



Bickford

Health Care Center

News from Bickford Health Care Center, Windsor Locks, CT

Fall 2015

Administrator's Corner

Hello All,

I am pleased to say, Bickford Health Care Center had another wonderful summer. With many ever changing components of the health care landscape, BHCC has managed to navigate through these tough times, and come out stronger than ever. The electronic medical record is up and running. Soon you will see the charting being completed on the wall mounted units, and on the computers at the nurse's station. We have added some new staff members to our team, and have added a new supervisor on the evening shifts. These additions and improvements are always made with the residents' optimal quality of life in mind.

We are preparing for another "long and cold" winter, so please begin to transition your loved one's clothing. As always, any questions or comments, please come see me in the office. I always appreciate any and all feedback. Your ideas can have the most impact!!! Thank you again for your support and trust. We greatly appreciate having you as part of our family.

Sincerely,

Sean Carney



Area Senior Health Fairs

Bickford Health Care Center will be participating in the following Senior Health Fairs:

October 1st, 8:30am– 12pm, Windsor Senior Center

October 5th, 3:30pm– 5:30pm, East Granby Senior Center

October 29th, 2:00pm-5:00pm, Windsor Locks Senior Center

Bickford Senior Prom

Bickford Health Care Center held one of its longest standing annual traditions—The Senior Prom. Outside in the gated



courtyard, which is carefully decorated to emphasize this year's theme "Hawaiian Luau", residents, family and staff enjoyed music provided by a local DJ and tasty refreshments by Bickford's Dietary department. East Windsor High

School and Windsor Locks High School National Honor Societies volunteered their time dancing, and serving refreshments throughout the evening. Residents had the opportunity to have their photo



taken

under the flowered archway in the courtyard as a keepsake by volunteer Bill Ferro. The evening was capped-off with the crowning of the Prom King and Queen. The selection was by secret ballot and voted by the staff, residents and



family members. This year's Prom King is Edward Lanati, and Prom Queen is Alrean Bednarczk-Residents of Bickford.

New Resident Programs

by Phyllis Liebman, Recreational Therapy Director

As of this writing, we have a cake in the oven, which will be entered by our Bickford Cooking Club into the Wapping Fair Baking Contest...I will keep you posted at the next writing. In addition to our new Cooking Club, we also have implemented other new programs. Some of the programs have come by request from our Resident Council meetings, while others have been adapted to accommodate the changing needs of our residents.

Our newest program is a monthly Art Appreciation Class, consisting of artists from the past who will be familiar to our residents. This is being led by one of our resident's daughters, who has brainstormed the idea with our department. Our new twice a month bowling league has been a big draw, different from the usual Wii Bowling game held three times a week. This league uses full size pins, a selection of balls borrowed from our rehabilitation department, and lots of loud cheering



from the sidelines! During the summer months, we have created Courtyard Chats, extending the resident outside picnic by an hour. This allows those who want to enjoy the nice weather additional time outside for organized activities with Carolyn.

Another new favorite has been our shopping trips to the plaza next door, where the residents have a one-on-one chaperone transporting and assisting with their purchases. The shopping trips are coordinated with the help of many volunteers, including some of the residents' spouses and children.

Our new daily Centers program is a work in progress as we continue to tweak it regularly. It takes place immediately following lunch, and is a room filled with supervised activities, including puzzles, dominoes, playdough, yarn and cards. This program will constantly change according to the needs of our participants, and we look forward to this program growing.

Upcoming Events

September 29th: Annual Big E Trip, 9:30am



October 31st:
Halloween Party, 1:30pm

November 17th: Resident Memorial Service, 4:00pm

November 26th: Resident and Family Thanksgiving Dinner, 12:00pm



December 1st: Christmas Tree Decorating Marathon, 2:00pm

BREAKFAST December 5th: 17th Annual Breakfast with Santa, 9:00am & 10:30am



Visit our website for more information and to view the current resident activities calendar:
www.bickfordhcc.com



Bickford New Employees

*Clover Scott	*Martina Shannon
*Latora Cassie-Surowka	*Christopher Cameron
*Carolyn Lindo	*Kenisha Drummond
*Anika Warner	*Jennifer Daniels
*Lola Mitchell	*Valerie Galinski
*Tashai Bookal	*Mandy Taber
*Valerie Henriquez	*Rose Done
*Soncherae Williams	*Benita Teal
*Tyshawna Milner	*Tenisha James-Campbell
*Najma Jabeen	*Lori Baker



Welcome to the Team!

Local 4-H Club Visits Bickford



In July, the local 4-H Club made a visit to Bickford Health Care Center.

They brought a variety of animals for residents to pet and learn fun facts about.

Thank you to the club members for volunteering their time and sharing their animals with our residents.



From Our Kitchen Apple Sauce Brownies

- | | |
|-----------------------------------|------------------------|
| *1/3 Cup Vegetable Oil | *1 tsp Baking Powder |
| *1/2 Cup Unsweetened Applesauce | *1/2 tsp Baking Soda |
| *1/2 Cup Unsweetened Cocoa Powder | *2 Large Eggs |
| *1/2 Cup Sugar | *1 tsp Vanilla Extract |
| *1 Cup All Purpose Flour | *1/4 Cup Chopped Nuts |



Pre-heat oven to 375 F. Combine oil, applesauce and cocoa. Add sugar and stir until dissolved. Add eggs and vanilla. Mix dry ingredients together and stir into the mixture. Pour the batter into a greased and floured (or wax paper & sprayed) 9 inch square pan. Sprinkle on nuts (optional). Bake about 20 to 30 minutes or until top is set but edges are not dried out. Toothpick will come out clean. Cut into 16 or 24 squares.



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Autumn Word Search



See how many of these autumn related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2013

Autumn Colors Pumpkins Football Corn Orange
Fall Raking Apples Season Maize
Leaves Harvest Gourds Scarecrow Yellow

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