

the *Best Care* for *Mom & Dad*



Meeting Spiritual Needs

We have not been able to have religious services in the facility for some time and this can make it hard to meet the spiritual needs of our residents. To help with this, we stream church services using the computer and our in-house television station that the residents are then able to watch in their rooms. We try to keep this ***personal to each resident by broadcasting worship service from the resident's home church whenever possible.*** Additional ways that we meet spiritual needs of our residents is reading devotions, listening to hymns, and reciting prayers with the residents.

From the Blahs to Greatness!

February is **National Blah Buster Month** as well as **Plant Seeds of Greatness Month**. Both themes are about taking small steps, changing little things in our everyday routine. We don't have to magically be done with the blahs tomorrow or arrive at greatness on February 28th.

Some of the suggestions for both campaigns are to start exercising, connect with others, declutter and donate.

This month, my family plans to play outside together, donate toys that

are no longer played with, and make Valentines for our neighbors.

What are your small steps to beat the blahs and plant seeds of greatness? Maybe it's calling a friend, reading that book you've had on the shelf, touring a museum, or taking a class online.



Angela Portillo, LTC Administrative Assistant, and her son Javier push the blahs away with a game of basketball outdoors.



Saunders
MEDICAL CENTER
Skilled & Long Term Care



Making The Difference

♥ TAYLOR WALLS

JOB OVERVIEW

I am a CNA & Med Aide at Skilled & Long Term Care. I help our residents with everyday tasks. My favorite part of the day is getting to spend one-on-one time with the residents.

I SEE RESIDENTS SMILE THE MOST:

When we take time to sit down and talk with residents. I love this!

FAMILY LIFE

I got married in February 2020. I have a step-daughter who is five and two cats.

OUTSIDE INTERESTS

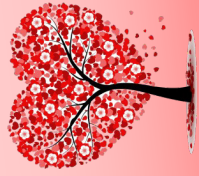
I love doing crafts and spending time with friends and family.

FAVORITE MOVIE

Dirty Dancing. Romance Movies are my favorite!

SOMETHING NOT EVERYONE MAY KNOW ABOUT ME

I was raised on a farm in Ogallala, NE.



February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercise with Deanne is offered Monday-Friday at 9:00 in the dining room or CH. 100.	1 10:30 Virtual Mass CH. 100 2:30 Ice Cream Delivered to Rooms	2 Tissue Paper Hearts 2:30 Tator Tots for Snack Ground Hog Day Tator Tot Day	3 Woven Valentine Hearts 2:30 Movie Rudy CH. 100 Pretty Nails	4 10:00 Hallway Bingo 2:30 Movie- The Blind Side CH. 100	5 10:30 Movie- The Game Plan CH. 100 2:30 Super Bowl Trivia and Snacks Wear Red Day	6 Magazines and Newspaper Articles 7:30 Husker Volleyball CH. 35
7 10:30 Mass CH. 55 Newspaper and Magazine Articles Super Bowl 5:30 CH. 3	8 10:30 Virtual Mass CH. 100 2:30 Hallway Bingo	9 My Loves... 2:30 Pizza for Snack National Pizza Day	10 My Loves... 2:00 Daily Devotions and Songs Valentine Chex Mix	11 10:00 Valentine Bingo 1:30 Valentine Movie and Snack	12 10:30 Special Deliveries 2:30 Cupid Floats 5:00 Movie-Love on the Sidelines CH. 81	13 Magazines and Newspaper Articles
14 10:30 Mass CH. 55 Newspaper and Magazine Articles	15 10:30 Virtual Mass CH. 100 President Trivia 2:30 Cherry Pie Social President's Day	16 Morning Donuts Mardi Gras Trivia and Word Search 2:30 Mardi Gras Bingo Mardi Gras	17 11:00 Residents Council 2:00 Daily Devotions and Songs Ash Wednesday	18 2:30 Wine and Cheese Happy Hour Virtual Travel-Sonoma Wine Country Drink Wine Day	19 10:00 Hallway Bingo 2:30 Hot Chocolate Social	20 Magazines and Newspaper Articles
21 10:30 Mass CH. 55 12:00 Husker Volleyball CH. 35 Newspaper and Magazine Articles	22 10:30 Virtual Mass CH. 100 2:00 Small Group Card Game 2:30 Ice Cream Delivered to Rooms	23 10:30 Small Group Games Making Banana Bread Banana Bread Day	24 Hand Massages Pretty Nails 2:00 Daily Devotions and Songs	25 B I N G O 10:00 Hallway Bingo Afternoon Craft	26 10:30 Virtual Travel 2:30 Movie and Popcorn Walk the Line CH. 100 Johnny Cash's Birthday	27 Magazines and Newspaper Articles 7:00 Husker Volleyball CH. 35
28 10:30 Mass CH. 55 Newspaper and Magazine Articles	All activities are subject to change.		HAPPY BIRTHDAY		Ruth Klemz-3rd Julius Meduna 13th Carol Rogers-19th Ernest Kabourek -24th Larry Watson 28th	
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