



Assisted Living, Closer Care & Memory Care

Beaverdale Bulletin

October Construction Update

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! As you drive by you should notice that most of the landscaping has been completed. We are now able to tour at this building. Hubbell is working on the final touches inside the building. The carpet is starting to be laid down the hallways. The punch list has been started on the apartments that have been reserved first. During our "Sneak Peek" after the Parade the future residents were able to see the progress of their apartments. All are very excited to be moving in a month!

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 Oct 30th we will Waive the Lifestyle fee/ Fixed Rent for 2 years / \$1000 for 3 months and 20 guest meal coupons. Call Sam or Nathan today at 515-777-5105.

SCHEDULE A TOUR Today!

For more information or to reserve an apartment:

515-777-5105 www.welcomebd@edencrestliving.com



Edencrest™

AT BEAVERDALE

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

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UPCOMING Events:

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

Community Days at Valley West Mall

We will be hosting a vitals clinic and informational booth

Friday Oct 6th 7am- Noon

Saturday Oct 7th 11am-9pm

Sunday Oct 8th 11am-6pm

IPOST training at DSM East side Senior Center

Oct 12th from 1030- Noon

IPOST training at Polk County Senior Center

Oct 19th from 1130am- 1pm

Business Professional Open House / Ribbon Cutting

Oct 25th 5pm-7pm

Moving into an Assisted Living?

By: Sam Patterson

All your life you have been saving up and accumulating stuff to assist you in your daily living routines. Thinking about having to move into a smaller space is somewhat frightening. Even if you are moving into a beautiful community that will supply all your needs. So, what do you do with all your stuff? Downsizing is a term that is often used to wean ourselves from those possession we are no longer using. My mom loves to hold onto stuff because we didn't have much growing up. This process can be daunting and even overwhelming to most.

My parents had six kids growing up. During our peak years it seemed we didn't have enough stuff or enough room to grow. We eventually moved into a bigger house that could support us through our high school years. Now that everyone has moved out. My parents are left with a big house to take care of and maintain. Eventually, they will need to move into something more manageable. How can I help my parents with this downsizing effort?

First, be compassionate. There are a ton of memories that they are holding onto. Yes, even that broken lamp that has not worked for 20 years has a memory attached to it. As you start the purging process, have sympathy toward your loved one.

Second, your mom always told you to "watch your mouth!" Don't be offensive with your words. "Why are you holding on to this lamp! It has not worked for years!" Instead ask the question. "Are you ready to part with this lamp that was given to you by your great grandma? I am pretty sure she would understand." Our generation has not been through the great depression. Just think how many cell phones you have gone through. Then, think how many your parents have gone through. We live in a disposable generation; which is different than our parents who are part of a generation that holds onto everything just in case.

Third, sketch out the space that they will be moving into. The size of the rooms will determine how many big items you can take with you. Take measurements and lay them out. You might find that a bed, small couch, TV, chair and a dresser might be all you can fit into the new space. Once you have your big items laid out on the drawing then you can work on the smaller items.

Fourth, find out if your parents want to be involved in going through the rest of the house. Sometimes it can be too emotional. If you find that they want to keep more than they have room for; offer to take dad's tool box and golf clubs. This may give them a sense of relief knowing they are still around if they need them. Work through it in increments.

Let's say you had 100 items only 20 items can fit in this new space. Have them work through what they would like to keep. Let's say that its 80 items they want to keep. Let the dust settle. Wait a day and have them go through the same process with the 80 items until can get it down to something more manageable. Gently remind your loved one that they will not have as much space as at your house.

At Edencrest, we have large furnished common spaces for the residents to use at their leisure. Envision living in a mansion, you have a place/apartment for your bed and private things. Then you have the rest of the mansion to explore and to utilize all day long.

Moving into a smaller location because of your health is somewhat exhausting for you and your whole family. This is never a sprint but a marathon. You need to have plenty of patience, compassion and endurance during this process.

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 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

Call Sam for more Details: 515-777-5105



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WELCOME to Edencrest at Beaverdale

Karen Beck—Health Care Coordinator



My husband of 40 years, Mike and I moved to Iowa from Arizona to be closer to family. We didn't want to miss out on the 4 grandchildren growing up; Hunter -14, Allison -11, Taylor -11, and Bennett -2. As much of my spare time as possible is spent with them (and their parents of course). We have 2 big dogs living with us, Ruger and Cy. They enjoy all the attention they can get. I really enjoy all genres of music. You might hear me singing, whistling, or playing harmonica. My grandma taught me how to sew at a very young age. I have used that skill for sewing clothing, quilts, and making costumes for plays and musicals.

I am the Healthcare Coordinator here at Edencrest of Beaverdale. While living in Arizona I earned my nursing degree at Grand Canyon University and have worked my entire nursing career with seniors. My friends always said I have "an old soul" because I have always preferred to spend time with my elders. It will be my honor and pleasure to welcome you to your new home and be available to you for healthcare guidance, friendship, and fun.

Karen come to us from Edencrest Green Meadows in Johnston. Where she was the lead Healthcare Coordinator for the past 2 years. She comes with a wealth of knowledge, she has specialized in dementia care and a lot of training and experience. We are excited to have her with her vast knowledge and commitment at Edencrest at Beaverdale.

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WELCOME to Edencrest at Beaverdale

Nathan Deutmeyer—Community Relations Coordinator



Hello, from Nathan Deutmeyer your Community Relations Coordinator. I grew up in NE Iowa but have lived in many different places for work. Most recently I moved back to Iowa from Denver, Colorado. Most of my family is here so it's nice to be back in the area. I have a little boy, Camden, who's three and a step daughter, Cheyanne, who's nine. Camden and I live in Urban-dale. Some of the things I like doing outside of work is being around any water and staying active by playing sports such as golf and softball. I am also on the Board for an orphanage in Africa. We do a lot of charity/volunteer work in the area.

I hope to help you in any way I can to make your experience with us a pleasant one. Whether you are coming in for a tour or you're a current resident. Your loved ones should have a smooth transition into their new home. We want everyone to feel welcome when you meet us for the first time, from your great grandparents to Fido, the family dog, and Garfield the family cat. We welcome you to the Edencrest Family.

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