

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



## MORNING MOVERS CELEBRATE

The "Morning Movers" group celebrated their one-year anniversary. Deanne Rasmussen, Restorative Aide, leads the group in a variety of exercises and games. The group meets Monday- Friday mornings and has continued to grow in the number of residents that attend. The goal is to keep residents as active as possible while having fun and socializing at the same time. Benefits of exercise include improved mental health and cognitive function, decreased risk of falls, social engagement, and increased independence.

### Research shows it's important to socialize with Alzheimer's elders

Research has consistently shown that socializing with individuals with Alzheimer's can help ***ease frustration and reduce behaviors while improving the quality of life*** for our residents. Reminiscing is a great way to engage and connect with a loved one. ***Take time to talk about family, travel, jobs, favorite foods, hobbies, or music.*** Conversations that involve all the senses can bring back fond memories. Reminiscing can help staff better understand the residents which in turn can lead to better care and a positive outcome for all those involved.



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



## Making The Difference!

♥ MARIAH LORRAINE

### HOMETOWN

Lake Elsinore, California

### JOB overview

I am the Life Enrichment Assistant. I make life fun! My favorite activity is Donut Debate! The best part of my job is hearing the residents laugh and seeing their smiles.

### FAMILY LIFE

I come from a very blended family. I have 5 sisters and 4 brothers. I'm 3rd from the youngest.

### SOMETHING YOU'D LIKE TO ACCOMPLISH?

I would love to swim on the shores of Greece.

### OUTSIDE INTERESTS

I love to cook, dance, read, and watch movies.

### FAVORITE TV SHOW

"Supernatural," because it has all my favorite mythical creatures.

### SOMETHING NOT everyone may know

I dress up as a pirate twice a year and act in renaissance festivals.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Magazines/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Bob Hayden Bethlehem Lutheran Church 7:00 Hee Haw Show</p>	<p>2</p> <p>Magazines/Newspaper Articles Morning: Sister Elizabeth Visits 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>3</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 52 Stories</p>	<p>4</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Nails 2:30 Cards or Small Group Games</p>	<p>5</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 9:30 Pet Therapy with Ollie and Joni 11:00 Bible Study with Connie 2:30 Art Class with Mariah</p>	<p>6</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 Happy Hour</p>	<p>7</p> <p>Individual Activities Magazines/Newspaper Articles</p>
<p>8</p> <p>Magazines/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Mark Weber St. Matthews Lutheran Church 7:00 Hee Haw Show</p>	<p>9</p> <p>Magazines/Newspaper Articles Morning: Sister Elizabeth Visits 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo with Catholic Daughters 3:15 Ice Cream Social</p>	<p>10</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 What's in the Box with Karen</p>	<p>11</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 10:30 Trivia 2:30 St. Wendeslaus Third Grade Readers</p>	<p>12</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 9:30 Pet Therapy with Ollie and Joni 11:00 Bible Study with Connie 2:30 Art Class with Mariah</p>	<p>13</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 Merry Makers Presents Joe Taylor</p>	<p>14</p> <p>Individual Activities Magazines/Newspaper Articles</p>
<p>15</p> <p>Magazines/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Scott Carlson Wahoo Community Church 7:00 Hee Haw Show</p>	<p>16</p> <p>Magazines/Newspaper Articles Morning: Sister Elizabeth Visits 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>17</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 Celebrate St. Patrick's Day with Sam and Stephanie</p>	<p>18</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Nails 2:30 52 Stories</p>	<p>19</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 9:30 Pet Therapy with Ollie and Joni 11:00 Bible Study with Connie 1:30 Residents Council 2:30 Art Class with Mariah</p>	<p>20</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 Marcy's Merry Musicians</p>	<p>21</p> <p>Individual Activities Magazines/Newspaper Articles</p>
<p>22</p> <p>Magazines/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Michael Carpenter First United Methodist Church 7:00 Hee Haw Show</p>	<p>23</p> <p>Magazines/Newspaper Articles Morning: Sister Elizabeth Visits 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>24</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 11:00 Massages with Sandi Hohn</p>	<p>25</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 10:30 Trivia 2:30 Silly Crafters</p>	<p>26</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 9:30 Pet Therapy with Ollie and Joni 11:00 Bible Study with Connie 1:30 Movie with Deanne and Jaclyn</p>	<p>27</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Busy Bakers 2:30 World Travel</p>	<p>28</p> <p>Individual Activities Magazines/Newspaper Articles</p>
<p>29</p> <p>Magazines/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Zac Courie Our Redeemer Lutheran Church 7:00 Hee Haw Show</p>	<p>30</p> <p>Magazines/Newspaper Articles Morning: Sister Elizabeth Visits 9:00 Morning Movers 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social</p>	<p>31</p> <p>Magazines/Newspaper Articles 9:00 Morning Movers 10:00 Donut Debate 2:30 Trivia</p>	<p>HAPPY BIRTHDAY</p> <p>Clarence Schamp - 10th Charlie Johnson-11th Alton Anderson - 28th Helen Petersen - 28th</p>	<p>MARCH</p> <p>2020</p>	<p>MARCH</p> <p>2020</p>	<p>MARCH</p> <p>2020</p>



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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