### JULY 2022 | NEWSLETTER

the Best Care for Mom Ef 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.





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!





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Magazine/ Newspaper Articles <b>3</b> 10:30 Mass on CH. 55 1:30 Worship	Magazine/ Newspaper Articles 4	Magazine/ Newspaper Articles 5 1:1 Visits with Sue 9:15 Morning Movers 10:00 Trivia on the Patio 11:45 Daily Perk 1:30 Pretty Nails	Magazine/ Newspaper Articles 6 9:15 Morning Movers 9:30 Live well Go Fish 11:45 Daily Perk 11:00 Live Well Go Fish	Magazine/ Newspaper Articles 7 9:15 Morning Movers 10:00 Sunshine Club 11:45 Daily Perk 2:00 Merry Makers Presents Kim Eames	Magazine/ Newspaper Articles 8 9.15 Morning Movers 10:00 Busy Bakers 11:45 Daily Perk 2:30 Bingo 3:30 Food Committee	Magazine/ Newspaper Articles 9
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Magazine/ Newspaper 24 Articles 10:30 Mass on CH. 55	Magazine/ Newspaper <b>25</b> Articles 9:30 Morning Movers 10:00 Sunshine Club 11:45 Daily Perk 2:30 Devotionals	Magazine/ Newspaper <b>26</b> Articles 1:1 Visits with Sue 9:15 Morning Movers 10:00 Trivia on the patio 11:45 Daily Perk 1:30 Pretty Nails	Magazine/ Newspaper <b>27</b> Articles 9:15 Morning Movers 10:30 Walking Wednesday 11:45 Daily Perk 2:00 Crazy Crafters	Magazine/ Newspaper Articles 9:15 Morning Movers 10:00 Sunshine Club 11:45 Daily Perk Saunders Co. Fair parade	Magazine/ Newspaper 29 Articles 9:15 Morning Movers 10:00 Donut Debate 11:45 Daily Perk 2:30 Bingo	Magazine/ Newspaper <b>30</b> Articles
Magazine/ Newspaper <b>31</b> Articles 10:30 Mass on CH. 55 1:30 Worship		<b>T</b> entre			Activities and start times are subject to change without notice. Please see the markerboard in the main entrance for updated changes.	

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