

Meet Our Coordinators



Chris Beach
Director



June Asher
Asst. Manager



Jaci Wilcox
Healthcare Coordinator



Mary Essex
RN Nurse



Nicole Berger
Community Resource Director



Jason
Culinary Coordinator



Julie Smith
Life Enrichment Coord.



Larry Cox
Maintenance Coord.



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Beaverdale Buzz

Life Enrichment

Hold on to your hats the Fair is back. If you were not here last year. Oh my! you have to try the outhouse race. Oh what fun it was. The main event this year, are you ready? The wheelchair pulls!

Once again our wonderful dietary staff will be dishing up some corn dogs, BBQ, tenderloins, chicken legs, chili dogs, and oven fried pickles just to name a few.

Again this year we will be doing corn shucking contest, cow patty toss, chicken toss, who will throw the farthest? We can't forget the hog calling and butter sculptures.

I can't forget the terrific fair treats we'll have funnel cakes, deep fried Oreos, snow cones, just to name a few.

We'll also be having 2 grand stand performances during our fair.

To all of you keep an eye on our monthly calendar so you don't miss the fun and look us up on Facebook.

Life Enrichment and staff will make this another fun year at the fair.

Julie Smith,
Life Enrichment Coordinator



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Resident Spot Light



Meet George "Sam" Buck. I like to be called Sam. I have two half sisters, Mary Jane and Jane and a half brother Everett. My sister is Janice, who I am very close to. I have two kids, Samia and Howard. Five grandchildren and five great grandchildren. My family is very important to me. I played basketball, baseball, track and played trumpet when I was in school.

I went to Simpson College and received a teaching certificate. I was drafted into the Army. I received my BS from Iowa State University. I worked in banking in Earlham, Iowa.

When I was in the Army, I started as a Private and left as a Lieutenant. I saved my Captain, who was shot in the eye. I received a Silver and Purple Heart, that I am so proud of. I loved traveling the world while I was in the Army. Sam went thru WWII with the Russians.

Sam likes people watching, socializing with the men, happy hour and watching the news, and giving people a hard time. Sam also loves spending as much time as he can with his family



WELCOME HOME

Janet Stafford
Dee Rosenbaum
Angie Rayla



August Highlights

8/3 Music by Richie Lee
8/3 Watermelon Social
8/5 Music by Phil Porter & Daughter
8/6 Root Beer Floats & Music by Rick Ludwig
8/10 S'mores on the Patio
8/12 Music by David Gray
8/13 Cow Patty Toss
8/14 Music by Ambassadors (Gospel)
8/16 State Fair Trivia
8/16 Butter Sculptures
8/17 Outhouse Races
8/17 Music by Fred Leonard
8/19 Shucking Contest
8/19 Hog Calling Contest
8/20 Music by Jean Blum
8/21 Movie: State Fair
8/25 Music by One Man Band
8/25 Banana Split Social
8/27 Lunch Bunch: Machine Shed

Resident Birthdays

8/12 Midge S.

8/26 Bill C.



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

Vitamin D and Sunlight

Vitamin D is a unique vitamin that most people do not get enough of. Vitamin D insufficiency affects almost 50% of the population worldwide. Emerging research supports the possible role of Vitamin D against cancer, heart disease, fractures/falls, influenza, type 2 diabetes, and depression. Recommendation is currently at least 1000 IU daily.



Consuming adequate amounts of Vitamin D from food alone is difficult. This vitamin is found naturally in sun-exposed Mushrooms, Salmon, canned Tuna, Swordfish, egg yolks, Beef Liver, Mackerel, Herring, and Cod liver oil. Foods fortified in Vitamin D.

Studies have shown that darker skin tones require less sunlight to achieve adequate Vitamin D where larger people will need more sunlight to achieve adequate Vitamin D. Sunscreen will affect Vitamin D production in the body from sunlight. An SPF of 30% will decrease the creation of Vitamin D by 95%. But for skin's sake, don't stop wearing it.

Benefits of Vitamin D- significant anti-inflammatory, shows protective effects on the heart. Lowering blood pressure, glucose control and hardening of bones when taken with Calcium, Preservation of memory.

Natl. Strawberry Sundae Day was this month so we all decided to enjoy some delicious Strawberry berry Sundaes.



The Heat Is On: Dementia and Body Temperature

By Alisa Tagg, BA ACC/EDU CADDCT C

NAAP Association Director

Have you ever thought about individuals living with dementia and how their body temperature may affect their cognitive performance? Neuroscientists in England, France, and Switzerland have been studying this for years, and now the United States has begun research. A French study found that people with Alzheimer's disease were less able to maintain their body temperature. This has led to explorations into the treatment of thermoregulation. Thermoregulation is the process that allows the body to maintain its core internal temperature.



A British study noted that temperature regulation affects circadian rhythms. Lack of thermoregulation can affect sleep cycles. This may be one reason people with dementia have disturbed sleep.

We already know that body temperature can be increased through physical activity, diet, medications, or simply by increasing the ambient temperature. According to the Center for Medicare & Medicaid Services and the Long-Term Care Federal Survey Guidelines, facilities must provide "comfortable and safe temperature levels and must maintain a temperature range of 71 to 81 F degrees."

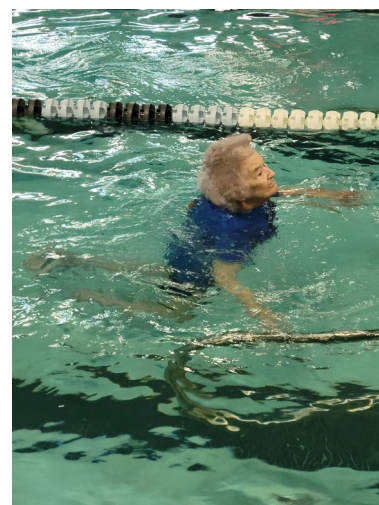
Activity professionals and anyone working with people diagnosed with dementia should remember to maintain a comfortable ambient temperature. Being too hot or cold is unpleasant for anyone, but for people living with dementia, it may also have more profound effects. Besides minding the thermostat, providing time to rest between activities and promoting hydration can help people stay at a comfortable temperature.

Julie Smith,

Life Enrichment Coordinator



Pat Krueger has loved the water all of her life. Every summer included a vacation in Minnesota where the family enjoyed boating, floating on inner tubes, and playing in the lake. Pat, however, didn't actually learn to swim until she was in her 40's. She finally took swimming lessons along with her youngest son, Troy, at Birdland swimming pool. Later in her life, she enjoyed taking her grandchildren to the Urbandale High School indoor swimming pool. Melinda and Troy shared a story of Pat when she took swimming lessons the instructor told all of the students put their heads under the water and hold their breath. Everyone did, except for Pat she kept her nose above water. When everyone came up, she would go under the water. They all would say Pat could sure hold her breath a long time. Everyone laughed when they figured out what she doing. One day while Patricia was participating in activities. She mentioned to Melissa I sure would love to go swimming. Our Life Enrichment Coordinator (Julie) placed a call to her daughter Melinda and to the YMCA to see if we could make Patricia's Dream come true. Melinda thought this was a wonderful idea and she even said she and her brother Troy would meet us there and go swimming with their mom. I Julie (LEC) connected the YMCA and they were very willing to make Patricia's Dream come true. Afterwards Patricia went out for lunch.



Julie Smith,
Life Enrichment Coordinator

Senior Snapshots

Enjoying lotion hand massages by Erin

