

the Best Care for Mom Et Dad

PUPPY LOVE!

Scatter Joy Acres is doing wonderful work by bringing joy and companionship to residents at SMC Long Term Care!

The visit from Blue and Bambie, the Great Pyrenees mix puppies, was incredibly heartwarming.

These interactions not only help brighten our residents' days but also **promote emotional well-being and social engagement**. Blue and Bambie are currently up for adoption at the ranch located in Murray. We are so fortunate to be able to have this experience at SMC Long Term Care.



Brain Awareness Week is March 10-16

Regular physical activity does wonders for your mental health and cognitive abilities.

Here are 7 science-backed facts from the Dana Foundation about how exercise helps your brain thrive.

1. Grows more neurons
2. Boosts your mood
3. Gives you more energy
4. Helps you sleep
5. Enhances creativity
6. Improves your ability to focus
7. Benefits your memory

source <https://dana.org/brain-awareness-week/social-media-toolkit/>



Saunders
MEDICAL CENTER
Skilled & Long Term Care



Making The Difference

♥ A'KIONNA ANDERSON

HOMETOWN
Lincoln, Nebraska

JOB OVERVIEW
I have worked at Long Term Care as a CNA for one year. I enjoy taking care of the residents who live here and engaging with them through conversation and activities.

GOALS
Attain my nursing degree and travel the world.

FAMILY
I come from a big, loving family. We all work in healthcare and love helping others.

OUTSIDE INTERESTS
I love being around my sisters and friends, getting dressed up and trying different restaurants.

FAVORITE MOVIES
Moana 1 & 2- It's about a girl who sets out on an adventure to help her family and village. I see myself in her.

SOMETHING NOT EVERYONE MAY KNOW
I am an animal lover! I have 3 cats and a puppy named Nova.

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 All Day Magazine/ Newspaper Articles 10:30am Mass on EWTN 11:45am Daily Perk 1:30pm Worship	2 9:00am Catholic Mass 9:30am Morning Movers with Deanne 11:45am Daily Perk 2:30pm Bingo	3 9:15am Morning Movers with Deanne 11:45am Daily Perk 12:15pm Food Committee Meeting 2:00pm Card Sharks	4 9:00am Ash Wednesday Service 9:30am Morning Movers with Deanne 10:15am Scrabble 11:45am Daily Perk 6:45pm 10-Point Pitch	5 9:15am Morning Movers with Deanne 10:15am Board Games 10:15am Girl Scout Cookie Tasting with Nicole 11:45am Daily Perk 1:30pm Resident Council 6:45pm 10-Point Pitch	6 9:15am Morning Movers with Deanne 10:15am Trivia 11:45am Daily Perk 2:00pm Oreo Taste Testing	7 9:15am Morning Movers with Deanne 11:45am Daily Perk 1:30pm Pretty Nails 6:45pm 10-Point Pitch	8 All Day Magazine/ Newspaper Articles 10:00am Card Sharks 11:45am Daily Perk
9 All Day Magazine/ Newspaper Articles 10:30am Mass on EWTN 11:45am Daily Perk 1:30pm Worship	10 9:00am Catholic Mass 9:30am Morning Movers with Deanne 11:45am Daily Perk 2:30pm Bingo	11 9:15am Morning Movers with Deanne 11:45am Daily Perk 2:00pm Card Sharks	12 9:15am Morning Movers with Deanne 10:15am Board Games 10:15am Girl Scout Cookie Tasting with Nicole 11:45am Daily Perk 1:30pm Resident Council 6:45pm 10-Point Pitch	13 9:15am Morning Movers with Deanne 10:15am Trivia 11:45am Daily Perk 1:30pm What's Poppin'	14 9:15am Morning Movers with Deanne 10:00am Busy Bakers 11:45am Daily Perk 1:30pm Pretty Nails 6:45pm 10-Point Pitch	15 All Day Magazine/ Newspaper Articles 10:00am Card Sharks 11:45am Daily Perk	
16 All Day Magazine/ Newspaper Articles 10:30am Mass on EWTN 11:45am Daily Perk 1:30pm Worship	17 9:00am Catholic Mass 9:30am Morning Movers with Deanne 11:45am Daily Perk 1:00pm Scatter Joy Acres Animal Visits 2:30pm Bingo	18 9:15am Morning Movers with Deanne 11:45am Daily Perk 2:00pm Card Sharks	19 9:15am Morning Movers with Deanne 10:15am Scrabble 11:45am Daily Perk 2:00pm Merry Makers Presents: Billy Troy 6:45pm 10-Point Pitch	20 9:15am Morning Movers with Deanne 10:15am Trivia 11:45am Daily Perk 2:00pm Spring Fling Social	21 9:15am Morning Movers with Deanne 11:45am Daily Perk 1:30pm 5th Grade Visits 6:45pm 10-Point Pitch	22 All Day Magazine/ Newspaper Articles 10:00am Card Sharks 11:45am Daily Perk	
23 All Day Magazine/ Newspaper Articles 10:30am Mass on EWTN 11:45am Daily Perk 1:30pm Worship	24 9:00am Catholic Mass 9:30am Morning Movers with Deanne 11:45am Daily Perk 2:30pm Bingo	25 9:15am Morning Movers with Deanne 11:00am Lunch Outing (4 spots only) 11:45am Daily Perk 2:00pm Card Sharks	26 9:15am Morning Movers with Deanne 10:15am Board Games 11:45am Daily Perk 2:00pm Activity with Deanne 6:45pm 10-Point Pitch	27 9:15am Morning Movers with Deanne 10:15am Trivia 11:45am Daily Perk 2:00pm Donut Debate	28 9:15am Morning Movers with Deanne 10:00am Busy Bakers 11:45am Daily Perk 1:30pm Pretty Nails 6:45pm 10-Point Pitch	29 All Day Magazine/ Newspaper Articles 10:00am Card Sharks 11:45am Daily Perk	
30 All Day Magazine/ Newspaper Articles 10:30am Mass on EWTN 11:45am Daily Perk 1:30pm Worship	31 9:00am Catholic Mass 9:30am Morning Movers with Deanne 2:30pm Birthday Bingo	Happy Birthday!			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.

