

Spring has Officially Sprung!

We have been enjoying the beautiful weather outside. Our Annual Bickford Chili Cook off was a bowl of fun! We got to sample some tasty chili's and enjoy some good time fellowship. The Residents were to judge the best Chili, & our very own Director Darcy Hansen won First Place! Bickford's Easter Egg Hunt is on Fri. April 3rd at 2:00 pm. Kids of all ages are Welcomed! We will be hosting an Ice Cream Social/Blood Pressure Clinic at the Doniphan Senior Center on Wed. April 15th at 1:30pm. Take a look at all the exciting activities we have planned for this month, everyone is always welcome to join us. - Deb Quick CRD & Crystal Trejo LEC



Grand Island HAPPENINGS.

From The Director's Desk...

Did March come in like a Lion and out like a Lamb for you? I hear this saying every March. Here is some better understanding of what it means. "People often believed that bad spirits could affect the weather adversely, so they were cautious as to what they did or did not do in certain situations. Those beliefs often included ideas that there should be a balance in weather and life. So, if a month came in bad (like a lion), it should go out good and calm (like a lamb).

With March being such a changeable month, in which we can see warm spring-like temperatures or late-season snowstorms, you can understand how this saying might hold true in some instances. We can only hope that if March starts off cold and stormy it will end warm and sunny, but the key word is hope. However, this saying seems to be more of a rhyme rather than a true weather predictor." by Sandi Duncan
Hoping April showers bring May flowers....
Darcy Hansen,
Director

Bickford Beauties...

Elva Dawson is the beauty next to Jen in the picture. Elva has three adult children, Larry (Jill) Dawson of Arvada, CO; Mary Hall of Grand Island, NE and Carla Colleen Schurman of Pennsauken, NJ. She was married to her devoted husband Leonard for almost 55 years! Elva has her Masters Degree in Home Economics, was a dietician at the Lutheran Hospital and she taught nutrition classes at St. Francis as well. Elva will celebrate her 101st birthday on Sept. 8th!

We have been blessed to have the lovely Elva join our Bickford family!

Jennifer Christensen is our Bickford Family Member of the month for April! She has worked at Bickford for six and a half years now. Jen has stated, "what I love most about being at Bickford is the sense of family because of the relationships that have formed between the residents and I and also with my co-workers." Jen has a five year old boy named, Brint and they live in Hastings. She enjoys spending time with her son and she also enjoys her date nights with her grandma who also lives in Hastings. Congratulations Jen! We all appreciate you and what you bring to Bickford Cottage.

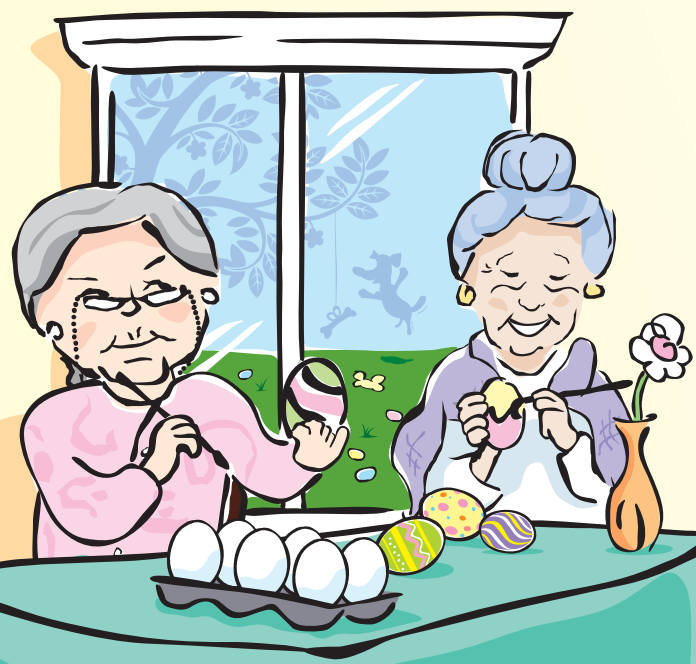


Bickford
assisted living



Learning About TIA's and STROKE's by Judy Sagvold, RN, BSN

Although a TIA or transient ischemic attack "mini stroke" and a stroke are similar they are not the same. A stroke causes symptoms that last for at least 24 hours, while the symptoms caused by a TIA usually improve within 30 minutes. While a TIA is not as severe as a stroke, people who experience a TIA may be at greater risk to have a stroke. Because there is no way to tell whether symptoms are the result of a TIA or a stroke, you should assume that all stroke like symptoms signal an emergency. DO NOT WAIT to see if they go away. Second it is important to recognize a TIA because 1/3 of people with TIA's will go on to have a stroke within 5 years. Both a stroke and a TIA occur when there is a blockage in an artery in the brain or neck. Symptoms: Numbness or weakness on one side of the body especially to the Face, Arm, and Leg. Trouble speaking, thinking, or confusion. Change in vision, dizziness, loss of balance, and severe headache. Risk factors include High Blood pressure, High Cholesterol, Heart disease, smoking and diabetes. Lifestyle changes such as eating a balanced diet, maintaining healthy weight, exercising, and controlling medical conditions can reduce the risk of either a TIA or stroke.



April

S	M	T	W	T	F	S
<p>HAPPY BIRTHDAY:</p> <p>Earleen Moroney 18 Jessica Larraga 1 Jen Christensen 15 Gerry Koepke 17 Rhonda Huntley 23</p> <div style="border: 1px solid black; border-radius: 50%; padding: 5px; width: fit-content; margin: 10px auto;"> <p style="text-align: center; color: red;">Easter</p> <p>9:30 Coffee Chat 10:00 Easter Devotions 2:00 Paint A Picture 4:00 Church 5:30 Sunday Sundaes</p> </div>	<p>APRIL IS:</p> <p>Garden Month Baseball Month Hairstylists Month Volunteer Month Go Fly a Kite Month</p>	<p>8:00 Breakfast Outing 10:00 Shopping Trip 2:00 Van Ride Outing 2:15 Fact or Foolery Game 3:30 Ice Cream Shop 7:00 E-Free Church</p>	<p>9:30 Walking Group 10:00 Easter Egg Dying 1:30 Trinity Lutheran 1:45 Bingo 2:30 Easter Bonnets 6:30 Domino's</p>	<p>10:30 Funercize 11:00 Jelly Bean Prayer 3:00 Easter Egg Hunt & Fun Games 6:30 Cards</p>	<p>9:30 Walkig Group 10:00 Coffee & News 2:00 Wii Bowling Game 6:30 Classic T.V. Shows</p>	<p>9:30 Walking Group 10:00 Coffee & News 2:00 Wii Bowling Game 6:30 Classic T.V. Shows</p>
<p>9:30 Sunday News 10:00 Devotions 2:00 Movie & Popcorn 4:00 Church 5:30 Sunday Sundaes</p>	<p>9:30 Sittercize 10:00 Manicures 2:00 Bingo 3:00 Riddle Me This 6:30 Dominos</p>	<p>9:30 Walking Group 10:00 Bickford Bakers 1:30 Bible Sstudy 2:30 Tuesday Treats 6:30 Cards</p>	<p>9:30 Sittercize 10:00 A.C. & Angeline 12:00 Volunteer Appreciation Lunch 2:00 Reading Group 3:00 Ice Cream Shop 6:30 Uno</p>	<p>9:30 Walking Group 10:00 Giggles Preschool Kids 1:45 Bingo 2:30 Coffee Chat 6:30 Movie & Popcorn</p>	<p>10:30 Funercize 11:00 Crochet / Sewing Corner 2:00 Happy Hour 3:00 Ice Cream Shop 6:30 Cards</p>	<p>9:30 Exercize Video 10:00 Sunroom Social 2:00 Table Games 6:30 Lawrence Welk</p>
<p>9:30 Sunday News 10:00 Devotions 2:00 Movie & Popcorn 4:00 Church 5:30 Sunday Sundaes</p>	<p>9:30 Sittercize 10:00 Manicures 2:00 Cowboy Scott 3:00 Men's Corner 6:30 Puzzle Pals</p>	<p>9:30 Walking Group 10:00 Go Fly A Kite 1:30 Bible Study 2:30 Funny Bone 6:30 Support Group 6:30 Cards</p>	<p>9:30 Sittercize 10:00 Shopping Trip 2:00 Van Ride Outing 3:00 Ice Cream Shop 6:30 Patio Time</p>	<p>9:30 Walking Group 10:00 Resident's Council 1:00 Marleen Behm 2:00 Bingo 6:00 Paul Ramp</p>	<p>10:30 Funercize 11:00 Wheel of Fortune 2:00 Spelling Bee 3:00 Ice Cream Shop 6:30 Cards</p>	<p>9:30 Walking Group 10:00 Coffee & Socol 2:00 Wii Bowling Game 630 Classic T.V. Shows</p>
<p>9:30 Sunday Funnies 10:00 Coffee Chat 2:00 Church 4:00 Church 5:30 Sunday Sundaes</p>	<p>9:30 Sittercize 10:00 Manicures 2:00 Bingo 3:00 Riddle Me This 6:30 Dominos</p>	<p>Cruise The Open Seas 9:30 Walking Group 11:30 Glen Jares 12:00 All Aboard Lunch 1:30 Bible Study 2:30 Gilligan's Island 6:30 Cards</p>	<p>EARTH DAY 9:30 Sittercize 10:00 A.C. & Angeline 11:00 Earth Talk 2:00 Crafty Crew 3:00 Ice Cram Shop 6:30 Uno</p>	<p>9:30 Walking Group 10:00 Balloon Volleyball 1:45 Bingo 2:30 Food For Thought 6:30 Movie & Popcorn</p>	<p>10:30 Funercize 11:00 Tree Talk 2:00 Indoor Garden Planting 3:00 Ice cream Shop 6:30 Cards</p>	<p>9:30 Exercize Video 10:00 Sunroom Social 2:00 Table Games 6:30 Lawrence Welk</p>
<p>9:30 Sunday News 10:00 Devotions 2:00 Movie & Popcorn 4:00 Church 5:30 Sunday Sundaes</p>	<p>9:30 Sittercize 10:00 Manicures 2:00 Bingo 3:00 Men's Corner 6:30 Puzzle Pals</p>	<p>9:30 Walking Group 10:00 Bible Study 1:30 Bible Study 2:30 Blueberry Pie Day 6:30 Cards</p>	<p>9:30 Sittercize 10:00 Catholic Mass 10:00 Shopping Trip 2:00 Van Ride Outing 3:00 Ice Cream Shop 6:30 Patio Time</p>	<p>9:30 Walking Group 10:00 Baseball Fun 1:45 Bingo 2:30 Wine & Cheese Social 6:30 Domino's</p>		