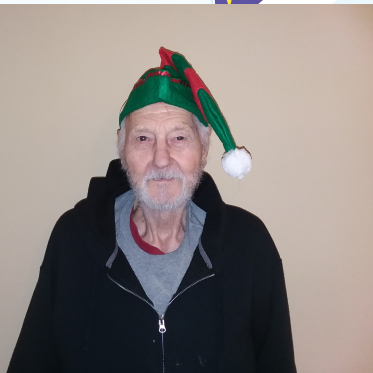


RICHARD BEISCH - RESIDENT OF THE MONTH



Richard was born September 20, 1929 in Burt, Iowa. Richard attended St. Cecilia High School where played basketball. Richard married Kathern on May 18 and they had 9 children (John, Scott, Tim, Jeff, Troy, Sue, Kari, Linda and Terri). Richard worked for over 30 years as a mechanic, and also as a farm hand in the past. Richard was in the Army for 3 years and stationed in Germany. Richard is a big collector of TY Beanie Babies. He enjoys watching sports on television. He is a fan of the Vikings. He enjoys most activities here at Bickford. When there are activites announced, you can usually find Richard attending them.

West Des Moines

HAPPENINGS

JANUARY

Holiday Reflections

Thanksgiving comes but once a year.
It's a time when families gather near
To reflect and give thanks for those we hold dear.
We celebrate Christmas with parties and food,
Spend time with family and everyone's in a good mood.
Soon it's all over, and decorations are put away,
And then we do it all again for the next holiday.
Look forward to the New Year and keep hope alive
That our country brings our troops home
So no one else dies.
Have faith things will get better,
Pray to God above

That He will bless us and keep us
In His everlasting love.
Our country's in turmoil, and it gives me a chill.
We'll see better times soon.....I know we will.
Try not to let worry get you down.
Smile, keep your chin up,
And laugh out loud.
We'll certainly survive hard times once more
Because we have great strength and resolve
We didn't know we had before.
Take one day at a time, and treasure each day.
We need to work together because that's the best way.
Don't let hate determine how you act.
Instead, open up your heart and don't attack.
Make sure our country is the best it can be
Let's all work together....you and me!



Kandi says she loves working at Bickford WDM because the residents are amazing and there is great team work among her coworkers. Congratulations Kandi!! We are proud of you!



Kandi Ashmore
Kandi was born in Nairobi, Kenya and came to the U.S. 9 years ago. She has been at Bickford WDM going on 7 years as a CNA and CMA. She came to the U.S. to do her Masters in social work but changed her mind and decided to go to nursing school. She just graduated from Mercy College of Health Sciences with her RN/BSN degree.

Right Side Photo
Residents, Family Members and BFM's enjoy the Winter Festival at Bickford WDM

January Birthdays

1/31 Carita Kelleher



January



10:00 UNO
1:00 Closest Wins

9:00 Let's Take A Walk
10:00 Shuffle Board
1:00 General Store
2:30 Sunday Church

9:00 Theraband Stretch
10:00 HangMan
1:00 Pretty Nails
2:00 Massage Therapy

9:30 Ring Toss
1:00 Devotions
2:00 Wii Bowling
6:30 Checkers

9:00 Bend & Stretch
10:00 White Board Fun
1:00 Jim Boardman
2:00 Happy Hour

Hat Day
9:00 Chair Yoga
10:00 Mike Lozano
1:00 Bible Study
2:00 Hat Day Craft

9:00 Balloon Throw
10:00 Where Am I
1:00 Scrapbooking
2:00 Movie Matinee

9:00 Let's Walk
10:00 Show & Tell
3:00 Bernice Shannon
7:00 Lawrence Welk

9:00 Bend & Stretch
10:00 Ruth Meyer
1:00 The Price Is Right
2:30 Sunday Church

9:00 Chair Yoga
10:00 Wii Games
1:00 Hand Massages
2:00 Pretty Nails

10:30 Music Therapy
1:00 Devotions
2:00 Bingo
6:30 Yahtzee

9:00 Bowling
10:00 Where Am I
1:00 Shuffle Board
2:00 Wine Tasting

9:00 Let's Walk
10:00 Closest Wins
1:00 Bible Study
3:30 Helene Viale

9:00 Parachute Ball
10:00 Fire Drill
1:00 Briggs Family Duet
2:00 Movie Matinee

9:00 Chair Yoga
10:00 Pen Pals
3:00 Vickie Harbert
7:00 Lawrence Welk

9:00 Bend & Stretch
10:00 Where Am I
1:00 General Store
2:30 Sunday Church

9:00 Noodle Stretches
10:00 Movie Star Trivia
1:00 Pretty Nails
2:00 Massage Therapy

9:30 Chair Yoga
1:00 Devotions
2:30 IHop Outing
6:30 UNO

9:00 Theraband Stretch
11:30 Resident Council
2:00 Snack Attack
3:30 Adam Dingeman

Luau Party
9:00 Chair Yoga
10:00 Trivia & Tastes
2:00 Luau Party
3:00 Terri & Gracie

9:00 Exercises & Music
10:00 Memory Lane
1:00 Men's Group
2:00 Movie Matinee

9:00 Noodle Stretches
10:00 Let's Cook
2:00 Chips & Salsa
7:00 Lawrence Welk

Chocolate Cake Day
9:00 Walking Club
10:00 Dessert Trivia
1:00 The Price Is Right
2:30 Sunday Church

9:00 Balloon Volleyball
10:00 Show & Tell
1:00 Lotion Therapy
2:00 Pretty Nails

10:30 Music Therapy
1:00 Devotions
2:00 Bingo
6:30 Dominos

9:00 Ring Throw
10:00 What Am I
1:00 Crafting Hour
2:00 Birthday Party
2:00 Maurice Jules

9:00 Noodle Ball
10:00 Pictionary
1:00 Trista Sing-A-Long
3:00 Aaron Shoemaker

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