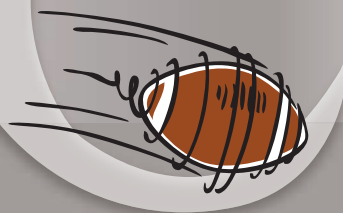




Thanks to everyone who has shared their recipes and to the cooks who prepared them!! Everyone has enjoyed sharing their recipes and tasting them as well. Pictured from left to right is Sandy, Teresa, Maxine, Margie and Sandy who all shared recipes. Autumn, Renee and Teresa have received many compliments from residents on how much they are enjoying this resident/cook choice meal with everyone sharing recipes. If you would like to share more recipes please email to Renee, Autumn or Teresa. Some of the recipes tried were Autumn Schwandt/Kitchen Mgr. (Cauliflower Casserole), Maxine Banks (Macaroni Salad), Margie Jensen (Meatloaf), Sandy Schmoker (Corned Beef Casserole), Teresa Sutton/LEC (Summer Layered Dessert), Bea Cooper (Asian Beef and Noodles), Marillyn Russell (Creamed Cabbage), Shirley Carter (Chocolate Cherry Cake) and Judi Adams (Cranberry Fluff Salad).

Lincoln HAPPENINGS

SEPTEMBER



AUGUST

QUILT SHOW



In August we had our County Fair Day and Hollywood Day. There was outings to Lincoln Christian School to a quilt show, an outing to Yogurtini for a Alzheimer's Fundraiser and an outing to UNL Stadium and our shopping outings. We had quite a crowd for the Wayne Miller performance and as always for Just Us and many other performers. Please check out our website and facebook page for more pictures. enrichinghappiness.com If you want more info on facebook page please contact Teresa. lincolnlec@enrichinghappiness.com

During the month of September we will celebrate National Assisted Living Week the 9th-15th with a week of fun.

Please dress in attire to the following days:

- Sun- Neon Day
- Mon-Pajama Day
- Tues-Twin Day
- Wed-Husker Day
- Thurs-Decade Day
- Fri-Freaky
- Friday/Mismatched, Nerdy or inside out
- Sat-Football Day

The theme this year is "CAPTURE THE MOMENT" we will be taking lots of photos to capture all the moments!!



QUEENS FOR THE DAY
BRENDA & AMY



HAPPINESS SURVEYS

At Bickford, your happiness is our measure of success. We are constantly striving to enrich happiness in the lives of your loved one. In order to understand whether or not we are achieving this objective, we rely on your consistent feedback through your participation in Happiness Surveys. Happiness Surveys will be sent to you in two ways: A comprehensive, multi-questions survey sent out starting September 6th and A one-question text Happiness Survey sent out monthly on the 1st of the month. Bickford focuses on "Top Box" scores (5's) to differentiate between

happiness and satisfaction. Bickford is not measuring on resident satisfaction; they measure **resident happiness**. So if you and your loved one are **highly satisfied (5's)** please mark that box! We appreciate the trust you put in us to take care of your loved one. Thank you in advance for filling out the survey. Your participation in these surveys provides us the feedback to ensure our efforts are improving your happiness with Bickford.

****Don't forget your flu shots when you visit your Doctor. Bickford does provide it if you need it and you would like more information please see Kari or Kaylee.**



SEPTEMBER BIRTHDAYS

RESIDENTS BIRTHDAYS

MARTY GARDNER 9/7
 JUDI ADAMS 9/20
 MURIEL MILLER 9/25

BICKFORD FAMILY MEMBERS BIRTHDAYS

JOSIE RADEMACHER 9/1
 MIKE STUART 9/6
 WHITNEY HOLBERT 9/14
 KATY JAMBOR 9/28
 TERESA SUTTON 9/28

FAMILY HUSKER TAILGATE PARTY

We will be hosting a Husker Themed Family Cookout with guests by the Nebraska Cheerleaders and Lil Red. There will be Food and Drinks provided. If you would like to attend please RSVP by Friday Sept 7th.

ALZHEIMER'S WALK

Everyone welcome to attend the Annual Alzheimer's Walk at Holmes Lake on Sunday September 16th, registration at 12:30 and walk starts at 1:00pm. You can pre register with TEAM BICKFORD at Walk to End Alzheimer's.

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September

9:45 Balloon Toss
 10:00 Devotions
 10:30 Catholic Comm
 2:00 Crafts
 (Apple Stamping)
 6:30 Here's Lucy (A)
 30

9:45 Balloon Toss
 10:00 Chapel Service
 w/Ethan Rathjen
 10:30 Catholic Comm
 1:30 Manicures
 6:30 Here's Lucy (A)
 2

Grandparent's Day
 9:45 Balloon Toss
 10:00 Chapel Service
 w/Jeff Collins
 10:30 Catholic Comm
 2:00 Ice Cream Social
 6:30 Here's Lucy (A)
 9

9:45 Balloon Toss
 10:00 Devotions
 10:30 Catholic Comm
 2:00 Ice Cream Social
 6:30 Here's Lucy (A)
 *Alzheimer's Walk 1pt
 16

9:45 Balloon Toss
 10:00 Chapel Service
 w/Jeff Collins
 10:30 Catholic Comm
 2:00 Crafts
 (Fall Decorations)
 6:30 Here's Lucy (A)
 23

LABOR DAY
 9:45 Catholic Mass
 w/Father Bourek
 10:30 Yoga w/Anita
 2:00 Ice Cream Social
 6:30 Game Night
 3

9:45 Catholic Mass
 w/Father Bourek
 10:30 Yoga w/Anita
 1:30 Manicures
 2:00 Men's Social/Ted
 6:30 Game Night
 10

9:45 Catholic Mass
 w/Father Bourek
 10:30 Yoga w/Anita
 1:30 Manicures
 2:00 Men's Social/Ted
 6:30 Game Night
 17

9:45 Catholic Mass
 w/Father Bourek
 10:30 Yoga w/Anita
 1:30 Manicures
 2:00 Men's Social /Ted
 3:00 Resident Council
 Meeting
 6:30 Game Night
 24

9:45 Morning Social
 (welcome Sept)
 10:30 Current Events
**NOON Outing for Lunch
 (Mexican Food)**
 2:00 Bingo w/Pam
 6:30 America The
 Story of Us (A)
 4

9:45 Morning Social
 (Top 10 Tuesday)
 10:30 Current Events
**2:00 Outing to Channel
 8 News Station**
6:30 Just Us
 11

9:45 Morning Social
 (Bloopers)
 10:30 Current Events
 2:00 Bingo w/Pam
6:30 Just Us
 18

9:45 Morning Social
 (Jokes/Trivia)
 10:30 Current Events
 2:00 Bingo w/Pam
6:30 Just Us
 25

9:45 Let's Walk
 10:15 Double Ditto
**2:00 Old Time Music
 w/Dennel**
 3:30 Games/Visiting
 w/Patty
 6:30 Painting
 5

9:45 Let's Walk
 10:15 Double Ditto
**NOON Husker
 Family Tailgate
 Party**
 6:30 Painting
 12

9:45 Let's Walk
 10:15 Double Ditto
**2:00 A Brief History of
 Nebraska presented by
 Nebraska History
 Museum**
 6:30 Painting
 19

9:45 Let's Walk
 10:15 Double Ditto
**2:00 Folk Music by
 Bill Behmer**
 3:30 Games/Visiting
 w/Patty
 6:30 Painting
 26

9:45 Chicken Soup for
 the Soul
 10:15 Chapel Service
 w/Communion
**2:00 Life Lowry Organ
 Group**
 6:30 Family Fued
 6

9:45 Chicken Soup for
 the Soul
 10:15 Chapel Service
2:00 Bill Chrastil
 6:30 Family Fued
 13

50's DAY
 9:45 Chicken Soup for
 the Soul
 10:15 Chapel Service
 w/Communion
2:00 Tom Roth
 6:30 Family Fued
 20

9:45 Chicken Soup for
 the Soul
 10:15 Chapel Service
1:30 Resident Shopping
 2:00 Movie & Popcorn
 6:30 Family Fued
 27

9:45 Did You Know?
 10:00 Catholic Comm
 10:30 Yoga w/Anita
 2:00 Fun w/Food
 (pop, pop, pop day)
 6:30 Jewelry Making
 7

9:45 Did You Know?
 10:00 Catholic Comm
 10:30 Yoga w/Anita
1:30 Resident Shopping
 2:00 Movie & Popcorn
 6:30 Sing Alongs
 14

9:45 Did You Know?
 10:00 Catholic Comm
 10:30 Yoga w/Anita
 2:00 Fun w/Food
 (Apple Month)
 6:30 Visiting
 21

9:45 Did You Know?
 10:00 Catholic Comm
 10:30 Yoga w/Anita
 2:00 Fun w/Food
 (Waffle Month)
 6:30 Sing Alongs
 28

9:45 Core Exercises
 10:30 Double Ditto
 2:00 Bingo w/Pam
 6:30 Tailgate Party
7:00 NE vs. Akron
 1

9:45 Core Exercises
 10:30 Double Ditto
**2:00 Tailgate Party/
 NE vs. Colorado**
 6:30 Adult Coloring
 8

9:45 Core Exercises
 10:30 Double Ditto
11:00 NE vs. Troy
NOON Tailgate Lunch
 2:00 Bingo w/Pam
 6:30 Adult Coloring
 15

9:45 Core Exercises
 10:30 Double Ditto
 2:00 Bingo w/Pam
 6:30 Adult Coloring
NE vs Michigan (TBA)
 22

9:45 Core Exercises
 10:30 Double Ditto
 2:00 Bingo w/Pam
 6:30 Adult Coloring
NE vs. Purdue (TBA)
 29

