

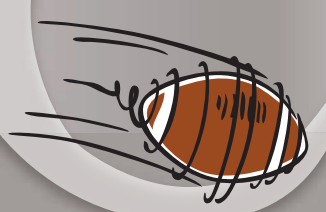


### Irene Bixenmann's Easy Runzas...

1 lb. ground beef  
 1 small head cabbage, shredded  
 1 small onion chopped  
 1/4 tsp. black pepper  
 2 tsp. salt (adjust according to taste) and garlic salt  
 1 tube pizza crust  
 Brown ground beef and onion, add pepper and 1 tsp salt. Add shredded cabbage and remaining salt, cover and cook about 20 min. Roll out pizza crust to rectangle. Top with beef/cabbage mixture. Roll up cinnamon roll style. Bake according to pizza crust directions. Remove, baste with butter and garlic salt. Slice and enjoy! P.S. Irene's family said if she made these for you then you were one of her special people. =)



# Grand Island HAPPENINGS SEPTEMBER



## Falling into Fun with Activities

"BeLeaf" it or not...Fall is here! The days might be getting shorter, but that won't stop us from having a good time with all the activities planned for this month. One of these events will be a Pajama Party with the Grandkids on Friday Sept. 9 at 6:30pm. Come dressed in your favorite Pj's. We will decorate cookies, and then snuggle in & watch a movie with Grandma &/or Grandpa. Every year we participate in National Assisted Living Week. This is a great time to celebrate all the great things about Assisted Living. We plan a theme for each day for the week, and ask all the Resident's, employees & families to participate. Please take a look at the calander for more details. Here is a quick summary of the theme days.

- Monday: School Days-** wear what you might have worn for your elementary school pictures.
- Tuesday: Hollywood Day-** Dress to the nine & walk Bickford's red carpet.
- Wednesday: Wacky Hat Day-** Find your silliest hat to wear & you might win a prize!
- Thursday: Big Red Day-** Dress in your favorite Husker t-shirt/outfit.
- Friday-50's Day-** Dust off your poodle skirts, and leather jackets & get ready for the sock hop from 5-7pm with live music from Ben Gaper-One Man Band. If you have any questions or would like to help out in anyway please contact Crystal Trejo, LEC.



## From the Director's Desk...

September is a month of Autumn sports beginning, school getting back into full swing, another State Fair in the books, Assisted Living Week and cool evenings. So much to look forward to and so much to look forward to at Bickford of Grand Island. Check out this month's activities. Remember the importance of laughter? Read more about how good a jolly laugh is for your health. Each month we will be featuring a resident/families favorite recipe. Stay tuned for some yummy meal ideas!

Here are some fun September facts...

1. The birthstone for September is the sapphire.
2. The birth flower for September is the morning glory.
3. National Chicken Month
4. National Rice and Potato Month
5. September 8 - Pardon Day
6. September 13 - Uncle Sam Day (his image was first used in 1813)
7. September 16 - Mexican Independence Day
8. On September 1, 1939, World War II began in Europe because the German troops invaded Poland.

Blessings, Darcy Hansen, Director





# Laughter is the Best Medicine

# September

S M T W T F S

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress.

Best of all, this priceless medicine is fun, free, and easy to use.

"Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health."

- Paul E. McGhee, Ph.D.

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

## HAPPY BIRTHDAY:

Elva Dawson-8  
BettyJelineck-12  
Stephanie Penner-14  
Esther Dupue-18  
Norma Kreutz-29

## Happy Bickford Anniversary

\* Mike Ponte - 5 years  
\* Felicia Ramirez - 2 years



9:30 Devotions  
10:00 Peace Luthern Dvd Service  
2:00 Table Games  
4:00 Church  
6:00 Funniest Home Videos

9:30 Walking Group  
10:00 Bickford Bakers  
1:30 Bible Study  
2:30 Trivia & Treats  
6:30 Noodle Ball

9:30 Sit & Be Fit  
10:00 Music-A.C. & Agelin  
2:00 Painting to Music  
3:00 Ice Cream Social  
6:30 Matching Game

9:30 Walking Group  
10:00 Giggles Preschool Kids  
1:45 Bingo  
2:45 Chicken Soup For the Soul  
6:30 Mini Golf

9:30 Walking Group  
10:00 Welcome September  
1:45 Bingo  
2:45 Telephone Game  
3:30 Companion Time  
6:30 Fall Craft

**HUSKER FRIDAY**  
9:15 Fitness Fun  
9:45 Shopping Trip  
11:00 Football Toss  
2:00 Scenic Drive  
3:00 Ice Cream Social  
6:30 Family Fued

9:30 Exercise Video  
10:00 Morning Gathering  
2:00 Card Games  
3:00 Bistro Buddies  
6:30 Tailgate Party  
7:00 Ne. vs. Fresno State (BTN)

**Grandparent's Day!**  
9:30 Devotions  
10:00 Peace Luthern Dvd Service  
2:00 GrandFun Games!  
4:00 Church  
6:30 Movie & Popcorn

**SCHOOL DAYS**  
9:30 Pledge Allegiance  
10:00 Yearbook Craft  
11:00 School Pictures  
1:45 Bingo  
3:00 Show & Tell  
6:30 Coloring Circle

**HOLLYWOOD DAY**  
9:30 Walking Group  
10:00 Geuss Who ??  
1:30 Bible Study  
2:30 Red Carpet  
6:00 Cloggers Dancing  
6:30 Support Group

**WACKY HAT DAY**  
9:30 Hat Dance  
10:00 Funny Hat Relay  
2:00 Vintage Hats by-Sturh Museum  
3:00 Ice Cream Social  
6:30 Music-Paul Kotke

**BIG RED DAY**  
9:30 Football Toss  
10:00 Game Trivia  
1:00 Music-Marlene B.  
2:00 Big Bang Bingo  
3:00 Big Red Treats  
6:00 Music- Paul Ramp

**50's Day**  
9:30 Walk & Roll  
10:00 Carnival Games  
12:00 Bickford's Diner  
2:00 Soda Shop  
5-7pm Family Fun Music-ben Gasper

9:30 Exercise Video  
10:00 Morning Gathering  
2:00 Tailgate Fun  
2:30 Ne.vs. Oregon (ABC)  
6:30 Lawrence Welk

9:30 Devotions  
10:00 Peace Luthern Dvd  
2:00 Word Searches  
4:00 Chuurch  
5:00 Voices of the Rock  
6:30 Funniest Videos

10:30 Sittercise  
11:00 Current Events  
1:45 Bingo  
2:00 Manicures  
6:30 Minute to Win It

9:30 Walking Group  
10:00 Bickford Bakers  
1:30 Bible Study  
2:30 Trivia & Treats  
6:30 Beanbag Toss

9:30 sit & Be Fit  
10:00 Music-A.C. & Angelin  
2:00 Reminiscing Time  
3:00 Ice Cream Social  
6:30 Midweek Movie & Popcorn

9:30 Resident Walk-A-Thon  
10:00 Ballon Volleyball  
1:45 Bingo  
2:45 Wine & Cheese Social  
6:30 Alzheimer's Walk

9:15 Fitness Fun  
9:30 Shopping Trip  
11:00 Lunch Bunch Outing  
2:00 Happy Hour  
6:30 Triominos

9:30 Walk & Talk  
10:00 Coffee & Chat  
2:00 Puzzle Pals  
3:00 Refreshments  
6:30 Ne. vs. Northwestern (BTN)

9:30 Devotions  
10:00 Peace Luthern Dvd  
2:00 Table Games  
4:00 Church  
6:30 Movie & Popcorn

10:30 Sittercise  
11:00 Morning News  
1:45 Bingo  
2:00 Manicures  
6:30 Johnny Appleseed Day

9:30 Walking Group  
10:00 Bickford Bakers  
1:30 Bible Study  
2:30 Birthday Bash  
6:30 Parachute Fun

9:30 Sit & Be Fit  
10:00 Catholic Mass  
10:00 Name That Tune  
2:00 Reading Group  
3:00 Ice Cream Social  
6:30 Family Game Night

9:30 Walking Group  
10:00 Internet Travel  
1:45 Bingo  
2:45 Belly Laughs  
3:30 Companion Time  
6:30 Ring Toss

9:30 Fitness Fun  
10:00 Wheel of Fortune  
2:00 Beat The Dealer  
3:00 Ice Cream Social  
6:30 Table Ping Pong

