

National Nurse Appreciation week was May 6th-12th.

Kari Bartholomew (pictured on left with her Grandma Pearl) is our Full Time RN, in addition to being Lincoln's FT nurse Kari is also the Nebraska Divisional RN consultant. Kari helps to audit and train in our three other Nebraska facilities. Kari and her husband reside in Lincoln and have three dogs.

Brandi Biaggio started at Bickford in November 2005 as a FT MA. Brandi is an on-call RN and also works Tues & Wed. She is married and has 2 daughters.

Candice Toombs also a on-call RN and started with Bickford in August of 2004 as a C.N.A. Candice lives in Bennet with her husband Craig, who also happens to own the lawn care company who services Bickford.

Kaylee Vculek started with Bickford in December 2004 as a Med Aide she is one of the on-call RN's. Kaylee is married and is expecting her first child in July (It's a GIRL!!)

We are so thankful and appreciative of the work all of our nurses do for Bickford and our residents!



HAPPENINGS AT LINCOLN BICKFORD

Sing along, Picnic at the Park, Wine & Cheese Party

May & June

Pictured on far left is the residents having fun with a sing along. Singing is very popular and residents seem to enjoy it weather it is live entertainment or just a sing along following the words. Also pictured is the picnic, we went on a picnic and who would have thought that in the middle of May it would have been 50 degrees? Well we bundled up and had a great time anyway with lots of goodies. And picture on bottom is of staff and residents at our wine and cheese party which we have made a monthly activity.

During the month of June we will be celebrating National CNA week June 12th-19th. Our CNA's are here 24 hours a day 7 days a week and we want to Thank them for all their hard work and dedication!!

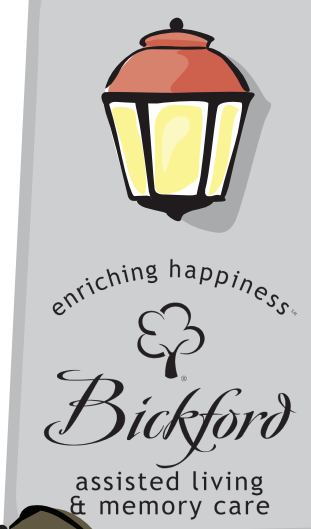
We will be celebrating our Vet's BBQ on June 4th and family and friends are invited to join. We will be grilling hamburgers & hotdogs along with potato salad, watermelon and baked beans. Hope to see you there!!!



Alzheimer's Disease

"The idea that Alzheimer's is entirely genetic and unpreventable is perhaps the greatest misconception about the disease," says Gary Small, M.D., director of the UCLA Center on Aging. Researchers now know that Alzheimer's, like heart disease and cancer, develops over decades and can be influenced by lifestyle factors including cholesterol, blood pressure, obesity, depression, education, nutrition, sleep and mental, physical and social activity. The big news:

Mountains of research reveals that simple things you do every day might cut your odds of losing your mind to Alzheimer's. In search of scientific ways to delay and outlive Alzheimer's and other dementias, I tracked down thousands of studies and interviewed dozens of experts. The results in a new book: 100 Simple Things You Can Do to Prevent Alzheimer's and Age-Related Memory Loss



JUNE BIRTHDAYS

RESIDENT BIRTHDAYS

ELAINE SIEFERT 6/27

STAFF BIRTHDAYS

AMY ROSE 6/1
 KARI BARTHOLOMEW 6/14
 AMBER MULLEN 6/22

June



*****FRONT DOOR REMINDER*****

DO NOT GIVE OUT DOOR CODE TO ANYONE THAT IS NOT WITH YOU. ALSO DO NOT LET ANYONE OUT FRONT DOOR WITHOUT FIRST CHECKING WITH STAFF. WE ARE A LOCKED FACILITY AND FOR THE SAFETY OF RESIDENTS WE ASK FOR YOUR COOPERATION IN KEEPING OUR RESIDENTS SAFE. THANK YOU

9:30 Sunday Service (ch 9)
 10:00 Devotions
 10:30 Catholic Communion
 2:00 Crafts
 6:30 June Trivia **1**

9:45 Balloon Toss
 10:15 Velveeta Day
 10:30 Potato Peeling
 1:30 Manicures
 6:30 Lawn Darts **2**

9:45 Tip of the Day
 10:30 Yoga w/Daya
 2:00 Bingo w/Nan & Diane & Sheridan
 Lutheran Daycare
 6:30 Jack Downs **3**

9:45 Let's Walk
 10:15 Lemonade & Trivia
 2:00 Rich & Roni
 6:30 Movie Choice **4**

9:45 Up Up & Away
 10:00 Worship Service
 NOON-2:00 VETS BBQ w/Wayne Miller
 6:30 Bingo **5**

9:45 National Donut Day
 10:00 Cath Comm
 10:30 Food Council Meeting
 1:30 Movie & Popcorn
 6:30 Horseradish Days **6**

9:45 Weightlifting
 10:30 Jokes
 2:00 Choc Ice Cream Day
 6:00 Lawrence Welk (ch 12) **7**

9:30 Sunday Service (ch 9)
 10:00 Devotions
 10:30 Catholic Communion
 2:00 Old Time Music
 6:30 Stain Buster Day **8**

9:45 Balloon Toss
 10:15 Candyman Day
 10:30 Potato Peeling
 1:30 Manicures
 6:30 Lawn Darts **9**

9:45 Happy B-Day Judy Garland
 10:30 Yoga w/Daya
 2:00 Luau Party w/Sheridan
 Lutheran Daycare
 6:30 Just Us **10**

9:45 Let's Walk
 10:15 Lemonade & Trivia
 2:00 Ice Cream Truck Visit
 6:30 Movie Choice **11**

9:45 Good & Plenty Day
 10:00 Worship Service
 2:00 Fun w/Food
 6:30 Bingo **12**

9:45 Exercise Video
 10:30 Friday the 13th
 1:30 Resident Shopping
 2:00 Movie & Popcorn
 6:30 Banana Split Day **13**

9:45 Weightlifting
 10:30 Flag Day
 2:00 Monthly Birthday Party w/Dick Patterson
 6:00 Lawrence Welk (ch 12) **14**

9:30 Sunday Service (ch9)
 10:00 Devotions
 10:30 Catholic Comm
 2:00 Fathers Day Social w/Kent Evans
 6:30 Lighten Up **15**

9:45 Balloon Toss
 10:15 Cracker Jack of a Day
 Resident Choice Meal
 10:30 Potato Peeling
 1:30 Manicures
 6:30 Lawn Darts **16**

9:45 Tip of the Day
 10:30 Yoga w/Daya
 2:00 Bingo w/Nan & Diane
 6:30 Sing aLong **17**

9:45 Let's Walk
 10:15 Lemonade & Trivia
 2:00 The Rockenbauchs
 6:30 Movie Choice **18**

9:45 Hershey's Holiday
 10:00 Worship Service
 2:00 Fun w/Food
 6:30 Bingo **19**

9:45 Exercise Video
 10:30 National Flip Flop Day
 NOON-Outing for Lunch
 2:00 Movie & Popcorn
 6:30 Ice Cream Soda Day **20**

9:45 Weightlifting
 10:30 Spring into Summer
 2:00 Ice Cream Social
 6:00 Lawrence Welk (ch 12) **21**

9:30 Sunday Service (ch 9)
 10:00 Devotions
 10:30 Catholic Comm
 2:00 Blue Butterfly Day
 6:30 Jokes **22**

9:45 Balloon Toss
 10:15 Pink Day
 10:30 Potato Peeling
 1:30 Manicures
 3:00 Resident Council Meeting
 6:30 Lawn Darts **23**

9:45 Did You Know?
 10:30 Yoga w/Daya
 2:00 Bingo w/Sheridan
 Lutheran Daycare
 6:30 Just Us **24**

9:45 Let's Walk
 10:15 Lemonade & Trivia
 2:00 The Clefs
 6:30 Movie Choice **25**

9:45 Reminiscing
 10:00 Worship Service
 2:00 Wine & Cheese Party
 6:30 Bingo **26**

9:45 Exercise Video
 10:30 Orange Blossom Day
 1:30 Resident Shopping
 2:00 Movie & Popcorn
 6:30 Smores Day **27**

9:45 Weightlifting
 10:30 Sucker Saturday
 2:00 Music by Shirley & Larry
 6:00 Lawrence Welk (ch 12) **28**

9:30 Sunday Service (ch 9)
 10:00 Devotions
 10:30 Catholic Comm
 2:00 Ice Cream Social
 6:30 Juicy Fruit Day **29**

9:45 Balloon Toss
 10:15 Happy B-Day Corvette
 10:30 Potato Peeling
 1:30 Manicures
 6:30 Lawn Darts **30**

