

Have you ever gone to our Bickford website:

enrichinghappiness.com and taken a look at the Burlington Bickford's site? We post current happenings of what's going on at our Bickford. This will help keep you updated. We would love to have you check it out sometime.

In May we will be doing an outing to see a movie. In June we will be taking some residents to Seniors @Steamboat Days.

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## Focus on a Resident

FOCUS ON A RESIDENT Vida Fickel came to us on 9-11-2009 from she lived the past 4 years since her husband died; although she lived in Ames for 40 years. She was a bookkeeper in banks and activities. She has also spent 40 years working in jewelry stores. Since her

family is in Burlington, she wanted to move to Bickford of Burlington to Bickford of Ames, where be close to her sister and nephew's family. She's glad she made this move. Vida helps out in many ways and participates in most all a pleasant disposition and is a positive person. We are so glad she is here.

## Chaplain's Devotion

This time of year brings thoughts of gardening; flower seeds, vegetable seeds and starting new life from the earth. I enjoy watching plants, as they bud into a flower that will soon bloom, begin to form. Thinking about the beauty of each diverse type that grows is something I often do.

In 1st John 3:9 it speaks of another kind of seed that has been planted within us. It says "No one who is born of God will continue to sin,

because God's seed remains in him." That seed is the Holy Spirit. The Holy Spirit touches our conscience and convicts us of our sins, to bring us to a place of repentance. The desire to change our ways and live for our Lord is whispered to us by the Holy Spirit.

If you water the seed, it will grow and produce fruit in your life. How do you water the seed? It's done by spending time in praise and worship and spending time in his word.

Chaplain Dee Lee  $\mathcal{Q}$ 



## Teddie's Treatment Plan May 2014

DID YOU KNOW??? That if you brush your teeth LESS than twice a day, you have a much higher those who brush two or more times a day.**You** may ask WHY? Oral bacteria may enter your bloodstream, and might trigger plaque buildup in your arteries. Oral bacteria may also cause infection in your heart and elsewhere in your body. What can you do to help yourself??

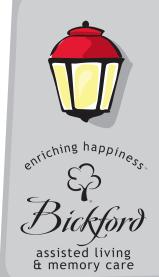
1. Brush your teeth after every meal.

2. Floss at least twice a day. The best way to floss is to wrap the floss so it forms a "C" around the front of one tooth and a "C" around the back of the adjacent one. Move the floss up d down.



- 3. Rinse with mouth wash at least two times a day. Mouthwash can fight germs where toothpaste risk of heart disease than and floss cannot reach. It gets in-between teeth and in the gum area. It also loosens food that is caught in your teeth.

  - 4. Chew gum. Chewing gum helps to clean some of the plaque off of the teeth. So, "brush-abrush", floss, use mouthwash and you will have fewer cavities, less gum disease and im-
  - prove your overall health. That is our goal.
  - God Bless/Happy Spring!
  - Teddie Rinehart, RNC





## **MAY BIRTHDAYS**

**Cindy Case** May 1 May 9 **Dot Cassidy** May 11 Mildred Bozarth Joan Hertzler May 19 Edna Bush May 21 **David Stieffel** May 22 Gerri Droste May 23

Never be too busy for the people you love. Never allow pursuits or possessions to become bigger priorities than your relationships. Love is what gives meaning to life.

Having a rough morning? Place your hand over your heart. Feel that? That's called "purpose". You're alive for a reason. Don't give up.

If we could look into each other's challenges each of us face, I think we would treat each other much more gently, with more love, more patience, tolerance and care.





9a Sit & Get Fit 9:30a Do relishes 10:30a Mary-keybrd 1p Bingo 2:30p Gardening 6:15p Open Bowling 2 9a Sit & Get Fit 10a Open bowl 1:30p Travelogue or Bird Aviary Time 5:30p Gaithers 6p Outdoor chats 7p Lawrence Welk 3

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9a Sit & Get Fit 9:30a Do relishes 10:30a Mary-keybrd **2D BIRTHDAY PARTY** 3:30p Gardening 6:15p Open Bowling 16

9a Sit & Get Fit

1pm Bingo

9:30a Do relishes

2:30p Gardening

9a Sit & Get Fit

1pm Bingo

9:30a Do relishes

2:30p Gardening

10:30a Mary-keybrd

6:15p Open Bowling

10:30a Mary-keybrd

6:15p Open Bowling

23

30

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