



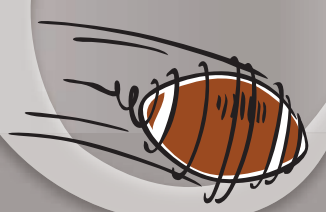
## PUMPKIN PIE DIP

**Ingredients:** 1 tsp. Ginger, ground. 1 cup Pumpkin, canned. 2 cups Powdered sugar. 1tsp. Pumpkin pie spice or cinnamon. 2 cups Topping,whipped. 12oz. Cream cheese.

**Directions:** 1. Beat cream cheese and powdered sugar until light and fluffy. Stir in pumpkin and spices. 2.Gently fold in whipped topping. Refriderate at least 30 minutes before serving. 3. Serve with sliced apples, graham crackers or your favorite fruit!

# Grand Island HAPPENINGS

SEPTEMBER



## Crystal Trejo, LEC

I am the life enrichment coordinator at Bickford and I have been working here for 6 wonderful years. My husband Jovani and I have four children, two boys and two girls. Junior who will soon be 18, Andrew is 16, Serena is 11, and Kaylee is 8 years old. They keep me very busy, but I wouldn't have it any other way. I love to do arts & crafts, read, write, volunteer at church, going to bible study, and spending quality time with my family and friends.

I was born and raised in the Golden State of California. I found my way to the Good Life of Nebraska when I was 18 years old and I can honestly say that this is exactly where I am suppose to be. I cannot say enough good things about why I love working here at Bickford. Everyday is a new day with so many stories, memories, fun activities, smiles and hugs. I am beyond blessed to be able to share this special part of life with our residents. I enjoy doing the little things to enrich happiness in each of their lives.



## Falling into Fun Activities

IS FOREVER

September has arrived with its beautiful crisp fall days, and colors. We have a variety of fun activities planned this month. Football season is upon us, so that means a tailgate party on Saturday Sept. 2 at 6:30pm join us & then watch the game with us!

We will have a "grandfun" time on Grandparents day with sweet treats & games at 2pm. Every year we participate in National Assisted living Week. This years theme is Family is Forever. We plan a theme for each day of the week, and we ask all the resident's, employees, and families to participate.

We also participate in the Alzheimer's Walk, that will be held on Sept. 21 at Eagle Scout Lake. Registration starts at 5:00pm & the walk starts at 6:45pm. Join our team in fighting against this disease.

Here is a quick list of the theme days for Assisted living week:  
**Monday-** Family Patriot Day  
**Tuesday-** Family Disney Day  
**Wednesday-** Family 50's Day  
**Thursday-** Family Farm Day  
**Friday-** Family Football Day

-Crystal Trejo, LEC



## FAMILY



National Assisted Living Week® / September 10-16, 2017



# CELEBRATING SEPTEMBER

## HAPPY BIRTHDAY

Elva Dawson - 9/8  
 Betty Jelinek - 9/12  
 Alice Speihs - 9/15  
 Esther Depue - 9/18  
 Ed Brokaw - 9/24  
 Norma Kreutz - 9/29

## BICKFORD FAMILY ANNIVERSARY

Mike Ponte - 6 years  
 Felicia Ramirez - 3 years

## SEPTEMBER MONTHLY EVENTS

Music Month  
 Piano Month  
 Busy as a Bee Month  
 Back to School Month  
 Classical Music Month  
 Assisted Living Week  
 World Alzheimer's Month

Hat Month  
 Apple Month  
 Football Season  
 Honey Month  
 Sewing Month  
 Waffle Month



S M T W T F S

Share a SMILE with someone today!

A BIG thank you to each of you that have supported our fundraising efforts towards the fight against Alzheimer's Disease!

# September

9:30 Daily Devotions  
 10:00 Peace Lutheran Dvd Service  
 2:00 Table Talk  
 4:00 Church Service  
 6:30 Movie & Popcorn 3

**Labor Day**  
 10:30 Sittercise  
 11:00 September I Q  
 12:00 Holiday Meal  
 1:45 Bingo  
 3:00 Ice Cream Social  
 6:30 What's My Job? 4

9:30 Walking Group  
 10:00 Happy News  
 1:30 Bible Study  
 2:30 Laugh Out Loud  
 3:30 Men's Gather  
 6:30 Adult Coloring 5

9:30 Exercise Class  
 10:00 Hymn Singing  
 11:00 Resident Council  
 2:00 School Memories  
 3:00 Moon Pie Ice Cream  
 6:30 Collage Pictures 6

9:30 Walking Group  
 10:00 Daisy Day  
 1:45 Bingo  
 3:00 The Way Things Were  
 6:30 Uno 7

**WEAR HUSKER RED**  
 9:30 Sittercise  
 10:00 Welcome Sept.  
 1:30 Prayers w/Charlie  
 2:00 Football Games  
 3:00 Big Red Treats  
 6:30 Cornhole Toss 8

9:30 Exercise Video  
 10:00 Morning Mingles  
 2:00 Opposite Day  
 3:30 Ne. vs. Oregon (FOX)  
 6:30 Triominos 9

**Grandparent's Day**  
 9:30 Daily Devotions  
 10:00 Peace Lutheran Dvd Service  
 2:00 GrandFun Games  
 4:00 Church Service  
 6:00 Funniest Videos 10

**Family Patriot Day**  
 10:30 Sittercise  
 11:00 Never Forget  
 1:45 Bingo  
 3:00 Fire Truck & Ice Cream  
 6:30 Thank You Cards 11

**Family Disney Day**  
 9:30 Walking Group  
 10:00 Bickford Bakers  
 1:30 Bible Study  
 2:30 Disney Treats  
 6:30 Disney Art  
 6:30 Support Group 12

**Family 50's Day**  
 9:30 Walk 'N' Roll  
 10:30 50's Chair Zumba  
 12:00 Bickford Diner  
 2:00 Music-Modern K.  
 3:00 57' Chevy Rides  
 6:30 Drive In Movie 13

**Family Farm Day**  
 9:30 Walking Group  
 10:00 Giggles Pre-Kids  
 2:00 Music-Cindy B.  
 2:00 Employee Meeting  
 6:30 Family Farm Fun 14

**Family Football Day**  
 9:30 Football Toss  
 10:00 Face Painting  
 1:30 Prayers w/Charlie  
 2:00 Music-Delores K.  
 3:00 Ice Cream Social  
 6:30 Football Games 15

9:30 Walk & Talk  
 11:00 Ne. vs. Northern IL  
 2:00 Kings Corner  
 3:00 Bistro Buddies  
 6:30 Classic T.V. Shows 16

9:30 Daily Devotions  
 10:00 Peace Lutheran Dvd Service  
 2:00 Adult Coloring  
 4:00 Church Service  
 5:00 Voices of the Rock  
 6:30 Movie & Popcorn 17

10:30 Sittercise  
 11:00 Manicures & mingles  
 1:45 Bingo  
 3:00 Spelling Bee  
 6:30 Minute To Win It 18

9:30 Walking Group  
 10:00 Red Hat Ladies  
 11:30 Glen on Piano  
 1:30 Bible Study  
 2:30 Top Ten  
 6:30 Painting Pictures 19

9:30 Exercise Class  
 10:00 Hymn Singing  
 2:00 Fact or Fiction  
 3:00 Ice Cream Social  
 6:30 Midweek Movie & Popcorn 20

**9:30 Res. Walk-A-Thon**  
 10:00 Parachute Game  
 1:00 Music- Marlene B.  
 2:00 Bingo  
 5:30 Alzheimer's Walk at Eagle Scout Lake  
 6:00 Music-Paul Ramp 21

**Autumn Begins**  
 9:30 Shopping Trip  
 11:30 Lunch Outing  
 1:30 Prayers w/Charlie  
 2:00 Craft Corner  
 3:00 Ice Cream Social  
 6:30 Fall Walk 22

9:30 Exercise Video  
 10:00 Morning Mingles  
 2:30 Ne. vs. Rutgers  
 3:00 Refreshments  
 6:30 Lawrence Welk 23

9:30 Daily Devotions  
 10:00 Peace Lutheran Dvd Service  
 2:00 Word Searches  
 4:00 Church Service  
 6:00 Funniest Home Videos 24

10:30 Sittercise  
 11:00 Manicures & Mingles  
 1:45 Bingo  
 3:00 Ice Cream Social  
 6:30 Table Hockey 25

**Johnny Appleseed Day**  
 9:30 Walking Group  
 10:00 Bickford Bakers  
 1:30 Bible Study  
 2:30 September Birthday Bash  
 6:30 Apples & Caramel 26

9:30 Exercise Class  
 10:00 Catholic Mass  
 2:00 Balloon Toss  
 3:00 Ice Cream Social  
 6:30 Wine Down Wednesday 27

9:30 Walking Group  
 10:00 Name That Tune  
 1:45 Bingo  
 3:00 Knitters Nook  
 6:30 Target Toss 28

9:30 Sittercise  
 10:00 Penny Ante  
 1:30 Prayers w/Charlie  
 2:00 Happy Hour  
 3:00 Ice Cream Social  
 7:00 Ne. vs. Illinois (Fox) 29

9:30 Walk & Talk  
 10:00 Coffee & Chat  
 2:00 Word Search  
 3:00 Bistro Buddies  
 6:30 Classic T.V. Shows 30