

What Do We Tell the Kids?

by Lynne Grip

There is a special bond between grandparents and grandchildren. Grandparents are the people who get to lovingly spoil the kids and then send them home with their parents for the hard work of parenting. Given this connection, what happens when a grandparent develops dementia? The exhibited behaviors can be confusing and frightening to children. How does a parent help explain what is happening and answer questions honestly and in a way the child can understand? The Alzheimer's Association has created a ["Parent's Guide"](#) to help address these challenges. The following is a brief summary. The guide also includes some common questions children have and possible answers to give them.

Children and teens experience a variety of responses to a family member with dementia. These responses can include sadness, curiosity, confusion, frustration, fear, worry, embarrassment, and resentment. All of these feelings, and more, are normal and may be difficult for a child to articulate. Instead, they may exhibit behaviors such as doing poorly in school, withdrawing, becoming argumentative, or complaining of not feeling well. With adolescence having its own set of challenges, teenagers may be especially vulnerable to the changes in their family. Getting a teen or child to talk about their feelings can be difficult in the best of times. Parents can help in several ways, including:

- Keep lines of communication open. Be available to talk. Create opportunities for engagement.
- Answer questions honestly in an age-appropriate way. If your answer is "I don't know," research the issue or consult with experts. Do this in partnership with your child, if possible.
- Provide age-appropriate information about Alzheimer's that is easy to understand. Encourage age questions and feelings to be expressed.
- Reassure the child that emotions, even when negative, are normal.
- Prepare for possible changes and progression of symptoms and discuss how that could impact the family.
- Teach the best ways to interact with someone with dementia. For instance, rather than asking, "Do you know who I am?" say, "Hello Grandma, I'm your grandson, Jack."
- Some possible activities to do together include baking cookies, coloring pictures, taking a walk, singing familiar songs, and watching television.
- Reassure children that if the person with dementia is directing hurtful words or anger toward them, it does not reflect their true feelings. The disease of dementia is causing the behavior and isn't personal or intentional.

Let your child's school know about the situation so teachers and counselors can provide

Volume 3

August 2020

Issue 8

3410 Beaver Ave
Des Moines, IA 50310
515-777-5105



3410 Beaver Ave
Des Moines, IA 50310
Edencrestliving. Com

Beaverdale Buzz

In This Issue

August Highlights P.1
Our Coordinators P.1
August Calendar P.3-4
Health & Wellness P.5
(Meet the Podiatrist)
Edencrest 2nd Annual
State Fair Week P.5
Dementia Article

Manager's Message



Memory Care Update

We are coming into our 8th month of the year. It's been almost 6 months since I started with Edencrest at Beaverdale. Since then we have been making a few changes around the community.

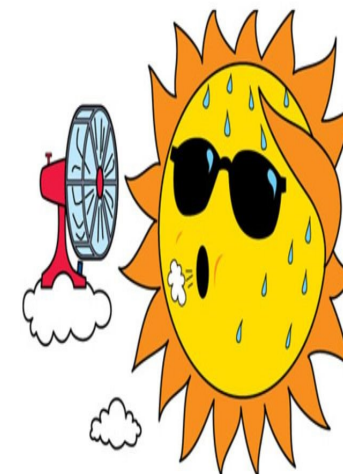
Leane Hartney has been promoted to the position of Memory Care Coordinator. She brings 15 years of experience.

She will be working closely with Julie Smith our Life Enrichment Coordinator to enhance our memory care resident experiences. These two will be focused on offering additional activities along with assisting our amazing Resident Assistant's.

Our focus has always been to encourage our residents to be active in daily life. Offering them different tasks each day and understanding how life changes.

Our brain is the seat of our personality, ambitions, dreams, and desires. It defines who we are as human beings, how we see the world—and sometimes how the world sees us. Neurodegenerative diseases—including Alzheimer's disease (AD) - are among the most devastating to the patient and to their families, in large part because they chip away at this most fundamental part of us, slowly stealing our essential humanity.

Chris Beach,
Manager



Professionally Managed by



3410 Beaver Ave
Des Moines, IA 50310
515-777-5105



Edencrest
AT BEAVERDALE

3410 Beaver Ave
Des Moines, IA 50310
Edencrestliving.com

Meet Our Coordinators



Jayme Daly
Assistant
Manager



Karen Beck
Healthcare
Coordinator



Jackie Wilcox
Healthcare
Coordinator



Nicole Berger
Community
Relations
Coordinator



Nichole Mitchell
Culinary
Coordinator



Julie Smith
Life Enrichment
Coordinator

Larry Cox
Maintenance
Coordinator

Leane
Memory Care
Coordinator



August Highlights

8/5 Music by Pat Lydon

8/11 Music by Bob Slings

8/13 Music by Bare Bones Trio

Edencrest Fair Week 8/14-8/21

8/14 Manager & Coordinators Talent Show

8/14 Sno Cones on Patio

8/17 Cow Patty Toss

8/18 Music by David Gray

8/18 Butter Sculptures

8/19 The West Connection

8/19 Corn Shucking Contest

8/19 Hog Calling Contest

8/20 Out House Race

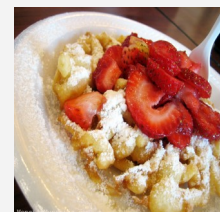
8/20 Pie Throwing Contest

8/20 Birthday Party for August

8/21 One Woman Symphony

8/25 Music by Fred Leonard

8/27 Music by Rob Lumbard



3410 Beaver Ave
Des Moines, IA 50310
Edencrestliving.com



Edencrest
AT BEAVERDALE

3410 Beaver Ave
Des Moines, IA 50310
Edencrestliving.com

Welcome Home!

Norm Disenhouse
Norm Vanderzyl
Harvey Disenhouse
Richard Johnson
Margie Johnson



Employee Anniversary



Karen Beck—3yrs. 8/12/2017

Julie Smith 2yrs. 8/06/2018

\$500.00 dollars off monthly RENT for any
referral made to Edencrest at Beaverdale!

Any Questions Call Chris Beach, Manager



Professionally Managed by



Resident and Staff Birthdays

8/03 Sierra B.

8/29 Louise Alexander

8/30 Millie Heinze

8/31 Ray Murrillo

Celebrate all our birthdays at our
monthly birthday party on the third
Thursday every month at 3PM!

Thank you for 3 straight years!



Meet The Podiatrist

A Podiatrist specializes in conditions that affect the ankles and feet, including fractures, tumors, ulcers, heel spurs, bunions, calluses and ingrown toenails. Their expertise in diagnosis and treatment can help you take a big step towards better health.



Podiatrist work in all area from private practice, hospitals, nursing homes, department of health. They do many things from prescribe medications, order physical therapy, set fractures and preform surgeries.

Swelling, stiff joints, and numbness or tingling in feet and ankles is associated with issues such as diabetes, arthritis and heart disease which often cause foot related problems.

For 30 million Americans living with diabetes, appointments with podiatrist are essential. Diabetes takes a toll on your feet, causing issues such as ulcers, and infections, nerve damage.

Most common foot problems can be prevented. The better your feet and ankles feel the more likely you are to walk, run, dance or skip out of the podiatrist office.

Our next Podiatry visit is August 13, 2020. Please inform staff if you are in need of a appointment.

Jackie Wilcox , Healthcare Coordinator

2nd Annual Edencrest Fair Week

If you were not here year last year for State Fair Week, you are in for some excitement year. The new main event this year will be The Manager and Coordinators Talent Show, and the Out house race. OH MY!! The resident's will be judging the talent show.



Again this year we will be bringing the fair to the resident's with who can throw the cow patty the farthest and who can do the loudest hog call. We will again do the shucking corn contest and who will win the blue ribbon this year for the sexiest calves this year?

Our dietary department will again be serving delicious food such as corn dogs, tenderloins, and barbequed beef sandwiches just to name a few.

Oh I can't forget the delicious snacks funnel cakes, s'mores, cotton candy, smoothies, just to name a few.

We'll have some great grandstand performances in our back parking lot.

To all of you, make sure to keep an eye out for our monthly calendar so you don't miss the fun.

Activities and staff will make this another terrific fair week this year. We might have to modify a little due to Covid-19 but we will have lots of laughter and fun I guarantee it.

Julie Smith,

Life Enrichment Coordinator

Painting Down in Beaver Memory Care



Beaver Court yard Flowers



Meet our new friend down in the Beaver Memory Care courtyard!!



Senior Snapshots

Enjoying Ice Cream



Ice Cream YUM!

Enjoying the Fresh Air

