

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



Omaha Hickory

HAPPENINGS



October News

Resident of the Month

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

Barb's daughter, Laurie is a frequent, almost daily visitor. Laurie grows beautiful orchids which she brings to share with her mother. Barb's room is a show case of orchids. Barb likes to play card games and listen to classical music.

Upcoming Events

During the month of October we will have our monthly Family Night.

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

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!

Here is a picture from our carnival family night. It is safe to say all had a fun time. We especially enjoyed the games and special guest OkeyDokey.



Notes from the Nurse

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 flu and cold symptoms. Cold symptoms usually begin with a sore throat, which usually goes away after a day or two. Nasal symptoms, runny nose and congestion follow along with a cough. During the first three days of cold symptoms, you are contagious, so stay home and get some much needed rest. Flu symptoms are usually more severe than cold symptoms and

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 have a cold or the flu? Take your temperature 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.



