

# the Best Care for Mom & Dad



## A TRIP TO THE farm

Heldt Produce was the destination of our latest adventure. It is a family owned and operated business located between Yutan and Ashland. Our group of residents watched the watermelons and cantaloupe being picked out of the field and loaded onto the truck. We went home with a couple watermelons and were able to pick a few tomatoes to take back to sample.

While on the bus, everyone enjoyed kolaches from the Wahoo Bakery. Thanks Mike and crew for your hospitality and for allowing us to visit!

### What You Should Know This Flu Season **EDUCATION CORNER**

The best way to prevent the flu is with a flu shot. The CDC recommends getting one each year by the end of October. Vaccination is especially important for people over the age of 65 because they are at a higher risk for complications. For elders at Long Term Care, being up-to-date with vaccines, especially flu and pneumonia, are highly encouraged to help prevent the spread of illness to a vulnerable population.

We will be administering flu vaccines to consenting residents on Wednesday, October 11, 2017.



## Long Term Care



## Making The Difference!

♥ DEE DEE GIBBONS

### HOME TOWN

Pacific Junction, Iowa

### WORK HISTORY

Dee Dee has worked for SMC-LTC for 7 months and is an RN.

### THE BEST PART OF MY JOB

The best part of her job is being able to make someone's day and make a difference. Dee Dee loves talking to the residents about their day and spending one on one time with them.

### MY FAMILY AND INTERESTS

Dee Dee has been married for one year to her husband Kevin. He has a beautiful daughter, Kylie, who 15 years old. Dee Dee loves spending time with family, hunting, and fishing. Her favorite vacation spots are Colorado and Oregon. She hopes to live in one of these states someday!

One thing you may not know about Dee Dee is that she LOVES hockey! Go Black-hawks!

*Dee Dee is pictured above with resident Peggy.*

| SUNDAY                                                                                                                                    | MONDAY                                                                                                                                                                                 | TUESDAY                                                                                                                       | WEDNESDAY                                                                                                                                                    | THURSDAY                                                                                                                                                                  | FRIDAY                                                                                                                                                       | SATURDAY                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>10:30 Mass Ch 26<br>1:30 Worship with Mark Weber ~<br>St. Matthew Lutheran Church<br>7:00 Hee Haw Show Ch 22                  | <b>2</b><br>9:30 Catholic Mass<br>Followed by Rosary<br>Bingo<br>2:30 Ice Cream Social<br>3:15                                                                                         | <b>3</b><br>11:30 Exercise with Physical Therapy<br>Denise Lawver ~<br>Library Talk<br>2:00 The Jimmy Dean Show Ch 22<br>6:30 | <b>4</b><br>11:30 Exercise with Physical Therapy<br>Dancing Grannies<br>2:00 Mollie B Polka Show Ch 22<br>5:30                                               | <b>5</b><br>11:00 Bible Study with Connie<br>Exercise with Physical Therapy<br>11:30                                                                                      | <b>6</b><br>10:00 Busy Bakers<br>3:00 Porch Sitters with Beer, Chips & Dip<br>Social Hour                                                                    | <b>7</b><br>Family Visits<br>Self Directed Activity<br>Cards or Board Games<br>6:00 Reno's Old Time Music Show Ch 22<br>NEBRASKA VS. WISCONSIN   |
| <b>8</b><br>10:30 Mass Ch 26<br>1:30 Worship with Kathleen Splitt ~<br>First Presbyterian Church<br>7:00 Hee Haw Show Ch 22               | <b>9</b> <b>HAPPY BIRTHDAY DORIS TREPTOW</b><br>9:30 Catholic Mass<br>Followed by Rosary<br>Bingo<br>2:30 Ice Cream Social<br>3:15                                                     | <b>10</b><br>11:30 Exercise with Physical Therapy<br>3rd Grade Readers<br>2:25 The Jimmy Dean Show Ch 22<br>6:30              | <b>11</b><br>11:30 Exercise with Physical Therapy<br>Porch Sitters and Current Events<br>2:30 Mollie B Polka Show Ch 22<br>5:30                              | <b>12</b><br>11:00 Disaster Drill<br>Bible Study with Connie<br>Exercise with Physical Therapy<br>11:30 Porch Sitters and Refreshments<br>2:30                            | <b>13</b> <b>HAPPY BIRTHDAY WILLA SCHUTTE</b><br>10:00 Busy Bakers<br>2:30 Tatyana Concert Piano Entertainment Hour<br>3:00 Beer, Chips & Dip<br>Social Hour | <b>14</b><br>Family Visits<br>Self Directed Activity<br>Cards or Board Games<br>6:00 Reno's Old Time Music Show Ch 22<br>NEBRASKA VS. OHIO STATE |
| <b>15</b><br>10:30 Mass Ch 26<br>1:30 Worship with Tim Martinal ~<br>Our Redeemer Lutheran Church<br>7:00 Hee Haw Show Ch 22              | <b>16</b> <b>HAPPY BIRTHDAY ALBERT LUEDTKE</b><br>9:30 Catholic Mass<br>Followed by Rosary<br>Bingo<br>2:30 Ice Cream Social<br>3:15 One to One with Sue<br>6:00 Bingo with Neumann VB | <b>17</b><br>11-4 Chair Massage with Sandi Hohn<br>11:30 Exercise with Physical Therapy<br>The Jimmy Dean Show Ch 22<br>6:30  | <b>18</b> <b>HAPPY BIRTHDAY JOAN KAVAN</b><br>One to One with Sue<br>Exercise with Physical Therapy<br>11:30 Porch Sitters<br>2:30                           | <b>19</b><br>11:00 Bible Study with Connie<br>Exercise with Physical Therapy<br>11:30 Michael Lyon with Merry Makers<br>3:30                                              | <b>20</b><br>10:00 Busy Bakers<br>2:30 Marcene Havelka Entertainment Hour<br>3:00 Beer, Chips & Dip<br>Social Hour                                           | <b>21</b><br>Family Visits<br>Self Directed Activity<br>Cards or Board Games<br>6:00 Reno's Old Time Music Show Ch 22                            |
| <b>22</b><br>10:30 Mass Ch 26<br>1:30 Worship with Scott Carlson ~<br>Calvary Church<br>3:00 Seton Girls visit<br>7:00 Hee Haw Show Ch 22 | <b>23</b> <b>HAPPY BIRTHDAY JEANETTE KNOWLES</b><br>9:30 Catholic Mass<br>Followed by Rosary<br>Bingo<br>2:30 Ice Cream Social<br>3:15 One to One with Sue                             | <b>24</b><br>11:30 Exercise with Physical Therapy<br>Cute Crafts<br>2:00 The Jimmy Dean Show Ch 22<br>6:30                    | <b>25</b><br>One to One with Sue<br>Exercise with Physical Therapy<br>11:30 Porch Sitters and Resident's Council<br>2:30 Family Namaste Care Program<br>5:30 | <b>26</b><br>9:30 First Presbyterian Service and Fellowship<br>Bible Study with Connie<br>Exercise with Physical Therapy<br>11:00 Porch Sitters and Refreshments<br>11:30 | <b>27</b><br>10:00 Busy Bakers<br>2:30 Dick Sladky Entertainment Hour<br>3:00 Beer, Chips & Dip<br>Social Hour                                               | <b>28</b><br>Family Visits<br>Self Directed Activity<br>Cards or Board Games<br>6:00 Reno's Old Time Music Show Ch 22<br>NEBRASKA VS. PURDUE     |
| <b>29</b><br>10:30 Mass Ch 26<br>1:30 Worship with Ceresco Evangelical Covenant Church<br>7:00 Hee Haw Show Ch 22                         | <b>30</b><br>9:30 Catholic Mass<br>Followed by Rosary<br>Bingo<br>2:30 Ice Cream Social<br>3:15 One to One with Sue                                                                    | <b>31</b><br>11:30 Exercise with Physical Therapy<br>Boo In Wahoo<br>3:30 The Jimmy Dean Show Ch 22<br>6:30                   | Activities are subject to change without notice.                                                                                                             |                                                                                                                                                                           |                                                                                                                                                              |                                                                                                                                                  |



If you would like to **tour our facility** or **be on our mailing list** to receive our newsletter & calendar, please call Karen at **402 443-4685** or email Angela at **LTC@smcne.com**.

