

the Best Care for Mom Et Dad



Making The Difference

♥ BECKY BRIGHT

JOB OVERVIEW

I have worked at SMC for 2 1/2 years and am the House-keeping Supervisor.

BEST PART OF MY JOB

I take pride in the work our team does and making our residents happy!

FAMILY

I have a 21 year old son, a 13 year old daughter, and a fiancé who I have been with for over 6 years. We also have 5 pets in our home. I am from a large family that is very close- there are 75 grandkids and great-grandkids on my mom's side!

FAVORITE VACATION SPOT

My entire family stays at my brother's house in Colorado every summer.

SOMETHING I'D LIKE TO ACCOMPLISH

Visit every major league ballpark in the American League East with my family.

Thanks to Our Wonderful Dietary Team

We are so fortunate at Long Term Care to have the best Dietary Team! They created and served an amazing meal for the residents for Christmas dinner complete with appetizers and an assortment of desserts. There was a choice of prime rib or ham with all the trimmings. They always go the extra mile to make holidays special for the residents. Dietary staff also hold monthly meetings with residents to discuss any menu ideas they may want to try, and they work closely with activities staff to make special snacks and treats for us whenever we ask.

Keep Hydrated!

Staying hydrated during the winter can be tricky. Here are some tips to increase fluid intake when it's cold:

- Drink warm herbal tea or water when the weather is cold.
- Divide your weight by 2 to get the amount of fluid ounces needed each day (ex. someone who weighs 150 pounds needs 75 ounces).
- Add a wedge of fruit to plain water.
- Place a glass of water by your bed to drink when you wake each morning.



Saunders
MEDICAL CENTER
Skilled & Long Term Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Daily Perk Magazine/ Newspaper Articles 10:00 Cards & Games 10:30 Mass on CH. 55</p>	<p>Magazine/ Newspaper Articles 9:00 Catholic Mass 9:30 Morning Movers with Deanne 11:45 Daily Perk 1:30 Devotionals 2:00 Lessons from the Bible</p>	<p>Magazine/ Newspaper Articles 1:1 Visits with Sue 9:15 Morning Movers with Deanne 11:45 Daily Perk 2:30 Bingo</p>	<p>Magazine/ Newspaper Articles 9:15 Morning Movers with Deanne 10:00 Crazy Crafters 11:45 Daily Perk 1:30 Card Sharks</p>	<p>Magazine/ Newspaper Articles 9:15 Morning Movers with Deanne 10:45 Daily Perk 11:45 Trivia 2:00 Merry-makers Presents: The Links</p>	<p>Magazine/ Newspaper Articles 9:15 Morning Movers with Deanne 10:00 Busy Bakers 11:45 Daily Perk 12:30 Food Committee 1:30 Pretty Nails</p>	<p>Daily Perk Magazine/ Newspaper Articles 10:00 Cards & Games</p>
<p>Daily Perk Magazine/ Newspaper Articles 10:00 Cards & Games 10:30 Mass on CH. 55 1:30 Worship 5:30 Super Bowl</p>	<p>Magazine/ Newspaper Articles 9:00 Catholic Mass 9:30 Morning Movers with Deanne 11:45 Daily Perk 1:30 Cards or Dominoes 2:00 Lessons from the Bible</p>	<p>Magazine/ Newspaper Articles 1:1 Visits with Sue 9:15 Morning Movers with Deanne 11:45 Daily Perk 2:30 Bingo</p>	<p>Magazine/ Newspaper Articles 9:15 Morning Movers with Deanne 10:45 Trivia 11:45 Daily Perk 2:30 Magic Show with Jeff Quinn</p>	<p>Magazine/ Newspaper Articles 9:15 Morning Movers with Deanne 10:00 Donut Debate 11:45 Daily Perk 2:00 Super Bowl Tailgate Happy Hour</p>	<p>Magazine/ Newspaper Articles 9:15 Morning Movers with Deanne 10:00 Busy Bakers 11:45 Daily Perk 1:30 Pretty Nails</p>	<p>Daily Perk Magazine/ Newspaper Articles 10:00 Cards & Games</p>
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February 2023

Happy Birthday



Activities and start times are subject to change without notice. Please see the markerboard in the main entrance for updated changes.

Ruth K. – 3rd
Ann Y. – 6th
Carol R. – 19th
Ernest K. – 24th
Betty P. – 25th

