

WE ARE HERE TO HELP

Diane Dlouhy--Director Trisha Steele-Community Relations Director Rebecca Quinn--RN Coordinator Ronda Wiebe--Administrative Assistant Linda Baker--Life Enrichment Coordinator Annette Brewer--Kitchen Manager Demetria Ray--Housekeeping Jeremiah Lyne--Maintenance Cheryl Colliers--Beautician



Resident of the Month

Barb Cisewski has been with us here at Bickford since November of 2013. visitor. Laurie grows She is originally from Winona, MN. Barb was the wife of Arnold for 59 years. Arnold was a mechanical engineer and Barb likes to play card Barb was a stay at home mom. She is the grandmother of 2.

Barb's daughter, Laurie is a frequent, almost daily beautiful orchids which she brings to share with her mother. Barb's room is a show case of orchids.

games and listen to classical music.

> More information will be coming in the mail.

Don't forget to complete your Bickford survey. Your time is valuable and we appreciate your comments. Thanks in advance!

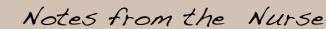
Upcoming Events

During the month of Here is a picture from October we will have our carnival family our monthly Family night. It is safe to say Night. all had a fun time. We especially enjoyed the

On October 20, we invite you to be our guests for soup night. We plan on having 3 soups for you to try.



games and special



When you wake up sneezing, coughing and have that achy, feverish, can't move a muscle feeling, how do you know whether you have a cold or the flu? It's important to know the difference between

Omaha Higkory

flu and cold symptoms. d symptoms usually orbegin with a sore throat, Mich usually goes away after a day or two. Nasal symptoms, runny nose nd congestion follow along with a cough. During the first three days of cold symptoms, you are contagious, so

> lu symptoms are usually nore severe than cold symptoms and

stay home and get some

much needed rest.

come on quickly. Symptoms of the flu include sore throat, fever, headache, muscle aches and soreness, congestion and cough. A common complication of the flu is pneumonia. How do you know if you Take your temperature

have a cold or the flu? say many experts.

The most important prevention measure for preventing colds and flu is frequent hand washing. In addition to hand washing, you can also get a flu vaccine to prevent seasonal flu. Our annual flu shot clinic for the residents will be coming soon. The RN-Coordinator will

be in touch.









Resident Birthday's

Fern Fredericksen Oct. 30

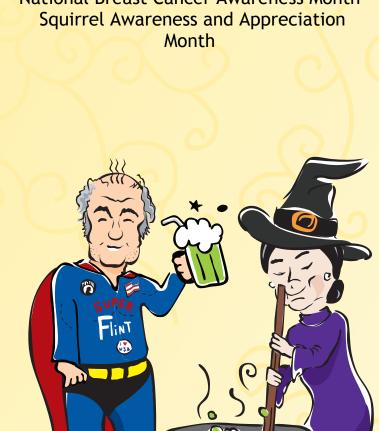
Staff Birthday's

Jeannette Hayden Oct. 19 Diane Dlouhy Oct. 25 Theresa Anderson Oct. 28 Ashley Hughes Oct. 30

October Fun Facts

Birthstone: Opal and Tormaline Flowers: Calendula Colors: White and yellow

National Chili Month National Pizza Month National Cookie Month National Breast Cancer Awareness Month Squirrel Awareness and Appreciation Month





10a Chair Exercises 10:30a Read aloud 2p BINGO 3:15p Rosary 6p checkers

2p BINGO

2p BINGO

3:15p Rosary

6p checkers

2p BINGO

6p checkers

6p checkers

10a Chair Exercises

10:30a Read aloud

10a Chair Exercises

10:30a Read aloud

10a Chair Yoga

10a Chair Yoga

10a Chair Yoga

10:30a Senior Story

11a Catholic Mass

2p Word Scramble

10a Yoga Chair

10:30a Senior Story

11a Eucharistic Mass

25

2p Word Scramble

10:30a Senior Story

2p Word Scramble

11a Eucharistic Mass

10:30a Senior Story

11a Catholic Mass

2p Word Scramble

10a Chair Exercises 10:30a Read aloud

2p James Synder

12

19

26

10a Stretches 10:30a Read Aloud 2p Fontenelle Forest

5p Family Night

10a Stretches 10:30a Read Aloud 2p Chaplain Laura 6p John & Karen Bible Study

10a Senior Motion 10:30a Short Stories 2p Aaron Shoemaker 6:30p Wheel of Fortune

2p BINGO 6p Walk & Talk

22

10a Balloon Toss 10:30a Read aloud 3p Halloween Party 7p Movie & popcorn 2p Bingo Blast 6p Lawerence Welk

10a 10 AM workout

10:30a Short Stories

10

10a 10 AM workout

10:30a Short Stories

10a Balloon Toss 10:30a Read aloud 2p Jack Lawless 2p Bingo Blast 7p Movie & Popcorn

10a Balloon Toss

10:30a Read aloud

7p Movie & Popcorn

2p Plucking Nutz

6p Lawerence Welk

10a Balloon Toss 10:30a Read aloud 3p Prestige Home Care Special Program 7p Movie & Popcorn

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10a Balloon Toss

10:30a Read aloud

3p Resident Council

7p Movie & Popcorn

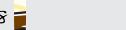
10a 10 AM workout 10:30a Short Stories 2p Bingo Blast 6p Lawerence Welk

> 17 10:30a Short Stories 10:30a Short Stories

2p Bingo Blast 6p Lawrence Welk

Halloween 10:30a Short Stories 10:30a Short Stories 2p Bingo Blast 6p Lawrence Welk



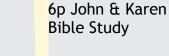




30

23





10a Stretches

10:30a Read Aloud

6p John & Karen

Bible Study

10a Stretches

10:30a Read Aloud

2p Dancing Grannies

20

6

2p Chaplain Laura 6:30p Wheel of Fortune

1p Chaplain

Oktoberfest

10a Senior Motion

2p Chaplain Laura

10a Senior Motion

Jerry/Hymn Sing

10:30a Short Stories

6:30p Wheel of

Fortune

10:30a Short Stories

10a Senior Motion 10:30a Short Stories

2p Chaplain Laura 6:30p Wheel of Fortune

21

14

10a Get Stronger 10:30a Funny Stories

10a Get Stronger

6p Walk & Talk

10:30a Funny Stories

2p BINGO

2p BINGO

10:30a Funny Stories

10:30a Funny Stories

8

15

2p BINGO

2p BINGO

10:30a Funny Stories



24