

July Horoscopes and Birthdays



Notable Quotable

“I got a part as a chorus girl in a show called Every Sailor and I had fun doing it. Mother didn't really approve of it, though.”

~ James Cagney, actor

In astrology, those born between July 1–22 are Cancer's Crabs. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of harmony at home and in the workplace. Those born between July 23–31 are Leo's Lions. Lions are the “kings” of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting family and friends first.

Jim Agnew - July 23rd
Mary King – July 28th



To the Staff, RA's and Residents of Edencrest Green Meadows,

My heartfelt thanks to all of you, for your hugs, concerns and blessings. A special thanks for the Edencrest van for bringing residents to Gene's services.

I am where I want to be amongst caring and loving people.

Ruth



Edencrest at Green Meadows

July 2017



6750 Corporate Drive, Johnston Iowa
515.207.1984

Celebrating July

Blueberries Month

Independence Day (U.S.) July 4

The Story Teller July 12

Mike Lazano Music July 18

Steve Howard Music July 25

The Swingers! Edencrest's Bean Bag Baseball Team

It's not an unusual sound to hear hooting and hollering at Edencrest on Thursday afternoons. This is when you can find the Edencrest Bean Bag Baseball Team, The Swingers, practicing their bean bag skills.

The team participated in the Des Moines league this spring. They hosted several teams and travelled out of town to participate. The overall team record was 6 wins and 2 losses. Their season ended with a day of participation in the “World Series Bean Bag Baseball Tournament” held in West Des Moines. Although, the team did not place in the World Series they had a great day!

The team is always looking for more players! If you are interested in

watching or participating stop by on Thursday afternoons at 3:00 pm.



Joe, Ruth, Jim, Caroline, Jane, and Bill. Not pictured but missed dearly and was a huge part of the team – Gene S.



The Sound of Silence

July 10 is a holiday that does not require any hullabaloo or merrymaking, for it is Silence Day. On July 10, 1925, the Indian spiritual leader Meher Baba began his 45-year-long vow of silence. On this day, we are challenged to maintain 24 hours of silence.

Meher Baba believed that humankind had become deaf to God's teachings of humility,

purity, and truth. He dedicated his life to silence, which was a powerful reminder to all to remember God's teachings. Meher Baba himself believed that he was the Avatar, or God in human form. He practiced his spirituality by silently praying, fasting, and working with lepers, the poor, and the mentally ill. Meher Baba, through silence, left a loud and clear message about the importance of goodwill and peace toward all.

Dare to Dream – John Pierson

John Pierson has a love for music! Not only will you find John enjoying the sounds of music he was once an avid guitar player. John not only played guitar he also wrote his own music. When classical guitarist, John Bianchi was set to entertain it was the perfect opportunity to make sure John Pierson was up front and center and make a dream come true for his love of guitar music!



Jazz in July Sunday, July 23rd

Jazz in July is scheduled for Sunday, July 23 from 5:30 to 8 p.m. at Terra Park, located at 6300 Pioneer Parkway. Jazz in July is a month-long festival that celebrates jazz and art with free outdoor concerts across the Des Moines metro. Each concert is billed by

Metro Arts Alliance as a mini festival experience complete with vendors with local artists, children's activities and food and drink vendors. Bring a cooler, lawn chairs or blanket and join us for a beautiful night!

We will depart from Edencrest at 6:00 pm.

Residents Bi-annual Meeting July 12th

The Annual Resident's Meeting will be held on Wednesday, July 12th at 10:00 am. Please bring any questions or concerns.



Farmers Market Outing

The Johnston Farmers' Market is held every through early October. We will depart Edencrest at 3:15 pm and spend an hour checking out all of the vendors and a wide selection of locally-grown produce, beautiful art, household items, garden accessories and delicious baked goods!

Reasons to shop at your local Farmer's Market!

1. Farm fresh: Fruits and vegetables you find at the grocery store are often several days old before they even reach the produce aisle. Farmer's market produce, on the other hand, is nearly the antithesis of grocery store fruits and vegetables. In most cases, the owner of the stand picked it just that morning, so you know the food is as fresh as you can get it outside of growing it yourself.

2. Organic and non-GMO: Many farmers participating in local farmer's markets use organic methods to grow their produce. Organic farming is better for the soil, the environment, and your body.

3. Seasonal: Some nutritionists and scientists suggest eating seasonally available foods is better for your body, because humans ate seasonal produce for thousands of years before refrigerated shipping changed all that. Lighter fruits and vegetables are available seasonally in

the spring and summer, while heartier winter vegetables like squash and parsnips provide sustenance for the cooler autumn and winter months.

4. Ripe: Offerings at the farmer's market are generally picked at the peak of their ripeness when the plants' natural sugars are at their peak. Eating produce when it is ripe not only tastes better, but it also provides the best nutrition possible.

5. More nutritious: One look at the vivid colors of produce found at the farmer's market, and you'll be able to tell just how nutritious the fruits and vegetables are. Compare that to produce at the grocery store, and you'll see that the supermarket fruits and vegetables pale in comparison. Vivid colors in fruits and vegetables are a reflection of the nutrients they contain.

6. Tastes better: Try this. Buy a tomato from the supermarket and a gorgeous heirloom tomato from the farmer's market. Now taste them side-by-side and see what you think. Produce from the farmer's market almost always tastes better. difference in flavor and texture.

7. Social: The farmer's market is a great place to gather. Visiting is a fun family activity, and you can meet members of your community.

