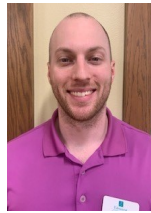


Contact Information



Manager:
Zac Mason
managerlg@edencrestliving.com
Cell: 515-689-1354



Healthcare Coordinator:
Jaycie Schwenk, MSN, RN
nurselg@edencrestliving.com
Cell: 515-238-1262



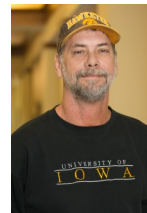
Community Relations Coordinator:
Jay Mathes
welcomelg@edencrestliving.com
Cell: 515-238-4310



Culinary Coordinator:
Janel Karas
culinarylg@edencrestliving.com
Office: 515-250-2806



Life Enrichment Coordinator:
Carla Moon
lifeenrichmentlg@edencrestliving.com
Office: 515-250-2806



Maintenance Coordinator:
Chris Webb
Office: 515-250-2806

Welcome Home!

*No new residents
this month!*

*Celebrate March
Birthdays on Tuesday
April 28th at 2:00pm*

*Vince H. - 4/1
Kathy E. - 4/2
Lydia P. - 4/16
Donna S. - 4/18
Joe M. - 4/26
Winifred M. - 4/30*

BORN IN APRIL

- Active and dynamic
- Decisive but impulsive
- Attractive and attention seeking
- Strong mind
- Diplomatic
- Friendly and solves people's issues
- Brave and outgoing
- Loving and giving
- Emotional and generous
- Easily envious

©Copyright dgreetings.com

2901 Cedar Street
Norwalk, IA, 50211



Edencrest
RETIREMENT LIVING &
MEMORY CARE EXCELLENCE

Phone: 515-250-2806
Fax: 515-348-9424

Professionally Managed by:



Notable April Events

No events will be listed at this time as there are still no outside visitors allowed and residents are not able to leave...



2020

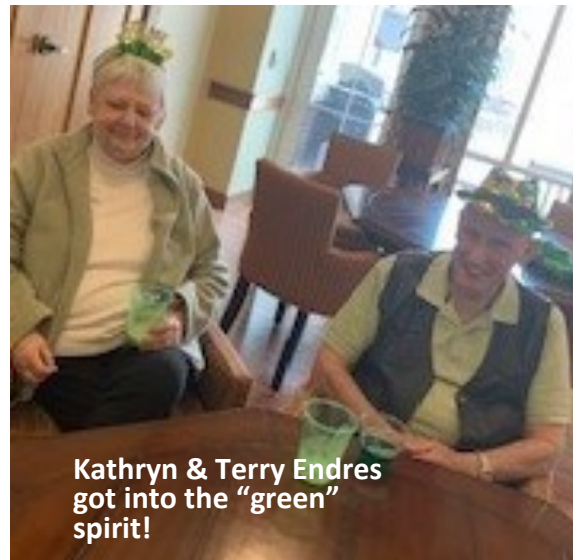


**You can still make
something beautiful and
something powerful out
of a really bad situation.**

-GABE GRUNEWALD

Embracing Every Moment

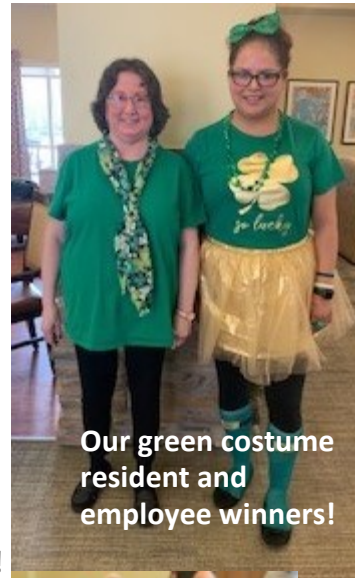
Scenes from Last Month...



Kathryn & Terry Endres got into the "green" spirit!



Green beer and home-made Shamrock Shakes were a big hit!



Our green costume resident and employee winners!



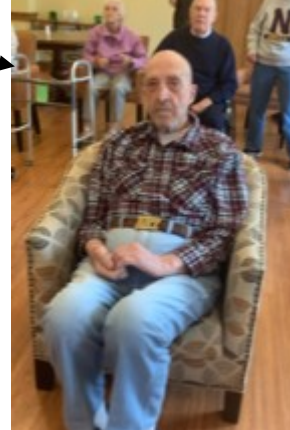
Smile, Karen!



These two are staying healthy through exercise!



Some of the beautiful artwork from our Color



A VERY special birthday surprise from Larry's family! They came and sang Happy Birthday to him from outside! He also opened his gifts while they watched from the rain soaked patio. So sweet!

More great art work!



Cognitive Corner: March is Brain Injury Awareness Month

As the news about the [coronavirus](#) pandemic becomes grimmer, and governments and businesses issue closing or work-from-home directives, many of us are experiencing a variety of negative emotions. We feel anxiety in response to the uncertainty of the situation; sadness related to losing our daily sources of meaning and joy; and anger at whatever forces are to blame for bringing this upon us. It's normal to be unsettled and concerned about the upending of life as we know it. "Humans find comfort and safety in the predictability of the routines of daily living," said John Forsyth, a professor of psychology at the University at Albany in New York

Nobody knows how long the pandemic will last or how long it will be until we can resume our regular lives. How can we respond to the coronavirus situation in a way that will preserve our psychological well-being? The following science-based approaches can help.

Accept negative emotions Notice negative emotions, thoughts and physical sensations as they come up, look into them with curiosity, describe them without judgment and then let them go.

Create new routines Studies have shown that planning and executing new routines that connect you to what really matters in life is the best recipe for good mental health. It's important to establish structure, predictability and a sense of purpose with these new routines. For example, this might be the perfect moment to learn to play that guitar that has been lying in the corner, or to master French.

Reinvent self-care It is hard when you're robbed of your tried-and-true ways of taking care of your physical and mental health. But don't abandon them; science has shown that exercise, good nutrition and socializing are directly linked to emotional well-being, so now is the time to get creative. One thing that is still available to us, unless we experience complete lockdown, is **nature**. Studies show that spending time in nature, whether you are hiking or gardening, positively affects psychological health.

Finally, keep in mind that experiencing stress and negative emotions can have positive consequences. Studies show that people who go through very difficult life experiences can emerge from them with a stronger sense of psychological resilience, rekindled relationships and a renewed appreciation of life. Some describe starting to live more fully and purposefully. With care and planning, we, too, can stay psychologically strong during the pandemic and perhaps even grow from this transformative experience.

Activity Avenue...by Carla Moon

What an interesting time we are living in! I've NEVER seen anything like what we are going through with this pandemic right now! We all know that 911 was a difficult time...but that really did not touch EVERY SINGLE PERSON in our country the way THIS has! In order to protect you - the "most vulnerable" - from this virus, unfortunately we've had to institute some very UNPOPULAR policies. You are doing VERY WELL in cooperating so far, and we want you to know how much we appreciate it!

I am trying to fill the time with activities but, it isn't that easy. With that being said, I REALLY want to have a GREAT Art Show for the families when they return to our facility. In order to make that happen, I need your cooperation - and PARTICIPATION - in this endeavor! As I said, you don't have to be good at art. I'm certainly NOT good at it! And believe me, I've planned EASY projects! Just giving it a try is all I ask. You never know, you may find that you really like something we do...or you might create something WONDERFUL!