

# the Best Care for Mom Et Dad

## Ice Cream, You Scream!



This month we had the pleasure of visiting the new ice cream shop in town. We had over 20 flavors to choose from, malts, banana splits and more! This trip, members chose coffee flavored with M&Ms, vanilla with chocolate syrup, plain vanilla and spumoni! We are excited to go back!



## Making The Difference

♥ ROSE OTTO

### JOB OVERVIEW

I began as a Dietary Aide serving our residents about 2 ½ years ago. Recently I started an additional role as a prep cook and working in the Café.

### BEST PART OF THE JOB

Being creative with what we make for the Café.

### FAMILY

I have family all over Europe and the U.S.

### SOMETHING I'D LIKE TO ACCOMPLISH

I would love to finish my dream car, a Mustang, so I can drive it.

### FAVORITE TV SHOW

Bridgerton- because who doesn't like that show?!

### FAVORITE VACATION SPOT

The Outer Banks.

### SOMETHING NOT EVERYONE MAY KNOW

I am very good at art.



### What types of physical activity do older adults need to stay healthy?

#### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



#### Muscle-strengthening activity

Activities that make your muscles work harder than usual count.



#### Mix in activities to improve your balance!

Aim for a mix of aerobic, muscle-strengthening, and balance activities.



Try activities that count as more than 1 activity type, like dancing, sports, or tai chi.

If that's more than you can do right now, **start slow and do what you can** — even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 All Day Magazine/ Newspaper Articles 10:30am Mass on CH. 55 11:45am Daily Perk 1:30pm Worship</p>	<p>2 All Day Magazine/ Newspaper Articles 11:45am Daily Perk 2:00pm Card Sharks</p> <p><b>LABOR Day</b></p>	<p>3 9:15am Morning Movers with Deanne 10:30am Sunshine Club 10:30-11a 11:45am Daily Perk 12:15pm Food Committee Meeting 2:30pm Bingo 7:00pm HUSKER VOLLEYBALL: Huskers@ SMU</p>	<p>4 9:15am Morning Movers with Deanne 10:15am Scrabble 11:45am Daily Perk 2:00pm Crazy Crafters 6:45pm 10-Point Pitch</p>	<p>5 9:15am Morning Movers with Deanne 10:15am Pretty Nails 11:45am Daily Perk 2:00pm Thirsty Thursday HUSKER VOLLEYBALL: Huskers VS The Citadel</p>	<p>6 9:00am Live Well Go Fish Outing Load at 8:15am 9:15am Morning Movers with Deanne 11:45am Daily Perk 1:30pm Pretty Nails 6:45pm 10-point pitch</p>	<p>7 All Day Magazine/ Newspaper Articles 10:00am Card Sharks 11:45am Daily Perk 2:00pm HUSKER VOLLEYBALL: Huskers VS Montana State 6:30pm HUSKER FOOTBALL: Huskers VS Colorado @ Home</p>
<p>8 All Day Magazine/ Newspaper Articles 10:30am Mass on CH. 55 11:45am Daily Perk 1:30pm Worship</p>	<p>9 9:00am Catholic Mass 9:30am Morning Movers with Deanne 11:45am Daily Perk 2:00pm Polka with Leo Lonnie</p>	<p>10 9:15am Morning Movers with Deanne 10:30am Sunshine Club 10:30-11a 11:45am Daily Perk 2:30pm Bingo 7:00pm HUSKER VOLLEYBALL: Huskers VS Creighton</p>	<p>11 9:15am Morning Movers with Deanne 10:15am Board Games 11:45am Daily Perk 1:30pm Resident Council 2:00pm Card Sharks 6:45pm 10-Point Pitch</p>	<p>12 9:15am Morning Movers with Deanne 10:15am Trivia 11:45am Daily Perk 2:00pm Thirsty Thursday 3:00pm Bible Study With Pastor Courie</p>	<p>13 9:15am Morning Movers with Deanne 10:00am Busy Bakers 11:45am Daily Perk 1:30pm Pretty Nails 6:45pm 10-point pitch 7:00pm HUSKER VOLLEYBALL: Huskers VS Arizona State</p>	<p>14 All Day Magazine/ Newspaper Articles 10:00am Card Sharks 11:45am Daily Perk 2:00pm HUSKER VOLLEYBALL: Huskers VS Wichita State 6:30pm HUSKER FOOTBALL: Huskers VS Northern Iowa</p>
<p>15 All Day Magazine/ Newspaper Articles 10:30am Mass on CH. 55 11:45am Daily Perk 1:30pm Worship</p>	<p>16 9:00am Catholic Mass 9:30am Morning Movers with Deanne 11:45am Daily Perk 1:00pm Scatter Joy Acres Animal Visits 2:00pm Card Sharks</p>	<p>17 9:00am Messages with Sandi Hohn 9:15am Morning Movers with Deanne 11:45am Daily Perk 11:45am Daily Perk 2:30pm Bingo</p>	<p>18 9:15am Morning Movers with Deanne 10:15am Scrabble 11:45am Daily Perk 2:00pm Live Well Go Fish Outing Load at 1pm 6:45pm 10-Point Pitch 7:00pm HUSKER VOLLEYBALL: VS: Stanford</p>	<p>19 9:15am Morning Movers with Deanne 10:15am Trivia 11:45am Daily Perk 3:00pm Bible Study With Pastor Courie 3:00pm Merry Makers Presents: Mary Link</p> <p><b>Merrymakers</b></p>	<p>20 9:15am Morning Movers with Deanne 10:00am Donut Debate 11:45am Daily Perk 1:30pm Pretty Nails 6:45pm 10-point pitch 7:00pm HUSKER FOOTBALL: Huskers VS Illinois</p>	<p>21 All Day Magazine/ Newspaper Articles 10:00am Card Sharks 11:45am Daily Perk</p>
<p>22 All Day Magazine/ Newspaper Articles 10:30am Mass on CH. 55 11:30am HUSKER VOLLEYBALL: Huskers @ Louisville 11:45am Daily Perk 1:30pm Worship</p>	<p>23 9:00am Catholic Mass 9:30am Morning Movers with Deanne 10:45am Acapulco Outing (spots only, load by 11am) 11:45am Daily Perk 2:00pm Card Sharks</p> <p><b>Acapulco MEXICAN RESTAURANT</b></p>	<p>24 9:15am Morning Movers with Deanne 10:30am Sunshine Club 10:30-11a 11:45am Daily Perk 2:30pm Bingo</p>	<p>25 9:15am Morning Movers with Deanne 10:15am Board Games 11:45am Daily Perk 1:30pm Deep Fried with Deanne 6:45pm 10-Point Pitch</p>	<p>26 9:15am Morning Movers with Deanne 10:15am Trivia 11:45am Daily Perk 2:00pm Thirsty Thursday 3:00pm Bible Study With Pastor Courie</p>	<p>27 9:15am Morning Movers with Deanne 10:00am Busy Bakers 11:45am Daily Perk 1:30pm Pretty Nails 7:00pm HUSKER VOLLEYBALL: Huskers VS UCLA</p>	<p>28 All Day Magazine/ Newspaper Articles 10:00am Card Sharks 11:45am Daily Perk 4:30pm HUSKER FOOTBALL: Huskers@ Purdue</p>
<p>29 All Day Magazine/ Newspaper Articles 10:30am Mass on CH. 55 11:30pm Daily Perk 1:30pm Worship 6:30pm HUSKER VOLLEYBALL: Huskers VS USC</p>	<p>30 9:00am Catholic Mass 9:30am Morning Movers with Deanne 10:45am Picnic Outing (4 spots only, load by 11am) 11:45am Daily Perk 2:00pm Card Sharks</p>	<p><b>Activities and start times are subject to change without notice. Please see the markerboard in the front entrance for updated changes.</b></p> <p><b>Happy Birthday!</b> Gerald T. - 1st Cathy R. - 14th</p>	<h1>September 2024</h1>			

**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.