



SPOT A STROKE F.A.S.T.

F.A.S.T. is an easy way to remember the sudden signs of a stroke.

F- Face Drooping : Does one side of the face droop or is it numb? Ask the person to smile.

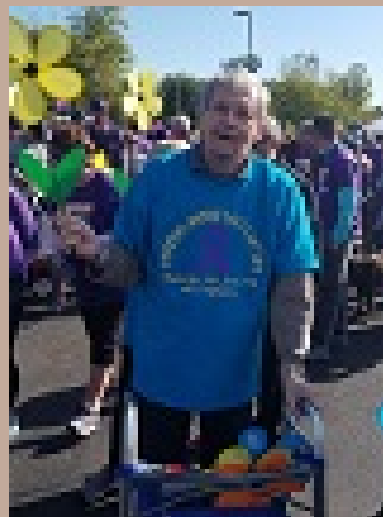
A- Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S-Speech Difficulty: Is speech slurred, are they unable to understand? Ask the person to repeat a simple sentence, like "the sky is blue". Is the sentence repeated correctly?

T-Time to Call 911: If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately. Beyond **F.A.S.T.**- other symptoms you should know: Sudden numbness or weakness in the leg, confusion, trouble seeing in both eyes, trouble walking, loss of balance and/or sudden severe headache with no known cause.



Happiness in our Home!



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Thank You to everyone who has donated funds for either our Fundraiser Basket Raffle or through our t-shirt orders for the Alzheimer's Association Walk to End Alzheimer's Walk-A-Thon. We have raised \$1610.00!

Bickford of Tinley Park & Vitas Healthcare will be hosting a monthly Alzheimer's Support Group starting October 30th from 6:00pm-7:00pm. This is open to all Bickford families & friends who need someone to talk with about their loved one's with Alzheimer's and Dementia. Topics will be chosen upon request.

Halloween Fun!
For the past two years we have involved the resident families in a fun decorating door contest for Halloween and Christmas. We are asking family members to help with decorating their loved ones apartment door starting October 1. We will have three categories: The Scariest, Funniest and the most Original decorated door. Three winners will be chosen by our Bickford Family Members. So, let's get creative!

Children are invited to trick-or treat on Halloween from 2:30-4:30. Refreshments will be served.



October



10:30 Sit & Stretch
11:00 Cranium Crunches
11:30 Arby's Lunch Trip
2:30 Luck of the Draw
3:45 Bunco
7:00 Dancing with the Stars - Television Show

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10:30 Ageless Grace
Exercise with Patrice
1:30 Blackjack with Sue
2:30 One on One Visits
3:00 Quarter Bingo
6:30 Kings in the Corner with Colleen

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10:30 Sit & Stretch
11:00 Family Feud
1:30 St. Stephen Rosary
2:15 "Octoberfest with Frank Rossi"
3:30 Hot Pretzels & Beer Social

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10:30 Sit & Stretch
11:00 You be the Judge
1:30 Hymns & Praise with Chaplin Tia
2:15 Walgreens Trip
3:30 Bingo Bucks
7:00 Movie Night

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10:30 Sit & Stretch
11:00 Brain Quest
2:00 Name That Tune
2:30 Ice Cream Social
3:00 Quarter Bingo
7:00 Movie Night & Popcorn

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10:30 Silver Sneakers with Colleen
1:30 Bingo with Samantha
3:00 Miniature Golf
7:00 Sally's Fresh Apple Slice Social

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10:30 Silver Sneakers with Colleen
11:00 Therapeutic Coloring
2:00 Word Searches

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10:30 Sit & Stretch
11:00 Memory Lane
11:30 Rising Sun Chinese
2:30 Luck of the Draw
3:00 Men's Club
7:00 Dancing with the Stars - Television Show

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10:30 Ageless Grace
Exercise with Patrice
1:30 Blackjack with Sue
2:30 One on One Visits
3:00 Quarter Bingo
6:30 Kings in the Corner with Colleen

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10:30 Sit & Stretch
11:00 Balloon Volleyball
1:30 St. Stephen Mass
2:00 Games with Mary
3:30 Patio Social - Grilled Hot Dogs
6:30 Wheel of Fortune

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9:30 Inner Artist
10:30 Sit & Stretch
11:00 You be the Judge
1:30 Hymns & Praise with Chaplin Tia
2:15 Walgreens Trip
3:30 Bingo Bucks

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Family History Day
10:30 Family Reflections
1:30 Fall Crafts
3:30 Quarter Bingo
7:00 Movie Night & Popcorn

12

10:30 Silver Sneakers with Colleen
1:30 Bingo with Samantha
3:00 Yahtzee
4:00 Group Puzzles

13

10:30 Silver Sneakers with Colleen
11:00 Therapeutic Coloring
12:00 Bears Game-Channel 32
2:00 Word Searches

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10:30 Sit & Stretch
11:00 Cranium Crunches
11:30 White Castles Trip
2:30 Luck of the Draw
3:45 Bunco
7:00 Dancing with the Stars - Television Show

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10:30 Ageless Grace
Exercise with Patrice
1:30 Tinley Park Library
2:30 Blackjack with Sue
3:00 Quarter Bingo
6:30 Kings in the Corner with Colleen

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10:30 Sit & Stretch
11:00 Reflections
1:30 St. Stephen Rosary
2:00 Games with Mary
3:30 Banana Splits Social
6:30 Wheel of Fortune

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9:30 Inner Artist
10:30 Sit & Stretch
11:00 You be the Judge
1:30 Name That Tune
2:15 Bengtson's Pumpkin Farm
6:30 Games with Colleen

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10:30 Sit & Stretch
11:00 Pictionary
2:30 Trinity Lutheran Church Service
2:15 Fire with Francisco
3:30 Quarter Bingo
7:00 Movie Night

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10:30 Silver Sneakers with Colleen
1:30 Bingo with Samantha
3:00 Fall Crafts
4:00 Group Puzzles

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10:30 Silver Sneakers with Colleen
11:00 Therapeutic Coloring
12:00 Bears Game-Channel 32
2:00 Word Searches

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10:30 Sit & Stretch
11:00 Finish The Lyrics
11:30 Petey's Lunch Trip
2:30 Luck of the Draw
3:45 Men's Club
7:00 Dancing with the Stars - Television Show

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10:30 Ageless Grace
Exercise with Patrice
1:30 Blackjack with Sue
2:30 Bingo Buck Country Store
6:00 Kindred Hospice Family In-Service

23

10:30 Sit & Stretch
11:00 Finish The Phrase
1:30 St. Stephen Communion
2:00 Games with Mary
3:30 Ice Cream Social
6:30 Wheel of Fortune

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10:30 Sit & Stretch
11:00 You be the Judge
1:30 Hymns & Praise with Chaplin Tia
2:15 Walgreens Trip
3:30 Bingo Bucks
6:30 Games with Colleen

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10:30 Sit & Stretch
11:00 Charades
2:15 Cooking with Belize
3:30 Resident/Dining Council Meeting
7:00 Movie Night & Popcorn

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10:30 Silver Sneakers with Colleen
1:30 Bingo with Samantha
3:00 Bean Bag Toss
4:00 Group Puzzles

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10:30 Silver Sneakers with Colleen
11:00 Therapeutic Coloring
12:00 Bears Game-Channel 32
2:00 Word Searches

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10:30 Sit & Stretch
11:00 Cranium Crunches
11:30 Wendy's Lunch Trip
2:30 Luck of the Draw
3:45 Bunco
7:00 Dancing with the Stars - Television Show

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10:30 Ageless Grace
Exercise with Patrice
1:30 Blackjack with Sue
2:30 One on One Visits
3:00 Quarter Bingo
6:00 Vitas "Alzheimer's Support Group"

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10:30 Sit & Stretch
11:00 Cranium Crunch
1:30 St. Stephen Rosary
2:00 Games with Mary
2:30 Halloween Party
Sponsored by Providence Home Health

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Medical Transportation is available on Tuesday's and Friday's from 9:00am-4:00pm

