

Meet Our Coordinators



Chris Beach
Director



June Asher
Asst. Manager



Jaci Wilcox
Healthcare Coordinator



Mary Essex
RN Nurse



Nicole Berger
Community Resource Director



Nichole Mitchell
Culinary Coordinator



Julie Smith
Life Enrichment Coord.



Leane Hartney
Memory Care Coord.



Larry Cox
Maintenance Coord.



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Beaverdale Buzz

Director's Corner

Help stop the pandemic by getting vaccinated

What we know

Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19.

COVID-19 vaccination is an important tool to help us get back to normal. Learn more about the [benefits of getting vaccinated](#).

COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. It typically takes a few weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. That means it is possible a person could still get COVID-19 just after vaccination. This is because the vaccine has not had enough time to provide protection.

There are steps you can take to protect yourself until you can get vaccinated. Even after you get vaccinated it is important to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Even after vaccination, take steps to [protect yourself and others from COVID-19](#).

Comments are from the CDC website. Let us keep everyone safe!

Sincerely,
Chris Beach, Community Director

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Resident's Spotlight



Ramona Hughes is a strong Catholic. She has 5 children, several grandchildren and great-grandchildren. Ramona's face lights up when she shows pictures of her family.

Ramona came to Edencrest March of 2018. She is such a delight to be around. Ramona plays cards with the ladies and loves her Bingo. Ramona socializes with all the residents, and they all love her. Ramona is very creative and crafty. If there is an activity, you can count on Ramona to be there. She loves to help out the kitchen by wrapping silverware, and she always helps clean up the activity room after a activity. She is known to sew a button on a shirt for a resident if needed.

How Singing Enhances Health and Well-Being

Physically, singing:

Exercises the lungs by toning up our intercostal and our diaphragm
Helps improve our sleep
Benefits our hearts/ circulation by improving aerobic capacity
Improves posture
Increases alertness
Benefits sinuses and respiratory tubes by opening them up more with ongoing singing, it may decrease snoring
Releases pain relieving endorphins when singing upbeat, happy songs
Helps reduce anger and anxiety Boosts immune system which may enable one to fight disease.
These are reasons why music is incorporated into the Activity Program.



Julie Smith Life Enrichment Coordinator

WELCOME HOME

Joyce Jones
Susan Claman
Sara Nelson
William Brown



April Highlights

4/01 Music by Cameron w/ his Banjo and Guitar on Zoom
4/02 Good Friday Prayer Service w/ Bill
4/03 Easter Brunch
4/07 New Entertainment w/ Tom Hofmann
4/08 A.L. Scenic Drive
4/20 Music by Fred Leonard (Outside)
4/21 Lunch Bunch / Steak and Shake
4/22 Genevieve the Fiddler on Zoom
4/23 National Picnic Day (Grilling and Picnicking outside.
4/23 Pam Avaux on Piano
4/28 Superhero Day

Resident and Staff Birthdays

4/13 Jim Verba
4/14 Kristie E.
4/18 Marilyn L.
4/25 Bill G.
4/27 Martha S.
4/27 Sam B.



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

Healthy Tips for Spring

Eat Heathy Foods

Eat more fruits and vegetables; reduce salt, saturated fat, and added sugar

Rethink Your Drink

How often do you drink the recommended 64 ounces of water each day? For your body to perform at a high level, its important to stay hydrated. A glass of water can be a good appetite suppressant and help maintain a healthy weight. Try a squeeze of lemon in your water to add a bit of pazazz.

Schedule your routine doctor appointments.

Spring is a good time for a health tune up. Especially starting a exercise program.

Proper sleeping habits help with managing a healthy weight.

It's important to get 6-8 hours of sleep each night. Also, staying up late has been known to help with overeating.

Protect Your Skin

Wear sunscreen and insect repellent.

Think Smart

Never operate lawn machinery or use garden tools while under the influence of alcohol or drugs.

Jaci Wilcox, Health Care Coordinator



Snap Shots





Sandy loves to be pampered. Her daughter in law (Mary) took her with her a few times to get manicures and pedicure. She fell in love getting this done once every month. If Mary could not take Sandy, her son Toby took his mom faithfully



to get pampered. Her son Toby makes sure his mom is stocked with pretty nail polish.

Then Covid-19 hit and put a stop to her days at the spa. I Julie Life Enrichment Coordinator went, and asked Sandy how would you like me to treat you to a manicure and pedicure with a lavender? She asked will I smell like lavender? She was all smiles. She was glowing and smiling and sharing with everyone how this was so nice, and said to me it topped going to the spa. "This is fun, how often do I get to do this. "



The day I told her about her Dare to Dream.



Chef's Corner

April means EGGS!

Perfect boiled eggs are easier than it seems, and many different methods are used. Be sure to have plenty of water to cover the eggs. I like to get my water boiling before adding the eggs, but you can add them in the pan before heating if you prefer. Do not crowd, this allows for even heat. Once the water is boiling, all you need to do is time! Hard boiled (solid yolk) for 12 minutes, Medium boiled (turning solid, but still gooey yolk) 8 minutes, and Soft boiled (soft yolk) 4 minutes. While waiting, get an ice-water bath ready to place the eggs in. This allows for easier peeling.

Some tricks to try for easier peeling is adding a teaspoon of vinegar or baking soda to the water. Fresh eggs are a little harder to peel than older as well. How old is too old? If you place the egg in water and it floats, toss it! Gases have built up inside and the egg is no longer good. If you end up with a green tint to the yolk, it has been overcooked. All that is left is to add your colorful dyes or make them into deviled!

Happy Spring!

Nichole Mitchell

Culinary Coordinator

Look for more information to come regarding our Drive Thru Breakfast on

Friday, May 7th 2021 the time 7:00am-10:00am. To benefit the Alzheimer's Association.

Nicole Berger,
Community Relations Coordinator

Update on Rummage Sale:

Thank You, to all the families who have contacted me regarding our Rummage Sale to benefit the Alzheimer's Association. To all families and friends who want to donate items. We will be accepting items starting the Week of April 26th. This is a change from my previous note. Any questions please e-mail me at lifenrichmentbd@edencrestliving.com.

Thank-You,
Julie Smith, Life Enrichment Coordinator