2020 Mission Outreach Events & Projects:

Our passion revolves around a common mission to improve lives and communities with reverence for all creation, integrity in all we do, and compassion for those we serve. Join us in our 2020 outreach projects as we continue to support our local organizations, energize our communities, and partner with those who share our commitment to create healthier communities today and tomorrow.

<table>
<thead>
<tr>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
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<tbody>
<tr>
<td>Salvation Army Breakfast Casseroles to feed the hungry</td>
<td>Animal Rescue League/Heinz 57 Rescue Donations</td>
<td>Food/Personal Care Items for Johnston Food Pantry</td>
<td>Meals from the Heartland (volunteer to put together meals for the needy)</td>
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<tr>
<td>May</td>
<td>Pancake Breakfast to benefit the Alzheimer’s Association</td>
<td>June</td>
<td>Durable Medical Equipment donations to Easter Seals/World of Wheels Residents</td>
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<td>July</td>
<td>Ice Cream Social &amp; School Supply drive to support our local schools</td>
<td>August</td>
<td>Alzheimer’s Fundraisers (Pie Throwing Event, Flower Sale) and Team Walk</td>
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<td>September</td>
<td>Blood Drive, Bake Sale to Support Alzheimer’s</td>
<td>October</td>
<td>Coat &amp; Winter Wear Drive</td>
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<td>November</td>
<td>Donate home items for the House of Mercy.</td>
<td>December</td>
<td>Toy donations to the Johnston Partnership for local kids in need. Decorated and stuffed Christmas stockings for children at Broadlawns hospital</td>
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</tbody>
</table>

Review Activity Calendar for each building on campus for dates & times on these and other activities.

Bishop Drumm’s Body, Mind and Spirit Series Mission Statement:
The mission of the Bishop, Mind and Spirit Series is to offer residents and community members programming and events that are focused on Vital Living and will help them achieve their highest level of wellness.

Independent Living
Assisted Living
Rehabilitation
Skilled Nursing

2020 Bishop Drumm Feature Programs

A Bishop Drumm Series
WE INVITE THE PUBLIC TO JOIN US!
Body

IMT Des Moines Marathon
Throughout 2020, our “Why Not” Community will train team members and residents to educate and implement movement into our daily lives. During 2020, we will work together and move to breathe better, build our stamina and build relationships with families, residents and team members. Each month’s focus will be on education of why moving is important for our minds and bodies. Speakers will provide firsthand knowledge as we train for the IMT Des Moines Marathon. We will participate in smaller walks/races in the spring of 2020 building up to the Marathon. The culmination of this training will be to participate in a one-mile and 5-mile walk with family, residents and team members together.

January 13: Body-Mind-Spirit Annual Kick-off Program at Martina Place & McAuley Terrace
January 15: Body-Mind-Spirit Annual Kick-off Program at Bishop Drumm Care Center
March 3: Chris Burch from IMT Marathon to present the 2020 program
April 25: Epilepsy Walk in Des Moines
June 20: Alzheimer’s Walk in Des Moines
August 22: SIDS Walk in Des Moines
October 17: IMT Des Moines Marathon

Regular Ongoing Programs: Mall Walking, Trail Walking, Walk & Learn, and Walk to Lunch, Exercise Class. Review the activity calendar on details for all activities at each building.

Mind

With Art in Mind
Within and around our community, the 2020 With Art in Mind series will explore the world of arts including, painting, photography, culinary arts, literature, music, theater, and history. Residents will tour artist studio, local creative businesses, discover murals and sculptures around the metro, attend theatrical performances and more. Our community will host writing workshops, a Spring Music Festival and a Fall Art in the Park event. Guest speakers will share their talents in writing, acting, cooking, painting and drawing. Throughout the year, we will focus on recording life stories, a photography project, and recreating favorite recipes. Tap into your imaginative spirit to explore the many facets of creativity With Art in Mind.

February 12: Bozz Prints – Artist presentation and demonstration
June 13: Music Fest – Music variety by several artists with activities & food stations
September 18: World Food & Music Festival
October 1: Art in the Park – Collection of paintings, writings, artistic items with food and music
November 12: Bishop Drumm Pulitzer & Storytelling Awards Event (writing showcase, storytelling accomplishment recognition)

Regular Ongoing Programs: Educational programs on important topics programmed throughout the year. Writing Workshops will occur on Tuesdays and Thursdays. Review the activity calendar on details for all activities at each building.

Spirit

Explore Our World: Great Faiths
Bishop Drumm is blessed by a strong heritage of mission and compassionate spiritual care. As our mission calls us to provide spiritually enriching services for seniors of all faiths, throughout 2020 our campus will explore our world’s Great Faiths. By embracing the larger diversity of our community, we are eager to learn how these “world religions” are practiced locally. Faith traditions included on our journey are Islam, Judaism, Buddhism, Christianity, Native American spirituality and more. We will visit sacred spaces, host guest speakers to learn more about these faiths.

March 6: Annual Worldwide Day of Prayer
June 6: Greek Food Festival and Tour of St. George Greek Orthodox Church
August 6: Meskwaki Pow Pow
September 24: Dogtober Fest – Blessing of the Pets and Bark’s & Brew
November 1: Dia de los Muertos – Des Moines Art Center
December 1: No Room at the Inn Festival at Valley United Methodist Church

Regular Ongoing Programs: Mass, Inter-denominational Services, Bible Study, Support Groups. Review the activity calendar on details for all activities at each building.