

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.



Larry Cox
Maintenance Coord.



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Beaverdale Buzz

Director's Corner

Changing Times

I was watching the snowfall today and think it is a symbol of how fast things change today. As we start Spring we also see our community change with all of the new residents. They bring a new perspective on how our community reflects all of our hard work to keep everyone safe and healthy.

I can't say enough how amazing our resident assistants have done this past month. They have a deep passion for caring for others, by putting the resident's care and needs above their own. I am excited to work with such an amazing team.

Please let us know how we can help make your loved one's experience better at Beaverdale. If you are not receiving the emails for the Friday at noon zoom call reach out to me.

Sincerely,

Chris Beach, Director

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Resident Spot Light



Meet Jacquelyn Sinclair, she was born in Halifax, Yorkshire, England. Jacquelyn was raised by many family members. She has many nieces and nephews. Jacquelyn was in the Royal Navy, and very proud of being so. Jacquelyn moved to the United States in her 20's and lived in San Francisco. This is where Jacquelyn met Bob. He is a very good friend, Jacquelyn thinks very highly of him. Jacquelyn moved to Edencrest about 2 years ago and Jacquelyn is involved in all activities. She will ask others to join, and If they say no , Jacquelyn will say " it's better than sitting on your butt." She loves her rum and coke and bingo . She gets excited when she does something really well, like hitting the bean bag in the hole. She will say " Do I get a prize or something?" She enjoys helping others, and enjoys having coffee with some of the ladies and chatting about what ever is on their mind for the day. Bottom line, Jaquelyn is a little lady with a big heart!



Melissa McDonald
Life Enrichment Asst.

WELCOME HOME

Kathy Morrison
Margaret McCauley
Sara Nelson



May Highlights

5/4 Drive to Pella to see Tulips
5/5 Cinco De Mayo Party
5/6 Music by Cynthia
5/7 Cinnamon Rolls and Coffee Drive Thru
5/8 National Have a Coke Day at Lunch
5/9 Mother's Day Social / Music by Marilyn Jerome
5/14 Social Drumming
5/17 National Cherry Cobbler Day
5/18 A.L. Picnic Outing (Weather Permitting)
5/18 Music by Jim Quayles
5/20 Music by Dave Gray
5/20 May Birthday Bash
5/21 Music by Jean Blum
5/28 Memorial Day Cookout
5/28 A.L. Scenic Drive



Resident and Staff Birthdays

5/7 Arden Augspurger
5/16 Helen Dawson
5/19 Harold Adams
5/21 Laurie Quijano
5/23 Ramona Hughes
5/29 Tom Tice
5/30 Joyce Johnson
5/31 Norn Vanderzyl



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

THERAPEUTIC MASSAGE: An Alternative to Pain Management

Interest in use of complementary and alternative medicine, like therapeutic massage, has grown significantly in recent years. Therapeutic massage is a focused, results-oriented approach targeting the causes of chronic pain or injuries. Therapeutic massage can target specific areas of discomfort.

Therapeutic massage may relieve pain by way of several mechanisms, including relaxing painful muscles, tendons, and joints; relieving stress and anxiety, improves mood, increasing oxygenation of body tissues, aiding in sleep, and possibly helping to "close the pain gate" by stimulating competing nerve fibers and impeding pain messages to and from the brain.

There are 4 basic massage movements:

Effleurage: Consists of long, soothing, stroking movements which are performed using the flat of the hand or fingers.

Petrissage: Involves movements which involve various ways of kneading, rolling and picking up the skin and muscles.

Friction: Requires using the thumb, fingertips or knuckles, with deep direct pressure to one particular site of muscular tension.

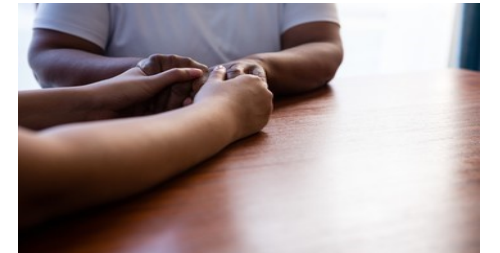
Tapotement: Sometimes termed as percussion movements, entails the fast and stimulating pounding with the hands.

Are YOU interested in trying Therapeutic Massage? Jaci Wilcox, Health Care Coordinator



Meet Mary Essex

Mary Essex, RN at Edencrest Beaverdale



I have been a nurse for over 24 years. Previously I was the HCC for Courtyard Estates Bonduant and Pleasant Hill Communities, these are a part of the Jaybird Company. This kept me very busy and was very rewarding. I am very excited and happy to be at Beaverdale, to have new Residents to get to know and take care of. As a nurse I have worked in surgery, specialized in hemodialysis and being an infusion nurse to name a few, my experience is vast which I would not change. My love now is Assisted Living and Memory Care. I have three grown children, two boys and a girl. My oldest son James is married with two of my granddaughters, my daughter Jessica is married with two more granddaughters. My youngest son Brad, though single does have a girlfriend. They are all the light of my life. My dog Mia, a German Shepard, Labrador mix is my happy warm greeter when I get home. I moved to Iowa in 1989 from Houston, TX. I was born in Boston, MA to an Italian mother and Irish father. I was an Army brat – I got around!

I am so pleased to be a part of the Edencrest Beaverdale Community and look forward to many years of service to it's Residents.



DARE TO Dream



Meet Rosalie the Artist! She has been drawing and painting since she was a child. Her aunt Josie was an artist, and Rosalie says she is the one that got me started. I loved to watch my aunt paint. I would sit down and doodle

with her paints while she painted. Rosalie says she would even tug on her aunt's shirt because she wanted to help.

I the Life Enrichment Coordinator w/ the assistance of my Assistant put together a Edencrest at Beaverdale Art Show featuring Rosalie's Pictures. Invitations were sent out to the residents to attend the show.

Rosalie was the fashion illustrator for Youunkers downtown.

Rosalie said " If I'm going to have my own art show I want brownies and cookies"

Melissa McDonald
Life Enrichment Asst.



Senior Snapshots

