

## Fun Facts

**Birthstone:** Amethyst

**Flower:** Violet or Primrose

**Celebrity Birthdays:** Rosa Parks, Babe Ruth, Chris Rock, Thomas Edison, Abe Lincoln, Michael Jordan, John Travolta, George Washington, Steve Jobs, Johnny Cash, Drew Barrymore

**Help us welcome our new BFF's!**  
Betty T., Mary C., and Judy M.



# Wabash HAPPENINGS

FEBRUARY

*February 2017!*

The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Heart disease is the leading cause of death for men and women in the United States. On average, 2,200 Americans die due to heart related diseases. That's over 800,000 per year! It's never too late to take the appropriate steps to become heart healthy.

**Who is at risk for heart disease?**

Those suffering from **diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use.**

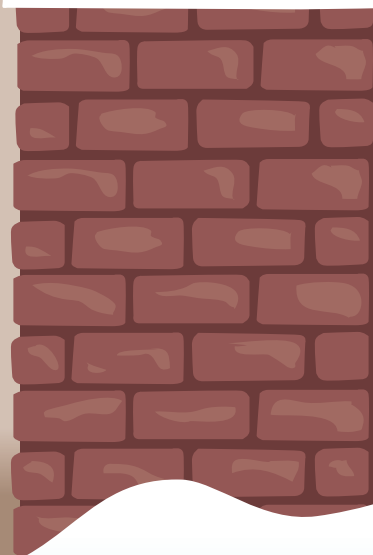
Follow these steps to get on a path to a healthier heart:

- 1) Schedule regular visits with your PCP to discuss your heart health
- 2) Add exercise to your daily routine (We exercise M-F at 11:30 am)
- 3) Eat healthier (reduce the amount of salt you use)
- 4) If you smoke, quit!
- 5) Take your medication as prescribed.

If you ever have any questions, consult the wonderful nurses here at Bickford of Wabash!



*Bickford*  
assisted living



*"What I love most about my home is who I share it with!"*  
**Mark Your Calendars!**

**Resident Council and Food Committee:** Thursday, February 10th at 10:30 am

### **Entertainment:**

Brian and Mary Ross Music on Friday, February 24th @ 6pm

David Gray Music on Tuesday, February 28th @ 6pm.

**Pet Therapy (Courtesy of the Wabash Animal Shelter)**

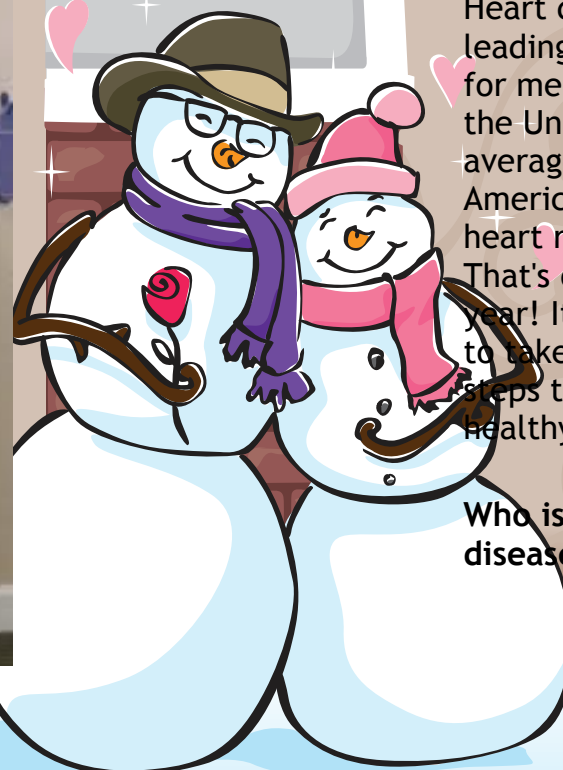
Friday, February 10th & 24th @ 9:30am

**Monthly Birthday Party (Courtesy of Premier HHC)**  
Monday, February 27

**A quick update on happiness...**Overall it was another great month for us here at Bickford of Wabash. We saw our resident and family satisfaction grow to 71%! We have seen a dip in participation so I have created a "BFF" email list to help remind everyone of our happiness texts each month. Thank you all so much for the positive feedback. Our BFM's love your family members dearly and enjoy hearing just how much you appreciate their efforts each day! As always if you ever have any questions or concerns, please let me know. Thank you!

### **Breaking News!**

**Congratulations Michelle Hutchinson on your nomination for Bickford Senior Living RN-C of the Year! Bring home the gold!!**





Super Bowl Party  
10:30a Euchre  
3p Soft Music  
3:30p Church Service  
6:30p Superbowl

5

5a Eat Ice Cream for  
Breakfast Day  
9a Clip N Style  
10a Coffee & Chat  
11a Manicures  
2:30p Hangman  
3p Table Tennis  
5:45p Monday Mayhem

6

10a Coffee Klatch  
1:30p Euchre  
5:45p Hangman

7

5a National Hula Day  
10a Current Events  
10:30a Bible Study  
11a Balloon Bop  
2:30p Make Leis  
3p Do the Hula  
5:45p Spelling Bee

1

10a Charades  
11a Darn Near Over  
the Hill Gang  
1:30p Euchre  
2:30p Bingo  
5:45p Wii Bowling

2

10:30a Happy Feet  
11a Balloon Bop  
2:30p Target Shooting  
3p Story Time  
5:45p Wheel of  
Fortune

3

5a Thank Your  
Mailman Day  
10:30a Bingo  
1p Chair Volleyball  
4p Social Hour

4

5a Kite Flying Day  
10a Current Events  
10:30a Bible Study  
11a Balloon Bop  
2:30p Make a Kite  
3p Kite Game  
5:45p Spelling Bee

8

10a Charades  
10a Make Butter  
10:30a Resident  
Council and Food  
Committee  
1:30p Euchre  
2:30p Balloon Bop  
5:45p Wii Bowling

9

9:30a Pet Therapy  
11a Balloon Bop  
11a Trivia  
2:30p Happy Feet  
3p Story Time  
5:45p Wheel of  
Fortune

10

5a Make a Friend Day  
4p Social Hour

11

10a Current Events  
10:30a Bible Study  
11a Balloon Bop  
2:30p Ring Toss  
3p Fairy Tale Time  
5:45p Spelling Bee

15

5a Do a Grouch a  
Favor Day  
10a Charades  
11a Darn Near Over  
the Hill Gang  
1:30p Euchre  
3p Bingo  
5:45p Wii Bowling

16

5a Random Acts of  
Kindness Day  
10:30a Happy Feet  
11a Balloon Bop  
2:30p Story Time  
3p Dominoes  
5:45p Wheel of  
Fortune

17

10:30a Bingo  
1p Chair Volleyball  
4p Social Hour

18

5a World Thinking Day  
10a Current Events  
10:30a Bible Study  
11a Balloon Bop  
2:30p Bingo  
3p Horseshoes  
5:45p Spelling Bee

22

5a Tennis Day  
10a Charades  
10a Make Butter  
1:30p Euchre  
2:30p Table Tennis  
5:45p Wii Bowling

23

9:30a Pet Therapy  
11a Balloon Bop  
11a Trivia  
1:30p Ring Toss  
3p Story Time  
5:45p Wheel of Fortune  
6p Brian and Mary Ross  
Music

24

4p Social Hour

25

10a Coffee Klatch  
1:30p Euchre  
5:45p Hangman  
6p David Gray Music

28

10a Coffee Klatch  
1:30p Euchre  
5:45p Hangman

29

10a Coffee Klatch  
1:30p Euchre  
5:45p Hangman

30

10a Coffee Klatch  
1:30p Euchre  
5:45p Hangman

31

10:30a Euchre  
3p Soft Music  
3:30p Church Service

12

5a Get a Different  
Name Day  
9a Clip N Style  
10a Coffee & Chat  
11a Manicures  
2:30p Discover the  
Meaning of Names  
3p Name Game  
5:45p Monday Mayhem

13

Valentine's Day  
10a Coffee Klatch  
11a Cookie Decorating  
1:30p Euchre  
5:45p Hangman

14

10:30a Euchre  
3p Soft Music  
3:30p Church Service

19

President's Day  
5a Love Your Pet Day  
9a Clip N Style  
10a Coffee & Chat  
11a Manicures  
2:30p Pet Therapy  
3:30p Pet Stories  
5:45p Monday Mayhem

20

10a Coffee Klatch  
1:30p Euchre  
5:45p Hangman

21

5a Tell a Fairy Tale  
Day  
10:30a Euchre  
3p Soft Music  
3:30p Church Service

26

5a Polar Bear Day  
9a Clip N Style  
10a Coffee & Chat  
11a Manicures  
2:30p Hangman  
5:45p Monday Mayhem

27

February