

MARCH IS SPIRITUAL WELLNESS MONTH JUST WANT TO INTRODUCE OUR CHAPLAINS.....
 GAYE STRICKER has been with Bickford for 15 years and is the team leader for the Chaplains. She enjoys the one-on-one visits with our residents and family members. Gaye has been very helpful to many Bickford Families and Bickford Family Members during her years here at Bickford. Thanks for all the dedication.
 TED DECKER joined the Bickford Chaplain Team as a Certified PMA (Perish Minister Assc.) Ted enjoys leading the Chapel Service every Thursday Morning and hosting the Men's Luncheon every Friday at NOON and making visits to residents, families and hospital visits as needed.

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HAPPENINGS IN FEBRUARY & MARCH VALENTINES DAY



During the Month of February we celebrated the Super Bowl Valentine's Day, and President's Day with special themed meals. There was lots of good comments about how wonderful the meals were!! Thanks to Wanda's daughter Greta for bringing in heart shaped cakes to celebrate Valentines and to Dorothy's family for bringing in Birthday Treats and having entertainment for Dorothy's Birthday. We had a Wine and Cheese Party, Blanket Making (which when we are done with the several blankets were working on, they will be donated),

crafts, music, jokes, reminiscing and an outing to Dairy Queen. During the month of March we will be doing a couple of outings, one to the Chanel 8 News Station and the other will be to Bagels & Joe for Rolls/Bagels and Coffee for Coffee Club. If you have any ideas or suggestions you would like to share please let Teresa know.

**Great news that Nurse Kaylee is back at work again, after being on Maternity leave.



National Nutrition Month

March is National Nutrition Month so it's a good time to focus on healty eating and improving our nutrition. It is recommended to eat plant based foods, along with lean meats, fish and poultry, and low-fat milk and dairy products.

Fruits&Veggies-Choose whole, antioxidant rich items that are color-rich.

Calcium-Bone health is extremely important to seniors, so 1,200 mg of clcium are necessary for maintaining bone strength.

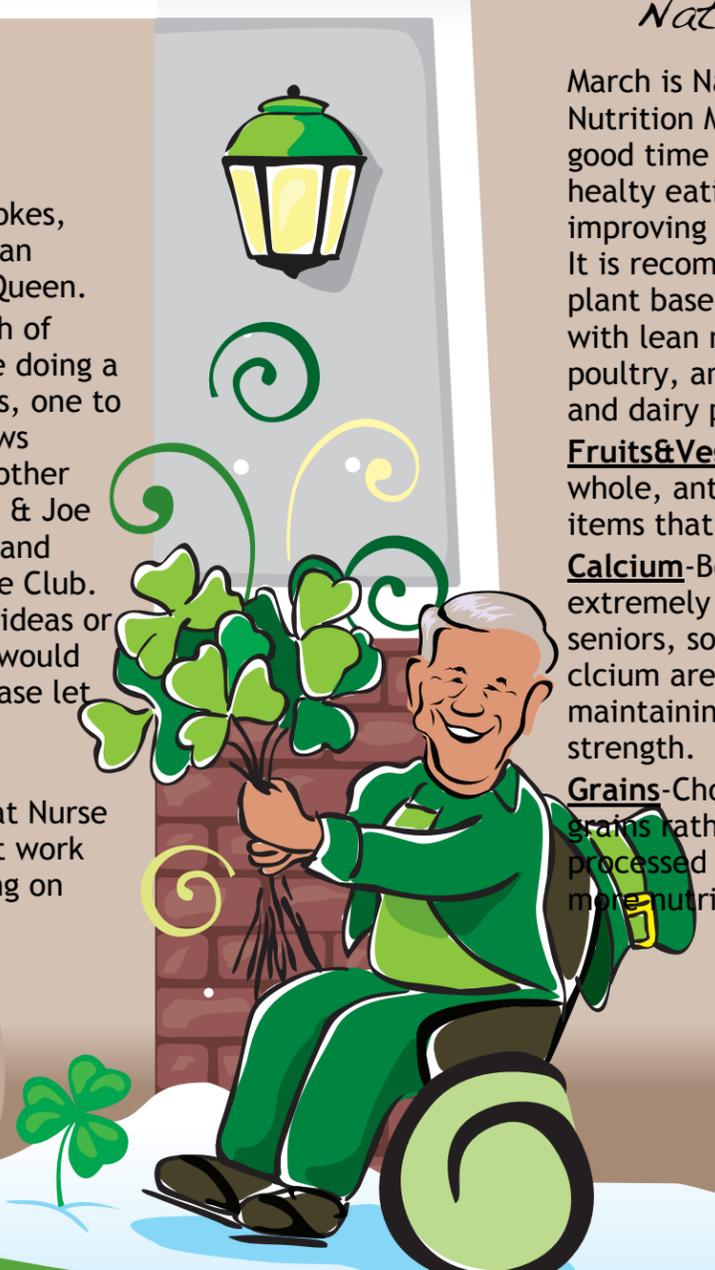
Grains-Choose whole grains rather than processed white flour for more nutrients and fiber.

Protein- Eat the appropriate amount of protein depending on your weight, and choose items from varying sources (like fish, beans, or dairy)

****Be sure to get enough fiber, avoid sugar and bad fats, and reduce sodium intake and exercise regularly.** Strength exercises at least twice a week will improve posture and balance.

At least 2.5 hours a week of moderate to vigorous exercise to increase heart rate.

Being older, it is important for seniors to start slowly, and be aware of limits as to not over-exert themselves.



MARCH BIRTHDAYS
RESIDENT BIRTHDAYS

BONNIE RAUCH 3/1
EDIE SANDMAN 3/10
RUTH SORENSEN 3/27

BICKFORD FAMILY MEMBERS BIRTHDAYS

JOYCE SPENCER 3/17
TARAN BRAMAN 3/17
NICOLE GANSEMER 3/22

****JUST A REMINDER TO NOT LET ANYONE OUT THE DOOR WHEN ENTERING OR EXITING, UNLESS FIRST CHECKING WITH A BICKFORD FAMILY MEMBER. THIS IS FOR THE SAFETY OF OUR RESIDENTS.**

PLEASE CHECK WITH BICKFORD FAMILY MEMBERS IF TAKING A FAMILY MEMBER OUT TO AN APPT, DRIVE, DINNER, ETC. THANK YOU



March

9:45 Devotions
10:15 Balloon Toss
10:30 Cath Comm
2:00 Ice Cream Social
6:30 Carol Burnett (DVD) 5

9:45 Music In Motion Exercise
10:30 Hear Here Day/Trivia
1:30 Manicures
6:30 Pente Ante 6

9:45 Coffee Club
10:30 Current Events
2:00 Bingo w/Nan & Diane
6:30 Just Us 7

9:45 Welcome to March/ Ash Wed
10:15 Ash Wed Chapel Services
2:00 Old Time Music
6:00 Documentary "72 Cutest Animals" 1

9:45 Reminiscing
10:00 Blanket Making
10:30 Potato Peeling
1:30 Resident Shopping
2:00 Blanket Making
6:30 Bingo w/Pam 2

9:45 Food Council Meeting
10:00 Cath Comm
10:30 Yoga w/Anita
NOON Men's Lunch
2:00 Wayne Miller
6:30 Golfing 3

9:45 Weightlifting
10:30 Spelling Bee
2:00 Crafts
6:30 Pound Cake Day 4

9:45 Devotions
10:15 Balloon Toss
10:30 Cath Comm
2:00 Ice Cream Social
6:30 Carol Burnett (DVD) 12

9:45 Music in Motion Exercise
10:30 Trivia
NOON Resident Choice Meal
1:30 Manicures
6:30 Pente Ante 13

9:45 Coffee Club
10:30 Current Events
2:00 Bingo w/Pam
6:30 "Music DVD" 14

9:45 Womens History Month
10:00 Blanket Making
10:30 Potato Peeling
2:00 Casino Day
6:00 Documentary "A Dog's Life" 8

9:45 Reminiscing
10:15 Chapel Services
2:30 Tour to Channel 8 News Station
6:30 Bingo w/Pam 9

8:00-2:00 Garage Sale
10:30 Yoga w/Anita
NOON Men's Lunch
2:00 Movie & Popcorn
6:30 Golfing 10

9:45 Weightlifting
10:30 Spelling Bee
2:00 Monthly Birthday Party w/Dick Patterson
6:30 National Girl Scout Cookie Month 11

9:45 Devotions
10:15 Balloon Toss
10:30 Cath Comm
2:00 Ice Cream Social
6:30 Art Linkletters
"Kids Say the Darndest Things" (DVD) 17

9:45 Music in Motion Exercise
10:30 Spring Equinox/National Bubble Week
1:30 Manicures
6:30 Pente Ante 20

9:30 Coffee Club Outing
2:00 Bingo w/Nan & Diane
6:30 Just Us 21

9:45 Current Events
10:00 Blanket Making
10:30 Potato Peeling
2:00 The Rockenbachs
6:00 Documentary "Flight of the Butterflies" 15

9:45 Reminiscing
10:15 Chapel Services
1:30 Resident Shopping
2:00 Movie & Popcorn
6:30 Bingo w/ Pam 16

St. Patrick's Day
9:45 Green for a Day
10:30 Yoga w/Anita
NOON Men's Lunch
2:00 St. Patty's Day Party w/Anne Bremmer
6:30 Golfing 17

9:45 Weightlifting
10:30 Spelling Bee
2:00 Crafts
6:30 Make Bagel Bird Feeders 18

9:45 Devotions
10:15 Balloon Toss
10:30 Cath Comm
2:00 Ice Cream Social
6:30 Art Linkletters
"Kids Say the Darndest Things" (DVD) 26

9:45 Music in Motion Exercise
10:30 If At First You Don't Succeed
1:30 Manicures
3:00 Resident Council Meeting
6:30 Pente Ante 27

9:45 Coffee Club
10:30 Current Events
2:00 Bingo w/Pam
6:30 Just Us 28

9:45 Current Events
10:00 Blanket Making
10:30 Potato Peeling
2:00 The Clefs
6:00 Documentary "Wild Ones" 22

9:45 Reminiscing
10:15 Chapel Services
2:00 Fun w/Food (National Noodle Month)
6:30 Bingo w/Pam 23

9:45 Funny Friday
10:30 Yoga w/Anita
NOON Men's Lunch
2:00 Movie & Popcorn
6:30 Golfing 24

9:45 Weightlifting
10:30 Spelling Bee
2:00 Scrapbooking
6:30 Graham Cracker Month 25

9:45 Devotions
10:15 Balloon Toss
10:30 Cath Comm
2:00 Ice Cream Social
6:30 Art Linkletters
"Kids Say the Darndest Things" (DVD) 26

9:45 Music in Motion Exercise
10:30 If At First You Don't Succeed
1:30 Manicures
3:00 Resident Council Meeting
6:30 Pente Ante 27

9:45 Coffee Club
10:30 Current Events
2:00 Bingo w/Pam
6:30 Just Us 28

9:45 Beach Ball Toss
10:15 Beach Trivia
10:30 Potato Peeling
2:00 BEACH PARTY W/ Paul Ramp (Beach Boys Music)
6:00 Beach Movie 29

9:45 Reminiscing
10:15 Chapel Services
2:00 Fun w/Food (National Cake Mix Month)
6:30 Bingo w/Pam 30

9:45 Funny Friday
10:30 Yoga w/Anita
NOON Men's Lunch
1:30 Resident Shopping
2:00 Movie & Popcorn
6:30 Golfing 31

9:45 Weightlifting
10:30 Spelling Bee
2:00 Crafts
6:30 Pound Cake Day 4

