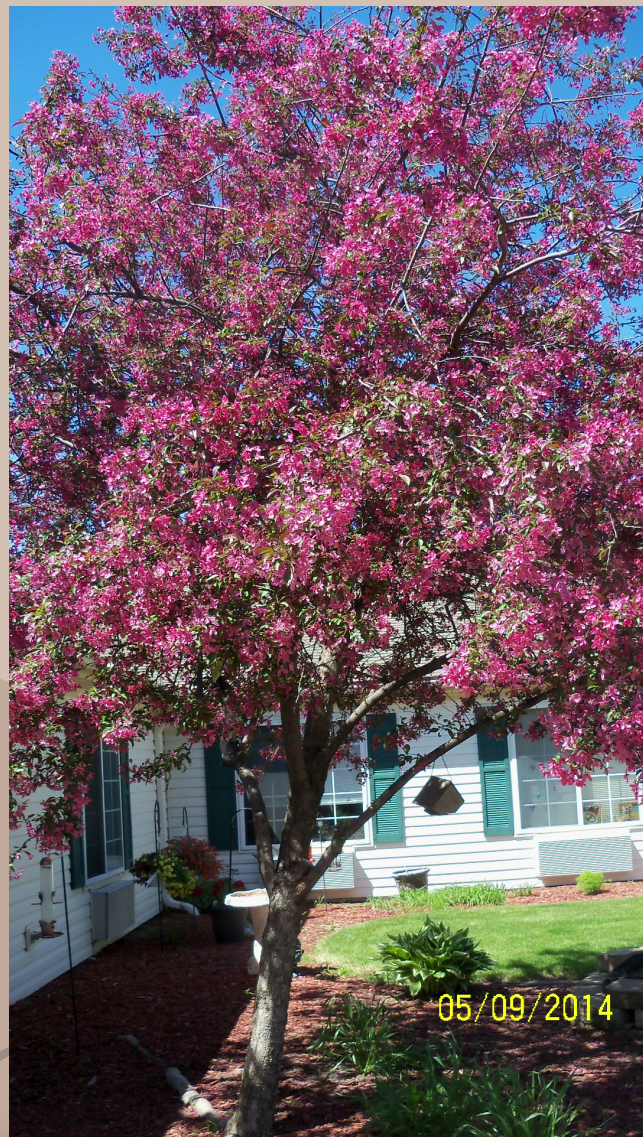




### Teddie's Treatment (cont'd)

- not dreaming may be a factor in depression.
- Mentally prepare yourself for sleep; let go of the day's stresses. Many people use meditation and/or prayer.
- If you cannot sleep at night, stay in bed to rest. Rest is just as important as sleep. Getting plenty of sleep is another great simple technique to improve your health and slow down the aging process. You all know...improving YOUR health is an important goal here at Bickford.

God bless.  
Teddie Rinehart, RN



### Teddie's Treatment June 2014

Ask yourself the following questions:

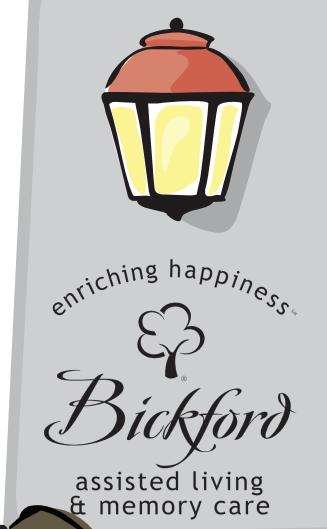
1. Do you fall asleep the second your head hits the pillow?
2. Do you need an alarm clock to wake up?
3. Do you need constant stimulants, like coffee, soda pop, etc. to keep up your energy during the day?

If you answered "YES" to any of the above, you may be needing more sleep.

Did you know that sleep lets your body rest, repair and regenerate itself from all the stresses of life? Without proper sleep, you may not fully recover from each day's activities. You may feel fine with only a few hours of sleep, but this does not

mean your body is not stressed by the lack of adequate sleep. We all need approximately 8 hours sleep every night. Here are a few tips on how to get better sleep:

- Give yourself 10-15 minutes to relax in bed before you fall asleep.
- Sleep in complete darkness. Even a small amount of light may disturb your body's natural cycle. Turn off the TV, radio, and possibly night lights, etc.
- Dreams are important for your mental health. Give yourself time to dream. It is thought that (cont'd page 4)





# JUNE BIRTHDAYS

\* Residents

- 8th Betty McWhorter\*
- 19th Nitotsy Nelson
- 20th Karen Peters\*
- 21st Teddie Rinehart
- 22nd Dianne Brown\*
- 22nd Aaron Osborn
- 25th Georgene Thordsen
- 28th Barbara Schwerin\*
- 28th Theresa Kerr

# June

S

M

T

W

T

F

S

9a Sit & Get Fit  
10a Travelogue  
2p Chapel AL  
3p Chapel MB's  
6:15p Rummy Kube  
or Courtyard 1

9a Sit & Get Fit  
10a Ruth S piano  
12:15p Lunch Bunch  
1p LB Bingo  
6:15p Dominoes 2

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

9a Sit & Get Fit  
10a Ladies Tea Time  
10a Men's Coffee  
Club  
1:15p Bingo 4

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

9a Sit & Get Fit  
10:30a Mary-keybrd  
1p Bingo  
2:30p Work in  
flowers  
6:15p Open Bowling 6

9a Sit & Get Fit  
10a Open Bowl  
1:30p Travelogue or  
Bird Time  
5:30p Gaithers  
6p Outdoor Chats  
7p Lawrence Welk 7

9a Sit & Get Fit  
10a Travelogue  
2p Chapel AL  
3p Chapel MB's  
6:15p Rummy Kube  
or Courtyard 8

9a Sit & Get Fit  
10:30a Ruth S piano  
1:15p UNO  
3:00p High Tea Time  
6:15p Dominoes 9

Luau Party  
9a Sit & Get Fit  
**10a Food Council**  
10a Bowling  
1:15p Bingo  
1:15p Bowling  
3:30p Trivia  
6:15p Courtyard 10

9a Sit & Get Fit  
10a Ladies Tea Time  
10a Men's Coffee  
Club  
1:15p Bingo 11

9a Sit & Get Fit  
10:15a Story Time  
11:30a Strengthen  
Mind  
1:30p Ron - piano  
2:30p Rosary  
3:30p Bible Study 12  
5:30p Hymn Fest 13

9a Sit & Get Fit  
10:30a Mary-keybrd  
1p Bingo  
2:30p Work in  
flowers  
6:15p Open Bowling 13

9a Sit & Get Fit  
1:30p Travelogue or  
Bird Time  
5:30p Gaithers  
7p Lawrence Welk 14

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

9a Sit & Get Fit  
10:30a Ruth S piano  
1:15p UNO  
3:00p High Tea Time  
6:15p Dominoes 16

9a Sit & Get Fit  
10a Bowling  
1:15p Bingo  
1:15p Bowling  
3:30p Trivia  
6:15p Yahtzee or  
Courtyard 17

9a Sit & Get Fit  
10a Ladies Tea Time  
10a Men's Coffee  
Club  
1:15p Bingo 18

9a Sit & Get Fit  
10:15a Story Time  
11:30a Strengthen  
Mind  
1:30p Ron - piano  
2:30p Rosary  
3:30p Bible Study 19  
6:30p Tripoly Club 19

9a Sit & Get Fit  
10:30a Mary-keybrd  
**2p Birthday Party!**  
6:15p Open Bowling 20

9a Sit & Get Fit  
1:30p Travelogue or  
Bird Time  
5:30p Gaithers  
7p Lawrence Welk 21

9a Sit & Get Fit  
10a Travelogue  
2p Chapel AL  
3p Chapel MB's  
6:15p Rummy Kube  
or Courtyard 22

9a Sit & Get Fit  
10:30a Ruth S piano  
1:15p UNO  
3:00p High Tea Time  
6:15p Dominoes 23

9a Sit & Get Fit  
10a Bowling  
1:15p Bingo  
1:15p Bowling  
3:30p Trivia  
6:15p Yahtzee or  
Courtyard 24

9a Sit & Get Fit  
10a Ladies Tea Time  
10a Men's Coffee  
Club  
1:16p Bingo 25

9a Sit & Get Fit  
10:15a Story Time  
11:30a Strengthen  
Mind  
1:30p Ron - piano  
2:30p Rosary  
3:30p Bible Study 26  
6:30p Tripoly Club 26

9a Sit & Get Fit  
10:30a Mary-keybrd  
1p Bingo  
2:30p Work in  
flowers  
6:15p Open Bowling 27

9a Sit & Get Fit  
1:30p Travelogue or  
Bird Time  
5:30p Gaithers  
7p Lawrence Welk 28

9a Sit & Get Fit  
10a Travelogue  
2p Chapel AL  
3p Chapel MB's  
6:15p Rummy Kube  
or Courtyard 29

9a Sit & Get Fit  
10:30a Ruth S piano  
1:15p UNO  
3:00p High Tea Time  
6:15p Dominoes 30

**There is no real  
happiness in  
having or in  
getting, but great  
happiness in  
"GIVING".**



Some people make  
you laugh a little  
louder, smile a little  
brighter, and make  
your life a little  
better. Do the  
same for them.

A friend is someone  
who knows all about  
you, but loves you  
anyway.  
Calendar events are  
subject to change  
without notice.

## LYNSEY'S CORNER

Our Burlington Bickford website is:  
[enrichinghappiness.com/burlington](http://enrichinghappiness.com/burlington).  
This is the site where we post updates and  
happenings each week. Please check this site  
often to see what's happening at Bickford.  
If you need to get a hold of me, personally, my  
e-mail address is:  
[enrichinghappiness@gmail.com](mailto:enrichinghappiness@gmail.com).

