



**Edencrest™**  
RETIREMENT LIVING &  
MEMORY CARE EXCELLENCE

2901 Cedar Street  
Norwalk, IA, 50211

Phone: 515-250-2806  
Fax: 515-348-9424

2901 Cedar Street  
Norwalk, IA, 50211



**Edencrest™**  
RETIREMENT LIVING &  
MEMORY CARE EXCELLENCE

Phone: 515-250-2806  
Fax: 515-348-9424

## Contact Information

**Director:**  
**Zac Mason**  
managerlg@edencrestliving.com  
Cell: 515-689-1354

**Healthcare Coordinator:**  
**Michele DeMoss**  
nurselg@edencrestliving.com  
Cell: 515-238-1262

**Community Relations Coordinator:**  
**Lance Brandt**  
welcomelg@edencrestliving.com  
Cell: 515-238-4310

**Culinary Coordinator:**  
**Miles Maurice**  
culinarylg@edencrestliving.com  
Office: 515-250-2806

**Life Enrichment Coordinator:**  
**Shannon Giles**  
lifeenrichmentlg@edencrestliving.com  
Office: 515-250-2806

**Maintenance Coordinator:**  
**Brian Pettit**  
Office: 515-250-2806

## Resident Birthdays



5-6 Debbie C.

5-9 Dorothy V.

5-22 Kathryn E.

5-25 Marlene F.

*February Birthday Bash  
will be celebrated on  
Monday,  
May at 3:00pm*

## Legacy

### Live 2B Healthy

*Every Monday,  
Wednesday & Friday  
we have our virtual  
Live 2B Healthy  
Exercise Group at  
11:15am.*

## Notable April Events

Friday May 7th at 3:00 PM:  
Community Happy Hour w/Dan Trilk

Sunday, May 9th : Happy Mother's  
Day! Tea & Cookies

Thursday, May 13th at 3:00 PM:  
Community Happy Hour w/Luke  
Farland

Monday, May 17th at 1:00 PM: The  
Birthday Bash w/Bill Connet

Thursday, May 20th at 3:00 PM:  
Community Happy Hour w/ Dave  
Gray

Thursday, May 27th at 3:30 PM:  
Community Happy Hour w/ Andrew  
Hoyt

Monday, May 31st : Happy Memorial  
Day!





# A Note from the Director

Spring has arrived.

Spring is a good time to start a new home garden. Here at The Legacy, we have begun the process of our very own garden located in the 300 and 100 courtyards. Here are five tips we are using to start this process.

Decide what you would like to grow in your home garden.

If you will not eat a crop, do not grow it in your vegetable garden. Focus on the fruits, vegetables, or herbs that your family will enjoy.

Choose a location to start your garden.

1. Most fruits and vegetables need full sun, with a minimum of five hours of direct sunlight per day for fruiting. Also think about how you will access the garden for picking, watering and caring for your plants.
2. Invest in basic garden tools.  
Examples of this are. Garden hoe, scuffle hoe, leaf rake, garden shovel and hand tools.
3. Plant with Care
4. Plant seeds roughly 3 times as deep as the diameter of the seed, unless otherwise directed on the package. 5. Some seeds require light for germination. Wait until danger of frost is past to plant heat loving plants such as tomatoes, peppers, and cucumbers.
5. Nurture your garden.  
There is an old saying "The best fertilizer is the gardener's shadow" if you are not prepared to make time in your schedule to tend to your plants, you may be better off going to the farmer's market.

Our Residents are very excited to grow some beautiful plants and some tasty veggies. If you have any more tips or tricks, please let us know!

Thank you,

Zacory Mason

## Live 2 B Healthy

