



Assisted Living, Closer Care & Memory Care

Beaverdale Bulletin

Summer Precautions for Seniors

In Iowa, the old saying “If you don’t like the weather just wait 15 minutes”. Well it’s now officially summer. The elderly are more prone to the effects of the heat and for dehydration. The CDC states the elderly are more at risk because:

- Inability to adjust to sudden changes in temperature
 - More chronic medical conditions that regulate body temperature
 - More likely to take prescription medications that impairs the body to inhibit perspiration.
- So, check on your loved ones on a regular basis. Beat the heat
- Plan indoor activities or limit outside activities during cooler times
 - Drink plenty of fluids (non-alcoholic, caffeine-free)
 - Eat foods with water in them. (Fruit juice, soft fruits, vegetables, sport drinks)

Be aware of signs of dehydration, heat exhaustion and heat stroke

Make regular calls or visits and talk with family, friends and neighbors about a system for checking in, especially during drastic heat or summer storms.

Stop at Edencrest at Beaverdale to stay cool the during summer with our indoor activities.



Edencrest™

AT BEAVERDALE

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

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UPCOMING Events

Live2B Healthy every M,W,F at 10:45am

Catholic Communion every Tuesday at 10am

Music Speaks is scheduled every week.

Bingo is every M,W,F at 1:00pm

Bible Study is scheduled every Thursday at 3:30pm

Happy Hour is every Friday at 4:00pm

Game night every Tuesday at 6:00pm

June 5th Sing-a-long

June 9th is the Grand Opening

June 17th Fathers Day

Did you know that a \$200 deposit will secure an apartment of your choice today? **A Call Sam or Nathan today at 515-777-5105.**

SCHEDULE A TOUR Today!

We host a minimum of 6 scheduled activities a day in our community. Families and friends are always welcome. Please come and join us. Look at the event calendar for more information and details.

Happiness

By: Sarah Belbachir

According to Merriam-Webster, happiness is “a state of well-being and contentment: joy”. There are many things that attribute to our happiness, and to a lack of feeling content.

Some factors that may cause feelings of discontent include the loss of a loved one and having been in combat/served in the military, and aging. When a person experiences a lack of companionship, they tend to feel isolation and loneliness. These are factors that affect our overall health and wellbeing.

There are so many ways to increase happiness. Among them is to keep a gratitude journal. Write 3-5 things down every morning that you are grateful for. This helps increase focus on the positive, reduce depression, and to begin one’s day with proof that we really do have it pretty good.

As mentioned in a Boston Globe article by Michelle Williams and Jeremy Nobel, former surgeon general Dr. Vivek Murthy introduced a five-minute exercise during meetings called “Inside Scoop,” which allowed staffers to share photos highlighting meaningful personal stories. He noted how this personal sharing reduced stress and increased both connections to others and to the group’s mission.

We create our own purpose, we drive our own goals and desires to be useful. As our lives and our health change, we may have to adjust the ways in which we are able to achieve our goals, or to change our purpose. However, we can all find meaningful friendships, and create new reasons to get up every morning. We choose what to focus on. Each person can make the choice to be happy, find the good in each day, each moment, and be a positive influence on others.

Meet our Management Team

Sam Patterson
Manager



Karen Beck
Healthcare Coordinator



Nathan Deutmeyer
Community Relations
Coordinator



Nichole Mitchell
Culinary Coordinator



Sara Belbachir
Life Enrichment
Coordinator



Larry Cox
Maintenance
Coordinator

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