

MCC Community MATTERS

News & happenings to keep you up-to-date.

A publication of



Volume 11, Issue 10 October 2026



MCC October Happenings



Help Our Residents Get Ready for Trick-or-Treaters!

Families, if your loved one would like to hand out treats during our Trick-or-Treat Night, please provide candy or other treats for them to share with our little visitors.

Treats may be dropped off at the Activities Office by October 28.

No need to bring a bucket — we have buckets available for residents to use!

Thank you for helping us make this a fun and special evening for our residents and all the little ghosts and goblins who come to visit!

If you have any questions, please contact Jessie in Activities at 402-694-8229.



NOTES FROM SOCIAL SERVICES

October is filled with special moments, recognitions, and even a few of our staff's favorite holidays! However, there is one day in particular I'd like to highlight this month: **World Mental Health Day on October 10.**

Mental health matters at every age. World Mental Health Day serves as a reminder to care for our emotional well-being just as we care for our physical health. A kind word, a listening ear, meaningful connections, or simply spending time together can make a meaningful difference.

This October, we encourage our residents, families, and staff to check in with one another, show kindness, and remember that it's always okay to talk about how you're feeling. Sometimes, simply knowing someone is there to listen can mean a lot.

- Jennifer Heiden, CSW, Social Worker

NURSING NEWS



Resident Flu Shot Clinic was held September 30th

Let's Keep Our Residents Healthy!

Flu season is here, and we can all do our part to help protect our residents and others who may be more vulnerable to illness. One simple way to help is by getting your flu shot!

MCHI will hold a Flu Shot Clinic on October 22 from 4:30–6:00 p.m. in the hospital conference room. You can also schedule your flu shot with your healthcare provider.

Feeling a little under the weather? If you have a cough, congestion, sore throat, fever, or other respiratory symptoms, please wait until you're feeling better before visiting. If you do need to stop in, masks are available at the front entrance.

Thank you for helping us keep our MCC residents healthy and safe.

If you have any questions, please contact us at 402-694-8230.

Happy Birthday

Chuck – 4th

R'Lou – 12th

Cherie – 20th

Gladys – 23rd

Rick – 31st

Welcome

Sandra B.

Elsie

Jane



A visit from a furry friend makes a Monday much better! Thank you, Marna, for bringing these pups for a visit!



Max also came from Aurora Adopt a Pet for some extra puppy snuggles.



MCC staff gathered to cheer Paul on and send him off with plenty of smiles and well wishes. While we'll certainly miss seeing him around MCC, we couldn't be happier to celebrate this wonderful milestone with him, and we wish him all the best!

Merrymakers
presents
Mary Link

Thursday, October 29, 2026 2:00 PM



We Extend Our Deepest Sympathies to the families of

Sandra C

Kathy

Violet

While losing a loved one is difficult, find comfort in knowing that their lessons, love and light carry forward into every moment.

Thank you for allowing us to care for your loved one. They will be dearly missed.



Morsels N' More: Tailgate Chili Cheese Dip

Ingredients

- 1 can chili
- 1 package cream cheese, room temperature
- 2 cups shredded cheddar cheese
- 1/2 cup salsa
- 1 teaspoon chili powder
- Tortilla chips or crackers for serving



Instructions

Place the chili, cream cheese, cheddar cheese, salsa, and chili powder into a slow cooker. Stir to combine. Cover and cook on low for 2 hours, stirring occasionally. Serve warm with tortilla chips or crackers.



Nebraska @ Oregon

Saturday, October 17th at 2pm

We will be tailgating with delicious snacks and games!
Family and friends are welcome to join us!



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