

## Meet Our Coordinators



June Asher

Assistant Manager



Jaci Wilcox

Healthcare Coordinator



Nicole Berger

Community Resource Director



Nichole Mitchell

Culinary Coordinator



Julie Smith

Life Enrichment Coordinator



Leane Hartney

Memory Care Coordinator



Larry Cox

Maintenance Coordinator

**Thank you for 3 straight years!**



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[www.jaybirdseniorliving.com](http://www.jaybirdseniorliving.com)

# Beaverdale Buzz

## Director's Corner

### Change



Senior Housing Management is now Jay Bird Senior Living. They have created a new website for you to enjoy. [www.jaybirdseniorliving.com](http://www.jaybirdseniorliving.com) See the new logo below.

We have hired a new nurse with 25 years of experience to care for your loved ones. She will start in the community February 1, 2021. I will give more details around her next year.

Our MC team continues to grow with some of the most amazing staff. Our Memory Care Coordinator continues to provide them with Red Carpet training.

Most of you will have taken the first round of vaccine. The Jay Bird team continues to provide info about how things will continue after the first round. If you have any questions please reach out to me or Jaci.

Sincerely,

Chris Beach

Community Director



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## January Highlights

- 1/05 Men's Chat Snack
- 1/07 Jonathon the Magician
- 1/08 Sock Hop / Celebrating Elvis Birthday
- 1/12 Hot Chocolate Bar w/ Marshmallow Launch
- 1/13 Lunch Bunch
- 1/14 Music by David Grey -Zoom
- 1/15 National Bagel Day / Coffee & Bagel Chat
- 1/16 Andrew Hoyt - Ukele Player
- 1/18 Making Cinnamon Rolls
- 1/21 Music w/ Marilyn Jerome - Zoom
- 1/21 January Birthday Bash
- 1/28 Roaring 20's Party

# 2021

## Life Enrichment News

### Happy New Year!

Well it's that time to start thinking of some new activities to go along with our routine activities. Our residents and I have chatted and we are going to begin a bean bag baseball team. My men have grown in size here at Edencrest so, I'm going to start a Men's Chat & Snack activity where our men can get together and talk about what guys like to do.

Last but not least we'll be starting our "Lunch Bunch" up again. Instead of going out we'll have lunch ordered and delivered from their choosing of restaurant for the ones who sign up. I've had quite a few residents asking if we can do this. How this works your loved one signs up, I will charge the whole bill. Then at the end of the month, if your loved one ordered out, it will be charged to their bill.

We'll go on scenic drives during January, weather permitting.

I'm continuing to think positive that we can go on outings this summer like we've done in the past such as out to lunch, museums, zoo etc.

Julie Smith,  
Life Enrichment Coordinator

## Welcome Home!

Fred Norris  
Sandy Cardamon  
Dan Darner  
Martha Holloran



## Resident and Staff Birthdays

- 1/01 Donna A.
- 1/01 Adelaide N.
- 1/01 Salma A.
- 1/01 Sawsan I.
- 1/16 Don E.
- 1/20 Julie S.



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

### Exercise and Your Immunity

Exercise provides Improved Immune Response.

People have a limited number of immune cells that circulate throughout their body. These cells tend to “hang out” in the lymph tissue and organs like the spleen. It is here that the bacteria, viruses and other microorganisms which cause disease are killed. Because exercise increases circulation of blood, it also increases the circulation of immune cells, causing them to roam the body at a higher rate and at higher numbers.

#### Reduced Inflammation

Another benefit of exercise is that it decreases inflammation in the body, which can also improve immunity. Some research has shown that decreased levels of inflammatory markers to those that exercise more often and have higher fitness levels. Nieman says “When immune cells try to function with inflammation, it puts the immune system in a chronically inflamed state too,” he says, which makes it harder to fight infection. Exercise naturally assists the body in fighting inflammation.

Attend our Live2B Healthy program Monday/Wednesday/Friday at 10:30 in the main lobby.

Jaci, Wilcox

Healthcare Coordinator



## Chef's Corner

### Let's Hear It For 2021 and YOU!

It's that time to create those New Year Resolutions! I trust we are all looking forward to saying “Goodbye” to 2020 and “Hello” to 2021! Remember these are just self-improvements and no one is perfect! Statistics show 80% of resolutions fail by February. It takes 30-66 days to create a habit, so set realistic, obtainable goals. Here are some tips from the experts to set healthy goals:



#### Diet Choices:

**Eat more whole foods:** Research shows that following a whole-foods-based diet may significantly reduce heart disease risk factors, body weight, and blood sugar levels, as well as decrease your risk of certain diseases.

**Cut back on sweetened beverages and stay hydrated throughout the day.**

**Cook more meals at home and rely less on convenience foods.**

**Eat foods in order for better digestion and nutrient absorption:** Start with fibrous carbs (salad/mixed vegetables), continue with proteins and fats, then onto healthy carbs (quinoa/amaranth). Ending on something spicy jumpstarts metabolism.

Get tested for food sensitivities so that you can eliminate discomfort and become more energized.

#### Exercise Choices:

**Sit less and move more!** [Find a physical activity that you enjoy.](#)

**Take more ‘me time’ and practice self-care:** Taking time for yourself is not selfish. In fact, it's imperative for optimal health and wellbeing. This is especially true for those in caretaker roles, such as parents and healthcare workers!

#### Lifestyle Choices:

**Get more quality sleep, try meditation.**

**Be more present:** Research shows that being more present may improve life satisfaction by decreasing negative thoughts, which may thereby improve psychological health. Making a New Year's resolution to be more mindful and present may help you feel more content in your everyday life. Spending less time on your phone, stopping to notice your environment, and listening intently to others are simple ways to be more present.

**Try a new hobby, or pick up an old one that fell to the wayside.**

**Take care of your teeth:** Brushing and flossing your teeth regularly can help prevent oral conditions like gum disease and bad breath. What's more, some research suggests that gum disease may be associated with serious health conditions, such as Alzheimer's and heart disease, making oral care all the more important.

**Wishing you all a happy and prosperous New Year,  
Nichole Mitchell, Culinary Coordinator**

Sources: <https://www.healthline.com/nutrition/realistic-new-years-resolutions#1.-Eat-more-whole-foods>

<https://www.eatthis.com/best-new-years-resolutions-doctor-approved/>



Christmas Gift Bingo



Memory Care Christmas Party



A.L. Christmas Party

