Meet Our Coordinators



Chris Beach

Director



Mary Essex

RN Nurse



Julie Smith

Life Enrichment Coord.



June Asher

Asst. Manager



Nicole Berger

Community Resource Director



Larry Cox

Maintenance Coord.





Jaci Wilcox

Healthcare Coordinator

Nichole Mitchell

Culinary Coordinator

October 2021

Volume 3

3410 Beaver Ave Des Moines, IA 50310 515-777-5105



3410 Beaver Ave
Des Moines, IA 50310
www.jaybirdseniorliving.com

Issue 10

Beaverdale Buzz

Employee of the Month



My name is Angy N. Borges Maldonado. I was born and raised in Carolina, Puerto Rico. I'm the oldest of 3 sisters on my moms side, and on my dads. I am the youngest out of 5 siblings. Both of my parents were born in New York, but raised in Puerto Rico.

I moved to Des Moines straight from Puerto Rico in November 2016 (before the hurricanes). I'm an animal lover, Foodie, Peppy. I love Chocolate anything and Coke Cola.

I enjoy exploring (hiking), anything new to do I might try it lol. On the other hand if I'm not out exploring Des Moines or anything close to the state I'm just at home probably sleeping, cause....why not? Angy Edencrest is very fortunate to have you here. Thank-You for all that you do for our residents!

Julie Smith,

Life Enrichment Coordinator



Inside this Issue

Resident Spotlight	P. 1
Director's Corner	P. 2
Dare to Dream	P.3
Dare to Dream	P.4
Health Wellness	P.5
Halloween Trick or Teat	
w/ Apple Cider Ever	nt P.5

New Maintenance coordinator P.5
October Highlights P.6

Meet Chris Monroe our





3410 Beaver Ave Des Moines, IA 50310 515-777-5105



3410 Beaver Ave Des Moines, IA 50310 Edencrestliving.com 3410 Beaver Ave Des Moines, IA 50310 Edencrestliving.com



Des 3410 Beaver Ave
Des Moines, IA 50310
Edencrestliving.com

Resident Spot Light



Getting to know Mary Bass, Mary was born in North Dakota, she moved to lowa at 3 years old, when lowa was mostly farm land. She went to a country school. Mary has one brother Don, who is four years younger and lives in Minnesota. Her

dad bought a farm in West Bend, Iowa. This is where she graduated from. Mary attended the University of Iowa for two years for teaching. Mary taught 6th grade in Story County. Mary told me a beautiful love story. A sailor came home to see Mary at school and said "Why don't you come home this weekend" and she did, they were married on De-

cember 28th, 1955. They were blessed with seven children; 5 boys and 2 girls.

Mary's husband was the 1st principal of Dowling High School in 1972 and so the family moved to West Des Moines. Mary stayed home and did childcare with a friend for 25 years. Mary stated that before there was a Safe Place Program, she did the Blue Star Program. Her home was a blue star home. Camping was a family favorite. Music is a big part of her life. Mary's mother taught her to crochet. So, Mary uses her crocheting skills and makes potholders for out country store here at Edencrest. Mary loves to play Bingo and goes to all the music programs. Mary en-

joys socializing with other ladies and likes to do arts and crafts. Mary is a wonderful lady to talk to and will even teach you how to crochet if you ask.



WELCOME HOME

Emily Westerbuhr Larry Westerbuhr Carol Lucy



Resident and Staff Birthdays

10/2 Nancy M

10/26 Sara N

10/9 Mary E

10/29 Mikalene C.

10/11 LeAnn H.

10/31 Betty L.

10/18 Shirley W.

10/23 Betty B.

10/23 Larry W.



October Highlights

10/3 Halloween Trick or Treating & Apple Coder and Doughputs

Apple Cedar and Doughnuts 10/7 Music by Cynthia

10/8 Halloween Craft

10/12 Music by Tom Hofer

10/14 Social Drumming

10/19 Howell's Pumpkin Patch

10/19 Music by Jim Quayles

10:21 Music by Dave Gray

10/22 Lunch Bunch: Chicago Speakeasy

10/26 Making Carmel Apples

10/27 Halloween Bingo

10/28 Make Popcorn Balls

10/29 Chili tasting for lunch

10/ 29 Halloween Party 10/30 Halloween Movie: Beetle Juice Celebrate all our birthdays at our monthly birthday party on the third Thursday every month at 3PM!

\$500.00 dollars off monthly <u>RENT</u> for any referral made to Edencrest at Beaverdale!

Any Questions Call Chris Beach, Director

Health and Wellness

Fun In the Sun and Skin Cancer

Many of us spent a lot of time in the sun growing up. Whether for work, fun or the perfect tan. Now many of us, as we age, have learned and seen the consequences of too much sun. However, not all are caused by sun exposure. There are many different types of skin cancer, some malignant and some are not.

There are three major types of skin cancer — basal cell carcinoma, squamous cell carcinoma and melanoma. You can reduce your risk of skin cancer by limiting or avoiding exposure to ultraviolet (UV) radiation.

Basal cell carcinoma may appear as: A pearly or waxy bump; a flat, flesh-colored or brown scar-like lesion; a bleeding or scabbing sore that heals and returns. Basal cell Basal cell carcinoma usually occurs in sun-exposed areas of your body, such as your neck or face. **Squamous Cell:**

Most often, squamous cell carcinoma occurs on sun-exposed areas of your body, such as your face, ears and hands. People with darker skin are more likely to develop squamous cell carcinoma on areas that aren't often exposed to the sun. Squamous cell carcinoma may appear as: a firm, red nodule; a flat lesion with a scaly, crusted surface

Melanoma

Melanoma can affect people of any skin tone. In people with darker skin tones, melanoma tends to occur on the palms or soles, or under the fingernails or toenails. Melanoma signs include: a large brownish spot with darker speckles; a mole that changes in color, size or feel or that bleeds; a small lesion with an irregular border and portions that appear red, pink, white, blue or blue-black; a painful lesion that itches or burns; dark lesions on your palms, soles, fingertips or toes, or on mucous membranes lining your mouth, nose, vagina or anus. Melanoma can develop anywhere on the body but most often appears on face or trunk of men. For women most often develops on lower legs. It can develop without exposer to the sun.

So, remember to check your body for any spots or moles that are concerning to you. Report these to family, nurse and your doctor. You can still enjoy the sun in moderation and always use sunscreen. Mary Essex, RN

Meet our New Maintenance Coordinator



Hello, my name is Chris Monroe. I'm from California. I attended and graduated from Vatterott

College in 2010 for Heating, Cooling, and Refrigeration. I am the leader of a local car club Mopar Empire Iowa. My hobbies are fast cars and jeeps. I have a 500 H.P. Chrysler. I have been doing maintenance for 12 years. I'm good at fixing things.

Julie Smith

Life Enrichment Coordinator

Halloween Trick or Treat w/ Apple Cider & Doughnuts Sunday, October 3rd 2021 1:00pm-2:30pm

Come and enjoy our Halloween Trick or Treating. Bring the children and grandchildren it will be held in the back parking lot of Edencrest. Our resident's will be able to enjoy watching from there Patios.

Resident Snapshots









Strawberry Cheese Cake













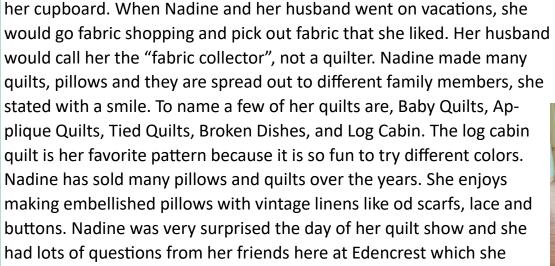
5 1

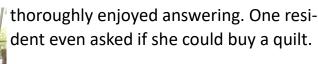


Nadine's daughter Sue and Julie (LEC) talked about how her mom loved to quilt and if the Life

Enrichment Department could hold a Surprise Quilt Show for her Dare to Dream. I told her daughter that would be a fabulous idea. Nadine started quilting over 40 years ago. Nadine was inspired by the patterns and the

combination of colors. Nadine stated she saw a quilt and wanted to make one. This is how Nadine's Story begins. After Nadine had made a few, she got her mother interested in quilting. Nadine has stated putting quilts together has been challenging but it can be very relaxing. She stated she has 85 pieces in

















Martha (Marty) asked one day if we could have some horses visit? Marty stated that is the one thing she misses the most. So, Julie (LEC) thought it would be a great idea to bring a couple horses to visit. I called Jester Park Equestrian Center and set up a date for horses to visit. Martha who likes to be called Marty, has 2 brothers and 1 sister. She grew up three miles outside of Colfax, Iowa on a farm with horses.

Her siblings and her had to work the horses, and since Marty grew up with horses she learned to ride and train horses by watching. She even broke a few in her day. Marty has three horses all female. Their names are Bootsy, Sugar, and Goldie. Marty was so happy to see the horses she got to feed the horse and reminisced about how she took care of her horses. She had good stories to tell. Thanks to Jester Park for Helping Make Marty's dream come true.

Julie Smith, Life Enrichment Coordinator

