

the Best Care for Mom & Dad



CHRISTMAS CELEBRATION

Long Term Care, Hospital, and Clinic employees, as well as residents dressed up for the **Ugly Sweater Contest**. This annual event is a fun way to get everyone at SMC involved in a group activity. The residents voted for their favorite ugly sweater. ***It was an afternoon filled with smiles, laughter, and a holiday snack.*** This year, employees also took the residents on a stroll through the hospital to show off everyone's fun holiday attire. See the video at <https://saundersmedicalcenter.com/nursing-home/life-enrichment/ltc-events/ugly-sweater-contest.html>

Cover Your Cough

What does it mean to "cover your cough"? When you have to cough or sneeze cover your mouth and nose with a tissue or cough/sneeze in the bend of your elbow. Then dispose of the tissue in the trash and always clean your hands with soap and water or alcohol-based hand cleaner.

Why "Cover Your Cough"? To prevent the spread of serious illnesses such as influenza and whooping cough.

How can you stay healthy? Wash your hands often with soap and water or alcohol-based cleaner. Avoid touching your eyes, nose, or mouth. Avoid close contact with people who are sick.

From Nebraska DHHS

EDUCATION CORNER



Long Term Care



Making The Difference!

♥ NICOLE KAVAN

HOME TOWN

Valparaiso, Nebraska

JOB TITLE

Interim Director of Nursing

HOW LONG HAVE YOU WORKED AT SMC?

12 1/2 years

BEST PART OF YOUR JOB?

Working with my coworkers and residents. Putting a smile on a resident's face is the BEST feeling!

MY FAMILY

I have been married to my husband, Justin, for 6 years. I have a 4 year old daughter, Madeline; an almost 1 year old, Dalton; and an angel baby in Heaven named Lily.

FAVORITE TV SHOWS

CSI, medical shows, and I love ER.

OUTSIDE INTERESTS

I love tractor pulling, swimming, and being with family.

January		Happy New Year	2 10:00 The Donut "Debate" 10:30 Namaste 2:30 Exercise with Dylan 6:30 The Jimmy Dean Show	3 Happy Birthday Louan Persinger 10:30 Namaste 11:10 Bible Study with Laura 11:30 Exercise in 300 Hall 5:30 Molli B Polka Show	4 10:00 Ladies Coffee 10:30 Namaste 2:30 Exercise with Dylan 	5 Happy Birthday Leonard Janousek 10:00 Busy Bakers 2:30 Karaoke with Social Hour	6 Family Visits Self Directed Activity Reno's Old Time Music Show Ch 22
7 10:30 Mass Ch 26 1:30 Worship with Mark Crist~ 7:00 First United Methodist Hee Haw Show Ch 22	8 9:30 Catholic Mass Followed by Rosary 2:30 Bingo 3:15 Ice Cream Social One to One with Sue One to One with Sister 	9 10:00 The Donut "Debate" 10:30 Namaste 2:25 St. Wenceslaus Third Grade Readers 2:30 Exercise with Dylan 6:30 The Jimmy Dean Show	10 10:30 Namaste 11:10 Bible Study 11:30 Exercise in 300 Hall 5:30 Molli B Polka Show One to One with Sue	11 10:00 Ladies Coffee 10:30 Namaste 1:00 Residents Council Meet 2:00 Methodist Service 2:30 Exercise with Dylan	12 10:00 Busy Bakers 10:30 Namaste 2:30 Karaoke With Popcorn & Social Hour	13 Self Directed Activity Reno's Old Time Music Show Ch 22 	
14 10:30 Mass Ch 26 1:30 Worship with Tim Martinal ~ Our Redeemer Lutheran 7:00 Hee Haw Show Ch 22	15 9:30 Catholic Mass Followed by Rosary 2:30 Bingo 3:15 Ice Cream Social One to One with Sue One to One with Sister 	16 10:00 The Donut "Debate" 10:30 Namaste 2:30 Exercise with Dylan 6:30 The Jimmy Dean Show	17 10:30 Namaste 11:10 Bible Study 11:30 Exercise in 300 Hall 5:30 Molli B Polka Show One to One with Sue	18 Happy Birthday Sue Bacon 10:00 Ladies Coffee 2:30 Namaste 2:30 Exercise with Dylan	19 10:00 Busy Bakers 10:30 Namaste 2:30 Marcene Havelka 3:00 Accordion Jam Hour Beer, Chips & Dip Social Hour	20 Family Visits Self Directed Activity Reno's Old Time Music Show Ch 22	
21 10:30 Mass Ch 26 1:30 Worship with Brian Kottas ~ United Methodist 7:00 Hee Haw Show Ch 22	22 9:30 Catholic Mass/Rosary 2:30 Bingo 3:15 Ice Cream Social One to One with Sue One to One with Sister 	23 10:00 The Donut "Debate" 10:30 Namaste 2:30 Exercise with Dylan 6:30 The Jimmy Dean Show	24 10:30 Namaste 11:10 Bible Study 11:30 Exercise in 300 Hall 2:30 Joe Taylor Music Show 5:30 Molli B Polka Show One to One with Sue	25 9:30 Presbyterian Service and Fellowship 10:30 Namaste 2:30 Exercise with Dylan 	26 10:00 Busy Bakers 10:30 Namaste 2:30 Karaoke 3:00 Beer, Chips & Dip Social Hour	27 Family Visits Self Directed Activity Cards or Board Games Reno's Old Time Music Show Ch 22	
28 10:30 Mass Ch 26 1:30 Worship in dining room Kris Bohac ~ Bethlehem Lutheran 7:00 Hee Haw Show Ch 22	29 9:30 Catholic Mass/Rosary 2:30 Bingo 3:15 Ice Cream Social One to One with Sue One to One with Sister 	30 10:00 The Donut "Debate" 10:30 Namaste 2:30 Exercise with Dylan 6:30 The Jimmy Dean Show	31 10:30 Namaste 11:10 Bible Study 11:30 Exercise in 300 hall 5:30 Molli B Polka Show One to One with Sue	WALK ACROSS NEBRASKA CHALLENGE 2018 			



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**.

