

# MARCH 2021



Professionally Managed  
by Jaybird Senior Living,  
formerly Senior Housing  
Management



*Assisted Living & Memory Care*

## Riverwoods Bulletin

### March

March is named after Mars, the Roman god of war. This was the time of year to resume military campaigns that had been interrupted due to winter.

**Birthstone** = Aquamarine **Flower** = Daffodil

#### What's your Sign?



Pisces (The Fish)  
Birthdates: 2/19-3-20

#### PICES TRAITS:

##### Strengths:

Compassionate, Artistic

##### Weaknesses:

Fearful, Overly Trusting

Pisces are very friendly, so they often find themselves in the company of very different people. They are selfless and always willing to help others, without hoping to get anything back.



Aries (The Ram)  
Birthdates: 3/21-4/19

#### ARIES TRAITS:

##### Strengths:

Courageous, Optimistic

##### Weaknesses:

Impatient, Moody

As the first sign of the zodiac, the presence of Aries always marks the beginning of something energetic and turbulent. It's in their nature to take action, sometimes before they think things through.

Did you know that a \$200 deposit will secure an apartment of your choice today?

**SCHEDULE A TOUR Today!**

# MARCH 2021



**Edencrest™**  
AT RIVERWOODS

2210 E. Park Ave. | Des Moines, IA 50320 | 515-288-4040 | [EdencrestLiving.com](http://EdencrestLiving.com)

## Riverwoods Bulletin



Daylight Savings Time begins Sunday,  
March 14th at 2 AM.

Be sure to set your clocks **AHEAD**  
1 hour Saturday night

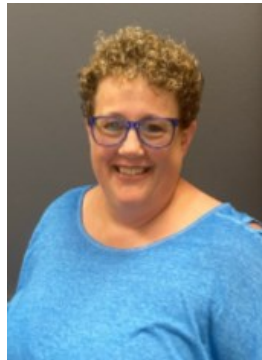
If you are interested in participating in the weekly Zoom call, please provide Lene' Moore, Director, with your email address, and she will be happy to add you to the weekly call. Lene's email: [directorrw@edencrestliving.com](mailto:directorrw@edencrestliving.com)

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# MARCH 2021

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## *Riverwoods Bulletin*



### **Activity Action**

#### **Armchair Travelers**

**Bet you can't guess where we are going this month! Here's a hint: We are headed for the Emerald Isle. Yep! you guessed it! We are going to Ireland. Where the hills are so green they almost look fake and the Blarney spoken is as thick as the Irish Accents! As we travel the Island, we will have snacks to enjoy on the trip: Avocado Pesto, Irish Soda Bread and Leprechaun Dessert Shooters!**

**Join us on Tuesday, March 16th for this fun-filled trip!**

**Happy Travels!**

*Theresa*

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# MARCH 2021

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## *Riverwoods Bulletin*



### **Culinary Corner**

*April Bentley, Culinary Coordinator*

#### **Resident's Choice**

**We will be serving the Resident's Choice meal on the Wednesday, March 24th, at Noon.**

**March's meal is:**

Fried Chicken

Mashed Potatoes w/Gravy

Corn

Cinnamon Rolls

**Remember, the milk can on the counter by the sink is where you place your ideas. Maybe you have a favorite meal from your past that you would like to have again, write it down. Heck, if you want, you can share your family recipe and we can make it!**

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# MARCH 2021

## *Riverwoods Bulletin*

### Transportation

*Available with reservation. Please try to schedule your appointments on Tuesdays and Thursdays.*

### Library Reservations

*All library reservations are on hold until further notice.*

### Resident Referrals

*Reminder that any Resident that refers a tour to our community and they move in , you will receive a \$500.00 discount on your next month's rent.*

*Great discount for you for referring a new Resident.*

# Happy Birthday

**Wishing you all a blessed and wonderful birthday!**

**Betty Montgomery 3/4**

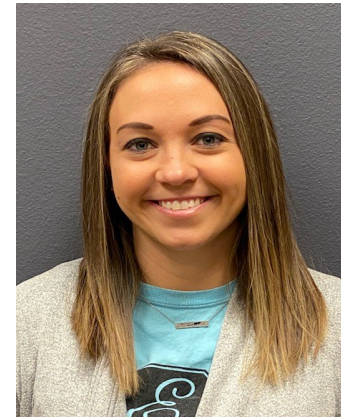
**Norma McKinny 3/4**

**Rosa Stougard 3/4**

# MARCH 2021

## *Riverwood Bulletin*

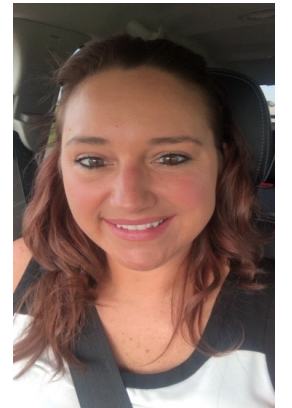
### Meet our Management Team



**Lene Moore**  
Director



**Lori Overton**  
Assistant Director



**Shana Plambeck, R.N.**  
Healthcare Coordinator



**Theresa Glaser**  
Life Enrichment  
Coordinator



**April Bentley**  
Culinary Coordinator



**Bryan Stout**  
Maintenance Coordinator

2210 E. Park Ave  
DES MOINES, IOWA 50320  
TELEPHONE: 515-288-4040  
WWW.EDENCRESTLIVING.COM

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# MARCH 2021

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## *Riverwoods Bulletin*



### **Pastoral Ponderings**

*with Pastor David*

### **Take a Deep Breath**

March-marked the "windy month." As I write this, the high is -10 and snow, snow and some more snow. Everyone in favor of a windy, drying month, raise your hand. Do you see mine? It is raised! When I was young, it did happen, I love farm auction sales. I could buy small tables for 50 cents and spend hours refinishing them. I had a house full of them, each of them unique. Once I bought a rocking chair with a face embossed on the back of it. It was the Norse God of the wind. His cheeks filled with the wind as he blows into the world the wind. Like the wind blown in March. He was a little scary. The chair never got into the house.

This far, air is free, untaxed and free to use. It is as vital as one of the elements, wind. To most, it comes freely, so such that some of us "take it for granted." Some in our house, however, need help with oxygen.

I want to challenge you. Sit. Take a deep breath through your nose and hold it. Hold it. Now let it out through slowly through your mouth, as if you are blowing out a candle. That's God again. Just like he breathed life into Adam and sent him into Paradise, cautioning him to stay away from that apple tree.

We have been given a second breath.

So, take another breath, deeply through your nose, holding it for a few seconds. As you let this one out, silently say to yourself, "Thank you, God." Now, go play in your new garden of Paradise, staying away from that apple tree.

See you, as we breathe together.

Peace & Blessings,  
*David*

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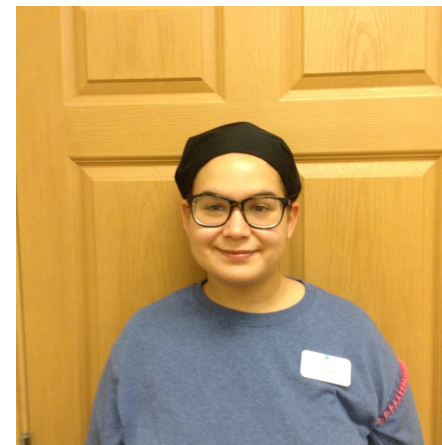
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## *Riverwoods Bulletin*

### **Staff Spotlight**

Each month we will be shining the spotlight on one of our fantastic Team Members. They will all be asked the same questions:

1. Why did you choose your career path?
2. What is your favorite part about working at Riverwoods?
3. Where do you live?
4. What do you like to do in your spare time?
5. What is your favorite Snack Food?



**Name:** Cheyenne

**Position:** Cook

**Spotlight:** Meet Cheyenne

Cheyenne says that the reason she chose her career path is because she likes to cook and have people enjoy her food.

Her favorite part about working at Riverwoods is getting to interact with the residents and "seeing them enjoy the food I prepared." Cheyenne lives on the Southside of Des Moines. In her spare time, Cheyenne likes to draw, watch movies and read. Cheyenne's favorite snack food is Tres Leche Cake. Be sure to say Hi to Cheyenne when you see her.



# MARCH 2021

## *Riverwoods Bulletin*

### **St. Patrick's Day Lunch & Party**

Join us in celebrating St. Patrick's Day on Wednesday, March 17th. The party will be full of Irish Music, St. Patrick's Day-themed games and snacks and even a special St. Patrick's Day Lunch.

#### **Lunch:**

Corned Beef & Cabbage  
Sautéed Peas with Bacon  
Irish Brown Soda Bread  
Mint Chocolate Lasagna

#### **Games include:**

St. Patrick's Day Trivia  
St. Patrick's Day A-Z  
St. Patrick's Day BINGO

#### **Snacks:**

St. Patrick's Popcorn  
Leprechaun Punch

# MARCH 2021

## *Riverwoods Bulletin*



### St. Patrick's Day Word Search



Search for the words hidden up, down, left and right.

C	K	X	K	W	L	D	C	S	H	F	U	D	D	N	T
N	X	G	M	D	W	S	L	E	T	L	V	D	G	J	W
U	T	F	X	O	U	K	M	V	H	S	I	R	I	B	L
M	U	S	I	C	L	O	V	E	R	K	H	C	E	T	W
T	L	Z	A	Z	G	L	K	N	X	H	G	Y	X	U	Q
W	R	N	D	H	D	G	X	T	H	D	T	K	H	S	G
Y	V	U	Y	X	S	G	C	E	D	Y	H	C	R	A	M
B	Q	M	D	G	R	C	L	E	H	A	V	O	C	L	X
J	K	W	L	U	C	K	C	N	Y	P	G	R	Y	U	A
D	K	C	I	R	T	A	P	T	F	N	I	M	I	D	X
E	W	B	O	V	X	D	S	H	A	E	J	A	I	M	Z
S	U	Q	P	K	P	L	E	P	R	E	C	H	A	U	N
K	T	W	B	Y	F	O	R	J	J	R	U	S	Q	T	W
I	F	C	I	O	F	A	I	R	Y	G	Q	W	A	K	O
J	Q	T	W	G	Y	K	Z	I	G	D	X	T	P	P	I
X	C	Z	N	J	O	F	A	N	H	K	L	I	S	J	A

CLOVER  
IRISH  
LUCK  
PATRICK

FAIRY  
JIG  
MARCH  
SEVENTEENTH

GREEN  
LEPRECHAUN  
MUSIC  
SHAMROCK



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**MARCH 2021**

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*Riverwoods Bulletin*



**Riverwoods Country Store  
New Day & Hours**

**The Country Store will be changing days of operation and hours.**

**The store will now be open on Tuesday afternoons following BINGO.**

**The Store will be open from 4:00 pm-4:45 pm or until the last customer has been served.**

**The Management looks forward to seeing you for the Store's Grand Re-Opening on Tuesday, March 2nd at 4:00 pm.**

**There will be music, treats and a Grab-Bag Surprise for all who stop by.**

**See you then!**

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**MARCH 2021**

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*Riverwoods Bulletin*



**Resident Meeting**

Have you ever wanted an opportunity to plan a fun party or excursion?  
Have you wanted an opportunity to share your concerns? Well search no further! The **Resident Meeting** is a perfect place for you to do just that!

We meet on the first Tuesday of each month at 1:30 PM to discuss these items.

Our next meeting is Tuesday, March 2nd.

Make plans to join your fellow community members

**Meeting**



# MARCH 2021

## *Riverwoods Bulletin*

Who am I?

March's featured celebrity will be:

Frank Sinatra

Join us on

Wednesday, March 24th

At 2:45 PM.



We will explore the life of one of the most iconic American

Crooners:

Frank Sinatra

We will start at the beginning of his life in Hoboken, New Jersey and travel through his stardom, listening to his iconic tunes and spend time with him and The Rat Pack.

Come Fly with Me!

See you then!!

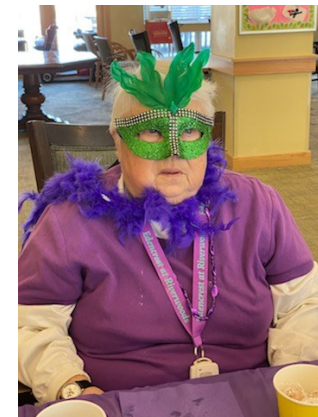


# MARCH 2021

## *Riverwoods Bulletin*

Mardi Gras Party

February 16, 2021



Donna



Doris



Jan & Jim



David



Dorothy



Joan

Kate



Sandy



Dolores

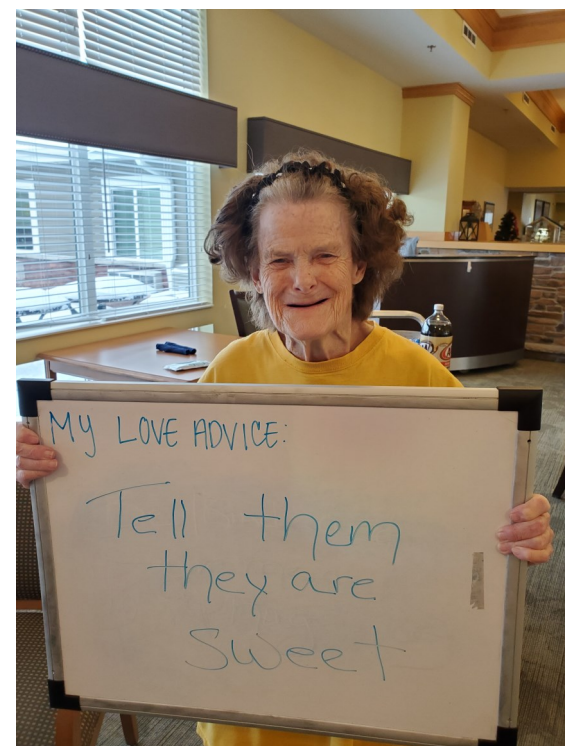


MARCH 2021

*Riverwoods Bulletin*



*Dolores*



*Kate*

*My*

*Love Advice*



*Ros*

*Sue*



MARCH 2021

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Armchair Travels:  
French Quarter



Live Class  
Live 2 B  
Healthy

