

the *Best Care* for *Mom & Dad*

Smiles Shine: Making the Best of Things



Resident Irma visits with family bringing joy to all.

Traditional visits that we crave and desire are not possible at this time. The smiles on these faces show that we are making the best of a difficult situation. Moments like these help us to realize that we will get through this together. We continue to make **supporting our residents and families a priority**. If there is anything that we can do to help or if you have any concerns about your loved one's activity level, please call us at **402-443-4685** or e-mail Laura at leivins@smcne.com.

Staying Hydrated—Cheers!

After group activities and communal dining were suspended due to Covid-19, we noted an increase of symptoms related to residents needing more fluids. The Hydration Cart was born! The goal of this project is to encourage residents to drink more and to offer a healthy snack each day. The cart is stocked with flavored water, juice, and coffee, as well as sliced veggies and other snack options.

Each resident's dietary needs are considered as Jana, our Speech Language Pathologist, or a member of our nursing staff offers refreshments. **Added benefits have been the friendships formed and smiles shared** between residents and those running the Hydration Cart each day.



Making The Difference!

♥ JANA LINDSTROM

HOMETOWN

Oakland, Nebraska

JOB OVERVIEW

I've been working at SMC for about 2 years as the Speech Language Pathologist (SLP). I work in the Therapy Department and alongside many staff members, patients, and residents throughout the building.

BEST PART OF MY JOB

When I've helped make a difference for my patient to improve in some aspect of their life.

FAVORITE RESIDENT ACTIVITY





















I see residents smile most when I am working the Hydration Cart. It has been fun getting to know the residents (*I can now tell you how each resident likes their coffee!*).

FAMILY

My mom and dad live on our family farm outside Oakland, NE. I have two brothers, one older and one younger. My older brother got married this past February and we are so thrilled by the addition of my new sister-in-law!



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
5 Magazines/Newspaper Articles 10:30 Mass on Channel 55 7:00 Hee Haw Show	6 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 10:30 Virtual Mass Channel 100 2:30 Ice Cream Delivered to Rooms 	7 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 2:00 Hallway Bingo	8 Walking Wednesday Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 10:30 Trivia on the Porch 	9 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 2:00 Popcorn Day 	10 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 2:30 Pina Coladas on the Porch 	11 Individual Activities Magazines/Newspaper Articles 
12 Magazines/Newspaper Articles 10:30 Mass on Channel 55 7:00 Hee Haw Show	13 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 10:30 Virtual Mass Channel 100 2:30 Root Beer Floats Delivered to Rooms 	14 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 2:00 Hallway Bingo 	15 Walking Wednesday Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 2:30 Virtual Merry Makers Channel 100	16 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 10:30 Porch Sitters 2:00 Porch Sitters 	17 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 2:30 Watermelon on the porch 	18 Individual Activities Magazines/Newspaper Articles
19 Magazines/Newspaper Articles 10:30 Mass on Channel 55 7:00 Hee Haw Show	20 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 10:30 Virtual Mass Channel 100 2:30 Ice Cream Delivered to Rooms 	21 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 2:00 Hallway Bingo	22 Walking Wednesday Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 10:00 Porch Sitters 2:00 Pretty Nails	23 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 2:00 Popcorn Day 	24 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 10:00 Porch Sitters 2:30 Watermelon on the Porch 	25 Individual Activities Magazines/Newspaper Articles
26 Magazines/Newspaper Articles 10:30 Mass on Channel 55 7:00 Hee Haw Show	27 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 10:30 Virtual Mass Channel 100 2:30 Ice Cream Delivered to Rooms <i>July is Ice Cream Month</i>	28 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 2:00 Hallway Bingo	29 Walking Wednesday Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 2:00 Virtual Merry Makers Channel 100	30 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 2:30 Trivia on the Porch <i>Cheesecake Day</i>	31 Exercise Magazines/Newspaper Articles 10:00 Hydration Cart 2:30 Grilled Hot Dogs 	During Covid precautions One to One visits and individual activities are offered Daily. All activities are subject to change.



For Regular Activities Updates & Videos
 Go to Saunders Medical Center on
 Facebook for videos of our residents!



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