

## It's 2022, what are you going to do?

Let's be kind! Bickford is starting an act of kindness project. We will choose one cause a month to donate to. We will start it off with donating hygiene items to the Shelter House of Iowa City. We would like your help.

Please drop off men's and women's hygiene items to Bickford by Monday, January 17th. Wanted items include but are limited to: deodorant, shampoo/conditioner, soap, toothbrushes and toothpaste, razors, floss, etc. (travel size preferred).

Join us in helping a friend in need.

BICKFORD OF IOWA CITY  
3500 Lower West Branch Rd, Iowa City, IA 52245  
[www.enrichinghappiness.com/iowacity](http://www.enrichinghappiness.com/iowacity)  
319-351-3200

  
assisted living