

## MEET OUR NEW CHAPLAIN: Alan Rabe

Alan grew up in Payson, Illinois and has returned to the Quincy area to retire. Alan was a Professor and the Dean at Hope International University in California prior to his retirement. Alan has been married for 53 years to his lovely wife and they have two grown children.

Our chaplains are available for support, assistance, intervention, counseling etc to all residents, Bickford Family Members, and their immediate family members. Our chaplains also provide devotions, worship service and Men's club.



## BEAUTIFUL SMILES!!!











## FLU CLINICS

Flu Clinics will be held You cannot get sick Tuesday October 2<sup>nd</sup> and Wednesday October 3<sup>rd</sup> for all residents and staff members.

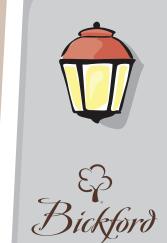
One of our nurses will give the vaccine to each resident. The nursing staff will be providing these shots in the privacy of each resident's apartment.

Each flu season varies and can affect people forms for all of the differently. Getting reduces the chance of getting the flu and spreading it to others.

from the vaccine because the virus in the vaccine are not live.

To prevent the flu from spreading always practice good handwashing, cover your mouth when coughing, and if you are sick or have been sick please stay home.

I will have consent residents. Stop by and the annual flu vaccine sign a form or you care call me and give me & verbal permission. Any questions, you can call Chris @ 217-228-0800



assisted living & memory care







