

American Heart Association "GO Red for Women"

Did you know that heart disease in women is the Number 1 killer of women and is more deadly than all forms of cancer. We need to lead the way with change to end this deadly foe once and for all. Bickford is donating money to "Go Red to Women" if you can help donate any money at all toward stopping heart disease please contact Megan Johnson with donations or how you can get more involved.

Wear red Friday, February 6th, in support of Heart Health!



Muscatine
HAPPENINGS

February 2015

Alzheimer's Support

Come be

Group will be held

by others that need

on February 24,

your help with this

2015 at 5:30pm to

fight against

7pm with light

Alzheimer's.

supper provided.

Our speaker is

"To love a person is

Genesis Music

to learn the song that

Therapy "How music

is in their heart and

can change your

sing it to them when

mood and theirs"

they have forgotten."

Music can be so

-Thomas Chandler

powerful!

Nurse's Nook

Red roses, heart shaped boxes of chocolate, Cupid, hearts everywhere..it's February and that means love is in the air. Another symbol for all those hearts is that February is American Heart Month. Cardiovascular disease (CVD) which includes heart disease, stroke, and high blood pressure cost the United States over \$300 billion every year and is the number one killer of men and women in the United States. You can't control all the risks of CVD but there are 7 risk factors that you can control, including:

- Diet:** Eat at least 5 servings of fruit and vegetables every day, limit your intake of sodium, eat foods low in saturated fat, trans fat, and cholesterol and high in fiber
- Exercise:** 30 minutes at least 5 days a week is recommended, park a little farther from the doors, exercise with family or a friend.

- Smoking:** quit as soon as possible, talk to your doctor about a method appropriate for you
- Obesity:** most doctors determine a healthy weight by calculating a Body Mass Index (BMI) Diet and exercise will help with your weight
- High blood pressure:** check on a regular basis, take medications as ordered by your Dr.
- High cholesterol:** Most Dr will check annually, know your numbers
- Limit alcohol use:** too much alcohol can actually increase your blood pressure. I challenge everyone to keep a calendar during the month of February and write down every day you get 30 minutes of exercise and everyday you eat 5 servings of fruits and vegetables. What you find may surprise you. Also show your support by wearing red the month of February!

National Wear Red Day
FRIDAY, FEBRUARY 6, 2015

Make a change at GoRedForWomen.org/WearRedDay.

American Heart Association
life is why™

Go Red for women

Go Red for Women is nationally sponsored by
★ macy's



Bickford
assisted living & memory care

S

Super Bowl Party
9am Exercise & Current Events
2pm Chapel
5:30pm Super Bowl Party & Popcorn
1

M

9am Exercise & Current Events
10am Trivia w/ Jenny
1:30pm Birthday Bingo w/ BOH
6pm Movie & popcorn
2

T

9am Exercise w/ YMCA
10am Dominos
1:30pm Manicures
3pm Uno
6pm Movie & Popcorn
3

W

9am Exercise & Current Events
10am Sequence
1:30pm Quarter Bingo
3pm Bunco
6pm Movie & Popcorn
4

T

9am Exercise & Current Events
10am Bible Study
1:30pm Thrifty Thursday Crafts
3pm Dominos
6pm Movie & Popcorn
5

F

9am Exercise & Current Events
10am Scrabble
1:30pm Household Bingo
3pm Golf
6pm Movie & Popcorn
6

S

9am Exercise & Current Events
10am Word Searches
1:30pm Dominos
3pm Weekender basket
6pm Movie & Popcorn
7

9am Exercise & Current Events
10am Weekender basket
2pm Chapel
6pm Movie & Snack
8

9am Exercise & Current Events
10am Dominos
12pm Lunch Bunch
1:30pm Lunch Bunch Bingo
3pm Farkle
6pm Movie & Snack
9

9am Exercise & Current Events
10am Uno
11:30am Red Hat Ladies Lunch
1:30pm Manicures
3pm Word Searches
6pm Movie & Snack
10

9am Exercise & Current Events
10am Hand massages & Memories
1:30pm Quarter Bingo
3pm Music w/ Harry E
6pm Movie & Snack
11

9am Exercise & Current Events
10am Bible Study
12:30pm MHS Singing Valentines
1:30pm Thrifty Thursday Crafts
2:30pm Music with Dave Allen
12

9am Exercise & Current Events
10am Farkle
1:30pm Bingo w/ HBH
2:30pm Cards of Choice
6pm Movie & Snack
13

Valentine's Day
9am Exercise & Current Events
10am Scrabble
1:30pm Valentines Bingo, Heart cookies -N-punch
6pm Movie & Snack
14

9am Exercise & Current Events
10am Weekender Basket
2pm Chapel
6pm Movie & Snack
15

9am Exercise & Current Events
10am Presidential Trivia
1:30pm Snack Bingo
3pm Table Games
6pm Movie & Snack
16

MARDI GRAS
9am Exercise w/ YMCA
10am Mardi Gra Mask Craft
1:30pm Manicures
3pm Farkle
6pm Movie & Snack
17

ASH WEDNESDAY
9am Exercise & Current Events
10am Word Searches
1:30pm Quarter Bingo
2:30pm Party for February Birthdays!
6pm Movie & Snack
18

CHINESE NEW YEAR
9am Exercise & Current Events
10am Bible Study
1:30pm Thrifty Thursday Crafts
4pm-6pm Valentines Sweethearts Swing
19

9am Exercise & Current Events
10am Dominos
1:30pm Household Bingo
3pm Uno
6pm Movie & Snack
20

9am Exercise & Current Events
10am Word Searches & Coffee
1:30pm Painting
3pm Weekender basket
6pm Movie & Snack
21

9am Exercise & Current Events
10am Word Games & coffee
2pm Chapel
6pm Movie & Snack
22

9am Exercise & Current Events
10am Scrabble
1:30pm Snack Bingo
3pm Bunco
6pm Movie & Snack
23

9am Exercise & Current Events
10am Dominos
1:30pm Manicures
3pm Left, Right, Center
5:30-7pm Dementia Support Group
24

9am Exercise & Current Events
10am Farkle
1:30pm Quarter Bingo
3pm Kinect Games
6pm Movie & Snack
25

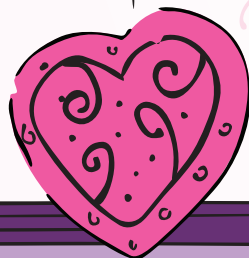
9am Exercise & Current Events
10am Bible Study
1:30pm Thrifty Thursday Crafts
3pm Cards of Choice
6pm Movie & Snack
26

9am Exercise & Current Events
10am Uno
1:30pm Household Bingo
3pm Dominos
6pm Movie & Snack
27

9am Exercise & Current Events
10am Dominos
1:30pm Bingo
3pm Weekender basket
6pm Movie & Snack
28

Our Monthly Birthday Party will be Wednesday February 18th!

February 2015



Birthdays:
Gary M 2/1
Mike L 2/2
Barb M 2/7
David C 2/12
Bob T 2/15
Velma H 2/20
Dorothy H 2/21

Staff Birthdays:
Sheena 2/22