

## FOUR SUPER-NUTRITIOUS FOODS



Benefit everyone's health by adding these four healthy foods to your diet. 1. Avocados - a rich source of fiber, heart healthy good fat = monounsaturated type, vitamins E, C, B-6, folate and potassium. 2. Apples - great source of antioxidants, Vitamin C, this includes pears and berries. One of the highest fiber fruits. 3. Berries - great source of antioxidants, Vitamin C and potassium. A higher amount of fiber than other fruits. 4. Beans - provides protein and fiber, fiber that can help lower your risk of heart disease and help control blood sugars. Vitamin B, iron, magnesium, potassium and zinc. Great source of calcium.

Davenport

# HAPPENINGS

MARCH

## Marketplace Chaplains Ministries USA--Davenport by Karl Roberts Marketplace Chaplain

--Bickford Senior Living provides chaplain care through the partnership with Marketplace chaplains. The chaplain service is available for all Residents, Bickford Family Members (staff), Caregivers and their immediate family members.--

The Marketplace Chaplain team is happy to announce a new member of the chaplain team at Bickford. It is with great pleasure that we introduce to the Bickford family Val McGough. She has been a pastor and pastor's wife for many years in Moline, Illinois.

She has received training in elder care. The team is now made up of Karl Roberts, Gloria Girod, Steve Miller and Val McGough. We call on the members of the Bickford family on a regular bases. When called upon, we respond to request of our family support groups. If there is a need that the chaplain's can help with we are willing to serve. The team also conducts chapel services on Sunday's at 2:00 PM and Bible Study on Wednesday's at 10:30 AM. It looks to be a busy time of the year with Ash Wednesday, Good

Friday and Easter services coming up in the near future. We are thankful our brothers and sisters in Christ are faithful in attendance at these chapel and Bible study times. We sing several of the old time hymns and choruses. All of the care givers are welcome to join us for these services. Please feel free to talk to the chaplains any time when you see us. May God bless you and keep you in his loving hands.



## Marching into Springtime 2017

- 1st Ash Wednesday, Resident Council Meeting, Craft time with S. Roberts, Geneseo Kitchen Band
- 2nd Native American Presentation
- 8th Casino Day
- 9th The Retzl's
- 15th Group Birthday Party
- 16th Lewis Knudsen
- 17th St. Patrick's Day Party, with Sally, Joy & Melissa
- 18th John Fliss
- 20th MPM Bingo
- 22nd HBHC Travelogue
- 23rd Robert Dahms
- 29th Beach Party
- 30th Karen Michaels

Irish Blessing for Seniors --May the road rise to meet you. May the wind be always at your back. May the sun shine warm upon your face. And rains fall soft upon your fields. And until we meet again, May God hold you in the hollow of His hand. May you live as long as you want, And never want as long as you live. May the saddest day of your future be no worse Than the happiest day of your past. May the roof above us never fall in. And may the friends gathered below it never fall out. May you have warm words on a cold evening, A full moon on a dark night, And the road downhill all the way to your door. May you live to be a hundred years, With one extra.



*Bickford*  
assisted living  
& memory care





---2017---

# March

Happy March  
Birthday  
to  
Betty P.

Nat'l Nutrition Month  
Nat'l Red Cross Month  
Nat'l Kidney Month  
Day light Savings--12th  
Lent Begins--1st  
Spring Begins--20th

ASH WEDNESDAY  
RESIDENT COUNCIL MTG  
10a Exercise, Devotions  
Current Events & Trivia  
10:30a Hymn Sing  
1p Easter Craft time  
2p Geneseo Kitchen Band 1

10a Exercise, Devotions  
Current Events & Trivia  
11a SJVCC rosary  
1:15p "Walking Club"  
2p Native American  
presentation, R. Vallejo  
4:30p Jeopardy, ch 6 2

10a Exercise, Devotions  
Current Events & Trivia  
11a Computer time  
1:15p "Walking Club"  
2p Green Bingo  
3p Card club in sunroom  
4:30p Family Feud, ch18 3

10a Exercise, C. Events  
1p Games of your choice  
1:15p "Walking Club"  
3p Movie and Popcorn  
3p Cards of your choice  
6p L. Welk Show, PBS  
7p Gaither Gospel Hour 4

10a Exercise, C. Events  
10:30a SJVCC communion  
1:15p "Walking Club"  
2p Marketplace Ministries  
Church Service,  
communion opt.  
3p Euchre or Rummy  
3p Movie and Popcorn 5

10a Exercise, Devotions  
Current Events & Trivia  
1:15p "Walking Club"  
2p Bickford Bingo  
3p Rummy Anyone? 6

10a Exercise, Devotions  
Current Events & Trivia  
11a Eyeglass cleaning  
1:15p "Walking Club"  
2p Manicures, buffings  
or hand massage 7

CASINO FUN  
10a Exercise, Devotions  
Current Events & Trivia  
10:30a Hymn Sing  
Casino Style Dinner  
1:15p "Walking Club"  
2p Casino Bingo &  
refreshments 8

10a Exercise, Devotions  
Current Events & Trivia  
11a SJVCC rosary  
1:15p "Walking Club"  
2p The Retzl's  
4:30p Jeopardy, ch 6 9

10a Exercise, Devotions  
Current Events & Trivia  
11a Computer time  
1:15p "Walking Club"  
2p Bickford Bingo  
3p Card club in sunroom  
4:30p Family Feud, ch18 10

10a Exercise, C. Events  
1p Games of your choice  
1:15p "Walking Club"  
3p Movie and Popcorn  
3p Cards of your choice  
6p L. Welk Show, PBS  
7p Gaither Gospel Hour 11

DAY LIGHT SAVINGS TIME  
10a Exercise, C. Events  
10:30a SJVCC communion  
1:15p "Walking Club"  
2p Marketplace Ministries  
Church Service  
3p Euchre or Rummy  
3p Movie and Popcorn 12

10a Exercise, Devotions  
Current Events & Trivia  
1:15p "Walking Club"  
2p St. Pat's Bingo  
3p Rummy Anyone?  
3:30p Jeopardy, ch 6 13

10a Exercise, Devotions  
Current Events & Trivia  
11a Eyeglass cleaning  
1:15p "Walking Club"  
2p Manicures, buffings  
or hand massage 14

STAFF MEETINGS  
10a Exercise, Devotions  
Current Events & Trivia  
10:30a Hymn Sing  
1:15p "Walking Club"  
2 pm March Group  
Birthday Party  
7p Frankly, Let's Color 15

10a Exercise, Devotions  
Current Events & Trivia  
11a SJVCC rosary  
1:15p "Walking Club"  
2p Lewis Knudsen  
4:30p Jeopardy, ch 6 16

ST. PATRICK'S DAY  
10a Exercise, Devotions  
Current Events & Trivia  
11a SJVCC rosary  
1:15p "Walking Club"  
2p St. Patty's Day Party,  
Shamrock Shakes and  
Irish Hangman with Sally  
and Joy, KAH Bingo 17

10a Exercise, C. Events  
1p Games of your choice  
1:15p "Walking Club"  
2p John Fliss  
3p Cards of your choice  
6p L. Welk Show, PBS  
7p Gaither Gospel Hour 18

10a Exercise, C. Events  
10:30a SJVCC communion  
1:15p "Walking Club"  
2p Marketplace Ministries  
Church Service  
3p Euchre or Rummy  
3p Movie and Popcorn 19

FIRST DAY OF SPRING  
10a Exercise, Devotions  
Current Events & Trivia  
1:15p "Walking Club"  
2p Spring Bingo, with  
Market Place Ministries  
3p Rummy Anyone? 20

AUDIBEL HEARING  
10a Exercise, Devotions  
Current Events & Trivia  
11a Eyeglass cleaning  
1:15p "Walking Club"  
2p Manicures, buffings  
or hand massage 21

10a Exercise, Devotions  
Current Events & Trivia  
10:30a Hymn Sing  
1:15p "Walking Club"  
2p Board Games  
3p HBHC Travelogue  
3p PLS, ch. 6 22

10a Exercise, Devotions  
Current Events & Trivia  
11a SJVCC rosary  
1:15p "Walking Club"  
2p Robert Dahms  
4:30p Jeopardy, ch 6 23

10a Exercise, Devotions  
Current Events & Trivia  
11a Computer time  
1:15p "Walking Club"  
2p Bickford Bingo  
3p Card club in sunroom  
4:30p Family Feud, ch18 24

10a Exercise, C. Events  
1p Games of your choice  
1:15p "Walking Club"  
3p Movie and Popcorn  
3p Cards of your choice  
6p L. Welk Show, PBS  
7p Gaither Gospel Hour 25

10a Exercise, C. Events  
10:30a SJVCC communion  
1:15p "Walking Club"  
2p Marketplace Ministries  
Church Service  
3p Euchre or Rummy  
3p Movie and Popcorn 26

10a Exercise, Devotions  
Current Events & Trivia  
1:15p "Walking Club"  
2p Tropical Bingo  
3p Rummy Anyone? 27

10a Exercise, Devotions  
Current Events & Trivia  
11a Eyeglass cleaning  
1:15p "Walking Club"  
2p Manicures, buffings  
or hand massage 28

BEACH PARTY  
10a Exercise, Devotions  
Current Events & Trivia  
10:30a Hymn Sing  
1:15p "Walking Club"  
2p Beach Blanket Party  
Support group Bettendorf  
tonight 29

NAT'L DOCTORS DAY  
10a Exercise, Devotions  
Current Events & Trivia  
11a SJVCC rosary  
1:15p "Walking Club"  
2p Karen Michael  
4:30p Jeopardy, ch 6 30

10a Exercise, Devotions  
Current Events & Trivia  
11a Computer time  
1:15p "Walking Club"  
2p Bickford Bingo  
3p Card club in sunroom  
4:30p Family Feud, ch18 31

