

Bickford Friendship Company

Our Friendship Company for October is Juice Plus. Our own Kathy Moore was introduced to it about 12 years ago and was "sold" on the products because of their proven health benefits in a world where many people have poor eating habits. Juice Plus is a supplement made from fruits, vegetables and grains and put into chewable or capsule form. This company also markets the "Tower Garden" we have on our courtyard patio. It has produced many vegetables and herbs we have been able to use for meals for our residents. In addition to Kathy's duties here at Bickford, we are excited to learn more about health and nutrition from her. Thanks for being our Bickford Buddy!

Great Grandparent's Day!



Bickford Happynings

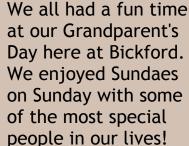
What's going on?

*Halloween Party** We hope your families can join us for an afternoon of tricks and treats!

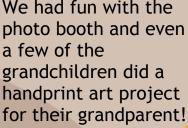
Sunday, Oct. 30th *Trick-or-Treat 2pm* *Magician 3pm*

FluShot Clinic

Be prepared for flu season! Bickford will be offering flu shots on October 4th & 5th to residents and BFMs each day from 2:00-3:30pm. Sign-up sheet will be on the **Activity Board**

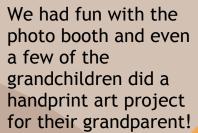














Our Spotlight BFM this month is Dawn Sutherland, Dawn, certified R.N. comes to Bickford with broad knowledge in the health care field working for Dr. Lockhart as a triage rse, working in the Chool School istrict as a school nurse, working as a dialysis nurse at lessing & Hannibal Regional Spitals and most recently as an R.N.at Sunset Home, where she's worked for the ast 6 years. Growing up in Quincy and Mendon, Dawn attended both Quincy Public Schools, as well

as, Mendon Schools.

Dawn earned her R.N. certification from John Wood Community College.

Dawn has four grown children; Brandon, Jeremy, Zach and Courtney. She is also blessed with 2 grandchildren; Alicen and Christian. Dawn is an animal lover and while she was growing up she showed animals at many fairs and contests. When Dawn isn't at Bickford she enjoys showing her dogs, doing yardwork and spending time with her family. You're doing a great job, Welcome Dawn!











10:30am-Catholic TV Mass Halloween Party

2:00pm-Trick-Or-Treat 3:00pm-Bernie Andrew Magician Performs

Service

10:30am-Catholic TV

Mass

10:30am-Catholic TV

Mass

Service

2:00pm-Worship

Service

2:00pm-Worship

30

10:30am-Catholic TV 10:00am-Exercise 10:30am-Trivia Time Mass 11:00am-Adult 2:00pm-Worship Coloring

1:30pm-Bingo

Happy Halloween

10:00am-Exercise

10:30am-Halloween Trivia

11:00am-Halloween

1:30pm-Bingo

Crafting

10:00am-Exercise 10:30am-Trivia Time 11:00am-Crazy 8's **Card Game**

1:30pm-Bingo

Ruth Holtman Birthday

10:00am-Exercise 10:30am-Trivia Time 11:00am-Creative Crafting with Sue 1:30pm-Bingo

17

10

3

9:30am-Exercise 10:00am-Trivia Time 10:30am-Sue Keller **Performs**

1:30pm-Bingo

10:00am-Exercise 10:30am-Coffee Club Talk & Trivia 2:00pm-Courtyard Stroll 2:30pm-Popcorn & A Movie

10:00am-Exercise

10:30am-Coffee Club

2-3:30pm-Flu Shots

3:00pm-Dedes

Talk & Trivia

Perform

10:00am-Exercise 10:30am-Coffee Club Talk & Trivia 2:00pm-Cards in the Living Room 3:00pm-Dedes Perform

10:00am-Exercise 10:30am-Coffee Club Talk & Trivia

2:00pm-Courtyard Stroll 2:30pm-Popcorn & A Movie

9:30am-Exercise 10:00am-Hydration & **Happynings** 10:30am-Devotions 1:30pm-Manicures & Hand Massage

Family History Day

9:30am-1:30pm-Golden

0:00am-All about

Family Stories

10:30am-Devotions

1:30pm-Manicures

10:00am-Hydration &

10:30am-Devotions

1:30pm-Manicures

6:15pm-LifepointYouth

Group Fun & Games

9:30am-Exercise

10:00am-Hydration &

2:00pm-Mass

Happynings

9:30am-Exercise

Games at Senior Center

:30am-Exercise

10:30am-Rosary 11:00am-Games in the Living Room 1:30pm-Resident **Council Meeting** 3:15pm-Games with 2-3:30pm-Flu Shots Gary

12

Cleone McClellandBday Jean Arment Birthday 10:00am-Exercise 10:30am-Yatzee in the Living Room 1:15pm- More Manicures 2:00pm-Games with

Garv

10:00am-Exercise

10:00am-Exercise 10:30am-Trivia Time 11:00am-Dice Games

2:00pm-Games with Gary 2:30pm-Popcorn on the Porch 20

10:00am-Exercise 10:30am-Yatzee in the Living Room 11:15am-Rosary 1:30pm-Humane Society Puppy Visit Gary

10:00am-Exercise 10:30am-Mindstretchers 11:00am-Porch Stories

1:30pm-Bingo

October

9:30am-Exercise 10:00am-Mindstretchers

7

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10:30am-Joyful **Sounds Performs**

1:30pm-Bingo

10:00am-Exercise 10:30am-Mindstretchers 11:00am-Porch Stories

1:30pm-Bingo

9:30am-Exercise 10:00am-Mindstretchers 10:30am-Bingo

2:00pm-Volunteer **Voices Performs**

2:00pm-Jewel Rinne On Keyboard

7:00pm-Lawrence Welk in the Living Room

7:00pm-Lawrence Welk in the Living Room

8

7:00pm-Lawrence Welk in the Living Room

15

Elizabeth CowderyBday

2:00pm-George **Knight on Piano**

7:00pm-Lawrence Welk in the Living Room

6:15pm-Worship Service

7:00pm-Lawrence Welk in the Living Room 29

Mass

10:30am-Catholic TV

2:00pm-Worship Service

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Happynings 10:30am-Devotions 1:30pm-Manicures

& Hand Massage

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2:00pm-Games with