

Edencrest at Tuscany

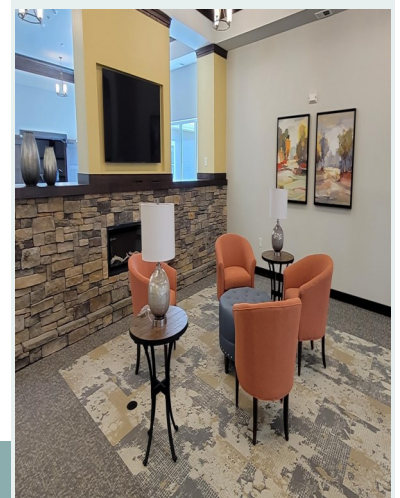
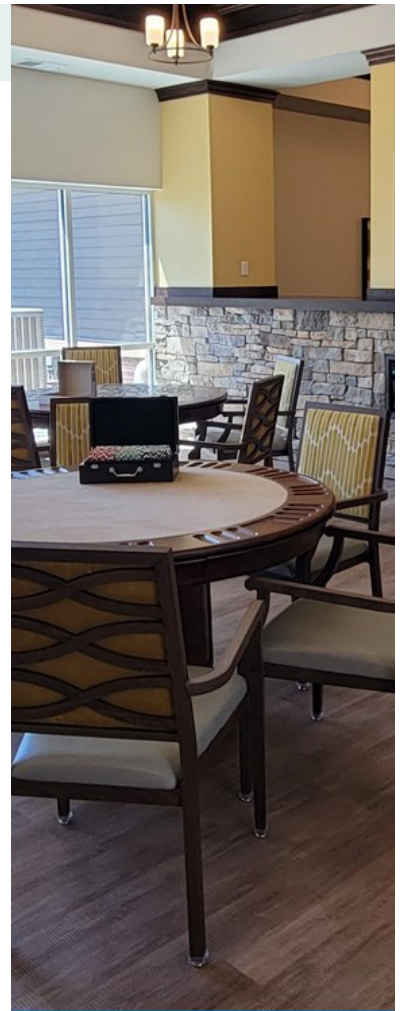
July 2021

Tuscany Traditions

WELCOME TO OUR COMMUNITY!

ASSISTED LIVING AND MEMORY
CARE EXCELLENCE

PLEASE CALL 515-330-8322 FOR A TOUR!



GET YOUR FLUIDS IN!



7 Tips for Staying Hydrated

1. Drink a glass of water first thing in the morning! Drink a glass of water as soon as you wake up in the mornings. ...
2. Carry a water bottle with you. You are more likely to drink water if it is with you. ...
3. Flavor your water! ...
4. Take water breaks! ...
5. Eat your water! ...
6. There is an app for that! ...
7. Sip before snack!

Every new day is a new BEGINNING! Take a deep breathe , SMILE and start again!

FUN FACTS

- All Clownfish are born male.
- There are 32 muscles in a cat's ear!

MEET THE STAFF

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Amanda Wentzel	
Christina Bol	
Breanna Matteson	
Danielle Ceballos	
Nina Karr	



Thomas Mitchell Park, Mitchellville

AROUND THE BLOCK!

Here are a few places nearby:

Dairy Queen	0.7 miles
Fairway	0.8 miles
Walgreens	1.1 miles
Hy-Vee	1.4 miles
Altoona Library	1.5 miles
Dollar General	1.6 miles
Pizza Ranch	1.6 miles
Altoona Campus	2.0 miles
Walmart	3.3 miles
Thomas Mitchell Park	3.4 miles
Prairie Meadows	3.5 miles



WE ARE EXCITED TO ANNOUNCE THAT WE WILL BE HAVING MONTHLY CHURCH SERVICES HERE AT TUSCANY. PLEASE JOIN US IN THE LOUNGE AT 10 A.M. ON JULY 13TH FOR PRAYER AND WORSHIP.

KEEP MOVING



LIVE 2 BE HEALTHY AT TUSCANY

Classes start July 26th!

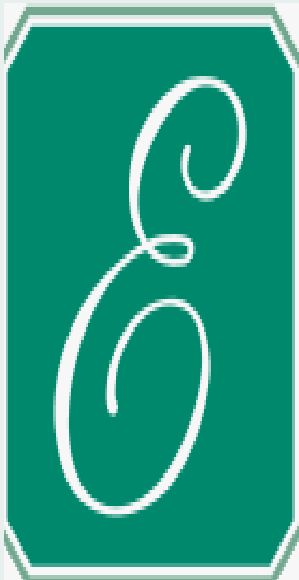
The reason **Live 2 B Healthy®** programs are so effective at reducing falls is because we concentrate on improving **Balance, Flexibility & Strength** in all of our classes.

Balance is largely a function of practice, and, as we age, we tend to practice balance skills less, so we lose our ability. Our classes incorporate both sitting and standing movements that get seniors back into the practice of using their balance skills.

Flexibility and stretching exercises lubricate the joints and help to keep our movements smoother and less painful. Less pain means more range of movement, and less hesitation in our daily activities.

And finally, by working on **Strength** – particularly core strength – we have increased ability to recover from a stumble. Our core muscles help us catch ourselves before gravity takes over when we stumble.

Live 2 B Healthy® doesn't just talk about **improved balance, flexibility & strength** – we have the data to back it up! All of our classes start out with a baseline test. Thereafter, participants are tested twice per year. We provide testing results to our communities to share with their residents, family and community.



Edencrest at Tuscan
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515-330-8322