



Teddie cont'd

(Any resident who is on fluid restrictions must check with their physician before drinking several glasses of water per day.)

What is the color of your urine? Check it out! It will help to keep you healthy! (P.S. The above tip is often given to athletes to make sure they keep hydrated!!) God bless.

Teddie Rinehart, RNC

Lynsey's corner:

Be sure to check out enrichinghappiness.com/burlington on a regular basis to see what's happening at Bickford. This week we went to Steamboat Days and had a great lunch (with 400 other folks) and a program of singers. We all went on one bus and had a great time. It's fun to get out!!!



We had a great picnic time at Bickford on Memorial Day!

JULY BIRTHDAYS

- 8th Margean Elliott*
- 10th Jessica Zaiser
- 12th Barbara Howard*
- 13th Jennifer Keller
- 22nd Megan Ash
- 27th Majorie Schieffer*

* Residents

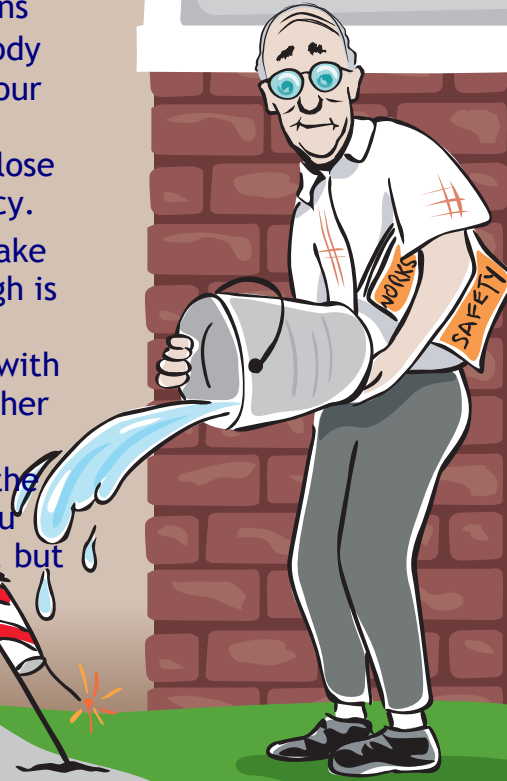
Teddie's Treatment July 2014

WHAT COLOR IS YOURS?

Our bodies have daily health monitoring indicators to help us maintain our personal best health. We need to watch for these indicators. For example, what is the color of your urine? The color of your urine signifies if you are supplying your body with enough fluids. If your urine is clear to light yellow, you are good to go. If it's dark yellow, that is a sign you are not drinking enough water. Don't ignore the symptoms. Water makes up 70-75% of your total body weight. Water is your body's most important nutrient. Water is involved in every bodily function:

- maintaining your body temperature
- aiding in digestion
- metabolizing body fat
- lubricating and cushioning your organs
- transporting nutrients and
- flushing toxins from your body

If you lose 2.5% of your body weight due to water loss, you will lose 25% of your efficiency. Some easy tips to make sure you drink enough is to set the goal of drinking a full glass with your meals and another glass with your medications during the day. Remember, you may not feel thirsty, but your body may need water.



IN OUR HOUSE

We do second chances
 We say prayers
 We do "I'm sorrys"
 We do loud really well
 We give hugs
 We do love
WE ARE FAMILY



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July

You've got to get up every morning with determination, if you're going to go to bed with satisfaction.

Strengthen others just by being the kind of people they are. The only disability in life is a bad attitude.

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

9a Sit & Get Fit
 10a Ladies Tea Time
 10a Men's Coffee Club
 1:15p Bingo
 2:45p Outdoor time 2

9a Sit & Get Fit
 10:15a Story Time
 1:30p Ron - piano
 2:30p Rosary
 3:30p Bible Study
4:30p Veteran's BBQ in parking lot 3

4th of JULY
 9a Sit & Get Fit
 10:30a Mary-keybrd
 1:30p Bingo
 2:30p Outdoor time
 6:30p Rummy Kube 4

9a Sit & Get Fit
 1:30p Travelogue or Bird Time
 3p Courtyard chats
 5:30p Gaithers
 7p Lawrence Welk 5

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

9a Sit & Get Fit
 10:30a Ruth S piano
 1:15p Outdoor time
 6:15p Dominoes 7

9a Sit & Get Fit
 10a Bowling
 1:15p Bingo
 1:15p Bowling
 3:30p Trivia
 6:15p Yahtzee or Courtyard 8

9a Sit & Get Fit
 10a Ladies Tea Time
 10a Men's Coffee Club
 1:15p Bingo
 2:45p Outdoor time 9

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

9a Sit & Get Fit
 10:30a Mary-keybrd
 1:30p Bingo
 2:30p Porch time
 6:45p **Apostolic Church Singers** 11

9a Sit & Get Fit
 1:30p Travelogue or Bird Time
 3p Courtyard chats
 5:30p Gaithers
 7p Lawrence Welk 12

9a Sit & Get Fit
 10a Travelogue
 2p Chapel AL
 3p Chapel MB's
 6:15p Rummy Kube or Courtyard 13

9a Sit & Get Fit
 10:30a Ruth S piano
 1:15p Outdoor time
 6:15p Dominoes 14

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

9a Sit & Get Fit
 10a Ladies Tea Time
 10a Men's Coffee Club
 1:15p Bingo
 2:45p Outdoor tim
11pm FIREDRILL 16

9a Sit & Get Fit
 10:15a Story Time
 1:30p Ron - piano
 2:30p Rosary
 3:30p Bible Study
 6:30p Tripoly Club 17

9a Sit & Get Fit
 10:30a Mary-keybrd
 1:30p Bingo
 2:30p Gardening
 6:30 Rummy Kube 18

9a Sit & Get Fit
 1:30p Travelogue or Bird Time
 3p Courtyard chats
 5:30p Gaithers
 7p Lawrence Welk 19

9a Sit & Get Fit
 10a Travelogue
 2p Chapel AL
 3p Chapel MB's
 6:15p Rummy Kube or Courtyard 20

9a Sit & Get Fit
 10:30a Ruth S piano
 1:15p Outdoor time
 6:15p Dominoes 21

9a Sit & Get Fit
 10a Bowling
 1:15p Bingo
 1:15p Bowling
 3:30p Trivia
 6:15p Yahtzee or Courtyard 22

9a Sit & Get Fit
 10a Ladies Tea Time
 10a Men's Coffee Club
 1:15p Bingo
 2:45p Outdoor time 23

Italian Theme
 9a Sit & Get Fit
 10:15a Story Time
 1:30p Ron - piano
 2:30p Rosary
 3:30p Bible Study
 6:30p Tripoly Club 24

9a Sit & Get Fit
 10:30a Mary-keybrd
 1:30p Bingo
 2:30p Gardening
 6:30Rummy Kube 25

9a Sit & Get Fit
 1:30p Travelogue or Bird Time
 3p Courtyard chats
 5:30p Gaithers
 7p Lawrence Welk 26

9a Sit & Get Fit
 10a Travelogue
 2p Chapel AL
 3p Chapel MB's
 6:15p Rummy Kube or Courtyard 27

9a Sit & Get Fit
 10:30a Ruth S piano
 1:15p Outdoor time
 6:15p Dominoes 28

9a Sit & Get Fit
 10a Bowling
 1:15p Bingo
 1:15p Bowling
 3:30p Trivia
 6:15p Yahtzee or Courtyard 29

9a Sit & Get Fit
 10a Ladies Tea Time
 10a Men's Coffee Club
 1:15p Bingo
 2:45p Outdoor time
4pm FIREDRILL 30

9a Sit & Get Fit
 10:15a Story Time
 1:30p Ron - piano
 2:30p Rosary
 3:30p Bible Study
 6:30p Tripoly Club 31

