

# You've been RACK'ed!

## (Random Acts of Christmas Kindness)

This Christmas season, Bickford of Urbandale and West Des Moines are counting down the 25 days of Christmas by performing a Random Act of Kindness each day.



1. Gloves & Mittens for Homeless Shelter
2. Provide Meal for Adopted Family
3. Make Holiday Cards for Soldiers
4. Leave "Happy" Notes for Bickford Family Members
5. Food Bank Food Drive
6. Make Christmas Terrariums for Lutheran Hospital
7. Cocoa Bar for Methodist Hospital
8. Donation to Heifer International for Employment Opportunities for Women in Nepal
9. Gift Basket for Urbandale Police Department
10. Scrapbooking Supplies for Blank NICU
11. Cookies & Cocoa for Hoover Volunteers
12. T-Shirt Sale Donation to Des Moines Police Department
13. Popcorn Bar to Methodist West
14. Cupcake Bar to Lutheran Psychiatric Hospital
15. Diaper Drive for St. Joseph's Family Shelter
16. Clothing Drive for Hawthorne Women's Shelter
17. Homemade Dog Treats for Furry Friends Dog Shelter
18. Appreciation Basket for Suncrest Hospice
19. Toys for Tots Toy Drive
20. Christmas Cookies for Mercy Hospital
21. Crayons & Coloring Books for Ronald McDonald House
22. SMILE Project
23. Cookies for West Des Moines Fire Department
24. Hot Cocoas for Mail Delivery People
25. Pet Food Donation to ARL

  
assisted living  
& memory care

BICKFORD OF URBANDALE  
& WEST DES MOINES