

Nurses Note...

As we are seeing some of our long time local physicians retire, please let us know immediately when you select a new primary care provider for your loved one.

When going to any appointments please let one of the BFM's know in advance so that we can send a current medication list along and physician communication form. This allows us to better communicate with our physicians and ensure that our records are current so we can provide seamless care for your family member. Thank you!

Marshalltown

HAPPENINGS

MARCH

March is a merry month full of limericks and shamrock smoothies. We will have a Spring Party on the 20th, the first day of Spring and a Beach Party on the 29th.

Families are always welcome to come and help celebrate. March is National Nutrition month, and we hope that you will try some new healthy recipes. There will be some available on the table near the nurse's station for you to take. There will be some peanut lovers recipes also because it's National Peanut Month as well.

We have many great new additions to our Bickford family, and we'll have many opportunities to get to know each other. Please join us for these moments of fellowship and celebrations of Spring.

It is also National Music in our Schools Month, and we are working on inviting some students to come and share their musical talents with us. If you and your family or church family would ever like to sing or play an instrument for us, we'd love your world tour to being at Bickford.

Forward, March, and welcome Spring when bunnies bounce and birds all sing. When March winds blow the winter away, they get the world ready for April and May.

Please take time to relax in the sunroom or courtyard this month and observe the changes in nature, welcome the sunshine, and breathe in the fresh air.

March 1st Ash Wed
Mar 12th Arbor Day
Mar 19th Fathers Day

St Patrick's Day is Friday March 17th

Tips for a fun day:

1. Wear green
2. Eat cabbage
3. Play Irish music
4. Look for rainbows
5. Find 4 leaf clovers

Happy March!

Enjoy basketball, Womens History, and you might want to choose an umbrella from the BINGO prize cart this month.



Bickford
assisted living



Happy Birthday to:

Betty Key March 10
Dorothy Hinmon March 12
Marilee Weir March 16
John Pieper March 29

We will celebrate our March birthdays on March 3rd at 3:00. Please join us!

Director's Note...
Your billing statements include a self addressed envelope for payments - which are submitted to our branch support office in Kansas. Please help us eliminate any lost or late payments by using this envelope rather than dropping payments off at the branch. If you would like - ACH is a great option and I am happy to help get you enrolled!



March

9:00 Worship
10:00 Simon Says
1:30 Tissue paper
Hawaiian leis
2:45 Movie
6:15 Chapel with Ray
and Joyce 5

9:00 Book Reading
10:45 Bible Study
1:00 Football toss
2:00 BINGO
3:00 Shamrock
shake 6

9:00 Crossword
10:00 YMCA
1 You Be the Judge
2:30 Bible Study
6:00 Lincoln Highway
Band 7

9:00 Book Reading
10:00 Hokey Pokey
11:00 Casino Fun
2:00 BINGO
3:30 Music-Keith L 8

9:00 Barbie History
10:00 Nutrition Tips
1:00 Messy Missy
2:00 word games
6:00 King ___ Says,
make keychains 9

9:00 Book Reading
10 Remember when?
10:30 Music-Mike L
1:00 Arm twirling
2:00 BINGO 10

10:00 Exercise video
1:00 Discuss spitual
quotation
1:30 Top Ten Talk
2:00 Spa/Nails
7:00 Lawrence Welk 11

9:00 Worship
10:00 Simon Says
1:30 Rice krispie
treats
2:45 Movie
6:15 Chapel with Ray
and Joyce 12

9:00 Book Reading
9:45 Music-Steve C
10:45 Bible Study
1:00 Bocce ball
2:00 BINGO 13

9:00 A. Einstein
10:00 dye carnations
11 Bowling
1 Be the judge
2:30 Bible Study 14

9:00 Book Reading
10:00 Darts
11:00 Kiss the Irish
1:00 Play cards
2:00 BINGO 15

9:00 Grass seed
10:00 '40s-80s TV
1:00 Conservation
2:00 BINGO
6:30 Family St.
Patrick's Day
party 16

9:00 Book Reading
10:30 Nat King Cole
1:00 Parachute play
2:00 Music- Clarice
3:00 St. Patty party 17

10:00 Exercise video
1:00 Discuss spitual
quotation
1:30 Top Ten Talk
2:00 Spa/Nails
7:00 Lawrence Welk 18

9:00 Worship
10:00 Simon Says
1:30 Penny Ante
2:45 Movie
6:15 Chapel with Ray
and Joyce 19

9:00 Book Reading
10:45 Bible Study
1:00 Spring Fling
2:00 BINGO
3:00 Basketball 20

9:00 Aromatherapy
10:30 Instruments
1:00 Play cards
2:00 Noodle ball
2:30 Bible Study
6:30 Music-Dave G 21

9:00 Book Reading
10:30 Fruit pizza
1:30 Current events
2:00 BINGO
3:00 Weight lifting 22

9:00 Photo stories
10:30 Joan and Jack
1:00 Board games
2:00 Chips n Dips
6:00 oatmeal
cookies, memories,
imaginary trip 23

9:00 Book Reading
10:30 Music Dick F
1:00 Penny toss
2:00 BINGO
3:00 Social hour 24

10:00 Exercise video
1:00 Discuss spitual
quotation
1:30 Top Ten Talk
2:00 Spa/Nails
5:00 Music-Harry
7:00 Lawrence Welk 25

9:00 Worship
10:00 Simon Says
1:30 Straw painting
2:45 Movie
6:15 Chapel with Ray
and Joyce 26

9 How many words?
10:45 Bible Study
1:30 Res. Council
2:00 BINGO
3:00 Punch ball 27

9:00 Match stick art
10:00 Reminiscing
11:00 Put put golf
1 Music instruments
2:30 Bible Study 28

9:00 Book Reading
10:00 Beach Party
11 Green collage
1:00 Ring toss
2:00 BINGO 29

9:00 Balloon toss
10 Music-Keith trio
11:00 Plant violets
2:00 BINGO
3:00 board games
6:00 rock painting,
readers theater. 30

9:00 Book Reading
10:00 Peanuts comic
1:00 Simon Says
2:00 Music-Muffy
3:00 Green fluff 31

