



Teddie's Treatment cont'd.

At least three times a day take several deep breaths. I KNOW YOU WILL FEEL BETTER!! Just try it.

God bless.  
Teddie Rinehart, RNC

We had a wonderful time at our Bickford Veteran's BBQ. The weather was absolutely perfect, as was the food. The band played until 7:30 pm and there were still 29 folks outside to hear them.



### Teddie's Treatment August 2014

#### HEALTH BENEFITS OF DEEP BREATHING

Start paying attention to the way you breath: Are you breathing deeply enough? Did you know there are MANY health benefits when you do DEEP BREATH?

- Your respiratory system works better.
- Your digestive system does its job.
- Your lymph system works well.
- Your circulation system moves.
- Your immune system has more energy.

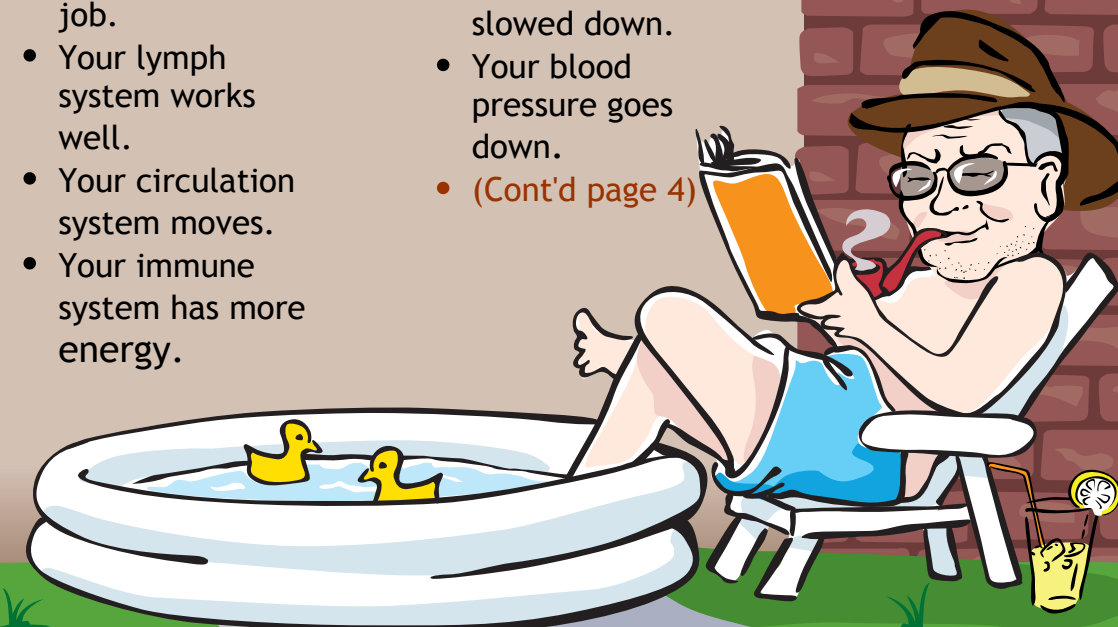
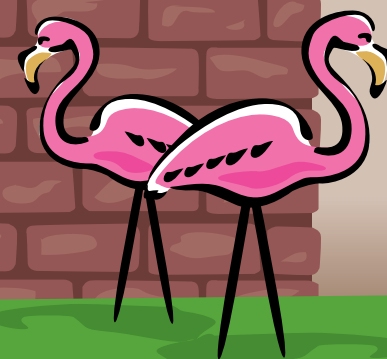
- Your nervous system is calmer.
- You increase flexibility & strengthen joints.
- Your mental observation & concentration improve.
- Your physical appearance improves.
- Your stress level is reduced.
- Your heart rate is slowed down.
- Your blood pressure goes down.
- (Cont'd page 4)



enriching happiness



assisted living & memory care



**AUGUST BIRTHDAYS**

August 10th Margie Bell  
 August 18th Paula Diehl  
 August 24th Sarah Buras  
 August 25th Senita Donaldson  
 August 25th Dana Laveine

# August



9am Sit & Get Fit  
 10a Travelogue  
 2p Chapel AL  
 3p Chapel Mary B's  
 6:15p Rummy Kube  
 or Courtyard 31

**The person who  
 can bring  
 laughter into a  
 room is indeed  
 blessed.**

**LIFE HAS NO  
 BLESSINGS LIKE  
 A GOOD FRIEND.**

**WESTERN DAY**  
 Dress up "Western"  
 on August 6 for  
 our Western Day  
 fun.

**Sometimes the  
 most urgent  
 thing you can  
 do is to take a  
 complete rest.**

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

9a Sit & Get Fit  
 1:30p Travelogue or  
 Bird Time  
 5:30p Gaithers  
 7p Lawrence Welk 2

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

9a Sit & Get Fit  
 10:00a Ruth S piano  
 12 LUNCH BUNCH  
 1p Bingo  
 6:15p Dominoes 4

9a Sit & Get Fit  
**10a Resident Council**  
 11a Bowling  
 1:15p Bingo  
 1:15p Bowling  
 3:30p Trivia  
 6:15p Yahtzee or  
 Courtyard 5

**Western Day**  
 9a Sit & Get Fit  
 10a Ladies Tea Time  
 10a Men's Club  
 2p Staff Meeting  
 1:30p Bingo  
 2:45p Outdoor time 6

9a Sit & Get Fit  
 10:15a Story Time  
 1:30p Ron - piano  
 2:30p Rosary  
 3:30p Bible Study  
 6:30p Tripoly Club 7

9a Sit & Get Fit  
 10:30a Mary-keybrd  
 1:30p Bingo  
 2:30p Flowers Work  
 6:15p Open Bowling 8

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

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

9a Sit & Get Fit  
 10:30a Ruth S piano  
 1:15p Game Time  
 3p High Tea Time  
 6:15p Dominoes 11

9a Sit & Get Fit  
 10a Bowling  
 1:15p Bingo  
 1:15p Bowling  
 3:30p Trivia  
 6:15p Yahtzee or  
 Courtyard 12

9a Sit & Get Fit  
 10a Ladies Tea Time  
 10a Men's Club  
**11a MASS**  
 1:30p Bingo  
 2:45p Outdoor time 13

9a Sit & Get Fit  
 10:15a Story Time  
 1:30p Ron - piano  
 2:30p Rosary  
 3:30p Bible Study  
 5:30p Hymn Fest  
 6:30p Tripoly Club 14

9a Sit & Get Fit  
 10:30a Mary-keybrd  
 2p **BIRTHDAY PARTY**  
 3:30p Flowers Work  
 6:15p Open Bowling 15

9a Sit & Get Fit  
 1:30p Travelogue or  
 Bird Time  
 5:30p Gaithers  
 7p Lawrence Welk 16

9a Sit & Get Fit  
 10a Travelogue  
 2p Chapel AL  
 3p Chapel MB's  
 6:15p Rummy Kube  
 or Courtyard 17

9a Sit & Get Fit  
 10:30a Ruth S piano  
 1:15p Game Time  
 3p High Tea Time  
 6:15p Dominoes 18

9a Sit & Get Fit  
 10a Bowling  
 1:15p Bingo  
 1:15p Bowling  
 3:30p Trivia  
 6:15p Yahtzee or  
 Courtyard 19

9a Sit & Get Fit  
 10a Ladies Tea Time  
 10a Men's Club  
 1:30p Bingo  
 2:45p Outdoor time 20

9a Sit & Get Fit  
 10:15a Story Time  
 1:30p Ron - piano  
 2:30p Rosary  
 3:30p Bible Study  
 6:30p Tripoly Club 21

9a Sit & Get Fit  
 10:30a Mary-keybrd  
 1:30p Bingo  
 2:30p Flowers Work  
 6:15p Open Bowling 22

9a Sit & Get Fit  
 1:30p Travelogue or  
 Bird Time  
 5:30p Gaithers  
 7p Lawrence Welk 23

9a Sit & Get Fit  
 10a Travelogue  
 2p Chapel AL  
 3p Chapel MB's  
 6:15p Rummy Kube  
 or Courtyard 24

9a Sit & Get Fit  
 10:30a Ruth S piano  
 1:15p Game Time  
 3p High Tea Time  
 6:15p Dominoes 25

9a Sit & Get Fit  
 10a Bowling  
 1:15p Bingo  
 1:15p Bowling  
 3:30p Trivia  
 6:15p Yahtzee or  
 Courtyard 26

9a Sit & Get Fit  
 10a Ladies Tea Time  
 10a Men's Club  
 1:30p Bingo  
 2:45p Outdoor time 27

9a Sit & Get Fit  
 10:15a Story Time  
 1:30p Ron - piano  
 2:30p Rosary  
 3:30p Bible Study  
 6:30p Tripoly Club 28

9a Sit & Get Fit  
 10:30a Mary-keybrd  
 1p Bingo  
 2:30p Flowers Work  
 6:15p Open Bowling 29

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

