



# Edencrest™

## AT RIVERWOODS

# September 2017

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

**Wednesday September 6th 2:00PM**

**Blank park Zoo coming to visit**

**Monday September 11th 12:00PM**

**Outing to the Blank Park Zoo**

**Wednesday September 13th 5:00PM**

**Help stop Alzheimer's Cook Out**

**Thursday September 14th 3:30PM**

**Music with David Gray**

**Thursday September 28th 3:30PM**

**Music with Joe Klinfelter**

### *Community Coordinators*

#### *Community Manager*

*Linda Judkins*

*Riverwoodsmanager@edencrestliving.com*

#### *Nurse Coordinator*

*Guy Page*

*Riverwoodsnurse@edencrestliving.com*

#### *Community Relations Coordinator*

*welcome@edencrestliving.com*

#### *Life Enrichment Coordinator*

*Eddie DeHoyos*

*Riverwoodslec@edencrestliving.com*

#### *Culinary Coordinator*

*John Dayton*

*Riverwoodsculinary@edencrestliving.com*

# We had a lot of fun at Reiman gardens!



# A word from our nurse

## Guy Page

*Immunization's aren't just for kids*

Immunization, or vaccination, helps prevent dangerous and sometimes deadly diseases. Immunization isn't just for kids — to stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get vaccinated too.

August is National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots.

**How can National Immunization Awareness Month make a difference?**

We can all use this month to raise awareness about vaccines and share strategies to increase immunization rates with our community.

We will soon be offering Flu shots here at Edencrest so as you are preparing for fall thinking about the soon falling leaves and all the colors of fall. Also remember your health and the role immunizations play. Whether it is the Flu, Pneumonia or a number of others, *VACCINES SAVE LIVES.*

# A message from our Manager

**Linda Judkins**

Can't believe September is here, and winter is just around the corner. Seems this month is always the end of summer and autumn begins. There are several September Facts such as Labor Day being the most popular day in this month. But here are some other known facts of September:

9/1/1830 "Mary had a little Lamb" was made popular

9/2/1666 was the great Fire of London

9/11/2001 of course most of us remember this horrible day for the United States as our country was under attack. 3000 people lost their lives that day.

Grandparents Day is celebrated the first Sunday after Labor Day

The Gem for September is the Sapphire, and flowers are the Forget Me Not, Morning Glory and Aster.

Labor Day was first declared and observed in 1882 by President Grover. Labor Day is observed on the First Monday of the month of September. It was created to give the working Americans a day off from work and to recognize hard work by all Americans.



We will be hosting our monthly Alzheimer's/Dementia support group every 1<sup>st</sup> Thursday of the Month starting September 7<sup>th</sup> from 6-7 PM in the library.

Guest speaker Will be Brendan McKnight from SUNCREST HOME HEALTH AND HOSPICE

This meeting is for anyone who has a loved one Dealing with this disease it will help you better understand the Various stages of the disease

If you have any questions please contact

Eddie DeHoyos

Life Enrichment Coordinator, EDENCREST AT RIVERWOODS ASSISTED LIVING AND MEMORY CARE

PHONE: 515-288-4040 ext. 206 or

Email: [Riverwoodslec@edencrestliving.com](mailto:Riverwoodslec@edencrestliving.com)



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AT RIVERWOODS

We will be hosting a BBQ on September 13<sup>th</sup> Starting at 5 PM to Raise money to stop Alzheimer's we will be serving Smoked Pork Ribs Baked Beans Potato salad and dessert all proceeds will be going to our local Alzheimer's Association

This dinner is open to the public and there will be a charge of \$12.50 per person, so please come join us for a great meal and help support a worthy cause!

Please RSVP with

Eddie DeHoyos (LEC) At 515-288-4040 ext. 206

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

# Culinary Corner with Chef John !

Hello residents of Edencrest! And welcome to another fantastic installment of the “culinary corner” with Chef John! Another year has flown by in the beautiful halls of Edencrest. It certainly has been an interesting year for all of us. We’ve had our ups and downs , lost some cherished loved ones along the way and gained some new and exciting friends to live with us in our community , the Edencrest train keeps on moving and growing in positive directions. I would like to thank all of you for coming to our weekly culinary meetings on Wednesdays. They have been exciting.

Speaking of excitement!! Our weekly BBQ day “BBQ Fridays” has definitely been a popular day. Eddie does a fantastic job on that grill , we call him “the grill master” and honestly there is no other place he’d rather be.. he loves to grill. We seriously cannot keep up with the demand of this BBQ trend since we started it... ha ha ha . I think we have just about grilled everything under the sun. Eddie , Sean and myself meet weekly to discuss our planning for this day and “what we can grill next” if you have any ideas or anything new and exciting you would like to try out and think our community would enjoy. Please let us know.

We are still doing our weekly resident meeting with myself and Eddie where we get your (The Residents) input and instant feedback of what food items are being liked , disliked and special requests for future menus. We would still like to very much encourage you to come and participate. Also keep in mind that our banking class provides the fresh baked goods for this meeting so you don’t want to miss that. Until next time!

That’s it for now! see you next month from the culinary corner!

*John R. Dayton*

**Culinary Coordinator**

**Edencrest at Riverwood's**

2210 East Park Avenue



Keven Anderson  
Christina Anderson

Marlene Gale 9/22  
Sandra Loomis 9/26



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



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