



STRESS AWARENESS MONTH

Nurse Kari Bartholomew has a few tips for keeping stress free. First of all eating right is a great way to start, eating foods that are healthy and low in carbs. Exercising, stretching, yoga and walking daily. Close your eyes, picture a relaxing scene and take 3 long slow breaths. Smile!! If we're having a stressful day smiling can make us calmer and more relaxed. Focus on being proactive and don't wallow in self pity. Take a time out, count to ten or look away. Stop trying to please everyone and remember it is ok to say NO!! Say it out loud, saying "I feel stressed", recognizing your personal stress helps in managing stress. Say a little prayer, laugh a lot, listen to music, call a friend, goof off or tip toe through the tulips. Stress is a fact of life, but being stressed out is not so try a few of these tips today.



HAPPENINGS IN MARCH

Pictured is some of our residents and Bickford Family Members.

APRIL BIRTHDAYS

BFM'S

ANTHONY WILLIAMS
4/5

CANDI DEVRIES
4/12

Some fun things we did during March included our Casino Day, Arts Day w/visit from the Pre-PA Club, PJ Party w/Candi, Various music performers, starting our knitting/crochting/hand work club, outing to Village Inn for Pie, Outing to see the live performance of "The Resurrection and our annual Easter Egg Hunt. We dyed t-shirts and easter eggs and learned new words from our Word Games and Laughed Alot with our Laughing Basket.

EASTER WISHES

Oh! what a beautiful morning! I've just dropped in to say. I hope you have a beautiful and wonderful Easter Day!!

Flowers are blooming everywhere, bird songs are in the air. Spring is unfolding her treasures and wants us all to share.

Easter gives hope for tomorrow, as after the winter comes Spring. Our hearts can be filled with gladness, as our hearts rejoice and sing.

HAPPY EASTER

Make a Wish Come True for a Senior

Do you know a senior who has a wish? Let us grant a wish for a senior in your congregation this year! The Make a Wish Come True Program grants "wishes" to seniors in the Lincoln area! Wishes such as concert tickets, special meals, trips to visit family, or a night at the movie have been granted. We encourage Lincolniters to submit nominations on behalf of a senior who is in need of a special favor. Submit your nomination on our website today! www.lincolncoahp.com

This is a donation-supported program, so if you or your organization is looking to give a donation to a good cause, this is certainly worthy.

COALITION for OLDER ADULTS HEALTH PROMOTION





Thanks to one of our Chaplains Ted Decker for leading the weekly Men's Luncheon on Fridays, for making weekly visits and hospital visits. Thanks also to Deb Badeer for leading the weekly Thursday Chapel Service and for helping out when ever needed and sharing her singing talents. For visiting residents and hospital visits.

Thanks to Gaye Stricker for leading the Bible Study in Mary B's and for making weekly visits and visiting while residents are out. Thanks to a wonderful Chaplain Team for all your hard work and dedication!!



Easter
 9:30 Balloon Toss
 10:00 Devotions
 10:30 Catholic Comm
 2:00 Ice Cream Social
 6:00 Johnny Carson (DVD) 1

9:30 Balloon Toss
 10:00 Protestant Service w/Jeff Collins
 10:30 Catholic Comm
 2:00 Ice Cream Social
 6:00 Johnny Carson (DVD) 8

9:30 Balloon Toss
 10:00 Devotions
 10:30 Catholic Comm
 2:00 Ice Cream Social
 6:00 Johnny Carson (DVD) 15

9:30 Balloon Toss
 10:00 Protestant Service w/Jeff Collins
 10:30 Catholic Comm
 2:00 Crafts
 6:00 Johnny Carson (DVD) 22

9:30 Balloon Toss
 10:00 Devotions
 10:30 Catholic Comm
 2:00 Crafts
 6:00 Johnny Carson (DVD) 29

9:45 Catholic Mass w/Father Bourek
 10:30 Yoga w/Anita
 1:30 Manicures
 3:00 Lemonade in the Courtyard "I spent a year in prison" 2
 6:30 Painting

9:45 Catholic Mass w/Father Bourek
 10:30 Yoga w/Anita
 1:30 Manicures
 3:00 Lemonade in the Courtyard
 6:30 Painting 9

9:45 Catholic Mass w/Father Bourek
 10:30 Yoga w/Anita
 1:30 Manicures
 3:00 Lemonade in the Courtyard
 6:30 Painting 16

9:45 Catholic Mass w/Father Bourek
 10:30 Yoga w/Anita
 1:30 Manicures
 3:00 Resident Council Meeting
 6:30 Painting 23

9:45 Catholic Mass w/Father Bourek
 10:30 Yoga w/Anita
 1:30 Manicures
 3:00 Lemonade in the Courtyard
 6:30 Painting 30

9:45 Coffee Social/ Roll the Dice Break the Ice
 10:30 Current Events
 11:00 Outing for Lunch
 2:00 Bingo w/Pam
 6:30 Tony Bennett The music never ends 3 (N)

9:45 Coffee Social/ Roll the Dice Break the Ice
 10:30 Current Events
 2:00 Bingo w/Pam
 6:30 Just Us 10

9:45 Coffee Social/ Roll the Dice Break the Ice
 10:30 Current Events
 2:00 Bingo w/Pam
 6:30 Just Us 17

9:45 Coffee Social/ Roll the Dice Break the Ice
 10:30 Current Events
 2:00 Bingo w/Pam
 6:30 Just Us 24

****Every Tuesday at 3:30 Handworking (Knitting, etc) Club will meet by the bird aviary.**

9:45 Let's Walk
 10:15 Word Games
 2:00 Old Time Music
 6:30 Bean Bag Toss in the Courtyard 4

9:45 Let's Walk
 10:15 Word Games
 2:00 Fun w/ Food (Waffle Iron Grilled Cheese)
 6:30 Bean Bag Toss in the Courtyard 11

9:45 Let's Walk
 10:15 Word Games
 2:00 Anne Bremmer
 6:30 Bean Bag Toss in the Courtyard 18

9:45 Let's Walk
 10:15 Word Games
 1:30 Outing to Licorice International
 6:30 Bean Bag Toss in the Courtyard 25

****Book Club to meet every Wednesday at 3:30 in the courtyard or sunporch**

9:45 Chicken Soup for the Soul
 10:15 Chapel Service w/Communion
 1:30 Resident Shopping (super target)
 2:00 Movie & Popcorn
 6:30 Bingo w/Pam 5

Cruise the Open Seas
 9:45 Chicken Soup for the Soul
 10:15 Chapel Service
 2:00 Tom Roth
 6:30 Bingo w/Pam 12

9:45 Chicken Soup for the Soul
 10:15 Chapel Service
 1:30 Resident Shopping (TBA)
 2:00 Movie & Popcorn
 6:30 Bingo w/Pam 19

9:45 Chicken Soup for the Soul
 10:15 Chapel Service w/Communion
 2:00 Lowry's Organ Group
 6:30 Bingo w/Pam 26

****Exercise Video every Tues & Thurs at 8:30 am.**

9:45 Food Council Meeting
 10:30 Yoga w/Anita
 2:00 Fun w/ Food (Decorate Cupcakes)
 6:30 Documentary Hive Alive (N) 6

9:45 5 Second Rule
 10:30 Yoga w/Anita
 2:00 Monthly Birthday Party w/Dick Patterson
 6:30 Documentary Natures Great Events (N) 13

9:45 5 Second Rule
 10:30 Yoga w/Anita
 2:00 Fun w/ Food (Penny Candy Month)
 6:30 Documentary Is Genesis History? (N) 20

9:45 5 Second Rule
 10:30 Yoga w/Anita
 2:00 Fun w/ Food (Decorate Cupcakes)
 6:30 Drive Inn Movie Night in the courtyar (weather permitting) 27

9:45 Core Exercises
 10:30 The Game of Things
 2:00 Crafts (Coffee Bean Picture)
 6:30 Golfing in the Courtyard 7

9:45 Core Exercises
 10:30 The Game of Things
 2:00 Garden Month
 6:30 Golfing in the Courtyard 14

9:45 Core Exercises
 10:30 The Game of Things
 11:00 NE Red/White Game & Tailgate Party
 6:30 Golfing in the Courtyard 21

9:45 Core Exercises
 10:30 The Game of Things
 2:00 Capital City Carvers
 6:30 Golfing in the Courtyard 28

April