### Meet Our Coordinators



Sarah Rokey

Director



Mary Essex

RN Nurse



June Asher

Asst. Manager



Community Resource Director



Ashley Cunningham

Healthcare Coordinator



Susan Babcock

Jenna Steffen

**Culinary Coordinator** 



Melissa McDonald

Life Enrichment Coord.



Chris Monroe

Maintenance Coordinator





### December 2022

### Volume 4

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



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Issue 12

# Beaverdale Buzz

# **Merry Christmas!**

Where has the time gone? This has been a great year! So happy to see the faces of our families and staff. Learning what everybody looks like again. I know the residents are very happy about it! A smile says so much.

Our Christmas Dinner will be December 17th, if you would like to join your family please let June or Sarah know, so we can make arrangement by December 7th. Please bring a gift for you loved one to open on December 17th for Christmas Party. Please give gifts to Melissa, Sarah or June. If anyone would like to adopt a resident ,please contact Melissa

Are you planning to take your loved one out of the building for holidays again, please let Sarah or June know.

Being with family for the holiday means so much to our residents. It brings joy and happiness to all. It melts their heart like marshmallows in Hot Cocoa. Lets take this walk through this winter wonderland and rejoice.



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### **Activities**

I just wanted to remind everyone, that outings may be cancel due to weather. Our priority is keeping the residents safe.

I encourage all the residents to join us for crafts, games, music and more that we offer. It's a great way to meet and make new friends.

If residents or families have any suggestions on what you would like to make or do, I would like to hear them.

Thank you Residents for your suggestions, and everything you do! Your most appreciated

We have some exciting new activities this month, can't wait to see how it goes!

If you are looking for gift ideas for your loved ones, here's an idea. We have a massage therapist that comes in. There is a sign up book by the activity room. Her name is Erin and she is fantastic. Any questions, ask Melissa and she can give you more details.

Life Enrichment Cord.

Melissa McDonald

# Safety 1st

We do everything we can to make you safe from falls when walking outside. Our Maintenance Dept. will help keep the snow and ice off of the sidewalks and entry ways. We have a crew that comes out and plows the parking lot for us.

When going out with loved ones, please make sure they have coats, hats and gloves to keep them warm.

Visitors, please if you are sick, wear a mask. If you are really sick, stay at home. We want to keep our residents healthy as can be.

## **Open House**

Thank you to all our families and friends who came out and celebrated! It was a great way to meet our new residents and their families. Music by Side by Side was awesome! Thank you so much for entertaining us. Thank you Molly's for the wonderful sweet. Another thank you to all the staff that helped also! You are amazing.!





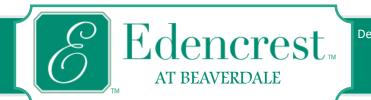




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**Resident Spot Light** 



Meet Don Eslinger , he's been with us for 3 years now. Don is a man of

few words, but when you're talking about fishing, hunting, or gardening, he knows a thing or two. Don loves to read, watch the news, the stock market. Don loves to be outside, no matter the weather. He has a great sense of humor, but also is very serious. Don will sit and do jigsaw puzzles and crossword puzzles. Get to know him with a cup coffee or two. Don is very proud of his orchids that is grows. They are beautiful! During the summer, he will help grow veggies and flowers. He loves sunflowers and tomatoes and will pick them and say "Here these are for you!"

#### **WELCOME HOME**

#### Ken Gilchrist



### **December Highlights**

12/2 Music: Noted 4 Quartet

12/5 Holly Jolly Lights

12/6 Holly Jolly Lights

12/7 Holly Jolly Lights

12/10 Roosevelt High School

12/11 Music by Tom Hofer

12/13 Music w/ Jim Quayle

12/15 Music w/ Party of 4

12/16 Piano w/ Pam

**12/17 Christmas Party** 

12/20 Flute Playing by Valerie

12/24 Music w/ Cynthia

12/27 Town Meeting

12/28 Music/Massage w/ Jean Blum

12/31 New Years Eve Party

12/31 Music w/ John Carr

### Resident Birthdays

Jim Thomas 12/4

Lucille Hudson 12/8

Lois Schreck 12/9

Martha Holloran 12/10

Lawrence Quijano 12/10

Mary Baas 12/14

Carol Briggs 12/15

Mike King 12/15

Marilyn Gill 12/18

Bob Ellis 12/21

Sandy Kelley 12/24

Edna Underwood 12/24

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

Any Questions Call Sarah Rokey

Director



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# **Happy 5th Anniversary!!**



Sawson has been with us for 5 years this month! We have watched you become more beautiful then you already are. She started with Edencrest as a dietary aide and housekeeper, after a couple years only housekeeping and she is our weekend gal that does laundry. We've watch her grow her family within this 5 years, and we are so happy for you. Sawson is quiet person, but her smile says so much about her. Everyone likes her. When you see her say hello. Thank you for all your hardwork and dedication!!

Melissa McDonald

Life Enrichment Coordinator

