

the *Best Care* for *Mom & Dad*



Making The Difference!

♥ AUTUMN WALDMAN

HOME TOWN
Kearney, NE

JOB HOW LONG HAVE YOU WORKED
AT SMC-LTC?

I have worked here since
September 2015.

WHAT IS YOUR JOB TITLE?
Quality and Infection
Prevention Coordinator

WHAT IS THE BEST PART
OF YOUR JOB?
Implementing projects such
as the Natural Awakening
Program that really improve
the residents' quality of life
and make our care center
more like a true home.

TELL US ABOUT YOUR FAMILY
I've lived in Wahoo for nearly 5
years now. My husband, Cody,
teaches high school Spanish
at Bishop Neumann. We have
four handsome boys: Elijah, 6,
Gabriel, 4, Lucas, 2, and Jonah,
6 months old.

WHAT IS SOMETHING YOU'D
LIKE TO ACCOMPLISH?
I would love to go back to
school for my Master's in
Nursing (MSN).

THE LONGEST DAY

alzheimer's association®



*Every day can seem like the
longest day for individuals
living with Alzheimer's disease,
their families, and caregivers.*

On **June 21**, the Longest Day of the
Year, we will honor these amazing
people. Throughout the day, we will
host activities to promote awareness,
raise funds for the Alzheimer's
Association, and show our love for
these amazing people.

Check out our Facebook page during
the next few weeks for more details
on how you can be a part of this very
special day at Long Term Care.

Have you checked your skin lately?

It's recommended that individuals get their skin checked annually by a dermatologist. If you spot something that looks questionable, make an appointment to see your dermatologist or physician. Remember the ABCDE's of melanoma!

Asymmetry One half of the abnormal area is different from the other half

Borders The lesion or growth has irregular edges.

Color Color is varied from one area to another, with shades of tan, brown, or black (*sometimes white, red, or blue*). A mixture of colors may appear within one lesion.

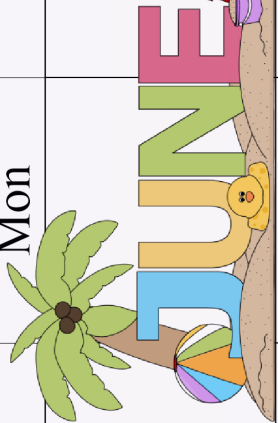
Diameter The trouble spot is usually (but not always) larger than 6 mm in diameter — about the size of a pencil eraser.

Evolving A skin lesion that looks different from the rest and is changing in size, shape, or color.

Source: www.skincancer.org



Saunders
MEDICAL CENTER
Skilled & Long Term Care

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
<p>3 One to Ones Outside Family Visits 9:00 Exercise 10:30 Mass on channel 55 1:30 Worship with Darren Martin ~ Cornerstone Baptist Church 3:30 Nostalgia John 7:00 Hee Haw Show</p>	<p>4 One to Ones Outside Family Visits 9:00 Exercise 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>5 One to Ones Outside Family Visits 9:00 Exercise 10:00 Donut Debate 10:30 Namaste Care / One to Ones 2:00 Denise Lawver Library Talk 6:30 The Jimmy Dean Show</p>	<p>6 One to Ones Outside Family Visits 9:00 Exercise 10:30 Silly Crafters 2:30 Small Group Games 5:00 Out to eat 5:30 Molli B Polka Show</p>	<p>7 One to Ones Outside Family Visits 9:00 Exercise 11:00 Bible Study with Connie 4:00 Smoothie Social</p>	<p>8 One to Ones Outside Family Visits 9:00 Exercise 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 2:30 Bob Ohnoulka Sing a Long 3:00 Happy Hour</p>	<p>9 Self Directed Activity One to Ones Outside Family Visits 9:00 Exercise 6:00 Reno's Old Time Music</p>
<p>10 One to Ones Outside Family Visits 9:00 Exercise 10:30 Mass on channel 55 1:30 Worship with John Schnell ~ Mead Covenant Church 7:00 Hee Haw Show</p>	<p>11 One to Ones Outside Family Visits 9:00 Exercise 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>12 One to Ones Outside Family Visits 9:00 Exercise 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show</p>	<p>13 One to Ones Outside Family Visits 9:00 Exercise 10:30 Silly Crafters 2:30 Small Group Games 5:30 Molli B Polka Show</p>	<p>14 One to Ones Outside Family Visits 9:00 Exercise 11:00 Bible Study with Connie 1:00 Resident's Council 4:00 Smoothie Social</p>	<p>15 One to Ones Outside Family Visits 9:00 Exercise 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 2:30 Marcene Havelka Accordian Jam 3:00 Happy Hour</p>	<p>16 Self Directed Activity One to Ones Outside Family Visits 9:00 Exercise 6:00 Reno's Old Time Music</p>
<p>17 One to Ones Outside Family Visits 9:00 Exercise 10:30 Mass on channel 55 1:30 Worship with Don White ~ Wahoo Community Church 7:00 Hee Haw Show Happy Father's Day</p>	<p>18 One to Ones Outside Family Visits 9:00 Exercise 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo with Rural Bells 3:15 Ice Cream Social</p>	<p>19 One to Ones Outside Family Visits 9:00 Exercise 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show</p>	<p>20 One to Ones Outside Family Visits 9:00 Exercise 10:30 Silly Crafters 2:30 Small Group Games 5:30 Molli B Polka Show</p>	<p>21 One to Ones Family Visits Outside Longest Day Participant 9:00 Exercise 11:00 Bible Study with Connie 2:00 Shopping to Omaha Wal-Mart</p>	<p>22 One to Ones Outside Family Visits 9:00 Exercise 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 2:30 Dick Sladky Sing A Long 3:00 Happy Hour</p>	<p>23 Self Directed Activity One to Ones Outside Family Visits 9:00 Exercise 6:00 Reno's Old Time Music</p>
<p>24 One to Ones Outside Family Visits 9:00 Exercise 10:30 Mass on channel 55 1:30 Worship with Bob Hayden ~ Bethlehem Lutheran Church 7:00 Hee Haw Show</p>	<p>25 One to Ones Outside Family Visits 9:00 Exercise 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>26 One to Ones Outside Family Visits 9:00 Exercise 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show</p>	<p>27 One to Ones Outside Family Visits 9:00 Exercise 10:30 Silly Crafters 2:30 Small Group Games 5:30 Molli B Polka Show</p>	<p>28 One to Ones Outside Family Visits 9:00 Exercise 11:00 Bible Study with Connie 3:00 Namaste Care / One to Ones 4:00 Smoothie Social</p>	<p>29 One to Ones Outside Family Visits 9:00 Exercise 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 2:30 Merry-makers Presents ~ Tim Javorsky 3:00 Happy Hour</p>	<p>30 Self Directed Activity One to Ones Outside Family Visits 9:00 Exercise 6:00 Reno's Old Time Music</p>

Celebrating National Nursing Home Week

