



the best care for Mom & Dad



WELCOME TO THE TEAM!

It has been a very busy month in Long Term Care. This past month we welcomed a new assistant to the Life Enrichment Team, Rebecca Campbell. We introduced her to many of our activities including; volleyball, ring toss, and boat rides. We kept her very busy. We welcome her to all of our adventures.



Staying Healthy this Fall

Here are some things we can do to protect ourselves and our loved ones from the flu and other illnesses:

- **Avoid close contact** with people who are sick.
- **Stay home** when you are sick.
- **Wash your hands** often.
- **Cover your mouth** and nose with a tissue when coughing or sneezing.
- **Avoid touching** your eyes, nose or mouth.
- **Get your flu shot!** If you live in the Saunders County area, call 402-443-4191 to register for the Drive-Thru Flu Shot Clinic at Saunders Medical Center. Times available are:
Wednesday, Oct. 7th, 5-6pm | Tuesday, Oct. 20th, 7:30-9am



Making the Difference

♥ REBECCA CAMPBELL

HOMETOWN

Morse Bluff, Nebraska

JOB OVERVIEW

I am the new Life Enrichment Assistant. My goal is to help our residents feel valued and connected while creating opportunities to enjoy each day.

FAMILY

My husband is an Art Director for an apparel company. Our oldest son is a freshman at UNO pursuing music, our middle son is a senior at Gretna East and enjoys sports and performing arts. Our daughter is a sophomore at Gretna East and is a nationally ranked Irish dancer.

OUTSIDE INTERESTS

I teach indoor cycling classes, enjoy volunteering, and have a serious love for plants.

SOMETHING NOT EVERYONE KNOWS

I worked in corporate training and development for a pharmaceutical company and presented for some of the top pharmaceutical research and development teams.

JULY 2026



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Making the Difference

♥ KATIE GEARY

HOMETOWN
Battle Creek, Nebraska

JOB OVERVIEW
I joined the Skilled & Long Term Care Team as the Social Service Coordinator in May. My goal is to be the best support and advocate for our residents and families and help enhance their quality of life.

FAVORITE ACTIVITY WITH RESIDENTS
Visiting about our days and what crazy thing my dog did.

FAMILY
My dad, Mike, was a truck driver throughout his career and my mom, Janie, has worked in physical therapy for 45 years. My older brother, Cole, has blessed me with four nieces. I am a pet mama to a lab/golden retriever mix named Daisy Mae and 2 cats- Dexter and Milo.

OUTSIDE INTERESTS
All things sports! I played college softball. I love watching my Kansas City Chiefs and Royals and all Husker sports! I recently found a new love—playing golf! I really enjoy baking cookies and cakes!

Want to **get moving?**
Try different types of exercise!



Aerobic

Aerobic exercises improve the health of your heart, lungs, and circulatory system.



Muscle-strengthening

Muscle-strengthening exercises can help you stay independent and prevent fall-related injuries.



Balance

Balance exercises help prevent falls and can improve stability.

To learn more about older adults and exercise, visit: www.nia.nih.gov/exercise.



LTC@smcne.com 402 443-4685
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Flowers & Smiles

We would like to thank the Mead and Wahoo FFA chapters for bringing our residents flowers for Valentine's Day! They brought smiles to all!



Dementia Essentials

TIPS FOR VISITING

- Approach the individual from the front so they aren't startled.
- Use a calm tone of voice and friendly expression.
- NEVER argue with an individual who has dementia. No one wins.
- Reassurance, patience, and kindness go a long way!

Making the Difference

♥ JEN PESEK

HOMETOWN

Omaha, Nebraska

JOB OVERVIEW

I joined the SMC Therapy Department in August 2025 as the Speech Language Pathologist. I perform evaluations and individualized treatments for speech, language, communication, cognitive, voice, and swallowing impairments.

FAVORITE ACTIVITY WITH RESIDENTS

Challenging residents with cognitively engaging activities, focusing on strengths, while challenging their impaired skills, and seeing them succeed!

FAMILY

My husband, Luke, and I have been married for 8 years. We have been blessed with two boys, ages 3 and 4. We live on an acreage and enjoy being outdoors, gardening, camping, fishing, playing and watching sports.

GOALS

Become certified with LSVT Loud and Vital Stimulation, expanding my skills for helping patients.

BEST VACATION SPOT

Ireland

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30am Daily Perk 10:30am Mass on EWTN 1:30pm Worship with Pastor Don White	2 8:30am Daily Perk 9:00am Catholic Mass 9:30am Morning Movers with Deanne 9:30am Rosary 2:30pm Bingo & Social	3 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 12:15pm Food Committee Meeting 1:30pm Pretty Nails 2:00pm Card Sharks	4 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 10:15am Scrabble 6:45pm 10-Point Pitch	5 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 10:15am Trivia 2:00pm Crazy Crafters	6 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 2:00pm Oreos Social 6:45pm 10-Point Pitch	7 8:30am Daily Perk 10:00am Card Sharks
8 8:30am Daily Perk 10:30am Mass on EWTN 1:30pm Worship with Pastor Scott Carlson	9 8:30am Daily Perk 9:00am Catholic Mass 9:30am Morning Movers with Deanne 9:30am Rosary 2:30pm Bingo & Social	10 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 1:30pm Pretty Nails 2:00pm Card Sharks	11 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 10:15am Board Games 1:30pm Resident Council 6:45pm 10-Point Pitch	12 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 10:15am Cookie Tasting with Nicole 2:00pm Music with Chris Powell	13 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Busy Bakers 2:00pm Rosary W/ Charlie 2:00pm Men's Club 6:45pm 10-Point Pitch	14 8:30am Daily Perk 10:00am Card Sharks
15 8:30am Daily Perk 10:30am Mass on EWTN	16 8:30am Daily Perk 9:00am Catholic Mass 9:30am Morning Movers with Deanne 9:30am Rosary 2:30pm Bingo & Social	17 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 10:15am Worship with Pastor Emily Cannon 1:30pm St. Patty's Day Social	18 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 10:15am Scrabble 2:00pm Merry-makers 6:45pm Presents: Mike McCracken 10-Point Pitch	19 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 10:15am Trivia 1:30pm Afternoon Devotion and Worship with Audrey 2:00pm Card Sharks	20 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 10:00am Women's Group 1:30pm 5th Grade Visits 6:45pm 10-Point Pitch	21 8:30am Daily Perk 10:00am Card Sharks
22 8:30am Daily Perk 10:30am Mass on EWTN	23 8:30am Daily Perk 9:00am Catholic Mass 9:30am Morning Movers with Deanne 9:30am Rosary 1:30pm Worship with Pastor Bob Hayden 2:30pm Bingo & Social	24 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 1:30pm Pretty Nails 2:00pm Card Sharks	25 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 2:00pm Filling Easter Eggs 6:45pm 10-Point Pitch	26 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 10:15am Trivia 2:00pm Crazy Crafters	27 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Busy Bakers 10:00am Rosary W/ Charlie 6:45pm 10-Point Pitch	28 8:30am Daily Perk 10:00am Card Sharks
29 8:30am Daily Perk 10:30am Mass on EWTN 1:30pm Worship with Pastor Zac Courie	30 8:30am Daily Perk 9:00am Catholic Mass 9:30am Morning Movers with Deanne 9:30am Rosary 2:30pm Birthday Bingo	31 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 1:30pm Pretty Nails 2:00pm Card Sharks	MARCH 2026 Project of the Month. 4-leaf clovers and rainbows for the trees in sunroom.			
29 8:30am Daily Perk 10:30am Mass on EWTN 1:30pm Worship with Pastor Zac Courie	30 8:30am Daily Perk 9:00am Catholic Mass 9:30am Morning Movers with Deanne 9:30am Rosary 2:30pm Birthday Bingo	31 8:30am Daily Perk 9:15am Morning Movers with Deanne 10:00am Rosary W/ Charlie 1:30pm Pretty Nails 2:00pm Card Sharks	HAPPY BIRTHDAY! Delores V. - 10th Charlie J. - 11th Donald A. - 11th Sandra B. - 14th Dorothy S. - 15th Marvin D. - 26th Barbara J. - 29th			

Covid-19 Note—

Covid-19 continues to spread throughout the community. Please consider and discuss the new Covid vaccine with your physician. Please protect our residents by not visiting if you have ANY symptoms of Covid or have tested positive for Covid recently.

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