

the *Best Care* for *Mom & Dad*



Variety of activities bring laughter

It is important to provide a variety of activities to meet the interests of our residents. Everyone at Long Term Care has a part in planning those events. Sam Prokopec, Administrator, and Stephanie Myrberg, Director of Nursing, recently hosted a Beer Tasting and Beer Facts event. Residents visited and laughed while sampling some seasonal ales and lagers.

Tips for Communicating with Alzheimer's Elders

Communicating with elders who have Alzheimer's disease can be difficult at times. Here are a few tips to help improve communication.

- **Use a gentle and relaxed tone** of voice. Try to use friendly facial expressions as well.
- **Choose simple words** and short sentences.
- **Allow time for a response.** Let them finish what they are saying, trying not to interrupt.
- **Reduce background noise.** Turning off the radio or TV can be helpful and less distracting.
- **Be patient.** Encourage your elder to continue expressing their thoughts, even though it may be difficult. Avoid criticizing, correcting and arguing.

Information from Nurse Aide/VIP January 2019 Issue



Saunders
MEDICAL CENTER
Skilled & Long Term Care



Resident Rosemary Larson (left)
with Beth Morales

Making The Difference!

♥ BETH MORALES

HOME TOWN Ithaca, NE

HOW LONG HAVE YOU WORKED AT SMC?
I have been working at SMC for 5 years and recently became an LPN.










TELL US ABOUT YOUR FAMILY.
I am married. I have 3 daughters, 2 stepdaughters, 1 stepson, 6 granddaughters, and 2 grandsons.

WHAT IS THE BEST PART OF YOUR JOB?
I love seeing the residents smile. I also love knowing that I am helping someone else's day be a little bit better.

WHAT IS SOMETHING YOU'D LIKE TO ACCOMPLISH?
I would like to get my RN or Bachelor of Science in Nursing (BSN).

WHAT ARE YOUR FAVORITE TV SHOWS? FAV. VACATION SPOT?
I love watching 911, Chicago Med, and Chicago Fire. I like the action of those shows. I love going to Mexico.

TELL US SOMETHING ABOUT YOU THAT NOT EVERYONE MAY KNOW.
I am the 3rd youngest of 13 siblings.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Magazine/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Russ Sizemore Swedeburg Covenant Church 5:30 Super Bowl 7:00 Hee Haw Show</p> 	<p> Sister Elizabeth Visits Magazine/Newspaper Articles 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>Bertha Musilek - 11th Julius Meduna - 13th Carol Rogers - 19th Twilia Yost - 20th</p> <p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 Popcorn and Reminiscing 6:30 The Jimmy Dean Show</p>	<p>Magazine/Newspaper Articles 9:00 Morning Movers 10:30 Small Group Games 1:00 One to One Visits with Sue 2:30 Silly Crafters</p> 	<p>Magazine/Newspaper Articles 9:00 Morning Movers 11:00 Bible Study with Connie 1:30 Book Club 2:30 Cards or Games</p> 	<p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 Merry Makers Presents The Links 3:00 Happy Hour</p>	<p>Magazine/Newspaper Articles Individual Activities 6:00 Reno's Old Time Music</p>
<p>Magazine/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Brian Kottas Ceresco United Methodist Church 7:00 Hee Haw Show</p>	<p>Sister Elizabeth Visits Magazine/Newspaper Articles 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 11:00 Messages with Sandi Hohn 2:30 Third Grade Readers</p> 	<p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Nails 1:00 One to One Visits with Sue 2:30 Silly Crafters</p>	<p>Magazine/Newspaper Articles 9:00 Morning Movers 11:00 Bible Study with Connie 1:30 Book Club 2:30 Cards or Games 2:30 What's in the Box with Karen 5:30 Sweetheart Supper</p> 	<p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 Marcy's Merry Musicians 3:00 Happy Hour</p>	<p>Magazine/Newspaper Articles Individual Activities 6:00 Reno's Old Time Music</p>
<p>Magazine/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Kris Bohac Bethlehem Lutheran Church 7:00 Hee Haw Show</p>	<p>Sister Elizabeth Visits Magazine/Newspaper Articles 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p> 	<p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 Nails 6:00 Casino Night with Sam and Stephanie Conference Room A&B</p>	<p>Magazine/Newspaper Articles 9:00 Morning Movers 11:00 Resident council 1:00 One to One Visits with Sue 1:30 Movie with Deanne and Sarah in Conference Room A&B</p>	<p>Magazine/Newspaper Articles 9:00 Morning Movers 11:00 Bible Study with Connie 1:30 Book Club 2:30 World Travel Club</p>	<p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 Wine and Cheese 3:00 Happy Hour</p>	<p>Magazine/Newspaper Articles Individual Activities 6:00 Reno's Old Time Music</p> 
<p>Magazine/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Glenda Ferguson Grace Lutheran Church 7:00 Hee Haw Show</p>	<p>Magazine/Newspaper Articles 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 10:30 Hand Messages with Nicole and Joni 2:30 Large Motor Game</p>	<p>Magazine/Newspaper Articles 9:00 Morning Movers 10:00 Silly Crafters 1:00 One to One Visits with Sue 2:30 Dick Sladky Sing-A-Long</p>	<p>Magazine/Newspaper Articles 9:00 Morning Movers 11:00 Bible Study with Connie 1:30 Book Club 2:30 Cards or Games</p>	<p>February 2019</p> 	

I ♥ MY HOME
nursing
TOURS DAILY!
443-4685

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**.



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