

# the Best Care for Mom Et Dad



## Making The Difference

♥ TASHA MEGRUE

**HOMETOWN**  
Lincoln, Nebraska

**JOB OVERVIEW**  
I have worked at SMC for 4 years as a CNA and Med Aide in Long Term Care. I primarily work with the residents in Countryside (200 Hall).

**BEST PART OF MY JOB**  
Joking with the residents and asking them about their hobbies.

**FAMILY**  
My mom is a beekeeper. My dad is retired and a better grandfather to my dog than he was a dad to my sister and me (just kidding). But he is happy he finally got a boy in the family (Dylan the dog)!

**SOMETHING I'D LIKE TO ACCOMPLISH**  
Complete nursing school.



## Oh the places we have been!

This month we were able to go on a few outings! First trip was to Walmart followed by a quick bite to eat on the way home. Everyone enjoyed getting the chance to step foot back in the stores again! We shopped for makeup, clothes, jewelry and of course snacks! Our second outing was a favorite for all, Acapulco Mexican Grill! We enjoyed getting the chance to sit down and converse over a nice meal! Some even sampled margaritas. We can't wait to go back!

### Please note—

**Saturday, September 9th, 1-5 p.m.**  
Saunders Medical Center will be doing an internet upgrade. Our phones and internet will be down from 1-5 p.m. We will still be open for visitors.

**Tuesday, September 12th, 2-4 p.m.**  
Saunders Medical Center will participate in a Field Fire Drill. We will be practicing our evacuation plan and downtime processes.

*We have a plan in place to continue providing quality care for your loved one during these times. Please feel free to contact us at 402-443-4685 with any questions.*



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

# SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities and start times are subject to change without notice. Please see the markerboard in the main entrance for updated changes</p> <p>3 Magazine/ Newspaper Articles 10:30 Mass on CH. 55 11:45 Daily Perk 1:30 Worship 4:00 Husker Volleyball TBD</p> 	<p>4 Magazine/ Newspaper Articles 11:45 Daily Perk 2:00 Card Sharks</p> 	<p>-Happy- <b>BirthDay</b> Gerald T. - 1st Dorothy J. - 10th Cathy R. - 14th Phyllis C. - 26th</p> <p>5 St. Wenceslaus Fifth grade Visitors- TBD 9:15 Morning Movers with Deanne 10:30 Sunshine Club (10:30a-11:15a) 11:45 Daily Perk 1:30 Resident Council 2:30 Bingo</p>	<p>6 9:15 Morning Movers with Deanne 10:30 Sunshine Club (10:30a-11:15a) 11:45 Daily Perk 1:30 Pretty Nails 6:45 10-point Pitch</p>	<p>7 9:15 Morning Movers with Deanne 10:00 Merry-makers presents: Ben Tomasello 11:45 Daily Perk 2:00 Crazy Crafters</p> 	<p>8 9:15 Morning Movers with Deanne 10:00 Donut Debate 11:45 Daily Perk 2:30 Tailgate Party</p> 	<p>9 Magazine/ Newspaper Articles 10:00 Card Sharks 11:00 FOOTBALL: Huskers @ Colorado Buffaloes on FOX 11:45 Daily Perk 7:00 Husker Volleyball on NPM</p> 
<p>10 Magazine/ Newspaper Articles 10:30 Mass on CH. 55 11:45 Daily Perk 1:30 Worship</p>	<p>11 9:00 Catholic Mass 9:30 Morning Movers with Deanne 10:30 Sunshine Club (10:30a-11:15a) 11:45 Daily Perk 2:30 Bingo</p>	<p>12 9:15 Morning Movers with Deanne 10:00 Crazy Crafters 11:45 Daily Perk 2:00 Card Sharks</p>	<p>13 9:15 Morning Movers with Deanne 11:45 Daily Perk 2:00 Live Well Go Fish (2-4pm) 6:45 10-point Pitch</p> 	<p>14 9:15 Morning Movers with Deanne 10:45 Trivia 11:45 Daily Perk 1:30 Afternoon Drive</p>	<p>15 9:15 Morning Movers with Deanne 10:00 Busy Bakers 11:45 Daily Perk 1:30 Pretty Nails</p> 	<p>16 Magazine/ Newspaper Articles 10:00 Card Sharks 11:45 Daily Perk 6:00 FOOTBALL: Huskers VS Northern Illinois Huskies on FS1</p> 
<p>17 Magazine/ Newspaper Articles 10:30 Mass on CH. 55 11:45 Daily Perk 1:30 Worship 6:30 Husker Volleyball on BTN</p> 	<p>18 9:00 Catholic Mass 9:30 Morning Movers with Deanne 10:30 Sunshine Club (10:30a-11:15a) 11:45 Daily Perk 1:00 Scatter Joy Acres Animal Visits 2:00 Card Sharks</p>	<p>19 9:15 Morning Movers with Deanne 9:30 Walmart Outing (3 spots only) 11:45 Daily Perk 2:30 Bingo</p>	<p>20 9:15 Morning Movers with Deanne 10:30 Sunshine Club (10:30a-11:15a) 11:45 Daily Perk 2:30 Chips &amp; Dip Social 6:45 10-point Pitch</p> 	<p>21 9:15 Morning Movers with Deanne 10:30 Trivia 11:45 Daily Perk 1:30 Saunders Co. Museum (4 spots only)</p>	<p>22 9:15 Morning Movers with Deanne 10:00 Busy Bakers 11:45 Daily Perk 1:30 Pretty Nails</p> 	<p>23 FOOTBALL: Huskers VS Louisiana Tech Bulldogs TBD Magazine/ Newspaper Articles 10:00 Card Sharks 11:45 Daily Perk</p> 
<p>24 Magazine/ Newspaper Articles 10:30 Mass on CH. 55 11:45 Daily Perk 1:30 Worship 6:30 Husker Volleyball on BTN</p> 	<p>25 9:00 Catholic Mass 9:30 Morning Movers with Deanne 11:00 Lunch outing -Acapulco (4 spots only) 11:45 Daily Perk 2:00 Card Sharks</p> 	<p>26 9:15 Morning Movers with Deanne 10:30 Sunshine Club (10:30a-11:15a) 11:45 Daily Perk 2:30 Bingo</p>	<p>27 9:15 Morning Movers with Deanne 11:45 Daily Perk 2:00 Live Well Go Fish (2-4pm) 6:45 10-point Pitch</p> 	<p>28 9:15 Morning Movers with Deanne 10:30 Sunshine Club (10:30a-11:15a) 10:45 Trivia 11:45 Daily Perk 2:00 Crazy Crafters</p>	<p>29 9:15 Morning Movers with Deanne 10:15 Donuts &amp; Coffee 11:45 Daily Perk 1:30 Pretty Nails</p>	<p>30 FOOTBALL: Huskers VS Michigan Wolverines TBD Magazine/ Newspaper Articles 10:00 Card Sharks 11:45 Daily Perk 6:00 Husker Volleyball on BTN</p> 



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## Keep Your COVID Protection Up to Date

Anyone 6 months and older who has completed their COVID-19 vaccine primary series is eligible for the Bivalent Booster. The CDC recommends one bivalent booster dose at least 2 months after your last dose. If your last dose was a bivalent, you are up to date! It's not too late to start your COVID-19 vaccine series. Contact your physician to schedule an appointment.