

WELLNESS CORNER

With a growing number of older adults living independently, it's increasingly important to make sure that they're safe at home. Falls, burns, and poisonings are among the most common accidents involving older people. Older adults who live alone may also become the victims of criminals who target older people. If you're an older adult living on your own, or care for an older person living alone, here's what you need to do to stay safe.

KEEP EMERGENCY NUMBERS HANDY

Always keep a list of emergency numbers by each phone. Write this information in large enough print that you can read it easily if you are in a hurry or frightened. Be sure to list numbers for:

- 911
- Family member or friend to call in case of emergency
- Poison Control: 1-800-222-1222
- Healthcare provider's office

PREVENT FALLS

- If you have difficulty with walking or balance, or have fallen in the past year, talk to your healthcare provider about having a special falls risk assessment.
- Ask your provider if you would benefit from an exercise program to prevent falls.
- If you have fallen before, or are scared of falling, think about buying a special alarm that you wear as a bracelet or necklace. Then, if you fall and can't get to the phone, you can push a button on the alarm that will call emergency services for you.
- Don't rush to answer the phone. Many people fall trying to answer the phone. Either carry a cordless or cell phone or let an answering machine pick up.
- When walking on smooth floors, wear non-slip footwear, such as slippers with rubber/no-slip bottoms or flat, thin-soled shoes that fit well.
- If you have a cane or a walker, use it at all times instead of holding onto walls and furniture.

SAFETY-PROOF YOUR HOME

- Make sure all hallways, stairs, and paths are well lit and clear of objects such as books or shoes.
- Use rails and banisters when going up and down the stairs. Never place scatter rugs at the bottom or top of stairs.
- Tape all area rugs to the floor so they do not move when you walk on them.

PROTECT AGAINST FIRE AND RELATED DANGERS

- If there is a fire in your home, don't try to put it out. Leave and call 911. Know at least two ways to get out of your apartment or home.
- When you're cooking, don't wear loose clothes or clothes with long sleeves
- Replace appliances that have fraying or damaged electrical cords, and don't put too many electric cords into one socket or extension cord.
- Install a smoke detector and replace the battery twice a year. Never smoke in bed or leave candles burning, even for a short time, in an empty room.
- Make sure heaters are at least 3 feet away from anything that can burn, such as curtains, bedding, or furniture. Turn off space heaters when you leave the room.

AVOID BATHROOM HAZARDS

- Set the thermostat on the water heater no higher than 120° F to prevent scalding.
- Have grab bars installed in the shower and near the toilet to make getting around easier and safer.
- Put rubber mats in the bathtub to prevent slipping.
- If you are having a hard time getting in and out of your tub, or on and off the toilet, ask your provider to help you get a special tub chair or bench or raised toilet seat.
- Cleaning products: Never mix bleach, ammonia, or other cleaning liquids together when you are cleaning. When mixed, cleaning liquids can create deadly gases.

PROTECT AGAINST ABUSE

- Keep your windows and doors locked at all times, and never let a stranger into your home when you are there alone.
- Talk over offers made by telephone salespeople with a friend or family member.
- Do not share your personal information, such as social security number, credit card, bank information, or account passwords, with people you do not know who contact you. Always ask for written information about any offers, prizes, or charities and wait to respond until you have reviewed the information thoroughly.
- Do not let yourself be pressured into making purchases, signing contracts, or making donations. It is never rude to wait and discuss the plans with a family member or friend.

THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING

APRIL 2022

COMMUNITY EVENTS

Social Hour with John Jones

APRIL 6

Join us in the Dining Room on Wednesday the 6th at 4:00 pm for some pizza and drinks. Enjoy some Karaoke and a chat with your neighbors. This event is not themed, so feel free to wear what you would like. Dessert will be served, and residents are encouraged to stay as late as they'd like. The bar closes at 5:00 pm.

Resident Led SOCIAL HOUR

APRIL 13 & 27

Do you find that some afternoons can become a bit dull? Your fellow residents have just the cure! Join your neighbors for a drink and a laugh every other Wednesday from 4pm-5pm in the Piano Lounge. This gathering is a "BYOB" or "Bring Your Own Beverage", snacks are also welcome.

Easter BRUNCH

APRIL 17

On Easter Sunday the 17th Bedford will be welcoming your families for an extended menu Easter Brunch. There will be a sign-up sheet posted in the resident mail room. You are asked to only sign-up if you are having any additional guests join you for brunch and which time slot you would prefer. Each additional adult will be \$25 and Children 12 and under an additional \$15. This can be paid for by check or added to your Bedford account. Please see concierge for payment. An official invite and menu will be going out to residents in April. Brunch will be followed by a family Easter egg hunt with candy and prizes! We look forward to seeing you and all your loved ones this holiday.

Grillin' & Chillin'

APRIL 20

On Wednesday the 20th Bedford will be moving their Social Hour to the Courtyard (weather permitting). Join us for some hotdogs off the grill, sides, and drinks. There will be putt-putt golf, corn hole, and other outdoor games. Bring a folding chair if you would like just to sit on the lawn and relax in the sun. Visitors are welcome, please just let concierge know. There is an additional \$10 charge for visitors that covers 2 drinks and food.

MEET YOUR NEW NEIGHBORS!

Donna Dye
Linda Strong
Doris Franke
Mandy Manderino
Virginia Bzdek

HAPPY BIRTHDAY!

Mary Ellen Bradley
April 9th







Anna Lou Faris
April 13th

Bill Braun
April 20th



FEATURED: Fiber Arts "Plarn" Tutorial APRIL 5

This month's Bedford BIG Hearts will be doing things a little different for the month of April. As Earth Day is April 22nd, we have decided that we wanted to not only impact Columbia's families in need, but simultaneously impact the environment. Rich Seyer of Columbia and his wife have taken on the unique project of making "Plarn" or plastic yarn. This is made using thousands of plastic bags that they have collected and have been donated. They then turn that yarn into matts for the homeless. It seems like a small thing, but the difference of not sleeping on the ground when you have nowhere else to go is an enormous comfort. What Rich and his wife have asked the community for is help in weaving these matts. The demand for these matts has quickly surpassed their ability to keep up. On Monday the 5th at 3:00 pm during Fiber Arts Club, Rich will be bringing Bedford several Looms for our residents to work on these matts. He will also be doing a tutorial to teach us this very simple method. This is a fantastic way for you to give back to the community without needing to donate money or items, just your time. Our goal is to complete 4 matts in the month of April. The looms will be set up in the Magnolia room at all times. If you feel you are sitting idle, need a bit of busy work, or just feel compelled to help the homeless, come on down for a few minutes or a few hours. Every little bit will help the BIG Hearts reach their goal. All matts are donated to Turning Point at the Wilkes Boulevard United Methodist church here in Columbia.

SUN	MON	TUES	WED	THUR	FRI	SAT
 <h1 style="margin: 0;">APRIL 2022</h1> <p style="text-align: right;">RL = Resident Led Event</p>						
		VOTE			1	2
3	4	5	6	7	8	9
3:00 p.m. Afternoon Show: <i>Virgin River</i>	8:15 a.m. Water Aerobics 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO	10:00 a.m. Brain Games 10:00 a.m. Crafts with Kelly: Easter Pot 1:00 p.m. Bible Study with Jackie RL 1:00 p.m. Shuttle transportation to Rock Bridge Church to vote 2:00 p.m. Tech Tuesday: Snapchat 3:00 p.m. Fiber Arts: Rich Seyer's "Plarn" Tutorial	10:00 a.m. Fitness Class 10:30 a.m. Resident Coucil Meeting 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Walmart 4:00 p.m. Social Hour: John Jones Karaoke & Pizza	10:00 a.m. Chair Yoga 12:30 p.m. Dominoes RL 3:00 p.m. Easter Card Tutorial with Kelly	9:00 a.m. Coffee & Conversation 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 3:00 p.m. Afternoon Tea 	HAPPY BIRTHDAY Mary Ellen Bradley!
10	11	12	13	14	15	16
3:00p.m. Afternoon Show: <i>Virgin River</i>	8:15 a.m. Water Aerobics 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO	10:00 a.m. Brain Games 10:00 a.m. Crafts with Kelly: Fairy Garden 1:00 p.m. Bible Study with Jackie RL 2:00 p.m. Tech Tuesday: Paypal 3:00 p.m. Fiber Arts 3:00 p.m. BUNCO Night	HAPPY BIRTHDAY Anna Lou Faris! 10:00 a.m. Fitness Class 10:30 a.m. Activity Club 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Walmart 4:00 p.m. Social Hour (BYOB) RL	10:00 a.m. Chair Yoga 12:30 p.m. Dominoes RL 5:00 p.m. Dinner Club: Chris McD's	9:00 a.m. Coffee & Conversation 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 3:00 p.m. Good Friday Tenebrae with Jackie in Theater RL	
17	18	19	20	21	22	23
11:00 a.m. Extended Menu Brunch & Family Easter Egg Hunt <i>No afternoon show due to holiday</i> 	8:15 a.m. Water Aerobics 10:00 a.m. Chair Yoga 10:30 a.m. Rescheduled - Macon Trip: Benjamin Franklin Store & Pear Tree Lunch 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO	10:00 a.m. Brain Games 10:00 a.m. Crafts with Kelly: Coaster Magnet 2:00 p.m. Tech Tuesday: Translate App 3:00 p.m. Fiber Arts <i>No Bible Study</i>	HAPPY BIRTHDAY Bill Braun! 10:00 a.m. Fitness Class 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Walmart 5:00 p.m. Social Hour: Grillin' & Chillin' in the Courtyard April Birthday Celebration! 	10:00 a.m. Chair Yoga 12:30 p.m. Dominoes RL 3:00 p.m. 1st Green Thumb Club Meeting on the Back Patio 	9:00 a.m. Coffee & Conversations 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 3:00 p.m. Earth Day Seminar in Theater	
24	25	26	27	28	29	30
3:00p.m. Afternoon Show: <i>Virgin River</i>	8:15 a.m. Water Aerobics 9:45 a.m. <i>First Chance for Children</i> Volunteer Trip: Wrapping Diapers 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO 4:00 p.m. Book Club	10:00 a.m. Brain Games 10:00 a.m. Crafts with Kelly: Birch Tree Candle 1:00 p.m. Bible Study with Jackie RL 2:00 p.m. Tech Tuesday: Weather App 3:00 p.m. Fiber Arts	10:00 a.m. Fitness Class 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Walmart 3:00 p.m. Reflexology Clinic in Theater 4:00 p.m. Social Hour in Piano Lounge (BYOB) RL	10:00 a.m. Chair Yoga 12:30 p.m. Dominoes RL 5:15 p.m. Dinner Club: Sake Japanese Bistro & Bar followed by Choral Union (free concert) at Jesse Auditorium 	9:00 a.m. Coffee & Conversations 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL	

DETAILS

First Fridays Art Gallery Hop
 First Friday is a free art crawl on the first Friday of each month! From 6 p.m. to 9 p.m., galleries, shops and business will be open with music, art demonstrations, children's activities, refreshments and much more. The Bedford Shuttle will be departing from the main entrance at 5:45 pm for the first gallery, Orr Street Studios, followed by Sager Reeves Gallery, and lastly Artlandish Gallery before heading back to Bedford.

Voting Transportation
 The Bedford Shuttle will be providing transportation to Rock Bridge Church to vote in the 2022 Columbia Election. The Shuttle will depart the main entrance at 1:00 pm and will leave once all resident votes have been placed. There is limited seating, so please sign-up with Concierge.

Easter Card Tutorial
 Join Kelly in the Magnolia Room to follow along in an Easter Greeting Card Tutorial. This touch of personality is sure to make someone's Holiday a bit brighter, whether sent in the mail or given with thoughtfulness to a close friend. Seats are limited, please sign-up with Concierge.

Macon Trip
 Due to inclement weather we were unable to go on our March Macon Trip. This trip has been rescheduled for Monday the 18th at 10:30 am. If you were signed-up for the original trip you are not required to sign-up again. Kelly will be contacting all original attendees to confirm their availability for the new date. If you were not originally signed-up and would like to join up, please sign-up at Concierge. For this trip we will first be stopping at Pear Tree for lunch, followed by a trip to the Benjamin Franklin Store.

Green Thumb Club
 Are you interested in gardening or miss having a garden? Bedford will be starting its very own pot-based garden. Beginners and certified green thumbs alike are welcome to join. On Thursday the 21st at 3:00 pm we will be having the 1st Green Thumb club meeting on the back patio to discuss what we would like to plant and what we would like to do as a club. We will also be planning a trip to Strawberry Hills in the first week of May.