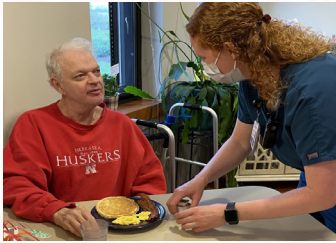


# the *Best Care* for *Mom & Dad*



We celebrated National Skilled Nursing Care Week in May. This year's theme was *Creating and Nurturing Connections* & we did just that! Take a look at some of the connections we made!



## June 8th is Best Friends Day!

While this is an unofficial holiday, friends are definitely something to celebrate!

- A best friend is a positive support in making healthy lifestyle choices.
- A best friend can help cope us stress.
- A best friend provides feelings of belonging.
- A best friend keeps us social and mentally sharp.

*"Friends make the good things better  
and the bad things not so bad . . .  
simply by being there."*

Sources: [www.livescience.com](http://www.livescience.com) and [www.mayoclinic.org](http://www.mayoclinic.org)



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



## Making The Difference

♥ MATT DOVER

### HOMETOWN

Battle Creek, Nebraska

### JOB OVERVIEW

I am a Physical Therapist Assistant at SMC. I work closely with the Physical Therapist to provide rehabilitative care for our patients.

### BEST PART OF THE JOB

Getting to know more about the person and hearing stories about where they are from and their upbringing.

### FAMILY

My wife Emily and I have 4 kids: Peyton (17), Ayden (12), Kynli (7), and Kyler (20 months). We live in Springfield.

### OUTSIDE INTERESTS

Golfing, hunting, fishing, and going to all my kids' activities.

### SOMETHING NOT EVERYONE MAY KNOW ABOUT ME

A resident told me that I "whistle like an angel".



