

Meet Our Coordinators



Chris Beach
Director



June Asher
Asst. Manager



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Healthcare Coordinator



Mary Essex
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Nicole Berger
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Julie Smith
Life Enrichment Coord.



Larry Cox
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3410 Beaver Ave
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Beaverdale Buzz

Director's Corner

Nicole Berger is our Spotlight Team Member for July.

She is responsible for helping families find a place for their loved ones to be cared for and have a little excitement in their lives. I have asked every single person who works with her, and they all say the same thing. What a joy it was working with her. She always has the time to talk about the process and what to expect coming into an assisted living community. You can see her helping at events like our cinnamon roll drive through. The ALZ fundraisers. Always willing to help get things done at the community. Thank you for everything you do for us.

Visiting the community reminders

Please call ahead to schedule a visit

Push the button for one of the staff to come help

Show us your vaccine card

Keep that mask on until you are in the apartment

Sorry we cannot have you eating lunch etc., unless your loved one is in The Gardens.

You can have your mask off when you are in the apartment if both of you have had the vaccine.

Chris Beach, Director

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Resident Spot Light



Meet Richard "Bing." Bing is a fascinating gentleman, that loves his sports. He went to Mankato Minnesota College. He almost went Pro as a quarter back! He could punt over 50 yards. Bing is a big Hawkeye Fan. "Go Hawks"! Bing worked at and retired from SE Polk High School as there Physical Education Teacher. After retirement, Bing started playing and coaching golf. He won several tournaments and trophies. Bing came to Edencrest at Beaverdale in April 2019. Since being here, Bing would help the staff, before and after meals getting tables set and cleared. He enjoyed showing his competitiveness with another gentleman here with bean bag toss. He even loved folding laundry. Bing would love to tell stories, laugh and sometimes cry while holding your hand. His second favorite game to play is hockey. You can see just how competitive he is. Bing has a wonderful son Colin who is very supportive and visits regularly. Bing served his country proudly U.S. Veteran.

Julie Smith,
Life Enrichment Coordinator



WELCOME HOME

Sandra Kelly
Mike King



July Highlights

7/02 Patriotic Piano Tunes by Pam
7/07 Strawberry Sundae Party
7/08 Music by Cynthia
7/13 Music by Marilyn Jerome
7/15 Patriotic Music by Tom Hofer
7/15 July Birthday Bash
7/20 A.L. Scenic Drive to Lake Ahquabi
7/21 Natl. Hot Dog Day
7/27 A.L. Scenic Drive Green Belt Park
7/28 Music by Fred Leonard
7/29 Picnic at Big Creek State Park

Resident and Staff Birthdays

7/09 Larry W.
7/10 Richard B.
7/12 John Mc.
7/16 Patricia K.



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

Are Seniors More Prone to Dehydration?

People over 65 feel less thirsty and kidneys usually lose some ability to conserve water and conserve and concentrate urine which causes greater fluid loss through urination. A decline in muscle mass can also reduce how much water the body can store as muscles serve as a holding area for water. It is recommended that seniors take in 7-8oz glasses of noncaffeinated fluids daily.

Signs of dehydration are:

Thirst
Headache
Weight loss
Darker colored urine
Increased heart rate
Lowered blood pressure
Sunken eyeballs
Less frequent urination
Dry mouth and eyes
Constipation
Remember to, drink, drink, drink

Ways to Stay Hydrated in Summer

Summertime often means trips to the beach or local pool and BBQ's. While having fun outside, it is important that you stay hydrated. When you are dehydrated, your body doesn't have enough fluid and electrolytes to work properly. Electrolytes are minerals in your body like sodium, calcium and potassium. They're in foods you eat and the fluids you drink.

The good news is that you have more options to drink than just water to stay hydrated this summer. Here are some tips to help you stay refreshed.

1. Eat more water-rich fruits and vegetables like watermelon, strawberry's, grapefruit, peaches, and cantaloupe. Other options are cucumbers, lettuce, celery and tomatoes.
2. Try iced coffee (caffeine free is the best option). Coffee counts as part of your daily fluid intake.
3. Try ice tea. There are many types of tea to choose from; white, black, and oolong. There are also herbal and fruit teas that are caffeine free.
4. Eat cold soups, preferably those that are broth based.
5. Choose coconut water over fruit juice. It has fewer calories and it's a good source of potassium
6. Make a new recipe like Peachy Apricot Slush. Check out eatingwell.com

Jaci Wilcox, Healthcare Coordinator

Meet Our New Cook



Hello! My name is Jenna Steffen. I have been working in culinary for 8 years. I live in Searsboro, and I graduated from Grinnell High School. I have a shih tzu/yorkie named Sabrina. Outside of work I enjoy spending time with friends and family, going to dirt track races, concerts and watching my niece and nephew.

Update on our fight against Alzheimer's

Families, visitors and vendors with your donations and your support of our Drive thru Cinnamon Roll Breakfast and Rummage Sale combined we have made \$2,932.00. We will have the final total in September 2021.

I want to take a moment to say Thank-You, to these people who helped me and Melissa through the Rummage Sale. Jan Williams, John Williams, Sally Briggs, Nichole Mitchell, Deb Heard, Patty Stiles, Nicole Berger, Mikalene Clark, Lonnie, Joan, and Bo.

I want to give a shout out to Scott Sengbusch, and Chris Stielow for coming in and doing all the heavy lifting.

Mary Bass Thank-You, for crocheting the beautiful hot pads. Marilyn, Ramona, and Hal I want to also say Thank-You to you ladies for labeling all the items.

Julie Smith

Life Enrichment Coordinator





Meet Carol Briggs, or “Little Towers” as her classmates called her in 1951. Carol was special in high school. Not only because of her fun and loving personality but because she owned a car! She would pick up as many of her friends as she could and drive them to school, even if it meant sitting on a big tire in the back where the rumble seat belonged. Her “Daddy” as she lovingly refers to him, was a car buff. Even in 1951 this 1930’s Model A car was quite the spectacle driving up to East High School every day. Driving this car to school is a memory she will never forget. So we decided that another ride in an old Model A car might be the perfect “Dream for the Dare to Dream program at Edencrest. Thanks to our many friends on the Facebook Beaverdale page and Central Iowa Model A Club’s Mike Youngblood, for hooking us up with David Klein from Bussey Iowa. This sweet man drove all the way to Edencrest on May 22nd to give Carol, our mom the ride of her life, in a car “almost” like her beloved Model A car in 1951.



Julie Smith, Life Enrichment Coordinator



Senior Snapshots

