

the *Best Care* for *Mom Et Dad*

Celebrating a Milestone!

It is always a good time to have a party but recognizing a milestone makes it so much more special. We recently helped one of our residents, Betty Hirtzel, celebrate her 100th birthday. Betty's advice to living to be 100 is, "live a good life, have fun, and don't stay out too late."



She also says that she has never been in the hospital, "stay healthy and take your medication and you will be alright." *Thank you Betty for sharing your special day with us!*

May is Stroke Awareness Month

The National Stroke Association urges the public to not only know your risk factors for stroke, but to be able to **identify the common symptoms of a stroke**. The acronym FAST is used as an easy way to identify some of the most common symptoms of a stroke.

F – Face, when smiling, does one side of the face droop?

A – Arms, when raising arms, does one arm drift down?

S – Speech, is speech slurred?

T – Time, if any of these symptoms are observed, call 9-1-1 immediately.

Get to know your risk factors and learn how to identify signs and symptoms of a stroke. It could save your life.

Saunders Medical Center's **Edge Therapy & Wellness** hosts a **Stroke Support Group once a month**. For more information, please contact Ali at 402-443-1426 or visit our website at <https://saundersmedicalcenter.com/about-us/events/stroke-support-group.html>.

Information from www.stroke.org



Saunders
MEDICAL CENTER
Skilled & Long Term Care



Making The Difference!

♥ ALANE REUTER

HOME TOWN Fremont, NE

WHAT DEPARTMENT DO YOU WORK IN?

Long Term Care as a Registered Nurse (RN)

TELL US ABOUT YOUR FAMILY.

I have a husband named Steve and we've been married for 12 years. I have 2 daughters; Kylie and Kelsey.

WHAT IS YOUR FAVORITE VACATION SPOT?

I love going to Jamaica!









TELL US SOMETHING ABOUT YOU THAT NOT EVERYONE MAY KNOW.

I love cows! I also love riding with my husband on his Harley Motorcycle.

WHAT ARE YOUR OUTSIDE INTERESTS?

I love politics, gardening, and I also love the Huskers!! GO BIG RED!!

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Saunders MEDICAL CENTER <i>Skilled & Long Term Care</i></p>	 <p>HAPPY BIRTHDAY! Barb Phillips - 1st Berneta Breunig - 4th Gladys DaueI - 5th Twyla Schnieder - 5th</p>		<p>¹ Magazine/Newspaper Articles 9:00 Morning Movers 1:00 One to One Visits with Sue 2:30 Nostalgia John</p>	<p>² Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Pet Therapy with Ollie and Joni 11:00 Bible Study with Connie 3:00 Rich Patton with Merry Makers</p>	<p>³ Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 Trivia on the Patio 3:00 Happy Hour</p>	<p>⁴ Magazine/Newspaper Articles Individual Activities 2:00 Husker Baseball 5:30 Kentucky Derby Ch. 6</p> 
<p>⁵ Magazine/Newspaper Articles 10:30 Mass on Channel 55 1:30 Worship with Russ Sizemore Swedeburg Covenant Church 7:00 Hee Haw Show</p>	<p>⁶ Magazine/Newspaper Articles 9:00 Morning Movers 9:30 Catholic Mass One to One Visits with Sue 1:00 Nails</p>	<p>⁷ Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 Bingo 3:15 Ice Cream Social</p>	<p>⁸ Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Coffee and Quilters with Bethlehem Lutheran 10:30 Hand Massages with Nicole and Joni 1:00 One to One Visits with Sue 2:30 Silly Crafters</p>	<p>⁹ Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Pet Therapy with Ollie and Joni 11:00 Bible Study with Connie 2:30 Residents Council with Laura</p>	<p>¹⁰ Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 World Travel 3:00 Happy Hour</p>	<p>¹¹ Magazine/Newspaper Articles Individual Activities 2:00 Husker Baseball</p>
<p>¹² Magazine/Newspaper Articles 10:30 Mass on Channel 55 1:30 Worship with Scott Carlson Wahoo Community Church 7:00 Hee Haw Show</p> 	<p>¹³ Magazine/Newspaper Articles 9:00 Morning Movers 9:30 Catholic Mass 1:00-5:00 Live Well Go Fish</p> <p>National Skilled Nursing</p>	<p>¹⁴ Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 Bingo 3:15 Ice Cream Social</p>	<p>¹⁵ Magazine/Newspaper Articles 9:00 Morning Movers 11:00-4:00 Messages with Sandi Hohn</p> <p>Care Week</p>	<p>¹⁶ Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Pet Therapy with Ollie and Joni 11:00 Bible Study with Connie 5:00 Family Picnic 6:00 Music by Billy Troy</p>	<p>¹⁷ Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 Marcy's Merry Musicians 3:00 Happy Hour</p> 	<p>¹⁸ Magazine/Newspaper Articles Individual Activities 2:00 Husker Baseball</p>
<p>¹⁹ Magazine/Newspaper Articles 10:30 Mass on Channel 55 1:30 Worship with Brian Kottas Ceresco United Methodist Church 7:00 Hee Haw Show</p>	<p>²⁰ Magazine/Newspaper Articles 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>²¹ Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 World Travel</p>	<p>²² Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Nails 1:30-3:00 Walking Wednesday</p> 	<p>²³ Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Pet Therapy with Ollie and Joni 11:00 Bible Study with Connie 2:30 Smoothies on the Patio</p>	<p>²⁴ Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 1:00 Van Ride to Cemeteries</p>	<p>²⁵ Magazine/Newspaper Articles Individual Activities</p>
<p>²⁶ Magazine/Newspaper Articles 10:30 Mass on Channel 55 10:30 Worship with Kris Bohac Bethlehem Lutheran Church 7:00 Hee Haw Show</p>	<p>²⁷  <i>Missing you</i> a blessed Memorial Day.</p>	<p>²⁸ 9:00 Morning Movers 10:00 Donut Debate 2:30 Bingo 3:15 Ice Cream Social</p>	<p>²⁹ 9:00 Morning Movers 10:00 Silly Crafters 1:00 One to One Visits with Sue 1:30-3:00 Walking Wednesday</p>	<p>³⁰ 9:00 Morning Movers 10:00 Pet Therapy with Ollie and Joni 11:00 Bible Study with Connie 2:30 Root Beer Floats</p>	<p>³¹ 9:00 Morning Movers 9:00 Busy Bakers 2:30 Trivia on the Patio 3:00 Happy Hour</p>  <p>National BBQ Month.</p>	

Please join us for a **Family Picnic** at SMC - Long Term Care!

Thursday, May 16th

Dinner Served 5:00-6:30

Entertainment by Billy Troy 6:00-7:00



I ♥ MY HOME
visiting HOME
TOURS DAILY!
443-4685