

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



## Making The Difference!

♥ CHRIS HALE

**HOMETOWN**  
Daytona Beach, Florida

**JOB overview**  
I have worked for two months in the Dietary Dept. as a Cook.

**BEST PART OF MY JOB**  
I really enjoy cooking food and making the residents smile.

**SOMETHING I'D LIKE TO ACCOMPLISH**  
Go to Japan and visit my dad.

**OUTSIDE INTERESTS**  
Wilderness survival, hiking, canoeing, white water rafting in Wisconsin.

**FAVORITE VACATION SPOT**  
Carolina Hemlock, North Carolina

**SOMETHING NOT EVERYONE MAY KNOW ABOUT ME**  
I went to school for computer science and I used to write code for computers.

## A Reason to be Thankful

We are so grateful for our residents and everything that we learn from them. One thing that they have taught us is that there is always something to be thankful for. The residents took time to share with staff the things that make them happy and thankful. It is a good reminder for all of us to take a moment to pause and reflect on the reasons we all should feel grateful and blessed even when times seem a little difficult.

### Take Care of YOU this Winter

**Dress for Warmth** Dress in layers; cover your head, fingers and toes when you are out.

**Service Your Car** Check the tires, battery, oil, washer fluid, and window wipers.

**Home Safety** Check the batteries in your carbon monoxide and smoke detectors, have extra blankets and flashlights ready in case of a power outage.

**Connect** The weather and COVID might make it hard to get together physically, it is vital to our emotional and mental health to check in with loved ones.

**Eat Well** Include whole grains, a variety of fruits and vegetables, and foods fortified with Vitamin D- milk, tuna, salmon.

**Keep Moving** Daily stretches, chair yoga, and walking outside if it's dry are ways to stay active and are good for both your physical health and emotional wellbeing.

We care about you and want you to

*Be Well.*

Source: <https://www.ecumen.org/blog/7-winter-safety-tips-seniors/>



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

# Saunders


## MEDICAL CENTER

Skilled & Long Term Care

DECEMBER  
2020

**Happy Birthday**

Norma Veskerna-7th  
Irma Dostal-13th  
Gerry Simanek-15th  
Michael Peterson -17th  
Sylvia Ratkovec-31st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6</b> 10:30 Mass CH. 55 7:30 A Holly Dolly Christmas CH. 3	<b>7</b> 10:00 What is Your Elf Name 2:30 Ice Cream Delivered to Rooms	<b>8</b> 10:00 Movie-The Dog Who Saved Christmas Christmas Shop 2:30 Reindeer Brownies <b>Brownie Day!</b>	<b>9</b> Christmas Shop 3:00 The Polar Express CH. 51	<b>10</b> In Room Craft 1:30 Staff Christmas Caroling 2:30 Movie and Christmas Popcorn—Home Alone 2 CH. 100	<b>11</b> Gingerbread Houses 2:30 Hallway Bingo 7:00 Movie-It's a Wonderful Life CH. 60	<b>12</b> Newspaper and Magazine Articles Husker Football TBA 6:00 Elf Ch. 51
<b>13</b> 10:30 Mass CH. 55 10:30 White Christmas CH. 51	<b>14</b> Gingerbread Houses Pretty Nails 2:30 Ice Cream Delivered to Rooms	<b>15</b> 10:00 Jingle Bell Toss 2:30 Staff Christmas Caroling 3:00 Movie-The Christmas Chronicles	<b>16</b> 10:00 Holiday Trivia 2:30 CH. 100 Virtual Merry-makers Holiday Show	<b>17</b> 10:00 Christmas around the World CH. 100 2:00 Reindeer Games with Sam 3:00 Movie-The Santa Clause CH. 100 With Popcorn	<b>18</b> 10:00 Hallway Bingo 1:30 Bake and Have Cookies for Snack <b>National Bake Cookies Day</b>	<b>19</b> Newspaper and Magazine Articles
<b>20</b> 10:30 Mass CH. 55	<b>21</b> 10:00 Christmas Carol Trivia 2:30 Holiday Sundaes Delivered to Rooms <b>Ugly Sweater Day</b> 7:00 Price is Right CH. 3	<b>22</b> 10:30 Staff Christmas Caroling 2:30 Reindeer Bait for Snack <b>Santa Delivers Gifts</b>	<b>23</b> 10:00 Holiday Bingo 2:00 Movie-Miracle on 34th Street 2:30 Cheese and Crackers and Christmas Punch	<b>24</b> Reading-The Night Before Christmas	<b>25</b> 	<b>26</b> Newspaper and Magazine Articles
<b>27</b> 10:30 Mass CH. 55	<b>28</b> Newspaper and Magazine Articles 2:30 Ice Cream Delivered to Rooms	<b>29</b> Newspaper and Magazine Articles 2:30 Hallway Bingo	<b>30</b> Newspaper and Magazine Articles 2:30 Remote Control Car Races <b>National Bacon Day</b>	<b>31</b> New Years Word Puzzles 2:30 Chex Mix and Punch	Due to Covid precautions, activities are subject to change at any time. One to One visits and individual activities are offered daily. All activities subject to change.	