



MAY IS ALLERGY AND ASTHMA MONTH

An allergy is when your immune system reacts to a foreign substance, called an allergen. It could be something you eat, inhale into your lungs, inject into your body or touch. This reaction could cause coughing, sneezing, itchy eyes, a runny nose and a scratchy throat. In severe cases, it can cause rashes, hives, low blood pressure, breathing trouble, asthma attacks and even death. There is no cure for allergies. You can manage allergies with prevention and treatment. More Americans than ever say they suffer from allergies. Asthma causes swelling of the airways. This results in narrowing of the airways that carry air from the nose and mouth to the lungs. Allergens or irritating things entering the lungs trigger asthma symptoms. Symptoms include trouble breathing, wheezing, coughing and tightness in the chest. In severe cases, asthma can be deadly. There is no cure for asthma, but asthma can be managed with proper prevention and treatment. More Americans than ever before have asthma. It is one of this country's most common and costly diseases.



Down by the Creek Companion Animal Sanctuary
P.O. Box 177 Long Grove, IA 52756 *just give us a call at: 563-340-6943*

Here are a few of the programs and activities we offer: Pet therapy for seniors and support groups Hands-on education for schools, churches, scouts, summer camps and libraries. Parties on site for birthdays and family get-togethers Hands-on exhibits for festivals

and special events. Responsible pet ownership education for schools, youth groups and community events Companion animal rehabilitation education We can also customize a program to your specific needs. Just give us a call at: 563-340-6943

My name is Debbie Wallace, proprietor of Down By The Creek Companion Animal Sanctuary. Several years ago, I found myself rescuing all types of unwanted or mistreated pets...anything with fur, feathers or scales! I began to rehabilitate them, train and socialize them. I fell in love with each one; they were so intelligent and appreciative of kindness! I found myself rescued by them every day.

I wanted to share this wonderful healing experience with other animal lovers. I wanted to tell the animals' stories of hope and forgiveness. So I began taking these rehabilitated animals out into the community. Last year we conducted about 140 programs and touched the lives of approximately 3,000 people in Eastern Iowa and Western Illinois. The programs use the power of pet therapy to inspire, enrich and heal people of all ages. We adapt the stories and messages to fit the age of the audience.



May Brings Beautiful Flowers

May HappYnings---

- 3rd Geneseo Kitchen Band
- 5th Cinco de Mayo--Sierens Family Benefit, music from Ron Lubbers, Silent Auction
- 6th John Fliss
- 11th The Retzl's
- 14th Happy Mother's Day
- 16th Sr. Day at the Ballpark
- 17th BOHH Birthday Party
- 18th Lewis Knudsen
- 25th Robert Dahms
- 28th Indy 500
- 29th Memorial Day Lunch



HAPPY MEMORIAL DAY TO OUR FAMILY AND FRIENDS OF BICKFORD!



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May

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

7

HAPPY MOTHER'S DAY
 10a Exercise, C. Events
 10:30a SJVCC communion
 Noon Mother's Day Dinner
 2p Marketplace Ministries Church Service
 3p Euchre or Rummy
 Movie and Popcorn

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

21

INDY 500
 10a Exercise, C. Events
 10:30a SJVCC communion
 1:15p "Walking Club"
 2p Marketplace Ministries Church Service
 3p Euchre or Rummy
 Movie and Popcorn

28

HAPPY MAY DAY
 10a Exercise, Devotions
 Current Events & Trivia
 1:15p "Walking Club"
 2p May Day Bingo
 3p Rummy Anyone?
 3p PSL, Ch 6

1

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

8

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

15

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

22

MEMORIAL DAY
 10a Exercise, C. Events
 MEMORIAL DAY LUNCH
 WATCH THE INDY 500
 PLAY BOARD GAMES IN THE CABINET IN THE SUN ROOM, ENJOY THE COURTYARD

29

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

2

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

9

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

16

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

23

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

30

10a Exercise, Devotions
 Current Events & Trivia
 10:30a Hymn Sing
 1:15p "Walking Club"
 2p Geneseo Kitchen Band
 3p PLS, ch. 6

3

RESIDENT COUNCIL MGT.
 10a Exercise, Devotions
 Current Events & Trivia
 10:30a Hymn Sing
 1:15p "Walking Club"
 2p Computer TV
 3p PLS, ch. 6

10

10a Exercise, Devotions
 Current Events & Trivia
 10:30a Hymn Sing
 1:15p "Walking Club"
 2p BOHH Group Birthday
 3p PLS, ch. 6
 7p Let's Color

17

10a Exercise, Devotions
 Current Events & Trivia
 10:30a Hymn Sing
 1:15p "Walking Club"
 2p Popcorn & Movie
 3p PLS, ch. 6

24

10a Exercise, Devotions
 Current Events & Trivia
 10:30a Hymn Sing
 1:15p "Walking Club"
 2p Board Games
 3p PLS, ch. 6
 5:30p BFFF in Bettendorf

31

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

4

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

11

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

18

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

25

CINCO DE MAYO
 PODIATRIST
 10a Exercise, Devotions
 Current Events & Trivia
 1-4p Sierens Family Benefit
 1-3p Silent Auction
 1:30-2:30p Ron Lubber

5

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

12

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

19

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

26

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

6

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

13

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

20

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

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