

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



This has been a moment we have been waiting for for a very long time! Our Kindergarten friends at Wahoo Public Schools came to see us for **Halloween!** As you can see, we did take extra precautions this year to make this happen! You may not be able to tell, but there were **smiles and excitement all through the halls.** We want to say thank you to everyone involved in making this happen!

## *A Month of Gratitude*

Science shows that expressing gratitude can boost serotonin and cause the brain to produce dopamine. Benefits include: reduced symptoms of depression; more energy; better sleep; increased sense of happiness; stronger immune system; improved self-esteem.

***Training our brains to see the good in our lives, creates more good!***

CREATE A HABIT OF GRATITUDE: Recognize something good that happened each day. Write a thank you note to someone. Gratitude journal. Make a game of acknowledging different blessings in your life.



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



## *Making The Difference*

♥ HOPE NORSTADT

**HOMETOWN**  
Atlantic, IA

### **JOB OVERVIEW**

I recently accepted the position as the LTC Quality & Infection Control Nurse. My focus is infection control education for staff, documentation, and ensuring quality care for our residents.

**THE BEST PART OF THE JOB**  
The residents' smiles!

### **FAMILY**

I am originally from Iowa. I have 2 daughters and 1 son, and 6 grandkids- 5 boys and 1 girl.

### **OUTSIDE INTERESTS**

I enjoy gardening and riding my bike.

**SOMETHING I'D LIKE TO ACCOMPLISH**

Be great at my job.

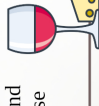

**FAVORITE VACATION SPOT**  
Mexico

**SOMETHING NOT EVERYONE MAY KNOW ABOUT ME**

My grandbabies are my reason for living!



# November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Happy Birthday to you!!!</b> <b>Marcella M. - 16th</b> Daily Perk Magazine/ Newspaper Articles <b>10:00</b> Cards & Games <b>10:30</b> Mass on CH. 55 <b>1:30</b> Worship <i>Daylight Savings Time Ends Fall Back</i>	<b>6</b> <b>9:00</b> Catholic Mass <b>9:30</b> Morning Movers with Deanne <b>11:45</b> Daily Perk <b>1:30</b> Short Stories <b>2:00</b> Lessons from the Bible	<b>1</b> 1:1 Visits with Sue <b>9:15</b> Morning Movers with Deanne <b>10:15</b> Card Sharks <b>11:45</b> Daily Perk 	<b>2</b> 9:15 Morning Movers with Deanne <b>11:45</b> Daily Perk <b>6:45</b> Watercolor & Wine	<b>3</b> 9:15 Morning Movers with Deanne <b>10:45</b> Trivia <b>11:45</b> Daily Perk <b>1:30</b> Pretty Nails	<b>4</b> 9:15 Morning Movers with Deanne <b>10:00</b> Donut Debate <b>11:45</b> Daily Perk <b>12:30</b> Food Committee <b>2:30</b> Bingo	<b>5</b> Daily Perk Magazine/ Newspaper Articles <b>10:00</b> Cards & Games Huskers VS Minnesota Golden Gophers (HOME) TIME TBD 
<b>13</b> Daily Perk Magazine/ Newspaper Articles <b>10:00</b> Cards & Games <b>10:30</b> Mass on CH. 55	<b>14</b> <b>9:00</b> Catholic Mass <b>9:30</b> Morning Movers with Deanne <b>11:45</b> Daily Perk <b>2:00</b> Lessons from the Bible	<b>15</b> 1:1 Visits with Sue <b>9:15</b> Morning Movers with Deanne <b>10:15</b> Card Sharks <b>11:45</b> Daily Perk <b>1:30</b> MerryMakers Presents: The Links 	<b>16</b> 9:15 Morning Movers with Deanne <b>10:00</b> Crazy Crafters <b>11:45</b> Daily Perk <b>1:00</b> Resident Council <b>2:00</b> "Wine and Cheese" Please 	<b>17</b> 9:15 Morning Movers with Deanne <b>10:45</b> Trivia <b>11:45</b> Daily Perk <b>1:30</b> Pretty Nails 	<b>18</b> 9:15 Morning Movers with Deanne <b>10:00</b> Donut Debate <b>11:45</b> Daily Perk <b>2:30</b> Bingo 	<b>19</b> Daily Perk Magazine/ Newspaper Articles <b>10:00</b> Cards & Games Huskers VS Wisconsin Badgers (HOME) TIME TBD 
<b>20</b> Daily Perk Magazine/ Newspaper Articles <b>10:00</b> Cards & Games <b>10:30</b> Mass on CH. 55 <b>1:30</b> Worship	<b>21</b> <b>9:00</b> Catholic Mass <b>9:30</b> Morning Movers with Deanne <b>11:45</b> Daily Perk <b>1:00</b> Scatter Joy Acres animal visits <b>2:00</b> Lessons from the Bible	<b>22</b> 1:1 Visits with Sue <b>9:15</b> Morning Movers with Deanne <b>10:15</b> Card Sharks <b>11:45</b> Daily Perk <b>1:30</b> Van Rides 	<b>23</b> 9:15 Morning Movers with Deanne <b>10:30</b> Turkey Bowling <b>11:45</b> Daily Perk <b>2:00</b> Bingo	<b>24</b> 9:00 Macy's Thanksgiving Day Parade <b>11:45</b> Daily Perk 	<b>25</b> <b>11:45</b> Daily Perk <b>3:00</b> Huskers VS Iowa Hawkeyes (AWAY) 	<b>26</b> Daily Perk Magazine/ Newspaper Articles <b>10:00</b> Cards & Games
<b>27</b> Daily Perk Magazine/ Newspaper Articles <b>10:00</b> Cards & Games <b>10:30</b> Mass on CH. 55	<b>28</b> <b>9:00</b> Catholic Mass <b>9:30</b> Morning Movers with Deanne <b>11:45</b> Daily Perk <b>1:30</b> Short Stories <b>2:00</b> Lessons from the Bible	<b>29</b> 1:1 Visits with Sue <b>9:15</b> Morning Movers with Deanne <b>10:15</b> Card Sharks <b>11:45</b> Daily Perk <b>1:30</b> Pretty Nails 	<b>30</b> 9:00 Messages with Sandi 9am-12pm <b>9:15</b> Morning Movers with Deanne <b>11:45</b> Daily Perk <b>1:30</b> Movie Matinee			<b>Activities and start times are subject to change without notice. Please see the markerboard in the main entrance for updated changes.</b>