



Edencrest™
RETIREMENT LIVING &
MEMORY CARE EXCELLENCE

2901 Cedar Street
Norwalk, IA, 50211

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

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Contact Information

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7-10 Marilyn H.
7-16 Bill B.
7-18 Ann C.
7-24 Evelyn W.

*February Birthday Bash
will be celebrated on
Tuesday,
July 20th at 2:00pm*

Legacy

Live 2B Healthy

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

Notable April Events

Friday, July 2nd at 12:00 PM: Independence Day Cook Out

Thursday, July 4th Independence Day

Sunday, July 6th at 3:00 PM: Music w/Phil

Saturday, July 10th at 3:00 PM: Music w/Andrew Hoyt

Thursday, July 15th at 2:30 PM: Happy Hour w/Bill Lawyer

Monday, July 19th at 2:00 PM: Massages w/Jeanne Bloom

Tuesday, July 20th at 2:00 PM: The Birthday Bash w/Al & Roger

Thursday, July 22nd at 2:30 PM: Resident Council

Friday, July 23rd at 3:00 PM: Music w/Dan Trilk

Thursday, July 29th at 3:00 PM: Happy Hour w/Dave Gray

A Note from the Director

Summer is right around the corner which means high times and higher temperatures. Below are some tips for staying safe while enjoying some time in the sun:

Stay Hydrated! This one may seem obvious, but it is more important than you think. As we age, we lose our ability to retain hydration as well. Lack of water conservation can lead to quicker dehydration. In addition to drinking water often, it is also important to drink sweat replenishing products. According to Johns Hopkins Geriatric Center, sports drinks that contain salt and potassium are a good option.

Talk to Your Doctor. Some medications can cause hypersensitivity to UV rays. Make sure to find out if you are on anything that may require additional precautions when outdoors. Also be sure to store your medication in a temperature controlled environment, as some medications can be harmed when exposed to high temperatures.

Dress for Success! Wearing light-colored, loose-fitting layers is key to staying cool in the summer months. Natural fibers such as cotton and linen will also aid in ventilation, whereas synthetic fabrics should be avoided. You should also wear sunglasses to protect eyes from harmful UV rays and prevent irritation. Lastly, hats are a great addition, especially for those who have light colored hair or whose hair is a distant memory.

Protect your Skin. As we all know, sunscreen is non-optional to protect from the sun when spending time outdoors- even if it's cloudy outside. However, it is also important to protect yourself from the elements during the evening as well. West Nile Virus and encephalitis are both carried by mosquitos and other insects that are likely to be out at nighttime. Seniors are particularly vulnerable to these diseases, so wearing bug-spray if going out at night should be top of your to-do list.

Be Smart with Sun Exposure. The sun is hottest from 10am to 4pm during the summer months, so these hours are when temperatures and UV rays are the highest. If possible, choose to do active activities either in the early morning or the evening, when exposure to harmful elements is at a decreased risk. If you are out during peak hours, know the signs of heat stroke: dry, flushed skin, nausea or vomiting, headache, heavy breathing, rapid pulse, fainting, not sweating even if it's hot, or temperature over 104 degrees. If you are experiencing any of these symptoms, call 911 immediately.

Thanks,
Zacory Mason
Community Director

A Little Fun in the Sun

