



Edencrest™

AT BEAVERDALE

3410 Beaver Ave | Des Moines, IA 50310 | 515-777-5105 | EdencrestLiving.com

*"Assisted Living and Memory Care Excellence."*

*Beaverdale Bulletin*

*Beaverdale Bulletin*

**May Construction Update**

The Edencrest at Beaverdale Retirement Living Community is moving forward nicely and we are looking forward to the warm summer weather to help kick things into high gear. The building has been framed and the roof is complete. The windows are in and the front drive is starting to take shape. This means that it is time to start to take a look and choose your apartment before it is gone. Edencrest at Beaverdale will be offering a wide range of services that will focus on making your aging years, your ageless years. We have planned a host of activities, events, outings as well as great menus! Schedule your tour today!



**SCHEDULE A TOUR!**

We are now available to meet with you one-on-one to discuss possible apartment options for yourself or a loved one! With two existing locations in southeast Des Moines and Johnston, tours are also an option. For more information or to reserve an apartment, please contact **515-777-5105** or [www.welcomebd@edencrestliving.com!](http://www.welcomebd@edencrestliving.com)

**UPCOMING INFORMATIONAL MEETINGS:**

*Grounds for Celebration*  
2645 Beaver Ave, Des Moines, IA  
-May 17th @ 6:00 PM

*Christopher's Restaurant*  
2816 Beaver Ave, Des Moines, IA  
-June 13th @ 10:00 AM  
-July 11th @ 3:00 PM

## Importance of Developing an Aging Plan

Most of us have thought about how and where we'd like to live if we get to the point in our lives when we can no longer take care of ourselves independently. Yet, when a loved one gets to that point, many of us are mired as to what needs to be done.

These changes can occur so gradually that we fail recognize them. Changes such as Mom neglecting to take her medications regularly, Dad being unable to manage his bills anymore, Grandpa has been falling recently. When unexpected incidents occur, like a fall requiring a hospital visit and rehab, we are even more unprepared because the decisions must be made quickly.

Granted, this is never an easy conversation to have with your loved ones, the "talk" should include your loved one's vision and expectations for their aging years, as well as the ability of family members to provide care. Discussion topics should include the extent to which your loved one's will need support. While most individuals don't want to be a burden to their families, many of those same individuals want to stay in their home for as long as possible. Care opportunities outside of friends and family can lessen some or all the burden during this time. Unfortunately, the emotional strain can make it difficult to explore outside options.

Retirement Living is an option that is sometimes disregarded when a loved one seems to be in a tough situation. This housing option provides an opportunity for individuals to age in place, while maximizing quality of life. Edencrest Communities provide seniors safety, independence, privacy, meaningful and engaging activities, and (most importantly) continuous support. Our communities can provide support for basic activities of daily living and health care services, while also offering housekeeping, laundry and medication management. Edencrest at Beaverdale will provide an enriching and engaging environment, that can keep your loved one active and involved in a community setting. Residents are invited to fully participate in the life of the community and are reinforced in their personal choices for leisure activities.

When having the "talk," is it important to discuss all the options. Be sure to get out and visit different Retirement Living communities. Having your loved one involved in this decision will ensure that, if the time comes, the decision will be one that allows them to thrive in their later years. At Edencrest at Beaverdale, we will strive to be the perfect fit for your family and provide peace of mind, days of happiness and a sense of dignity for all who call our community "home."

## JOIN OUR E-MAIL LIST!

Keep apprised of all the latest updates and information regarding Edencrest at Beaverdale (and any of the other Edencrest Communities) by contacting us at **515-777-5105** or **welcomebd@edencrestliving.com**. We send out regular updates regarding the building's progress, informational events and celebrations!

