



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!



Bickford Happynings
What's going on? Great Grandparent's Day!

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

We all had a fun time at our Grandparent's Day here at Bickford. We enjoyed Sundaes on Sunday with some of the most special people in our lives!



We had fun with the photo booth and even a few of the grandchildren did a handprint art project for their grandparent!



October 2016 Newsletter

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 nurse, working in the Liberty School District as a school nurse, working as a dialysis nurse at Blessing & Hannibal Regional Hospitals and most recently as an R.N. at Sunset Home, where she's worked for the past 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

30



Happy Halloween

10:00am-Exercise
10:30am-Halloween
Trivia
11:00am-Halloween
Crafting
1:30pm-Bingo

31



10:00am-Exercise
10:30am-Coffee Club
Talk & Trivia
2-3:30pm-Flu Shots
**3:00pm-Dedes
Perform**

4



9:30am-Exercise
10:00am-Hydration &
Happynings
10:30am-Devotions
1:30pm-Manicures
& Hand Massage
2-3:30pm-Flu Shots

5



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

6



October

10:00am-Exercise
10:30am-Mindstretchers
11:00am-Porch Stories
1:30pm-Bingo

7



2:00pm-Jewel Rinne
On Keyboard

7:00pm-Lawrence
Welk in the
Living Room

1

10:30am-Catholic TV
Mass
2:00pm-Worship
Service

2

10:00am-Exercise
10:30am-Trivia Time
11:00am-Adult
Coloring
1:30pm-Bingo

3

10:30am-Catholic TV
Mass
2:00pm-Worship
Service

9

10:00am-Exercise
10:30am-Trivia Time
11:00am-Crazy 8's
Card Game
1:30pm-Bingo

10

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

11

Family History Day

9:30am-Exercise
9:30am-1:30pm-Golden
Games at Senior Center
10:00am-All about
Family Stories
10:30am-Devotions
1:30pm-Manicures

12

**Cleone McClelland Bday
Jean Arment Birthday**

10:00am-Exercise
10:30am-Yatzee in
the Living Room
1:15pm- More Manicures
2:00pm-Games with
Gary

13

9:30am-Exercise
10:00am-Mindstretchers
**10:30am-Joyful
Sounds Performs**

14

7:00pm-Lawrence
Welk in the
Living Room

15

10:30am-Catholic TV
Mass
2:00pm-Worship
Service

16

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

17

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

18

9:30am-Exercise
10:00am-Hydration &
Happynings
10:30am-Devotions
1:30pm-Manicures
2:00pm-Mass
6:15pm-Lifepoint Youth
Group Fun & Games

19

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-Mindstretchers
11:00am-Porch Stories
1:30pm-Bingo

21

Elizabeth Cowdery Bday

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

7:00pm-Lawrence
Welk in the
Living Room

22

10:30am-Catholic TV
Mass
2:00pm-Worship
Service

23

9:30am-Exercise
10:00am-Trivia Time
10:30am-Sue Keller
Performs
1:30pm-Bingo

24

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

25

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

26

10:00am-Exercise
10:30am-Yatzee in
the Living Room
11:15am-Rosary
1:30pm-Humane Society
Puppy Visit
2:00pm-Games with
Gary

27

9:30am-Exercise
10:00am-Mindstretchers
10:30am-Bingo
**2:00pm-Volunteer
Voices Performs**

28

6:15pm-Worship
Service
7:00pm-Lawrence
Welk in the
Living Room

29