

## the *Best Care* for *Mom & Dad*



**Kolach • Kolache • Kolace  
• Kolacky • Ke'lactsi**

**No matter how you spell it, Kolaches are a Saunders Medical Center favorite!** Kolache is a type of sweet pastry, that holds a portion of fruit surrounded by puffy dough. Flavors can include peach, cherry, apricot and poppy seed and can take up to 3 hours or more to make. They are a huge staple to the Czech culture and we were very grateful to be able to have one of our own, Connie Thulin, make this sweet treat for our residents.

### September is National Preparedness Month

At Saunders Medical Center, our Emergency Operation Plan is reviewed and tested each year. Staff and volunteers receive training on emergency procedures and drills are held to practice. Residents are asked to take part in drills so they know what to expect in an actual emergency.

Our facility uses a standard approach to managing emergencies. Department Heads serve specific roles. They communicate with staff and local emergency management officials in order to make decisions. One major decision is whether to evacuate or shelter-in-place. Procedures are in place to ensure the safety of our residents in these situations.

Communication is a key component of our emergency plan. The primary contact for each resident will be contacted in the event of an evacuation. Our website and Facebook page may also have information posted to keep families informed during an emergency event.



**Saunders**  
MEDICAL CENTER  
*Skilled & Long Term Care*



## Making The Difference

♥ DEB AULT

Deb has been with SMC for a year in the Environment Services/Housekeeping Department. She makes sure the facility is clean and sanitized for residents and their guests. She loves seeing the residents and working with the staff.

**HOMETOWN**  
Falls City, NE

**WHEN DO YOU SEE RESIDENTS SMILE MOST?**  
When they share their memories and photo albums from their past.









**FAMILY**  
Deb and her husband live on a farm they built. They have a lot of animals—a goose, duck, peacock, peahen, chickens, dogs, cats, and cows they take care of.

**SOMETHING TO ACCOMPLISH**  
Deb would love to RETIRE in 15 months and live on a lake with no house payment.

**OUTSIDE INTERESTS**  
Deb enjoys camping, fishing, boating, and gardening. She has a big heart for animals.



# September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Magazines/Newspaper Articles <b>10:30</b> Mass on CH. 55	  Magazines/Newspaper Articles 	 Magazines/Newspaper Articles <b>9:15</b> Morning Movers <b>10:00</b> Sunshine Club <b>11:45</b> Daily Perk Pretty Nails	Magazines/Newspaper Articles <b>9:15</b> Morning Movers <b>10:00</b> Wildlife Encounters <b>11:45</b> Daily Perk <b>2:00</b> Homemade Ice Cream	Magazines/Newspaper Articles <b>9:15</b> Morning Movers <b>10:00</b> Sunshine Club <b>10:45</b> Patio Trivia <b>11:45</b> Daily Perk <b>2:00</b> SMC Carnival	Magazines/Newspaper Articles <b>9:00</b> Live Well Go Fish <b>9:15</b> Morning Movers <b>11:45</b> Daily Perk <b>2:30</b> Bingo	Magazines/Newspaper Articles <b>11:00</b> Huskers VS Fordham Rams (HOME) 
Magazines/Newspaper Articles <b>10:30</b> Mass on CH. 55	Magazines/Newspaper Articles <b>9:00</b> Catholic Mass <b>9:15</b> Morning Movers <b>10:00</b> Sunshine Club <b>11:45</b> Daily Perk Afternoon Van Rides	1:1 Visits with Sue Magazines/Newspaper Articles <b>9:15</b> Morning Movers <b>10:00</b> Donut Shoppe <b>10:00</b> Sunshine Club <b>11:45</b> Daily Perk <b>1:00</b> Live Well Go Fish	Magazines/Newspaper Articles <b>9:15</b> Morning Movers <b>10:00</b> Pet Therapy with Ollie <b>10:00</b> Sunshine Club <b>11:00</b> Resident Council <b>11:45</b> Daily Perk <b>2:30</b> Crazy Crafters	Magazines/Newspaper Articles <b>9:15</b> Morning Movers <b>10:00</b> Sunshine Club <b>10:45</b> Patio Trivia <b>11:45</b> Daily Perk <b>2:30</b> Bingo <b>3:30</b> Banana Splits in the dining room	Magazines/Newspaper Articles <b>9:15</b> Morning Movers <b>10:00</b> Busy Bakers <b>11:45</b> Daily Perk <b>2:30</b> Polka with Marcene	Magazines/Newspaper Articles <b>11:00</b> Huskers VS Oklahoma Sooners (AWAY) 
Magazines/Newspaper Articles <b>10:30</b> Mass on CH. 55	Magazines/Newspaper Articles <b>9:00</b> Catholic Mass <b>9:15</b> Morning Movers <b>11:45</b> Daily Perk <b>3:30</b> Devotionals	1:1 Visits with Sue Magazines/Newspaper Articles <b>9:15</b> Morning Movers <b>11:45</b> Daily Perk <b>1:00</b> Pretty Nails <b>3:00</b> What's Poppin'	Magazines/Newspaper Articles <b>9:15</b> Morning Movers <b>10:00</b> Pet Therapy with Ollie <b>11:45</b> Daily Perk <b>2:00</b> Caramel Apple Bar	Magazines/Newspaper Articles <b>9:15</b> Morning Movers <b>10:00</b> Sunshine Club <b>10:45</b> Patio Trivia <b>11:45</b> Daily Perk <b>2:00</b> Cookie Con	Magazines/Newspaper Articles <b>9:15</b> Morning Movers <b>10:00</b> Donut Debate <b>11:45</b> Daily Perk <b>2:30</b> Bingo	Magazines/Newspaper Articles <b>12:00</b> Huskers VS Michigan State Spartans (AWAY) 
Magazines/Newspaper Articles <b>10:30</b> Mass on CH. 55	Magazines/Newspaper Articles <b>9:00</b> Catholic Mass <b>9:15</b> Morning Movers <b>11:45</b> Daily Perk <b>2:00</b> Polka with Leo Lonnie	1:1 Visits with Sue Magazines/Newspaper Articles <b>9:15</b> Morning Movers <b>11:45</b> Daily Perk <b>1:00</b> Pretty Nails <b>2:30</b> Beer Tasting	Magazines/Newspaper Articles <b>9:15</b> Morning Movers <b>10:00</b> Pet Therapy with Ollie <b>11:45</b> Daily Perk <b>2:30</b> Crazy Crafters	Magazines/Newspaper Articles <b>9:15</b> Morning Movers <b>10:00</b> Sunshine Club <b>10:45</b> Patio Trivia <b>11:45</b> Daily Perk <b>2:00</b> World Traveler	<b>Activities and start times are subject to change without notice. Please see the markerboard in main entrance for updated changes.</b>	<b>Due to Covid precautions activities are subject to change at any time. One to one visits and individual activities are offered daily.</b>