



BOB PLATH - RESIDENT OF THE MONTH



Bob was born in 1934 in Sioux City Iowa. He attended Anamosa High School and played football. He was the Captain of his football team in his senior year. Bob married his wife, Beverly in 1935, and has 2 children, Brian and Towni, and 4 grandchildren, Jake, Jack, Seth and Sara. After high school Bob worked for Northwestern Bell, and was the Civil Defense director for 10 years. He implamented the 911 emergency system here in Des Moines. He enjoys sports, and says his favorite teams are the Greenbay Packers and Iowa State basketball. He says he loved to travel and take cruises. A few of the places he says he's travel to are, Germany, Rome, Hawaii and the Panama Canal.



Great People and Great Times



**BFM of the Month
Melissa Chagoya**

Melissa was born and raised in New Orleans Louisiana. She came to Des Moines Iowa in 1999 to live with her aunt and has lived here since. Though her hometown will always hold a special spot in her heart, she considers Iowa to be her home away from home.

It is also here where she met her husband José and had 4 beautiful daughters. Emiley who is 18 years old, Gloria who is 15, Leilani who is 7, and Ivory who is 3. Melissa has worked for Bickford since 2007 and enjoys caring for the residents. On her off time she enjoys spending time with her family and loves taking and editing photos. Melissa is truly an asset here at Bickford of WDM. Always willing to go above and beyond!

Happenings at Bickford Of West Des Moines Right: Residents, Family members and BFM's enjoy our County Fair Day. We enjoyed games, prizes cotton candy, popcorn and clowns doing face painting and balloons. Fun was had by all who attended :-)



Flu Season Preparation Guidelines

Please follow these guidelines to keep our Residents and Staff safe from exposure to the flu.

Protect yourself and others by:

1. Please do not visit the branch until you are free of any cold or flu-like symptoms for at least 48 hours or after completion of your treatment.
2. Let the residents know you are unable to visit and consider a phone visit instead.
3. If you do wish to visit, please see the Bickford nurse to help guide you on precautions while visiting. We welcome you back as soon as you are healthy.

Washing your hands with warm soapy water frequently, especially after touching public area surfaces. Cover your cough by coughing into your arm at the elbow, or a disposable tissue, and washing your hands. Avoid public gatherings and people with cold/flu symptoms.

The Nurses at Bickford will be hosting a Flu Shot Clinic for Residents and BFM'S September thru October

Symptoms to watch for:
Sore throat or cough
Runny nose
Congestion or headache
Fever, chills, body aches and fatigue



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2:30 Church
6:30 Gospel Music Hour

30

2:30 Church
6:30 Gospel Music Hour

2

Grandparent's Day

2:30 Church
6:30 Gospel Music Hour

9

2:30 Church
6:30 Gospel Music Hour

16

Velda Brown
2:30 Church
6:30 Gospel Music Hour

23

September Birthdays

18th - Loraine Evans
19th - Marrietta Wiswell
23rd - Velda Brown
25th - Phyllis Monke



Labor Day

9:30 ICubs BBall Game
6:30 Monday Night Movie

3

9:00 One On Ones
10:30 White Board Fun
11:00 Let's Take A Walk
1:00 Devotions C. Ray
2:00 Bingo
3:00 UNO

4

9:00 Morning Group
10:00 Memory Lane
11:00 Band Stretches
1:00 Ring Toss
2:00 Popcorn Party
3:00 Race to 100
6:30 Game Night

5

9:00 Morning Group
10:00 Higher or Lower
11:00 Chair Yoga
1:00 Bible Study C. Greg
2:00 Bingo
3:30 Helene Viale

6

9:00 Morning Group
10:00 Roll The Dice
11:00 Balloon Toss
1:00 Jeopardy
2:00 The Price is Right
3:00 Men's Group
6:30 Friday Night Movie

7

10:00 Morning Group
10:30 White Board Fun
11:15 Let's Take A Walk
1:30 Bingo
2:30 Yahtzee
3:30 General Store

1

10:00 Morning Group
11:00 Bend And Stretch
1:00 Bingo
2:30 GParent's Party
3:30 Bernice Shannon

8

10:00 Morning Group
11:00 Let's Take A Walk
1:30 Bingo
2:30 General Store
3:30 Jim Garrett

15

10:00 Morning Group
11:00 Let's Take A Walk
1:30 Bingo
2:30 The Price is Right
3:30 Jim Boardman

22

10:00 Morning Group
11:00 Let's Take A Walk
1:30 Bingo
2:30 Checkers
3:30 General Store

29

September

9:00 Morning Group
10:00 Trivia Time
11:00 Let's Take A Walk
1:00 Nail Care
2:00 Book Club
3:30 Tim Smallwood
6:30 Monday Night Movie

10

9:00 One On Ones
10:30 Who Am I
11:15 Bend and Stretch
1:00 Devotions C. Ray
2:00 Bingo
3:00 Kite Day Craft

11

9:00 Morning Group
10:00 White Board Fun
11:00 Band Stretches
1:00 Race to 5 Bingo
2:00 UNO
3:00 Bingo
6:30 Game Night

12

9:00 Morning Group
10:00 HangMan
11:00 Father Kirby
11:00 Let's Take A Walk
1:00 Bible Study C. Greg
2:00 Bingo
3:00 B. B. Baseball

13

9:00 Morning Group
10:00 Crafty Crafts
11:00 Chair Yoga
1:00 Scrapbooking
2:00 Red Hat Ladies
3:00 Tom Anderson
6:30 Friday Night Movie

14

9:00 Morning Group
10:00 HangMan
11:00 Balloon Toss
1:00 Nail Care
2:00 Lotion Therapy
3:30 Keri Sutter
6:30 Monday Night Movie

17

Loraine Evans
9:00 One On Ones
10:30 White Board Fun
11:15 Let's Take A Walk
1:00 Devotions C. Ray
2:00 Bingo
3:00 B.B. Baseball

18

Marrietta Wiswell
9:00 Morning Group
10:00 Memory Lane
11:00 Band Stretches
1:00 Ring Toss
2:00 Wine Tasting
3:00 Sing-A-Long
6:30 Game Night

19

50's Day
9:00 Morning Group
10:00 White Board Fun
11:00 Ball Toss
1:00 Bible Study C. Greg
2:30 50's Party
3:30 Helene Viale

20

9:00 Morning Group
10:00 Show and Tell
11:00 Chair Yoga
1:00 Painting Craft
2:00 Men's Group
3:00 Dave Gray
6:30 Friday Night Movie

21

9:00 Morning Group
10:00 Who Am I
11:00 Let's Take A Walk
1:00 UNO
2:00 Nail Care
3:00 Book Club
6:30 Monday Night Movie

24

Phyllis Monke
9:00 One On Ones
10:30 Show and Tell
11:00 Balloon Toss
1:00 Devotions C. Ray
2:45 Bingo
3:30 Jeopardy

25

9:00 Morning Group
10:00 White Board Fun
11:00 Bend and Stretch
12:00 Birthday Party
1:00 B.B. Baseball
2:00 Ice Cream Social
3:30 Maurice Jules
6:30 Game Night

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9:00 Morning Group
10:00 Resident Council
10:30 Memory Lane
11:00 Chair Yoga
1:00 Bible Study C. Greg
2:00 Bingo
3:30 Big Band Music

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9:00 Morning Group
10:00 Pen Pals
11:00 Chair Yoga
1:00 Scrapbooking
2:00 Red Hat Ladies
3:00 Roll The Dice
6:30 Friday Night Movie

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