

## 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 were 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 tying 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 alot, 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



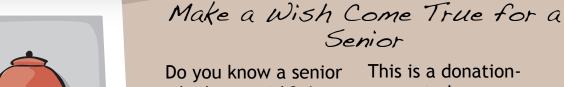
Some fun things we did during March included our Casino Day, Arts Day w/visit from the Pre-PA Club, PJ Party w/Candi, Various music performers, starting our knitting/crochting/hand work club, outing to Village Inn for Pie, Outing to see the live performance of "The Resurrection and our annual Easter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

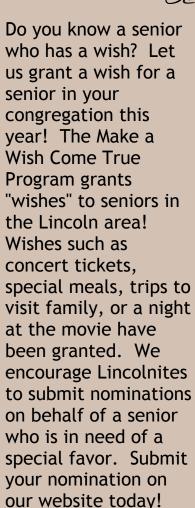
## EASTER WISHES

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





www.lincolncoahp.com

This is a donationsupported 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



& memory care



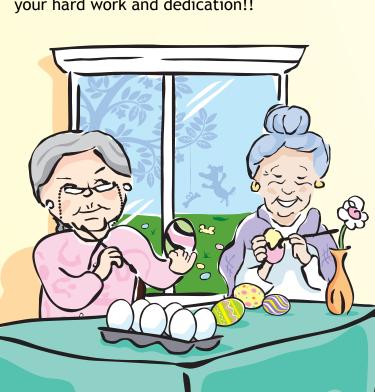




Thanks to one of our Chaplains Ted Decker for leading the weekly Men's Luncheon on Fridays. for making weekly visits and hospital visits. Thanks also to Deb Badeer for leading the weekly Thursday Chapel Service and for helping out when ever needed and sharing her singing talents. For visiting residents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











9:45 Let's Walk

the Courtyard

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International

10:15 Word Games

1:30 Outing to Licorice

10:15 Word Games

2:00 Anne Bremmer

6:30 Bean Bag Toss in

18

25

Cheese)

10:15 Word Games

2:00 Fun w/ Food

(Waffle Iron Grilled

6:30 Bean Bag Toss in







Things

2:00 Crafts

Courtyard

9:45 Core Exercises

10:30 The Game of

(Coffee Bean Picture)

14

28

6:30 Golfing in the

Easter •

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

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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 ? (N)

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

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\*\*Every Tuesday at

3:30 Handworking

(Knitting, etc) Club

will meet by the bird

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

10

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24

17

6:30 Bean Bag Toss in the Courtyard

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

9:45 Chicken Soup for the Soul 10:15 Word Games 10:15 Chapel Service 2:00 Old Time Music w/Communion 6:30 Bean Bag Toss in 1:30 Resident Shopping (super target) 2:00 Movie & Popcorn

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

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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

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

\*\*Exercise Video every Tues & Thurs

at 8:30 am.

6:30 Bingo w/Pam

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 13

9:45 5 Second Rule

10:30 Yoga w/Anita

(Decorate Cupcakes)

6:30 Drive Inn Movie

Night in the courtyar

(weather permitting)\_1

2:00 Fun w/ Food

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

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