

## Meet Our Coordinators



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**Thank you for 3 straight years!**



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# Beaverdale Buzz

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## Director's Corner

### Zoom Meetings



Hello Everyone,

I have created a ZOOM meeting for everyone to keep  
up with how things are going within the community.

This will be every Friday at noon. I have created a mass emailing list with your name on it. If you are not receiving the community emails. Please contact me or June to get your email address added to the list. I know that everything that has gone on these past 9months has been anything but easy. I plan to have inside visits once our county numbers go below 10%. Keep in mind our only aim is to keep all your loved ones safe from the COVID virus.

Things will discuss on the calls.

1. Update you on the status of Covid
2. Events we are having in the community
3. Cleaning processes
4. How to complete the form
5. PPE process for seeing loved ones

During our last Town Hall Meeting, for the new families, this is where our coordinator team meets with a group of residents to learn about how we can address any kind of issue, we discussed the process of allowing you into a specific area to have inside visits. Everyone said please wait until you feel we are safe Chris. So, I decided to hold off and I am glad we did with the spike in cases. Chris Beach, Community Director



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### *Happy Holidays from Julie Smith, Life Enrichment Coordinator*

To all of our fantastic families, residents and staff:

It has been a year we soon won't forget. It has sure been different in activities than last year. From hallway activities, back parking lot music concerts, to virtual music programs and exercises. OH MY! I've missed the family activity gatherings here at Edencrest this past year. Edencrest is decorated for the holidays. The spirit of Christmas is in the air! Holiday music can be heard through out the building or through the front windows from our entertainers. Before we know it good ol' St. Nick will be shooting down the chimney. I wish all my families, a safe and Happy Holiday!

All of us are unsure what 2021 will bring but, one thing I'm certain of is everyone here at Edencrest at Beaverdale will continue to bring love, smiles, and laughter to your loved ones throughout the year!

Julie Smith, Life Enrichment Coordinator



### **December Highlights**

12/03 -12-4 Christmas Lights	12/15 Music by Marilyn & Friends
12/03 Music by Fred Leonard	12/16 Fiddle Christmas by Genevieve
12/07 Music by Neil Hewitt (Virtual)	12/19 Christmas Bingo
12/08 Christmas Show by Cynthia Ziesman	12/22 Christmas Meal
12/10 Razz Ma Tazz (Ventriloquist)	12/ 22 Christmas Party
12/11 Arrow Academy Music Concert	12/24 Egg Nog Cupcakes &
Caroling	12/31 New Year's Eve Party
12/12 Christmas Caroling w/ Melissa	01/01/ 2021 New Year's Day



## **Welcome Home!**

Nancy Mogez  
William Collier



## **Employee Anniversary !**

Adelaide	2 years
Sawsan	2 years



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## **Resident and Staff Birthdays**

12/10 Lawrence Q.  
12/14 Mary B.  
12/15 Carol B.  
12/16 Marilyn S.  
12/23 Ramona A.



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

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

Any Questions Call Chris Beach  
Director



## Health and Wellness

### CMS issues formal alert on how nursing homes manage Christmas visits

The federal government is recommending that nursing home residents do not leave their facilities during the ongoing public health emergency as the Christmas holiday approaches. memorandum QSO-20-28-NH.

Should a resident ultimately choose to leave the nursing home, CMS is providing the following recommendations:

- Limit close contact (maintain physical distancing of six feet or more), keep gatherings as small as possible, and use technology to engage with others remotely;
- Wear facemasks or cloth face covering at all times (including in cars, homes, restaurants, etc.);
- Limit contact with commonly touched surfaces or shared items;
- Keep safe around food and drinks. Avoid communal serving utensils, passing of food, potluck or buffet style food service, and instead opt for individually prepared plates by a single server;
- Perform hand hygiene often (e.g., wash hands with soap and water or alcohol-based hand sanitizer);
- Avoid large gatherings, crowded areas, and high-risk activities such as singing; •
- For those attending a gathering, avoid contact with individuals outside of their household for 14 days prior to the gathering; •
- Ask anyone who has signs or symptoms of COVID-19, or has been exposed to someone diagnosed with COVID-19, to not attend the gathering;

CMS has collaborated with the Centers for Disease Control and Prevention (CDC) on these recommendations, and we encourage you to review CDC's **webpage on holiday celebrations**, which has more suggestions for preventing the spread of COVID-19.

As we progress through these challenging times, we express our sincere gratitude for everyone doing what they can to help protect nursing home residents. CMS' mission is to safeguard the health, safety, and quality of life for America's nursing home residents. While this year's holiday celebrations will undoubtedly be different than previous years, together we can still find safe ways residents can enjoy the holidays with family and friends.

Jaci Wilcox, Healthcare Coordinator

## Chef's Corner

### It's National Eggnog Month!

Most culinary historians agree that eggnog began as "posset" during Britain's early medieval years, but beyond that there are many differing opinions regarding the origins of the festive drink. According to the Oxford English Dictionary, posset was "a drink made of hot milk curdled with ale, wine, or the like, often sweetened and spiced." Down the line, it may have been monks who added in the whipped eggs. They are also said to have thrown figs into the mix. What we do know for certain is that posset was more popular in the upper classes due to the expensive price of milk, eggs and sherry at that time. Because of its hefty price tag, posset was often used in toasts to good health and prosperity.

As eggnog's popularity began to wane overseas, it found a new following in the American colonies. Many American families had their own farms to supply them with the milk and eggs needed to whip up a nice batch eggnog. Sherry and Madeira were not easy to come by in the colonies; these liquors were replaced with less expensive and more widely available whisky and eventually rum. According to kitchen records, George Washington served an eggnog-like drink to visitors at Mount Vernon complete with sherry, rum and rye whiskey. By the 19th century eggnog was associated with the holiday season, a tradition that continues to this day.

Americans love eggnog so much that it caused a riot in 1826. Prior to that year, cadets at West Point upheld an annual tradition of indulging in spiked eggnog during their Christmas festivities. The tradition was challenged when newly appointed superintendent Colonel Sylvanus Thayer forbade the consumption, purchase and storage of alcohol at West Point. Instead of adhering to Thayer's new rules, cadets smuggled in alcohol from nearby taverns. Some even traveled across the Hudson River to be sure they had enough whiskey to get them through the night. Thayer had a feeling that the cadets might disobey his orders and sent two officers to look out for any unusual activity. The night took a rowdy turn, complete with broken windows, fights and more than a few hangovers. In the end 19 cadets were expelled and, perhaps not surprisingly, West Point no longer hosts a large holiday celebration. The raucous event will forever be known as the Eggnog Riot.

The name "eggnog" is something of a mystery as well. "Nog" may be a reference to "noggins," the wooden mugs once used to serve drinks like posset. It may also derive from a Norfolk word for strong ales. Outside the United States you'll find other drinks similar to eggnog. In Mexico there is a vanilla-flavored beverage known as rompope; in Puerto Rico folks enjoy coquito, a drink similar to eggnog with the addition of coconut milk. If you're not crazy about drinking traditional eggnog, you might try cooking with it.

-Reference: The History Kitchen, What is the History of Eggnog, PBS/Tori Avery

Happy Holidays!!

Nichole Mitchell, Culinary Coordinator





## Holiday Tips for Dementia Caregivers

By Ava M. Stinnett

Holidays are festive occasions that celebrate being with the people we love, honoring family traditions, recalling old memories, and creating new ones. For caregivers and people living with dementia-related conditions such as Alzheimer's, however, there will come a time when it's just not feasible or practical to do everything you once did. How do we celebrate special occasions when one of the people involved doesn't remember or even understand what the celebration is about? How do caregivers on the dementia journey with a loved one—not just on the holidays, but all day every day—manage to keep it together?

The holiday season can be stressful, so it's critical to adjust expectations. Caregiver expert Amy Goyer describes caregiver burnout, saying, "The prolonged stress builds up, we are robbed of energy, and sometimes we reach a point of total emotional, mental, and physical exhaustion. We may lose motivation completely or feel we just don't care about our loved ones, our other relationships, or our work. We may feel that we've lost ourselves in the vastness of caregiving and that nothing we can do will make a difference. If you feel like this most of the time, you may have reached burnout" (Goyer, 2015). The following tips may help caregivers weather the holiday season.

- As much as possible, maintain a similar routine for your loved one and yourself so that holiday preparations don't become stressful or disruptive. Changes to the daily schedule can increase disorientation and anxiety for those with cognitive impairment.
- Trust your instincts. Keeping past traditions alive, such as eating favorite holiday foods, visiting with family and good friends, or looking at family photo albums and heirlooms—activities that take advantage of long-term memory—can help a person with dementia connect to holiday celebrations. Determine how much you and your loved one can handle without feeling overwhelmed. Feel free to reschedule or decline invitations when needed.
- Music, whether seasonal or not, can cause a positive shift in mood. Try engaging the individual in singing along to familiar songs. It's important to remember that a particular melody that evokes a soothing memory for one person might be upsetting for another. Depending on the setting, it may be more practical to have ambient music playing in the background.
- Caregivers need to take time for themselves whether it's having a break to go to a movie, taking a walk, meeting a friend for lunch, or having someone cook a meal or help clean the house. Paying attention to your own needs and getting support from others is of utmost importance.

Be aware that the holidays may evoke memories of better times—not just for your loved one but for you as a caregiver. Talking with a close friend or a counselor often helps one manage the emotions that come with holidays and other special days. You can also find help for caregivers from the Family Caregiver Alliance, AARP, your local Alzheimer's Association chapter, or support groups through hospitals, mental health programs, and community support organizations.

### Sources

The Alzheimer's Association. (n.d.). *Holidays and Alzheimer's families*. Retrieved from <https://www.alz.org/care/alzheimers-dementia-holidays.asp>

Family Caregiver Alliance. (2014, December 31). *Caregiving and the holidays: From stress to success!* Retrieved from <https://www.caregiver.org/caregiving-and-holidays-stress-success>

## Honoring Our Veterans

