

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



*The Best Therapist has  
Fur and Four Legs—*

## **Meet Ollie!**

We would like to introduce Ollie and his “mom” Joni. Ollie is a trained therapy dog that visits the residents and staff once a week. You cannot help but smile when you see him come through the door. Some of the benefits of pet visits for the elderly include: stress relief, reminiscing, socialization, and enjoyment. We feel so fortunate to have Ollie and Joni visit with us.

## **Advance Directives**

Did you know that 90% of people agree that talking about end-of-life care with their loved ones is important, but only 27% actually do?

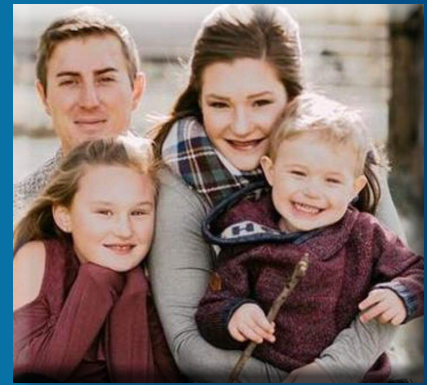
Having an advance directive in place can help make those hard decisions a little easier and it can help avoid family disputes.

If you have an advance directive, it is important to review it annually or periodically to make sure it matches any changes in your circumstances. Consider reviewing it when: you reach a new DECADE, the DEATH of family or friend, DIVORCE, a new DIAGNOSIS, or if you have experienced a DECLINE in your condition.

*Information from DHHS.ne.gov*



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



## *Making The Difference!*

♥ CINDY SHULTZ

HOME TOWN Octavia, NE

WHAT DEPARTMENT DO YOU WORK IN?  
LTC as an LPN. I've been here for 2 months.

WHAT IS THE BEST PART OF YOUR JOB?  
I see them smile the most when family comes to visit.

WHAT IS THE BEST PART OF YOUR JOB?  
I love seeing the residents happy and participating in activities that they enjoy, like listening to music, playing the Wii, bowling, playing cards, or getting their hair and nails done.

TELL US ABOUT YOUR FAMILY.  
I have been married for 6 years to my husband, who is a private military contractor in Afghanistan and going to school for his Bachelor's Degree in Information Security. We have two children; Jaelyn, 9, and Johnny, 3. Jaelyn is in 4th grade and enjoys dance and gymnastics. Johnny will be starting preschool soon and loves all animals.

WHAT IS YOUR FAVORITE vacation SPOT?  
Colorado and Arizona to visit family and friends!