

## Lynsey's Corner

Have you ever gone to our Bickford website: [enrichinghappiness.com](http://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 Bickford of Ames, where 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 also spent 40 years working in jewelry stores. Since her

family is in Burlington, she wanted to move to Bickford of Burlington to 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 activities. She has 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.

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.

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,

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



## 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 risk of heart disease than 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 and down.

3. Rinse with mouth wash at least two times a day. Mouthwash can fight germs where toothpaste 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-a-brush", floss, use mouthwash and you will have fewer cavities, less gum disease and improve your overall health. That is our goal.

God Bless/Happy Spring!

Teddie Rinehart, RNC



# MAY BIRTHDAYS

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

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.



Calendar is subject to change without notice.

So much of what we know of LOVE, we learn at home.

What sunshine is to flowers, smiles are to humanity.

Nothing is worth MORE than this day!

May

9a Sit & Get Fit  
10a Travelogue  
2p Chapel AL  
3p Chapel MB's  
6:15p Rummy Kube or Courtyard Time  
4

9a Sit & Get Fit  
10a Ruth S piano  
12:15p Lunch Bunch  
1p Lunch B Bingo  
3:00p Game time  
6:15p Dominoes  
5

9a Sit & Get Fit  
**10a Resident Council**  
11 a Bowling  
1:15p Bowling  
1:15p Bingo  
3:30p Trivia  
6:15p Yahtzee  
6

9a Sit & Get Fit  
10a Ladies Tea Time  
10a Men's Club Time  
1:15p Bingo  
3p **Garden Club**  
6:15p Uno game  
7

9a Sit & Get Fit  
10:15a Story Time  
11a Strengthen Mind  
1:30p Ron - piano  
2:30p Rosary  
3:30p Day of Prayer  
6:30p Tripoly Club  
1

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

Mother's Day  
9a Sit & Get Fit  
10a Travelogue  
12p M Day Luncheon  
2p Chapel AL  
3p Chapel MB's  
11

9a Sit & Get Fit  
10a Shopping Trip  
10:30 Ruth S piano  
1:15p Game time  
3p High Tea Time  
6:15p Dominoes  
12

9a Sit & Get Fit  
**10a FOOD COUNCIL**  
11a Bowling  
1:15p Bowling  
1:15p Bingo  
3:30p Trivia  
6:15p Yahtzee  
13

9a Sit & Get Fit  
10a Ladies Tea Time  
10a Men's Club Time  
1:15p Bingo  
3p **Garden Club**  
6:15p Uno game  
14

9a Sit & Get Fit  
10:15a Story Time  
11a Strengthen Mind  
1:30p Ron - piano  
2:30p Rosary  
3:30p Bible Study  
6:30p Tripoly Club  
5

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

9a Sit & Get Fit  
10a Open bowl  
1:30p Travelogue or Bird Aviary Time  
5:30p Gaithers  
6p Outdoor chats  
7p Lawrence Welk  
17

9a Sit & Get Fit  
10a Travelogue  
2p Chapel AL  
3p Chapel MB's  
6:15p Rummy Kube or Courtyard Time  
18

9a Sit & Get Fit  
10a Shopping Trip  
10:30 Ruth S piano  
1:15p Game time  
3p High Tea Time  
6:15p Dominoes  
19

9a Sit & Get Fit  
10a Bowling  
1:15p Bowling  
1:15p Bingo  
3:30p Trivia  
6:15p Yahtzee  
20

9a Sit & Get Fit  
10a Ladies Tea Time  
10a Men's Club Time  
1:15p Bingo  
3p **Garden Club**  
6:15p Uno game  
21

9a Sit & Get Fit  
10:15a Story Time  
11a Strengthen Mind  
1:30p Ron - piano  
2:30p Rosary  
3:30p Bible Study  
6:30p Tripoly Club  
22

9a Sit & Get Fit  
9:30a Do relishes  
10:30a Mary-keybrd  
1pm Bingo  
**2:30p Gardening**  
6:15p Open Bowling  
23

9a Sit & Get Fit  
10a Open bowl  
1:30p Travelogue or Bird Aviary Time  
5:30p Gaithers  
6p Outdoor chats  
7p Lawrence Welk  
24

9a Sit & Get Fit  
10a Travelogue  
2p Chapel AL  
3p Chapel MB's  
6:15p Rummy Kube or Courtyard Time  
25

**MEMORIAL DAY**  
9a Sit & Get Fit  
10a Shopping Trip  
10:30 Ruth S piano  
1:15p Game time  
3p High Tea Time  
6:15p Dominoes  
26

9a Sit & Get Fit  
10a Bowling  
1:15p Bowling  
1:15p Bingo  
3:30p Trivia  
6:15p Yahtzee  
27

9a Sit & Get Fit  
10a Ladies Tea Time  
10a Men's Club Time  
1:15p Bingo  
3p **Garden Club**  
6:15p  
28

9a Sit & Get Fit  
10:15a Story Time  
11a Strengthen Mind  
1:30p Ron - piano  
2:30p Rosary  
3:30p Bible Study  
6:30p Tripoly Club  
29

9a Sit & Get Fit  
9:30a Do relishes  
10:30a Mary-keybrd  
1pm Bingo  
**2:30p Gardening**  
6:15p Open Bowling  
30

9a Sit & Get Fit  
10a Open bowl  
1:30p Travelogue or Bird Aviary Time  
5:30p Gaithers  
7p Lawrence Welk  
31