

Happiest of Birthdays to...

Doris Nielsen
Marvin McMulin
Adele Haag

August 1st
August 8th
August 15th

[check us out online](#)

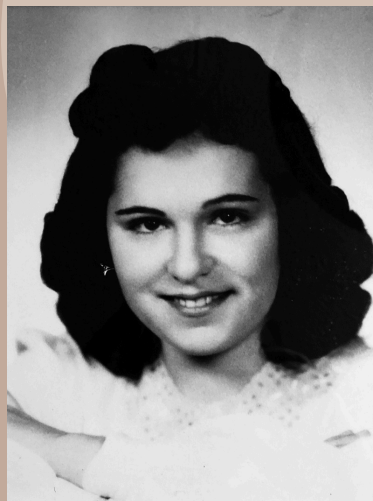
www.bickfordseniorliving/urbandale

www.facebook.com/enrichinghappinessurbandale



Resident Spotlight

Josephine Schmitt



Josephine Ann Bluel was born in Rockwell, Iowa on April 17, 1929 to Joseph and Mary Bluel. She had an older brother John, an older sister Mary, and a younger sister Margaret. Both of Josephine's parents died when she was young. After the age of 7 she was raised by her aunt Margaret Oaks in the family home in Rockwell, Iowa. Josephine attended High School at a Catholic Boarding School (The Mound at Sinsinawa Wisconsin). Everyone knew that Josephine took a bath every evening. One Friday night some friends put beer in her bath water. She took her bath anyway.

After high school, Josephine attended nursing school in Marshalltown, Iowa and graduated with a LPN Nursing Degree. While in college she met Jerome John Schmitt at a dance. Josephine and Jerome were married on May 3, 1950. She spent the next 30 years raising their 10 children, Perry, Valerie, Eugene, Diana, Dennis, Mary Jo, Jeffery, Brian, Kathleen, and Danny. Josephine and Jerome were married for 62 years until Jerome's death in December of 2012. When Danny went to high school Josephine went to work as the second shift Charge Nurse at Valley View Village in Des Moines.

pictured above: Doris, Hope, Doris, and George enjoying refreshments over the 4th

pictured right: Josephine Schmitt

pictured below: Ora and Carroll at morning exercise



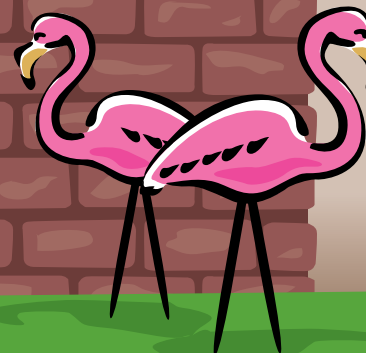
August fun

Summer is winding down, and activities are heating up at Bickford of Urbandale. Join us for theme days in August. On Thursday, August 8th we celebrate **County Fair Day** with goat therapy, country music and more. On Wednesday, August 21st come experience **Hollywood Day** with old movies, a walk of the stars, and cocktail hour.

The other big dates this month revolve around raising money for a cause dear to our hearts--Alzheimers. On Thursday, August 15th we are hosting our **annual Alzheimer's BBQ Benefit**. Come for brats, dogs, and burgers and support this important cause.

Tickets are \$10 per person and all proceeds go to the Alzheimer's Association. Thanks to resident, Jim Haroldson, we have already raised over \$1,000 for the Alzheimer's Association this month.

Can't make it to the BBQ? Join us for the **Alzheimer's walk** in downtown Des Moines on Saturday, August 24th. To register and join our team go to www.alz.org, then click the link that says "find your walk", click "find your team", we are listed as Bickford Senior Living under Kelley, Kaitlin. Need help registering? Call Kait at 515-419-8872



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August

10a Coffee Talk
1p Card Games
4p Church Service

4

9a Current Events
9:30a Group Exercise
10:15a Wheel of Fortune
1p Angels Home Health Class
2p Dice
3p Gardening
4:15p Rosary with Kathy
6p Kings Corner

5

9a Current Events
9:30a Group Exercise
10a Bible Study
10:45a Wheel of Fortune
1p Arts and crafts
2p Bingo
3p Ice cream social
6p Adult Coloring

6

9a News and views
9:30a Stretching
10:15a Giant Crosswords
10:30a Catholic Mass
1p Decorate for County Fair Day
2p Pictionary
6p Dice

7

County Fair Day
9a Current Events
9:30a Group Exercise
10a Chaplain visit
10:30a Goat Therapy
1:30p Musician Luke Farland
2:30p Blue ribbon cookies
6p Kings Corner

8

9a Current Events
9:30a QiGong
10:15a Bingo
1p Massage with Ashley
1:30p Manicures
3p Happy hour
6p Movie

9

9:30a Group Exercise
1p Movie Matinee
7p Lawrence Welk

10

10a Coffee Talk
1p Card Games
4p Church Service

11

9a Current Events
9:30a Group Exercise
10:15a Wheel of Fortune
1p Musicians Caitlyn and Phil Porter
2p Cookies and games
4:15p Rosary with Kathy
6p Kings corner

12

9a Current Events
9:30a Group Exercise
10a Bible Study
10:45a Giant Crosswords
1p Funny animal videos
2p Arts and crafts
3p Ice cream social
6p Adult Coloring

13

9a News and views
9:30a Stretching
10:15a Wheel of Fortune
1p Hat making
2:30p Manicures
3:15p Walking Club
6p Checkers

14

9a Current Events
9:30a Group Exercise
10a Chaplain visit
10:30a Trivia
2p Catholic Mass
4:30p Alzheimer's BBQ benefit
6p Kings Corner

15

9a Current Events
9:30a QiGong
10:15a Bingo
12p Birthday cake
1p Shopping Trip to Target
3p Happy hour
6p Movie

16

9a News and views
9:30a Group Exercise
10:15a Art Appreciation
1p Games
2p Bickford Bakers
3p Gardening
7p Lawrence Welk

17

10a Coffee Talk
1p Card Games
4p Church Service

18

9a Current Events
9:30a Group Exercise
10:15a Wheel of Fortune
1p Bean Bag Baseball
2:30p Manicures
4:15p Rosary with Kathy
6p Movie-In the good old summertime

19

9a Current Events
9:30a Group Exercise
10a Bible Study
10:45a Pictionary
1p Arts and crafts
2p Movie matinee
6p Adult Coloring

20

Hollywood Day
9a Hollywood news
9:30a Oldies workout
10:15a Hollywood couples
1p Walk of the stars
2p Name that tune
3p cocktail hour
6p Dice

21

9a Current Events
9:30a Group Exercise
10a Chaplain visit
10:30a Melodies at Gloria Dei
1:30p Joe Klinefelter
2:30p Cookies
3p Walking club
6p Kings Corner

22

9a Current Events
9:30a QiGong
10:15a Bingo
1p General Store
2p Gardening
3p Happy Hour
6p Movie

23

9a Current Events
9:30a Group Exercise
10a Wii Wheel of fortune
1p Giant crosswords
2p Bickford bakers
3p Cards and coffee
7p Lawrence Welk

24

10a Coffee Talk
1p Card Games
4p Church Service

25

9a Current Events
9:30a Group Exercise
10:15a Bean Bag Baseball
1p Gospel Musician Jim Quales
2p Cookies and coffee
3p Gardening
4:15p Rosary with Kathy
6p Manicures

26

9a Current Events
9:30a Group Exercise
10a Bible Study
10:45a Giant Crosswords
1p Knitting club
2p Bingo
3p Ice cream social
6p Adult Coloring

27

9a News and views
9:30a Stretching
10:15a Pictionary
1p Art Class
2p Walking Club/kings corner
3p Gardening
6p Checkers

28

9a Current Events
9:30a Group Exercise
10a Chaplain visit
10:30a General Store
1p Trivia
2p Manicures/Men's club
6p Kings Corner

29

9a Current Events
9:30a QiGong
10:15a Bingo
1p Wheel of Fortune
2p Pictionary
3p Happy Hour
6p Movie

30

9:30a Group Exercise
1p Movie Matinee
7p Lawrence Welk

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