

## Meet The Bottelsons

Emery and Mavis Bottelson have been married for 70 years. Married July 31, 1948, the Bottelson's have 3 children, Mark (wife Elaine), Ann and Ruth (husband Scott). They are also the proud grandparents of 10 grandchildren. Emery was born Sept 30, 1923 in Southern Minnesota, and Mavis was born Feb. 5, 1948 in Thompson, Iowa. Emery is an only child, while Mavis is the youngest of 9 children. After living at The Reserve for 11 years, the Bottelsons came to live here at Bickford 2 months ago. Both echo each other in saying "Bickford is a great place to be." When asked the secret to a 70 year marriage, Emery "Yes dear" is a key phrase, and that you have to learn to "Give and take". Both say you have to need to have Christ involved, and have to "forgive" from time to time. Emery and Mavis are a great joy to be around.



# West Des Moines HAPPENINGS DECEMBER

## A Message From Our Director

It has been a busy and exciting month. I have really enjoyed meeting and getting to know the residents and their families. I look forward to seeing everyone at our Christmas event on December 19<sup>th</sup> at 3PM.

I have just a few reminders. Monthly bills are mailed to Branch Support in Kansas. The envelope provided with your bill has their address on it.

If any residents are needing a stamp I am happy to give them one. Bills should not be left with our caregivers or slide under my office door. I would hate to have one become misplaced.

Please remember if you are not feeling well to save your visit for another time. We all want to keep our residents happy and healthy.

Merry Christmas! I am excited for 2019.

## Happenings In WDM

Dec. 5th - Bean Bag Baseball World Series. Go Team!

Dec. 6th - Winter Festival

Dec. 19th - Family Christmas Party.

Dec. 25th - Christmas Day - We would like to wish everyone a very Merry Christmas and Happy New Year.

Dec. 31 - New Years Eve Party

### Annie Alberts

Thank you Bickford family I had such a wonderful time at my shower. Thank you for sharing this special day with me. Your thoughtfulness and generosity was sincerely appreciated. Love Annie

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A great afternoon was shared by the Residents, BFM's and family members at Annie's bridal shower (see pics to the right).



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9:00 Ring Toss  
10:00 Memory Lane  
1:00 Roll the Dice  
2:30 Sunday Church

30

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9:00 Stretch & Bend  
10:00 HangMan  
1:00 Pretty Nails  
3:00 N.Y. Eve Party  
Elvis (Rick Ludwig)

31

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**Birthdays**

Carole Blumberg 12/3  
Verna McManus 12/6  
Donna Bales 12/9  
Dorothy Queener 12/10  
Maxine Manard 12/24  
Betty Hickman 12/29

*December*

9:00 B.B. Baseball Practice  
10:00 Who Am I  
2:00 Race To 5 Bingo  
7:00 Lawrence Welk

1

9:00 Noodle Ball  
10:00 White Board Fun  
1:00 General Store  
2:30 Sunday Church

2

**Carol Blumberg**  
9:00 Ring Toss  
10:00 Table Time Trivia  
1:00 Nails & Massages  
6:30 Monday Movie

3

9:00 Theraband Stretch  
10:00 Pen Pals  
1:00 Devotions  
2:00 Bingo

4

9:00 B.B. Baseball  
World Series Games  
2:00 Popcorn Party  
5:00 Noted 4 Quartet

5

**Verna McManus  
Winter Festival**  
9:00 Snow Ball Toss  
10:00 Snowflake Craft  
1:00 Bible Study  
2:00 Festival Party  
3:30 Helene Viale  
6:30 Movie - Frozen

6

9:00 Bend & Stretch  
10:00 Christmas Belles  
1:00 Men's Group  
3:00 Ruth Meyer Piano

7

9:00 Yoga Class  
10:00 Memory Lane  
2:00 The Price Is Right  
7:00 Lawrence Welk

8

**Donna Bales**  
9:00 Bend & Stretch  
10:00 Bible Trivia  
1:00 Christmas Craft  
2:30 Sunday Church

9

**Dorothy Queener**  
9:00 Balloon Volleyball  
10:00 Higher Or Lower  
1:00 Pretty Nails  
6:30 Monday Movie

10

9:00 Stretch & Exercise  
10:00 Wheel of Fortune  
1:00 Devotions  
2:00 Bingo

11

9:00 Ball Toss  
10:00 How We Met  
1:00 Jim Boardman  
2:00 Happy Hour

12

9:00 Noodle Ball  
10:00 HangMan  
1:00 Bible Study  
2:00 Trista - Sing-A-Long  
6:30 Checkers

13

9:00 Theraband Stretch  
10:00 Closest Wins  
1:00 Let's Cook  
3:00 Maurice Jules

14

9:00 Let's Walk  
10:00 Christmas Sing  
3:00 Doug Karl  
7:00 Lawrence Welk

15

9:00 Let's Take A Walk  
10:00 White Board Fun  
1:00 Painting Craft  
2:30 Sunday Church  
6:30 Karen McGuire

16

9:00 WII Bowling  
10:00 Trivia Time  
1:00 Nails & Massages  
6:30 Monday Movie

17

9:00 Ball Toss  
10:00 School Days  
1:00 Devotions  
2:00 Fire Drill  
3:30 Vickie Harbert

18

9:00 Ring Toss  
10:00 Match Game  
1:00 Bingo  
3:00 Family Christmas  
Mike Lazano

19

9:00 Balloon Toss  
10:00 Pictionary  
1:00 Bible Study  
3:30 Helene Viale  
6:30 Yahtzee

20

9:00 Stretch & Bend  
10:00 White Board Fun  
1:30 Red Hat Ladies Tea  
3:30 Tom Anderson

21

9:00 Yoga Class  
10:00 Where Am I  
2:00 Bernice Shannon  
7:00 Lawrence Welk

22

9:00 Chair Stretches  
10:00 Higher or Lower  
1:00 General Store  
2:30 Sunday Church

23

**Maxine Manard**  
9:00 Let's Walk  
10:00 White Board Fun  
1:00 Pretty Nails  
6:30 Movie - Elf

24

**Merry Christmas**  
9:00 Cocoa & Cookies  
10:00 Best Christmas  
1:00 Movie - It's A Wonderful Life

25

9:00 Parachute Ball  
10:00 Show and Tell  
1:00 Dominos  
2:00 Dec. Birthday Party

26

9:00 Bowling  
10:00 Who Said It  
1:00 Bible Study  
6:30 Scrabble

27

9:00 WII Games  
10:00 White Board Fun  
1:00 Scrapbooking  
2:00 Luke Farland

28

**Betty Hickman**  
9:00 Noodle Ball  
10:00 What Am I  
2:00 Jeopardy  
7:00 Lawrence Welk

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