

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



**Edencrest**<sup>TM</sup>  
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 warmer weather comes the excitement of Spring 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 the patio furniture so residents and families can enjoy recouping all the B-12 that was lost during the cloudy months!

## March Highlights

3/2 Live To Be Healthy

3/4 Bean Bag Baseball Practice

3/6 Crafts Corner

3/9 Live Music

3/12 Happy Hour

3/16 Patio Party (weather pending)

3/19 Downtown Abbey Watch Party

3/23 Shopping Trip, Target



## Welcome Home!

Marjorie Morrissey  
Midge Kramer  
Wilma Waldorf  
Kevin Belz



## Resident and Staff Birthdays

3/7 Madison Vanwey

3/8 Jon Schultz

3/16 Jeri Ramiriez

3/2 Betty Martin

3/14 Lila Hutton

3/15 Marilyn Wendel

3/16 Norma Fuller

3/19 Rosie Knapp, Erma Bolke

3/20 Bill Tanney

## Thank you for 3 straight years!



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## "At a Glance"



With Christmas in the rear-view mirror it's hard to believe it's almost time for Easter. We have our fingers crossed the early Spring temperatures aren't just a tease but as we all know an Iowa Winter isn't truly over until mid-April. All of us at Edencrest are gearing up for warmer weather and lots of outside activities. Along with the new pool table we also have a new set of "Corn Hole" boards and will be putting in an area for Horseshoes in the South Courtyard. New Life Enrichment Coordinator Diane Sand has already taken the reins and run with the position. Diane has incorporated new activities that include baking and crafts and has so many more in store once the

## 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

What does it mean in like a lion out like a lamb?

"March comes in like a lamb" means that March starts off with cold winters and ends with warmer, weather.



