

HAPPY NEW YEAR FROM ALL OF US AT BICKFORD TO ALL OF YOU AND YOUR FAMILIES!!

Thanks to all who attended the Family Christmas Celebration and everyone that helped with it. We all enjoyed seeing so many families and special thanks to Santa and Mrs. Clause (Mike Von Kaenel from Phys Med/Serene Care Hospice and his wife), pictures taken by Kendra Penrod and music by "The Kramer Sisters".

"Stephanie Witt" our new Director said it was a pleasure to meet all of the families!! She is enjoying getting to know the residents and looks forward to getting to know the families also.

Hoping everyone had a joyous Christmas and have a Happy 2019!!!



Lincoln

HAPPENINGS

JANUARY

HAPPENINGS IN DECEMBER

Thank You to Rhonda from Hospice Community Care for Visiting and reading "Elf on the Shelf" to our residents and then helping decorate Christmas Cookies. Thanks also to Montessori for bringing the kids over to help. The residents really enjoyed seeing the expressions on the childrens faces as the story was read and they all enjoyed the cookies!!

FAMILY CHRISTMAS CELEBRATION



10 Ways to fight the winter blues

- 1) Behave Like You're From Minnesota
Do everything in your power to appreciate the elements.
- 2) Wear Bright Colors
by tricking your brain into thinking that it's sunny and beautiful outside.
- 3) Stock Up on Vitamin D
Take in some sunshine, sit on the sunporch or by your window and take in that vitamin D.
- 4) Make a Book and Movie List
Winter is a great time to get to those books and movies you've been meaning to read and watch.
- 5) Hang with positive people

- 6) Try Something New
it rewires our brain. Learn a new card game.
- 7) Start a Project like de-cluttering
- 8) Eat Winter Mood Foods like squash, eggplant, sweet potatoes (foods full of anti-inflammatories)
- 9) Limit Sugar Intake
Sugar may give you a little happy boost at first, but suggests that too much can functionally change your brain and slow you down.
- 10) Sit by the Fire
There is something so consoling about staring into the embers and warming your hands by their heat.



JANUARY BIRTHDAYS
RESIDENTS BIRTHDAYS

BARB LOVERCHECK 1/17
TRIX DORENBACH 1/25

BICKFORD FAMILY MEMBERS BIRTHDAYS

CORTNEY COLLIER 1/1
ANDREA CLAUSEN 1/3
KARA STRACHAN 1/25
WONDER CHERNET 1/26

*REMINDER WITH COLD AND FLU SEASON
PLEASE WASH HANDS OFTEN!! YOU CAN
USE SANITIZER, BUT IT DOES NOT TAKE
THE PLACE OF HAND WASHING. IF YOU
HAVE ANY COLD OR FLU SYPTOMS PLEASE
AVOID VISITING, THIS IS FOR THE HEALTH
OF OUR RESIDENTS. THANK YOU

S M T W T F S

January

New Year's Day
8-12 Rose Bowl
Parade
2:00 Tailgate Party
BOWL GAMES

9:30 Balloon Toss
10:00 Service w/
Ethan Rathjen
10:30 Catholic Comm
2:00 Make Pink Velvet
Hot Cocoa
6:30 Fabulous Ice Age
(N) 6

9:45 Catholic Mass
w/Father Bourek
10:00 Potato Peeling
10:30 Yoga w/Anita
1:30 Manicures
6:30 Games
8:00 National College
Championship 7

9:45 Coffee Social
(How sleep keeps us
healthy)
10:30 Current Events
2:00 Bingo w/Pam
6:30 Just Us 8

9:45 Let's Walk
10:15 Word Games
2:00 Folk Music w/
Bill Behmer & Gwen
Meister
6:30 Painting 9

9:45 Share a Quote Day
10:15 Chapel Service
2:00 Mad Hatter's Tea
Party
6:30 Bingo w/Pam
HAT DAY 10

9:45 I Should Have
Known That
10:30 Yoga w/Anita
2:00 Soups on Day
(Soup Cook Off)
6:30 Cards w/Candy 11

9:45 Exercise Video
10:30 Wii Games
2:00 Crafts (Snowmen
Month)
6:30 Adult Coloring or
Puzzles 12

9:30 Balloon Toss
10:00 Service w/
Jeff Collins
10:30 Catholic Comm
2:00 Penguin Awareness
Month
6:30 Penguins "Spy in
the hudes" (N) 13

9:45 Catholic Mass
w/Father Bourek
10:00 Potato Peeling
10:30 Yoga w/Anita
1:30 Manicures
6:30 Games 14

9:45 Coffee Social
(Gourmet Coffee
Month)
10:30 Current Events
2:00 Bingo w/Pam
6:30 Just Us 15

9:45 Let's Walk
10:15 Word Games
1:30 Resident Auction
6:30 Painting 16

9:45 Reminisce
10:15 Chapel Service
w/Communion
1:30 Resident Shopping
2:00 Movie & Popcorn
6:30 Bingo w/Pam 17

9:45 I Should Have
Known That
10:30 Yoga w/Teresa
2:00 Fun w/Food
(National Popcorn
Month)
6:30 Cards w/Candy 18

9:45 Exercise Video
10:30 Wii Games
2:00 Crafts (Wine
Bottles)
6:30 Adult Coloring or
Puzzles 19

9:30 Balloon Toss
10:00 Devotions
10:30 Catholic Comm
2:00 Thank You Gifts
6:30 Encounters at the
End of the World (N) 20

9:45 Catholic Mass
w/Father Bourek
10:00 Potato Peeling
10:30 Yoga w/Teresa
1:30 Manicures w/Paul
Mitchel School
6:30 Games 21

9:45 Coffee Social
(Cookbook Day)
10:30 Current Events
2:00 Bingo w/Pam
6:30 Just Us 22

9:45 Let's Walk
10:15 Word Games
2:00 Country Music by
Spotted Horse
6:30 Painting 23

9:45 Reminisce
10:15 Chapel Service
2:00 Luau Party
6:30 Bingo w/Pam
Luau Day 24

9:45 I Should Have
Known That
10:30 Yoga w/Anita
2:00 Fun w/Food
(Slow Cooker Month)
6:30 Cards w/Candy 25

9:45 Exercise Video
10:30 Wii Games
2:00 Crafts (Art with
Dry Beans)
6:30 Adult Coloring or
Puzzles 26

Chocolate Cake Day
9:30 Balloon Toss
10:00 Service w/
Jeff Collins
10:30 Catholic Comm
2:00 Hot Cocoa Bar
6:30 Frozen Planet 27

9:45 Catholic Mass
w/Father Bourek
10:00 Potato Peeling
10:30 Yoga w/Anita
1:30 Manicures
3:00 Resident Council
Meeting
6:30 Games 28

9:45 Coffee Social
(First Radio Broadcast)
10:30 Current Events
2:00 Bingo w/Pam
6:30 Anne Bremmer 29

9:45 Let's Walk
10:15 Word Games
2:00 Country Gospel
Music by Heirs Together
6:30 Painting 30

9:45 Reminisce
10:15 Chapel Service
1:30 Resident Shopping
2:00 Movie & Popcorn
6:30 Bingo w/Pam 31

