



Bring your cheer and bells, Christmas time is here!

Tuesday, December 16th is our Annual Family Christmas Party! Family Christmas Photos from 5:30-6:00pm. And our family music group the Weirsons from 6pm-7:30pm. You will enjoy after dinner morsels and desserts while listening to music of the season!

We wish you a Merry Christmas from Our Bickford Family to Yours!

Muscatine HAPPENINGS

December 2014

The Seasons of Emotions

Nurse's Corner Talk

Tonya Weih RNC

When you think of the holiday's what comes to mind? The lights? The music? The decorations? The food? What about loneliness? Stress? Tears? For some of our families and resident's the holidays can be very stressful. It may be their first year away from home, their first holiday without a special loved one who passed away, or maybe they suffer from dementia or Alzheimer's and don't remember the holidays past or the people they have spent them with.

Depression around the time of the holidays is very common especially in the elderly population. Winter time holidays such as Thanksgiving and Christmas can pose a special challenge because of the Midwest weather. The cold air can make breathing difficult and can also aggravate arthritis. The ice and snow are risk factors for falls. If possible plan regular visits to seniors so they don't feel abandoned or forgotten. If a guest is coming that may have not seen your loved one for a while, prepare them for changes they may see.

Remember that large crowds of people, loud music or conversations and unfamiliar surroundings can be too much for some people with memory loss. Encourage story telling and reminiscing of favorite holiday memories and traditions. Sometimes these are the memories that individuals with dementia or Alzheimers remember the best. Bring scrapbooks or old photos and share stories about them. Involve you loved ones during the holiday season. Help them fill out Christmas cards, address envelopes, wrap gifts, and decorate their apartments.

Encourage them to participate in the events that Bickford will be offering including carolers, tree decorating, special family meals, and many more events to come. If you feel that your loved one having a difficult time during the holiday season please talk to one of Bickford family members. We want to make sure your loved ones are active, involved and engaged in activities and make them feel a sense of belonging.



The Christmas Star
Christmas is a magical time,
For young and also old.
The season brings so much to see,
And so many stories are told.
The biggest story of the holiday,
Is of the Christmas star.
Sitting out on Christmas Eve, We are reminded who we are. Christmas is about one thing.

Not presents or of toys.
Christmas is of joy and peace,
And happy family noise.
Christmas is the spirit of happiness,
And of being with those you love.
It is a time to give thanks and show your love,
And in times of need, look up above.

Christmas became because of one,
And we have him to thank.
Next time you see that star shine bright,
Say a prayer for Jesus sake.

The Christmas star is a presence,
One in which is a thrill.
Although it seems impossible now,
He stands among us still.



enriching happiness
Bickford
assisted living & memory care



S

Staff Birthdays:
Kelsey N 2nd
Johnnie O 18th
Kiley K 23rd
Laura V 30th

M

9am Exercise &
Current Events
10am Trivia w/ Jenny
1:30pm Birthday Bingo
Sponsored by BOH
3pm Bunco
6pm Movie & Popcorn 1

T

9am Exercise w/ YMCA
& Current events
10:30am LRC
1:30pm Manicures
3pm Cards of Choice
6pm Movie & Popcorn 2

W

9am Exercise &
Current Events
10am Dominos
1:30pm Quarter Bingo
3pm Dominos
6pm Movie & popcorn 3

T

9am Exercise &
Current Events
10am Bible Study
1:30pm Thrifty
Thursday
2:30pm Family
Counsel Meeting
6pm Movie & popcorn 4

F

9am Exercise &
Current Events
10am Cards of Choice
1:30pm Household
Bingo
3pm Voting for Best
Decorative Tree
6pm Movie & Popcorn 5

S

9am Wellness Center
10am Current Events
10:30am Kinect Games
1:30pm Bingo
3pm Scrabble
6pm Movie & popcorn 6

9am Wellness Center
10am Current Events
10:30am Cards
12:00pm Football
Game Day
2pm Chapel
3pm Billiards
6pm Movie & popcorn 7

9am Exercise & Current
Events
10am Uno
12pm Lunch Bunch
1:30pm Lunch Bunch
Bingo
3pm Dominos
5:30pm Pearl City
Carolers 8

9am Exercise &
Current Events
10am Make & Send
Christmas Cards
12:30pm MCC Variety
Singers
1:30pm Manicures
3pm Bunco 9

9am Exercise &
Current Events
10:30am Stepping
Stones Christmas
Caroling
1:30pm Quarter Bingo
3pm Sequence
6pm Movie & popcorn 10

9am Exercise &
Current Events
10am Bible Study
1:30pm Thrifty
Thursday
3pm LRC
6pm Movie & popcorn 11

9am Exercise &
Current Events
10am Dominos
1:30pm Household
Bingo
3pm Egg Nog &
Cookies
6pm Movie & popcorn 12

9am Wellness Center
10am Current Events
10:30am Uno
1:30pm Billiards
3pm Rummy
6pm Movie & Popcorn 13

9am Wellness Center
10am Current Events
10:30am Dominos
12:00pm Football
Game Day
2pm Chapel
3pm Canvas Painting
6pm Movie & popcorn 14

9am Exercise &
Current Events
10am Bunco
1:30pm Snack Bingo
3pm Kinect Games
3:45pm Wesley
Childrens Choir
6pm Movie & Popcorn 15

9am Exercise w/ YMCA
1:30pm Manicures
3-4pm Family Survey
5pm Christmas Dinner
5:30-6pm Christmas
Photos
6pm-7:30pm Music w/
Weirsons 16

9am Exercise &
Current Events
10am Farkle
1:30pm Quarter Bingo
3pm Sequence
6pm Movie & popcorn 17

9am Exercise & Current
Events
10am Bible Study
11am Wesley Bell Choir
1:30pm Thrifty Thursday
3pm Dominos
6pm Movie & Snack 18

9am Exercise &
Current Events
10am Uno
1:30pm Household
Bingo
3pm Dominos
6pm Movie & popcorn 19

9am Wellness Center
10am Current Events
10:30pm Sequence
1:30pm Bingo
3pm Kinect Games
6pm Movie & popcorn 20

9am Wellness Center
10am Current Events
10:30 Coffee & Chat
12:00pm Football
Game Day
2pm Chapel
3pm Word Searches
6pm Movie & popcorn 21

9am Exercise &
Current Events
10am Christmas Trivia
1:30pm Snack Bingo
3pm Canvas Painting
6pm Christmas Movie
& Popcorn 22

9am Exercise &
Current Events
10am Bunco
1:30pm Manicures
3pm Cards of Choice
6pm Christmas Movie
& popcorn 23

Christmas Eve
9am Exercise &
Current Events
10am Kinect Games
1:30pm Quarter Bingo
3pm Billiards
6pm Christmas Movie
& popcorn 24

Christmas Day
10am Fireside
Christmas Cookies &
Egg Nog & Secret
Santa gifts.
1pm 'Elf' the Movie
3pm Games of Choice
6pm Movie & popcorn 25

9am Exercise &
Current Events
10am Word Searches &
Coffee
1:30pm HouseHold
Bingo
3pm Checkers
6pm Movie & popcorn 26

9am Wellness Center
10am Current Events
10:30am Coffee &
Word searches
1:30pm Billiards
3pm Cozy Corner
Puzzles
6pm Movie & Popcorn 27

9am Wellness Center
10am Current Events
10:30am Bunco
12:00pm Football
Game Day
2pm Chapel
3pm Scrabble
6pm Movie & popcorn 28

9am Exercise &
Current Events
10am Farkle
1:30pm Snack Bingo
3pm Wordsearches
6pm Movie & Snack 29

9am Exercise &
Current Events
10am Manicures
1:30pm Music w/
Retro Ron
3pm Bunco
6pm Movie & popcorn 30

9am Exercise &
Current Events
10am
1:30pm Quarter Bingo
2:30pm Newyears
Cheers and Fiesta!
6pm Movie & Popcorn 31

December

2014

