

# the *Best Care* for *Mom & Dad*

## HE'S A MASTER ANGLER!



On a recent trip to Lake Wanahoo, Alton Anderson was presented with a Master Angler Award from The Nebraska Game and Parks Commission. David Ruder of **Live Well. Go Fish.** nominated him for demonstrating outstanding ability in sport fishing. Alton had caught a 15-inch bullhead on a previous outing. Pictured above with Alton (right) is David Ruder (left) and Long Term Care Administrator, Sam Prokopec.

### **Facts About the Flu Vaccine**

Getting vaccinated for the flu is the best way to protect against the potentially deadly illness. Thousands of people are hospitalized and/or die every year due to flu-related causes. Every flu season is different and it affects everyone differently. **By getting vaccinated, you reduce your risk of getting the flu by 40-60%, you reduce the risk of flu-associated hospitalization, risk of serious medical events associated with chronic conditions is decreased, and it helps protect people around you** who are at risk for flu illness such as young children and people with chronic health conditions. To learn more about the flu vaccine, visit [cdc.gov/flu/prevent/keyfacts.htm](https://www.cdc.gov/flu/prevent/keyfacts.htm)



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



## Making The Difference!

♥ CAYLEE ABOLINS

### JOB OVERVIEW

I have worked at Long Term Care for about 5 years as a CNA and Med Aide, taking care of the residents and their everyday needs.

### BEST PART OF THE JOB

Being able to spend time with the residents and getting to know them.

### FAMILY

I have 4 brothers and 3 sisters. We are all pretty close. I spend most of my free time with my siblings, niece, and nephews.

### OUTSIDE INTERESTS


Fishing, going for walks, and playing with my niece and nephews.

### SOMETHING YOU'D LIKE TO ACCOMPLISH

I'd like to go back to college and get my criminal justice degree.

### FAVORITE VACATION SPOT

Anywhere in Colorado.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Magazines/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Bob Hayden Bethlehem Lutheran Church 7:00 Hee Haw Show	<b>Bernice Conkling - 9th</b> <b>Joan Kavan - 18th</b> <b>Dorothy Partridge - 18th</b> <b>Jack Dawson - 23rd</b> <b>Jeanette Knowles - 23rd</b>	Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 Games or Trivia	Magazines/Newspaper Articles 9:00 Morning Movers 1:00 One to One Visits with Sue 2:30 Merry Makers Presents Pamela Sue	Magazines/Newspaper Articles 9:00 Morning Movers 9:30 Pet Therapy with Ollie and Joni 11:00 Bible Study with Connie 2:30 Silly Crafters	Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 Happy Hour	Individual Activities Magazines/Newspaper Articles 3:00 Husker Football Fox CH.42
Magazines/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Mark Weber St. Marks Methodist Church 7:00 Hee Haw Show	Magazines/Newspaper Articles 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social	Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 1:00 Hand Massages 2:30 Afternoon Drive	Magazines/Newspaper Articles 9:00 Morning Movers 2:30 Third Grade Readers Nails	Magazines/Newspaper Articles 9:00 Morning Movers 9:30 Pet Therapy with Ollie and Joni 11:00 Bible Study with Connie <b>5:00 Family Harvest Festival</b> <b>6:30 Entertainment with Pamela Kragt</b>	Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 World Travel Traveling to Ireland with Patti	Individual Activities Magazines/Newspaper Articles 6:30 Husker Football FS1 or BTN CH. 34 or 35
Magazines/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Scott Larson Immanuel Lutheran Church 7:00 Hee Haw Show	Magazines/Newspaper Articles 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social	Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 Nails	Magazines/Newspaper Articles 9:00 Morning Movers 2:30 World Travel	Magazines/Newspaper Articles 9:00 Morning Movers 9:30 Pet Therapy with Ollie and Joni 11:00 Bible Study with Deanne and Jaelyn	Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 Marcy's Merry Musicians	Individual Activities Magazines/Newspaper Articles
Magazines/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Matt Norlen Evangelical Covenant Church 7:00 Hee Haw Show	Magazines/Newspaper Articles 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 1:00 One to One Visits with Sue 2:30 Bingo 3:15 Ice Cream Social	Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 Halloween Trivia	Magazines/Newspaper Articles 9:00 Morning Movers 1:00 One to One Visits with Sue 2:30 Silly Crafters	Magazines/Newspaper Articles 9:00 Morning Movers 9:30 Pet Therapy with Ollie and Joni 11:00 Bible Study with Connie 1:00 Residents Council Boo in Wahoo	Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 Dick Sladky Sing-a-Long	Individual Activities Magazines/Newspaper Articles Husker Football TBA



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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**