

# the Best Care for Mom & Dad



## Enjoying The Outdoors!

Although group activities are limited at this time, it is still a priority to make sure that residents don't feel isolated and have opportunities to engage. With colder weather just around the corner we took advantage of some **warm fall days to enjoy some sun and fresh air.** Other ways for engagement include one to one visits, exercise and church service streamed to residents' rooms, craft time provided in individual rooms. Word searches and The Daily Chronicle are also delivered to rooms. If you ever have questions about activities, please reach out to Kayla or Laura.

### November is American Diabetes Month

Here is a low calorie treat with yummy fall flavor!

#### Mini-Pumpkin Tarts RECIPE

- 8 oz. Light cream cheese (*softened*)
- ¼ c Light sour cream
- 1 Egg
- ¾ c Canned pure pumpkin
- 1 pinch Ground nutmeg
- 30 Mini Nilla wafer cookies
- ¼ c Splenda Sugar Blend
- ½ tsp Vanilla extract
- ½ tsp Ground cinnamon

\*Source [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org)

#### Directions

1. Preheat the oven to 350°.
2. Line mini-muffin pan with paper baking cups and place one Nilla wafer in the bottom of each cup.
3. In a medium bowl, add remaining ingredients and mix with an electric mixture until smooth.
4. Fill each muffin cup with pumpkin-cream cheese mixture.
5. Place muffin pan in oven and bake for 30 minutes or until done. Serve cool.



## Making The Difference

♥ STEVE VRANA

#### HOMETOWN

Wahoo, Nebraska

#### JOB OVERVIEW

I have worked for the SMC Maintenance Department for 3 years. I paint, hang pictures, move furniture, and make repairs around the facility. The best part of my job is talking to the residents.

#### FAMILY

I've been married to my lovely Ann for 36 years. I have 2 daughters, Evann and Alexis, and 2 sons-in-law, Matt and Noah, who are a lot of fun.

#### OUTSIDE INTERESTS

I like to fish, read, and farm—not necessarily in that order. My favorite vacation is camping with Ann.

#### FAVORITE MOVIE

Matilda- Best movie ever!

#### SOMETHING NOT EVERYONE MAY KNOW ABOUT ME

I can overhaul a 4020 diesel tractor.



**Saunders**  
MEDICAL CENTER  
*Skilled & Long Term Care*





# November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Happy Birthday</b></p> <p><b>Marcy M. - 16th</b> <b>Virginia D. - 21st</b></p>	<p>Magazine/Newspaper <b>1</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Catholic Mass on CH. 100</p> <p>11:45 Daily Perk</p> <p>2:30 Popcorn</p>	<p>Magazine/Newspaper <b>2</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>2:00 Mistletoe Promise</p> <p>CH. 81</p>	<p>Magazine/Newspaper <b>3</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>1:30 Pretty Nails</p>	<p>Magazine/Newspaper <b>4</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>2:00 World Traveler on CH. 100</p>	<p>Magazine/Newspaper <b>5</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Donut Debate</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>2:30 Bingo</p>	<p>Magazine/Newspaper <b>6</b></p> <p>Articles</p> <p>Huskers VS Ohio St</p> 
<p>Magazine/Newspaper <b>7</b></p> <p>Articles</p> <p>10:30 Mass on CH. 55</p>	<p>Magazine/Newspaper <b>8</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Catholic Mass on CH. 100</p> <p>11:45 Daily Perk</p> <p>2:30 Cappuccinos</p> <p><b>National Cappuccino Day</b></p> 	<p>Magazine/Newspaper <b>9</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>1:30 Pretty Nails</p>	<p>Magazine/Newspaper <b>10</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>2:30 Crazy Crafters</p>	<p>Magazine/Newspaper <b>11</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>2:30 Veteran's Day</p>  <p><b>Thank You to Our Veterans</b></p>	<p>Magazine/Newspaper <b>12</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Busy Bakers</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>2:30 Bingo</p>	<p>Magazine/Newspaper <b>13</b></p> <p>Articles</p>
<p>Magazine/Newspaper <b>14</b></p> <p>Articles</p> <p>10:30 Mass on CH. 55</p> <p>1:00 Husker Volleyball</p>	<p>Magazine/Newspaper <b>15</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Catholic Mass on CH. 100</p> <p>11:45 Daily Perk</p> <p>2:30 Devotionals</p>	<p>Magazine/Newspaper <b>16</b></p> <p>Articles</p> <p>1:1 Visits with Sue</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>1:30 Pretty Nails</p>	<p>Magazine/Newspaper <b>17</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>2:30 Popcorn</p>	<p>Magazine/Newspaper <b>18</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>2:30 Apple Cider</p> <p><b>National Apple Cider Day</b></p> 	<p>Magazine/Newspaper <b>19</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Donut Debate</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>2:30 Bingo</p>	<p>Magazine/Newspaper <b>20</b></p> <p>Articles</p> <p>Huskers VS Wisconsin</p>
<p>Magazine/Newspaper <b>21</b></p> <p>Articles</p> <p>10:30 Mass on CH. 55</p>	<p>Magazine/Newspaper <b>22</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Catholic Mass on CH. 100</p> <p>11:45 Daily Perk</p> <p>2:30 Short Stories</p>	<p>Magazine/Newspaper <b>23</b></p> <p>Articles</p> <p>1:1 Visits with Sue</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>1:30 Pretty Nails</p>	<p>Magazine/Newspaper <b>24</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>2:30 Bingo</p>	<p>Magazine/Newspaper <b>25</b></p> <p>Articles</p> <p>9:00 Macy's Thanksgiving Day Parade</p>  <p><b>Happy Thanksgiving</b></p>	<p>Magazine/Newspaper <b>26</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>12:30 Huskers VS Iowa on CH. 35</p>	<p>Magazine/Newspaper <b>27</b></p> <p>Articles</p> <p>Husker Volleyball</p> 
<p>Magazine/Newspaper <b>28</b></p> <p>Articles</p> <p>10:30 Mass on CH. 55</p>	<p>Magazine/Newspaper <b>29</b></p> <p>Articles</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Catholic Mass on CH. 100</p> <p>11:45 Daily Perk</p> <p>2:30 Devotionals</p>	<p>Magazine/Newspaper <b>30</b></p> <p>Articles</p> <p>1:1 Visits with Sue</p> <p>9:15 Morning Movers on CH. 100</p> <p>10:00 Door to Door Visits</p> <p>11:45 Daily Perk</p> <p>1:30 Pretty Nails</p>		<p>* Due to Covid precautions, activities are subject to change at any time. One to one visits and individual activities are offered daily.</p>	 <p><b>Saunders MEDICAL CENTER</b> <i>Skilled &amp; Long Term Care</i></p>	