



### SPOTLIGHT OF THE MONTH FOR DECEMBER.....ARNOLD THE ELF

Arnold the Elf sure has been a delight to have around during the month of December and thanks again to Lynda from Hospice Community Care for sharing the Elf. Thanks to one of our residents "Art Bossard" for coming up with the name. Arnold hides in a new spot every day and sometimes he can be naughty and sometimes nice. The residents have so much fun looking for him every day and the Bickford Family Members even have fun looking for him. Thanks to Arnold for being such a good sport and hanging out at Bickford till Christmas, we sure have enjoyed having him around.

# Lincoln HAPPENINGS

## NEW PODIATRIST

To get a better schedule for the Podiatrist visit, we will be changing to Dr. Brock Angelos. This will be a more consistent and set schedule. Kari will be sending a new consent form once she receives them. You will need current insurance info and forms will need to be received by January 31st. Plans are to potentially have the first visit sometime in February. If your insurance requires a co-pay, that payment is due at time of service. If you have any questions regarding this please see Kari or Kaylee.

Also remember that this is Cold & Flu season, so please sanitize hands when coming in. Please do not visit loved ones if you have any cold or flu symptoms. Eat and Drink healthy foods. Eating well-balanced meals and drinking plenty of fluids will help your body stay warm and healthy this winter. \*Eat plenty of fruits and vegetables. \*Drink plenty of warm fluids, like tea or broth. \*Avoid alcoholic and caffeinated beverages. These examples can give your immune system a boost and help prevent illness during colder months.



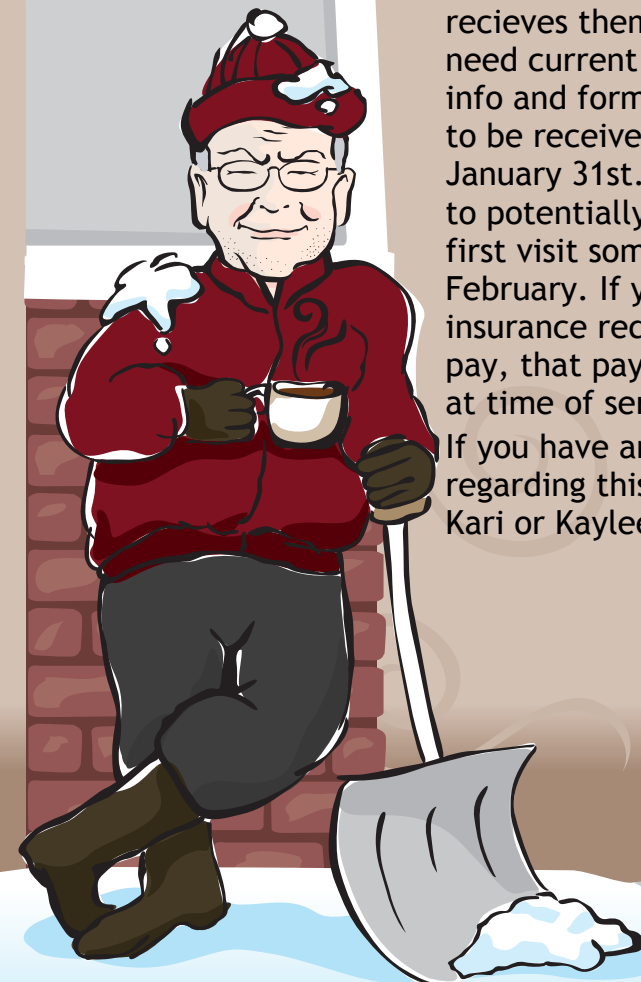
## DECEMBER HAPPENINGS

### CHRISTMAS TEA 2015



We celebrated December with our annual Christmas Tea. Thanks to Renee's husband for being Santa and to Lynda from Hospice Community Care for playing the Elf and reading the story "Elf on the Shelf". (They are pictured to the left on the bottom). Pictured on far left is Pat Callies great granddaughter, the winner of the kids prize and to the right of that is Viola one of our residents, the winner of the adult prize. Every one enjoyed all the goodies.

The goodies were made by one of our PRN Cooks, Rachel.. There has been a variety of music and Christmas Sing alongs, Life Lowry Organ Group, Tom Roth, Bill Chrastil, Joyfully Sing and many more. Residents had an outing to see the Christmas lights and a Christmas Party Breakfast. New Years Eve we had a party in the afternoon celebrating with wine and cheese.



**JANUARY BIRTHDAYS**

**RESIDENTS BIRTHDAYS**

BRENDA BORMAN 1/9  
 LORENE BRANDT 1/9  
 TRIX DORENBACH 1/25

**BICKFORD FAMILY MEMBERS**

BOBBIE WILLIAMS 1/4  
 BRENDA HOFFMAN 1/15  
 CAMSUZE GRANDOIT 1/20  
 ANGELA KADAVY 1/23

**\*\*REMINDER\*\***  
 PLEASE BE AWARE OF YOUR SURROUNDINGS WHEN ENTERING AND EXITING THE BUILDING TO NOT LET ANY ONE OUT THE DOOR. ANY QUESTIONS PLEASE SEE A BICKFORD FAMILY MEMBER.



S M T W T F S

January

9:00 Reach Out & Live (ch 6)  
 10:00 Devotions  
 10:30 Catholic Comm  
 2:00 Ice Cream Social  
 6:30 Bean Bag Toss 31

9:00 Reach Out & Live (ch 6)  
 10:00 Devotions  
 10:30 Catholic Comm  
 2:00 Take Down Christmas Decorations  
 6:30 Bean Bag Toss 3

9:00 Reach Out & Live (ch 6)  
 10:00 Devotions  
 10:30 Catholic Comm  
 2:00 Weird Foods Day  
 6:30 Golden Globe Awards 10

9:00 Reach Out & Live (ch 6)  
 10:00 Devotions  
 10:30 Catholic Comm  
 2:00 Card Making  
 6:30 Bean Bag Toss 17

9:00 Reach Out & Live (ch 6)  
 10:00 Devotions  
 10:30 Catholic Comm  
 2:00 Sing Along CD  
 3:00 Pro Bowl  
 6:30 Bean Bag Toss 24

9:45 Exercise Video  
 10:30 Trivia  
 1:30 Manicures  
 4:00 Family Fued(ch 6)  
 6:30 Fun w/Food National Oatmeal Month 4

9:45 Exercise Video  
 10:30 Capital Humane Society Pet Therapy  
 1:30 Manicures  
 4:00 Family Fued ch 6)  
 6:30 Fun w/ Food Rhubarb Day 11

9:45 Exercise Video  
 10:30 Trivia-Martin Luther King Jr. Day  
 1:30 Manicures  
 4:00 Family Fued(ch 6)  
 6:30 Fun w/Food National Hot Tea Month 18

9:45 Exercise Video  
 10:30 Capital Humane Society Pet Therapy  
 1:30 Manicures  
 4:00 Family Fued(ch 6)  
 6:30 Fun w/ Food Snickerdoodle Day 25

9:45 Coffee Club  
 10:30 Core Exercises  
 2:00 Bingo w/ Diane  
 4:00 Family Fued(ch 6)  
 6:30 Sing along DVD 5

9:45 Coffee Club  
 10:30 Core Exercises  
 2:00 Bingo w/Pam  
 4:00 Family Fued(ch 6)  
 6:30 Just Us 12

9:45 Coffee Club  
 10:30 Core Exercises  
 2:00 Bingo w/ Nan & Diane  
 4:00 Family Fued(ch 6)  
 6:30 Just Us 19

9:45 Coffee Club  
 10:30 Core Exercises  
 2:00 Bingo w/ Pam  
 4:00 Family Fued(ch 6)  
 6:30 Just Us 26

9:45 Let's Walk  
 10:00 Penny Ante  
 2:00 Paul Ramp  
 4:00 Family Fued(ch 6)  
 6:30 Documentary "How the States got their shape" 6

9:45 Let's Walk  
 10:00 Penny Ante  
 2:00 Old Time Music  
 4:00 Family Fued(ch 6)  
 6:30 Documentary "The Truth Behind the Ark" 13

9:45 Let's Walk  
 10:00 Penny Ante  
 2:00 The Rockenbachs  
 4:00 Family Fued(ch 6)  
 6:30 Documentary "Nature:Penguin Post Office" 20

9:45 Let's Walk  
 10:00 Penny Ante  
 2:00 The Clefs  
 4:00 Family Fued(ch 6)  
 6:30 Documentary "The Truth Behind Atlantis" 27

9:45 Alaska Trivia  
 10:00 Chapel Services  
 2:00 Alaska Day w/Ted Decker  
 3:00 Resident Shopping  
 6:30 Bingo w/ Pam 7

9:45 Spain Trivia  
 10:00 Chapel Services  
 2:00 Spain Day w/ Taran Braman  
 6:30 Bingo w/Pam 14

9:45 Africa Trivia  
 10:00 Chapel Services  
 2:00 Africa Day w/ Tiffany  
 6:30 Bingo w/Pam 21

9:45 Hawaii Trivia  
 10:00 Chapel Services  
 2:00 Hawaii Day  
 6:30 Bingo w/Pam 28

9:45 New Years Day Trivia  
 10:30 Yoga w/Anita  
 NOON Citrus Bowl (ABC)  
 4:00 Rose Bowl (ESPN)  
 7:30 Sugar Bowl (ESPN)  
 New Year's Day

9:45 Food Council Meeting  
 10:30 Yoga w/Anita  
 2:00 Wayne Miller  
 6:30 English Toffee Day 8

9:45 Reminiscing  
 10:30 Yoga w/Anita  
 NOON Mens Luncheon  
 2:00 Movie & Popcorn  
 6:30-8:30 PJ Party 15

9:45 Reminiscing  
 10:30 Yoga w/Anita  
 NOON Mens Luncheon  
 1:30 Resident Shopping  
 2:00 Movie & Popcorn  
 6:30 Bagel Bird Feeders 22

9:45 Reminiscing  
 10:30 Yoga w/Anita  
 NOON Mens Luncheon  
 2:00 Movie & Popcorn  
 6:30 Bagel Bird Feeders 29

9:45 Weightlifting  
 10:30 First Time for Everything Trivia  
 2:00 Crafts  
 6:30 Dick Van Dyke 2

9:45 Weightlifting  
 10:30 Jokes  
 2:00 Monthly Birthday Party w/ Dick Patterson  
 6:30 Dick Van Dyke 9

9:45 Weightlifting  
 10:30 S'more Saturday  
 2:00 Crafts  
 6:30 Dick Van Dyke 16

9:45 Weightlifting  
 10:30 Jokes  
 2:00 National Pie Day  
 6:30 Dick Van Dyke 23

9:45 Weightlifting  
 10:30 Lone Ranger Day  
 2:00 Inspire your heart with Art  
 6:30 Dick Van Dyke 30

Chocolate Cake Day 27