

the *Best Care* for *Mom & Dad*



HEARTFELT THANKS TO OUR VOLUNTEERS

"The work of a volunteer makes a lasting impression on a heart."

Long Term Care is fortunate to have the help of many wonderful volunteers. These individuals *take time to make every day special for our residents*. The spiritual visits, long talks, and help with activities are just a few of the responsibilities that they assist with. Here's to all our volunteers, those dedicated people who give of their time and talents! *Thank you for making a difference.* Pictured Above: Volunteer Sue Rousseau

May is Vision Month

Decreased ability to see can limit the enjoyment of everyday activities and can contribute to social isolation and mood and behavior disorders. Normal aging of the eye does not lead to low vision; it is a result of eye diseases, injuries or both.

Do you know how often you should get your eyes checked after the age of 65? It's important to have a complete eye exam with your ophthalmologist every year or two after age 65. The doctor will check for age-related eye diseases such as macular degeneration, diabetic retinopathy, glaucoma, cataract and other eye conditions.



Saunders
MEDICAL CENTER

Long Term Care



Making The Difference!

♥ SAM PROKOPEC

HOME TOWN
Norfolk, NE

JOB TITLE
LTC Administrator

BEST PART OF YOUR JOB?
Being part of the residents' lives.

WHEN DO YOU SEE RESIDENTS
SMILE THE MOST
When they are visiting with staff and family.

MY FAMILY
I have a beautiful wife, Stephanie, and a two-year old Australian Shepherd. I have two older brothers who are both married, and two nieces: ages 3 and 6.

OUTSIDE INTERESTS
I enjoy golfing and watching sports - especially the Kansas City Chiefs and Nebraska Huskers.

FAVORITE VACATION SPOT
Anywhere with a view of the lake, river, or ocean. I would love to go on an Alaskan cruise.

Above Photo: Sam Prokopec with resident Helen Petersen. Her husband, Alfred made the planter for Memory Lane.

	<p>1 Family Visits One to Ones 9:00 Exercise 10:00 One to One with Sue 10:00 Donut Debate 10:30 Namaste Care / One to Ones 2:00 Library Talk with Denise Lawver 6:30 The Jimmy Dean Show</p>	<p>2 Family Visits One to Ones 9:00 Exercise 10:30 Silly Crafters 2:30 Small Group Games 5:30 Mollie B Polka Show</p>	<p>3 Family Visits One to Ones 9:00 Exercise 11:00 Bible Study with Connie 1:30 Methodist Service 3:00 Namaste Care / One to Ones 4:00 Smoothie Social</p>	<p>4 Family Visits One to Ones 9:00 Exercise 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 3:00 Happy Hour</p>	<p>5 Family Visits Self Directed Activity Family Visits One to Ones 9:00 Exercise 6:00 Reno's Old Time Music</p>
<p>6 Family Visits One to Ones 9:00 Exercise 10:30 Mass on channel 55 1:30 Worship with Brian Kotas ~ Ceresco United Methodist 7:00 Hee Haw Show</p>	<p>7 Family Visits One to Ones 9:00 Exercise 9:30 Catholic Mass 9:30 One to One with Sister Elizabeth 10:00 Rosary 10:00 One to One with Sue 2:30 Bingo 3:15 Ice Cream Social</p>	<p>8 Family Visits One to Ones 9:00 Exercise 10:00 Donut Debate 10:30 Namaste Care / One to Ones 2:25 St. Wenceslaus Third Grade Readers 6:30 The Jimmy Dean Show</p>	<p>9 Family Visits One to Ones 9:00 Exercise 10:00 One to One with Sue 10:30 Silly Crafters 2:30 Small Group Games 5:30 Mollie B Polka Show</p>	<p>10 Family Visits One to Ones 9:00 Exercise 11:00 Bible Study with Connie 3:00 Namaste Care / One to Ones 4:00 Smoothie Social</p>	<p>11 Family Visits One to Ones 9:00 Exercise 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 3:00 Happy Hour</p>
<p>12 Family Visits Self Directed Activity Family Visits One to Ones 9:00 Exercise 6:00 Reno's Old Time Music</p>	<p>13 Family Visits One to Ones 9:00 Exercise 10:30 Mass on channel 55 1:30 Worship with Glenda Ferguson ~ Grace Lutheran Church 7:00 Hee Haw Show, Mother's Day</p>	<p>14 Family Visits One to Ones 9:00 Exercise 9:30 Catholic Mass 9:30 One to One with Sister Elizabeth 10:00 Rosary 10:00 One to One with Sue 2:30 Merry-makers Presents ~ The Links</p>	<p>15 Family Visits One to Ones 9:00 Exercise 10:00 Donut Debate 10:30 Namaste Care / One to Ones 1:00 Chair Massage by Sandi Hohn 6:30 The Jimmy Dean Show</p>	<p>16 Family Visits One to Ones 9:00 Exercise 10:00 One to One with Sue 10:30 Silly Crafters 2:30 Small Group Games 5:30 Mollie B Polka Show</p>	<p>17 Family Visits One to Ones 9:00 Exercise 11:00 Bible Study with Connie 2:30 Bingo 4:00 Smoothie Social</p>
<p>18 Family Visits One to Ones 9:00 Exercise 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 2:30 Marcene Havelka Accordion Jam 3:00 Happy Hour</p>	<p>19 Family Visits Self Directed Activity Family Visits One to Ones 9:00 Exercise 6:00 Reno's Old Time Music</p>	<p>20 Family Visits One to Ones 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>21 Family Visits One to Ones 9:00 Exercise 9:30 Catholic Mass 9:30 One to One with Sister Elizabeth 10:00 Rosary 10:00 One to One with Sue 2:30 Bingo 3:15 Ice Cream Social</p>	<p>22 Family Visits One to Ones 9:00 Exercise 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show</p>	<p>23 Family Visits One to Ones 9:00 Exercise 9:30 Presbyterian Service and Fellowship 11:00 Bible Study with Connie 3:00 Namaste Care / One to Ones 4:00 Smoothie Social</p>
<p>24 Family Visits One to Ones 9:00 Exercise 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 1:30 Van Ride to Cemetery for Memorial Day</p>	<p>25 Family Visits One to Ones 9:00 Exercise 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 1:30 Van Ride to Cemetery for Memorial Day</p>	<p>26 Family Visits Self Directed Activity Family Visits One to Ones 9:00 Exercise 6:00 Reno's Old Time Music</p>	<p>27 Family Visits One to Ones 9:00 Exercise 10:30 Mass on channel 55 1:30 Worship with Mark Crist ~ First United Methodist 7:00 Hee Haw Show</p>	<p>28 Family Visits One to Ones 9:00 Exercise 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show</p>	<p>29 Family Visits One to Ones 9:00 Exercise 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show</p>
<p>30 Family Visits One to Ones 9:00 Exercise 10:00 One to One with Sue 10:30 Silly Crafters 2:30 Small Group Games 5:30 Mollie B Polka Show</p>	<p>31 Family Visits One to Ones 9:00 Exercise 11:00 Bible Study with Connie 3:00 Namaste Care / One to Ones 4:00 Smoothie Social</p>	<p>32 Family Visits One to Ones 9:00 Exercise 10:00 Bible Study with Connie 3:00 Namaste Care / One to Ones 4:00 Smoothie Social</p>	<p>33 Family Visits One to Ones 9:00 Exercise 10:00 Bible Study with Connie 3:00 Namaste Care / One to Ones 4:00 Smoothie Social</p>	<p>34 Family Visits One to Ones 9:00 Exercise 10:00 Bible Study with Connie 3:00 Namaste Care / One to Ones 4:00 Smoothie Social</p>	<p>35 Family Visits One to Ones 9:00 Exercise 10:00 Bible Study with Connie 3:00 Namaste Care / One to Ones 4:00 Smoothie Social</p>

National Nursing Home Week



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**.

