



**SPOTLIGHT OF THE MONTH.....CASINO DAY**  
 We celebrated CASINO DAY with wine and cheese and some casino games. We had roulette, dices, and Hi-Lo and video slots. Everyone had poker chips and when they won they could cash in for various prizes, such as candy bars, soap, toothpaste, kleenex, potato chips, chap stick, hand sanitizer, etc.

We had quite a bunch of gamblers and pictured is Ella who really enjoyed playing the video slots along with some of our BFM's Jami, Carla and Gloria who helped with the gaming and serving the wine and cheese.



### CHANNEL 8 VISIT



We enjoyed a visit to Channel 8 news in March and they shared our group picture on the news as Facebook Fan of the Day. The news station did a fantastic job of making of feel so welcome and showing us how things work. Thanks ABC Channel 8 news!!



### HAPPENINGS IN MARCH & APRIL



Visit from the Capital Humane Society.

During the month of March we celebrated Casino Day, Tour to Channel 8 news, St. Patty's Day with music by Anne Bremmer, Outing to Bagels and Joe, National Girl Scout Cookie Month, Beach Party Day and various music performers.



Pudding painting was fun and relaxing!!

During April we will have our Annual Easter Egg Hunt, outing to "The Reserection", outing for lunch, decorating easter eggs, celebrating easter, earth day and Arbor Day. We will also be having a memorial for Dorothy "Tee" Emile on April 22nd at 1:30 in the courtyard with Music and refreshments to follow.

### DIABETES AWARENESS MONTH

Diabetes is a number of diseases that involve problems with hormone insulin. Normally, the pancreas releases insulin to help your body store and use the sugar and fat from the food you eat. Diabetes can occur when the pancreas produces very little or no insulin, or when the body does not respon appropriately to insulin. As yet, there is no cure. Diabetes is a lifelong disese with appx 18.2 americans having the disease and almost 1/3 are unaware they have it. People with diabetes need to manage their disease to stay healthy.

There are three major types of diabetes: type 1, type 2, and gestational diabetes. TYPE 1: usually starts in childhood with main things leading to it are Family History, Pancreas disease and infection or illness. TYPE 2: usually affects adults and can begin anytime in your life with main things leading to it are Obesity or overweight, impaired glucose tolerance, insulin resistance, ethnic background, family history, lifestyle, age and gestational diabetes. \*Follow a healthy eating plan \*Get physically active \*Take diabetes medicine \*Test your blood sugar





APRIL BIRTHDAYS  
RESIDENT BIRTHDAYS

VELMA GRIES 04/02

BICKFORD FAMILY MEMBERS BIRTHDAYS

JULIE VONGRASSANY 04/01  
DAVE JOHN 04/04  
CANDACE DEVRIES 04/12

\*\* JUST A REMINDER WE DID CHANGE THE DOOR CODE THE BEGINNING OF MARCH. IF YOU VISIT PLEASE DO NOT LET ANYONE OUT THE DOOR UNLESS FIRST CHECKING WITH A BICKFORD FAMILY MEMBER. THIS IS FOR THE SAFETY OF OUR RESIDENTS.

IF YOU WOULD LIKE TO HAVE A MEAL WITH YOUR LOVED ONE PLEASE GIVE KITCHEN A 24 HOUR NOTICE IF POSSIBLE, IT JUST HELPS IN THEIR PLANNING.

IF YOU HAVE ANY ACTIVITY SUGGESTIONS PLEASE SEE TERESA

S M T W T F S

April

9:45 Ball Toss  
10:30 Cath Comm  
10:30 Devotions  
2:00 Ice Cream Social  
6:30 Wii Baseball

30

9:45 Ball Toss  
10:30 Cath Comm  
10:30 Devotions  
2:00 Easter Egg Hunt  
6:30 Baseball's Official Opening Day  
Wii Baseball

2

9:45 Ball Toss  
10:30 Cath Comm  
10:30 Devotions  
2:00 Monthly Birthday Party w/ Dick Patterson  
6:30 Wii Baseball

9

**Easter**  
9:45 Ball Toss  
10:30 Cath Comm  
10:30 Devotions  
2:00 Ice Cream Social  
6:30 Wii Baseball

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9:45 Ball Toss  
10:30 Cath Comm  
10:30 Devotions  
2:00 Ice Cream Soda Day  
6:30 Wii Baseball

23

9:45 Stretching Exercises  
10:30 April Trivia/ Food Council Meeting  
1:30 Manicures  
6:30 Do You Know?

3

9:45 Stretching Exercises  
10:30 Pet Therapy  
1:30 Manicures  
6:30 Do You Know?

10

9:45 Stretching Exercises  
10:30 Animal Cracker Day/Trivia  
NOON Resident Choice Meal  
1:30 Manicures  
6:30 Do You Know?

17

9:45 Stretching Exercises  
10:30 Pet Therapy  
1:30 Manicures  
3:00 Resident Council Meeting  
6:30 Do You Know?

24

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

4

9:45 Coffee Club  
10:30 Current Events  
2:00 Bingo w/Pam  
6:30 Documentary "The Winding Stream"

11

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

18

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

25

9:45 Walk & Talk (National Walking Day)  
10:15 Dandelion Day  
10:30 Potato Peeling  
2:00 Old Time Music  
6:30 Documentary "Fastball"

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**Cruise the Open Seas**  
9:45 Walk & Talk  
10:15 Licorice Day  
10:30 Potato Peeling  
2:00 Game Day  
6:30 Wine & Cheese Music by Alan Otta

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9:45 Walk & Talk  
10:15 National Garlic Day  
10:30 Potato Peeling  
2:00 The Rockenbachs  
6:30 Documentary "The Sixties"

19

9:45 Walk & Talk  
10:15 National Bird Day  
2:00 The Clefs  
6:30 Happy B-Day Carol Burnett  
"The Carol Burnett Show"

26

9:45 National Twinkie Day/Jokes  
10:15 Chapel Services  
2:00 Fun w/Food (Diabetes Month)  
6:30 Bingo w/Pam

6

9:45 Five & Dime Store  
10:15 Chapel Services  
2:00 Fun w/Food (National Grilled Cheese Month)  
6:30 Bingo w/Pam

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9:45 Name Five  
10:15 Chapel Services  
2:00 Fun w/Food (Pie Making)  
6:30 Bingo w/Pam

20

9:45 Name Five  
10:15 Chapel Services  
NOON Outing For Lunch  
2:00 Fun w/Food (Soy Foods Month)  
6:30 Bingo w/Pam

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9:45 Reminiscing  
10:00 Catholic Comm  
10:30 Yoga w/Anita  
1:30 National Beer and Caramel Corn Day  
2:00 Movie "The South Pacific"  
6:30 Golfing

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9:45 Hot Cross Buns/Reminiscing  
10:30 Yoga w/Anita  
1:30 Resident Shopping  
2:00 Movie & Popcorn "Easter Parade"  
6:30 Golfing

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9:45 National Jelly Bean Day/Reminiscing  
10:30 Yoga w/Anita  
2:00 Movie & Popcorn "Teacher's Pet" (N)  
6:30 Golfing

21

9:45 Arbor Day/Reminiscing  
10:30 Yoga w/Anita  
1:30 Resident Shopping  
2:00 Movie & Popcorn "Honey I Shrank The Kids"  
6:30 Golfing

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9:45 Weightlifting  
10:30 April Fools Day/Spelling Bee  
2:00 Easter Eggs on Parade  
6:30 Johnny Carson

1

9:45 Weightlifting  
10:30 Spelling Bee  
2:15 Outing to "The Resurrection"  
6:30 Johnny Carson

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9:45 Weightlifting  
10:30 Spelling Bee  
2:00 Bowling  
6:30 Johnny Carson

15

9:45 Weightlifting  
10:30 Earth Day/Spelling Bee  
1:30 Tee's Memorial in Courtyard  
6:30 Johnny Carson

22

9:45 Weightlifting  
10:30 Spelling Bee  
2:00 Bowling  
6:30 Johnny Carson

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