

the Best Care for Mom & Dad



An overcast morning in July was the perfect setting for a pontoon boat ride on Lake Wanahoo. The ride was provided by the non-profit organization, “Live Well. Go Fish.” Residents were able to enjoy a nice breeze, kite flying, music, bird watching, and a visit with some awesome volunteers. This adventure was so popular that we will be going again in the near future. We may even do a little fishing next time.

EDUCATION CORNER

The Importance of Undisturbed Sleep

Did you know that an adult requires an average of 7-8 hours of uninterrupted sleep each night? If you're sleep deprived you may experience excessive tiredness, decreased alertness, memory loss, increased irritability, and loss of emotional control.

It's so important for our elders to get good, quality sleep to encourage healing, increase energy, and decrease behaviors and falls. Be on the lookout for some positive changes coming soon to improve our residents' sleep quality overnight.



Long Term Care



Making The Difference!

♥ SARAH KONTOR

HOME TOWN
Albuquerque, New Mexico

WORK HISTORY
Sarah has been a Medication Aide at Saunders Medical Center-LTC for 4 years. She recently accepted the position of Ward Clerk and will be working at the front desk. Congratulations Sarah!

THE BEST PART OF MY JOB
I love being able to come in and care for the residents on a personal level. They are always happy to see me when I bring in their medications and I take the time to sit down and have conversations with them. My favorite activity to do is attend the dinner night out of the facility with the residents!

MY FAMILY AND INTERESTS
I married my husband Colby just under a year ago. We enjoy golfing together and I like to go out for a run every now and then. We have an Australian Cattle Dog named Diesel. Diesel loves coming for visits and the residents are always asking about him. You may not know, but I am a “Military Brat.”

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|--|---|
| 2017 AUGUST 6:00 Mass Ch 26 1:30 Worship with Darrin Martin ~ Evangelical Covenant Church 7:00 Hee Haw Show Ch 22 | 7:00 Catholic Mass Followed by Rosary 2:30 Bingo 3:15 Ice Cream Social One to One with Sue | 1:30 Exercise with Physical Therapy 2:00 Denise Lawver ~ Library Talk 6:30 The Jimmy Dean Show Ch 22 | 2:00 One to One with Sue 11:30 Exercise with Physical Therapy 2:30 Porch Sitters and Current Events 5:30 Mollie B Polka Show Ch 22 | 3:00 Bible Study with Connie 11:30 Exercise with Physical Therapy 2:30 Porch Sitters and Refreshments | 4:00 Busy Bakers 2:30 Bob Ohnoutka Polka Entertainment Hour 3:00 Beer, Chips & Dip Social Hour | 5:00 Family Visits Self Directed Activity Cards or Board Games Reno's Old Time Music Show Ch 2 |
| 10:30 Mass Ch 26 1:30 Worship with Darrin Martin ~ Evangelical Covenant Church 7:00 Hee Haw Show Ch 22 | 7:00 Catholic Mass Followed by Rosary 2:30 Bingo 3:15 Ice Cream Social One to One with Sue | 8:00 Fishing Trip with Live Well. Go Fish 11:30 Exercise with Physical Therapy 2:00 Amber's Antics 6:30 The Jimmy Dean Show Ch 22 | 9:00 One to One with Sue 11:30 Exercise with Physical Therapy 2:30 Porch Sitters and Current Events 5:30 Mollie B Polka Show Ch 22 | 10:00 Bible Study with Connie 11:30 Exercise with Physical Therapy 2:30 Porch Sitters and Refreshments | 11:00 Busy Bakers 2:30 Joe Taylor Entertainment Hour 3:00 Beer, Chips & Dip Social Hour | 12:00 Family Visits Self Directed Activity Cards or Board Games Reno's Old Time Music Show Ch 22 |
| HAPPY BIRTHDAY LUCY THOMPSON 10:30 Mass Ch 26 1:30 Worship with Brian Kotas ~ Ceresco United Methodist Church 7:00 Hee Haw Show Ch 22 | 14:00 Catholic Mass Followed by Rosary 2:30 Bingo 3:15 Ice Cream Social One to One with Sue | 15:00 Exercise with Physical Therapy 2:00 Mystery Van Ride 6:30 The Jimmy Dean Show Ch 22 | 16:00 One to One with Sue 11:30 Exercise with Physical Therapy 2:30 Porch Sitters and R & K Bar and Grill 5:00 Out to Eat | 17:00 Bible Study with Connie 11:30 Exercise with Physical Therapy 2:30 Porch Sitters and Refreshment | 18:00 Busy Bakers 2:30 Marcene Havelka Entertainment Hour 3:00 Beer, Chips & Dip Social Hour | 19:00 Family Visits Self Directed Activity Cards or Board Games Reno's Old Time Music Show Ch 22 |
| HAPPY BIRTHDAY PEGGY TAYLOR 10:30 Mass Ch 26 1:30 Worship with Glenda Furguson ~ Grace Lutheran Church 3:00 Sunday Drive 7:00 Hee Haw Show Ch 22 | 21:00 Catholic Mass Followed by Rosary 2:30 Bingo 3:15 Ice Cream Social One to One with Sue | 22:00 Chair Massage 11:30 Exercise with Physical Therapy 2:00 Amber's Antics 6:30 The Jimmy Dean Show Ch 22 | 23:00 One to One with Sue 11:30 Exercise with Physical Therapy 2:30 Porch Sitters and Mollie B Polka Show Ch 22 | 24:00 First Presbyterian Service and Fellowship 11:00 Bible Study with Connie 11:30 Exercise with Physical Therapy 2:30 Porch Sitters and Refreshments | 25:00 Busy Bakers 2:30 Dick Sladky Entertainment Hour 3:00 Beer, Chips & Dip Social Hour | 26:00 Family Visits Self Directed Activity Cards or Board Games Reno's Old Time Music Show Ch 22 |
| HAPPY BIRTHDAY MARK CRIST 10:30 Mass Ch 26 1:30 Worship with Mark Crist ~ First United Methodist Church 7:00 Hee Haw Show Ch 22 | 28:00 Catholic Mass Followed by Rosary 2:30 Bingo 3:15 Ice Cream Social One to One with Sue | 29:00 Exercise with Physical Therapy 11:30 Mystery Van Ride 2:00 The Jimmy Dean Show Ch 22 | 30:00 One to One with Sue 11:30 Exercise with Physical Therapy 2:30 Porch Sitters and Current Events 5:30 Mollie B Polka Show Ch 22 | 31:00 HAPPY BIRTHDAY JOHN DAHL 11:00 Bible Study with Connie 11:30 Exercise with Physical Therapy 2:00 Shopping at Walmart | October 5, 2017 Octoberfest 6-7 pm  | |

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@smcnc.com**.

