

SPOTLIGHT OF THE MONTH for SEPTEMBER.....
**JANETTE MEFFORD (THE WEEK OF SEPTEMBER 11th-17th
 NATIONAL HOUSEKEEPING WEEK)**

When you see our Housekeeper give her a big THANKS!! Janette has been with Bickford since August 2007. Janette works days Mon-Fri and helps serve coffee and drinks every morning and is always willing to help take breakfast orders. , help with serving at lunch or wherever else she may be needed. Janette has helped on outings to various places and participates in our special days and events. We have had some cook-offs and Janette has been a big winner at those!! So not only can she clean, but she is a good cook too!!! Thanks Janette for being part of the Team and for all your hard work & dedication!!!



OUTINGS VISITORS & CELEBRATIONS



Pictured far left is one of our outings to Apple Bees for lunch and the other is of our outing to Village Inn for Pie. We have had a lot of great comments on the outings and have lots of suggestions on places to go. Also pictured is Sondra one of our (Day MA's) and Janette (Housekeeper) holding some puppies that Janette's niece brought in to share. Everyone really enjoyed that, they were just so adorable!! Thanks Janette!!

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NATIONAL HOUSEKEEPING WEEK,**

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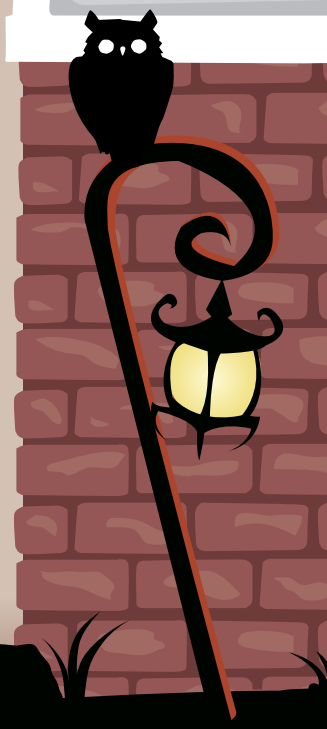
Pictured on bottom is one of our residents Deanna Eversoll and her husband Duane celebrating 59 years!! Wow that is wonderful and thanks for sharing cake with everyone!!



FLU SHOT CLINIC
 will be 1st Tuesday in November, forms will be in the beginning of October. If you would like your loved one to receive a flu shot at Bickford please see Kari or Kaylee for a form or for any questions.

HOW TO BE MORE RESILIENT....when life is full of challenges.
 **Adjust your vision- Focus on what is good in your life, knowing that many people in the world don't have what they need. Think about helping someone else who has a problem.
 **Believe in yourself- When you have a problem, try not to think, "I can't do this." Instead, remember how you overcame a challenge in the past.
 **Connect with others- talk over your problems with friends or loved ones.
 **Face the Facts- Accepting major life changes can make it easier to move forward.

WEATHER CHANGES
 Cooler weather means time to dress warmer. If you are bringing in warmer clothing for your loved ones, please remember to remove the summer clothing. Clutter can often lead to falls. Also if you are bringing bird seed, please put in containers.



OCTOBER BIRTHDAYS

RESIDENT BIRTHDAYS

MARY PEO 10/8
 SANDY SCHMOKER 10/13
 ESTHER MEYER 10/23
 DEANNA EVERSOLL 10/31

BICKFORD FAMILY MEMBER BIRTHDAYS

ALEXIS KEISER 10/1
 JAMI DEFFENBAUGH 10/1
 LYNN GENRICH 10/9
 BRIANNA JONES 10/10
 MELISSA URBAUER 10/12
 ELAINEA PEREZ 10/13
 SARAH SUGHROUE 10/16
 CANDICE TOOMBS 10/18
 JACKIE PODRAZA 10/18
 DEANNA STEWARD 10/18

****REMINDER** PLEASE CHECK WITH A BICKFORD FAMILY MEMBER BEFORE LETTING ANY ONE OUT THE DOOR. THIS IS FOR THE SAFETY OF OUR RESIDENTS!! THANK YOU**



9:45 Balloon Toss
 10:15 Devotions
 10:30 Catholic Comm
 2:00 Candy Corn Day
 6:30 Murder Mystery Month "Murder She Wrote" DVD 30

9:45 Balloon Toss
 10:15 Devotions
 10:30 Catholic Comm
 2:00 Halloween Door Hangers
 6:30 Murder Mystery Month "Columbo" N 2

9:45 Balloon Toss
 10:15 Devotions
 10:30 Catholic Comm
 2:00 Pop, Pop, Pop Day
 6:30 Murder Mystery Month "KOJAK" H 9

9:45 Balloon Toss
 10:15 Devotions
 10:30 Catholic Comm
 2:00 The Kramer Sisters
 6:30 Murder Mystery Month "Rockford Files" N 16

9:45 Balloon Toss
 10:15 Devotions
 10:30 Catholic Comm
 2:00 Eatin Pumpkin Day
 6:30 Murder Mystery Month "The Twilight Zone" N 23

9:45 Exercise Video
 10:30 Potato Peeling
 2:00 Halloween Party
 5:30 Trick or Treaters
 7:30 Movie "Hocus Pocus" DVD
HALLOWEEN 31

9:45 Morning Stretches
 10:15 Welcome to October
 10:30 Potato Peeling
 1:30 Manicures
 6:30 Apple Cider & Trivia by the Fireplace 3

9:45 Morning Stretches
 10:15 Potato Peeling
 10:30 Pet Therapy w/Capital Humane Society
 1:30 Manicures
 6:30 Apple Cider & Trivia by the Fireplace 10

9:45 Outing for Fall Drive
 10:30 Potato Peeling
 1:30 Manicures
 6:30 Apple Cider & Trivia by the Fireplace 17

9:45 Morning Stretches
 10:15 Potato Peeling
 10:30 Pet Therapy w/Capital Humane Society
 1:30 Manicures
 3:00 Resident Council Meeting
 6:30 Apple Cider & Trivia by the Fireplace 24

9:45 Coffee Club
 10:30 Did You Know?
 2:00 Bingo w/ Nan & Diane
 6:30 Lawrence Welk H 4

9:45 Coffee Club
 10:30 Did You Know?
 2:00 Bingo w/Pam
 6:30 Just Us 11

9:45 Coffee Club
 10:30 Did You Know?
 NOON Resident Choice Meal
 2:00 Bingo w/Nan & Diane
 6:30 Just Us 18

9:45 Coffee Club
 10:30 Did You Know?
 2:00 Bingo w/ Pam
 6:30 Just Us 25

9:45 Let's Walk
 10:15 Murder Mystery Month/Current Events
 2:00 Bill Chrastil
 6:00 Movie "The Ghost & Mr. Chicken" DVD 5

9:45 Let's Walk
 10:15 Family History
 2:00 Old Time Music
 6:00 Movie "To Catch A Thief" N
FAMILY HISTORY DAY 7

9:45 Let's Walk
 10:15 Murder Mystery Month/Current Events
 2:00 The Rockenbachs
 6:00 Movie " Practical Magic" N 19

9:45 Let's Walk
 10:15 Murder Mystery Month/Current Events
 2:00 The Clefs Senior Band
 6:00 Movie " Young Frankenstein" DVD 26

9:45 Today in History
 10:15 Chapel Services
 2:00 Fun W/Food Oktoberfest
 6:30 Bingo w/Pam 6

9:45 Today in History
 10:15 Chapel Services
 1:30 Outing to "The Nebraska History Museum"
 6:30 Bingo w/Pam 13

9:45 Today in History
 10:15 Chapel Services
 2:00 Life Lowry Organ Group
 6:30 Bingo w/Pam 20

9:45 Today in History
 10:15 Chapel Services
 2:00 Fun W/ Food (Food Named After Places)
 6:30 Bingo w/Pam 27

9:45 Food Council Meeting
 10:00 Catholic Comm
 10:30 Yoga w/Anita
 NOON Men's Luncheon
 2:00 Movie & Popcorn
 6:00 Painting Pumpkins w/Candy 7

9:45 Crantastic Day
 10:30 Yoga w/Anita
 NOON Men's Luncheon
 1:30 Resident Shopping
 2:00 Movie & Popcorn
 6:30 Dominoes or Adult Coloring 14

9:45 Sweet Foods Day
 10:30 Yoga w/Anita
 NOON Men's Luncheon
 2:00 Movie & Popcorn
 6:30 Dominoes or Adult Coloring 21

9:45 Oatmeal Day
 10:30 Yoga w/Anita
 NOON Men's Luncheon
 1:30 Resident Shopping
 2:00 Movie & Popcorn
 6:30 Dominoes or Adult Coloring 28

9:45 Weightlifting
 10:30 Spelling Bee
 2:00 Tailgate Party
 2:30 NE vs. Illinois
 6:30 World Card Making Day 1

9:45 Weightlifting
 10:30 Spelling Bee
 2:00 Monthly Birthday Party w/Dick Patterson
 6:30 Fluffernutter Day
NO GAME TODAY 8

9:45 Weightlifting
 10:30 Spelling Bee
 2:00 Tailgate Party
 2:30 NE vs. Indiana Hoosiers
 6:30 Decorate Cupcakes 15

9:45 Weightlifting
 10:30 Spelling Bee
 2:00 Any Card Game
 6:30 National Nut Day
NE vs. Purdue TBA 22

9:45 Weightlifting
 10:30 Spelling Bee
 2:00 Ball Point Pen Day w/ Flower Pen Craft
 6:00 NE vs. Wisconsin (ABC)
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