



Volume 3

September 2020

Issue 4

455 SW Ankeny Rd.
Ankeny, IA 50023
515-776-6325



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AT SIENA HILLS

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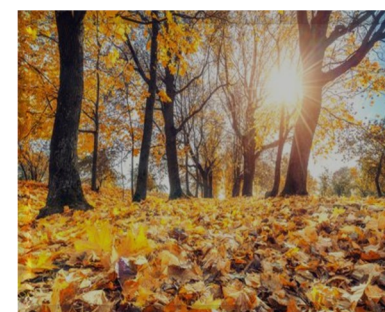
SienaHills Star

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Our Management Team

Jon Schultz - Community Manager
Taylor Bakker - Healthcare Coordinator
Shawn Kinnison - Community Relations Coordinator
Molly Seher - Culinary Coordinator
Diane Sand - Life Enrichment Coordinator
Gary Welch - Maintenance Technician
Edith Siaway - 3rd shift Lead Resident Assistant
Jordan Hart - 1st shift Lead Resident Assistant
Crystal Winklepleck- Volunteer, Activities



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Along with the anticipated cooler weather comes the excitement of Fall cleaning. Aside from re-organizing storage closets and work spaces staff at Siena Hills will also be taking advantage of the temperatures by airing out the Community. As the forecast starts showing more consistency we will also be putting out several patio heaters in preparation for the upcoming exterior visits during cooler temps!

August Highlights

Kona Ice Truck
Weekly Happy Hour
State Fair Week
Friday Flicks
Balloon Pop Painting
Trivia Contests



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Welcome Home!

Marilyn B.
Ed B.
Gloria B.
Darlene W.



Resident and Staff Birthdays

9/15 Taylor Bakker

9/28 Daniel Oswald



Thank you for 3 straight years!



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"At a Glance"



Wow, 2020 has been, well, something unlike most of us have ever seen before. It's hard to have imagined where we'd currently be at just a few short months ago, but here we are and we're doing everything we can to make the best of it. Our Community remains in secured mode but fortunately we have been able to allow exterior visits with Residents as long as mask are worn and social distancing is being practiced. I commend our Staff on doing an amazing job throughout this year to maintain as much of a "normal" routine as possible. Thank you for all your continued love and support as we all "live and learn."

Jon Schultz

Community Director

Wellness

"Keep Your Brain Young"



Research shows there are multiple ways to "Keep Your Brain Young." Some of these involve getting as much mental stimulation as possible. Examples of this are crosswords, math problems, drawing, painting and other crafts. Exercise. The American Heart Association recommends 30 minutes 5 days a week. This increases oxygen rich blood to the brain, lowers blood pressure, aids stress relief and helps control blood sugars. Eating a healthy diet has also been shown to decrease the chance of developing cognitive impairment. Controlling blood pressure and blood sugar to keep your blood vessels clear of plaque and improve blood flow in the brain. Most of all, a social support system. Who doesn't need a friend to talk and do things with?

Taylor Bakker,

Healthcare Coordinator



SENIOR SNAPSHOTS



"Fall breeze and autumn leaves."

