

the Best Care for Mom Et Dad



Making The Difference

♥ NATALIE NIEDBALSKI

HOMETOWN
Little Turkey, IA

JOB OVERVIEW
As an Occupational Therapist, I help people build the strength, endurance, and confidence to complete activities of daily living as independently as possible. I also treat lymphedema and fit people for compression garments.

BEST PART OF MY JOB
Seeing people return to their hobbies and engage in meaningful activities.

FAMILY
My husband, Chris, and I have been married for 5 years. We live in Omaha with our 2 children – Maisy (4) and Owen (2) and a 6 year old border collie named Link. The dog is the best behaved of our dependents.

SOMETHING I'D LIKE TO ACCOMPLISH
Perfecting sourdough baked goods.



Enjoying Our History!

We were able to take a field trip to the **Saunders County Museum** here in town. We learned a lot about Wahoo natives such as Darryl F. Zanuck, Sam Crawford, George Beadle, Howard Hanson, & Clarence Anderson. The museum complex houses over 25,000 objects from the 1870s-1980s ranging in size from small beads to large pieces of farm equipment. In one of the photos provided you can see Ida McKinley Club Dresses. We saw items from schoolhouses, Darryl F. Zanuck's Oscars & a section on the Nebraska Ordnance Plant (*former United States Army ammunition plant*). We are excited to plan another trip back soon.

COPD Awareness Month: Not just a smoker's disease

COPD is not just "a smoker's disease"; 1 in 4 people with COPD never smoked.

If you experience symptoms, including shortness of breath, coughing, wheezing, chest tightness, or unusual tiredness, please talk to your doctor.

What COPD means: **Chronic**- it is not curable, but it is treatable.

Obstructive- airflow through the lungs is blocked, possibly by swelling or extra mucus. **Pulmonary Disease**- there is damage to the lungs.

Be Well.

Early diagnosis and treatment can reduce damage to the lungs, slow the progression of the disease, build stamina and strength, and help you live your best life.



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NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday Marcella M. – 16th David O. – 19th Connie W. – 21st</p> <p>10:30 Mass on CH. 55 11:45 Daily Perk</p> <p><i>Daylight Savings Time Ends Fall Back</i></p>	<p>Activities and start times are subject to change without notice. Please see the markerboard in the main entrance for updated changes.</p> <p>9:30 Morning Movers with Deanne 11:45 Daily Perk 2:00 Card Sharks</p>	 <p>9:15 Morning Movers with Deanne 10:00 Trivia 11:45 Daily Perk 2:30 Bingo</p>	<p>Door to Door Visits 9:15 Morning Movers with Deanne 11:45 Daily Perk Door to Door Visits</p>	<p>Door to Door Visits 9:15 Morning Movers with Deanne 11:45 Daily Perk Door to Door Visits</p>	<p>Door to Door Visits 9:15 Morning Movers with Deanne 11:45 Daily Perk Door to Door Visits 1:30 Pretty Nails</p>	<p>Magazine/ Newspaper Articles 10:00 Card Sharks 11:00 FOOTBALL: Huskers @ Michigan State 11:45 Daily Perk</p> 
<p>Magazine/ Newspaper Articles 10:30 Mass on CH. 55 11:45 Daily Perk 1:30 Worship</p>	<p>9:30 Morning Movers with Deanne 11:45 Daily Perk 2:00 Card Sharks</p>	<p>9:15 Morning Movers with Deanne 10:00 Thankful For Tree 11:45 Daily Perk 2:30 Bingo</p>	<p>Door to Door Visits 9:15 Morning Movers with Deanne 11:45 Daily Perk Door to Door Visits</p>	<p>9:15 Morning Movers with Deanne 10:00 Pretty Nails 11:45 Daily Perk 1:30 Cappuccino in the Main Dining Room</p> 	<p>9:15 Morning Movers with Deanne 10:00 Busy Bakers 11:45 Daily Perk Veterans Program TBD</p>	<p>Magazine/ Newspaper Articles 10:00 Card Sharks 11:00 FOOTBALL: Huskers VS Maryland @ Home 11:45 Daily Perk</p>  
<p>Magazine/ Newspaper Articles 10:30 Mass on CH. 55 11:45 Daily Perk 1:30 Worship</p>	<p>9:00 Catholic Mass 9:30 Morning Movers with Deanne 11:45 Daily Perk 1:00 Scatter Joy Acres Animal Visits 2:00 Card Sharks</p>	<p>9:15 Morning Movers with Deanne 10:00 Trivia 11:45 Daily Perk 2:30 Bingo</p>	<p>Door to Door Visits 9:15 Morning Movers with Deanne 11:45 Daily Perk Door to Door Visits</p>	<p>9:15 Morning Movers with Deanne 10:00 Merry-makers presents: Kim Eames 11:45 Daily Perk 1:30 Saunders Co. Museum (2 spots only)</p>	<p>9:15 Morning Movers with Deanne 10:00 Donut Debate 11:45 Daily Perk 12:30 Food Committee 1:30 Saunders Co. Museum (2 spots only)</p>	<p>Magazine/ Newspaper Articles 10:00 Card Sharks 11:45 Daily Perk</p> 
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<p>Magazine/ Newspaper Articles 10:30 Mass on CH. 55 11:45 Daily Perk 1:30 Worship</p>	<p>9:00 Catholic Mass 9:30 Morning Movers with Deanne 11:45 Daily Perk 1:00 Deck The Halls 2:00 Card Sharks</p>	<p>9:15 Morning Movers with Deanne 10:00 Deck The Halls 11:45 Daily Perk 1:30 Resident Council 2:30 Bingo</p>	<p>Door to Door Visits 9:15 Morning Movers with Deanne 11:45 Daily Perk Door to Door Visits</p>	<p>9:15 Morning Movers with Deanne 10:00 Hot Cider Social 11:45 Daily Perk 1:30 What's Poppin' in the Main Dining Room</p> 	<p>9:15 Morning Movers with Deanne 10:00 Pretty Nails 11:45 Daily Perk 1:00 Deck The Halls 2:00 "Wine & Cheese" Please</p> 	<p>Due to covid precautions activities are subject to change at any time. One to One visits and individual activities are offered daily.</p>



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Keep Your COVID Protection Up to Date

Updated Covid-19 vaccines became available in early September. These shots target a subvariant of omicron which is related to most Covid viruses currently being spread. The CDC suggests everyone 6 months of age and older should get an updated COVID-19 vaccine.