

the *Best Care* for *Mom & Dad*



IT'S MAGIC SHOW TIME!

What do Siegfried Fischbacher, Criss Angel and Harry Houdini have in common? MAGIC! The first known practice of magic dates pretty far back, all the way to 2700 B.C. We were excited to have a magician come and entertain us here at SMC Skilled and Long Term Care. Just when we thought we had caught on to his tricks he stumped us again. Thank you goes out to our magician, Jeff Quinn.



eat right. Academy of Nutrition and Dietetics

Planning and variety are both keys to maintaining healthy eating habits.

Here are some ways to Celebrate a World of Flavors as you plan meals and snacks!

- Plan meals based on your favorite cultural foods and traditions.
- Include several food groups in each meal/snack.
- Try different fruits and vegetables, depending on the season.
- Choose ingredients with different textures and colors for variety.
- Try new flavors and foods from around the world!

Information from www.eatright.org



Saunders
MEDICAL CENTER
Skilled & Long Term Care



Making The Difference

♥ STEPHANIE EDWARDS

HOMETOWN

Fremont, Nebraska

JOB OVERVIEW

I have worked at Saunders Medical Center for almost 3 ½ years. Most recently, I joined the team at LTC as a Charge Nurse on City View (100 Hall).

BEST PART OF THE JOB

Seeing the residents smiling and happy!

FAMILY

I have 2 children who are grown and have their own families. My son lives in Omaha and my daughter lives in Lincoln.

OUTSIDE INTERESTS

I love spending time with my family, gardening, and cooking.

FAVORITE TV SHOW

























I watch a lot of paranormal shows. I'm very intrigued with the mystery behind the events portrayed.

HAPPY

St. Patrick's Day!

MARCH 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																												
<p>Charlie J. - 1st Delores V. - 10th Janice P. - 21st Paul G. - 30th</p>	<p> Magazine/Newspaper 7 Articles 9:00 Catholic Mass 9:15 Morning Movers 11:45 Daily Perk 2:30 Devotionals</p>	<p>1 1:1 Visits with Sue Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 2:00 World Traveler </p>	<p>Magazine/Newspaper 2 Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 1:30 Dr. Sues: The Cat In The Hat Movie on CH.100 </p>	<p>Magazine/Newspaper 3 Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 2:00 Trivia</p>	<p>Magazine/Newspaper 4 Articles 9:15 Morning Movers 10:00 Busy Bakers 11:45 Daily Perk 2:30 Bingo 3:30 Food Committee</p>	<p>Magazine/Newspaper 5 Articles</p>	<p>Magazine/Newspaper 6 Articles 10:30 Mass on CH. 55</p>	<p>Magazine/Newspaper 7 Articles 9:00 Catholic Mass 9:15 Morning Movers 11:45 Daily Perk 2:30 Devotionals</p>	<p>8 1:1 Visits with Sue Magazine/Newspaper Articles 9:15 Morning Movers 11:45 Daily Perk 1:30 Cookie Tasting </p>	<p>Magazine/Newspaper 9 Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 1:30 Pretty Nails</p>	<p>Magazine/Newspaper 10 Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 1:30 Crazy Crafters</p>	<p>Magazine/Newspaper 11 Articles 9:15 Morning Movers 10:00 Donut Debate 10:00 Door to Door Visits 11:45 Daily Perk 2:30 Bingo</p>	<p>Magazine/Newspaper 12 Articles</p>	<p>Magazine/Newspaper 13 Articles 10:30 Mass on CH. 55</p>	<p>Magazine/Newspaper 14 Articles 9:00 Catholic Mass 9:15 Morning Movers 11:45 Daily Perk 3:30 Short Stories</p>	<p>15 1:1 Visits with Sue Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 1:30 Pretty Nails</p>	<p>Magazine/Newspaper 16 Articles 9:15 Morning Movers 11:45 Daily Perk 1:30 Van Rides </p>	<p>Magazine/Newspaper 17 Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 2:00 World Traveler </p>	<p>Magazine/Newspaper 18 Articles 9:15 Morning Movers 10:00 Busy Bakers 10:00 Door to Door Visits 11:45 Daily Perk 2:30 Bingo</p>	<p>Magazine/Newspaper 19 Articles</p>	<p>Magazine/Newspaper 20 Articles 10:30 Mass on CH. 55 </p>	<p>Magazine/Newspaper 21 Articles 9:00 Catholic Mass 9:15 Morning Movers 11:45 Daily Perk 2:00 Crazy Crafters</p>	<p>22 1:1 Visits with Sue Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 1:30 Pretty Nails</p>	<p>Magazine/Newspaper 23 Articles 9:15 Morning Movers 10:30 Resident Council 11:45 Daily Perk 1:30 Van Rides </p>	<p>Magazine/Newspaper 24 Articles 9:15 Morning Movers 10:00 Merry Makers presents Mike McCracken 11:45 Daily Perk 2:00 Devotionals</p>	<p>Magazine/Newspaper 25 Articles 9:15 Morning Movers 10:00 Donut Debate 10:00 Door to Door Visits 11:45 Daily Perk 2:30 Bingo</p>	<p>Magazine/Newspaper 26 Articles</p>	<p>Magazine/Newspaper 27 Articles 10:30 Mass on CH. 55</p>	<p>Magazine/Newspaper 28 Articles 9:00 Catholic Mass 9:15 Morning Movers 11:45 Daily Perk 3:30 Short Stories</p>	<p>29 1:1 Visits with Sue Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 1:30 Pretty Nails</p>	<p>Magazine/Newspaper 30 Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 1:30 Van Rides </p>	<p>Magazine/Newspaper 31 Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 2:30 IN2L Games</p>	<p>Activities and start times are subject to change without notice. Please see the markerboard in the main entrance for updated changes.</p>	<p>Due to covid precautions activities are subject to change at any time. One to one visits and individual activities are offered daily.</p>
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