



Edencrest™  
AT SIENA HILLS

*“Edencrest is Excellence.”*

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

## *The Siena Hills Star*

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### UPCOMING EVENTS!!

There is a lot to be excited about at Siena Hills! We would like to welcome you to come see our community first-hand, and experience the passion of our incredible staff at one of our upcoming events:

#### SCHEDULE A TOUR!

Sep 28: Business Professionals Open House, 5-7pm

Oct 1: GRAND OPENING!!

**Oct 31: Siena Hills' Spook-tacular** Trick-or-Treat

Nov 29: Community Ribbon Cutting (4:30pm)

Are you interested in our money-saving move-in specials?  
Turn to Page 2 to learn more!!

**G**reetings from Siena Hills! We are excited to announce, as of October 1st, we are open! Our beautiful 44-apartment community not only offers 24 assisted living apartments, but 20 closer care/memory care apartments as well. Want to take a look yourself? Our doors are open; come in for a personal tour! Our staff is ready to assist you with all your care needs! We couldn't be more excited and grateful for the opportunity to serve YOU! We invite you to call 515-776-6325, or email [welcomesh@edencrestliving.com](mailto:welcomesh@edencrestliving.com) to discuss how Edencrest at Siena Hills can make your retirement years the best years yet!

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Take advantage of our wonderful move-in specials!!

**S**ave BIG when you move-into the Siena Hills Community! Take a look below at our “Fall into Edencrest” move-in special!

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Take \$500 OFF your first 3 months! Use that \$1,500 in savings to treat yourself, or start preparing for Christmas!

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The Community Lifestyle Fee of \$2,500 is WAIVED if you put a deposit down by October 15th!

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**O**ctober is National Depression Education and Awareness Month. There are four main

points to depression you need to know:

1. Depression is a real illness. Sadness is something we all experience; however, when a person has depression, it interferes with their daily life in many ways. It can be hurtful to both them and their loved ones. Suffering from depression is not something someone can just overcome because they want to; typically, an individual needs the assistance of a trained professional.
2. Depression affects people in different ways. Whether you are a child, teenager, young adult, senior, man, or woman, the signs and symptoms can vary, as well as the severity, frequency of symptoms, and the treatment plans needed to overcome this “dark cloud.” Be sure to visit with your doctor if you think you, or someone you know, is suffering from depression. The earlier someone identifies that depression is present, the better.
3. Depression is treatable. The earlier treatment begins, the more successful the treatment will be. The three primary treatments for depression are antidepressants, talk therapy, or a combination of both.
4. YOU ARE NOT ALONE. Depression is one of the most common disorders in the United States; recognizing that fact is the first step to getting better. There are support groups, mental health professionals and physicians and providers available to help.

Depression does not need to be a lonely battle. The first step is always the hardest, but once you ask for that needed help, you will always have someone by your side.