

Meet Our Coordinators



Chris Beach
Director



June Asher
Asst. Manager



Jaci Wilcox
Healthcare Coordinator



Mary Essex
RN Nurse



Nicole Berger
Community Resource Director



Jenna Steffen
Culinary Coordinator



Julie Smith
Life Enrichment Coord.



Chris Monroe
Maintenance Coord.



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



Edencrest
AT BEAVERDALE

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Issue 5

3410 Beaver Ave
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www.jaybirdseniorliving.com

Beaverdale Buzz

The Bistro Is Coming Soon!!

Things have changed at Beaverdale over the past month. We have several new pieces of art for the residents and families to view. Please come and see the beautiful artwork in our 300 hallway. Some more exciting news is we will be opening our bistro. I wanted it to have an Italian feel related to the type of sandwiches and ice cream, we are going to start having available just a few days a week. Please see our menu for additional details.

If you are thinking about looking at assisted living. Please see the comments related to what cares and services are available for your loved ones.

Assisted Living in Des Moines, Iowa

If you or your loved one is experiencing difficulty with the activities of daily living – such as bathing, dressing, or eating nutritious meals – it may be a good time to consider a move into Assisted Living at Edencrest at Beaverdale. Everyone's life journey is different, but everyone deserves great care. Our passionate team of caregivers meets each resident where they are, providing only the level of support they need to remain as independent as possible. Whether you or your loved one needs an occasional helping hand or around-the-clock support, we are committed to helping each resident have the freedom to find more fun and fulfillment in each day.

Chris Beach, Director

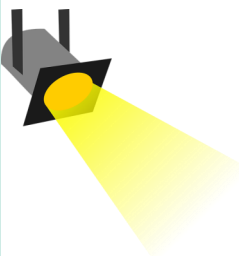
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Resident Spotlight



Norm Vanderzyl, is one of the sweetest men here at Edencrest, and is our Spotlight of the month. Norm was born in Pella and played football tight end at Pella High School for two years. Growing up in a Dutch town was a big deal to Norm, he would dress in costume for the Pella parade and the bakery oh so good! Norm has three children Craig, Todd, and Valerie, 5 grandchildren and four great grandchildren and 1 arriving in June to make 5! Norm served in the Air Force for years, he was stationed in Japan. When asked if he was in combat, Norm laughed and said no, it was a party, always party time there.

Norm married the best lady ever, Jo (Josephine) and they were married for 21 years until her passing. Norm spent time talking about the cruises they would go on, like Cancun. He went on to say, "I'm a lucky man and that she could get along with everyone and cook." "I miss her." As we were talking Norm told me a story that I will make short. I used to drink and smoke but I quit and I'm glad I did. One day I got a call, and it was Jo; she said Norm you got to quit smoking and I said ok, and I never touched another cigarette. As for giving up drinking I decided I was done, and it was that easy. I am a Mason and a Shriner for 35 years, I was a Potentate for the Shriners and every year he would take the guys to Northern Minnesota, Cass Lake, no women were allowed as Norm stated. Norm worked for the Des Moines School in Maintenance, most of the work was outside, for 30 years. When he retired, his son Craig took his position. Norm loves his family deeply and talks about them all the time. Since coming to Edencrest 2 years ago, Norm enjoys Happy Hour with a Mountain Dew and popcorn, which is one of his favorite snacks along with oatmeal cookies. Norm will talk with anyone, if there not a stranger to him.

WELCOME HOME



May Highlights

5/02 Lunch & Story Time w/ Primrose Preschoolers
5/06 Mother's Day Celebration w/ Music by the Lady Birds
5/09 Meals in the Heartland
5/12 Paris France Party
5/13 Piano Music by Pam Avaux
5/16 Story Time w/ Primrose Pre-schooler's
5/17 Lunch Bunch Hickory Park in Ames
5/19 Picnic at Mchenry Park
5/20 Music by Rick Ludwig
5/23 Music by Aaron Wolle
5/27 Cookout -Picnic w/ music outside w/ Tom Hofer / Weather Permitting

Resident Birthdays

5/07 Arden A.
5/16 Helen D.
5/19 Harold A.
5/21 Laurie Q.
5/21 Mae N.
5/23 Ramona H.
5/29 Tom T.
5/30 Joyce J.
5/31 Norm V.



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

National Blood Pressure Month

National Stroke Awareness Month

According to The Iowa Clinic, someone suffers from a stroke every 40 seconds, adding up to nearly 800,000 victims every year and up to 80% of those are preventable. The American Stroke Association has an acronym to identify the warning signs of a stroke; F.A.S.T; which stands for F; face drooping; is their smile uneven?, A; arm weakness; can the person raise both their arms?; S; speech; is their speech slurred or are they unable to talk?; and T; time to call 9-1-1; if the person shows any of these symptoms, it's time to get to a hospital immediately. High blood pressure is the number one controllable risk factor for a stroke. Blood pressure is the force of blood against the arteries and is recorded as two numbers, the systolic pressure; is when the heart contracts over the diastolic pressure; when the heart muscles rest between beats and refill with blood. High blood pressure is when blood flowing through the arteries flows with too much force and puts too much pressure on your arteries; in turn, stretching your arteries past the healthy limit and causing tears, sending the body into an injury-healing mode to repair the arteries with scar tissue. The scar tissue traps substances that make-up plaque and can lead to weakened arteries, blockages, and blood clots. Uncontrolled hypertension can injure or kill you, it's called the silent killer because it has no symptoms. Blockages and blood clots limit the blood to vital organs; without blood, the tissue dies. High blood pressure can be checked, lowered, and controlled, whether your blood pressure is high or normal; normal is 120 systolic and 80 diastolic; you should eat a healthy diet by restricting sodium intake, engage in physical activities, avoid tobacco use, limit alcohol consumption, manage stress and take medications as prescribed.

Jaci Wilcox, Healthcare Coordinator

Life Enrichment News

ATTN

All Families and Friends

On Friday, June 17th 2022

**Beach Party starting at
11:30am-1:30pm**

We will grill out and there will be music and even a game of beach volleyball and we'll try our hand at building a sand castle. OH My! To top it all off we will have a dunk tank!!

I wonder who the lucky person will be to sit in the dunk tank come and find out!

**RSVP By Monday June 6th 2022
to Julie Smith Life Enrichment Coord.**

Parking will be in the back of the building!!



Rocking Chair Therapy and Dementia

By Ava M. Stinnett

What draws us to a rocking chair? Whether it's seeing an empty glider on a comfy front porch or a rocker in a child's nursery, there's an almost audible calling to sit and enjoy the comforting back-and-forth motion. Perhaps it hails from our initial development in the womb, where the rhythm of our mother's movements stimulated blood flow and a sense of calm, much like the sensory stimuli attached to gentle waves against a boat.

We know that a rocking chair can soothe a fussy baby, but how might using a rocking chair benefit those with dementia? Two studies from the University of Rochester School of Nursing found that the repetitive action of using a rocking chair helped ease tension and behavioral disorders, improved balance, increased muscle tone, and reduced the need for pain medication.

In the studies, nursing home residents diagnosed with dementia due to Alzheimer's disease or other causes rocked for half an hour to two and a half hours each day, five days a week. Participants who rocked the most showed more improvement in psychological and emotional well-being. Nancy M. Watson, Ph.D., RN, who conducted the studies, said that "a gentle repetitive motion has a soothing effect. Participants could rock away their anxiety and depression. The participants required less medication, and their balance improved as well. Further benefits included a happier nursing home staff. And families of rocking seniors were happier because their loved ones were happier."

One of the reasons for reducing pain could be that the gentle exercise of rocking might release endorphins and improve mood. Further, it is believed that the spinal cord can work in only one direction at a time, so when the brain is sending motor impulses down the spinal cord to make the legs rock the chair, pain impulses from the back are blocked and prevented from reaching the brain. Then, muscles in the lower back relax. Orthopedic surgeons often recommend rocking to improve strength and flexibility in the knees and hips.

Whether it's a traditional rocker or a glider, you'll want to use a chair that has a solid foundation and a comfortable seat. To maintain or improve physiological relaxation, use a chair that allows the participant's feet to reach the floor comfortably. Observe to see whether they can easily sit down and rise from the chair—with or without help. You might want to gauge the amount of time spent in the chair, slowly increasing the time spent rocking based on beneficial secondary results such as reduced agitation, better sleep, and better pain management.

Sources

Houston, K. (1993). An investigation of rocking as relaxation for the elderly. *Geriatric Nursing*, 14, 186–189.

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Watson, N. M., Wells, T. J., and Cox, C. (1998). Rocking chair therapy for dementia patients: Its effect on psychosocial well-being and balance. *American Journal of Alzheimer's Disease & Other Dementias*, 13(6), 293–308.

Julie Smith, Life Enrichment Coordinator

Resident's Snapshots



Resident Snapshots

