Celebrate February!

- February's birthstone is amethyst.
- February's flower is the primrose.
- Feburary is the shortest month of the year. It is named for the Latin word februum which means purification.

Resident Birthdays: Betty Comerford (2/25)

BFM Birthdays: Anna Seibold (2/17)



Always Something Happening At Bickford of Wabash

2/5 at 10 am Resident We've been known to Council

2/5 at 3:30 pm Food Council

2/14 2:30 pm **Valentine Party**

do things a little differently here at Bickford of Wabash. For instance, we held our New Year's Eve party at 3 pm, counting down to midnight in Du Bai. As on Valentine's Day? you can see, we had a lot of fun.



Just for Fun

Q: What did cavemen give their wives on Valentine's Day? A: Lots of ughs and kisses.

Q: What did the drum say to the other drum A: My heart beats for you.

Q: Why didn't the skeleton want to send any Valentine's Day cards? A: His heart wasn't in it.

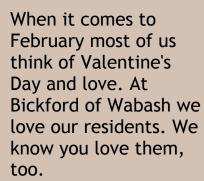
Q: What do you call two birds in love? A: Tweethearts.

Q: What did the boy sheep say to the girl sheep on Valentine's Day?

A: You're not so baaaad.

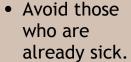
O: What's the best part of Valentine's Day? A: The day after, when all the chocolate goes on

sale.



Unfortunately we also think of colds and flu. February is a peak part of cold and flu season, so we'd like to remind you of ways you can minimize the chance of getting either.

> Wash your hands a lot. And avoid touching your face after shaking hands. Can't wash? Use feeling fine. hand sanitizer.



- Keep your surroundings clean. Sanitize doorknobs and light switches often.
- Lead a healthy lifestyle. That means eating right, drinking lots of water, and getting plenty of rest.

Already sick? Rest. Drink plenty of fluids. And stay home. As much as we enjoy seeing you, we would rather you wait to visit until you're

Have a healthy February!







