



Edencrest™

AT SIENA HILLS

451 SW Ankeny Rd | Ankeny, IA 50021 | 515-776-6325 | EdencrestLiving.com

“Edencrest is Excellence.”

Siena Hills Star

Siena Hills Star

UPCOMING EVENTS!!

There is a lot to be excited about at Siena Hills! Please meet our staff and hear about our excellent care at one of our upcoming events:

Aug 27, 1-3pm: Dusty Shoe Open House at Siena Hills

Aug 30, 8:30-10:30am: Info Meeting at Café Diem in Ankeny

Sep 6, 11am-6pm: Job Fair at DMACC, Building 22

Sep 14, 11:30pm: Ankeny Senior Center Info Meeting

Oct 1: OPENING!!

Nov 15, 4:30pm: Ribbon Cutting (4:30pm)

Are you interested in our money-saving move-in specials? Turn to Page 3 to learn more!!



Edencrest at Siena Hills is on track for an October 1st opening, and we can't wait to share our Ankeny retirement living community with you! Our 44-apartment community will offer 24 apartments of Independent/ Assisted Living and 20 apartments of Closer/Memory Care. Did you know that you can set up a tour at one of our existing communities in Southeast Des Moines or Johnston to get an idea what Edencrest at Siena Hills will offer? We invite you to call 515-776-6325 or email welcomesh@edencrestliving.com to discuss how Edencrest at Siena Hills can make the best of your retirement years!

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MEET OUR LEADERSHIP TEAM!

Please meet our leadership team!

Joe Earp is our new Community Manager. He is a military veteran, and was born and raised in Ankeny. He lives in the Prairie Trail District with his wife, Marci, and five (yes five) kids; Toby (13), Riley (10), Isaac (7), Sophie (3), and Penelope (1). And yes...he is related to Wyatt Earp.



Lisa Weatherwax is our Health Care Coordinator. Also from Ankeny, she loves photography and showing horses. She has a 20 year old daughter studying Biology at Iowa State, and is herself graduating with her Masters of Science in Nursing by the end of the year. She is excited to join the Edencrest team!



Lauren Young is our Community Relations Coordinator. She graduated from Ankeny High School and Iowa State University. She has a 3 year old son named Kohen, and loves traveling, trying new restaurants, and live music. She is looking forward to being out in the community; be sure to say hi!!



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Live 2 B Healthy is a fitness program designed specifically with our seniors in mind. This tailored program allows seniors of all levels and ages to support a healthy lifestyle, while enjoying the social aspect of group fitness activity. This program encourages increased abilities in balance, mobility, and strength...not to mention fun! Edencrest at Siena Hills is proud to offer the Live 2 B Healthy program to all our residents at no cost!

Take advantage of our wonderful move-in special!!



Be one of the first to reserve your apartment at one of our Retirement Living Communities currently under construction and get exclusive opportunities!

First 10 Deposits

Waived Lifestyle Fee | Fixed Rent for 2 Years
Choice of Paint Color in Apartment | 20 Guest Meal Coupons

Deposits 11-20

Waived Lifestyle Fee | Fixed Rent for 1 Year
10 Guest Meal Coupons

Deposits 21-30

Waived Lifestyle Fee | 5 Guest Meal Coupons

Save an additional \$1,500 each month for the first three months when you put in your deposit by September 15th!



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.