

## RESIDENT OF THE MONTH

Pran Khanna

Pran was born on April 21st in Peshwar, British India now known as Pakistan. He lived there with his parents and five siblings. Pran went to the University of Delhi for his undergraduate Degree and to Gujrat University of Pharmacy and the University of Mississippi College of Pharmacy to receive his PHD. He then went to the University of Des Moines to become a Doctor of Osteopathy. He was a Professor of Pharmacy at Drake University. He then was a Doctor of Osteopathy for thirty-five years in Oklahoma. On July 23rd 1970, Pran married Patricia (Pat) and they have two daughters, Maya and Nicole (Niki) and triplet granddaughters who are now four years old. Pran enjoys Indian Music, doing beadwork, latch hooking, and gardening.



## BFM SPOTLIGHT AND UPDATES!!

### BFM SPOTLIGHT

Tina Whaley

Tina started here on August 11th, 2011 as a CNA/Med Aide. Tina was born and raised here in Omaha. Tina is currently one of our Black Pearls which is a title given to two deserving employees every year. When asked what her favorite part of working at Bickford was, Tina responded with, "my job can be challenging, but rewarding and the residents and my co-workers are awesome".



June was a very hot, yet great start to our summer! We even got to enjoy being outside on the "cooler" days!!

Our courtyard has gone through such a marvelous transformation since last summer, and we are all enjoying the new look very much!

We also enjoyed our Luau theme day, National Flag Day, live entertainment, new games, and socializing with staff and other Bickford Family Friends!

We are looking forward to July and all of the exciting things that are planned already!



## SUMMER PICNIC FAMILY NIGHT!!

We invite families to join us for our **Summer Picnic Family Night** on **Tuesday, July 11th at 5:30pm.**

We will be grilling hamburgers and hotdogs and have fruit, chips, and desserts!

Dinner will begin at 5:30pm. At 6pm, Christine Coulson will be entertaining us with some live music!

Weather permitting, the event will take place outside in our courtyard so throw your lawn chairs in your trunk and come enjoy a fun night with your loved ones!

After Christine's show is complete, we will have a Family Council meeting lead by our Director, Celeste Norman.

Please **RSVP** to Allie, Activities at 402-391-3000 by **Thursday, July 6th.**

We look forward to spending quality time with you and your loved ones!!



**RESIDENT BIRTHDAY'S:**

July 7th- Gary Noon

**BFM BIRTHDAY'S:**

July 10th- Tina Whaley

Happy Birthday from your Bickford Family Members!!

**FOLLOW US ON SOCIAL MEDIA:**

Make sure to check our blog out at: [enrichinghappiness.com/omaha/hickory](http://enrichinghappiness.com/omaha/hickory)

Make sure to "like" us on Facebook at: [facebook.com/bickford/hickory](https://facebook.com/bickford/hickory)



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10:30a- Puzzle Time  
11a- Mass  
2p- Chaplain Ron  
3p- Manicures with Kim  
30

9:30a- Noodle Ball  
10:15a- Memory Game  
2p- BINGO  
3:15p- Rosary  
6p- Movie Monday  
31

10a- Chair Exercises  
10:30a- UNO Attack  
1:30p- Bullseye  
6p- Lawrence Welk  
1

10:30a- Word Search  
11a- Mass  
2p- Chaplain Ron  
3p- Manicures with Kim  
2

9:30a- Parachute  
10a- BINGO  
1:30p- **Christine-Singer**  
3:15p- Rosary  
6p- Movie Monday  
3

Independence Day  
10a- Senior Motion  
10:30a- Watch  
Fireworks  
2p- Red, White, and Blue Social  
6p- Movie Night  
4

9:30a- Noodle Ball  
10:15a- Potato Peeling  
2p- Chaplain Laura  
3:30p- Higher or Lower  
6p- Wii Games  
5

9:30a- Stretch & Flex  
10:15a- Two Truths and a Lie  
2p- Popcorn Bar  
3:30p- Trivia  
6p- BINGO  
6

9:30a- Chair Yoga  
10:15a- Flower Fun  
2p- Scategories  
3:30p-5 Second Rule  
6p- Tell me a Joke  
7

10a- Social Walk  
10:30a- One Questions- One Answer  
1:30p- Arts & Crafts  
6p- Lawrence Welk  
8

10:30a- Crossword  
11a- Mass  
2p- Chaplain Ron  
3p- Manicures with Kim  
9

9:30a- Chair Yoga  
10:15a- Coffee Chums  
2p- BINGO  
3p- **Johnny Ray Gomez**  
6p- Movie Monday  
10

9:30a- Senior Motion  
10:15a- Flower Fun  
2p- Make bird nest cookies  
5:30p- **Family Picnic/ Christine Coulson**  
11

9:30a- Parachute  
10:15a- Potato Peeling  
2p- Chaplain Laura  
3:30p- Guess Who?  
6p- Spill & Spell  
12

9:30a- Seated Soccer  
10:15a- Devotions  
2p- Courtyard Chat  
3:30p- Hula Hoop Toss  
6p- BINGO  
13

9:30a- Noodle Ball  
10:15a- Flower Fun  
3:30p- Trivia Time  
6p- Rocket Toss  
14

10a- Sittercise  
10:30a- Trivia  
1:30p- Bag Toss  
6p- Lawrence Welk  
15

10:30a- Chit Chat  
11a- Mass  
2p- Chaplain Ron  
3p- Manicures with Kim  
16

9:30a- Sittercise  
10:15a- Fun Facts about July  
2p- BINGO  
3:15p- Rosary  
6p- Movie Monday  
17

9:30a- Parachute  
10:15a- Flower Fun  
2p- **Fontentelle Forest**  
6p- Puzzle Time  
18

9:30a- Soccer  
10:15a- Facts about Italy  
2p- Chaplain Laura  
3p- Gondola Races  
6p- Make Italian Shaved Ice  
19

9:30a- Noodle Ball  
10:15a- Potato Peeling  
2p- **Birthday Party**  
3:30p- Two Truths & a Lie  
6p- BINGO  
20

9:30a- Chair Exercises  
10:15a- Flower Fun  
2p- Courtyard Chat  
3:30p- Brain Cramp  
6p- Friday Night Movie  
21

10a- Senior Motion  
10:30a- Coffee Chums  
1:30p- Arts & Crafts  
6p- Lawrence Welk  
22

10:30a- Word Scramble  
11a- Mass  
2p- Chaplain Ron  
3p- Manicures with Kim  
23

9:30a- Noodle Ball  
10:15a- How old are they?  
2p- BINGO  
6p- Movie Monday  
24

9:30a- Parachute  
10:15a- Flower Fun  
2p- Indoor Fishing  
6p- John's Bible Study  
25

9:30a- Sittercise  
10:15a- Potato Peeling  
2p- Chaplain Laura  
3p- **Joy Bartling-Animal Therapy**  
6p- Bean Bag Toss  
26

9:30a- Chair Yoga  
10:15a- Devotions  
2p- Resident Council  
3p- **Physicians Mutual Band**  
6p- BINGO  
27

9:30a- Senior Motion  
10:15a- Flower Fun  
2p- **Plunkin Nutz**  
3:30p- Wii Games  
6p- Ice Cream Sundae Bar  
28

10a- Stretch & Flex  
10:30a- Kings Korner  
1:30p- Hula Hoop Toss  
6p- Lawrence Welk  
29

July