

the *Best Care* for *Mom & Dad*



Sweet Treats & Baking Time!

We love our **Busy Bakers** activity here at SMC. Baking provides many psychological benefits. It is a great form of communication, self-expression and therapy. The most common baked item is said to be bread but around here we like our sweets! We have baked cookies, muffins and zucchini bread recently. With the holidays coming up, we would love to hear some of your family favorite recipes. You just might see us baking them in the future.

Four Science-Backed Health Reasons We Need At Least

8 HUGS A DAY

1. **Hugs strengthen immune function.**
Incredibly, hugs have been shown to not only cause short-term positive effects on health but also provide long-term health benefits.
2. **Boosts mood.** Hugs offer your body a healthy dose of oxytocin.
3. **Supports heart health.** As we now know, hugs increase oxytocin levels.
4. **Increases empathy** and even self-esteem.



Saunders
MEDICAL CENTER
Skilled & Long Term Care



Making The Difference

♥ HEIDI BURES

HOMETOWN

Neligh, Nebraska

JOB OVERVIEW

I have worked as a CNA at Long Term Care for 10 months, caring for the residents while promoting their independence.

BEST PART OF THE JOB

All of the residents and staff are like family. I enjoy visiting with residents and learning about their lives.

WHEN DO YOU SEE RESIDENTS SMILE THE MOST?

When they receive mail from family or have visits loved ones.

OUTSIDE INTERESTS

Working in my yard, painting, and building flower boxes.




FAVORITE VACATION

Any place warm with water.

FAMILY

I have 3 daughters ages 20, 17, and 15, and 1 grandson.

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Magazine/Newspaper Articles 10:30 Mass on CH. 55	Shirley S. - 4th Doris V. - 7th Gerry S. - 15th	 Magazine/Newspaper Articles 1:1 Visits with Sue 9:15 Morning Movers 10:00 Christmas Photos 11:45 Daily Perk 1:30 Pretty Nails	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Christmas Photos 11:45 Daily Perk 1:00 Wahoo Public Christmas Program VIA Zoom 2:30 Gingerbread Village	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 6:30 Students For Life Caroling on CH 100	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 2:00 Holiday Craft 2:30 Bingo	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Donut Debate 10:00 Door to Door Visits 11:45 Daily Perk 2:30 Bingo
Magazine/Newspaper Articles 10:30 Mass on CH. 55	Magazine/Newspaper Articles 9:00 Catholic Mass 9:15 Morning Movers 11:45 Daily Perk 1:00 The Grinch In Hansen A&B 3:30 Short Stories	Magazine/Newspaper Articles 1:1 Visits with Sue 9:15 Morning Movers 10:00 Christmas Photos 11:45 Daily Perk 1:30 Pretty Nails	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Christmas Photos 11:45 Daily Perk 1:00 Wahoo Public Christmas Program VIA Zoom 2:30 Gingerbread Village	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 6:30 Students For Life Caroling on CH 100	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Donut Debate 10:00 Door to Door Visits 11:45 Daily Perk 2:30 Bingo	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Donut Debate 10:00 Door to Door Visits 11:45 Daily Perk 2:30 Bingo
Magazine/Newspaper Articles 10:30 Mass on CH. 55	Magazine/Newspaper Articles 9:00 Catholic Mass 9:15 Morning Movers 11:45 Daily Perk 1:00 Elf on CH 100 2:00 Elf on CH 100 2:30 Hot Cocoa Bar	Christmas Shop Magazine/Newspaper Articles 1:1 Visits with Sue 9:15 Morning Movers 11:45 Daily Perk	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Holiday Craft 11:00 Resident Council 11:45 Daily Perk 1:00 Home Alone in Hansen A&B	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 6:30 Students For Life Caroling on CH 100	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Donut Debate 10:00 Door to Door Visits 11:45 Daily Perk 2:30 Bingo	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Donut Debate 10:00 Door to Door Visits 11:45 Daily Perk 2:30 Bingo
Magazine/Newspaper Articles 10:30 Mass on CH. 55	Magazine/Newspaper Articles 9:00 Catholic Mass 9:15 Morning Movers 11:45 Daily Perk 1:00 Staff Christmas Caroling Christmas Lights	Magazine/Newspaper Articles 1:1 Visits with Sue 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 2:30 Bingo	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 1:00 Santa Delivers Gifts 2:30 Cookie Decorating	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 2:00 White Christmas on CH 100 2:30 Cookie Decorating	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk Christmas Story on CH 61 or 62	Christmas Story on CH 61 or 62 Magazine/Newspaper Articles 
Magazine/Newspaper Articles 10:30 Mass on CH. 55	Magazine/Newspaper Articles 9:00 Catholic Mass 9:15 Morning Movers 11:45 Daily Perk 2:30 Devotionals	Magazine/Newspaper Articles 1:1 Visits with Sue 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 1:30 Pretty Nails	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 2:30 Hangman	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Door to Door Visits 11:45 Daily Perk 2:30 Bingo	Magazine/Newspaper Articles 9:15 Morning Movers 10:00 Donut Debate 10:00 Door to Door Visits 11:45 Daily Perk 11:50 Countdown to Noon	