

the *Best Care* for *Mom Et Dad*



September is Healthy Aging Month! Our Physical Therapist Nick Breunig works with resident (and Nick's aunt!) Berneta Breunig to keep her strength up. Besides exercise, it is important to stay social. Consider taking a class, volunteering, playing games, seeing old friends or making new ones!



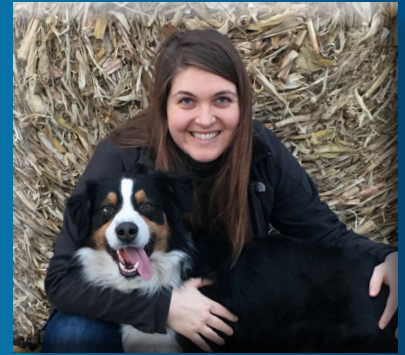
at Saunders Medical Center - Skilled & Long Term Care
Watch your mail for additional information.

Be Safe this Fall!

With the first day of Fall just around the corner, it is important to be aware of the issue of falls for older adults. According to the National Council on Aging (NCOA), "falls are the leading cause of injury related emergency department visits for older adults, the major cause of hip fractures, and responsible for more than half of fatal head injuries." Some quick and easy ways to "fall-proof" your home are keeping clutter out of your hallways and stairways; wearing sturdy, nonskid shoes; and keeping your bathrooms, hallways, and bedrooms well lit.



Saunders
MEDICAL CENTER
Skilled & Long Term Care



Making The Difference!

♥ KAITLYN KAVAN

HOME TOWN
North Bend, NE

HOW LONG HAVE YOU
WORKED AT SMC?

I have worked here for about three months as the Dietary Manager. One of my goals is to continue getting to know the residents along with their individual nutritional needs and preferences in order to best serve them. There's a lot to learn!

TELL US ABOUT YOUR FAMILY

My grandparents (*the late Ben Pokorny and Elaine*) are from this area, so my mother grew up here and thinks it's very cool that I'm here now! I'm grateful to have grown up on a farm with my parents and brother, Kyle. We enjoy spending quality time together and are involved in church. I have an Australian Shepherd named Munson.

TELL US SOMETHING ABOUT YOU
NOT EVERYONE MAY KNOW.

I lived in Illinois for two years for graduate school. I'm very happy to be back to the "good life" and to be here at SMC!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Mass on channel 55 10:30 Worship with Kris Bohac ~ Bethlehem Lutheran Church 7:00 Hee Haw Show	Ariene Odvody - 9th Jean Stange - 12th Eva Toiline - 14th Donna Burnley - 18th Howard Hopper - 28th  3 One to Ones Outside Family Visits 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show	4 One to Ones Outside Family Visits 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show	5 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Silly Crafters 2:30 Merry Makers Presents - Gooch 5:30 Mollie B Polka Show	6 One to Ones Outside Family Visits Magazine/Newspaper Articles 11:00 Bible Study with Connie 3:00 Namaste Care / One to Ones 3:00 Happy Hour	7 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 3:00 Happy Hour	1 Self Directed Activity One to Ones Outside Family Visits Magazine/Newspaper Articles 6:00 Reno's Old Time Music 7:00 Nebraska Football Ch 42
2 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Mass on channel 55 10:30 Worship with Kris Bohac ~ Bethlehem Lutheran Church 7:00 Hee Haw Show	3 One to Ones Outside Family Visits Sister Elizabeth Visits 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social	4 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show	5 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Silly Crafters 2:30 Small Group Games 5:30 Mollie B Polka Show	6 One to Ones Outside Family Visits Magazine/Newspaper Articles 11:00 Bible Study with Connie 2:30 Trivia with Stephanie and Sam 3:00 Namaste Care / One to Ones 3:00 Happy Hour	7 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 3:00 Happy Hour	8 Self Directed Activity One to Ones Outside Family Visits Magazine/Newspaper Articles 2:30 Nebraska Football Ch 7 6:00 Reno's Old Time Music
9 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Darren Martin ~ Cornerstone Baptist Church 7:00 Hee Haw Show	10 One to Ones Outside Family Visits Sister Elizabeth Visits 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social	11 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show	12 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Silly Crafters 2:30 Small Group Games 5:30 Mollie B Polka Show	13 One to Ones Outside Family Visits Magazine/Newspaper Articles 11:00 Bible Study with Connie 2:30 Trivia with Stephanie and Sam 3:00 Namaste Care / One to Ones 3:00 Happy Hour	14 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Busy Bakers 10:30 Namaste Care / One to Ones 3:00 Happy Hour	15 Self Directed Activity One to Ones Outside Family Visits Magazine/Newspaper Articles 11:00 Nebraska Football Ch 35 6:00 Reno's Old Time Music
16 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with John Schnell ~ Mead Covenant Church 7:00 Hee Haw Show	17 One to Ones Outside Family Visits Sister Elizabeth Visits 9:30 Catholic Mass 10:00 Rosary 3:15 Ice Cream Social Laura at Conference	18 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Donut Debate with Sarah 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show Laura at Conference	19 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:30 Hand Massages with Nicole and Joni 5:30 Mollie B Polka Show Laura at Conference	20 One to Ones Outside Family Visits 11:00 Bible Study with Connie Magazine/Newspaper Articles 1:00 Residents' Council Meeting	21 One to Ones Outside Family Visits Magazine/Newspaper Articles 10:00 Busy Bakers 2:30 Marcy's Merry Musicians 3:00 Happy Hour	22 Self Directed Activity One to Ones Outside Family Visits Magazine/Newspaper Articles Nebraska Football TBA 6:00 Reno's Old Time Music
23 Outside Family Visits Magazine/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Don White ~ Wahoo Community Church 7:00 Hee Haw Show	24 Outside Family Visits Sister Elizabeth Visits 9:30 Catholic Mass 10:00 Rosary 2:30 Bingo 3:15 Ice Cream Social	25 Outside Family Visits Magazine/Newspaper Articles 10:00 Donut Debate 10:30 Namaste Care / One to Ones 6:30 The Jimmy Dean Show	26 Outside Family Visits Magazine/Newspaper Articles 10:00 Live Well, Go Fish 11:00 Live Well, Go Fish 12:00 Live Well, Go Fish 1:00 Live Well, Go Fish	27 Outside Family Visits Magazine/Newspaper Articles 9:30 Presbyterian Service 2:30 Trivia	28 Outside Family Visits Magazine/Newspaper Articles 10:00 Busy Bakers 2:00 Summer Fun and Grilled Hot Dogs 3:00 Happy Hour	29 Self Directed Activity One to Ones Outside Family Visits Magazine/Newspaper Articles Nebraska Football TBA 6:00 Reno's Old Time Music
30 Outside Family Visits Magazine/Newspaper Articles 10:30 Mass on channel 55 1:30 Worship with Bob Hayden ~ Bethlehem Lutheran ELCA Church 7:00 Hee Haw Show	<div>  <p>Harvest Festival</p> </div>					

SAVE THE DATE
October 11, 2018



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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