

the *Best Care* for *Mom Et Dad*



Patti Kucera, Lynn Baumert, and Dr. Newburn "won" the Cream & Cheetos Contest. They had the privilege of spraying whipped cream on the losers- Sam Prokopec, Betty Cloyed, Dylan McGill, and Stacie Sabatka.



Helen Petersen dumps Cheetos® on Administrator Sam Prokopec.

"There is one thing Alzheimer's cannot take away, and that is love. Love is not a memory - it's a feeling that resides in your heart and soul."

A huge thank you to all who participated in "The Longest Day"! We raised \$1003.31 for the Alzheimer's Association. By coming together, we showed families that they are not on this journey alone. Fighting Alzheimer's and supporting those who are affected by the disease is an ongoing effort. The hope is that someday there is a cure.

Get Your Rest: Doctor's Orders!

Every 65 seconds, someone in the U.S develops Alzheimer's Disease. There are currently 5.7 million Americans living with the disease and that number is on the rise. Evidence shows that there are a few healthy habits that can be incorporated into your daily life to reduce risk of this disease. Some of the habits are: staying physically and mentally active, not smoking, reducing high blood pressure, and getting a good night's sleep. Start now and your body will thank you later!

Information from alz.org



Saunders
MEDICAL CENTER
Skilled & Long Term Care



Making The Difference!

♥ JONI DUERKSEN

HOME TOWN
Henderson, NE

HOW LONG HAVE
YOU WORKED AT SMC?

11 years. I recently took the Education Coordinator job in Long Term Care.

BEST PART OF THE JOB

Working with our rock star LTC staff and getting to know our awesome residents!

TELL US ABOUT YOUR FAMILY

I have been married to my high school sweetheart, Jeremiah, for almost 15 years! We have two beautiful daughters; Payton, almost 8 years old; and Mya, 2-1/2 years old. We've lived in Wahoo for 11 years.

WHAT IS SOMETHING YOU'D
LIKE TO ACCOMPLISH?

I would like to go skydiving, attend a Duke Blue Devils basketball game, and visit Hawaii with my husband.

OUTSIDE INTERESTS

Following my children's activities and sports, reading, and traveling anywhere warm with a beach and the smell of saltwater in the air.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Mark Weber - St. Matthew Lutheran Church MS 7:00 Hee Haw Show</p>	<p>2 One to Ones Outside Family Visits Magazine/Newspaper Articles 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>3 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show</p>	<p> 11 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Silly Crafters 2:30 Small Group Games 5:30 Mollie B Polka Show</p>	<p>5 One to Ones Outside Family Visits Magazine/Newspaper Articles 11:00 Bible Study with Connie 2:00 Sam & Stephanie Trivia 3:00 Namaste Care / One to Ones</p>	<p>6 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 3:00 Happy Hour on the porch</p>	<p>7 Self Directed Activity One to Ones Outside Family Visits Magazine/Newspaper Articles 6:00 Reno's Old Time Music</p>
<p>8 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Evangelical Covenant - Cerco 7:00 Hee Haw Show</p>	<p>9 One to Ones Outside Family Visits Magazine/Newspaper Articles 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>10 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show</p>	<p>11 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Silly Crafters 2:30 Small Group Games 5:30 Mollie B Polka Show</p>	<p>12 One to Ones Outside Family Visits Magazine/Newspaper Articles 11:00 Bible Study with Connie 2:00 Movie Matinee with Sarah and Deanne 2:00 Bush Potton with Merry Makers 3:00 Smoothie Social</p>	<p>13 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 3:00 Happy Hour on the porch</p>	<p>14 Self Directed Activity One to Ones Outside Family Visits Magazine/Newspaper Articles 6:00 Reno's Old Time Music</p>
<p>15 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Russ Sizemore - Swetsberg Covenant Church 7:00 Hee Haw Show</p>	<p>16 One to Ones Outside Family Visits Magazine/Newspaper Articles 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>17 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show</p>	<p>18 One to Ones Outside Family Visits 10:30 Silly Crafters 2:00 What's in the box? with Karen 4-5 Live Well Go Fish 5-6 Live Well Go Fish 6-7 Live Well Go Fish 5:30 Mollie B Polka Show</p>	<p>19 One to Ones Outside Family Visits Magazine/Newspaper Articles 11:00 Bible Study with Connie 1:00 Resident's Council Meeting 3:00 Namaste Care / One to Ones 3:00 Smoothie Social</p>	<p>20 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 2:30 Maresca Havelka Accordian Jam 3:00 Happy Hour</p>	<p>21 Self Directed Activity One to Ones Outside Family Visits Magazine/Newspaper Articles 6:00 Reno's Old Time Music</p>
<p>22 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with First Presbyterian Church - Waboo 7:00 Hee Haw Show</p>	<p>23 One to Ones Outside Family Visits Magazine/Newspaper Articles 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>24 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Donut Debate 10:30 Namaste Care / One to Ones 10:30 Nicole and Lynelle Hond Massage 6:30 The Jimmy Dean Show</p>	<p>25 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Silly Crafters 2:30 Small Group Games 5:30 Mollie B Polka Show</p>	<p>26 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Card Crafts with Autumn 11:00 Bible Study with Connie 5:00 Saunders County Parade</p>	<p>27 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 3:00 Happy Hour on the porch</p>	<p>28 Self Directed Activity One to Ones Outside Family Visits Magazine/Newspaper Articles 6:00 Reno's Old Time Music</p>
<p>29 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Czech Halleluys - Czech Presbyterian 7:00 Hee Haw Show</p>	<p>30 One to Ones Outside Family Visits Magazine/Newspaper Articles 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>31 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show</p>	<p>  Happy Birthday Rosemary Larson - 5th Joyce Irig - 10th Ethel Kavan - 24th</p>			

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**.

I ♥ MY HOME
nursing
TOURS DAILY!
443-4685



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