

Meet Our Coordinators



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Director



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Beaverdale Buzz

Adventure Awaits

Life Enrichment Team is kicking off the New Year with a BANG! We will be celebrating Elvis's B-day with his favorite snack, toasted peanut butter banana sandwich and music by Richie Lee.

Life Enrichment will be starting to do theme months this year. The first one is Adventure Awaits. So all the resident's and I will be taking a cruise to Hawaii. We will be sight seeing in Oahu and sipping blue Hawaii Mocktails, we will port in Maui, do a little Beach Volleyball and enjoy a LUAU w/ Hawaiian music by Tom Hofer. Oh, I can't forget, who will be the lucky winners to sit w/ the Captain at his table on Tuesday 18th, and 19th and enjoy the Captains dinner specials.

Life Enrichment Team wishes all our families a Happy New Year!!

Julie Smith, Life Enrichment Coordinator

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Resident Spotlight



Meet Karen Walker she moved to Edencrest a couple of days before Christmas December 18th 2018. Karen has a humor like no other. You never know what she will do or say. Karen loves to spend time with her cat Daisy. Karen loves it here at Edencrest. The Best things at Edencrest she likes are the entertainment and picking on people. She says this place is always moving and changing. “ I just lay and wait for the opportunity “—people. Doesn’t matter who you are resident or staff. It all started back on red nose day. She loves her family, talks about them and shows off pictures of her family. One other thing she’s good at is giving good life advice. So stop in say hi, and meet Daisy and get your free advice.

Julie Smith , Life Enrichment Coordinator



WELCOME HOME

DeDe Fafiniski
Robert Muenchrath
Jack Doherty
Richard McGoldrick



January Highlights

1/07 Celebrating Elvis’s B-day w/
music by Richie Lee
1/10 Meals in the Heartland
1/11 Music by Dave Gray
1/13 Making some home made
Cinnamon Rolls
1/17, 18, 19 Adventure Awaits
1/21 Music by Rick Ludwig & Root
Beer Floats

Resident Birthdays

1/01 Donna A
1/05 Fred N.
1/16 Don E.
1/17 Darlene M.
1/23 Janet S.



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*

This January is Bath Safety month, reminding you to take some extra precautions and save yourselves from home injuries. Bathing is such a routine activity that we often neglect to take proper precautions while we're in what is absolutely one of the most dangerous places in our homes. But there are a lot of things we can do to minimize the risk of injury in the bath. And many of these precautions are especially important for the young and the wise. Safety bars — or grab handles — and non-slip mats inside the tub or shower are just two of the most effective — and most common — ways to stay safe in our soapy havens. National Bath Safety Month, takes place every January.

HOW TO OBSERVE NATIONAL BATH SAFETY MONTH

- 1. **Install no-slip mats in the bath.** These are low-cost — but absolutely necessary — additions to the bath. They're a simple solution that helps prevent slips in the tub.
- 2. **Safety (handles) first** Install a couple of safety handles in the bath and near the toilet to prevent slips and falls and to assist those who need it from entering and exiting the tub or shower. They're also a good idea for helping those who have difficulty standing up from the toilet.

Make sure items intended for adults — sharp razors, clippers, tweezers — are kept safely stored in the bathroom and away from curious hands of little ones.

WHY NATIONAL BATH SAFETY MONTH IS IMPORTANT?

IT REMINDS US TO PROTECT THOSE WE LOVE AND TO SEEK OUT KNOWLEDGE OF WAYS TO KEEP US SAFE.

Directors Corner

Closing of 2021

Well, the pandemic this past year made this interesting for all of us. I would have never guessed we still be wearing a mask inside the community. That COVID would still think for all of us. Our team of staff and coordinators have done an amazing job making it all work from the kitchen, nursing, and maintenance. The item for each department and still back-ordered or on allocation. That has not stopped us from doing our very best to care for our loved ones. One thing it's taught us is sometimes we have to work longer and harder to get jobs done and have great communication to help get others through the tough spots with life or what some are still calling work-life balance. I never put much stock into that because I have always loved what I was doing. If you love something you do then it never feels like work.

I would like to wish all of you a very blessed holiday season!

Chris Beach, Director

The Link Between Dementia and Sleep

by Brooke DeNisco

A British study about the connection between dementia and sleep tracked the sleep patterns of 8,000 men and women for 25 years. According to results of the study published in April 2021, they found that people who slept six hours or less a night during their 50s and 60s were 30% more likely to be diagnosed with dementia than people who slept at least seven hours a night. The average age for a dementia diagnosis was 77. The study did not specify types of dementia like Alzheimer's or vascular dementia.

Study participants self-reported their sleep times for part of the study, but accelerometers were also used to measure sleep times to ensure they were accurate.

One of the study's potential flaws is that the subjects did not represent a perfect cross-section of the population; there was a higher percentage of white and college-educated participants than in the British population.

Researchers admit the possibility that poor sleep is a symptom of dementia rather than a cause of it. There is evidence that Alzheimer's disease and other dementias disrupt people's sleep. But the people in the study did not exhibit any signs of dementia when the study began.

There are several theories about why sleeping less could cause or exacerbate dementia. Brain autopsies of those who suffered from Alzheimer's show plaques formed by amyloid protein. It is possible that the body clears the brain of amyloid protein during sleep. Or, that the body only makes amyloid protein when it is awake. Sleep-deprived people show a higher concentration of amyloid protein in their cerebrospinal fluid. Another possibility is that dementia is a genetic disease, and the same genes that cause it also cause insomnia or just a need for less sleep.

Some people who participated in the study took sleeping pills, but, if they got seven or more hours of sleep a night, they did not develop dementia at a higher rate than people who slept unaided by medicine. It is generally thought that sleep quality goes down when people take medicine to sleep, but that didn't seem to matter.

The results of the study were published in the journal [Nature Communications](#). There has not been a longer or larger study about dementia and sleep.

Julie Smith, Life Enrichment Coordinator

Voting for Employee of The Month

ATTN: Starting Saturday, January 1st 2022. all families can vote for Employee of the Month if you wish. **One Vote Only!** The Voting box will be across from June's desk. Just fill out the employee's name, fold the paper and put it in box. You can only vote for 1 Employee each month. You can not vote for the Coordinators, if you are not sure who the coordinators are. The pictures and names are on back of newsletter. Deadline to submit a vote is Wednesday, January 5th 2022.



Resident Snap shots

