



Staff Spotlight: Mary Kumar

My name is Mary Kumar. I live in Urbandale with my husband and two daughters. I have worked at Bickford for 13 years and love my job. I enjoy caring for our residents very much. In my spare time I love to cook and grow flowers. I am from India and have lived in the United States for 13 years. I am looking forward to working at Bickford for many years to come.



Happiest of Birthdays!!!

"Circle of Friends"

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5915 Sutton Place
Urbandale, IA 50322

Happy Birthday to....
Gerald Cooper,
August 3rd
Madeline James,
August 14th
Zola Haigh,
August 21st

Bickford Senior Living is excited to announce its new partnership called the "Circle of Friends". Each month a business will partner with Bickford for the entire month. Their partnership with us will make all the fun things we do at Bickford a little MORE fun! Each month the "Circle of Friends" company will provide extra activities and education to our residents and staff, as well as financially sponsor events that are happening in our community! How great is that?!

In August our "Circle of Friends" Sponsor is Home Instead! Home Instead will be sponsoring the "Little Dog Fashion Show" at Bickford, on Friday, August 22nd at 2pm(Shopping) 3pm(Dog Show). We hope you can come, as this is going to be a lot of fun! Home Instead will also provide "Virtual Dementia" training to our staff on August 19th and will be sponsoring a Cookie Decorating Contest for our residents on August 14th. Thank you so much, Home Instead! We are very grateful!



What's Going On

We have a lot of things going on in August and always love families and friends joining us in the fun.

Kicking off the month is Western Day August 6th. The morning exercise will feature line dancing and a representative from the John Wayne Birthplace Museum will come give a presentation on the man himself after a western themed lunch.

August in Iowa brings the State Fair. We will celebrate our states rich tradition with fair inspired activities the week of August 11-15th. Come by for food on a stick, apple judging, animal therapy, flower arranging and many fun activities

On August 19th we will head to Hoyt Sherman for the multicultural event "The Loving Kindness Tour". Join us in a unique opportunity to view historic relics from the Buddhist tradition. From the website, "No matter what your religious or spiritual beliefs are: if you believe in world peace and harmony, then this event is for you." More information can be found at their website, lovingkindnesstourism.org

Join us for lunch at the Greenbriar on August 28th with Chaplain Barb Stumbo.



August



ALPHA is coming to Bickford!

The Alpha course is a practical non-denominational introduction to the Christian faith that gives you an opportunity to explore the meaning of life. Alpha is fun, relaxed, and totally non-pressured. Listen, Learn, discuss and discover. Alpha is for everyone and that includes you! Each Alpha course session begins with a short talk looking at a different aspect of the Christian faith. After that, there is time for discussion in a friendly small group.

Please join us for an introductory Alpha session on Monday, September 8th at 10:30 am. We will have beverages and snacks for your enjoyment.

--Darrell and Marilyn Vore (Alpha Volunteers)

pictured below:

Chaplain's lunch with Barb Stumbo at the Corn Patch in Grimes



4p Church
6p Movie
31

4p Church
6p Movie
3

4p Church
6p Movie
10

4p Church
6p Movie
17

4p Church
6p Movie
24

9:30a Group Exercise
10a Current Events
10:30a Yahtzee with Clarice
1:15p Trivia
2:15p Hearts
3:15p Kings Corner
4
6p Movie

9:30a Group Exercise
10a Current Events
10:30a Gardening
1:15p Fair Guessing Game
2:15p Food on a stick
3:15p Kings Corner
11
6p Movie

9:30a Group Exercise
10a Current Events
10:30a Gardening
1:15p Resident Council
2:15p Left, C, Right
3:15p Kings Corner
18
6p Movie

9:30a Group Exercise
10a Massage
10a Current Events
10:30a Gardening
1:00p Birthday Party
1:30p Balloon and Noodle Game
25
3:15p Kings Corner
6p Movie

9:30a Zumba Gold
10a Bible Study
10:30a Scrabble
1:15p Wii Bowling
3p Arts and Crafts- Western Hats
6p Movie
5

9:30a Zumba Gold
10a Bible Study
10:30a Horse Shoes
1:15p Wii Bowling
3p Arts and Crafts
6p Movie
12

9:30a Zumba Gold
10a Bible Study
10:30a Scrabble
12p Outing- The Loving Kindness Tour
6p Movie
19

9:30a Zumba Gold
10a Bible Study
10:30a Farkle
1:15p Wii Bowling
3p Arts and Crafts
6p Movie
26

Western Day
9:30a Line Dancing
10a Current Events
10:30a John Wayne presentation
1:30p Lenny Hudson
2:30p Refreshments
6p Movie
6

9:30a Group Exercise
10a Current Events
10:30a Bottle Ring Toss
1:30p Phil Porter
2:30p Coffee/ Dessert
6p Movie
13

9:30a Group Exercise
10a Current Events
10:30a Baking
1:30p Mike Lozano
2:30p Coffee/ Dessert
6p Movie
20

9:30a Group Exercise
10a Current Events
10:30a Giant Crosswords
1:30p Pat Lydon
2:30p Coffee/ Dessert
6p Movie
27

8:30a Vitals Clinic
9:30a Walk-N-Roll
10a In the Kitchen
1:15 Craft with Traditions Children's Center
3p Kings Corner
6p Movie
7

9:30a Walk-N-Roll
10a apple judging
1p Cookie Decorating Contest
2p Bickford Boys
3p Kings Corner
6p Movie
14

9:30a Walk-N-Roll
10a In the Kitchen
1p Packaging Bake Sale Items
3p Third Thirsty Thursday
6p Movie
21

9:30a Walk-N-Roll
10a In the Kitchen
10:45a Chaplain's lunch with Barb
2p Bickford Boys
3p Kings Corner
6p Movie
28

9:30a QiGong
10a Current Events
10:15a Bingo
1p Manicures
3p Dominos
6p Movie
1

9:30a QiGong
10a Current Events
10:15a Bingo
1:15p Trivia
3p Dominos
3p Rosary with Rosslyn
6p Movie
8

9:30a QiGong
10a Pet Therapy with "Ace"
11a Fair Trivia
1p Manicures
3p Dominos
6p Movie
15

9:30a QiGong
10a Current Events
10:15a Bingo
2p A Little Dog Fashion Show
3p Dominos
6p Movie
22

9:30a QiGong
10a Current Events
10:15a Bingo
1p Manicures
3p Dominos
6p Movie
29

9:30a Exercise DVD
3p Coffee Talk
7p Lawrence Welk
2

9:30a Exercise DVD
3p Coffee Talk
7p Lawrence Welk
9

9:30a Exercise DVD
3p Coffee Talk
7p Lawrence Welk
16

9:30a Exercise DVD
3p Coffee Talk
7p Lawrence Welk
23

9:30a Exercise DVD
3p Coffee Talk
7p Lawrence Welk
30

