



Resident Spotlight of the month Allan Wylie  
 Allan was born December 19, 1936 in Mendin, Nebraska to his parents Elisabeth and Ford Wiley.  
 Allan has 4 sisters and 4 brothers. He had a very close relationship with his grandfather Alvin.  
 Allan lived in Elwood, Nebraska on his families farm.  
 The farm has been in the family for a little over 100 years.  
 Allan loves animals of all sizes and has a cat named Iгоре.  
 He loves being outside and working on his farm.  
 He is enjoying his time here at Bickford by keeping busy and trying new things. He said that his favorite new activity is Bingo!



West Des Moines

HAPPENINGS

OCTOBER

BFM Spotlight

Randy James was born August 5th in Perry, Iowa and grew up in Minburn, Iowa.



Randy owned and operated Heartland Floral Co. in Windsor Heights. He provided flowers for three Iowa Governors and did many dinners and events at Terrace Hill, the Governors mansion. After retiring in early 2010 Randy decided to go back to work as a CNA because he's always loved helping others. Randy lives in West Des Moines with his two black Halloween cats, Magical and Mystical.

Randy has been a CNA at Bickford for 4 1/2 years. When asked why he chose a career in healthcare he simply replied with, "I love getting to know and taking care of the Bickford residents, they have become family to me and I enjoy putting a smile on their faces!"



Cold & Flu Season

Please follow these guidelines and help us keep our Residents and Staff healthy.

With cold and flu season upon us please take a little extra precaution when visiting the branch.

1. Wash your hands with warm soapy water.
2. Cough or sneeze into your arm at the elbow or into a tissue.
3. Avoid public places with people who are having flu-like and cold symptoms.
4. Let your loved one know that you will be unable to visit with a phone call.
5. Please do not visit the branch until you have been free of any cold and flu-like symptoms for at least 48 hours.

Symptoms to watch for:  
 Runny nose  
 Sore throat or cough  
 Congestion and headache  
 Fever, chills, body aches and fatigue.

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 Please feel free to join us for any outings or activities you feel you might enjoy! We enjoy having you along for the outings.



HAPPY BIRTHDAY!

10-19 Annie Earl  
10-26 Carolyn  
10-28 Reva

# October



9:30 Chair Yoga  
10:30 Daily Perk  
11a UNO  
1p Devotions  
3p Wii Bowling  
6p Card Club  
1

9a Balloon Volleyball  
10a Brain Games  
11a Daily Chronicle  
1:30p Furry Friends  
3p Bean Bag Baseball  
6p Group Word Search  
2

9a Sit to be Fit  
11:45 Resident Council  
1p Bible Study  
3p Helene Viall  
6p Crossword  
3

9a Coffee Corner w/  
Daily Chronicle  
11a Brain Games  
1:30 Fancy Fingers  
3p Men's Card Club  
6p King's Corner  
4

9:30 Sing-a-long  
w/Trista  
11a Daily Chronicle  
1:30 Creative Corner  
2:30 Movie & Popcorn  
7p Lawrence Welk  
5

9:30 Bean Bag  
Baseball Practice  
11a Current Events  
1:30 BINGO  
2:30p Church  
6p UNO  
6

9a Woman's Tea  
11a Daily Chronicle  
w/Current Events  
1:30 Color/Craft Club  
3p Walking Club  
6p Checkers  
7

9:30 Staying Fit &  
Active  
11a Lunch Bunch  
1p Devotions  
3p Shake Loose a  
Memory  
6p UNO  
8

9a Color/Craft Club  
10a Rummikub  
11a Current Events  
1:30p Color/Craft Club  
3p Bean Bag Baseball  
6p Card Club  
9

Angel Food Cake Day  
9a Chair Yoga  
10a Group Crossword  
11a Daily Chronicle  
1p Bible Study  
3p Wii Jeopardy  
6p Checkers  
10

Family History Day  
9a Coffee Corner  
9:30 Daily Perk  
10a Family Ties  
1:30 Fancy Fingers  
3p Craft Creation  
6p Sorry (GAME)  
11

9:30 Sweet Treats  
w/Shannon  
11a Card Club  
1:30 Creative Corner  
3pm Maurice Jules  
7p Lawrence Welk  
12

9:30 Bean Bag  
Baseball Practice  
11a Daily Perk  
1:30 BINGO  
2:30p Church  
6p Card Club  
13

9a Woman's Tea  
w/Current Events  
11a Rummikub  
1p Massage Therapy  
1p Reading Group  
3p Dave Gray  
6p UNO  
14

9:30 Sit to be Fit  
10a Cookie Club  
1p Devotions  
2:30 Daily Chronicle  
w/Current Events  
3p Red Hat Ladies  
6p Card Club  
15

9a Ball Toss  
10a BINGO w/Link  
11a Daily Perk  
2p The Foote &  
Buckingham Duo  
3p Bean Bag Baseball  
6p Checkers  
16

9a Staying Fit & Active  
10a Catholic Mass  
11a Wii Wheel of  
Fortune  
1p Bible Study  
3p Walking Club  
6p Yahtzee  
17

9a Coffee Corner  
10a Craft Creation  
11a Daily Perk  
w/Current Events  
1:30 Fancy Fingers  
3p Mark Challis  
6p Card Club  
18

9:30 Sing-a-long  
w/Trista  
11a Daily Perk  
1:30 Creative Corner  
2:30 Movie & Popcorn  
7p Lawrence Welk  
Annie Earl's B-day  
19

9:30 Bean Bag  
Baseball Practice  
11a Current Events  
1:30 BINGO  
2:30 Church  
6p Group Crossword  
20

9a Woman's Tea  
w/Daily Perk  
11a Shake Loose a  
Memory  
1:30 Rummikub  
3p Wii Wheel of  
Fortune  
6p Word Search  
21

9:30 Chair Yoga  
10:30 Daily Chronicle  
11a Lunch Bunch  
1p Devotions  
3p Wii Jeopardy  
6p Yahtzee  
22

9a UNO  
10a Brain Games  
11a Card Club  
1p Birthday Bash  
4p Luke Farland  
6p UNO  
23

9a Sit to be Fit  
11a Color/Craft Club  
11a Catholic Mass  
1p Bible Study  
3p Wii Wheel of  
Fortune  
6p Yahtzee  
24

9a Coffee Corner  
10a Daily Chronicle  
11a Puzzle Club  
1:30 Fancy Fingers  
3p Friday Flix  
6p Checkers  
25

9:30 Muffins & More  
w/Shannon  
11a Rummikub  
1:30 Creative Corner  
2:30 Bernice Shannon  
7p Lawrence Welk  
Carolyn's B-day  
26

9:30 Bean Bag  
Baseball Practice  
11a Daily Chronicle  
1:30 BINGO  
2:30 Church  
6p Word Search  
27

9a Woman's Tea  
w/ Current Events  
10a Fire Drill  
11a Daily Chronicle  
1p Massage Therapy  
1p Reading Group  
3p Around the World  
Reva's B-day  
28

9:30 Staying Fit &  
Active  
10:30 Pumpkin  
Decorating  
1p Devotions  
3p Wine & Cheese  
6p Card Club  
29

9a Group Word Search  
10a BINGO w/Link  
11a Hot Cocoa Bar  
1:30p Cookie  
Decorating  
3p Bean Bag Baseball  
6p Word Search  
30

Halloween  
9a Chair Yoga  
11a UNO  
1p Bible Study  
2:30 Trick-or-Treat  
3p Boo Fest  
6p Card Club  
31

