

## Meet Our Coordinators



*Chris Beach*  
Director



*June Asher*  
Asst. Manager



*Jaci Wilcox*  
Healthcare Coordinator



*Mary Essex*  
RN Nurse



*Nicole Berger*  
Community Resource Director



*Nichole Mitchell*  
Culinary Coordinator



*Julie Smith*  
Life Enrichment Coord.



*Larry Cox*  
Maintenance Coord.



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# 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



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## Resident Spot Light



Getting to know Mary Bass, Mary was born in North Dakota, she moved to Iowa at 3 years old, when Iowa 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 December 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 enjoys 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



## October Highlights

10/3 Halloween Trick or Treating & 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 Speak-easy  
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

## 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.



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

## 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 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 exposure 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







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

her cupboard. When Nadine and her husband went on vacations, she would go fabric shopping and pick out fabric that she liked. Her husband would call her the "fabric collector", not a quilter. Nadine made many quilts, pillows and they are spread out to different family members, she stated with a smile. To name a few of her quilts are, Baby Quilts, Ap-  
plique Quilts, Tied Quilts, Broken Dishes, and Log Cabin. The log cabin quilt is her favorite pattern because it is so fun to try different colors. Nadine has sold many pillows and quilts over the years. She enjoys making embellished pillows with vintage linens like old scarfs, lace and buttons. Nadine was very surprised the day of her quilt show and she had lots of questions from her friends here at Edencrest which she



thoroughly enjoyed answering. One resi-  
dent even asked if she could buy a quilt.



Julie Smith, Life Enrichment Coordinator



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

