

# the Best Care for Mom Et Dad



We had such a great time hosting Oktoberfest for our residents and their families. Great weather, the kitchen staff served up some delicious food, and wonderful music from Kevin Koopmann Trio to share with our families. Thank you to everyone that was able to join us.



## Making The Difference

♥ BRITTANY SABUTIS

**HOMETOWN**  
Omaha, Nebraska

**JOB OVERVIEW**  
I recently joined the team at Saunders Medical Center. As the Long Term Care Quality & Infection Prevention Coordinator and Wound Nurse, I watch for trends that affect quality of care for our residents, as well as monitor infections and antibiotic use.

**FAMILY**  
My husband Mike and I have one son- Michael. He is a freshman in high school, runs cross country, and is in the Air Force JROTC. We have a dog- Emma, cat- Cali, and a toad- Bulby.

**FAVORITE VACATION SPOT**  
Louisiana and the Gulf of Mexico.

**SOMETHING NOT EVERYONE MAY KNOW**  
I am allergic to gelatin. That means no jello, gummy bears, or marshmallows!

## Diabetes Support Programs & Education

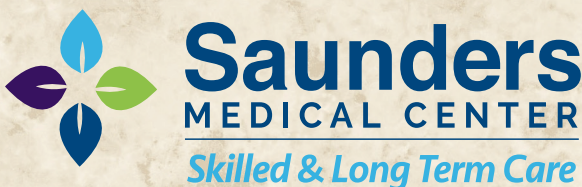
Diabetes affects about 29 million people in the United States. Healthy eating, physical activity, and monitoring blood glucose levels, are key to reducing the risk of complications.



Saunders Medical Center has great resources for staying healthy while living

with Diabetes. If you or someone you love has diabetes:

- Visit with your doctor.
- Schedule an appointment with a Health Coach at the Diabetes Care Clinic (402-443-4191).
- Attend the Diabetes Support Group—4th Thursday of each month at 11 a.m.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Magazine/ Newspaper Articles</p> <p>10:30 Mass on CH. 55</p> <p>11:45 Daily Perk</p> <p>1:30 Worship</p> <p><i>Daylight Saving Time Ends</i></p> <p><i>9:30 Fall Back</i></p>	<p>3</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>11:45 Daily Perk</p> <p>2:00 Card Sharks</p>	<p>4</p> <p>9:15 Morning Movers with Deanne</p> <p>10:00 Thankful For Tree</p> <p>11:45 Daily Perk</p> <p>12:15 Food Committee Meeting</p> <p>2:30 Special Bingo</p>	<p>5</p> <p>9:15 Morning Movers with Deanne</p> <p>10:15 Board Games</p> <p>11:45 Daily Perk</p> <p>2:00 Crazy Crafters</p> <p>6:45 10-Point Pitch</p>	<p>6</p> <p>9:15 Morning Movers with Deanne</p> <p>10:15 Board Games</p> <p>11:45 Daily Perk</p> <p>2:00 Crazy Crafters</p> <p>6:45 10-Point Pitch</p>	<p>7</p> <p>9:15 Morning Movers with Deanne</p> <p>10:15 Trivia</p> <p>11:45 Daily Perk</p> <p>3:00 Bible Study With Pastor Courie</p> <p>9:00 HUSKER VOLLEYBALL: Huskers @ Oregon</p>	<p>8</p> <p>9:15 Morning Movers with Deanne</p> <p>10:00 Busy Bakers</p> <p>11:45 Daily Perk</p> <p>1:30 Pretty Nails</p>
<p>Magazine/ Newspaper Articles</p> <p>10:30 Mass on CH. 55</p> <p>11:45 Daily Perk</p> <p>1:30 Worship</p>	<p>9</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Merry-makers</p> <p>Presents: Kim Eames</p> <p>11:45 Daily Perk</p> <p>2:00 Veterans Day Program</p> <p>2:30 Card Sharks</p>	<p>10</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Merry-makers</p> <p>Presents: Kim Eames</p> <p>11:45 Daily Perk</p> <p>2:00 Veterans Day Program</p> <p>2:30 Card Sharks</p>	<p>11</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Merry-makers</p> <p>Presents: Kim Eames</p> <p>11:45 Daily Perk</p> <p>2:00 Veterans Day Program</p> <p>2:30 Card Sharks</p>	<p>12</p> <p>9:15 Morning Movers with Deanne</p> <p>11:45 Daily Perk</p> <p>2:30 Bingo</p>	<p>13</p> <p>9:15 Morning Movers with Deanne</p> <p>10:15 Scrabble</p> <p>11:45 Daily Perk</p> <p>1:30 Resident Council</p> <p>2:00 Activity with Deanne</p> <p>6:45 10-Point Pitch</p>	<p>14</p> <p>9:15 Morning Movers with Deanne</p> <p>10:15 Trivia</p> <p>11:45 Daily Perk</p> <p>3:00 Bible Study With Pastor Courie</p> <p>7:30 HUSKER VOLLEYBALL: Huskers VS Minnesota (Home)</p>
<p>Magazine/ Newspaper Articles</p> <p>10:30 Mass on CH. 55</p> <p>11:45 Daily Perk</p> <p>1:30 Worship</p>	<p>15</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Scatter Joy Acres Animal Visits</p> <p>1:30 Worship With Pastor Hayden</p> <p>2:00 Card Sharks</p>	<p>16</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Scatter Joy Acres Animal Visits</p> <p>1:30 Worship With Pastor Hayden</p> <p>2:00 Card Sharks</p>	<p>17</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Scatter Joy Acres Animal Visits</p> <p>1:30 Worship With Pastor Hayden</p> <p>2:00 Card Sharks</p>	<p>18</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Scatter Joy Acres Animal Visits</p> <p>1:30 Worship With Pastor Hayden</p> <p>2:00 Card Sharks</p>	<p>19</p> <p>9:15 Morning Movers with Deanne</p> <p>10:15 Turkey Bowling</p> <p>11:45 Daily Perk</p> <p>2:30 Bingo</p>	<p>20</p> <p>9:15 Morning Movers with Deanne</p> <p>10:15 Board Games</p> <p>11:45 Daily Perk</p> <p>2:00 Crazy Crafters</p> <p>6:45 10-Point Pitch</p>
<p>Magazine/ Newspaper Articles</p> <p>10:30 Mass on CH. 55</p> <p>11:45 Daily Perk</p> <p>1:30 Worship</p>	<p>21</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Merry-makers</p> <p>Presents: Kim Eames</p> <p>11:45 Daily Perk</p> <p>2:00 Veterans Day Program</p> <p>2:30 Card Sharks</p>	<p>22</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Merry-makers</p> <p>Presents: Kim Eames</p> <p>11:45 Daily Perk</p> <p>2:00 Veterans Day Program</p> <p>2:30 Card Sharks</p>	<p>23</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Merry-makers</p> <p>Presents: Kim Eames</p> <p>11:45 Daily Perk</p> <p>2:00 Veterans Day Program</p> <p>2:30 Card Sharks</p>	<p>24</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Merry-makers</p> <p>Presents: Kim Eames</p> <p>11:45 Daily Perk</p> <p>2:00 Veterans Day Program</p> <p>2:30 Card Sharks</p>	<p>25</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Merry-makers</p> <p>Presents: Kim Eames</p> <p>11:45 Daily Perk</p> <p>2:00 Veterans Day Program</p> <p>2:30 Card Sharks</p>	<p>26</p> <p>9:15 Morning Movers with Deanne</p> <p>10:15 Turkey Bowling</p> <p>11:45 Daily Perk</p> <p>2:30 Bingo</p>
<p>Magazine/ Newspaper Articles</p> <p>10:30 Mass on CH. 55</p> <p>11:45 Daily Perk</p> <p>1:30 Worship</p>	<p>27</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Merry-makers</p> <p>Presents: Kim Eames</p> <p>11:45 Daily Perk</p> <p>2:00 Veterans Day Program</p> <p>2:30 Card Sharks</p>	<p>28</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Merry-makers</p> <p>Presents: Kim Eames</p> <p>11:45 Daily Perk</p> <p>2:00 Veterans Day Program</p> <p>2:30 Card Sharks</p>	<p>29</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Merry-makers</p> <p>Presents: Kim Eames</p> <p>11:45 Daily Perk</p> <p>2:00 Veterans Day Program</p> <p>2:30 Card Sharks</p>	<p>30</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Merry-makers</p> <p>Presents: Kim Eames</p> <p>11:45 Daily Perk</p> <p>2:00 Veterans Day Program</p> <p>2:30 Card Sharks</p>	<p>31</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Merry-makers</p> <p>Presents: Kim Eames</p> <p>11:45 Daily Perk</p> <p>2:00 Veterans Day Program</p> <p>2:30 Card Sharks</p>	<p>32</p> <p>9:00 Catholic Mass</p> <p>9:30 Morning Movers with Deanne</p> <p>10:00 Merry-makers</p> <p>Presents: Kim Eames</p> <p>11:45 Daily Perk</p> <p>2:00 Veterans Day Program</p> <p>2:30 Card Sharks</p>

# November 2024



David O. - 19th  
Connie W. - 21st  
John V. - 28th



### 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.

