

the *Best Care* for *Mom & Dad*



STAYING ACTIVE

During this difficult time we want you to know that *we are doing everything we can to make sure your loved one stays engaged and as active as possible*. We are bringing activities into resident rooms while providing one to one visits with our residents. These include board games, trivia, daily devotions, puzzles, adult coloring and crafts, special snacks brought to the rooms, and exercise. Every day we continue to research and find new ways to keep residents entertained and involved. If you have any questions or concerns about activities during this time please call Laura Eivins at **(402) 443-4685** or e-mail to **Leivins@smcne.com**.

Taking care of each other

We know that it is a stressful time not being able to visit your loved ones. With that being said, we want to make sure you are taking care of yourself. Here are a few ways to keep your mind, body and soul well.

- Make sure you are getting good sleep, at least six hours.
- Eat healthy foods, drink plenty of water, exercise, get outside and get some fresh air.
- Also spend time in prayer or meditation, journaling or reading.
- Stay home if you can, and be well.



Saunders
MEDICAL CENTER
Skilled & Long Term Care



Making The Difference!

♥ DR. ANDREW OPP

HOMETOWN

Weston, Nebraska

JOB overview

I am a doctor at the SMC Family Clinic, ER and Hospital as well as Medical Director for Skilled & Long Term Care. My favorite part of my job is connecting with patients as we work together on their health.

FAMILY LIFE

My high school sweetheart and I have been married for 11 years. We have three kids—Josephine (Josie) is eight, Evelyn is five and William (Liam) is four. We also have two white golden retrievers and a cat.

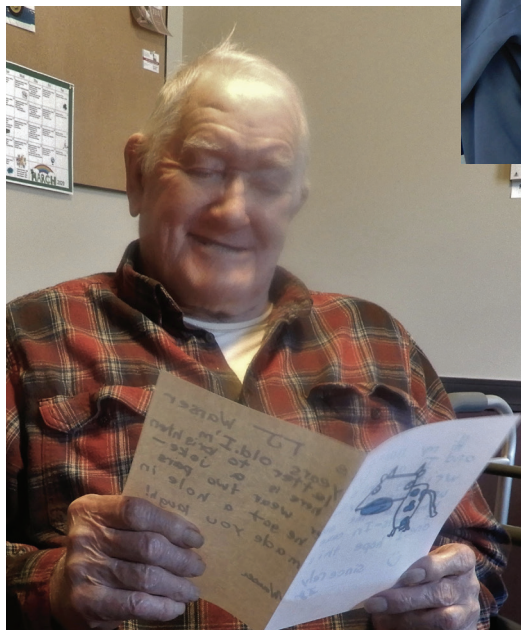
OUTSIDE INTERESTS

Running, racquetball and fishing.

SOMETHING NOT everyone may know

I get sucked into movies, especially my kids', but I CANNOT do horror films.

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