

# From the Desk of

**Beth Ann**, BrightStar Care Nurse  
and the Bedford Wellness Office Nurse

Hello Bedford Residents!

I am Beth Ann, a Licensed Practical Nurse, and I run the Wellness Office at The Village of Bedford Walk. I am also currently working with the management team on the Stay Fit Challenge. It is not too late to join! See Concierge Services for the challenge booklet.

Additionally, I wanted to ensure that you are informed about the services I can offer you. I am also available to listen if you ever just want to talk.

- Head-to-toe assessment with vital signs: set up a wellness profile, keep track of blood pressure, discuss any medical questions and give advice
- Communicate with your doctor
- Bandage wounds
- Conduct glucose or cholesterol checks
- Check in on you in your home by request



Joint Commission Accreditation and Press Ganey Client Satisfaction Surveys validate our unmatched care standards. Nine out of 10 clients would recommend us.

We guarantee the highest quality in-home care in the greater mid-Missouri area, and we are proud to be a veteran-owned business. For more information about our services, please visit the Wellness Office located in the Fitness Center at The Village of Bedford Walk, contact our main office by calling 573.777.9222 or visit our website: [brightstarcare.com/midmissouri](http://brightstarcare.com/midmissouri). You may also email the owner, Matthew Hayes, directly at [matthew.hayes@brightstarcare.com](mailto:matthew.hayes@brightstarcare.com).



In addition to the free services offered by The Village of Bedford Walk Wellness Office and BrightStar Care, we can also offer additional, specialized services for short-term and long-term needs. Our professional care team is led by a Registered Director of Nursing and delivers expert, compassionate and personal care. Below are the additional services we can offer:

### Companion Care

- Respite and family relief
- Assistance with hobbies and pastimes
- Companionship for those whose condition compromises their ability to stay alone, such as individuals living with dementia

### Home Support

- Laundry and light housekeeping
- Grocery shopping and meal preparation
- Errands, including escorting to physicians' offices and prescription pick-up

### Transitioning Home from Facility

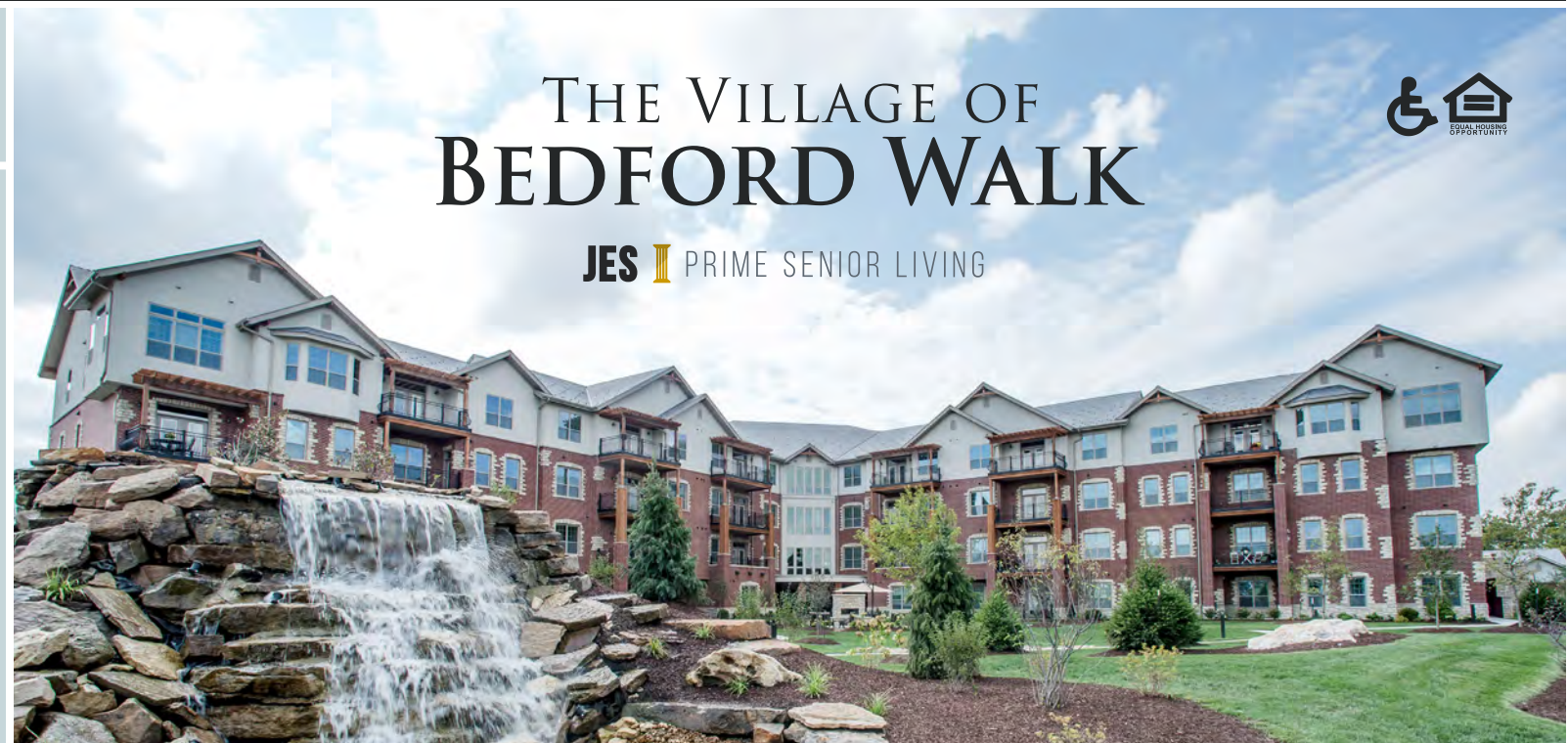
- Review and confirm discharge orders, medication and reconciliation
- Arrange transportation for follow-up appointments
- Home safety check
- Condition-specific services with flexible care hours customized to your needs

### Personal Care

- Bathing, dressing, grooming and toileting
- Medication reminders
- Transferring, positioning and ambulation
- Restorative aide designed to encourage and assist with continuing therapy exercises

### Skilled Care

- In-home blood draws and injections
- Infusion, advanced wound care and ventilator care
- Hospice assistance
- Physical, occupational and speech therapy
- Medication management, including reminders, setup and administration



# THE VILLAGE OF BEDFORD WALK

JES **I** PRIME SENIOR LIVING



## COMMUNITY EVENTS

**Osher.** Sign up for Osher classes on March 4 in the Lower Level beginning at 11:00 a.m. Osher Lifelong Learning Institutes offer noncredit courses with no assignments or grades to adults ages 50 and up. The Village of Bedford Walk is excited to provide Osher memberships to our residents, free of charge. Transportation will be provided upon request and based on availability.

**Mardi Gras.** Celebrate Fat Tuesday on March 5 at 4:30 p.m. in the Lower Level. A \$10 fee applies at the time of sign up and includes traditional New Orleans food (made by Laura), a variety of beverages (cocktails and mocktails), beads and other fun surprises! This is one party you do not want to miss! RSVP by March 1. *Laissez Le Bon Temps Rouler* (let the good times roll)!

**An Evening with Nobel Laureate, George P. Smith.** We have 10 tickets for An Evening with Nobel Laureate, George P. Smith, on Tuesday, March 12 at 7:00 p.m. at Jesse Hall. Event seating is first come, first serve. The shuttle will leave at 6:15 p.m.

**St. Patrick's Day.** Do not forget to wear your green or you might get pinched! Enjoy a special lunch service full of traditional Irish foods, as well as a few green surprises. Join us for an Irish-inspired children's musical performance at 2:00 p.m. in the Piano Lounge. May the luck of the Irish be with you!

**Mad Hatter Cocktail Party.** Kick off the spring with a Mad Hatter Cocktail Party! Wear a crazy outfit or hat and join in on the fun at our Alice in Wonderland-inspired party. A \$10 fee includes food, beverages (cocktails and mocktails) and whimsical surprises sure to delight you! "We are all a little mad here!"

## Happy Birthday!

Les N.	March 1
Judith L.	March 2
Connie A.	March 3
Doc F.	March 5
Marcie B.	March 6
Barbara O.	March 12
Sue V.	March 13
Marcia H.	March 20
Shirley H.	March 20
Ann M.	March 20
Mildred H.	March 23
Diane S.	March 24
Al S.	March 25
Phyllis T.	March 25
Bob B.	March 29

Happy Birthday to you!

**EARN \$1,000 WHEN YOU REFER A NEW RESIDENT!**

\* See Brittany Lambiris to learn more

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

THE VILLAGE OF  
BEDFORD WALK

# March 2019 Calendar

9:00 a.m. Coffee Catch-up in Bistro  
10:30 a.m. Meditation in Fitness Room\*\*\*  
10:00 a.m. and 12:00 p.m. Stay Fit Challenge Check-in in Magnolia Room  
2:30 p.m. Tai Chi in Fitness Room\*\*\*  
3:00 p.m. Cooking with Hy-Vee in Community Kitchen\*\*\*



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**Mizzou Women's Basketball Game with Providence Bank:** Shuttle leaves at 1:30 p.m. for a 2:00 p.m. game. Limited seating is available in the Providence Bank suite. First come, first serve with sign up.

**Murder Mystery Trip:** Finally, the weather is cooperating and we can do a makeup session! Please see Concierge Services if you did not sign up but are interested. "Characters" will be given out prior to the trip.

**Shopping Trip:** Check out Columbia's hidden gem for gifts, Coming Home, located on Orr Street. After shopping, we will head over to the newest cookie shop in town, Fluffybutt, to enjoy a complimentary cookie and beverage.

**Cooking with Hy-Vee:** Add points to your Stay Fit Challenge or just join Paula from Hy-Vee to learn how to make a tasty, healthy meal! A \$2 fee includes all supplies.

**Sharp 9:** Enjoy the sounds of a piano, drums, bass and saxophone performed by MU students.

**Dance Lessons with Amanda:** A \$10 fee includes both lessons.

**\*\* Shuttle Service**  
Shuttle Service is provided for this activity. Please see the Concierge Desk to reserve your spot on the shuttle.

**\*\*\* Limited Availability**  
Sign up at the Concierge Desk prior to the event if you plan to attend.

*Please note that only the cost of transportation is provided for Dinner and Breakfast Clubs. Residents are responsible for their purchases.*

*All activities involving transportation are subject to cancellation due to weather.*

1:30 p.m. Mizzou Women's Basketball Game with Providence Bank\*\*\*  
2:00 p.m. Conklin Music Group in Piano Lounge  
3:30 p.m. Afternoon Movie in Theater Room



3

10:30 a.m. Yoga in Fitness Room\*\*\*  
11:00 a.m. to 12:30 p.m. Sign up for Osher Classes in Lower Level  
11:00 a.m. Dance Lesson with Amanda\*\*  
2:00 p.m. Fitness with Kelly in Fitness Room\*\*\*  
3:30 p.m. Movie in Theater Room  
4:30 p.m. Dinner Club at Addison's South\*\*

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8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool\*\*\*  
4:30 p.m. Movie in Theater Room  
4:30 p.m. Mardi Gras Party\*\*\*



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10:30 a.m. FitCo\*\*  
2:00 p.m. Walmart\*\*  
4:30 p.m. Social Hour in Piano Lounge  
**\*March Birthday Celebration During Social Hour\***

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8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool\*\*\*  
5:30 p.m. Movie in Theater Room

7

9:00 a.m. Coffee Catch-up in Bistro  
10:30 a.m. Meditation in Fitness Room\*\*\*  
10:00 a.m. and 12:00 p.m. Stay Fit Challenge Check-in in Magnolia Room  
2:30 p.m. Tai Chi in Fitness Room\*\*

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3:00 p.m. Sharp 9 Musical Performance

9

**Spring Forward for Daylight Savings**  
3:30 p.m. Afternoon Movie in Theater Room



10

10:30 a.m. Yoga in Fitness Room\*\*\*  
11:00 a.m. Dance Lesson with Amanda\*\*  
2:00 p.m. Fitness with Kelly in Fitness Room\*\*\*  
3:30 p.m. Movie in Theater Room

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8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool\*\*\*  
2:00 p.m. Shopping at Coming Home and Cookie Treat at Fluffybutt\*\*  
4:30 p.m. Movie in Theater Room  
7:00 p.m. An Evening with Nobel Laureate, George P. Smith\*\*

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10:30 a.m. FitCo\*\*  
2:00 p.m. Walmart\*\*  
4:30 p.m. Social Hour in Piano Lounge

13

8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool\*\*\*  
5:30 p.m. Movie in Theater Room

14

9:00 a.m. Coffee Catch-up in Bistro  
10:30 a.m. Meditation in Fitness Room\*\*\*  
10:00 a.m. and 12:00 p.m. Stay Fit Challenge Check-in in Magnolia Room  
2:30 p.m. Tai Chi in Fitness Room\*\*

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9:00 a.m. Breakfast Club at IHOP\*\*

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**Happy St. Patrick's Day!** (Enjoy a Special Lunch Service)  
2:00 p.m. Children's Music Performance in Piano Lounge  
3:30 p.m. Afternoon Movie in Theater Room

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10:30 a.m. Yoga in Fitness Room\*\*\*  
2:00 p.m. Fitness with Kelly in Fitness Room\*\*\*  
3:30 p.m. Movie in Theater Room  
Forum 8 Movie: Time and Movie TBA in Thursday Mailer on March 14

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8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool\*\*\*  
4:30 p.m. Movie in Theater Room

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10:30 a.m. FitCo\*\*  
2:00 p.m. Walmart\*\*  
3:30 p.m. MU Health Seminar in Theater Room\*\*\*  
4:30 p.m. Social Hour in Piano Lounge

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8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool\*\*\*  
5:30 p.m. Movie in Theater Room

21

9:00 a.m. Coffee Catch-up in Bistro  
10:30 a.m. Meditation in Fitness Room\*\*\*  
10:00 a.m. and 12:00 p.m. Stay Fit Challenge Check-in in Magnolia Room  
2:30 p.m. Tai Chi in Fitness Room\*\*  
4:00 p.m. Plowman Music Group in Piano Lounge

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2:00 p.m. Murder Mystery Dinner Make Up\*\*\*\$ (A few spots are still available!)

23

3:30 p.m. Afternoon Movie in Theater Room

24

10:30 a.m. Yoga in Fitness Room\*\*\*  
2:00 p.m. Fitness with Kelly in Fitness Room\*\*\*

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8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool\*\*\*  
9:00 a.m. April Activity Sign-up at Concierge Desk  
4:30 p.m. Movie in Theater Room

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10:30 a.m. FitCo\*\*  
2:00 p.m. Walmart\*\*  
4:30 p.m. Social Hour in Piano Lounge

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Baseball Opening Day!  
8:30 a.m., 9:15 a.m. and 10:00 a.m. Water Aerobics in Pool\*\*\*  
5:30 p.m. Movie in Theater Room  
5:30 p.m. Dinner Club at The Cove in Boonville\*\*

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9:00 a.m. Coffee Catch-up in Bistro  
10:30 a.m. Meditation in Fitness Room\*\*\*  
10:00 a.m. and 12:00 p.m. Stay Fit Challenge Check-in in Magnolia Room  
2:30 p.m. Tai Chi in Fitness Room\*\*  
4:30 p.m. Mad Hatter Cocktail Party\*\*\* (\$10)

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3:30 p.m. Afternoon Movie in Theater Room

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