



# Edencrest™

AT RIVERWOODS

## April 2017 Newsletter

**Happy Hour every Thursday starting at 3:30pm!! Bring your friends and family!**

Thursday April 6th 3:30PM :

Music with Vickie Harbert

Saturday April 15th 12PM :

Easter Brunch

Saturday April 15th 3:00PM:

Easter egg hunt

Thursday April 20th 3:30PM :

Senior Singers

*Community Coordinators*

*Community Manager*

*Linda Judkins*

*Riverwoodsmanager@edencrestliving.com*

*Nurse Coordinator*

*Guy Page*

*Riverwoodsnurse@edencrestliving.com*

*Community Relations Coordinator*

*Makenzie Moburg*

*welcome@edencrestliving.com*

*Life Enrichment Coordinator*

*Eddie DeHoyos*

*Riverwoodslec@edencrestliving.com*

*Culinary Coordinator*

*John Dayton*

*Riverwoodsculinary@edencrestliving.com*



## Spring is in the Air

Makenzie Moburg

As the temperatures begin to rise and the days become longer, spring is in the air. This time of year beckons blooming flowers, chirping birds and a little cleaning. Consider these tips to refresh your apartment this spring.

In the past, spring cleaning was used to scrub the muck from wood-burning stoves and candles that had been used all winter. Now, this time is for cleaning out closets, opening up windows and getting rid of extra items that you have accumulated but don't really need. Though today's process is different, the feeling of new beginnings remains. Keep these suggestions in mind to help you spruce up your home:

### 1. Plan it

Too often people may begin a project without really planning it out, which can lead to chaos. Spring cleaning is the same way. Before you and a loved one get down to business, it's important to create a schedule. Depending on how much you have to do, you may want to break up the cleaning into a few weekends, or you could do it all in one day. Regardless of how you break it up, developing an efficient schedule that everyone is on board with can make the process a lot easier.

### 2. Make a to-do list

Writing out a list of all the tasks that need to get done can make things go more smoothly. There are some things that we can help you with; looking through your medicine cabinet, checking light bulbs and reducing tripping hazards to prevent any accidents from happening. It also may be time to install certain products designed to help you around the home, such as grab bars.

### 3. Recruit friends and family

Sometimes spring cleaning can't be done with just two people. Contact family, neighbors or friends to see if they're available and willing to help. Having extra hands can make the process go more quickly and efficiently.

### 4. Look toward the future

Discuss easy ways to pay bills on time, such as setting up automatic payments. You can also go over methods of organization or reminders to take medication. That way, you can ensure that your work will not go to waste in the future. It'll also make next year's spring cleaning session easier.

Here at Edencrest at Riverwoods, there are frequent safety checks to make your apartment is in a clean and safe condition. If you need help with any of your spring cleaning needs, be sure to let us know!



# St. Patrick's Day Party !





# *Culinary Corner With Chef John!*

Greetings Edencrest and welcome to this month's instalment of The Culinary Corner. It is getting close to that time where we turn on the grill , listen to the birds chirp , while in the distance hearing a neighbor mowing his lawn. You can actually smell the cut green grass. But for now the grill is smoking which means it's time to bbq and Fire up the grill! Not only is it spring and before you know it , It will be summer, but there are some healthy reasons why you should add grilling to your dinner menu.

Excess fats drip off meats and cook away leaving less fat in the food itself

Vegetables retain more vitamins and minerals

**The high heat from the grill seals in moisture and keeps food tender so there's no need to add oil or butter in the cooking process and you're less likely to add more sauces or other condiments – thereby reducing calories**

Meats retain more riboflavin and thiamine which are essential vitamins

These are great reasons to start grilling this Spring and summer and add some healthy eating habits to our ever changing diets. Besides, who wants to spend the summer cooking in a hot kitchen? Not this Chef.. so your friendly neighborhood Edencrest culinary department plans on incorporating some more grilled foods on the menu in the upcoming months. So if you see me out side grilling on the bbq, Feel free to come on out , pull up a chair and tell me a story or two.

Keep in mind though, not everything is healthy just because it was cooked on the grill. And adding unnecessary toppings like butter, sour cream or sauces just adds calories and fat to an established healthy plate.

Until Next Time.. thanks for reading the culinary corner.

If you have any ideas or suggestions , please feel free to let me know.

**Don't forget every Wednesday** in the library We have our Culinary/Resident meeting with Eddie and MySelf at 3pm

**It's a chance for your voice to be heard and to share your ideas. Until Next Time..**

*John R. Dayton*

**Culinary Coordinator  
Edencrest at Riverwoods**

2210 East Park Avenue

Des Moines, Iowa 50320

# *A message from our manager*

*Linda Judkins!*

## **April**

A lot can be said For the Month of April.

Birthstone is a diamond, and the flower is a daisy.

April 1<sup>st</sup> of course is April Fools. We can all remember trying as kids to get someone with our crazy tricks. April Fool's Day is celebrated around the world as a day of practical Jokes, and general silliness. I can remember calling people and asking "is your refrigerator running?" and of course they would say yes, and the reply from me would be ok you better go catch it. Or the one where we called the Zoo and asked for Mr. EL. E. Phant. Of course didn't take long for the zoo to catch on to that one. Ok all you who say that is terrible but I bet you have some joke you tried!! Sounds so silly now but at the time we all had great fun with it.

"April Showers bring May Flowers" I think we have all heard this saying before growing up. But I never realized how this saying got started. It started actually in the 1500's, by a man named Thomas Tusser. It is a short phase of a poem. It is a reminder that even the most unpleasant things of heavy rains in April can also bring enjoyable abundance of flowers in May. "April Showers bring May flowers" can also be a lesson in patience.

Palm Sunday on April 9<sup>th</sup> and following Easter on the 16<sup>th</sup>.

Easter is always a special time for families to get together and of the children are all excited about the Easter Bunny. Easter Sunday for me was a big deal as we (well my parents and grandparents) prepared long in advance. Of course we all got new shoes, and clothing for that special day. Even in my day we wore Easter bonnets. Boy did we think we were something. After church we all got ready for the big Easter egg hunt with Aunts, Uncles, and cousins. Course while we were all eating all the sugar the parents were preparing a big Easter Day feast. And we had all made ourselves all most sick from the candy. I always had one cousin who would dare us younger ones to see how much we could stuff in our mouths.

Have a super April!!!

# Edencrest at Riverwoods Annual Easter Egg Hunt

Saturday, April 15<sup>th</sup> At 3 P.M.

This event will follow our Easter Brunch!

Bring Your Own Basket!

All ages welcome!

Treats and refreshments will be provided!

For more information, please contact  
Eddie DeHoyos Life Enrichment coordinator

515-288-4040 ext. 206 or

[riverwoodslec@edencrestliving.com](mailto:riverwoodslec@edencrestliving.com)

# *Health Talk with Our Nurse*

*Guy Page*

*Sleepy*

*In recognition of Sleep awareness, April has become national sleep awareness month.*

The alarming number of seniors with sleep disturbances is growing. Just about the time you thought you were through the difficulties of being a family with little ones running around and keeping you from getting good healthy sleep comes the medical conditions growing older can bring.

Raising little kids is exciting and fun, but it's also incredibly challenging—especially when it comes to sleep. The first year of new parenthood tends to be the sleepest, as a new baby develops the ability to sleep longer stretches and adjust to the schedule and flow of the household. Even after the first year, kids' illnesses, nightmares, separation anxiety, early rising patterns, and more can make healthy and consistent sleep difficult for parents.

So as seniors it is so very important, to develop some healthy sleep as well as day time practices in life. To cope with sleepiness during the day, take walks to get sunlight and fresh air just try to stay active and keep your brain stimulated with conversation, puzzle books or games.

Just a few small suggestions for April sleep awareness month.



Twila Hadden  
Larry Lukenbill  
Judy Ripperger



Joan Janes 4/8  
Jo Rhoads 4/8



*We're rolling out the Red Carpet for you!!!*



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