

the *Best Care* for *Mom & Dad*



It's Boat Time!

The month of July finally brought us some boat time! We enjoyed our first trip this year on the 3rd! What better way to celebrate than with some red, white & blue.

August is Water Quality Month

Water is vital to providing care each day at SMC- Skilled & Long Term Care. Routine monitoring, testing, and flushing of our pipes ensures that our water is safe to use.

In case of an emergency where water may not be available or unsafe to drink, we have a plan that includes keeping enough bottled water for each resident and staff person for 3 days and agreements with supply companies to obtain additional water if needed.



Saunders
MEDICAL CENTER
Skilled & Long Term Care



Making The Difference

♥ AMY DUNLAP

HOMETOWN
Ralston, Nebraska

JOB OVERVIEW
I have worked at SMC for 5 ½ years as a Physical Therapist providing physical rehabilitative services to adults who are weak or unsteady following an illness or injury. Our rehab team works together on improving our clients' functional status so they can return to their previous activity, job, or lifestyle.

BEST PART OF MY JOB
I love seeing someone's smile when they have accomplished a goal and I was able to help him/her with it.

FAMILY
Aaron, spouse (married for 25 years); Adelia, 18; Aaralyn, 16; Ace, 11. We are the 5 A's!!!

GOALS
Skydiving is on my bucket list.

OUTSIDE INTERESTS
In my "spare time," I own the Jazzercise Studio here in Wahoo. We offer 17 classes throughout the week.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am Mass on EWTN 11:45am Daily Perk 1:30pm Worship	9:00am Catholic Mass 9:30am Morning Movers with Deanne 11:45am Daily Perk 2:30pm Bingo	9:15am Morning Movers with Deanne 10:30am Sunshine Club 11:45am Daily Perk 12:15pm Food Committee Meeting 2:00pm Card Sharks	9:15am Morning Movers with Deanne 10:15am Board Games 11:45am Daily Perk 2:00pm Ice Scream, You Scream Trip (4 spots only) 6:45pm 10-Point Pitch	9:15am Morning Movers with Deanne 10:15am Trivia 11:45am Daily Perk 2:00pm Crazy Crafters	9:15am Morning Movers with Deanne 10:00am Busy Bakers 11:45am Daily Perk 1:30pm Pretty Nails 6:45pm 10-Point Pitch	10:00am Card Sharks 11:45am Daily Perk
10:30am Mass on EWTN 11:45am Daily Perk 1:30pm Worship	9:00am Catholic Mass 9:30am Morning Movers with Deanne 11:45am Daily Perk 2:30pm Bingo	9:15am Morning Movers with Deanne 10:30am Sunshine Club 11:45am Daily Perk 2:00pm Card Sharks	9:15am Morning Movers with Deanne 11:30am Live Well Go Fish (Load by 10:30am) 11:45am Daily Perk 6:45pm 10-Point Pitch	9:15am Morning Movers with Deanne 10:15am Trivia 11:45am Daily Perk	9:15am Morning Movers with Deanne 10:00am Busy Bakers 11:45am Daily Perk 1:30pm 5th Grade Visits 6:45pm 10-Point Pitch	10:00am Card Sharks 11:45am Daily Perk
10:30am Mass on EWTN 11:45am Daily Perk 1:30pm Worship	9:00am Catholic Mass 9:30am Morning Movers with Deanne 11:45am Daily Perk 1:00pm Scatter Joy Acres Animal Visits 2:30pm Bingo	9:15am Morning Movers with Deanne 10:30am Sunshine Club 11:45am Daily Perk 2:00pm Merry-makers Presents: Mike McCracken	9:15am Morning Movers with Deanne 10:15am Scrabble 11:45am Daily Perk 1:30pm Resident Council 2:00pm Wine & Cheese Please 6:45pm 10-Point Pitch	9:15am Morning Movers with Deanne 10:15am Trivia 11:45am Daily Perk 2:00pm Ice Cream, You Scream (4 spots only)	9:15am Morning Movers with Deanne 11:45am Daily Perk 1:30pm Pretty Nails 2:00pm Card Sharks 6:45pm 10-Point Pitch	10:00am Card Sharks 11:45am Daily Perk
10:30am Mass on EWTN 11:45am Daily Perk 1:30pm Worship	9:00am Catholic Mass 9:30am Morning Movers with Deanne 11:45am Daily Perk 1:30pm Worship 2:30pm Birthday Bingo	9:15am Morning Movers with Deanne 10:30am Sunshine Club 11:45am Daily Perk 2:00pm Crazy Crafters	9:00am Live Well Go Fish (Load by 8am) 9:15am Morning Movers with Deanne 11:45am Daily Perk 2:00pm Card Sharks 6:45pm 10-Point Pitch	9:15am Morning Movers with Deanne 10:15am Trivia 11:45am Daily Perk 2:00pm Tailgate Party 8:00pm Husker Football VS. Cincinnati @ KC	9:15am Morning Movers with Deanne 10:00am Busy Bakers 11:45am Daily Perk 1:30pm Pretty Nails 6:45pm 10-Point Pitch	10:00am Card Sharks 11:45am Daily Perk
10:30am Mass on EWTN 11:45am Daily Perk 1:30pm Worship	Please leave new clothing items with a charge nurse or the front desk so they can be added to your loved one's inventory and labeled. Thank you!					31 10:30am Mass on EWTN 11:45am Daily Perk 1:30pm Worship



Happy Birthday!

Elaine G. - 1st
Ailene R. - 2nd
Frank S. - 4th
Peggy T. - 21st

Naomi R. - 26th
Darren A. - 27th
LaVonne F. - 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.