



Congratulations to Teresa Sutton, Life Enrichment Coordinator (17 years) and Sondra Bohmont, Day Med Aide (21 years) for being awarded the Bickford Caregiver Ring of Honor. It is the highest award bestowed by Bickford Senior Living. Inductees best exemplify a caregiver who is willing to do whatever it takes. Their work is timeless and their contributions will forever serve as an inspiration for us to follow.



HAPPENINGS IN LINCOLN



Well we were begining to think winter was never going to end!! During March we celebrated Casino Day, Merle showed us how it is done on the NU STEP and the coffee social continues to be very popular!! We had an outing to Dairy Queen even though it was very cold that day, we managed to get some residents out.



There was some good Irish Music, green beer and snacks. Just a reminder to families to check out our facebook page "Bickford of Lincoln Family", it is a closed group so you have to ask to be added. If you are an interested family member or friend of a resident please let Teresa know if you would like to be added to this. We also have a blog at enrichinghappiness.com This is a nice way to see pictures of your loved ones.



APRIL BIRTHDAYS

BFM BIRTHDAYS

CANDI DEVRIES 4/12
CHRISTI BOYD 4/18

NATIONAL DIABETES MONTH

Ten facts about diabetes

- 1) There is an emerging global epidemic of diabetes that can be traced back to rapid increases in obesity and physical inactivity.
- 2) Total deaths from diabetes are projected to rise by more than 50% in the next 10 years.
- 3) Type 1 diabetes is characterized by a lack of insulin production and type 2 diabetes results from the body's ineffective use of insulin.

4) Type 2 diabetes is much more common
5) Type 2 diabetes in children-previously rare-have increased worldwide.

6) A third type of diabetes is gestational diabetes. Recognized during pregnancy
7) In 2005, 1.1 million people died from diabetes.
8) 80% of diabetes deaths are now occurring in low- and middle-income countries.

9) Lack of awareness about diabetes, combined with insufficient access to health services can lead to complications.
10) Diabetes can be prevented. 30 minutes of moderate intensity physical activity can drastically help.





What a great day!!! Arnie's family came to share a special day with him. A beautiful bride and a beautiful family!! Arnie was so happy to share his granddaughter's special day!!

April

S M T W T F S

<p>9:30 Balloon Toss 10:00 Service w/Ethan Rathjen 10:30 Catholic Comm 2:00 Cards 6:30 Johnny Carson (DVD) 7</p>	<p>9:45 Catholic Mass w/Father Bourek 10:00 April Fools Day/Jokes 10:30 Yoga w/Anita 1:30 Manicures 6:30 Bean Bag Toss 1</p>	<p>9:45 Coffee Social (Welcome to April) 10:30 Current Events 2:00 Bingo w/Pam 6:30 Documentary (NOVA:Inside Einsteins's Mind) N 2</p>	<p>9:45 National Walking Day 10:15 Roll & Rhyme/ Word Games 2:00 Old Time Music w/ Dannel 6:30 Painting 3</p>	<p>9:45 Reminisce (April Showers) 10:15 Chapel Service w/Communion 1:30 Resident Shopping 2:00 Movie & Popcorn 6:30 Sing Alongs 4</p>	<p>9:45 Everybody Knows 10:00 Catholic Comm 10:30 Yoga w/Teresa 2:00 Fun w/Food (National Diabetes Month) 6:30 Cards 5</p>	<p>9:45 Exercise Video 10:30 60 Second Slam 2:00 Crafts (Soap Bunnies) 6:30 Bingo w/Pam 6</p>
<p>9:30 Balloon Toss 10:00 Service w/Jeff Collins 10:30 Catholic Comm 2:00 Cards 6:30 Johnny Carson (DVD) 7</p>	<p>9:45 Catholic Mass w/Father Bourek 10:00 Jokes 10:30 Yoga w/Teresa 1:30 Manicures 6:30 Golfing 8</p>	<p>9:45 Coffee Social (Something Old) 10:30 Current Events 2:00 Bingo w/Pam 6:30 Just Us 9</p>	<p>9:45 Let's Walk 10:15 Roll & Rhyme/ Word Games 2:00 Folk Music w/ Bill Behmer & Gwen Meister 6:30 Painting 10</p>	<p>9:45 Reminisce 10:15 Chapel Service 2:00 Movie & Popcorn 6:30 Sing Alongs 11</p>	<p>9:45 Everybody Knows 10:30 Yoga w/Anita 1:30 Cruise the Open Seas 2:00 Music w/Anne Bremmer 6:30 Cards 12</p>	<p>9:45 Exercise Video 10:30 60 Second Slam 2:00 This Day of Resurrection Southview Baptist Church 2:00 Adult Coloring 6:30 Bingo w/Pam 13</p>
<p>9:30 Balloon Toss 10:00 Service w/Jeff Collins 10:30 Catholic Comm 2:00 Cards 6:30 Johnny Carson (DVD) 14 PALM SUNDAY</p>	<p>9:45 Catholic Mass w/Father Bourek 10:00 Jokes 10:30 Yoga w/Anita 1:30 Manicures w/ Paul Mitchell School 6:30 Bean Bag Toss 15</p>	<p>9:45 Coffee Social (Fact of Foolery) 10:30 Current Events 2:00 Bingo w/Pam 6:30 Just Us 16</p>	<p>9:45 Let's Walk 10:15 Roll & Rhyme/ Word Games 2:00 Rock & Roll w/Bill Chrastil 6:30 Painting 17</p>	<p>9:45 Reminisce 10:15 Chapel Service w/Communion 1:30 Resident Shopping 2:00 Movie & Popcorn 6:30 Sing Alongs 18</p>	<p>9:45 Recycle It Month 10:30 Yoga w/Anita 2:00 Fun w/Food (Grilled Cheese Day) 6:30 Cards 19</p>	<p>9:45 Exercise Video 10:30 60 Second Slam 2:00 Crafts (Dying Easter Eggs) 6:30 Bingo w/Pam 20</p>
<p>9:30 Balloon Toss 10:00 Devotions 10:30 Catholic Comm NOON Easter Dinner 2:00 Cards 6:30 Johnny Carson (DVD) 21 EASTER DAY</p>	<p>9:45 Catholic Mass 10:00 Earth Day Family Fued 10:30 Yoga w/Anita 1:30 Manicures 3:00 Resident Council Meeting 6:30 Golfing 22</p>	<p>9:45 Coffee Social (Tree-Mendous Trivia) 10:30 Current Events 2:00 Bingo w/Pam 6:30 Just Us 23</p>	<p>9:45 Let's Walk 10:15 Roll & Rhyme/ Word Games 12:00 Outing to SAC Museum 2:00 Adult Coloring 6:30 Painting 24</p>	<p>9:45 Reminisce 10:15 Chapel Service 2:00 Music w/Tom Roth 6:30 Ladies Night 25</p>	<p>9:45 Arbor Day 10:30 Yoga w/Anita 2:00 Fun w/Food (Cookie Crumble Apple Pie Parfaits) 6:30 Cards 26</p>	<p>9:45 Exercise Video 10:30 60 Second Slam 2:00 Crafts (Card Making) 6:30 Bingo w/Pam 27</p>
<p>9:30 Balloon Toss 10:00 Service w/Jeff Collins 10:30 Catholic Comm 2:00 Cards 6:30 Johnny Carson (DVD) 28</p>	<p>9:45 Catholic Mass w/Father Bourek 10:00 Family Fued 10:30 Yoga w/Anita 1:30 Manicures 6:30 Bean Bag Toss 29</p>	<p>9:45 Coffee Social (International Jazz Day) 10:30 Current Events 2:00 Bingo w/Pam 6:30 Just Us 30</p>	<p>**Chaplain Ted Decker will be hosting a Men's get together every Monday at 2:00pm</p>			

