



SPOTLIGHT OF THE MONTH...ALZHEIMER'S WALK
 THANKS TO ALL WHO PARTICIPATED IN THE WALK AND WE COULDN'T HAVE ASKED FOR A NICER DAY!!!
 THANKS TO OUR RESIDENTS FOR HELPING OUT AT THE BOOTH (PAM TURNER, TRIX DORENBACH, SANDY SCHMOKER). THANKS TO ALL THE BICKFORD FAMILY MEMBERS AND RESIDENTS AND THEIR FAMILIES FOR ALL THE DONATIONS AND SUPPORT. MORE THAN 5 MILLION AMERICANS ARE LIVING WITH ALZHEIMER'S AND THE NUMBERS WILL ESCALATE IN THE COMING YEARS. IN 2016 ALZHEIMER'S AND OTHER DEMENTIAS WILL COST THE NATION \$236 BILLION. ALZHEIMER'S IS ONE OF THE COSTLIEST CHRONIC DISEASES TO SOCIETY. IN 2050 IT IS ESTIMATED TO COST MORE THAN \$1 TRILLION.



SEPTEMBER & OCTOBER ACTIVITIES



HAPPENINGS AT LINCOLN

Thanks to all the residents and their families for sharing recipes and pictures on Family History Day. We are in the works of a Bickford Cookbook. Due to the weather we have had to twice cancel zoo outing but made it up with an outing for ice cream (which seemed to be the overall consensus). If you plan to take your loved one out over the Thanksgiving Holiday or if you plan on eating dinner with them, please let us know, this helps in making sure residents cares and safety are met. It will also help in the meal planning. For the cost of Holiday Meals see any BFM.

Pictured on left is the baby shower for Kaylee, RN; Christina, MA; and Aundrea, Asst. Dir. Aundrea had a baby girl (Lakyn), Kaylee is due to have a girl in December and Christina a boy in January if they don't have them sooner. Also pictured is one of our tailgate parties, an ice cream social and ladies getting their nails and hair done. Huskers, Tailgating, Ice Cream and Beauty. That's a big thing around Bickford. Also pictured is a visit from the Capital Humane Society with a kitty named Jeffery.



THANK YOU for the sacrifices you and your families are making, or have made. Our Veterans have taught us that no matter what our positions may be on policy, as Americans and Patriots, we must support all of our soldiers with our thoughts and prayers.

NOVEMBER RESIDENT BIRTHDAYS

DOROTHY "TEE" EMILE 11-19
 ROSE ANN SHEETS 11-28

**** REMINDER, PLEASE DO NOT LET ANY ONE OUT THE DOOR WHEN ENTERING OR EXITING THE BUILDING. PLEASE CHECK WITH A BICKFORD FAMILY MEMBER FIRST. THIS IS FOR THE SAFETY OF OUR RESIDENTS.**



November

9:45 Coffee Club
 10:30 Authors Say The Funniest Things
 2:00 Bingo w/Nan & Diane
 6:30 Lawrence Welk 1

9:45 Let's Walk
 10:00 Tukey Shoot
 10:30 First News Broadcast
2:00 Outing to Roller Skate Museum
 6:30 Documentary "Gregory Peck" N 2

9:45 Reminiscing
 10:15 Chapel Service
 2:00 Fun w/Food (National Sandwich Day)
 6:30 Bingo w/Pam 3

9:45 Food Council Meeting
 10:00 Catholic Comm
 10:30 Yoga w/Anita
 2:00 Wayne Miller
 6:30 National Candy Day 4

9:45 Weightlifting
 10:30 Spelling Bee
 2:00 Crafts (What Are You Thankful For?)
6:30 Tailgate Party
7:00 NE vs. Ohio State (ABC) 5

9:45 Balloon Toss
 10:15 Devotions
 10:30 Catholic Comm
 2:00 Bowling
 6:30 Hot Cocoa & Trivia by the Fireplace 6

9:45 Morning Stretches
 10:15 Famous Firsts
 10:30 Potato Peeling
 1:30 Manicures
 6:30 Pine Cone Bird Feeders 7

9:45 Coffee Club
 10:30 General Election
 2:00 Bingo w/Pam
 6:30 Just Us 8

9:45 Let's Walk
 10:00 Turkey Shoot
 10:30 Nuts About Peanut Butter
 2:00 Old Time Music
 6:30 Documentary "72 Cutest Animals" N 9

9:45 Turkey Ticklers
 10:15 Chapel Service
 2:00 Fun w/ Food (Everything Fondue)
 6:30 Bingo w/ Pam 10

9:45 Veteran's Day
 10:30 Yoga w/Anita
1:30 Resident Shopping
 2:00 Movie & Popcorn
 6:30 National Candy Corn Month
Veteran's Day 11

9:45 Weightlifting
 10:30 Spelling Bee
 2:00 Monthly Birthday Party w/ Dick Patterson
6:30 NE vs Minnesota (BTN) 12

9:45 Balloon Toss
 10:15 Devotions
 10:30 Catholic Comm
 2:00 Bowling
 6:30 Hot Cocoa & Trivia by the Fireplace 13

9:45 Morning Stretches
 10:15 The Year Was..
 10:30 Potato Peeling
NOON Resident Choice Meal
 1:30 Manicures
 6:30 Bagel Bird Feeders 14

9:30 Outing for Coffee & Rolls
 2:00 Bingo w/Nan & Diane
 6:30 Just Us 15

9:45 Let's Walk
 10:00 Turkey Shoot
 10:30 Game Trivia
 2:00 The Rockenbachs
 6:30 You Bet Your Life w/Groucho Marx H 16

9:45 Lore of the Thanksgiving Wishbone
 10:15 Chapel Service
 2:00 Fun w/ Food (Homemade Bread & Butter)
 6:30 Bingo w/Pam 17

9:45 Let's Talk Turkey
 10:30 Yoga w/Anita
 2:00 Movie & Popcorn
 6:30 Turkey Cookies 18

9:45 Weightlifting
 10:30 Spelling Bee
 2:00 Cardmaking
 6:30 Puzzles
NE vs. Maryland (TBA) 19

9:45 Balloon Toss
 10:15 Devotions
 10:30 Catholic Comm
 2:00 Bowling
 6:30 Hot Cocoa & Trivia by the Fireplace 20

9:45 Morning Stretches
 10:15 The Year Was..
 10:30 Potato Peeling
 1:30 Manicures
 6:30 Pine Cone Bird Feeders 21

9:45 Coffee Club
 10:30 90th Anniversary Macy's Parade
 2:00 Bingo w/Pam
 6:30 Just Us 22

9:45 Let's Walk
 10:00 Turkey Shoot
 10:15 Chapel Service
 2:00 The Clefs
 6:30 Documentary "Europe" H 23

9:00 Macy's Thanksgiving Day Parade
 NOON Thanksgiving Dinner
 Football
Thanksgiving 24

9:45 Reminiscing
 10:30 Yoga w/Anita
 2:00 Movie & Popcorn
 6:30 Acorn Day
NE vs. IOWA (TBA) 25

9:45 Weightlifting
 10:30 Spelling Bee
 2:00 National Cake Day
 6:30 Puzzles 26

9:45 Balloon Toss
 10:15 Devotions
 10:30 Catholic Comm
 2:00 Bowling
 6:30 Hot Cocoa & Trivia by the Fireplace 27

9:45 Morning Stretches
 10:15 Baking Soda Day
 10:30 Potato Peeling
 1:30 Manicures
3:00 Resident Council Meeting
 6:30 Lois Rood 28

9:45 Coffee Club
 10:30 Square Dancing Trivia
 2:00 Bingo w/ Nan & Diane
 6:30 Just Us 29

9:45 Let's Walk
 10:00 Turkey Shoot
 10:30 Favorite Cookbook
 2:00 Music by Larry & Shirley
 6:30 Movie "Christmas Town" H 30

