

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



## Everything is fine when there is **SUNSHINE!**

Summertime is in full swing around here. We have enjoyed cooling off with Dairy Queen on the patio, planting flowers and catching fish.

### Healthy Steps

Decreasing sodium is a healthy step for all ages. Summer is a great time to make changes because more fresh fruits and vegetables are available.

Here are some ways to decrease salt:

- Roast your own meat for lean sandwiches, entrees, and soups.
- Use frozen and fresh vegetables.
- Make desserts and baked products without added salt.

Salt is a learned taste; use spices, pepper, herbs, lemon and other natural flavorings to jazz up your food without salt.



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



## Making The Difference

♥ **LAURIE ROUSE**

### HOMETOWN

Omaha, Nebraska

### JOB OVERVIEW

I recently joined Saunders Medical Center as the Education Coordinator for LTC. My primary goal is to ensure we have skilled, critically thinking employees who provide excellent care for our residents.

### BEST PART OF THE JOB

Getting to know the residents and working with exceptional co-workers.

### FAMILY

I have a close-knit family that includes 4 siblings, 7 nieces and nephews, and 2 great nephews.

### OUTSIDE INTERESTS

Spending time with family and friends, playing cards, and I love going to baseball games!

### SOMETHING NOT EVERYONE MAY KNOW ABOUT ME

Cindy Quick (*a nurse at LTC*) and I have been friends for over 40 years. She is the reason I am here!



