

CALLING ALL ANGELS...VOLUNTEER PROGRAM

Do you have a passion for making a difference, perhaps the difference in someone's life? At Bickford, our residents love people like you fluttering around, doing what you do best--whether that's playing your guitar, piano, leading exercise, telling jokes, reading, crafts, etc. Every unique talent you possess helps us enrich happiness in the lives of those we serve and gives you the opportunity to become a part of something bigger than yourself. You may be a volunteer to the untrained eye, but you're an angel in our residents' eyes when you utilize your uniqueness to transform seemingly ordinary occurrences into transcending moments. If you're ready to don your wings, we're calling you to be a Bickford Angel. If interested please contact Teresa 402-420-6058 or lincolnlec@enrichinghappiness.com



Lincoln HAPPENINGS

FEBRUARY

HEART HEALTH MONTH

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. Heart disease can often be prevented when people make healthy choices and manage their health conditions. How can you make a difference?

EAT SMART-Healthy eating starts with healthy food choices. Make healthy choices wherever and whenever you eat.

BE WELL-Along with eating right and being active, real health includes getting enough sleep, practicing mindfulness, managing stress, keeping mind and body fit.

Try these tips to get out of stress fast.

Count to 10 before you speak or act

Take a few slow, deep breaths

Go for a walk

Quick meditation or prayer

If it's not urgent sleep on it

Walk away from the situation for a while

Break down big problems into smaller parts

Relax with music

Get a hug or give a hug

Work out or do something active.

MOVE MORE-Find forms of exercise you like and will stick with, and build more opportunities to be active.

HAPPENINGS IN LINCOLN, NEBRASKA

Capture the Moments

Hat Day

Our residents and Bickford Family Members enjoying activities. Celebrating Hat Day, decorating hats and having a Mat Hatters Tea Party with a beautiful cake made by our cook Cindy Ellis "Thanks Cindy"!!

BFM's enjoying some dancing and singing in Mary B's Memory Care. In the Assisted Living making crafts and having a little one on one time as Moments of Happiness. Thanks to all the BFM's who continue to enrich our residents lives everyday. We enjoy capturing these special moments!!



FEBRUARY BIRTHDAYS
RESIDENTS BIRTHDAYS

EVELYN MAHLIN 2/7
BETTY CORBETT 2/8
BETTY DEETS 2/22
DINNA STONEMAN 2/28

BICKFORD FAMILY MEMBERS BIRTHDAYS
MERCEDES GARCIA 2/2
KHILY GANDARA 2/11
AMY JOHNSON 2/24
MADISON HAUBOLD 2/26

PRIDE IN FOOD SERVICE WEEK
(FEBRUARY 4TH-8TH)

This week honors dietary managers and their employees. It celebrates the important role they play in food service. It is "Thyme" to celebrate and Thank the dietary BFM's for their hard work and dedication!!

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February

9:30 Balloon Toss
10:00 Service w/Ethan Rathjen
10:30 Catholic Comm
2:00 Super Bowl Party
5:30 Super Bowl
SUPER BOWL 3

9:45 Catholic Mass w/Father Bourek
10:00 Snickers Day/ Did You Know?
10:30 Yoga w/Anita
1:30 Manicures
6:30 Game Night 4

9:45 Coffee Social (Chinese New Year)
10:30 Current Events
2:00 Bingo w/Pam
6:30 JFK "The Making of a President" N 5

9:45 Let's Walk
10:15 Word Games
2:00 Old Time Music by Dannel
6:30 Painting 6

9:45 Chicken Soup for the Soul
10:15 Chapel Service w/Communion
2:00 Movie & Popcorn "Lincoln" N
6:30 Bingo w/Pam 7

9:45 Trivia/Games
10:30 Yoga w/Anita
2:00 Celebrating "Pride in Food Service Week"
6:30 Cards 8

9:45 Exercise Video
10:30 60 Second Slam
2:00 Crafts (Valentine Cans)
6:30 Adult Coloring 9

9:30 Balloon Toss
10:00 Service w/Jeff Collins
10:30 Catholic Comm
2:00 Card Making
6:30 Documentary "The Seventies" N 10

9:45 Catholic Mass w/Father Bourek
10:00 Friendship Month Did You Know?
10:30 Yoga w/Anita
1:30 Manicures
6:30 Game Night 11

9:45 Coffee Social (Lincoln's Birthday)
10:30 Current Events
2:00 Bingo w/Pam
6:30 Just Us 12

9:45 Let's Walk
10:15 Word Games
2:00 Folk Music by Bill Behmer & Gwen Meister
6:30 Painting 13

9:45 Chicken Soup for the Soul
10:15 Chapel Service
1:30 Valentine Party
2:00 Tom Roth
6:30 Bingo w/Pam
VALENTINES DAY 14

9:45 Trivia/Games
10:30 Yoga w/Anita
1:30 Resident Shopping
2:00 Movie & Popcorn "All the Presidents Men" A
6:30 Cards 15

9:45 Exercise Video
10:30 60 Second Slam
2:00 Snack Food Saturday
6:30 Adult Coloring 16

9:30 Balloon Toss
10:00 Devotions
10:30 Catholic Comm
2:00 Crafts (Paint by Number)
6:30 Documentary "The Seventies" N 17

9:45 Catholic Mass w/Father Bourek
10:00 President's Day
10:30 Yoga w/Anita
1:30 Manicures w/Paul Mitchell School
6:30 Game Night 18

9:45 Coffee Social (First Ladies Day)
10:30 Current Events
2:00 Bingo w/Pam
6:30 Just Us 19

9:45 Let's Walk
10:15 Word Games
2:00 Fun w/Food (National Cherry Month)
6:30 Painting 20

9:45 Chicken Soup for the Soul
10:15 Chapel Service w/Communion
2:00 Anne Bremmer
6:30 Bingo w/Pam 21

9:45 Trivia/Games
10:30 Yoga w/Anita
2:00 Movie & Popcorn "Guarding Tess" A
6:30 Cards 22

9:45 Exercise Video
10:30 60 Second Slam
2:00 Girl Scout Cookie Month
6:30 Adult Coloring 23

9:30 Balloon Toss
10:00 Service w/Jeff Collins
10:30 Catholic Comm
2:00 Crafts (T-shirt Art)
6:30 Documentary "The Seventies" N 24

9:45 Catholic Mass
10:00 Did You Know?
10:30 Yoga w/Anita
1:30 Manicures
3:00 Resident Council Meeting
6:30 Game Night 25

9:45 Coffee Social (Life is a Bowl of Cherris)
10:30 Current Events
2:00 Bingo w/Pam
6:30 Just Us 26

9:45 Let's Walk
10:15 Word Games
2:00 Country Gospel by Heirs Together
6:30 Painting 27

9:45 Chicken Soup for the Soul
10:15 Chapel Service
1:30 Resident Shopping
2:00 Movie & Popcorn "Driving Miss Daisy" A
6:30 Bingo w/Pam 28

