

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



## Let's Get Moving!

Morning Movers meet Monday-Friday at 9 am for fun and exercise. The Restorative Team and the Life Enrichment Department help get the residents energized for the day. Along with chair exercises, games like bowling, basketball, ball toss, and the parachute keep participants active. The goal is to have fun while maintaining a physical functional level.

### Benefits of Exercise are Plentiful

If you want to feel better, improve your mood, or have more energy, all you need to do is exercise. Everyone can enjoy the benefits of exercise regardless of your age, gender, or physical ability!

Here are a few ways you can benefit from regular exercise. It can **help maintain weight loss or prevent excess weight gain**. It lowers blood pressure and cholesterol which **decreases your risk for heart disease**. It **improves your mood** by stimulating certain chemicals in your brain, leaving you feeling less anxious and more happy. Other effects are **boosted energy level and improved sleep**. Remember to check with your doctor before starting a new exercise plan. Be Well.

[www.mayoclinic.org](http://www.mayoclinic.org)



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



## Making The Difference!

♥ JORDYN POPPLE

HOME TOWN Bruno, NE

HOW LONG HAVE YOU WORKED AT SMC?  
I have worked in Long Term Care for 8 months now as a CNA.

WHEN DO YOU SEE RESIDENTS SMILE THE MOST?  
I see them smile the most when family comes to visit.




WHAT IS THE BEST PART OF YOUR JOB?  
I love creating relationships with the residents and seeing them smile. It makes my day and I know it makes their day!

WHAT IS SOMETHING YOU'D LIKE TO ACCOMPLISH?  
I would like to go back to school and finish a degree within the next 6 years.

TELL US ABOUT YOUR FAMILY.  
I have a 4 month old daughter, Brynlee, and a boyfriend named Devon. We live in Bruno.

WHAT ARE YOUR OUTSIDE INTERESTS?  
I like basketball, horses, cattle, and going to concerts.

WHAT IS YOUR FAVORITE VACATION SPOT?  
Golden, Colorado.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>3</p> <p>Magazine/Newspaper Articles 10:30 Mass on Channel 55 1:30 Worship with Mark Crist First United Methodist Church 7:00 Hee Haw Show</p>	<p>4</p> <p>Sister Elizabeth Visits Magazine/Newspaper Articles 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	 <p>5</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 Wii Bowling</p>	<p>Charles Johnson - 1st Clarence Schamp - 10th Alton Anderson - 28th Helen Petersen - 28th</p> <p>6</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Coffee and Quilts with Bethlehem Lutheran Quilters 1:00 One to One Visits with Sue 2:30 Silly Crafters</p>	<p>7</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Pet Therapy with Ollie and Joni 11:00 Bible Study with Connie 2:30 Cards or games</p>	<p>1</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 World Travel- Mexico 3:00 Happy Hour</p>	<p>2</p> <p>Magazine/Newspaper Articles Individual Activities Cards</p>
<p>10</p> <p>Magazine/Newspaper Articles 10:30 Mass on Channel 55 1:30 Worship with Darren Martin Cornerstone Baptist Church 7:00 Hee Haw Show Channel 54</p>	<p>11</p> <p>Sister Elizabeth Visits Magazine/Newspaper Articles 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>12</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 Third Grade Readers</p>	<p>13</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 1:00 One to One Visits with Sue 2:30 Silly Crafters</p>	<p>14</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Kim Eames with Merry Makers 11:00 Bible Study with Connie 2:30 Popcorn and Reminiscence</p>	<p>15</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 Marcy's Merry Musicians 3:00 Happy Hour</p>	<p>16</p> <p>Magazine/Newspaper Articles Individual Activities Cards 7:00 Spring Baking Championship Channel 75</p>
<p>17</p> <p>Magazine/Newspaper Articles 10:30 Mass on Channel 55 1:30 Worship with John Schnell Mead Covenant Church 7:00 Hee Haw Show Channel 54 <i>St. Patrick's Day</i> </p>	<p>18</p> <p>Sister Elizabeth Visits Magazine/Newspaper Articles 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>19</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 Nails</p>	<p>20</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:30 Hand Massage with Nicole and Joni 1:00 One to One Visits with Sue 2:30 Silly Crafters <i>First Day Of Spring</i></p>	<p>21</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Pet Therapy with Ollie and Joni 11:00 Bible Study with Connie 2:30 What's in the Box with Karen</p>	<p>22</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 World Travel- Czechoslovakia 3:00 Happy Hour</p>	<p>23</p> <p>Magazine/Newspaper Articles Individual Activities Cards</p>
<p>24</p> <p>Magazine/Newspaper Articles 10:30 Mass on Channel 55 1:30 Worship with Don White Wahoo Community Church 7:00 Hee Haw Show Channel 54</p>	<p>25</p> <p>Sister Elizabeth Visits Magazine/Newspaper Articles 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>26</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 1:00 Resident Council 2:30 Trivia</p>	<p>27</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Nails 1:00 One to One Visits with Sue 2:30 Silly Crafters</p>	<p>28</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 11:00 Bible Study with Connie 2:30 Cards or Games 7:00 Larry's Country Diner Channel 54</p>	<p>29</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 1:30 Movie with Deanne and Sarah</p>	<p>30</p> <p>Magazine/Newspaper Articles Individual Activities Cards</p> 
<p>31</p> <p>Magazine/Newspaper Articles 10:30 Mass on Channel 55 1:30 Worship with Bob Hayden Bethlehem Lutheran Church 7:00 Hee Haw Show Channel 54</p>						



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**.



**Skilled & Long Term Care**

**TOURS DAILY!  
443-4685**