



RESIDENT SPOTLIGHT - DOROTHY QUEENER

Dorothy Queener was born in Missouri on December 10, 1925. She has lived Des Moines, Grimes and Beaverdale. Growing up she lived on a farm, and says she enjoyed riding horses. She attended school in a one room school house. She says there was a lot of family around when she was growing up. She attended church regularly. In 1943 she married John Queener, and together they raised 2 children (David and Mary). Dorothy and John married while she was in 12th grade, before he went off to WW2. They were married for 69 years, before his passing. Dorothy has 6 grandchildren (John, Robert, Shandra, Jenny, Kelly and David). She says she spent a lot of time going to games and holidays with her children and grandkids. Her favorite holidays are Thanksgiving and Christmas.



Flu Season Guide / Happenings At WDM

Please follow these guidelines to keep our Residents and Staff safe from exposure to the flu.

Protect yourself and others by: Washing your hands with warm soapy water frequently, especially after touching public area surfaces. Cover your cough by coughing into your arm at the elbow, or a disposable tissue, and washing your hands. Avoid public gatherings and people with cold/flu symptoms.

1. Please do not visit the branch until you are free of any cold or flu-like symptoms for at least 48 hours or after completion of your treatment.
2. Let the residents know you are unable to visit and consider a phone visit instead.

3. If you do wish to visit, please see the Bickford nurse to help guide you on precautions while visiting. We welcome you back as soon as you are healthy. Symptoms to watch for: Sore throat or cough Runny nose Congestion or headache Fever, chills, body aches and fatigue

Right Side Pic ----->
Residents, Family Members and BFM's enjoyed the New Years Eve party and performance by "Elvis".

Birthdays

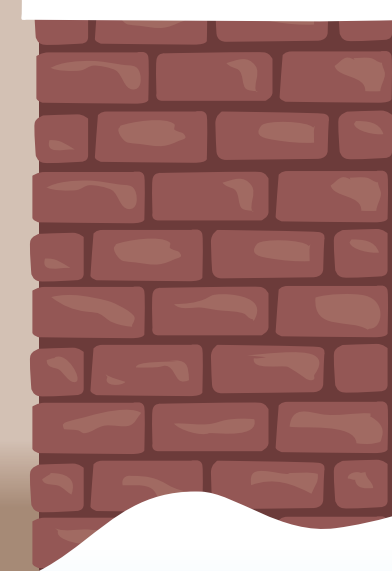
- 2/3 Mary Jean Love
- 2/5 Mavis Bottelson
- 2/12 Richard Cummings
- 2/26 Arlyne Jahns



History of Valentine Cards

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century. By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings were discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons and colorful pictures known as "scrap." Today, according to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Women purchase approximately 85 percent of all valentines.



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February

Super Bowl Party
 Mary Jean Love
 11:00 Theraband Stretch
 1:00 General Store
 2:30 Church
 6:30 Super Bowl Game
 Super Bowl Party

3

9:00 Bend and Stretch
 10:00 Sherry Hoyt Piano
 1:00 Pretty Nails
 2:00 Massage Therapy

4

Mavis Bottelson
 9:30 Ball Toss
 10:30 Music Therapy
 1:00 Devotions
 2:00 Movie Time

5

9:00 Let's Take A Walk
 10:00 White Board Fun
 1:00 Bingo
 2:30 Ice Cream Social

6

9:00 Music & Motion
 11:00 Father Kirby
 1:00 Bible Study
 3:30 Helene Viall

7

9:00 Chair Yoga
 9:30 Dollar Tree Outing
 1:30 Friday Matinee
 6:30 Checkers

8

9:00 Bean Bag Baseball
 10:00 Trivia Time
 2:00 Bingo
 7:00 Lawrence Welk

9

9:00 Bowling
 10:00 Doug Karl
 1:00 Bingo
 2:30 Church

10

9:00 Balloon Volleyball
 10:00 Closest Wins
 1:00 Hand Massages
 2:00 Pretty Nails

11

Richard Cummings
 9:30 Wii Games
 1:00 Devotions
 3:00 Valentine's Craft
 6:30 Checkers

12

10:00 Happy Days D
 Care
 11:30 Resident Council
 1:00 Bingo
 2:30 Popcorn Party

13

Valentine's Day
 9:00 Chair Yoga
 10:00 Valentine Cards
 1:00 Bible Study
 2:00 Valentine's Party
 Ruth Meyer

14

9:00 Noodle Exercises
 10:00 HangMan
 1:30 Scrapbooking
 3:00 Mike Lozano

15

9:00 Walking Club
 10:00 Pen Pals
 3:00 Maurice Jules
 7:00 Lawrence Welk

16

9:00 Bend and Stretch
 10:00 Who Am I
 1:00 Bingo
 2:30 Church

17

President's Day
 9:00 Wii Bowling
 10:00 President Trivia
 1:00 Pretty Nails
 2:00 Massage Therapy

18

9:00 Parachute Ball
 10:30 Music Therapy
 1:00 Devotions
 2:30 UNO

19

9:00 Yoga Time
 11:00 IHOP Outing
 1:30 Race To Five
 2:30 Wine Tasting

20

9:00 Exercises
 9:30 Let's Take A Ride
 1:00 Bible Study
 3:30 Helene Viall

21

9:30 Treasure Walk
 1:00 Friday Matinee
 3:00 Mark Challis
 6:30 Yahtzee

22

9:00 Theraband Stretch
 10:00 Let's Cook
 2:00 Cupcakes
 7:00 Lawrence Welk

23

9:00 Noodle Ball
 10:00 Wheel Of Fortune
 1:00 Bingo
 2:30 Church

24

9:00 Chair Yoga
 10:00 Show and Tell
 1:00 Lotion Therapy
 2:00 Pretty Nails

25

Arlyne Jahns
 9:30 Music & Motion
 1:00 Devotions
 3:00 Men's Group
 6:30 Yahtzee

26

9:00 Balloon Throw
 10:00 White Board Fun
 1:00 Bingo
 3:30 Birthday Party &
 Luke Farland

27

9:00 Ring Toss
 10:00 Where Am I
 1:00 Bible Study
 2:30 Craft Corner

28

