

the *Best Care* for *Mom Et Dad*



We have started a tradition around here, holiday bowling. In the past we have done pumpkin bowling and Grinch bowling. For the month of November we thought it would be fitting to bowl with a frozen turkey; we included a can of yams as a backup. Surprisingly, both items made it 'till the end with minimal bumps and bruises.

LET'S GO TURKEY BOWLING!



Arm Yourself this Flu Season

Here are some foods to strengthen your immune system and help fight off cold and flu "bugs":

- Yogurt with live active cultures are a smart choice every day.
- Fruits and vegetables high in Vitamin C – citrus, strawberries, and peppers.
- Omega-3 sources such as flaxseed, olives, and nuts are proven to be natural and healthy choices for fighting disease.
- Drink plenty of water and low or non-caloric beverages daily.
A hydrated body is better able to fight the flu.



Saunders
MEDICAL CENTER
Skilled & Long Term Care



Making The Difference

♥ DIANE MANETTI

HOMETOWN

I was born & raised in Middletown, NJ but have lived in Omaha for over 40 years.

JOB OVERVIEW

I have worked at Long Term Care for about 7 months as a charge nurse primarily for Countryside (200 Hall).

BEST PART OF MY JOB

Seeing the residents' smiles and being a part of a great team working together.

FAMILY

I have been married for 47 years. We have 2 daughters and 1 granddaughter who is 5 years old.

SOMETHING I'D LIKE TO ACCOMPLISH

Take a vacation to Hawaii with our family.

FAVORITE MOVIE

Overboard with Goldie Hawn.

SOMETHING NOT EVERYONE KNOWS ABOUT ME

I have an identical twin sister who is also an RN.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>December 2023</h1>						
<p>3</p> <p>All Day Magazine/ Newspaper Articles</p> <p>10:30 Mass on CH. 55</p> <p>11:45 Daily Perk</p> <p>1:30 Worship</p>	<p>4</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>11:45 Daily Perk</p> <p>2:00 Card Sharks</p>	<p>5</p> <p>9:15 Morning Movers with Deanne</p> <p>10:00 Trivia</p> <p>11:45 Daily Perk</p> <p>2:30 Bingo</p>	<p>6</p> <p>9:15 Morning Movers with Deanne</p> <p>11:45 Daily Perk</p> <p>2:00 Crazy Crafters</p>	<p>7</p> <p>9:15 Morning Movers with Deanne</p> <p>11:45 Daily Perk</p> <p>3:00 Merry-makers presents: The Links</p> <p>Merry-makers</p>	<p>8</p> <p>9:15 Morning Movers with Deanne</p> <p>10:00 Busy Bakers</p> <p>11:45 Daily Perk</p> <p>1:30 Pretty Nails</p>	<p>9</p> <p>All Day Magazine/ Newspaper Articles</p> <p>10:00 Card Sharks</p> <p>11:45 Daily Perk</p>
<p>10</p> <p>All Day Magazine/ Newspaper Articles</p> <p>10:30 Mass on CH. 55</p> <p>11:45 Daily Perk</p> <p>1:30 Worship</p>	<p>11</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>11:45 Daily Perk</p> <p>2:00 Card Sharks</p> <p>5:30 Christmas Lights Outing</p>	<p>12</p> <p>9:00 Hand Massages with Sandi Hohn (9-2p)</p> <p>9:15 Morning Movers with Deanne</p> <p>11:45 Daily Perk</p> <p>2:30 Bingo</p> <p>3:30 Holiday Snack</p>	<p>13</p> <p>9:15 Morning Movers with Deanne</p> <p>10:15 CHRISTMAS SHOP</p> <p>11:45 Daily Perk</p> <p>1:00 CHRISTMAS SHOP</p> <p>2:00 Ch. 100 Christmas movie</p> <p>5:30 Christmas Lights Outing</p>	<p>14</p> <p>9:15 Morning Movers with Deanne</p> <p>10:15 CHRISTMAS SHOP</p> <p>11:45 Daily Perk</p> <p>1:00 CHRISTMAS SHOP</p> <p>2:00 CH. 100 Christmas Movie</p>	<p>15</p> <p>9:15 Morning Movers with Deanne</p> <p>10:00 Grinch Bowling</p> <p>11:45 Daily Perk</p> <p>2:00 CHEERS TO 100 YEARS BIRTHDAY PARTY</p>	<p>16</p> <p>All Day Magazine/ Newspaper Articles</p> <p>10:00 Card Sharks</p> <p>11:45 Daily Perk</p>
<p>17</p> <p>All Day Magazine/ Newspaper Articles</p> <p>10:30 Mass on CH. 55</p> <p>11:45 Daily Perk</p> <p>1:30 Worship</p> <p>4:30 St. Mary's Church Christmas Caroling</p>	<p>18</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>11:45 Daily Perk</p> <p>1:00 Scatter Joy Acres Animal Visits</p> <p>2:30 Bingo</p> <p>3:30 Holiday Snack</p>	<p>19</p> <p>9:15 Morning Movers with Deanne</p> <p>11:45 Daily Perk</p> <p>12:00 Ugly Sweater Parade in the dining room</p> <p>2:00 Card Sharks</p>	<p>20</p> <p>9:15 Morning Movers with Deanne</p> <p>11:45 Daily Perk</p> <p>2:00 Santa Delivers Gifts</p> <p>4:00 Open House</p>	<p>21</p> <p>9:15 Morning Movers with Deanne</p> <p>10:00 Cookie Decorating</p> <p>11:45 Daily Perk</p> <p>1:15 James Hintz- "Christmas Angel" Tour</p>	<p>22</p> <p>9:15 Morning Movers with Deanne</p> <p>10:00 Busy Bakers</p> <p>11:45 Daily Perk</p>	<p>23</p> <p>All Day Magazine/ Newspaper Articles</p> <p>10:00 Card Sharks</p> <p>11:45 Daily Perk</p>
<p>24</p> <p>All Day Magazine/ Newspaper Articles</p> <p>10:30 Mass on CH. 55</p> <p>11:45 Daily Perk</p> <p>1:30 Worship</p>	<p>25</p> <p>11:45 Daily Perk</p> <p>2:00 Card Sharks</p> <p>Wagery Christmas!</p>	<p>26</p> <p>9:15 Morning Movers with Deanne</p> <p>10:00 Trivia</p> <p>11:45 Daily Perk</p> <p>2:30 Bingo</p> <p>HAPPY Birthday</p> <p>Dennis J. - 4th</p> <p>Shirley S. - 4th</p> <p>Gerry S. - 15th</p>	<p>27</p> <p>9:15 Morning Movers with Deanne</p> <p>11:45 Daily Perk</p> <p>1:30 Resident Council</p> <p>2:30 What's Poppin' in the Main Dining Room</p>	<p>28</p> <p>9:15 Morning Movers with Deanne</p> <p>11:45 Daily Perk</p> <p>2:00 Crazy Crafters</p>	<p>29</p> <p>9:15 Morning Movers with Deanne</p> <p>10:00 Donut Debate</p> <p>11:45 Daily Perk</p> <p>2:00 "Wine & Cheese" Please</p>	<p>30</p> <p>All Day Magazine/ Newspaper Articles</p> <p>11:45 Daily Perk</p>
<p>31</p> <p>All Day Magazine/ Newspaper Articles</p> <p>10:30 Mass on CH. 55</p> <p>11:45 Daily Perk</p> <p>1:30 Worship</p> <p>NEW YEAR'S EVE</p>	Activities and start times are subject to change without notice. Please see the markerboard in the main entrance for updated changes.					



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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.