



Volume 3

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Issue 4

455 SW Ankeny Rd.  
Ankeny, IA 50023  
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# SienaHills Star

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## *Our Management Team*

**Jon Schultz - Community Manager**

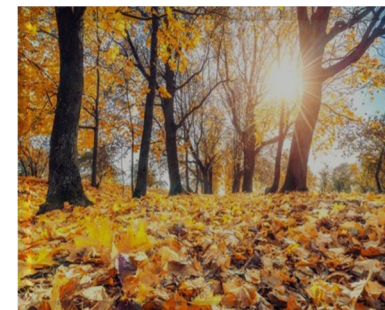
**Taylor Bakker - Healthcare Coordinator**

**Shawn Kinnison - Community Relations Coordinator**

**Molly Seher - Culinary Coordinator**

**Diane Sand - Life Enrichment Coordinator**

**Gary Welch - Maintenance Technician**



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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!

## October Highlights

Pumpkin Carving

Weekly Happy Hour

Haunted House

Friday Flicks

Balloon Pop Painting

Trivia Contests

Bus Tours

Live 2 Be Healthy



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## Welcome Home!

June T.



Resident and Staff Birthdays

**10/2 Madison McInroy**



**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,

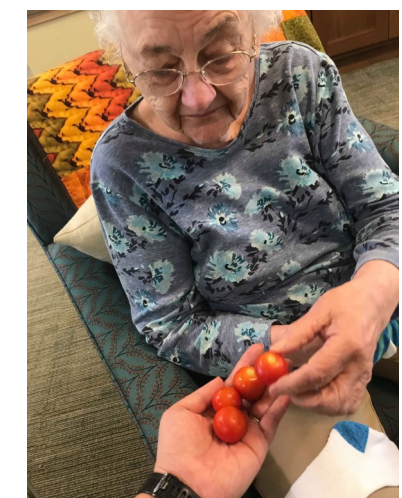
Healthcare Coordinator

Congratulations to Lorelle Dean  
Lorelle is our Rockstar Employee for  
2020

Lorelle came to us roughly 3 months ago and has been leading by example ever since. Lorelle continues to impress co-workers and residents with her positive attitude and hard work ethic. She's (Lorelle) the type of team member that truly goes the extra mile, she is willing to pick up open shifts and quite often working double shifts to ensure a quality Red Carpet Service for our residents. Lorelle has proven she is able to handle stressful situations like a champion by keeping calm and staying professional, she is loved by the residents and staff and is truly a "Rockstar Employee!"



## SENIOR SNAPSHOTS



"Fall breeze and autumn leaves."

