



Thank You!
 A big thank you to everyone who helped with our Annual Show and Shine Car Show. This includes baking the goods for our bake sale, walking our Bickford Family Friends around so they could see all the cars and manning the grill; for just taking the time to play. It was a great day! We raised \$300.00 at the event which goes toward our goal for the Alzheimer's Walk. Details about the walk and the registration process will be coming in the near future. Thank you again!
 Trisha Moore LEC



"What Makes a Dad"

God took the strength of a mountain, The majesty of a tree, The warmth of a summer sun, The calm of a quiet sea, The generous soul of nature, The comforting arm of night, The wisdom of the ages, The power of an eagle's flight, The joy of a morning

spring, The faith of a mustard seed, The patience of eternity, The depth of a family need, Then God combined these qualities when there was nothing more to add, and so he called it...Dad HAPPY FATHER'S DAY!
 Linda Cravens, CRD

Notes from the Nurse

Approach is the key for those with Dementia. Always approach dementia residents from the front. It could upset them or scare them if you approach from behind or the side. Remember to make eye contact to establish trust. Get down to their eye level so they can see your face. Call each by his or her name. Speak directly and clearly. Use simple questions with few words. Use one or two words in your questions so they can better understand what you are saying.

Always smile. Before entering into their space, reach your hand out to greet them with a hand shake or gentle touch. Always talk in a calm voice. Make sure before entering their apartment you are knocking and announcing yourself so as not to startle them. When walking with a person with dementia you should always walk beside them and not behind them. Your communication with those with dementia will be improved if you follow these simple steps.
 Thank You!
 Bonnie Gilliland RN



Fun Facts about the Flag

The flag means something different to all of those that behold it. Flag Day is June 14th and with that being said I would like to share some fun flag facts with you. The Star-Spangled banner started out as a poem penned by Francis Scott Key as he watched Fort McHenry being bombarded during the War of 1812. Key wrote down what he was feeling after the night of rain and gunfire. When the sun rose the flag was still standing. It was not made into the National Anthem until famed Robert Ripley noted that America did not have a national anthem The designer of our current flag was a high school

student at the time. One of Robert Heft's teachers gave an assignment to his students to design a new flag due to the upcoming addition of Alaska and Hawaii as states. His teacher gave him a B-, stating his design was unoriginal His teacher told him if he could get the flag adopted by Congress he would bump the grade to an A. Heft sent the flag to his congressman, who ended up getting the flag approved. Heft received an A. When you think of the flag do you think of our brave soldiers, our independence or life, liberty and the pursuit of happiness?
 Mary Beth Braunger, A.D. (time.com)



Did you know that Bickford Assisted Living & Memory Care has a Facebook Page? Please find and like our page at www.facebook.com/bickfordassistedlivingandmemorycare. What a great way for all of our family members to keep on up all of the fun things our Bickford Family Friends have been up too. You might find us out taking a bus ride or enjoying some ice cream. We might be going out to lunch or having a good old fashioned sing a long. We might take a group out fishing or for a walk along Bacon Creek. If there is an activity you would like to suggest to us please do not hesitate to contact the branch. If you do not have Facebook but would still like see what we are up too, we have an online blog as well. The website address is: www.enrichinghappiness.com/siouxcity Thank you for sharing your loved ones with us!

S

M

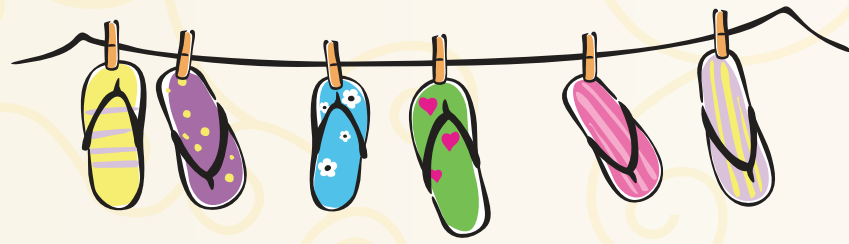
T

W

T

F

S



June

10:00 In The News
2:00 Church
2:30 Coffee Hour
3:00 Walk 4

9:00 Popcorn
10:00 Garden Club
1:00 Walk
2:00 Cooking Club 5

10:00 Garden Club
2:00 Wells Ice Cream Parlor
4:00 Walk
6:00 F.G.N. 6

9:00 Beauty Shop
10:30 Bible Study
2:30 Bake Cookies 1

10:00 In The Garden
2:00 Movie Matinee
2:30 Howie Ride
4:00 Walk 2

10:00 Morning Tea
2:00 The Game Sorry!
7:00 Lawrence Welk 3

10:00 In The News
2:00 Church
2:30 Coffee Hour
3:00 Walk 11

9:00 Popcorn
10:00 Garden Club
1:00 Walk
2:30 Cooking Club 12

10:00 Pet Therapy w/Roberta
10:20 Catholic Mass
2:00 Bingo 13

Flag Day
10:00 In The Garden
1:30 Sing-a-Long w/Darla
4:00 Walk 14

9:00 Beauty Shop
10:30 Bible Study
2:30 Make Ice Cream 15

10:00 In The Garden
2:00 Denny Feauto (Singer) Bldg 1
4:00 Walk 16

10:00 Morning Tea
2:00 Walking Club
7:00 Lawrence Welk 17

Father's Day
10:00 In The News
12:00 Father's Day Cook Out
3:00 Walk 18

9:00 Popcorn
10:00 Garden Club
1:00 Walk
2:00 Cooking Club 19

10:00 Garden Club
10:45 Sock It To Me!
1:00 Walk
6:00 Bingo 20

10:00 Farmer's Market-Lunch
1:30 Sing-a-Long w/Darla
3:00 Manicures
4:00 Walk 21

9:00 Beauty Shop
10:30 Bible Study
2:00 Make Donuts 22

10:00 In The Garden
2:00 Movie Matinee
2:30 Howie Ride
4:00 Walk 23

10:00 Morning Tea
2:00 Walking Club
7:00 Lawrence Welk 24

10:00 In The News
2:00 Church
2:30 Coffee Hour
3:00 Walk 25

9:00 Popcorn
10:00 Garden Club
2:00 Cooking Club
3:00 Walk 26

10:00 LampLighters
10:30 Resident Council
2:00 Bingo
3:30 Walk 27

9:30 CornerStone Gals
1:30 Sing-a-Long w/Darla
3:00 Walk 28

9:00 Beauty Shop
10:30 Aaron ShoeMaker (Singer)
1:00 Walk 29

10:00 In The News
12:00 Cook-Out
2:30 Howie Ride
4:00 Walk
6:00 Porch Talk 30

