



Bickford's Fourth Annual Painting Party
Our event to raise awareness and end Alzheimer's
is finally here!

The picture on the left is the painting we will be doing
this year

Tuesday, August 14th at 6:00pm @ Doxx Bar & Grill
1219 5th St Sioux City, IA

You can get tickets for \$35 online at
eventbrite.com
It will be a lot of fun!



County Fair Day

C'mon down to the Bickford County Fair on August 8th from 4-7. We will be having fair games such as rubber ducks, bean bags, shooting games etc. There will also be a bouncy house, cotton candy machine and popcorn.

We will also be serving hot dogs, chips, ice cream cups and your choice of beverage. The fair will take place in the Memory Care parking lot. If you have any questions just give us a call. Hope to see you all there!
Abbie Susie, CRD



Flu Vaccination

It is hard to believe because it is so hot out but fall really is just around the corner; which means flu season is almost upon us. The Bickford RN will be administering the flu vaccines provided by ValuMed Pharmacy. The vaccination will be billed to Medicare by the pharmacy. If you are interested in receiving the vaccination, you will be required to complete a flu consent form prior to receiving the injection. It is highly recommended that all residents and BFM's (staff) receive the vaccination.

Remember you will not get the flu from the vaccination. If you do receive the vaccine at your Doctor's office, please inform the Bickford RNs so your record can be updated. For our Memory Care residents, the flu consent will be mailed to the Power of Attorney for their signature. When you do receive the form, please return as soon as possible so we can acquire the correct amount of vaccinations from the pharmacy.

Lacey Kern, RN
Debra Schenkel, RN

Summer Heat

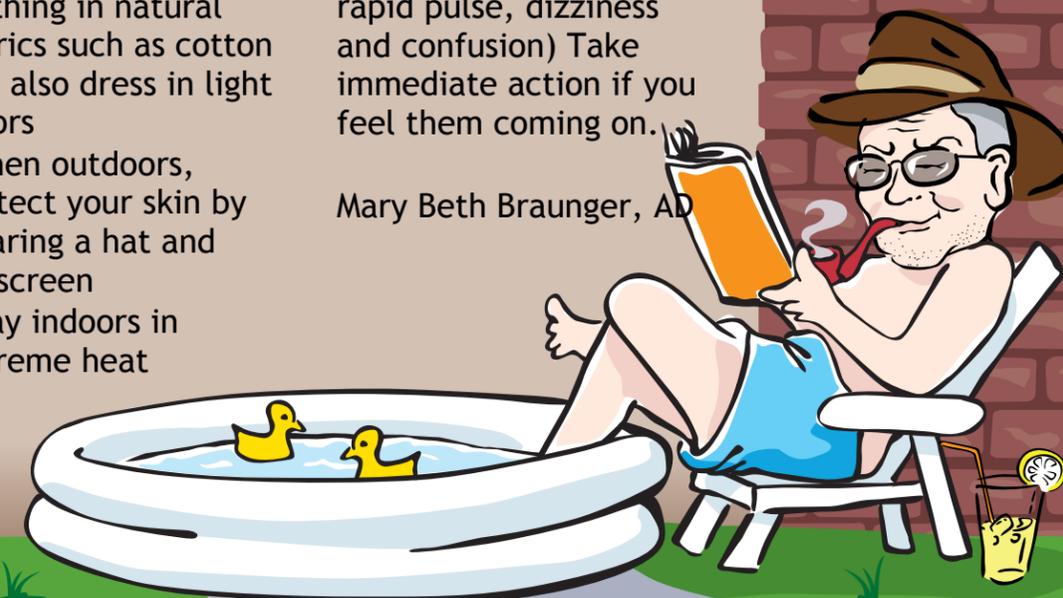
The dog days of summer are upon us and it has been hot, hot, hot. We would like to give you some important tips to keep seniors safe in the summer heat.

- Drink plenty of fluids Eight or more glasses of water or fruit juices per day will help keep you hydrated
- Avoid caffeinated and alcoholic beverages
- Dress appropriately Wear loose fitting clothing in natural fabrics such as cotton and also dress in light colors
- When outdoors, protect your skin by wearing a hat and sunscreen
- Stay indoors in extreme heat

If you are feeling overheated take a cool bath or shower to lower your body temperature, especially on extremely hot days

- Temperatures inside houses or apartments should not exceed 85 degrees for prolonged periods of time
- Know the signs of heat stroke (such as flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) Take immediate action if you feel them coming on.

Mary Beth Braunger, AD



Camping Quesadillas

Ingredients:

- 4 medium flour tortillas
- 2 8oz chicken breasts, grilled and sliced
- 1 jar Tostitos salsa con queso
- 1 can black beans rinsed and drained
- 1 cup shredded Mexican blend cheese
- tin foil

Instructions:

1. Spread 1 Tbsp salsa con queso over one side of tortilla
2. Place 1/4 c. chicken on half of tortilla over the salsa con queso. Sprinkle 1/4 c. black beans and about 1/4 c. cheese over chicken
3. Fold other side of tortilla over ingredients. Place on a piece of tin foil large enough to cover quesadilla. Leave ends open
4. Place the folded quesadilla on the grate directly over the campfire. When cheese is melted take off grate, let cool and enjoy!



MARLYCE 8-16
LORI 8-30

August

10:00 In The News
2:00 Church
2:30 Social Time
3:30 Walk
4:00 UNO ⁵

10:00 In The News
2:00 Church
2:30 Social Time
3:30 Walk
4:00 Trivia ¹²

10:00 In The News
2:00 Church
2:30 Social Time
3:30 Walk
4:00 Rummy ¹⁹

10:00 In The News
2:00 Church
2:30 Social Time
3:00 Walk
3:30 UNO ²⁶

10:00 Walk
10:30 Sing-a-Long w/Deb
2:00 Color Me Happy ⁶

10:00 Sit n Sip w/Mid Step
1:00 Sing-a-Long w/Deb
2:30 Color Me Happy ¹³

10:30 Sing-a-Long w/Deb
2:00 Color Me Happy
3:00 Walk
4:00 I Spy ²⁰

10:30 Sing-a-Long w/Deb
11:00 Walk
2:00 Color Me Happy
3:00 I Spy ²⁷

10:00 Aroma Massages
1:00 Larry On Piano
2:00 Bingo
3:30 Walk ⁷

10:00 Pet Therapy
10:15 Catholic Mass
1:00 Larry On Piano ¹⁴

10:00 Aroma Massages
1:00 Larry On Piano
2:00 Bingo
3:30 Walk ²¹

10:00 LampLighters
10:30 Resident Council
1:00 Larry On Piano ²⁸

10:00 Garden Club
11:00 Walk
2:00 Make Snow Cones
3:30 Cowboy Jim

County Fair Day
9:30 Garden Club
4:00-6:00 Country Fair Day! ⁸

9:30 Garden Club
11:00 Walk
2:00 Puzzle Mania
4:00 I Spy ¹⁵

10:00 Garden Club
11:00 Walk
2:00 Bickford Bakers
4:30 Out To Eat ²²

10:00 Garden Club
11:00 Walk
2:00 Bickford Bakers
3:30 Fancy Nails ²⁹

9:00 Beauty Shop
10:30 Bible Study
2:00 Best Cold Dessert Contest²

9:00 Beauty Shop
10:30 Bible Study
2:00 Crafts
3:00 Walk ⁹

9:00 Beauty Shop
10:30 Bible Study
6:00 Go See Explorer's Game ⁶

10:30 Aaron Shoemaker Singing
1:00 Walk
2:00 Hollywood Bingo ²³

9:00 Beauty Shop
10:30 Bible Study
2:00 Crafts
3:00 Walk ³⁰

9:30 Okoboji Trip
10:00 Garden Club
2:00 Movie Matinee ³

10:00 Around The World
1:30 LeMar's Ice Cream Parlor Trip
3:00 Walk ¹⁰

10:00 Around The World
12:00 Cook-Out
2:00 Movie Matinee
4:00 Walk ¹⁷

10:00 Around The World
11:00 Walk
2:00 Howie Ride
3:00 Rummy
4:00 Puzzles ²⁴

10:00 Around The World
11:00 Walk
2:00 Howie Ride
3:00 Rummy
4:00 Puzzles ³¹

10:00 Morning Tea
2:00 Fancy Nails
3:30 Walk
7:00 Lawrence Welk ⁴

10:00 Morning Tea
2:00 Fancy Nails
3:00 Walk
7:00 Lawrence Welk ¹¹

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