



## SPRING INTO THE FUN EVENTS AT BICKFORD!

The weather plays a big part on activities here at Bickford, and with all the snow that we have had, we are really looking forward to all the exciting outings we will be taking this month! Last month we started a new lunch bunch outing, and we had such a fun time at Raising Canes! The workers there asked if they could take our picture and put it on there board in the resturaunt. This months lunch outing is to Freddy's on March 18<sup>th</sup>. Our annual outing to Fonner Park for the horse races will be on March 11<sup>th</sup> at 1:00pm. Easter falls in March this year so we will be hosting an Easter Egg Hunt on Friday March 25<sup>th</sup> at 3:00pm. with games, snacks ,and refreshments. Kids of all ages are welcomed! Support Group is on Tuesday March 8<sup>th</sup> at 6:30pm. Please take a look at all the other events we have this month and if you have any questions please feel free to contact Deb Quick, CRD. or Crystal Trejo, LEC.

# Grand Island HAPPENINGS

## Snow Facts...

**1. SNOWFLAKES AREN'T THE ONLY FORM OF SNOW.**

Snow can also precipitate as graupel or sleet. Not to be confused with hail, graupel (or snow pellets) are opaque ice particles that form in the atmosphere as ice crystals fall through freezing cloud droplets—meaning cloud particles that are colder than the freezing point of water but remain liquid. The cloud droplets group together to form a soft, lumpy mass. Sleet, on the other hand, consists of drops of rain that freeze into small, translucent balls of ice as they fall from the sky.

**2. IT'S A MYTH THAT NO TWO SNOWFLAKES ARE EXACTLY THE SAME.**

In 1988, a scientist found two identical snow crystals. They came from a storm in Wisconsin.

**3. THE LARGEST SNOWFLAKE MIGHT HAVE BEEN 15 INCHES WIDE.**

According to some sources, the largest snowflakes ever observed fell during a snowstorm in January 1887 at Montana's Fort Keogh. While witnesses said the flakes were "larger than milk pans," these claims have not been substantiated.



## From the Director's Desk...

Over the last several months we have had a bi-weekly group of residents get together and bake up some delicious treats for all to enjoy. This group is call the "Bickford Bakers." We have seen it grow and so many residents that once loved to cook and bake are now able to do so and without the clean up!!! We have decided to increase our Bickford Bakers to a weekly activity. If your loved one has a recipe they'd like to share with the group, let Crystal know and she will get that recipe into the clubs rotation.

See the activities calendar to know when we will celebrate Resurection Day/Easter here at Bickford. There will be activities for kids and kids at heart! My youngest, Dane, will turn two on Easter and I'm excited to have two wonderful gifts to celebrate! Our CRD, Deb Quick facilitates the Caregiver support group we host the second Tuesday of each month. There is a light meal, speaker providing helpful information and time to talk and get that much needed support from those who understand. Join Us! Darcy Hansen, Director



*Bickford*  
assisted living



Colorectal Awareness Month

Judy Sagvold, RN, BSN

**Colorectal Cancer** is the 4<sup>th</sup> most common cancer in the United States and the 2<sup>nd</sup> leading cause of death. Colorectal cancer affects people in all racial and ethnic groups and is most often found in people **age 50 and older**. The good news? If everyone age 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented. **Common symptoms** of colorectal cancer include: \*Change in bowel habits,\*Constipation,\*Diarrhea,\*Alternating constipation and diarrhea,\*Rectal bleeding or Blood in stools,\*Abdominal bloating, and \*Cramps. More **systemic signs** include:\*Unexplained weight loss, or Loss of ap  
petite,\*Nausea/Vomiting,\*Anemia,\*Jaundice,\*Weakness and Fatigue. **Prevention include:** Living a healthy life style that includes regular exercises, maintenance of a healthy weight, and a diet low in fat, and in processed and red meat, and high in fiber, vegetables, and fruit. Consult your doctor for more information.



March

S	M	T	W	T	F	S
<b>HAPPY BIRTHDAY:</b> Dolores Muhs -4 Dick Nuss -14 Rowena Bosle -18 Gayle Binfield -24 Lori Bebee -20 Darcy Hansen -31		9:30 Walking Group 10:00 Bickford Bakers 1:30 Bible Study 2:30 Trivia & Treats 6:15 Creative Coloring 1	9:30 Light N' Lively 10:00 Fill in the Blank 2:00 Painting a Picture 3:00 Ice Cream Social 6:30 Midweek Movie & Popcorn 2	9:30 Walking Group 10:00 Crochet/Quilting Corner 1:45 Bingo 2:30 Reminisce Hour 6:30 Wii Bowling Game 3	9:30 Fitness Fun 10:00 Shopping Trip 1:30 Senic Drive 3:00 Ice Cream Social 6:30 Wheel of Fortune Game 4	9:30 Walk & Talk 10:00 Word Search 2:00 Hit The Target 3:00 Bisto Buddies 6:15 Lawrence Welk 5
9:30 Devotions 10:00 Peace Luthern Dvd 2:00 Table Games 4:00 Church Service 6:00 Funniest Home Video 6	10:00 Katelin on Piano 10:00 OUTING: The Grand Generation Center 1:45 Bingo 3:00 Minute To Win It 6:30 Brain Teasers 7	9:30 Walking Group 10:00 Bickford Bakers 1:30 Bible Study 2:30 Coffee & Chat 6:15 Creative Coloring 6:30 Support Group 8	Casino Fun 9:30 Senior Shuffle 10:00 Music w/ A.C. & Angeline 12:00 Theme Meal 2:00 Beat the Dealer 6:30 Roll The Dice 9	9:30 Walking Group 10:00 Giggles Preschool Kids 1:45 Bingo 2:30 Middle Name Game 6:30 Decorating Hats 10	9:30 Fitness Fun 10:00 Weather Wit Humor 1:00 OUTING: Fonner Park Horse Races 3:00 Ice Cream Social 6:30 Horse Race Game 11	9:30 Exercise Video 10:00 Brain Games 2:00 Puzzle Pals 3:00 Refreshments 6:15 Classic T.V. Shows 12
<b>DAYLIGHT SAVINGS</b> 9:30 Devotions 10:00 Peace Luthern Dvd 2:00 Spring Painting 4:00 Church Service 6:15 Movie & Popcorn 13	10:30 Sittercise 11:00 Manicures 1:45 Bingo 3:00 March Birthday Bash 6:30 Toss & Talk Ball 14	9:30 Walking Group 10:00 Bickford Bakers 11:00 Glen on Piano 1:30 Bible Study 2:30 Trivia & Treats 6:15 Card Games 15	9:30 Light N' Lively 10:00 Craft Corner 2:00 Musical Jeopardy 3:00 Ice Cream Social 6:30 Pot O' Gold Dice Game 16	St. Patrick's Day 9:30 Little Chair Jig 10:00 Resident Council 1:00 Marlene Behm 2:00 Bingo 6:00 Music-Paul Ramp 17	9:30 Fitness Fun 10:00 Shopping Trip 11:30 Lunch Outing: Freddy's 2:00 Funny Friday 6:00 Music w/ Tim Javorski 18	9:30 Walk & Talk 10:00 Word Searches 2:00 Table Games 3:00 Bistro Budies 6:15 Lawrence Welk 19
<b>FIRST DAY OF SPRING</b> 9:30 Devotions 10:00 Peace Luthern Dvd 2:00 Palm Crosses 4:00 Church 6:00 Funniest Videos 20	10:00 Katelin on Piano 10:30 Sittercise 11:00 Manicures 1:45 Bingo 3:00 Minute To Win It 6:30 Brain Teasers 21	9:30 Walking Group 10:00 Bickford Bakers 1:30 Bible Study 2:30 Filling Easter Eggs 6:15 Creative Coloring 22	9:30 Senior Shuffle 10:00 Catholic Mass 10:00 Music w/ A.C. & Angeline 2:00 Book Club Fun 3:00 Ice Cream Social 6:30 Midweek Movie 23	9:30 Walking Group 10:00 Travel Time 1:45 Bingo 2:30 Apples to Apples 6:15 Wii Bowling Game 24	<b>GOOD FRIDAY</b> 9:30 Fitness Fun 10:00 Easter Hat Parade 1:30 Goodie Bags 3:00 Easter Party/ Egg Hunt 25	9:30 Exercise Video 10:00 Brain Games 2:00 Puzzle Pals 3:00 Refreshments 6:15 Classic T.V. Show 26
<b>Easter</b> 9:30 Devotions 10:00 Peace Luthern Dvd Service 12:00 Easter Meal 4:00 Church 6:15 Movie & Popcorn 27	10:30 Sittercise 11:00 Manicures 1:45 Bingo 3:00 Men's Group 6:30 Ring Toss 28	9:30 Walking Group 10:00 Bickford Bakers 1:30 Bible Study 2:30 Trivia & Treats 6:15 Card Games 29	9:30 Senior Shuffle 10:00 Name that Tune 2:00 Riddle Me This 3:00 Ice Cream Social 6:30 Theme Bingo 30	9:30 Walking Group 10:00 Balloon Volleyball 1:45 Bingo 2:30 Wine & Cheese Social 6:30 Domino's 31		

