



"Assisted Living and Memory Care Excellence."

Beaverdale Bulletin

September Construction Update

This month is going to be very busy for the Hubbell crew. As you drive by the community you will notice that the Beaverdale brick is up and looking beautiful. Newly poured sidewalks from the front to the back the exterior is changing every day. Inside the building you will find that the paint is on all of the walls. The cabinets are in place and the flooring in the apartments are nearly completed. They are putting the final touches on the trim work and railings. We are still on schedule to open on November 1st 2017. We just started taking reservations. Don't miss out on securing your apartment today!

SCHEDULE A TOUR!

For more information or to reserve an apartment:

Contact us at 515-777-5105

www.welcomebd@edencrestliving.com

Check out our Monthly move in specials!

Did you know that a \$200 deposit will secure an apartment of your choice today? Any deposits accepted by Sept 15th we will Waive the Lifestyle fee/ Fixed Rent for 2 years / \$1500 for 3 months and 20 guest meal coupons. Call Sam today at 515-777-5105.



Edencrest™

AT BEAVERDALE

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

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UPCOMING Events:

Merle Hay Mall—Free Blood Pressure and vitals clinic

September 12th and 20th

Time: 8am-Noon

Beaverdale Fall Festival Parade

September 16th Edencrest will take part in the parade with a bus and a float.

Sneak Peak after the Parade

September 16th After the parade we will be opening up our Southeast side of our community to take a sneak peek in a couple of apartments. 10am-1pm

Informational Meeting

When: September 26th

Location: Christopher's Restaurant 2816 Beaver Ave, Des Moines, IA

Time: 10:00 AM

Open House (Dusty Shoe)

When: October 1st 2017 we will be opening up the entire building for tours.

Location: 3410 Beaver Ave, DSM, IA 50310

Time: 1pm– 3pm



September is World Alzheimer's Month. Alzheimer's affects millions of people in the United States every year, and millions more around the world. What may start out as simple forgetfulness can lead to other signs, such as: Trouble focusing, difficulty in performing otherwise simple tasks, feelings of confusion or frustration, dramatic mood swings, and trouble concentrating. Although Alzheimer's disease mostly affects those over the age of 65, it is not part of the natural progression of aging. There are no conclusive studies showing anything can completely prevent Alzheimer's, but three things (among others) are shown to decrease your risk of developing Alzheimer's:

Diet– As with many things, a healthy, balanced diet is important for all sorts of body functions, to include the brain. A significant food source linked to the prevention of Alzheimer's is Omega-3 Fatty Acids, which are found in walnuts, flax seed, and fish. Elimination or decrease in cholesterol and high saturated fats also assists in decreasing the risk of Alzheimer's.

Exercise– Like with diet, a physically active lifestyle improves many things. Being physically fit does not mean you have to run a marathon or join a gym. Look for little ways to increase your heart rate a few times a week: Take the stairs, park farther away at work or stores you frequent, or stretch every morning. Most any physical activity is good physical activity!

Mental Stimulation– As Alzheimer's is a brain disease, it is important to keep your mind stimulated and active. If you have a work or personal lifestyle that does not embrace creativity and problem solving, try developing a hobby that allows for such stimulation. The more you exercise your mind, the lesser chance you'll have in developing Alzheimer's later in life.

You own your own body and your own health. It is important to take care of yourself as you age. Eat healthy. Be active. Stimulate your mind

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](mailto:welcomedb@edencrestliving.com). We send out regular updates regarding the building's progress, informational events and celebrations!

Now Hiring

Edencrest will be hosting job fairs at:

VFW #9127 4029 Urbandale Ave, DSM, IA 50310

Date: October 3rd 11-6pm

Urbandale Library 3520 86th St, Urbandale, IA

Dates: September 28th and October 5th from 11am-5pm

Call Sam for more Details: 515-777-5105



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