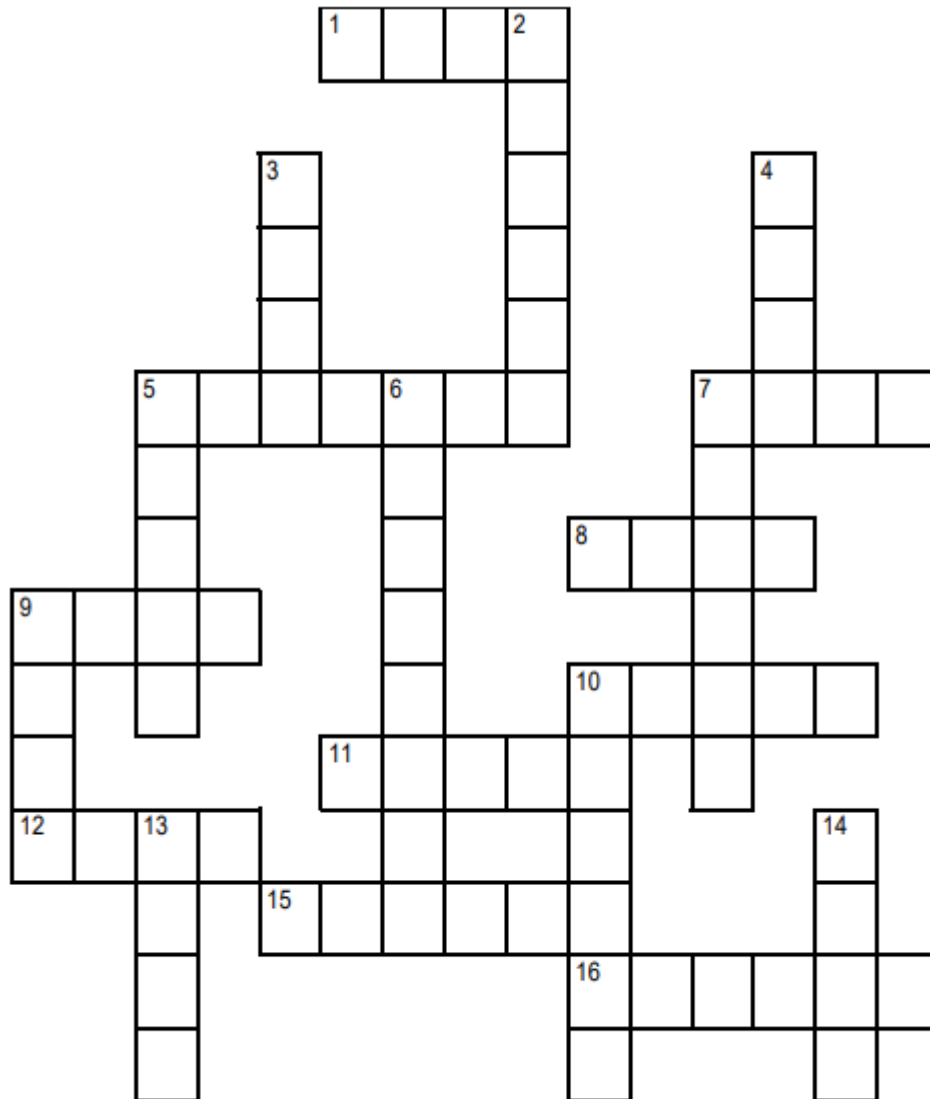
SOLUTIONS ON PG. 24

X	J	B	Z	X	H	U	F	D	M	M	Z	N	F	L	K	Q	Q	F
R	H	C	J	W	M	Q	L	E	O	U	T	D	O	O	R	S	Q	L
X	G	I	J	N	O	L	E	M	R	E	T	A	W	X	N	A	Q	E
F	W	N	E	U	H	B	M	S	W	H	I	T	V	W	E	T	I	F
L	R	C	K	S	A	N	A	W	M	S	Y	Q	V	D	D	X	J	Z
M	G	I	V	E	N	I	H	S	N	U	S	S	H	C	R	Y	X	I
B	X	P	S	Z	J	R	Y	E	E	S	L	A	D	N	A	S	J	R
Y	S	Z	U	B	P	L	A	Y	D	B	V	K	R	M	G	B	U	A
T	N	T	B	I	E	B	E	A	C	H	A	F	V	G	K	F	L	O
Y	Y	N	R	K	G	E	H	Z	U	M	T	L	Z	U	J	W	Y	T
J	Z	B	R	O	S	E	N	T	G	I	O	M	L	Q	P	U	S	T
C	B	A	C	X	H	C	A	A	C	W	U	G	V	E	N	U	J	H
P	P	Y	E	X	A	S	M	N	S	S	P	P	A	K	G	I	F	U
Q	Q	C	I	M	L	E	P	B	E	J	U	M	C	U	I	J	U	N
K	P	T	P	U	S	L	X	O	I	J	L	J	A	N	F	S	P	D
J	E	I	U	H	M	G	Q	T	C	D	E	F	T	A	H	X	K	E
O	N	I	C	E	C	R	E	A	M	P	T	H	I	E	X	X	C	R
G	O	R	M	Z	Y	G	V	H	K	X	S	T	O	C	Y	R	Q	B
Q	S	Z	O	D	S	Q	N	B	V	I	E	S	N	O	R	K	E	L

AUGUST	FRISBEE	ICE CREAM	OUTDOORS	SANDALS	SWIM
BASEBALL	GAMES	JULY	PARK	SHORTS	THUNDER
BEACH	GARDEN	JUNE	PICNIC	SNORKEL	VACATION
CAMPING	GRASS	OCEAN	PLAY	SUNSHINE	WATERMELON

CROSSWORD PUZZLE

SOLUTIONS ON PG. 25



Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.

RIDDLE ME THIS

SOLUTIONS ON PG. 26

1. Filled with water, cool and deep, dive in with a splashy leap. What am I?
2. I stretch far and wide with sand and tide; children play where seashells hide. What am I?
3. Riddle: I flip and I flop, no need for socks. On sunny days, I walk the docks. What am I?
4. Riddle: I block the rays that make you squint. Perched on noses, I give a hint. What am I?

WORD SCRAMBLE

SOLUTIONS ON PG. 26

Summertime Word Scramble

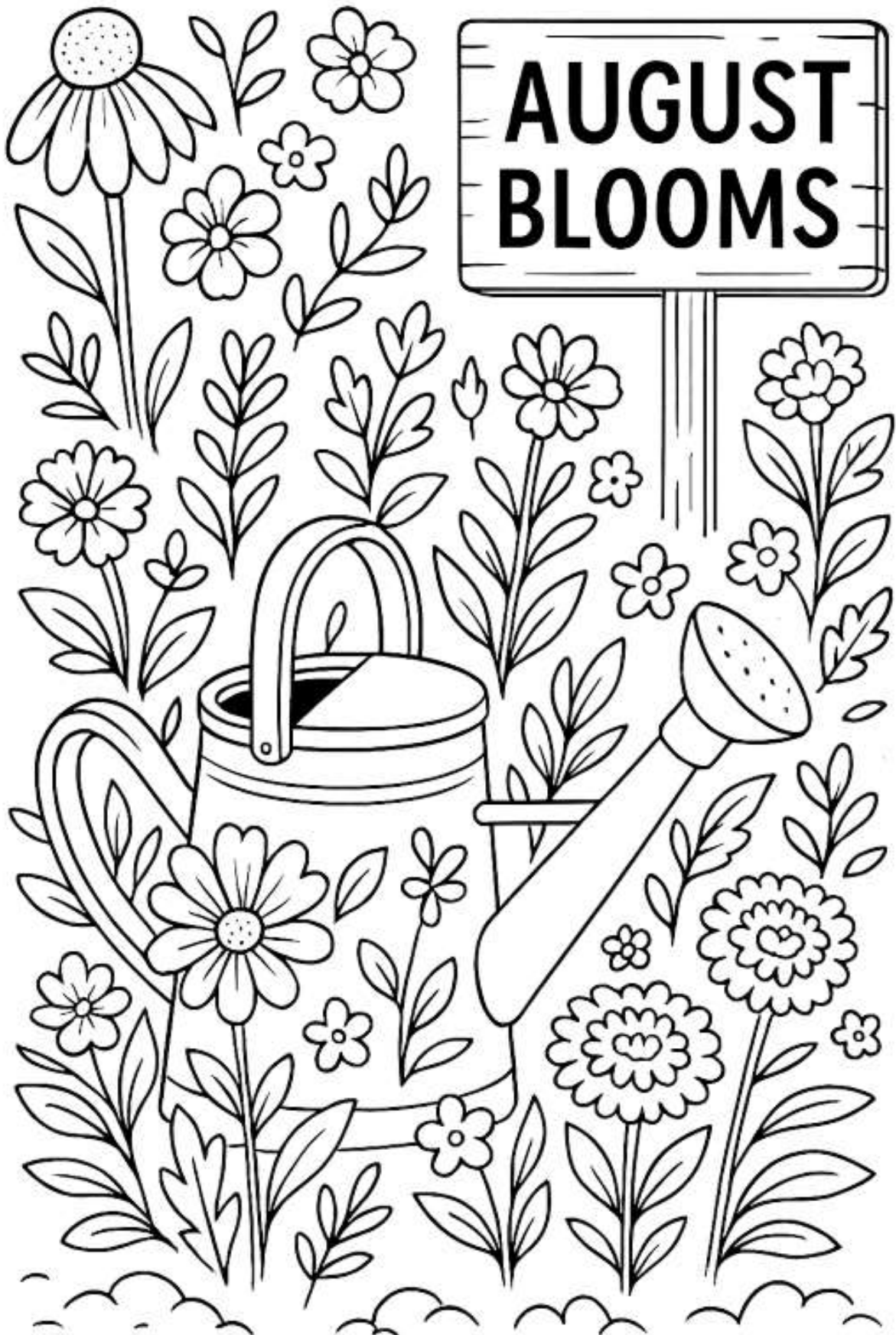
Unscramble these Words

WORD BANK

BREEZE
HAMMOCK
HAPPINESS
HIKING
OUTDOOR
RELAXATION
SEASIDE
SUNGLASSES
SUNSHINE

OUOTODR: _____
SDESIAE: _____
BEEZRE: _____
SINHUSNE: _____
SGLSUENSAS: _____
HINKIG: _____
HMOCAMK: _____
HSAPNIEPS: _____
RLAXEOTAIN: _____

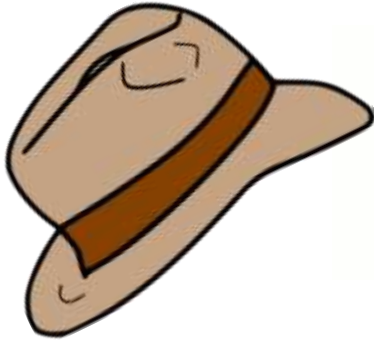
COLORING PAGE



COLORING PAGE



Hidden Name Contest



Congratulations!

July 2025 Hidden Name
Contest Winners



William Harmon



Quentarious Robinson

Somewhere in this issue, we have hidden the names of one Georgia War Resident and one Staff Member.

If you find your name, please call the Activities Office to claim your prize.

Each month, we will randomly pick the name of one resident and one staff member. Be sure to carefully review each issue to see if your name is hidden somewhere within.

Good Luck!



THE CHAPLAIN'S CORNER

WITH CHAPLAIN TIMOTHY LARK

Life Keeps on 'Life-ing'

Have you ever heard someone say anything that you did not fully comprehend, or it did not seem to make sense? What did you do? Did you uncover the answer on your own, or did you ask for clarification?

Recently, I've heard this new expression a few times after asking someone how they're doing and hearing them respond, "Life keeps on life-ing." I decided to investigate this phrase further to determine its true meaning. I discovered that it's just an acceptance that life is a never-ending cycle of both good and bad experiences, and that difficulties and unforeseen circumstances will always arise.

We as Veterans have had some difficult life experiences that we would never choose to repeat on our own. I do know that we have learned things from those events that we would not have known if we had not gone through what we did. Life itself will continue to educate us on many topics that no one else can teach us. I'm so thankful to God that He kept me through various dangers seen and unseen. I like the passage out of Psalms 121:7-8, where the writer tells us that the Lord will keep us from all harm while He watches over us; He will watch over our comings and goings both now and forevermore.

I know that there have been times in my life when I thought I was so smart and strong, and I made it through all the various situations all on my own. At this moment in life, I will pause and do a little edit because I just realized that I must give God all the credit! Allow me to encourage you not to be ashamed as you reflect over your own life, and then you may want to do the same.

Thank you, Lord, for watching over us all, even in those times when we had a great fall! You have picked us up, brushed us off, and started us on our way; may we continually look to you for direction each and every day!

Sincerely yours,

Timothy E. Lark
Chaplain

THE CHAPLAIN'S CORNER

WITH CHAPLAIN TIMOTHY LARK

Rest In Peace, Chess Master

Here lies a man who loved the game,
Of knights and bishops, pawns and rooks,
He spent his days in quiet thought,
Wondering which piece should be took.

He played with passion, played with grace,
His mind was sharp, his strategy sound,
He battled on the chessboard's face,
And never once let his focus drown.

In life, he found his greatest joy
In this game of queens and kings,
Now, as he rests beneath the soil,
We remember all of his wins.

So rest in peace, chess master,
Your love for the game will live on,
Forever etched in the hearts of all
Who knew and loved you for so long.

by Mark Gregory

In Memory of:
Ronnie Howard
Thomas Haakinson
Willie Sutton





Residents

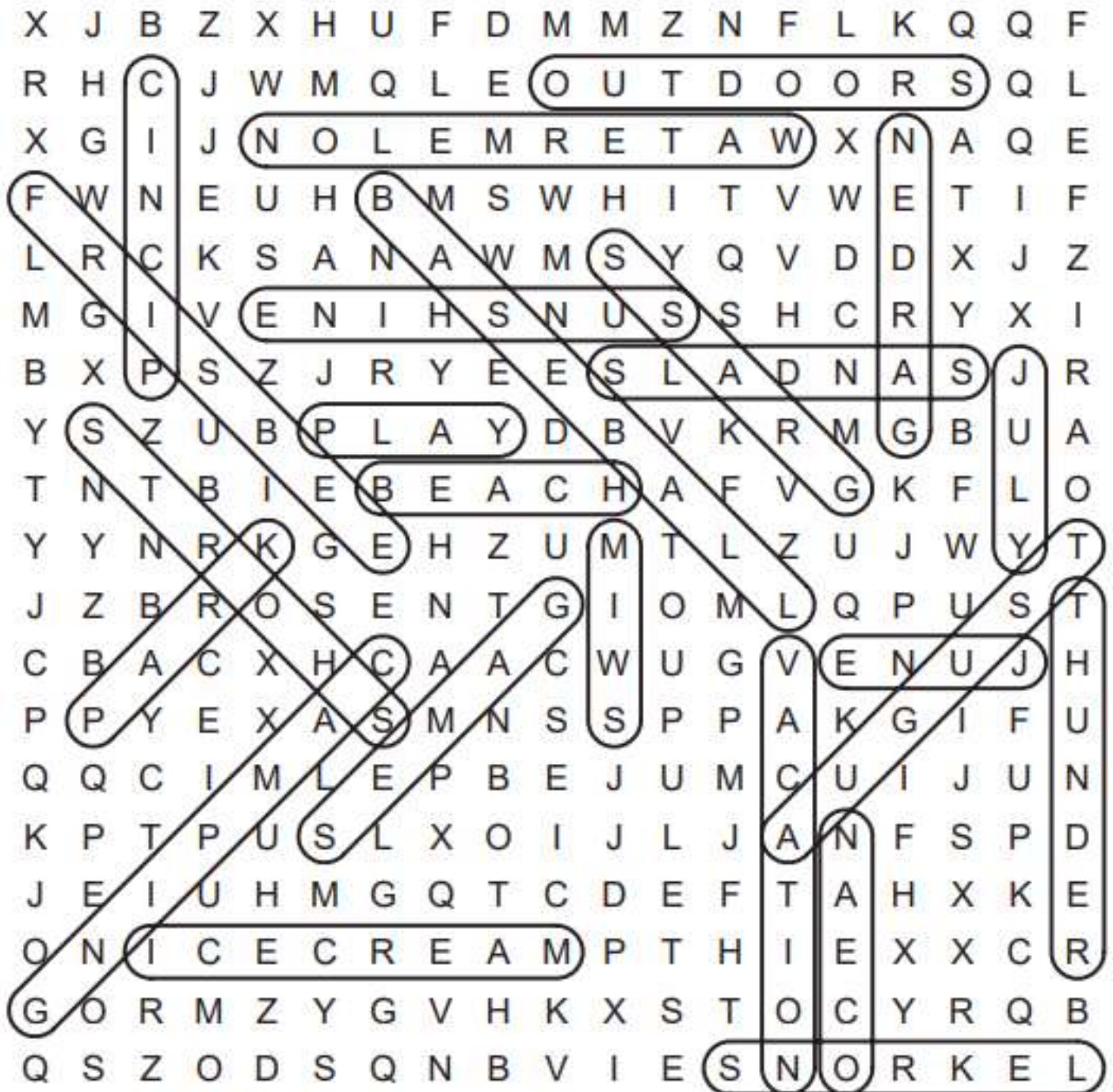
Thomas Augustus	Aug 3
Willie Ferguson	Aug 5
Lindsey Williford	Aug 6
William Mincey	Aug 7
Jerry Wheeler	Aug 10
Abram Winters	Aug 13
Edward Femenella	Aug 18
William Yarbrough	Aug 18
Charlie Harges Jr.	Aug 19
Fred Cates	Aug 21
Joseph Young	Aug 22
William Garr	Aug 26
Wayne Batterman	Aug 31

Staff

Christopher Townsend	August 2
Germane Bolton	August 5
Nicole Spalek	August 5
Alicia Wright	August 11
Aletheia Howard	August 14
Chiquita Holden-Williams	August 16
Sabrina Washington	August 17
Paul Vella	August 22
Dazmond Ferguson	August 24
Meredith Hawk	August 24
Olandia Lambert	August 25
Michael Wright	August 27
Chaquajah Taylor	August 30
Tiana Jones	August 31



WORD SEARCH



CROSSWORD PUZZLE



RIDDLE ME THIS

1. Riddle: Filled with water, cool and deep, dive in with a splashy leap. What am I?

Answer: Pool

2. Riddle: I stretch far and wide with sand and tide; children play where seashells hide. What am I?

Answer: Beach

3. Riddle: I flip and I flop, no need for socks. On sunny days, I walk the docks. What am I?

Answer: Flip-flops

4. Riddle: I block the rays that make you squint. Perched on noses, I give a hint. What am I?

Answer: Sunglasses

WORD SCRAMBLE



Summertime Word Scramble

Unscramble these Words

WORD BANK

BREEZE
HAMMOCK
HAPPINESS
HIKING
OUTDOOR
RELAXATION
SEASIDE
SUNGLASSES
SUNSHINE

OUOTODR: **OUTDOOR**
SDESIAE: **SEASIDE**
BEEZRE: **BREEZE**
SINHUSNE: **SUNSHINE**
SGLSUENSAS: **SUNGLASSES**
HINKIG: **HIKING**
HMOCAMK: **HAMMOCK**
HSAPNIEPS: **HAPPINESS**
RLAXEOTAIN: **RELAXATION**

Roland Harris

Resident Menu – August 2025

Sunday 8/03	Monday 8/04	Tuesday 8/05	Wednesday 8/06	Thursday 8/07	Friday 8/08	Saturday 8/09
Fresh Blueberries Scrambled Eggs Pork Bacon Pancakes	Pineapple Scrambled Eggs Comed Beef Hash Grits	Strawberries Scrambled Eggs Sliced Ham Breakfast Potatoes	Tropical Fruit Scrambled Eggs Pork Sausage Patty French Toast	Cantaloupe Scrambled Eggs Turkey Bacon Hash Browns	Pears Scrambled Eggs Biscuit with Sausage Gravy	Grapes Scrambled Eggs Turkey Sausage Patty Pancakes
Country Fried Steak Steamed Potatoes Green Beans Key Lime Pie Dinner Roll	Chicken Pot Pot Pie Brussel Sprouts Cobbler Dinner Roll	BBQ Pork Loin Butter Beans Cabbage Watermelon Cornbread	Lasagna Cooked Spinach Peaches Garlic Bread	Chili Lime Chicken Lemon Rice Pilaf Zucchini & Yellow Squash Carrot Cake Dinner Roll	Crispy Baked Tilapia Hushpuppies Collard Greens Banana Pudding Cornbread	Chicken & Dumplings Steamed Broccoli Apple Pie
Fried Chicken Sweet Potato Squash Ice Cream Cornbread	Hot Dog on a Bun Baked Beans Asian Slaw Chocolate Pudding	Tuna Salad Potato Soup Crackers/Bread Chocolate Chip Cookie	Chili Steamed Rice Carrots Lemon Pudding	Brunswick Stew Rice Spinach Ice Cream Dinner Roll	Chicken Tenders French Fries Mixed Vegetables Peanut Butter Cookie	Cheeseburger Potato Salad Green Beans Watermelon
Sunday 8/10	Monday 8/11	Tuesday 8/12	Wednesday 8/13	Thursday 8/14	Friday 8/15	Saturday 8/16
Tropical Fruit Oatmeal Scrambled Eggs Turkey Sausage Patty	Pineapple Grits Sausage & Cheese Breakfast Casserole	Tropical Fruit Cream of Wheat Scrambled Eggs Grilled Ham Toast	Peaches Grits Scrambled Eggs Turkey Bacon	Fresh Blueberries French Toast Scrambled Eggs Grilled Ham	Pears Scrambled Eggs Biscuit with Sausage Gravy	Grapes Oatmeal Scrambled Eggs Bacon Toast
Roasted Pork Loin Dijon Roasted Potatoes Mixed Vegetables Ice Cream Cornbread	Salisbury Steak Mashed Potatoes Broccoli Cookie Dinner Roll	Fried Fish Baked Yams Green Beans Pie Dinner Roll	Meat Loaf Mashed Potatoes Roasted Vegetables Angel Food Cake with Strawberries Dinner Roll	Teriyaki Chicken Fried Rice Oriental Vegetables Peaches Dinner Roll	BBQ Pork Rib Macaroni & Cheese Collard Greens Watermelon Dinner Roll	Balsamic Glazed Chicken White Rice Squash Medley Jell-O Dinner Roll
Baked Ham Turnip Greens Macaroni & Cheese Peach Cobbler Cornbread	BBQ Pork Sandwich Coleslaw Baked Beans Tropical Fruit	Tuna Salad Sandwich Southwest Tortilla Soup Pasta Salad Chocolate Pudding	Greek Chicken Zucchini Rice Pilaf Chocolate Chip Cookie	Philly Cheesesteak Steamed Carrots Baked Fries Vanilla Pudding	Lasagna Green Beans Garlic Bread Cobbler	Sloppy Joe Sandwich Roasted Zucchini Baked Chips Cookie

Menu items are subject to change based on supply and availability.



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
31 Family Visits					1 9:30 Coffee & News 10:00 The Word with Chaplain Lark 2:30 Frozen Friday	2 Family Visits
3 Family Visits Faith Baptist Church @ 2:30	4 9:30 Coffee & News 10:00 Music in Motion 2:30 BINGO	5 9:30 Coffee & News 10:00 Game Shows with Friends 2:30 Leather Working 7:00 BINGO with CMVA Riders	6 8:30 Barber – 5th Floor 10:00 Chalk Art 2:30 DAV BINGO	7 9:30 Movie & Popcorn on each unit 2:30 Ice Cream Social with DAV	8 9:30 Coffee & News 10:00 The Word with Chaplain Lark 2:30 Frozen Friday	9 Faith Out Reach (2nd Floor) @ 10:00
10 Family Visits	11 9:30 Coffee & News 10:00 Walking Club 2:30 BINGO	12 9:30 Coffee & News 10:00 Game Shows with Friends 2:30 Tic-Tac-Toss	13 8:30 Barber – 4th Floor 10:00 Chaplain Larry 10:00 Garden Club 2:30 Elks Lodge 205	14 9:30 Movie & Popcorn on each unit 2:30 PLINKO!	15 9:30 Coffee & News 10:00 The Word with Chaplain Lark 2:30 Frozen Friday	16 Family Visits
17 Mackey House Music @ 2:30	18 9:30 Coffee & News 10:00 Parachute Pop 2:30 Balloon Boxing 7:00 BINGO	19 9:30 Coffee & News 10:00 Game Shows with Friends 2:30 Pizza Social with AL Post 205	20 8:30 Barber – 3rd Floor 10:00 Letters to Home 2:30 Ping Pong	21 9:30 Coffee & News 10:00 Name That Tune 2:30 Social with AL Post 192 7:00 Evening Movie	22 9:30 Coffee & News 10:00 The Word with Chaplain Lark 2:30 Frozen Friday	23 Soldier Social Visits @ 10:00
24 Family Visits Church of Christ @ 2:30	25 9:30 Coffee & News 10:00 Music in Motion 2:30 BINGO	26 9:30 Coffee & News 10:00 Game Shows with Friends 2:30 Beachball Volley	27 8:30 Barber – 2nd Floor 10:00 Chaplain Larry 2:30 Birthday Party with VFW	28 9:30 Movie & Popcorn on each unit 2:30 PLINKO!	29 9:30 Coffee & News 10:00 The Word with Chaplain Lark 2:30 Frozen Friday	30 Family Visits
Activities are subject to change based on Resident interest and safety; One-on-one activities occur on each floor						

TO ALL OF OUR VETERANS, FAMILIES, FRIENDS,
STAFF, FACULTY, AND CONTRIBUTORS.



GEORGIA WAR VETERANS NURSING HOME