

Meet Our Coordinators



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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

Visiting process

We get a lot of questions about how the process works. One concern is families are showing up and asking to visit without setting up a time and date 24 hours beforehand. These rules are in place to help us to know who's in the community and keep everyone safe. If you have had the vaccine you just have to show the card. If you haven't then you will need a covid test each visit. If you and your loved one have not received a vaccine, you will have to do the visit outside or in one of the two areas for safe visits.

The Gardens

Edencrest At Beaverdale has made a lot of changes this past year to help our residents dealing with life-changing symptoms. We have included fish tanks and the bird aviary in The Gardens. The two amazing Life Enrichment teammates Julie and Melissa have dedicated their lives to understanding how to help people with all the different stages of ALZ. They take such pride in everything they do. I am grateful that we have been able to change our visitors to allow in-person concerts with our singing vendors. Julie always finds some amazing people. This past year I have learned so much about how this disease affects people and families. If you are wanting to learn more about Alzheimer's please visit www.alz.org.

Chris Beach, Director

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Resident Spot Light



Bill Gardner was born in Norfolk, Virginia. I am the oldest of 3 boys and enjoyed being a paper boy. I met my wife Nancy in college. After graduation from Wesley Seminar in Washington, D.C. we served churches in the Virginia Conference of the United Methodist Church with our children, Clare and Stuart (married to Paulette), we camped all over the U.S. and Canada. Retiring to Lovell, Maine in 1991, I served as an interim minister in the United Church of Christ and United Methodist churches. Additionally, I led tour groups to Europe and elsewhere for Grand Circle Travel. I like to sing, watch sports, jeopardy, and westerns.

Bill moved into Edencrest in 2019. Bill is loved by all here at Edencrest! He is fun, loves to tell jokes, sing and dance. This past year Bill has so graciously kept church service going on Sundays for our residents during Covid. Thank-You, Bill, for providing Church for us on Sundays. Bill has even went to the The Gardens to sing for our M.C. residents. If you have not met Bill you need to, because if your having a bad day come and see "Wild" Bill he'll put a smile on your face.

Julie Smith,
Life Enrichment Coordinator



WELCOME HOME

Sandy Kelly
Bob Mc Claren
Alice Kyle
Edna Underwood
Barbara & Allen
Faidley



June Highlights

6/02 Music by David Gray
6/11-6/12 Rummage Sale Proceeds go to Alzheimer's Association
6/15 A.L. Sack Lunch Picnic
6/17 June Birthday Bash
6/17 Noted 4 Quartet
6/19 Father's Day Celebration
6/21 Labeling Bags for Meals in the Heartland
6/22 Music by Richie Lee
6/25 Happy Hour w/ Rick Ludwig (Music)
6/28 Happy Hour w/ Ken Gustafson
Music on Zoom

Resident and Staff Birthdays

6/02 Dorothy G.
6/14 Willie B.
6/25 Scott M.
6/29 Tom T.



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

Meditation Helps

Senior Health

More and more doctors believe mediation to be the very best tool for mental, physical, and emotional senior health. Here are five ways mediation can be the “fountain of youth” for seniors:

1. Mediation helps with memory.

Both of the hippocampus and the frontal lobe become well stimulated during mediation. These areas of the brain are the hubs for short and long term memory.

2. Mediation makes the digestive system work better.

The deep breathing exercises central to mediation improve circulation and blood oxygen levels, sending extra help to the intestines. Incorporating mediation often provides immediate relief to seniors with digestive issues.

3. Mediation activates the happy part of the brain.

By stimulating the “feel good” brain region, of the brain seniors suffering from depression can find a benefit. With increased sense of happiness in the mind, an individual may rediscover their zest for *life*.

4. Mediation sharpens and focuses the mind.

Mediation help synchronize the right and left brain hemisphere, allowing for better focus, more creativity, and quicker wit.

5. Mediation melts away stress.

For seniors, long term stress can come from many sources: chronic illness, disability, or loss of loved ones. Two significant aging and quality of life factors, stress, and anxiety, are greatly reduced after beginning a mediation program.

There are numerous resources related to mediation techniques. Simply dedicating 10 minutes a day to meditation can have a dramatic impact on overall health and wellness.

Jaci Wilcox, Healthcare Coordinator

Chef's Corner

Family Recipe Sharing

EASY AND DELICIOUS CHICKEN CORDON BLUE

Wilcox family

4 boneless chicken breasts
1/4 stick butter or margarine
Dry oregano seasoning

Deli style ham slices (about 8)
4 slices of provolone Cheese

Melt butter or margarine in large skillet on medium high heat. Sprinkle each side of chicken breasts with dry oregano seasoning. Place chicken breasts in skillet and cook covered for 10 minutes or until cooked thoroughly.

Turn heat to low and place slices of ham on top of each chicken breast. Cover and cook 2-3 minutes. Place a slice of provolone on top of ham/chicken and cover. Once cheese is melted transfer to plate and serve. ENJOY!!

Life Enrichment News!

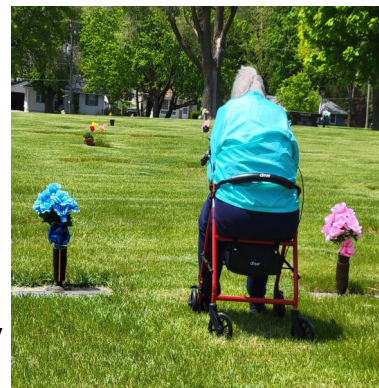
WOW! It's hard to believe summer's only a couple weeks away. Where does time go. To all my families if you keep in touch with our Facebook page you can see we've been busy the last few months. So, please join our Facebook page to keep updated on all the fun things your loved one does here at Edencrest.

I have planned a picnic for Thursday, July 29th. Families are invited to come. I just need to know who would like to go. Our residents in The Gardens can go but if families are able to go with them it would be greatly appreciated. The residents in The Gardens will tire quicker than my Assisted Living residents. I have reserved beach shelter #2 at Big Creek State Park it's handicapped assessable. I will need to know by Friday, July 16th if you want to take your loved one from The Gardens on the picnic. Please contact Julie Smith, Life Enrichment Coordinator by phone 777-5105 or E-mail lifenrichmentbd@edencrestliving.com.

Thank-You, Julie



Meet Kristie Embree! Kristie's Dare to Dream was canceled the day before, due to Covid -19. Kristie is the oldest of six children. Kristie is very fond of her mother.

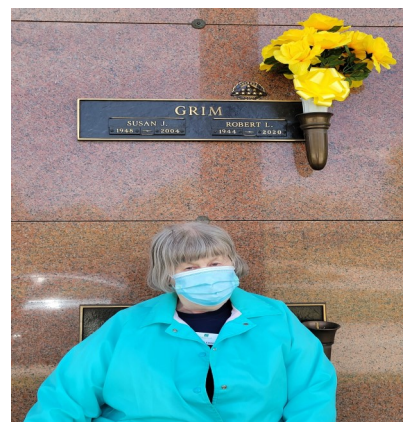


The Life Enrichment Coordinator decided it would be nice for Kristie to go to the cemetery decorate her mom's and her sibling's graves, and go take Kristie to lunch and get her favorite food, Ice Cream! Our Life Enrichment Assistant talked with Kristie. Kristie's favorite memory of her mother is, on Sunday's after church, they would go out for ice cream.

Kristie went to Culver's for a 24oz. Mint ice cream shake and fries. She said "I'm Full" with a hearty laugh, holding her stomach. Kristie chose the yellow flowers for her sister and husband. Then she wanted to place the blue flowers for her brother who was in the service. She laid the beautiful pink flowers for her mother.

After the trip to the cemetery we headed back to Edencrest. Kristie told (Melissa) Life Enrichment Asst. Thank-you to you and (Julie) Life Enrichment Coord. For making this happen. Can we go back and do this in June, July, and August, and even in September". Kristie was so happy, that she told every one about her visit, and her delicious 24oz. Mint ice cream shake!

Julie Smith,
Life Enrichment Coordinator



Senior Snapshots

