

## Meet Our Coordinators



*Chris Beach*  
Director



*June Asher*  
Asst. Manager



*Jaci Wilcox*  
Healthcare Coordinator



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Life Enrichment Coord.



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Memory Care Coord.



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# Beaverdale Buzz

## Director's Corner

### Update about Vaccine and Visiting

I know all of you are excited to come into the community and see your loved ones. All of us are holding on this happening soon. I wanted to mention a few things several of you have asked about over the past couple of months. The vaccine is to help get us safe from getting COVID-19. If you and your loved ones have the vaccine it still means we are not able to allow visitors currently. Everything is related to the CDC, Iowa Department of Health, and Jay Bird Senior Living company. The positivity rate has something to do with it as well. Once we hit below 5%, I hope will have the ability to have visitors in the community.

Visits have been going well. If you are new to the community, we have a visitor area set up in the 100 with a clear wall for you and your loved ones to sit and visit for AL. If your loved one is in our Gardens area/Memory Care we have a booth set up outside with a heater and window for you to easily communicate with your loved ones. I know these conditions are not ideal and I welcome any ideas on how we can make it easier following guidelines of course.

Please send me an email or text if you are not receiving our weekly invite for the family zoom calls. You can also find us on Facebook for a portal connection with your loved ones.

Please reach out to me directly with any questions 515-218-5112 or [directorbd@edencrestliving.com](mailto:directorbd@edencrestliving.com)

P.S.

We still have folks not labeling packages for your loved ones. We receive a lot of packages each day. Let's put their apartment number on the package.

Sincerely,

Chris Beach

Community Director

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## Resident Spot Light



Dawn learned to ice skate at the age of eight, in Cornwall, Ontario, Canada. Dawn's mother (who also played hockey) made a skating rink for her in the ground in her yard, and let it freeze.

Dawn loves winter and ice skating. She would come in doors long enough for her mother to sweep the ice and snow off her wool coat, then out again to practice. She became a very good skater and played in the local ice hockey league.

During her educational years at Boston University, Dawn was approached to form part of an intramural ice hockey team. Dawn said: "I thought it was a joke. I never thought girls would show enough interest in the sport. To get out on the ice and compete." There were three women's teams on campus. Dawn team was the Ice Slicker's, and Dawn -in her late thirties- was the oldest. Women's hockey was played on an outdoor rink, behind Beyer Hall. Dawn scored seven goals in her first game!!

The championship game would be played on the ice at Hilton Coliseum! Dawn's Colleagues in the in the Physical Education Department promised they would attend the game if Dawn made it to the championship; **The match began at 2am!** The ice was available to only them. The Ice Slickers won the championship; Dawn was thrilled to have her colleagues attend; she was tickled it happened in the middle of the night. Dawn moved into Edencrest in 2019. She lives in The Gardens here. She is very quiet and loves all of her friends.

Julie Smith, Life Enrichment Coordinator



## WELCOME HOME

Gail Seifken  
Bob Ellis  
Karen Mallea  
Carolyn Depriest  
Helen Dawson



## March Highlights

03/ Music w/ Jean  
03/11 Razz Ma azz  
3/12 Quarantine Cocktail Hour w/ Ken G. (Music)  
03/17 Irish Tunes w/ Flute Player Valerie along w/ our St. Patrick's Party  
03/18 A.L. Scenic Drive- Dairy Queen (Weather Permitting)  
03/23 Jonathon the Magician  
03/24 Lunch Bunch / Palmers  
03/25 A.L. Scenic Drive - Dairy Queen (Weather Permitting)  
03/30 Music by Neil Hewitt

## Resident and Staff Birthdays

3/5 Darlene G.  
3/6 Dick P.  
3/9 Cathy B.  
3/16 Steve D.  
3/19 Nancy G.  
3/28 Sue Olrich



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

### Older Adults and Falls

Many people think falls are a part of aging. While it is true that falls are very common, with 1 out of every 4 older adults falling annually, there are some precautions that can be taken to reduce the risk. Exercising, managing medications, having regular vision checks and making environment safer are all the steps that can be taken to help prevent falls. Below are a few common myths about aging and falls.



**Myth:** Limiting activity lessens the risk for falls.

**Reality:** Performing physical activities will actually help individuals stay independent longer, as strength and range of motion both benefit from remaining active.

**Myth:** Staying home reduces the risk of falls.

**Reality:** While over half of falls happen at home, there are some simple fixes to make home safer. Remove clutter. Do not use throw rugs. Evaluate lighting to make sure it is sufficient.

**Myth:** Using a cane or walker will make me more independent.

**Reality:** Walking aides are very important to helping older adults maintain and improve their mobility. Work with a physician or physical therapist for fit and safety instructions.

**Myth:** I don't need my vision checked.

**Reality:** Vision is a key risk factor for falls. Aging eyes often suffer from reduced sharpness, difficulty adjusting to lighting changes, reduced sharpness, difficulty adjusting to light changes, reduced peripheral vision, pupils coming smaller, and increased occurrence of shadows in the visual field.

For those living with dementia, misperceptions and misinterpretations are also common vision challenges. Consistently wearing your glasses, getting your eye prescription updated and eyes tested annually can help with vision changes.

Jaci Wilcox, Healthcare Coordinator



## Chef's Corner



### St. Patrick's Day Symbols and Traditions

#### The Shamrock

The shamrock, which was also called the "seam Roy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring. By the seventeenth century, the shamrock had become a symbol of emerging Irish nationalism. As the English began to seize Irish land and make laws against the use of the Irish language and the practice of Catholicism, many Irish began to wear the shamrock as a symbol of their pride in their heritage and their displeasure with English rule.

#### Irish Music

Music is often associated with St. Patrick's Day—and Irish culture in general. From ancient days of the Celts, music has always been an important part of Irish life. The Celts had an oral culture, where religion, legend and history were passed from one generation to the next by way of stories and songs.

After being conquered by the English, and forbidden to speak their own language, the Irish, like other oppressed peoples, turned to music to help them remember important events and hold on to their heritage and history. As it often stirred emotion and helped to galvanize people, music was outlawed by the English. During her reign, Queen Elizabeth I even decreed that all artists and pipers were to be arrested and hanged on the spot.

#### The Snake

It has long been recounted that, during his mission in Ireland, St. Patrick once stood on a hilltop (which is now called Croagh Patrick), and with only a wooden staff by his side, banished all the snakes from Ireland.

In fact, the island nation was never home to any snakes. The "banishing of the snakes" was really a metaphor for the eradication of pagan ideology from Ireland and the triumph of Christianity. Within 200 years of Patrick's arrival, Ireland was completely Christianized.

#### Corned Beef

Each year, thousands of Irish Americans gather with their loved ones on St. Patrick's Day to share a "traditional" meal of corned beef and cabbage.

Though cabbage has long been an Irish food, corned beef only began to be associated with St. Patrick's Day at the turn of the century.

Irish immigrants living on New York City's Lower East Side substituted corned beef for their traditional dish of Irish bacon to save money. They learned about the cheaper alternative from their Jewish neighbors.

#### The Leprechaun

One icon of the Irish holiday is the Leprechaun. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns probably stems from Celtic belief in fairies, tiny men and women who could use their magical powers to serve good or evil.

In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies. Though only minor figures in Celtic folklore, leprechauns were known for their trickery, which they often used to protect their much-fabled treasure. Leprechauns have their own holiday on May 13, but are also celebrated on St. Patrick's, with many dressing up as the wily fairies.

Have a great St. Patrick's Day!

Nichole Mitchell

Culinary Coordinator





# DARE TO Dream



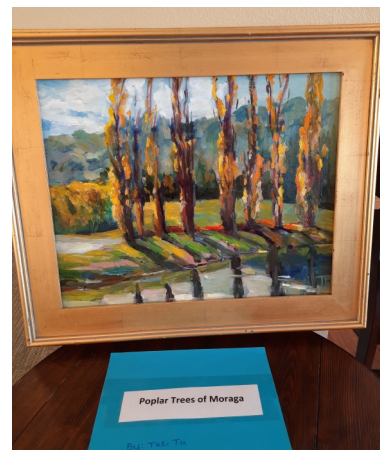
Meet Taki Tu one of our residents that has made Edencrest At Beaverville his home for over a year. Taki was small, before school age, his father's friends, the real artists came to stay at his parents' house to paint the landscape. And before starting my school, I used to tag along with those painters on their outdoor painting trips. I was fascinated by the pure paints squeezed out of the tube on the palette. I must have wished I could do that sometime,

Why do I paint? My answer is very simple; I paint because I like to do it.

One of my answers might be because I was born and raised on the island of Formosa (Taiwan), meaning in Portuguese, "beautiful".

The Life Enrichment team got together and decided to put an Art Show together to display the talents of Taki's paintings. Taki was very excited when Julie our Life Enrichment Coordinator asked if she could put together an art show and display his paintings out in our dining room so the other residents could enjoy. His response was "How much can I charge for my paintings". The day of the art show Taki came up and stated to me Julie, Life Enrichment Coordinator I love this and how my pictures are displayed thank-you. Taki was in awe of his pictures on display and kept walking, looking at his pictures.

We served egg salad sandwiches with coffee, and tea.



## Senior Snapshots



Memory Care

Jester Hats