

Honoring our Registered Nurses

Jamie Klinginsmith is our RN Coordinator. She has been a RN for 18 years and has been a breathe of fresh air since she joined our team in October. Jamie and her husband, Steve live outside of St. Paul with their kids; Parker, Raegan, Jaxson and Piepyr.

Candi Kennedy is our part-time RN. She has been a RN for 16 years and brings a light-heartedness to Bickford we all enjoy! Candi and her husband, Jamie live near Kenesaw with their kids; Madeline, Trey, Kamille and Fletcher.

DaNelle Wells is our on-call RN. She has been a RN for 10 years now and is such a kind-hearted person! DaNelle and her husband, Brooks live in Grand Island with their little girl, Charlee.

Thank you ladies for each and everything you do to enrich the lives of our residents!



ACTIVITIES ARE IN FULL BLOOM!

May is blooming with many events and activities. We start off the month with a teacher's appreciation breakfast on Tuesday the 2nd. We will recognize all of our Resident's who were teacher's. Support Group is on Tuesday May 9 at 6:30pm.

May 5th we will be having a fiesta with some authentic mexican music & fried ice cream. Join us in honoring our Mother's on May 12th at 6:30pm. for our Mother's & Dessert evening with entertainment. We will also have more music on Mother's Day by Paul Kothe at 2pm.

Plans are underway for planting in our courtyard on May 9th green thumb or not, we would love any help making Bickford beautiful for everyone to enjoy.

Outings:

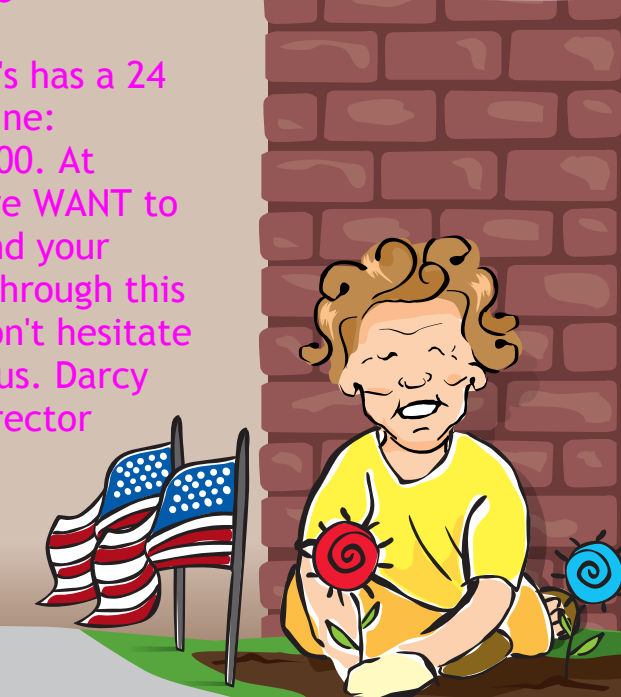
- Senior Prom at the Grand Generation Center Thursday, May 18
- Lunch at Runza Friday, May 26
- Veterans Club for Memorial Day Monday, May 29



From the Director's Desk...

May is normally a busy month with weddings, graduations, recitals, mother's day and Memorial Weekend! We encourage you to take the time to stop and smell the fresh air and other wonderful smells Spring has to offer. We are getting ready to do some planting here at Bickford. We gear our residents up to plant flowers in the courtyard, vegetables in the courtyard and this year, flowers by our, "soon to be" new sign at the front of the property. Before we know it, it will be time to pull weeds!

As many of our residents suffer from dementia or alzheimer's disease, we want you to know that there are many resources provided by alz.org that can help at any stage of the disease. Education, professional advice, statistics, local resources and ways to donate. The Alzheimer's Association's has a 24 hour help line: 800-272-3900. At Bickford, we WANT to help you and your loved one through this journey, don't hesitate to contact us. Darcy Hansen, Director



Stroke Awareness Month

FAST is an easy way to remember and identify the most common symptoms of a stroke. Recognition of stroke and calling 9-1-1 will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will more likely lead to a better recovery.

FACE: Ask the person to smile. Does one side of the face droop?

ARMS: Ask the person to raise both arms. Does one arm drift downward?

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

TIME: If you observe any of these signs, call 9-1-1 immediately.

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May

May Day
10:30 Sittercise
11:00 Manicures & Mingles
1:45 Bingo
3:00 Ice Cream Social
6:30 Card Games 1

Teacher's Day
8:00 Teacher's Appericiation Breakfast
10:00 Bickford Bakers
1:30 Bible Study
2:30 Treats & Trivia
6:30 Spelling Bee 2

Wear Polka Dots
9:30 Sit & Strech
11:00 Resident Council
1:00 Afternoon Walks
2:00 Music-The Fantas
3:00 Ice Cream Social
6:30 Twister Toss 3

National Prayer Day
9:30 Walking Group
10:00 Prayer Time
1:45 Bingo
3:00 Painted Rock Art
6:30 Knifty Knitters 4

Cinco De Mayo
9:30 Shopping Trip
10:00 Prayer w/Charle
2:00 Fiesta Time!
3:00 Fried Ice Cream
6:30 Patio Pals 5

9:30 Walk & Talk
10:00 Happinings
2:00 Triominos
3:00 Bistro Buddies
6:30 Patio Social 6

9:30 Daily Devotions
10:00 Peace Lutheran Dvd Service
2:00 Table Games
4:00 Church Service
6:30 Movie & Popcorn 7

10:30 Sittercise
11:00 Manicures & Mingles
1:45 Bingo
3:00 Ice Cream Social
6:30 Minute To Win It 8

9:30 Walking Group
10:00 Scrapbooking
10:30 Men's Group
1:30 Bible Study
2:30 Garden Plating
6:30 Coloring Therapy
6:30 Support Group 9

Night Shift Day
9:30 Move To Music
10:00 Hymn Sing
1:00 Afternoon Walks
2:00 Thank You Cards
3:00 Ice Cream Social
6:30 Pajama Party! 10

9:30 Walking Group
10:00 Giggles Kids
1:45 Bingo
2:00 Employee Meeting
3:00 Coffee & Chat
6:30 Dominos 11

Nurses Day
9:30 Fun Fitness
10:00 Prayer w/Charlie
2:00 Motherly Humor
3:00 Ice Cream Social
6:30 Mother's Day Dessert & Music 12

9:30 Exercise Video
10:00 Current Events
2:00 Kings in the Corner
3:00 Refreshments & Reminisce
6:30 Classic T.V. Shows 13

Mother's Day
9:30 Daily Devotions
10:00 Peace Lutheran
12:00 Holiday Meal
2:00 Music- Paul Kothe
4:00 Church Service
6:30 Movie & Popcorn/ 15

10:30 Sittercise
11:00 Manicures & Mingles
1:45 Bingo
3:00 Ice Cream Social
6:30 Put Put Golf 15

Senior Citizen's Day
9:30 Walking Group
10:00 Bickford Bakers
11:30 Glen on Piano
1:30 Bible Study
2:30 Trivia & Treats
6:30 Craft: Tulips 16

9:30 Sit & Stretch
10:00 Reading Group
1:00 Afternoon Walks
2:00 Garden Group
3:00 Ice Cream Social
6:30 Target Toss 17

Senior Prom Day
9:30 Walking Group
11:00 Outing: Grand Generation-Prom
1:00 Music-Marlene B.
2:00 Bingo
6:30 Music-Paul Ramp 18

9:30 Shopping Trip
10:00 Prayer w/Charlie
11:30 Lunch Outing
2:00 Music-Delores K.
3:00 Ice Cream Social
6:30 Patio Pals 19

Armed Forces Day
9:30 Walk & Talk
10:00 Happinings
2:00 Sunshine Card Group
3:00 Bistro Buddies
6:30 Patio Social 20

9:30 Daily Devotions
10:00 Peace Lutheran Dvd Service
2:00 Table Games
4:00 Church Service
5:00 Voices of the Rock
6:30 Movie & Popcorn 21

10:30 Sittercise
11:00 Manicures & Mingles
1:45 Bingo
3:00 Ice Cream Social
6:30 Minute To Win It 22

Lucky Penny Day
9:30 Walking Group
10:00 Find A Penny
10:30 Men's Group
1:30 Bible Study
2:30 Penny Ante
6:30 Turtle Races 23

9:30 Move To Music
10:00 Finish The Phrase
1:00 Afternoon Walks
2:00 Name That Tune
3:00 Ice Cream Social
6:30 Flower Pressing 24

Red Nose Day
9:30 Walking Group
10:00 Silly Pictures
1:45 Bingo
3:00 Thirsty Thursday
6:30 Table Hockey 25

9:30 Fun Fitness
10:00 Prayer w/Charlie
11:30 Lunch Outing: Runza
3:00 Ice Cream Social
6:30 Balloon Tennis 26

9:30 Exercise Video
10:00 Coffee & News
2:00 Forever Blowing Bubbles
3:00 Refreshments
6:30 Classic T.V. Shows 27

9:30 Daily Bread
10:00 Peace Lutheran Dvd Service
2:00 Courtyard Social
4:00 Chuch
6:00 Funniest Home Videos 28

Memorial Day
9:30 Vet's Club Outing
11:00 Relax & Reflect
12:00 Holiday Meal
1:45 Bingo
3:00 Ice Cream Social
6:30 Card Games 29

9:30 Bicycle Built for 2
10:00 Bickford Bakers
1:30 Bible Study
2:30 May Birthday Bash
6:30 Craft Corner 30

9:30 Sit & Stretch
10:00 Catholic Mass
1:00 Afternoon Walks
2:00 Garden Group
3:00 Ice Cream Social
6:30 Wine Down Wednesday 31

HAPPY BIRTHDAY:
Mike Ponte -5
Ron Erken -9
Rebecca Chapa-23

HAPPY BICKFORD ANNIVERSARY:
DarVette Wests-3yrs.

